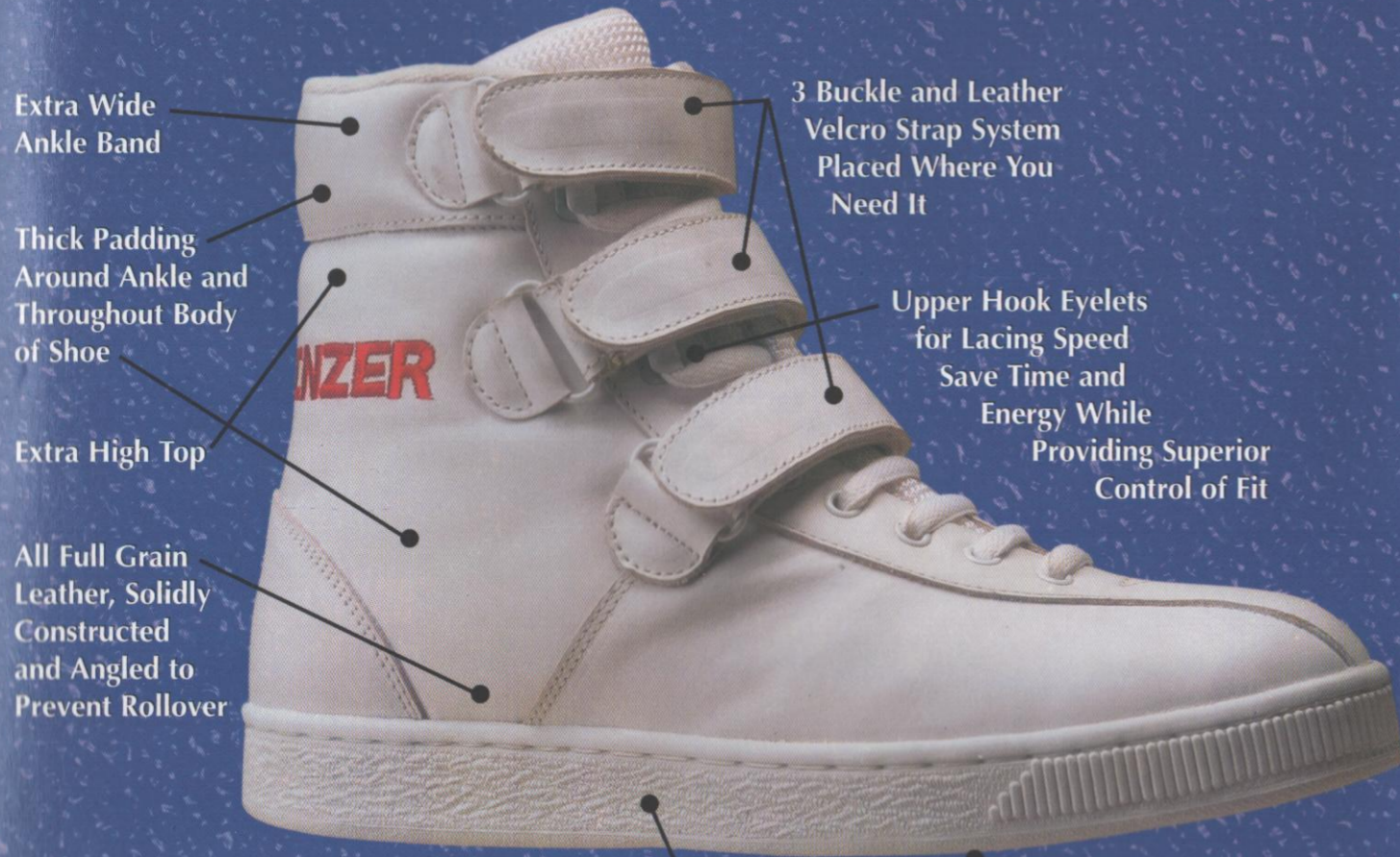


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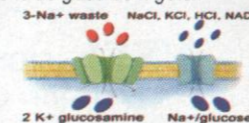
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

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ON THE COVER STEVE GOGGINS right after squatting his all time world record 1102 at the WPO Finals at the Arnold Classic, with promoter Keiran Kidder roaring his approval.

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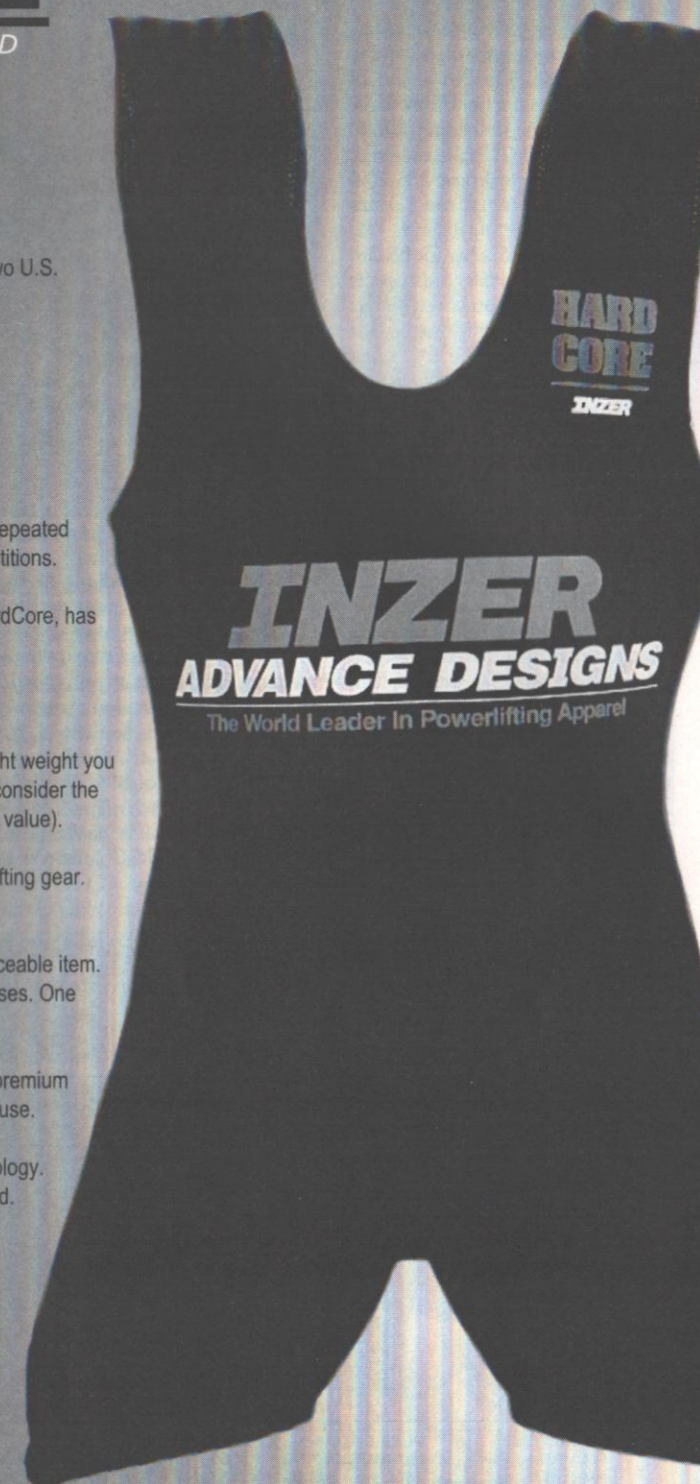
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Sunday November 17, 2002 - It is 4:30pm local time in the Eastern European city of Trencin, Slovakia. The 32nd edition of the IPF World Powerlifting Championships, featuring the deepest collection of world class superheavyweights ever assembled on one platform, is coming to a close with the 3rd round of deadlifts. I have the honor of coaching the 2-Time defending World Champion Brad Gillingham. Brad, weighing a personal best 331 3/4 lbs., is having the best meet of his illustrious powerlifting career. As Brad approaches the bar for his 3rd attempt in the deadlift, the stage is set, a stage that few power observers would have thought possible just months earlier. As the 6'5" giant from Minneota, Minnesota approaches the bar, one notices a four inch vertical scar running up the midline of Brad's left arm, crossing the elbow joint. For the story behind that scar we need to travel back in time one year.

November 2001 - Brad is three weeks away from defending his SHW World title in Sotkamo, Finland. Training is coming to a close and Brad has never felt better. Fresh off a trip to the Mr. Olympia contest, where Brad pulled an exhibition deadlift of 860 lbs., everything is in place. Everything that is, except for the industrial sized chain used to lock the dumpsters behind Brad's office. A week after the Olympia, as Brad is returning from lunch, he slips on that

The Comeback of Brad Gillingham

as told to PL USA by Dr. Patrick Anderson, Assistant Coach Team USA



Brad Gillingham's final 854 lb. deadlift in Trencin (courtesy of Brad)

chain and falls awkwardly on his hip and shoulder. Both arms and the right hip took the brunt of the fall. With just a handful of workouts remaining, Brad is not in a position to lift heavy. A combination of rest and toughness gets him to Finland, but the edge is clearly off. Brad goes 6 for 9 with a pair of 826s wrapped around a 590 bench. The 2243 is enough to hold off a challenge of three former World Champions in

Mesaros, Midote, and Naleykin. Winning back-to-back Worlds at SHW puts him in select company: with Reinhoudt (1973-76), Zerhoch (1991-93) and Spinov (1995-96) being the only others to accomplish this feat. Brad left Finland disappointed that his injuries prevented a peak performance. It was now time to get some much needed rest for his quest to make the team for the next Worlds in Slovakia and a 3rd straight

title, or so you would think.

The Arnold Classic - In January 2002, the organizers of the Arnold Classic strongman event offered Brad a chance to compete against World Champions from various strength disciplines. The inaugural contest was comprised of four very heavy events with a large cash prize. At first, Brad was reluctant due the risk of injury and the need to be healthy for the Seniors and Worlds. The contest included Mark Henry, Svend Karlsen, Raymonds Bergmanis, Mark Phillipi, Phil Pfister, Brian Schoonfeld, Andy Bolton and Brad. The largest amount of prize money ever offered in strongman competition and the opportunity to compete against the best swayed Brad and he agreed to compete. After the first three events, Brad had secured some cash for future travel and training expenses. He was expecting a strong performance in the final lift, an 826 lb. Farmers Carry up a 32 foot ramp. Soon after starting up the ramp Brad felt an 'explosion' in his left arm, something Brad wouldn't soon forget, "It was a terrible feeling, like a rope ripping, strand by strand, real quick." After flying home, his doctor confirmed through a MRI that Brad had a 90% distal biceps tendon detachment. Surgery took place the

following Monday. He was placed in a cast for 2 1/2 weeks and then in a brace for 4 more weeks. [Editor's Note: Brad relates some further details about the injury; "Shortly after cleaning the Apollon's Axel, I sat down on a chair near the back of the stage. The leg on the chair collapsed under my weight and I fell back against the curtain. The curtain was stapled to the bottom of the stage and about 20 feet away it began to tear, and slowly the tear was moving towards my position. Chad Coy reached out to help me and he fell against the curtain. At this time, the curtain tore away from the bottom of the stage and we both fell onto the cement behind the stage. This area was used as the warm up area for the weight events and we fell onto a pile of weights. I severely bruised my right elbow. By the next day's competition, I had a hard time bending the elbow. I struggled at gripping the 826 lb. log apparatus. I really tried to grip it as hard as I could. Shortly after I started moving, the right hand came open and all of the weight shifted to my left arm. This is when the arm exploded at the distal bicep connection."]

The Recovery There were 17 weeks until the 2002 USAPL Seniors in Chicago. In order to assure his spot on the team Brad would need to win his class in Chicago and total at least 2105. This far out in time, neither result seemed likely. In the USAPL, to be an automatic selection to the Men's World team, you need to win your class, pass the drug test, and total at or above the World Team Qualifying total. This total is the average 5th place total from the previous five Worlds. In the event that not all 11 winners hit this total then an alternate list is made up using the winners who don't hit the total and the top non-winning totals throughout the contest. These lifters are then ranked according to the Carpino rule which takes your Seniors total and ranks its placing at the last three Worlds.

At 2 weeks post surgery, Brad began training his legs. A belt squat device was used along with front squats, keeping his arms extended in front 'ala Frankenstein'. In addition, leg curls and extensions were performed and the good arm was trained as hard as possible. Just over ten weeks out from the Seniors, the brace was removed to

reveal an arm that had atrophied down to 13 1/2 inches. Against doctor's orders, Brad began his quest to lift in Chicago and make the World team, a Herculean task if there ever was one. With only about nine training weeks left the first priority was to strengthen the arm. Brad began a regimen of benching and curling three days a week. For the defending world champ, starting with 5 sets of 10 with the bar in the bench and a 5 lb. dumbbell in the curl was a humbling experience. Brad was able to find a silver lining in this dark cloud, "The positive thing I can tell you about re-hab is the smallest of accomplishments are reasons to celebrate." Within about three weeks of training, the bench was up to 225 and he was curling 10 lbs. for 5 sets of 10. By meet time, the curls were up to 40 lbs. for 5x10.

The squat training was a pleasant surprise. After getting used to a higher bar position to take strain off the biceps, things began to take off. Brad knows where to attribute the progress in the squat - "I think all of the training I did for the legs when the arm was still braced really paid off. I worked 5x5 with no equipment up to 575 about three weeks out from the meet." The deadlift was the area of greatest concern. Usually Brad's strongest lift, he needed to be extra careful not to go too heavy until the arm had strengthened. One advantage is that Brad uses a double overhand hook grip, which reduces bicep involvement. With about seven weeks to go, Brad started pulling at 135 for 5 sets of 10. A month later he was up to 515 for 6 singles. The week before the meet he pulled a solid 740 single. Brad's doctor and most of his friends and family were against him competing. They knew how serious the injury was and simply were concerned about his safety. The Gillingham Clan, which usually accompanies Brad to contests, was told it wasn't necessary to come to Chicago, as Brad didn't think he would be lifting.

Chicago - When I arrived in Chicago on Friday, the story that Brad wouldn't lift was circulating. I had spoken to him weekly from about two months out and was quite sure he would lift, but it certainly looked like Brad would have a major challenge to win a tough SHW class, which included former World Team members Sean

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(left to right) author and asst. USA team coach Dr. Pat Anderson and Brad Gillingham in Trencin

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Culnan and Tony Leiato as well as 2001 Junior National Champ Brian Siders. My feeling was that Brad would need to hit just about all of his squats and benches and then see what he would need to win or make the team in the deadlift. I was hoping the necessary number wouldn't be much higher than the 740 he had pulled in training.

On Saturday Brad and I had a brief talk and I mentioned that it looked like a few spots would be open by the time he lifted. After Saturday's lifting was finished, six automatic team slots were filled. There was an opening at 148, where Greg Page had lifted a very good 1449 total to win, but did not hit the minimum required total for an automatic spot on the World Team. Upon waking up on Sunday, I got on the computer and did some quick math, determining that Mike Mastrean at 198 was the top ranked 2nd place finisher and he was currently the man in line to get the open spot. No sooner had I finished making my calculations when the phone in my room rang. It was a fired up Brad, wanting to know if I had any idea what total he would need to guarantee a spot on the team. I indicated to Brad that he needed 2171 to tie Mike's score.

The early lifting on Sunday had just been completed with the 220s and 242s making up the session. Tony Succarotte made a great comeback to beat the favorite Charr Gahagan on his final deadlift. Unfortunately for Tony, he would fall short of the automatic qualifying total. I walked back to the weigh-in area and informed Brad of this latest news. Brad was quite intense and I could tell that he was ready to make the U.S. Team. The squats started well, with Brad hitting solid attempts at 804 and an easy 826, but his suit blew on an 843 3rd attempt -- a lift that Brad had moving despite the mishap. Brad was in 2nd at this time behind Tony Leiato's 837, with Brian Siders right behind at 804. Sean Culnan only got his opener at 755, but he's strong in the bench and pull. The benches went great for Brad, with a nice 3 for 3 finish at 573. Sean hit a very nice PR bench of 578 to close the gap slightly. Tony matched Sean with a 578 to extend his lead over Brad to 16 lbs. Brian hit a big 644 bench to just about end any thoughts about 1st place by the others.

When the deadlifts started it was apparent that it was a three-man race for 2nd place and a spot on the 2002 World team. Tony Leiato was the front leader in this race, 16 lbs. over Brad and 82 lbs. over Sean. Tony opened nicely at 711 in his recent switch to conventional style. Brad followed with 716 and Sean



It Still WORKS! ... Brad shows off his healed biceps at the Nationals

with 738. Brian motored through all 3 of his pulls to end with 793 and a big 2243 total, one of the most impressive debuts in Seniors history. Brian's 2243 was the same total Brad had lifted in winning last year's Worlds. For Brad that was ancient history, as he was trying to just claw his way onto the team roster. The 2nd attempts went 733 for Tony, to put him at 2149, with Brad next at 749 to tie him and then Sean at 771 to get him to 2105. Tony came out first in the final round of pulls and gave 749 a great run, but it was not to be. At this point, Brad was heavier and needed 755 to pass Tony and get 2nd, but he needed 771 to hit the magic 2171 discussed earlier. Brad selected 771. The lift was strong and solid with Brad holding it at the top confidently. After setting it down he even motioned to his injured arm and gave the crowd a single bicep pose. It was an emotional expression of relief from a man who had accomplished the impossible in a matter of weeks.

Preparing for Worlds - Time was now on Brad's side, with eighteen weeks from the Seniors to the Worlds. This was an opportunity to rest, to heal, and most importantly - time to regain the strength and confidence that had been lost. First priority was rest and rehab for the bicep. Coming back so quickly was a risk, but it had paid off. Now there was time to strengthen the bicep gradually while continuing to push the squat and bench.

The squat continued to move up, with a combination of the extra leg work and the reduced deadlifting being the key to balancing out Brad's strength. Brad hit an easy 830 single about six weeks before leaving for

Slovakia. The meet plan was 804, 837, and 860 which I felt was a conservative 3rd attempt, leaving about 10 lbs. to spare. The squat is a confidence lift for Brad, and it is more important for him to leave a few pounds than risk a miss that will affect his performance in the other two lifts.

The bench training soared in the weeks leading up to the Worlds. After the 573 BP in Chicago, Brad was confident that the bicep would not hinder heavy benching. Also Brad, who has never gotten much out of a bench shirt, was using the Titan Fury bench shirt for the first time in Chicago and noticed an immediate increase on his bench. The only negative was that Brad felt it would be necessary to perform more practice sets and with heavier weight than in the past. It was this thought process that led Brad to hit singles at 585, 605, and 625 about three weeks out from the meet. The planned bench attempts at the meet were 590, 606 and 617-22.

The operative word for the deadlift was rest. Brad trained partial deadlifts out of the power rack and concentrated on front squats and Romanian deadlifts to build back his strength. He only pulled over 715 from the floor one time prior to leaving for Slovakia. At three weeks prior to the meet, Brad worked up to a very easy single with 790. Feeling very strong and wanting to put the mental concerns about the bicep to rest, Brad proceeded to add a 35 lb. plate to each side and pull a solid



Brad put nearly 6" on his left biceps in the 10 weeks between when he got his cast off and when he competed at the USAPL Men's Nationals.

860. Brad now knew he was back to full strength and it was time to show the rest of the world. The deadlift attempts were to be 782, 826, and whatever was needed for the win, with as much as 876 being considered.

Trencin, Slovakia - This brings our story full circle and takes us back to Trencin, Slovakia and the 2002 IPF World Powerlifting Championships. An easy 3rd attempt squat of 854 lbs., which was turned down on depth, was the only blemish on Brad's scorecard. This costs Brad a much needed 17 lbs. as he was left with 837. Three solid benches, ending with a P.R. tying 611, gave Brad a personal best 1448 lb. subtotal. After 2 strong pulls of 777 and 826, Brad was 7 for 8 with a PR 2275 total. It was the time for Brad's 3rd deadlift attempt. The bar was loaded to 387.5 kilos (854 LBS) as the packed house at the Trencin Sports Hall began to rise, both in stature and applause. Comprised of the greatest international lifters, coaches, and officials powerlifting has to offer, the crowd at an IPF Worlds is the most knowledgeable power audience you will ever see. It takes a true superstar to get a response of this magnitude. Few Americans in recent memory have earned such respect - Coan and Karwoski come to mind, but it's a short list. Brad began to set up for the final lift of his day, taking time to get his stance correct and lock in the overhand hook grip that would be responsible for holding on to such a massive load. Meanwhile the crowd



Late Breaking News ... Brad accepted an invitation to compete in the 2003 Arnold Strongman competition, and was doing very well (probably would have placed 3rd) when he tore his RIGHT bicep on this toss in the medicine ball throw. According to Brad (quoted from POWER HOTLINE): "Now I will have matching bionic arms. There will be no stopping me! As Arnold Says ... I'll be baack!"

noise continued to rise with anticipation. The bar surged from the platform and began the long climb upward. There was a slight decrease in speed just below the knee, but gravity was not going to win this struggle. Brad finished off the lift with his trademark strong lockout and history was made. The scoreboard reads 837, 611, 854, 2303!!!

There have been 24 Worlds contested on foreign soil, including the last 18 straight. The list of all time great U.S. lifters who have competed in these meets reads like a *Who's Who of Powerlifting*: Reinhoudt, Kazmaier, Moran, Hechter, Wrenn, Kenady, Gamble, Hall, Wilson, Goggins, Hamman, Karwoski, Coan and many, many more. Prior to this year, Ed Coan's 2281 at the 1994 Worlds in South Africa, had stood as the highest total done by an American at an IPF Worlds held outside of the U.S. Brad Gillingham's 2303 now heads this vaunted list. Only John Kuc's 2342 at the 1972 Worlds in Harrisburg, PA stands between Brad and the top US total EVER at the Worlds. After that stands Lars Noren's 2375, at the 1987 Worlds in Norway, as the Number One ranked IPF Worlds total PERIOD. In the distance, but not as far as you might think, is the single greatest record in our sport, the SHW World Record total of 1100 kgs. (2425 lbs.), held by Bill Kazmaier. Additionally, Brad's 2303 would have won the gold medal at every previous World Championship, except on two occasions - 1972 and 1987.

On this day Brad was "only" able to garner a bronze medal. When it comes to discussing the 2002 SHW class, depth and talent were the buzzwords in Slovakia. How about 2127 getting you 8th place? The 2002 USAPL National Champion and fast rising SHW Brian Siders squats 804, benches 606, totals 2171. That total,

which would have medaled just about every year prior, earns Brian 7th place. Hungary's Tibor Mesaros pulls a World Record 898 lb. deadlift and totals 2221 to narrowly make the top 5. Daisuke Midote, with an 881 squat and a meet record 672 bench, hits a historic 2232 total to take 4th. Why is that total historic, you ask? Well, it is the highest total EVER lifted at the IPF Worlds to NOT win a medal. Now for the Big 3. You have already heard about the significance of Brad's total. How would you like to be Vitaliy Papazov of the Ukraine? Become the 1st man to squat over 9, bench over 6, and pull over 8 at the Worlds; go 7 for 9 and pull a personal best 810 deadlift; total 2331, the highest non winning total in IPF history, and what do you get for your effort 2nd place. That leaves 24 year old Russian Gold Medalist, Vladimir Bondarenko. Bondarenko went 8 for 9, including PRs in the bench, deadlift and total. His winning deadlift of 848 lbs., was a clutch lift under pressure to beat Papazov by 5 lbs. with a 2336 total. WHAT A CLASS!!!

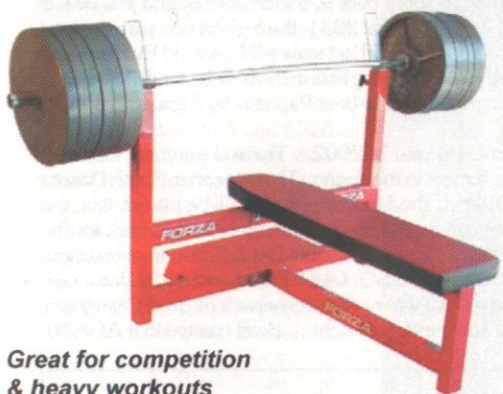
Looking Forward - Brad Gillingham had an amazing year in 2002. There is potential for 2003 to be even more incredible. He is planning on hitting a meet in the spring. Then it is on to South Dakota in July for a chance to regain his Senior National Title. If Brad is successful, it will be his 6th title, the most by any SHW in US powerlifting history. The year should climax with a trip to Denmark for the World Championships in late November and an attempt to win back his 3rd IPF Superheavyweight crown. Personally, I feel that Brad is capable of at least a 903 SQ, 644 BP and an 881 DL for a new World Record total of 2430. Stay tuned, only time will tell where the 'Comeback of Brad Gillingham' will take us next. (EDITOR'S NOTE ... see photo and caption at right ... Brad has to do it AGAIN)

IPF Men's World Championships Top Ten lifts - Men's Open Worlds-All Weight Classes 1971-2002

Squat Rank	Name	Country	Class	KG	LB	Place	Year
1	Karwoski	USA	125	440	970	Pori, Finland	1995
2	Karwoski	USA	125	437.5	964	Salzburg, Austria	1996
3	Hamman	USA	125+	435	959	Pori, Finland	1995
4	Spinov	Ukraine	125+	430	947	Salzburg, Austria	1996
5	Wrenn	USA	125+	427.5	942	Calcutta, India	1991
6	Papazov	Ukraine	125	425	936	Sotkamo, Finland	2001
7	Coan	USA	100	423	932	Johannesburg, S Africa	1994
8	Noren	Sweden	125+	422.5	931	Fredrikstad, Norway	1987
9	Wilson	USA	125+	422.5	931	Perth, Australia	1988
10	Karwoski	USA	125	420	925	Birmingham, England	1992
Bench Rank	Name	Country	Class	KG	LB	Place	Year
1	Midote	Japan	125+	305	672	Trencin, Slovakia	2002
2	Midote	Japan	125+	300	661	Sotkamo, Finland	2001
3	Midote	Japan	125	295	650	Akita, Japan	2000
4	Kazmaier	USA	125+	282.5	622	Dayton, Ohio	1979
5	Staerker	Denmark	125+	280	617	Trencin, Slovakia	2002
6	Sedmik	Czech	125+	280	617	Trencin, Slovakia	2002
7	Gillingham	USA	125+	277.5	611	Trencin, Slovakia	2002
8	Siders	USA	125+	275	606	Trencin, Slovakia	2002
9	Papazov	Ukraine	125+	275	606	Trencin, Slovakia	2002
10	Moran	USA	125+	272.5	600	Dallas, Texas	1984
	Collins	USA	125+	272.5	600	Jonkoping, Sweden	1993
	Gillingham	USA	125+	272.5	600	Akita, Japan	2000
DeadLift Rank	Name	Country	Class	KG	LB	Place	Year
1	Mesaros	Hungary	125+	407.5	898	Trencin, Slovakia	2002
2	Mesaros	Hungary	125+	406.5	896	Sotkamo, Finland	2001
3	Noren	Sweden	125+	405	892	Fredrikstad, Norway	1987
4	Mesaros	Hungary	125+	400	881	Cherkasey, Ukraine	1998
5	Kuc	USA	110	395	870	Arlington, Texas	1980
6	Kuc	USA	110	390	859	Dayton, Ohio	1979
7	Coan	USA	100	390	859	Jonkoping, Sweden	1993
8	Gillingham	USA	125+	387.5	854	Trencin, Slovakia	2002
9	Kapyla	Finland	110	385	848	The Hague, Holland	1990
10	Kuc	USA	110+	382.5	844	Harrisburg, USA	1972
	Kenady	USA	125+	382.5	843	Turku, Finland	1978
	Kenady	USA	125+	382.5	843	Arlington, Texas	1980
	Gankov	Ukraine	110	382.5	843	Cherkasey, Ukraine	1998
Total Rank	Name	Country	Class	KG	LB	Place	Year
1	Noren	Sweden	125+	1077.5	2375	Fredrikstad, Norway	1987
2	Kuc	USA	110+	1062.5	2342	Harrisburg, USA	1972
3	Papazov	Ukraine	125+	1057.5	2331	Trencin, Slovakia	2002
4	Papazov	Ukraine	125	1047.5	2309	Sotkamo, Finland	2001
5	Gillingham	USA	125+	1045	2303	Trencin, Slovakia	2002
6	Kazmaier	USA	125+	1040	2292	Dayton, Ohio	1979
7	Reinoudt	USA	110+	1037.5	2287	York, USA	1974
8	Coan	USA	100	1035	2281	Johannesburg, S Africa	1994
9	Gurianov	Russia	125+	1035	2281	Trento, Italy	1999
10	Reinoudt	USA	110+	1032.5	2276	Harrisburg, USA	1973

P.S. Bondarenko has failed his drug test at the 2002 IPF Mens Worlds. Midote will move to Bronze, Gillingham into Silver and Papazov will win the Gold. Bondarenko, Gillingham, Midote and Mesaros were all tested.

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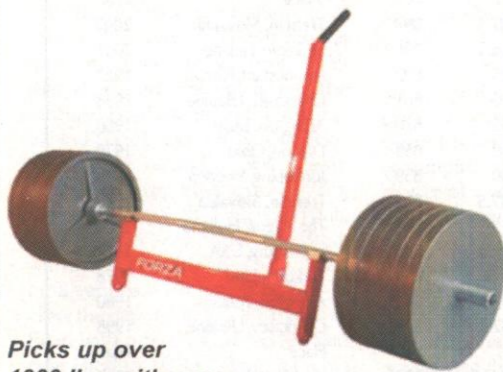
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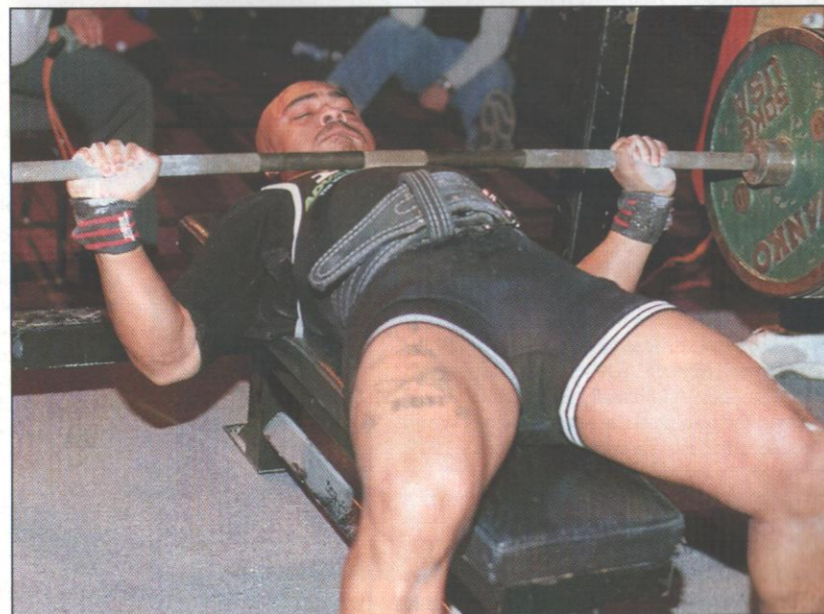
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The Arnold Classic ... Amy Weisberger went 485 297 435 1218 at 132. Brian Schwab went 639 424 578 1642 at 148. August Clark Jr. went up a weight class, and did 567 464 485, while saving himself for the bench press competition the next day. Sakari Selkainaho went 584 374 before hurting his back in the DL. At 165, Ron Palmer dropped 25 lbs. to make weight and then rehydrated to go 788 473 688 1951 at Middleweight. Defending WPO Superchamp Tony Conyers went 771 446 661 1879 and Angelo Berardinelli hit 790 (missed 804) 457 628 1873. At 181, Joe Dougherty went 699, then missed 738 twice. In the 198s, massively muscular Arnold Coleman bombed with 804 in the squat, and Finland's Tatu Avola went out with 815, but 21 year old Tony Caprari squatted 832 (missing 848), benched 518 (missing 523) and pulled 760 (missing 804) for a 2110 total. Jesse Kellum went up to 220s to duel with Chuck Vogelpohl. Jess squatted 931 (missed at 970), benched 688, deadlifted 688 and totaled 2309. Chuck squatted 970 (missed 1014 twice), benched 523 (missed 540 and 551) and pulled 760 (missing at 804 and 821, on which he pulled a hamstring) for 2254. Kenny Patterson went 826 622 (missing 677 and 694), and pulled 622 for 2072. Harald Selsam opened at 793 (then missed 903 twice) in the squat, benched 473 (missed 490), deadlifted 727 (missed 749) for 1995 at 220. Competing as a guest lifter on the first day was Becca Swanson (weighing 230) who squatted 683, 710, 733 and 744 on a 4th - all very explosive (Herb Glossbrenner predicts she will squat 800 soon). She then benched 374 and pulled 617 for a 1736 total (not counting the 4th attempt). On the 2nd day of competition, the 242s and up lifted, with the Bench Bash held in between the squat and 3-lift bench sessions. Jani Ihalainen of Finland went 914 540 688 (missing 749) twice in the 242s for 2143. Jose Garcia went 881 523 (missing 556) 705 (missing 749 twice) for 2110. In the

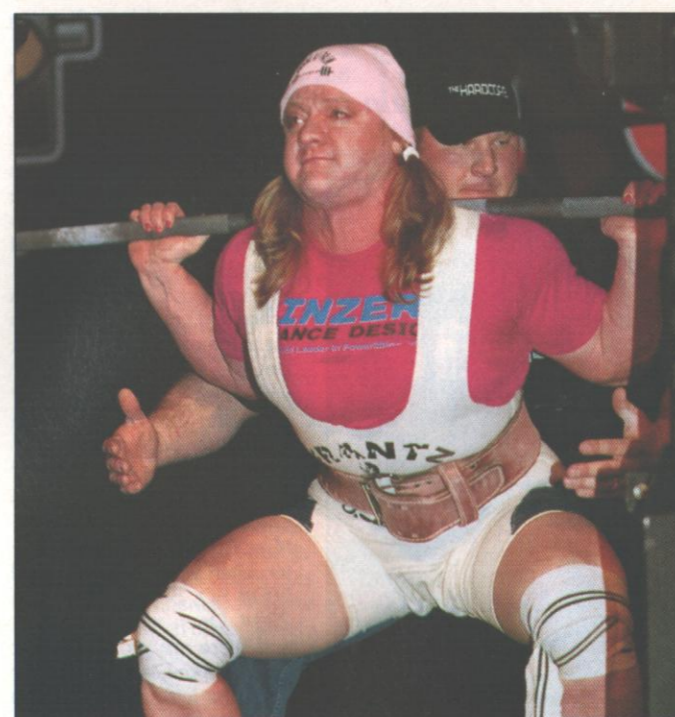


Kellum won back the WPO champ's belt

275s, Steve Goggins weighed only 265 or so, but went 1003, 1076, 1102 in the squat, benched 551 (missed 589) and then deadlifted all three up to 881 for a 2535 total. In the WPO, all the guys in this session compete regardless of bodyweight, but in what would have been the 308 lb. class, John Grove squatted 909, and benched 584, before missing his deadlifts due to injury. Oan Basson squatted a world record 1027, then a 4th attempt world record 1036, then benched 633, and pulled 661 (missed 705 twice) for 2319. Craig Gallo took only one squat (942), benched 485 (missed 556 twice), and pulled 672 (missing 766) for 2099. Paul Childress was 7/9 with 1019 639 760 (missing 793) for 2420. Ano Turtiainen weighed just a little bit over the 275 mark at 287 plus, but squatted 992, 1036 (on a retake) and then a ponderous 1080 on a 4th attempt. He benched three good lifts to 556,



Ron Palmer had a spectacular day, with great performances in each lifting discipline.



BECCA SWANSON blasted out one all time squat record after another.

then pulled 859 (after given a second attempt at it when the bar was still wet from a previous cleaning) then missing at 906 on a 4th attempt. The Superheavies saw Beau Moore go 931 724 (missing 744), 749 for 2402. Matt Smith also squatted 931 but missed 981. He then benched 622 on an opener, missing a 677 on a shirt rip and 699 on his final. He pulled 760 and 832, missing 843 for 2386. Donnie Thompson Jr. had troubles with a 947 squat twice and was out (WPO rule). Garry Frank's new video and audio CD debuted at this meet, and Garry looked like he was on a roll to 2700 after squatting 953 and

1019, but 1047 was turned down (depth?). In the bench, he had two awkward tries with 677 turned down and he was bombed out as well. Brent Mikesell opened his squats at 1008, and then went to 1063, but the bar was misloaded, apparently with an extra 20 kilo plate on one side (making the total, off-center load to 1107) and he didn't get it, nor did he get his re-take of a correctly loaded 1063, but he benched 606 (missing 622) and pulled 722 for 2336. In the Bench Bash for Cash competition, held on the main Arnold Classic Expo stage, with thousands of standing room only fans in rapt attention, Tina



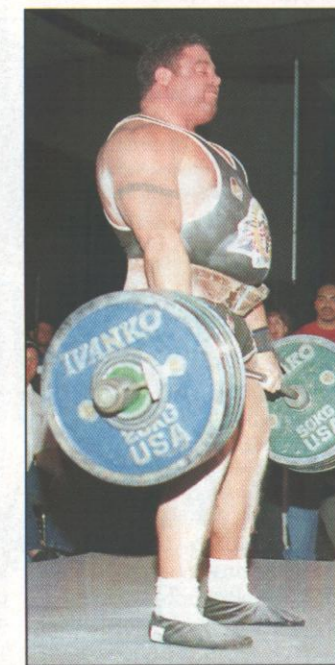
Markus Schick, a light middlewt., BPed 567 after an Ed Coan handoff



The Big Bench Bashers (left to right) Kovacs, Kennelly, and Toranzo.

Rinehart weighed 130 and opened with 352, missing 358 and then making it, then missing a 4th attempt at a tremendous 369. Keith Harmon bombed at 148 with two tries at 385. Brian Strickland made 402 and 429 at 165. Newcomer Berta Collins (a track and field athlete) opened awkwardly in the bench at 429, then missed 440 and was out. Joe Mukite went 440, then missed 451 and 462 at 148. August Clark Jr. sparked the crowd response with a 459 opener at 148, followed by 479 and then a magical 501, before a miss at an historic 512. Greg Savino went 512, miss at 551, make at 551, miss at a 4th attempt 602 at 181. 16 year old Josh Ward stunned the crowd with 523, 551, and a miss at 573. Markus Schick had some close competition in the form of Fred Boldt, and it resulted in three good lifts of 523, 551, and 567 as a light middleweight, then - for the heck of it - he took 600 on a 4th and really moved it well. He felt he had one arm locked out and the other within one inch of lockout. He had never had mover than 573 on his chest before in his life. Boldt was very impressive, driving up 540 (which got reds) and 551, before missing at 569 - barely. Bart Kelly went 529, missing 556 twice. Rick Lawrence 556 and 600, to earn \$500 in his division of the competition, missing 617. Dwayne Nealy bombed out with a 562 opener, and Rene Imesch had to come back for 595, but then got 611. Onozcs of Hungary, former IPF world champ, bombed out the attempts at 633 and 650. Jess Kellum earned another \$2500 with his 661 at 215 bodyweight, and he took one shot at 716 as well. In the heavier group Tom Holzapfel got WPC records of 606 and 611. Brad Kelly missed 633 twice and was out. Jerry Obradovic opened at 650, then missed two at a huge 733. Joel Toranzo earned 2nd

(\$1000) in the heavier division with 672, 710 (missing at 738). Miko Hamalainen made 672 but missed 699 twice. Tom Manno opened at 683, but was very disappointed not to get his 2 tries at 701 passed, to become the first master to get over 700 on the books. Dan Kovacs got 3rd in the division with his comeback attempt at 705. Vin Diczno missed 699 twice and was out. John Zemmin ripped a shirt on his opener 705, then missed at 727. Ryan Kennelly made a nice 722 opener, a fine jump to 766 (which won him the \$2500 first prize), then he missed at 785. Clay Brandenburg took one shot at 733 and then retired. Scot Mendelson missed twice at 806, although he looked very strong on both tries. (excerpted from POWER HOTLINE. More photographs and an in-depth report in the next PL USA)



Bolton took back the all time deadlift record from Garry Frank

"Rat Hole guys" be advised; dirt and grime (by itself) doesn't make a gym hardcore. Big chrome palace queens; equipment alone doesn't make you hardcore. "Covert Gym" without photos, you will stay "deep undercover." Neither dirt, chrome, nor secrecy make a gym hardcore. What goes on inside, that makes a gym hardcore.

That said, I will admit that I'm a sucker for extremes - temperature extremes included. When Dave Herbst of Rochester, New York wrote about training in a 20 X 12' detached 1926 wood frame garage I took notice. And not just of Sandra Bullock posters, although I like her, too. This garage has no insulation in upstate New York. Very twisted. The plates and bars get frost on them!

But, as I said, it's what goes on inside, that makes a gym hardcore. Dave says that while training, they have no idea what is going on outside, and they have opened the door to a surprise snowstorm. Cool enough. Once, during a major snowstorm - the neighborhood lost power, and the small space heater and light went out during their workout. It was pitch black, and they weren't finished - so they opened the door to allow daylight (and a small snowdrift) inside. More importantly, they finished their training session. OK, Dave, you got my attention! Tell us more!

First off, who are you? Dave is an Associate Scout for the Texas Rangers baseball organization - and let me say as a native Texan that it

HARD CORE GYM #19

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



Inside "THE GARAGE" ... John Valenza, Mike Arcarisi, Dave Herbst. (Herbst)

seems funny to have a scout so deep into Yankee territory, but it's actually common. (Seems sneaky, though.) Dave also manages a baseball team in the New York City Baseball League, and even runs some sort of insurance adjusting scam on the side (just teasing Dave). And he even teaches college, but I don't know when or why.

The major problem in the garage is that it doesn't have a cool name - like the "Grease Pit", or the "Frozen Cow", or something. Actu-

ally, Dave said the main problem was the lack of space - but they have devised a space-saving system for the workout. (Plus, they allow no big fat people to train there.) They do have 3500# of Olympic plates, dumbbells from 5# to 120#, chains, bands, weight releases (remember those?), a power rack, Olympic bench, T-bar row, preacher curl (to make your elbows sore), leg press, back squat, lat pull-down, and Roman chair, plus the aforementioned small space heater. All of this equip-

ment is illuminated by a hanging mechanics droplight.

Even better, guess where the cardio equipment is? Outside, under a snow-covered tarp. As far as I am concerned, that is the perfect spot for it! Dave tells me that it's been awhile since the tarp came off the cardio equipment. See the photo, and love it!

Anyway, what they lack in space and heat - they make up for in intensity and work ethic. Dave is a Master 220# lifter with a near 400# BP and 600# DL. John Valenza is an open 198# lifter with double body-weight benches in the 181# and 198# classes. He is also a CPA, but that's not his fault. Mike Arcarisi is a 242# Master lifter with 350# BP and 500# SQ, Scott Carlson is a 220# Open with 650# DL, and there are probably other lifters whom I cannot decipher from the letters, which Dave seems to have written with his foot and a rusty nail. The main thing is that they compete in 2-3 meets a year and they must be pretty confident because they

challenged some of the other Hard Core Gym lifters.

Dave and the boys use some of Louie Simmons' training, and notice that Louie likes to train in a tight space, too. True enough. Most of the guys I hear from all list the same lifting heroes, but not Dave. He lists former heavyweight boxer Ernie Shavers; because he was always in good shape, didn't duck anyone, and willingly took fights on short notice. A real stand-up kind of guy. They also favor Cal Ripkin Jr. for his consistency. (A boxer and a baseball player for role models. I like these choices!) Variety is the spice of "Road Kill Chile" or however that phrase goes.

Dave, you really need to take some handwriting classes so people can decipher your letters easier - but other than that, you are one strange guy. OK, Hard Core! By the way, guys, don't even think about looking at Dave's cute little daughters (Stephanie is 18, Dana is 21) because all of those lifters are protecting them. Yes, they are attractive and athletic - but put that out of your mind. There, Dave, how was that?

Readers, keep those cards and letters coming, and don't forget - if you don't send photos - you don't get famous. (No photo, no article.)

Questions? Comments?
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HOUSE OF PAIN
PO Box 333
Fate, TX 75132



CARDIO in COLD STORAGE ... (under the tarp) outside the 1926 wood frame detached 20' x 12' garage.

For the last twenty two years I have been working out at Tony's Gym in Albany, Georgia. Tony and Lisa Powell, who have become close friends of mine, own and operate the gym. During those twenty two years I have watched this gym go through an extraordinary metamorphosis ... from a mediocre facility, at best, to one of the finest fitness centers in the South. This has been one of the most interesting dynamics I have ever witnessed. The reason I say that is because during those years numerous gyms have come and gone in Albany, but Tony's not only survived but it grew into an absolute fitness stronghold in the area. Even more amazing is the fact that over the years Tony's competition has been against large fitness chains such as Gold's Gym and Fitness America. None of these places even came close to competing against him. The question is why? How could a little 'no name' gym compete with some of the biggest fitness corporations in the world and kick their butts. Like I said, it is a very interesting dynamic, but one I think I have the answer to. You see Tony and Lisa, whether they know it or not, have created an absolute prototype for what it takes to be successful in business and in life. To be honest I suspect that what they have accomplished was not by accident, but rather something that was carefully calculated and the reason it works so well is because of love and passion. Let me explain.

THEY DEVELOP PERSONAL RELATIONSHIPS: Tony and Lisa are really blessed, because they have so many friends it's unbelievable. No matter where they go in Albany, people know them. I have witnessed this firsthand. They will be at the mall and every few minutes someone will run up to them and say, "How are you doing? It's good seeing you." The same thing happens if they go to a ball game or a movie. If they are in a grocery store little old ladies will come up and talk to them. Everybody talks to them. Of course, they know just about everyone in town and Albany is not a small place. It seems that no matter where they go people are reaching out to them with love and affection. It's great! And it's not because they own a gym or because Tony is a great athlete ... which he is. The reason they get all of that attention and warmth is because they take the time to give others attention. No matter where they go they make an effort to build friendships. And once they develop a friendship, they try to cultivate and nurture that rela-

tionship. Although literally thousands of people walk through their doors, Tony and Lisa know every one of them on a first name basis. Not only do they know everybody, they know just about everything about them ... where they work, who is their significant other, their goals and aspiration, even the name of their pets ... and with this information they make everyone in that gym feel important and unique. Such special attention is a basic vanity to which we are all susceptible. It gives us a feeling of distinction and esteem. It makes us feel like we are not just herded around. In a world that is typically cold and impersonal, Tony and Lisa have personalized the experiences they have with their members. This is a lesson for all of us to learn. Any time you can personalize your experience with others you make those experience more meaningful and rewarding and in so doing you make the world a better and brighter place.

THEY LISTEN TO OTHERS: My Father would tell me, "Judd, you must love hearing yourself talk. You are constantly running your mouth, telling everyone the way you think things are. Did it ever dawn on you that when you are talking all the time you are not learning anything

Dr. JUDD

TONY'S GYM - Keys to Being Highly Successful and Happy as told to PL USA by Judd Biasiotto Ph.D.



Two time Georgia State Champ Tony Powell and his beautiful wife Lisa

you don't already know. Why don't you try keeping your mouth shut and listen to someone else for a change so that you can learn something new." Apparently my Dad told Tony and Lisa the same thing because they are both wonderful listeners. I don't know a bartender or barber who has better listening skills. They will stand there and intently listen to whatever anyone has to say. They never interrupt and they never try to finish anyone's sentence for them as a lot of other people do. Don't you hate it when people do that to you. You start telling someone something and before you get it out of your mouth they have already finished the conversation for you. Actually, there really isn't any conversation, because such people are actually just talking to themselves. This is not only rude, but it is also extremely pompous. Worse yet, it is self-defeating. In reality, what you are doing is stifling the thoughts and wisdom of others because of our own narrow-mindedness and intolerance. These are ideas that might help us learn and grow. There is an old Italian adage that makes that point perfectly: *From listening comes wisdom. From talking comes idiocy.* There is another point to consider here too. You never have to regret anything you

don't say. Tony and Lisa are absolutely superb at taking corrective criticism.

THEY ACCEPT CORRECTIVE CRITICISM: Most of us don't want to hear criticism. We only want to hear what we want to hear, but generally what we don't want to hear is exactly what we need to hear. In reality, criticism can be a positive tool that can help us grow. Unfortunately, most people don't see the positive effects that criticism can have on their life. They generally see it as being destructive and demeaning. Still, the fact remains that we all make mistakes. We all have room for improvement. No one is perfect. The real mistake in life is not learning from our mistakes. We have to understand that success in life is simply the manipulation of errors. Criticism many times brings to the surface the mistakes that we are making. And here is something else you might want to know. People who learn to accept and respond to criticism in a positive manner tend to be more confident, successful, and happier than people who avoid criticism.

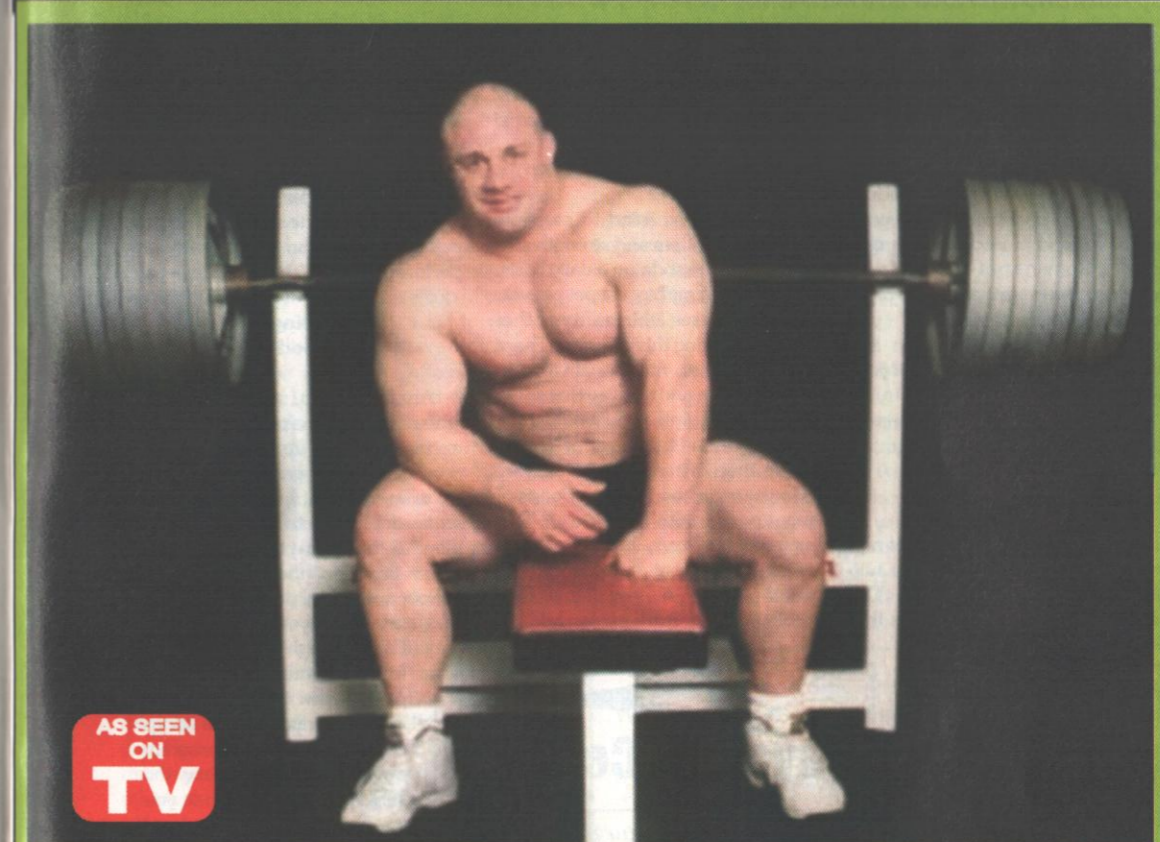
Tony and Lisa are experts when it comes to accepting corrective criticism. They patiently listen to complaints and corrective criticism. They rein in their emotions and try to hear what their critic is actually saying. If the criticism is valid they take responsibility for their behavior, and then they use that information to turn the negative into a double positive. They take the suggestions they get and use them to improve the gym and themselves and by doing so they make their members feel significant and a part of the gym. When you make an effort to listen to others, you project an image that you are more interested in the feelings of others than having your own way. At Tony's gym, just like at Burger King, you get it your way.

THEY ARE POSITIVE WITH OTHERS: I have never heard Tony or Lisa say a derogatory word to anyone. They are always looking for the best in others and they are constantly encouraging everyone to be their very best. And I do mean everyone. It could be the worst shaped person in the gym, but they will be tell them they can do it and how proud they are of them for trying so hard. And do you know what? Not only are these members happier, they do better in training. In short, they don't only recondition their member's bodies, they also recondition their minds. They not only pump their muscles up, they

(article continued on page 78)

FREE Article!

Learn the 5 Secrets of the World's #1 Bench-Presser



Scot Mendelson: World's #1 Bench-Presser
5 World Records and 782.6 lbs. — Speed = Power

It's difficult to imagine a 31-lb. man with a six-pack. Then again it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 5 world records and a 782.6 lb. bench press in competition. He has bench-pressed 830 lbs. in training, more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

- 1) Put your back into it:** The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.
 - 2) Train for triples:** Dedicate one work-out per week to the bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...
- For Scot's complete how-to and full world champion training articles and profiles, visit www.bodyquicken.com today.

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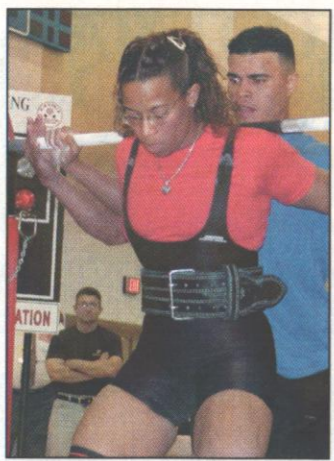


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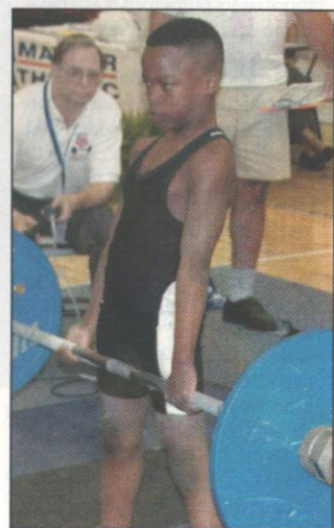
AAU WORLDS
26,27 OCT 02 - Richmond, VA

WOMEN	SQ	BP	DL	TOT
Assisted				
88				
Kids (10-11)				
Amanda Harris	143	66	143	352
97				
Open				
Caitlin Miller	237	115	248	599
105				
Open				
Beruska Morales	259	132	259	650
114				
Masters (50-54)				
Joanne Shear	242	121	292	657
123				
Junior (20-23)				
D. Cabrera	259	181	325	767
Masters (40-44)				
Debra Jackson	270	143	352	767
Open				
Debra Jackson	270	143	352	767
D. Cabrera	259	181	325	767
132				
Open				
Barbara Beasley	192	143	308	643
148				
Lifetime / Masters (40-44)				
Lynne Nelson	308	176	391	877
Masters (40-44)				
Lynne Nelson	308	176	391	877
Masters (40-44)				
Gladys Pacheco	281	181	314	776
Open				
Lynne Nelson	308	176	391	877

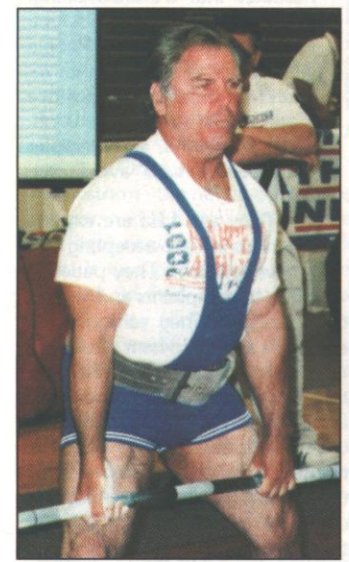


Gisselle Costas' 380 SQ @ 165

Junior (20-23)				
Adam Ramas				
Masters (60-64)				
Steve Brawley	341	226	341	908
Open				
Luis Bermudez	523	385	562	1472
Jim Roney	507	314	545-6	1366
Mike Puckett	407	325	534	1267
Adam Ramas				
Sub Masters (35-39)				
Robert Eaddy	540	325	573	1437
Sub Masters (35-39)				
Mike Puckett	407	325	534	1267
181				
Law/Fire/Military / Masters (55-60)				
Michael Scott	429	253	529	1212
Masters (40-44)				
Phillip Capps				
Masters (55-59)				
Michael Scott	429	253	529	1212
Masters (60-64)				
David Parsons	325	286	325	937
Sub Masters (35-39)				
Charles Peters	474	358	512	1344
198				
Law/Fire/Military / Masters (40-45)				
Michael Kidd	413	303	501	1216
Law/Fire/Military / Open				
Roger Johnson	479	391	518	1388
Tony Benedict	474	303	551	1327
Lifetime / Masters (40-44)				
Michael Baker	369	275	463	1106
Lifetime / Masters (55-59)				
Dave Mansfield	556	264	551	1371
Nestor Gregory	490	292	501	1283
Masters (40-44)				
Tommy Holland	529	391	523	1444
Michael Kidd	413	303	501	1216
Masters (40-44)				
Michael Baker	369	275	463	1106
Masters (50-54)				
Gary Shanholtz	501	341	501	1344
Masters (55-59)				
Dave Mansfield	556	264	551	1371
Nestor Gregory	490	292	501	1283
Masters (70-74)				
Donald Levesque	308	187	451	948
Open				
Tommy Holland	529	391	523	1444
Tony Benedict	474	303	551	1327
Nestor Gregory	490	292	501	1283
Michael Kidd	413	303	501	1216
220				
Lifetime / Open				
Carlos Prieto	595	325	556	1477
Lifetime / Open				
Robert Eckhart	474	385	545	1406
Masters (40-44)				
Chip Hastly				
Masters (45-49)				
Paul Sulphin	562	369	573	1503
Open				
Carlos Prieto	595	325	556	1477
Robert Eckhart	474	385	545	1406
242				
Law/Fire/Military Masters (40-45)				
Kenneth James	507	319	600	1428
Law/Fire/Military / Open				
Al Fritz	661	479	644	1785
Lifetime / Masters (55-59)				
Bob Bolster	429	237	457	1124
Lifetime / Open				
Oscar Oregno	622	391	562	1576
Masters (40-44)				
Kenneth James	507	319	600	1428
Masters (45-49)				
Bob Strauss	507	330	440	1278
Masters (55-59)				
James Mullis	507	314	451	1274
Bob Bolster	429	237	457	1124



Jason Luster's 159 @ Kids (8-9)



Gary Shanholtz (All other photographs courtesy of Suzie Hartwig)

Allyson Amerling	303	176	391	870
Teenage (18-19)				
Kayla Quinones	237	110	259	606
165				
Junior (20-23)				
Gisselle Costas	380	192	457	1031
Lifetime / Masters (45-49)				
Jill Meads	297	143	297	738
Lifetime / Open				
Gisselle Costas	380	192	457	1031
Lifetime / Open				
Karen Bowers	314	238	431	983
Masters (45-49)				
Jill Meads	297	143	297	738
Open				
Gisselle Costas	380	192	457	1031
Karen Bowers	314	238	431	983
Youth (12-13)				
Teresa Geer	132	88	192	414
198				
Open				
Karen Phillips	402	253	446	1102
Sub Masters (35-39)				
Karen Phillips	402	253	446	1102
Teenage (14-15)				
Yasmara Alvarado	330	165	363	859
198+				
Masters (60-64)				
Suci Stinnell	165	126	220	511
RAW				
66				
Kids (10-11)				
Kendra Miller	159	93	176	429
77				
M. Ogilthorpe	88	49	121-3	260



Mark Drinkard's 512 in the 181s

Masters (55-59)				
Ray Cross	429	321	451	1203
Masters (65-69)				
Danny Herrera	502	414	446	1362
Open				
A. Goodman	722	479	688	1891
Rolando Torres	700	529	639	1869
Larry Kye	639	374	584	1598
Chris Semmel	551	396	578	1525
Sub Masters (35-39)				
A. Goodman	722	479	688	1891
319				
Masters (55-59)				
Paul Wrenn	622	319	606	1547
Open				
John Karban	705	396	650	1752
Phillip Baitle	672	451	611	1737
Teenage (16-17)				
Justin Waddle	700	253	507	1459
SHW				
Masters (40-44)				
Gerald Briggs	677	468	551	1697
Open				
Mario Aponte	600	474	540	1613
RAW				
66				
Kids (10-11)				
Matthew Delgallo	104	66	154	326
Kids (6-7)				
Daniel Delgallo	88	60	137	286
Noah Applegate	44	38-6	55	136
Kids (8-9)				
Jason Luster	99	93	159	352
88				
Kids (10-11)				
Jared Fleming	154	93	203	451
97				
Youth (12-13)				
Jeremiah Cahill	99	66	159	326
114				
Junior (20-23)				
Allfredo Ruis	137	115	253	507
Youth (12-13)				
Adam Delgallo	181	110	232	524
123				
Kids (10-11)				
Michael Oxier	203	110	226	540
Chris Bracken	165	82	203	451
Teenage (16-17)				
Seth Lee	264	198	347	811
132				
Kids (10-11)				
Sean Olinger	181	99	198	480

(article continued on page 77)

NUTRITION

Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 1

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

again. Another problem associated with overeating at one meal is that it will cause you to increase your body fat stores. This is a promise. If you eat too much at each of your meals you will store more body fat than someone who eats the same amount of food, but divides it into several meals. Instead of intoxicating yourself in a Roman style gorging feast, eat more meals spaced out through the day. Look at the benefits - you will lose body fat, will have less bloating, will feel healthier and your dog won't run out of the house trying to bury himself from the foul stench that has been your trademark.

Don't Skip Meals

You must be looking at this and may be wondering why these two mistakes are listed together. The reason is: for those individuals that

do skip meals; it usually leads them to overeat at their next meal. If you don't skip meals, you are less likely to gorge yourself into an oblivion like "Mr. Stinky Pants" mentioned above. If you don't know the physiological effects of skipping meals, then I will let you in on what it does to your body. First off, skipping meals will cause you to get low blood sugar which is also known as hypoglycemia. This will shoot your performance right out the window along with your hopes of hitting a personal record. Next, it will cause your metabolism to slow down. With a lowered metabolic rate you can enjoy the wonderful life of eating less food, but you will continually get fatter and fatter. This sounds sweet, doesn't it? To make this deal even sweeter, skipping meals will also cause your body to go in catabolic state leading to that hard earned valuable muscle tissue to be broken down and used as an energy source. All that hard work in the gym to build up your lean tissue so that you look as strong as you are, will be slowly taken away from you. What you will be left with is a fat,

flabby body void of any real muscle tissue. You can have all this even while not eating a lot of food. I think you get the point - *don't skip meals!*

Watch the Soda Intake

It blows my mind to see how many powerlifters and strength athletes consume soda on a daily basis. This is one of my biggest pet peeves, as you won't see athletes from other sports following this practice. There is absolutely no nutritional value to drinking soda and the way that some powerlifters drink it you would think that they found the "Elixir of Youth" inside that 2 liter bottle. One very popular soda has 13 tablespoons of sugar per can. Isn't that crazy? This may not be you, but I know of several lifters that rarely drink any water at all and almost all their fluid intake comes from soda. I know

lifters that even drink soda throughout a competition. Many of these lifters drink as much as 2 liters of soda a day. If you calculate how much sugar they are consuming, it will blow your mind. This is about 104 tablespoons of sugar a day, just from their soda. This is enough sugar to put a polar bear into a diabetic coma, so what do you think it is doing to your body? Now that you know that it is having a negative effect on your health, what do you think it will do for your performance? Well, you can sure bet that it isn't going to take your squat to new heights. Sugar is not the only ingredient contained in soda that isn't good for your health either. I am not going to go into all of them here as I could do a complete article on this topic. Get rid of the soda as it has no positive benefit on your health or performance.

Following the 'See Food' Diet

Ah ... the guilty stand before me while trying to make some type of excuse to cover up for their nutritional shortcomings. "No, I really do try to watch what I eat; I just find it so hard to stick to any nutritional plan." If this is you then there is no better time than now to get on a proper nutritional program customized to maximize your performance.

Even though you may have followed subpar nutritional practices in the past it's not too late for you to turn things around and get your program on track. If you follow the "SEE FOOD DIET" then you are going to have ups and downs with your training and performance. From a sports nutritionist's perspective, the human body needs specific nutrients - both macro and micro forms - for you to achieve recovery, restoration, protein synthesis, production of hormones, glycogen replenishment, endurance, anabolism, increased metabolic rate and many other physiological processes in the body. If you just eat what you want when you want, do you really think you are going to hit the nutrition target on the head, day in and day out? You will be lucky if you hit it one day out ten. So, on of the other nine days when you are not reaching your nutrient needs, what happens? This is where overtraining comes in, bodyfat stores increase, lean muscle tissue decreases, hormone production including growth hormone; insulin and testosterone are not optimized as well

as many other factors that have a direct effect on your performance. How do you think your performance will be when meet day rolls around? Who knows? It could be subpar or maybe even a downright horrible performance. The main thing here to remember is, it's not worth it to throw away your hard work just because you eat like a living, walking, talking garbage disposal. As you probably already know, I can't stand it when I hear lifters say that nutrition really has no place in the sport of powerlifting. I have even heard really good lifters say that. If only you would open your mind and give things a try before you knock them I can guarantee that what you can anticipate is not only a much healthier and longer life, but also a more successful powerlifting career.

Overdosing on Caffeine

Nothing like a nice cup of strong coffee to get you day started. To tell you the truth, if you need a cup of the old Java to get you out of bed and get you started in the morning then there is something wrong. Most likely it has to do with your nutritional practice. Yes, having a cup of coffee to start off your day does have a lot to do with American culture, but for many it is a crutch to get them going in the morning. Caffeine is a very complex topic and I will be doing a two part series in the near future on what it is, how it works, and how to optimize its use for maximum performance. For now, what I will tell you is that if you use caffeine in the right manner it can really increase your performance. If used incorrectly, as a majority of lifters do, then it can actually decrease your performance. The main thing to remember here is that caffeine shouldn't be used to get your day started. It should be saved for specific purposes in your training program as there is more than one benefit to this 'eye opener'. One thing I noticed with a lot of lifters is that they drink an excessive amount of caffeine during the day. First off is their coffee intake. With the large majority of lifters that I have worked with and others that I have critiqued, they average anywhere from 3-5 cups of coffee per day. Now many of you may say that's not so bad, but wait there is more. This is not including their soda intake. As many of you probably already know many of the soft drinks out there contain caffeine. What many don't know is that it's not just the colas that contain caffeine. Even the soft drinks that you would least suspect have caffeine are loaded up with this stimulant. If you now take into consideration the combined amount, the total daily consumption is way too high. With these individuals, if you were to take away all their caffeine, they would be dragging their butts as if they were sedated with some type of horse tranquilizer. If this is you then it is time to clean up your nutritional practices and get your body working like a machine fuelled by nutrients, not stimulants.

Late Night Binging

Now if you are a regular reader of my column then you will probably say, "Doesn't this guy always tell us to eat before going to sleep?" Yes, you are right and wrong. I do advocate lifters to eat a well planned out night time meal before hitting the sack, but read carefully. I said a "well planned out meal before bedtime" not an ice cream and cookie eating marathon. The meal that you do have before retiring for the night is very important and if you just fill your body with foods

that are going to load your bloodstream with fat and sugar, there is no way you are going to help yourself on your road to powerlifting success. Having the right meal before bed can make a huge difference in many things. These include increased recovery, stronger and bigger muscles, increased nitrogen retention and making sure you stay in an anabolic or muscle producing state instead of the catabolic or muscle wasting state most powerlifters go to bed with. The problem with many lifters that I know, when they do eat at night is that they eat all the wrong things. Instead of fuelling their body with nutrients that are going to help them accomplish their goals, they consume foods that will increase their blood sugar rapidly, increase their fat stores, decrease their lean tissue by putting them in a catabolic state and leave them with low blood sugar come morningtime. Does this sound like this above scenario is going to have an effect on your training the next day? You bet it will and this why proper nutritional practices before going to bed are very important. Don't just eat what you want at night hoping that it will give your bench the boost it needs. The only place this will happen is in your dreams!

Not Planning your Meals

Not planning out your meals in advance is another major mistake made by a large majority of lifters. Many just eat whatever comes their way, not worrying about what they are putting in their mouths and what effect it will have on their performance. If you are serious about your powerlifting success, your meals have to be planned out ahead of time. I always advocate for serious lifters to follow a nutritional plan that is custom-


ized to help them reach their goals. When you have a plan, you already know what you are going to eat today, tomorrow, and even next week. With this in mind you will now know exactly what you are going to be putting in your body. Now that you know what food you will be consuming, you can understand what will physiologically be taking place in your body, and what the outcome will be as well. If you take a look at athletes of different sports, they know what they will be eating that day. When it comes to powerlifters, a large majority just goes with the flow and takes their meals as something just to fill their stomachs, not to optimize their performance. This is the wrong mindset and it will have a detrimental effect on your powerlifting success. Not planning your meals is a major mistake that will just have you guessing as to what you just stuck in your mouth as well as not knowing what effect it will have on your body. Plan your meals ahead of time and this way you will make sure to get the right nutrients at the right time to help you accomplish your goals.

Here you have the first installment of what you should avoid to perform better in the gym and on the platform. Some of the mistakes noted are very simple, yet they are largely overlooked by many lifters. Even though sports nutrition is an advanced field with many facets, even the basic principles can make a huge difference in your powerlifting success. If you are guilty of some of the above nutritional blunders then take a deep breath, put down that chocolate covered ice cream bar, and feed yourself something that is going to take your powerlifting success to the next level!

If you have any questions please feel free to email at aricciuto@x-tremepower.com

Eating Too Much at One Meal

I can just see the look on all the faces of the guilty as they read this. "Oh, I don't eat too much at each meal. I just have to unbutton my jeans after dinner because I had a long hard day at work and I am trying to relax." Sure ... and those five pieces of pizza along with the two loaves of garlic bread that you just inhaled wasn't the cause of your massive abdominal distension. This is a major problem that I see with powerlifters. Don't get me wrong, I can enjoy a good buffet at times, but the way powerlifters do this on a daily basis is actually a problem. Continually eating too much at each meal will cause a slew of problems for you. If you suffer from indigestion or acid reflux problems look to the total food volume that you are taking in at any one time. This is a major cause of this condition and can be fixed by reducing the amount of food you consume. Another problem with eating too much at one serving is that your body has a hard time to properly digest the meal. It will cause stomach bloating and something your wife won't appreciate - excessive gas! If this is you, and your wife and children have threatened to leave you on several occasions, then take a hint and eat less at each meal. And you wondered where all the romance went. Your stomach won't be so bloated and maybe your kids and wife will start to like you



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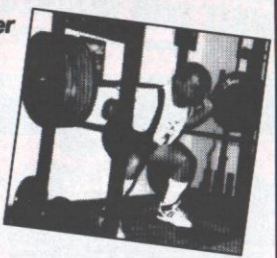
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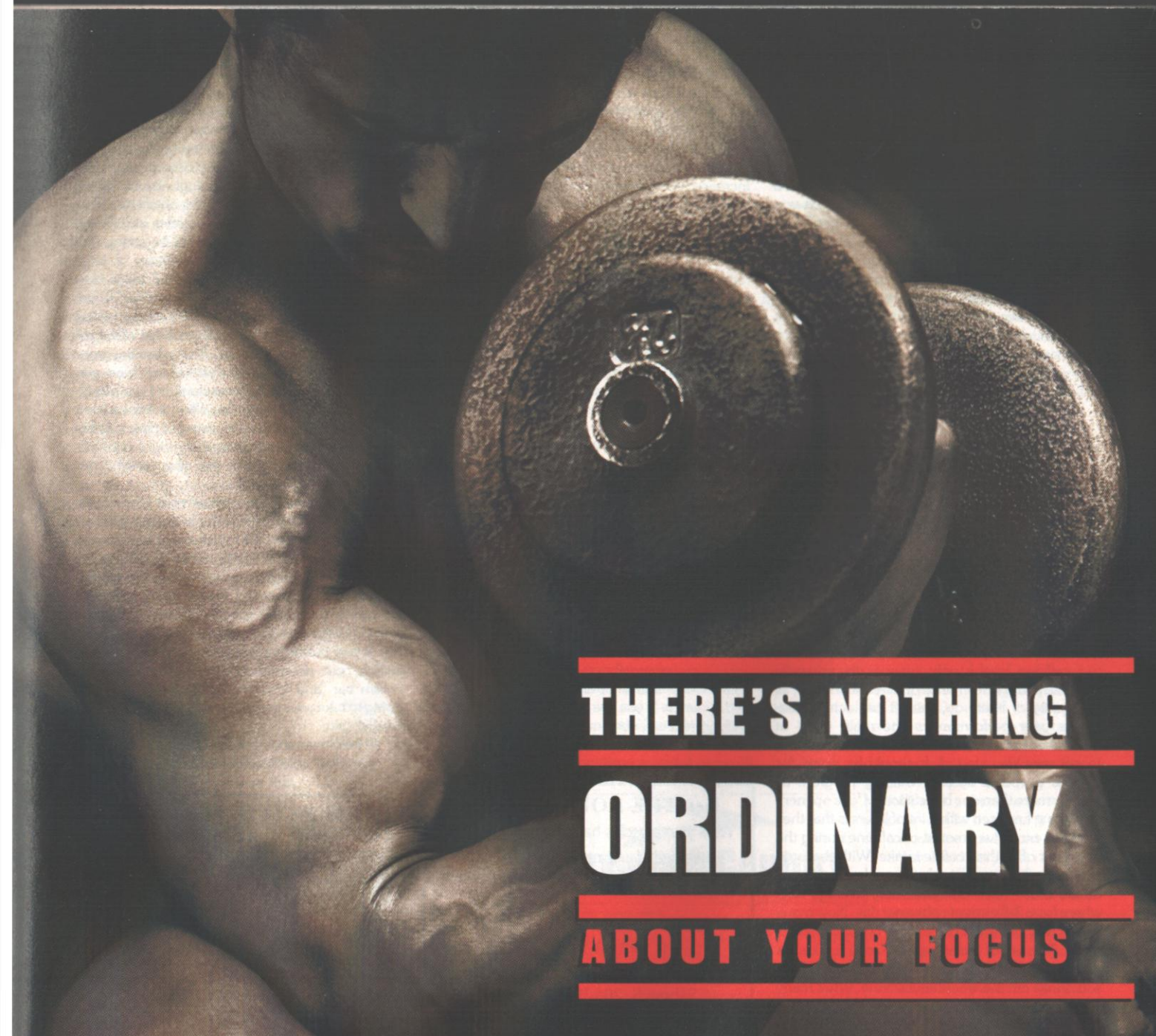
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Deborah Ames	Stan Martin	605			
215	Am Open				
MEN	165				
Pro-Open	Joe Mazza	480			
198	308				
Lars Nyblin	Dustin Minks	470			
555	Am Junior				
William Tomko	Dustin Minks	470			
220	165				
Petey Cropp	Joe Mazza	480			
625	308				
John Martinez	M. Barravecchio	650			
308	SHW				
Alan Baker	Dennis Herron	570			
660	BP				
Powerlifting	DL				
AM Open	TOT				
SHW-F					
Jenna Gane	AJ Henderson	700	385	575	1660
330	275				
AM Teen	Mark Dimaduk	705	380	665	1750
165-F	Pro Master 50-54				
Becky Labushesky	148				
275	Robert Charles	480	230	470	1180
AM Master 40-44	220				
114-F	John Black Jr.	770	340	605	1715
Shannon Parrish	Pro Master 55-59				
270	181				
MEN	F. Wambsgans	700	265	595	1560
Pro-Open	Am Open				
148	114				
Doug Heath	Josh Parrish	100	50	115	265
540	165				
181	Charles Kanavas	505	320	530	1355
Mike Maxwell	Doug Phillippe	405			
700	Brian Crowe	660			
F. Wambsgans	181				
525	McMillon	510	275	450	1235
Matt Painter	Lewie Einfalt	600	440		
550	198				
198	George Sotirakos	585	475	580	1640
Mike Hill	Mark Majer	600	350	575	1525
770	Adrian Griffin	580	340	520	1440
Mike Coe	Howie Reece	510	300	500	1310
760	220				
Lance Mosley	Patrick Hakola	700	425	640	1765
805	Jason Mink	625	415	625	1665
Paul Statzer	Grant Austin	600	505	525	1630
805	William Mazur	630	400	570	1600
Grant Lanning	Taggart Doll	630	440	530	1600
505	Chris Ruffner	525			
Dan Blankenship	242				
505	Mike Frinzi	750	375	635	1760
Eddie Pitts	Sean Donegan	700	450	605	1755
Jeff Adams	Marcus Brown	720	460	575	1755
220	Edward Collaku	625	430	615	1670
John Wardell	Blaine Pundle	670	410	570	1650
825	Thomas Shipman	515	340	520	1375
Keith Ferrara	Michael Dorman	475	375	475	1325
775	Mark Hoffmann	735			
Ed Reclenwald	Jim Parrish				
730	Charles Price				
Dick Crane	275				
775	John Robinson	760	490	605	1855
Lee Angle	John Stahl	660	450	600	1710
650	Palmer Simpson	630	505	570	1750
Jason Adams	Joel Young	750			
Edward Rudquet	308				
600	Phillip Battle	715	465	625	1805
Josh Murphy	Patrick Rodgers				
242	SHW				
Nick Lavitola	Chris Moore	805	425	600	1830
840	Norman Delan Jr.				
Mike Johnston	David Ellis				
775	Am Junior				
Jay Macartney	165				
745	Pat Curley	605	325	550	1480
Patrick Dick	181				
780	Dan Petrillo	610	460	575	1645
Kevin Dewese	198				
800	Tim Werheiser	630	360	500	1490
Jim Laird	220				
750	Mike Roberts	800	525	745	2070
Matthew Rydelek	Matt Smith	600	375	575	1550
660	Pat Delvey				
Chris Focht	Brad Ault	545	375	460	1380
680	Ryan Baldwin	550	285	435	1270
Eugene Covey	Luke Dalton				
755	Am Submasters				
Joe Bayles	198				
275	Michael Gugino	605	505	540	1650
Jeremiah Myers	Mark Majer	600	350	575	1525
875	Earl York	425	405	500	1330
John Green	James Proce	450	370	475	1295
950	220				
Jani Ihalainen	Chris Martino	585	410	515	1510
905	Edward Alexander	515	375	410	1300
John Bott	Lance Logangill				
855	242				
Jim Wendler	Edward Collaku	625	430	615	1670
900	Matthew Schimpf	350	450	1330	
Bob Youngs	275				
800	Mike Wlosinski	800	500	675	1975
Marc Bartley	Berry Smith	775	485	630	1890
775	Palmo Aracri	615	525	560	1700
Dave Beversdorf	550				
725	Matt Painter				
Will Ramesy	198				
750					

Am Teen
 132
 Michael Kuhns 480 310 345 1135
 148
 Dan Tillman 325 190 335 850
 165
 Adam Rouan 520 300 470 1290
 Kris Hicks 405 240 400 1045
 181
 Eddie Melodini 540 385 500 1425
 198
 Ben Schimpf 520 320 500 1340
 242
 Zechariah Cole 655 365 550 1570
 SHW
 Tim Harold 675 505 620 1800
 Am Master 40-44
 148
 John Gengo 430 290 455 1175
 181
 Fred Piermattei 575 405 555 1535
 Rick Hamsher 460 340 500 1300
 242
 Billy Warren 675 425 625 1725
 Peter Primeau 550 440 625 1615
 Am Master 45-49
 220
 Paul Sutphin 625 420 560 1605
 275
 Palmer Simpson 630 505 570 1705
 SHW
 Norman Delan Jr.
 Am Master 55-59
 220
 Sam Glover 455 300 420 1175
 Am Master 60-64
 198
 Ron Zavacky 460 305 465 1230
 Am Master 70-74
 165
 Ben Creech 195 115 245 555
 Am Master 75-79
 181
 B. McClelland 230 210 300 740
 Am Police
 220
 William Mazur 630 400 570 1600
 275
 Mark Dimaduk 705 380 665 1750
 Anthony Spencer 550 340 570 1460
 The 2002 IPA Nationals, held at the Worthington Holiday Inn in Worthington, Ohio, was a huge success. Held November 15, 16, and 17, the meet sold out several months in advance and featured lifters from all over the country and world. Meet directors Dave and Traci Tate did another great job putting on a first class event. The warm up room was huge consisting of two Monolifts, two deadlift platforms and two competition benches. Protein bars and energy drinks were readily available to all of the lifters and a television allowed those in the warm up area to observe the performances on the platform. The meet started and ended on time with each of the sessions running smoothly and efficiently. If there were any disruptions or setbacks during the meet, they were not apparent to any of the lifters, allowing them to concentrate on the task at hand. The IPA is known for big lifting and this meet certainly did not disappoint. There were several 1000 lb. squat attempts and 600 lb. bench presses. The IPA's motto "Lifters for Lifters" was apparent by the great atmosphere and camaraderie between all of those involved. In the Women's Amateur class, 114 pound Shannon Parrish (885 TOT) squatted an impressive 370 after missing her first two attempts. Jenna Gale (SHW) went uncontestated posting an 820 total in the Women's Am. Open. The Am. Teen Division featured Michael Kuhns (132), Dan Tillman (148), Adam Rouan (165), Eddie Melodini (181), Benjamin Schimpf (198), Zechariah Cole (242), and Tim Harold (SHW) all besting their competition for first place finishes. In the Men's Am. Junior class, Pat Curley (165), Dan Petrillo (181), Mike Roberts (220) and Brad Ault (242) all won their respective classes. Roberts squatted 800, benched 525 and pulled an impressive 745 for a 2070 total. In the Men's Am. Submasters Michael Gugino won the 198 class and benched 505. Chris Martino (220) and Edward Collaku (242) posted first place totals. Mike Wlosinski's 800 lb. squat helped give him a 1975 total in the 275 class and a blue ribbon finish. John Gengo (148) went uncontestated in the Men's Am. Master (40-44) with Fred Piermattei and Billy Warren winning the 181

and 242 class, respectively. Paul Sutphin (220) and Palmer Simpson (275), both in the Men's Am. Master (45-49) came away winners. Other Master Division winners were Sam Glover (55-59), Ron Zavacky (60-64), Ben Creech (70-74) and Bladen McClelland (75-79). Charles Kanavas took the Men's Amateur Open 165 with a 1355 total. Ryan McMillon won 181 pound class posting a 1235 total. The 198s featured winner George Sotirakos (1640) and his big 475 bench. Patrick Hakola took the 220s by squatting 700 and totaling 1765. The 242 class was a battle between Mike Frinzi, Marcus Brown and Sean Donegan. Frinzi squatted 750 and totaled five pounds (1760) more than his two competitors. Donegan and Brown both totaled 1755 with Brown winning on bodyweight. The best total in the 275 lb. class was 1855 and posted by Josh Robinson. Phillip Battle's 1805 total in the 308 class was good enough for first place as Chris Moore's 1830 in the SHW placed him first. The Pro Men's Bench Press contest featured some great lifters. Lars Nybin pressed 555 in the 198s and 275 lb. Petey Cropp easily benched 625. Alan Baker benched a big 660 and missed a close 700. The Men's Pro Open featured some great lifting and some tremendous feats of strength. Doug Heath went uncontestated in the 148 class posting a big 465 bench and a 1480 total. Mike Maxwell dominated the 181s, squatting 760 and totaling 1740. The 198s featured some big lifters, but with several of them bombing out, it was left wide open. Mike Hill took the title posting a 1900 total with Mike Coe and Lance Mosely finishing second and third, respectively. In the 220 class, John Wardell made a huge 900 lb. squat after missing his second attempt at 855. He finished with an amazing 2120 total. Tatu Avola finished second (2080) and Keith Ferrara (2025) third after his 900lbs squat was called for depth. This was Ferrara's third meet in almost as many weeks and he is looking for big things in the future. Nick Lavitola took the 242s with a 2130 total and a 750 deadlift. Mike Johnston came in second with Florida's Jay Macartney finishing third with his first Elite total and a PR bench press. The 275s had three 900 lb. squats and was by far the closest division. Jeremiah Myers stole the show with a huge PR total of 2240 and a 600 bench press. John Green's 950 lb. squat was impressive and gave him second place over Jani Ihalainen. A big congratulations to Bob Youngs for posting an Elite total after having been out of competition for a couple of years. Paul Sazy won the 308s with a 1910 total. The SHW division saw some big lifting and it started out with some impressive squatting. Big Mike Ruggiera man handled a 980 squat and had a near miss with 1014. Tony Hutson came back after missing his first two attempts and posted a



John Wardell went 900 540 680 for a Submaster World Record 2120 at 220. (photo courtesy John)

new PR squat at 1005. Gene Rychlak, Jr had two near misses at 1005 and Andre Henry drilled 920 and narrowly missed 1000. In the end, Ruggiera posted a meet best 2370 total; just five pounds less than Hutson. Rychlak came in third with a meet best 715 lb. bench press. 308 lb. Ben Brand dominated the Men's Pro Junior class. His 850 squat, 625 bench and 675 deadlift gave him a huge 2150 total. This kid is impressive and has an incredibly bright future in powerlifting. In the Men's Pro Submaster class, Sean Hailey and Steven Helmick won the 198 and 220 pound classes. Chris Young posted an Elite total in the 275s with a 1950 total. Galen Scott won the 220 Pro Master (40-44) class benching an impressive 565 and missing a huge 605 attempt. Danny Dague went uncontestated in the 275s. Jim Corsitto's (198) 660 lb. squat gave him a 1470 total in the Pro Master (45-49) division. Edward Ruquet (220), A.J. Henderson (242) and Mark Dimiduk (275) all finished first in their respective classes. Other Pro Master winners were Robert Charles (148) and John Black (220).

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**Herb Glossbrenner's MEN's 300 Kilogram Club
(661 lb. bench) World All-Time List - to 1/1/03**

90 kg./198.41 lb. class	KG	LBS	Name	NAT	Date	Place
1	310.0	683.433	Halbert, George	USA	03MAR01	Columbus, OH
100 kg./220.46 lb.-class	KG	LBS	Name	NAT	Date	Place
1	332.5	733.037	Halbert, George	USA	08SEP01	Daytona, FL
2	310.0	683.433	Patterson, Kenneth	USA	09SEP00	Daytona, FL
3	306.2	675.0	Kellum, Jesse	USA	28SEP02	New Roads, LA
4	300.5	662.5	Confessore, Chris	USA	20NOV93	1000 Oaks, CA
110 kg./242.508 lb.-class	KG	LBS	Name	NAT	Date	Place
1	324.3	715.0	Capozzolo, Rob	USA	08JUN02	York, PA
2	318.0	701.070	Patterson, Kenneth	USA	09OCT99	Daytona, FL
3	312.5	688.944	Halbert, George	USA	11OCT98	Daytona, FL
4	310.0	683.433	Confessore, Chris	USA	03NOV94	Columbus, OH
5	301.6	665.0	Fields, Robert	USA	26OCT02	Nazareth, PA
6	300.0	661.387	Wessels, William	USA	22JUL97	Atlanta, GA
7	300.0	661.387	Blakeley, John M	USA	09OCT99	Daytona, FL
8	300.0	661.387	Golmohammadi, Reza	IRN	28OCT02	Helsinki, FIN
125 kg./275.578 lb. class	KG	LBS	Name	NAT	Date	Place
1	347.0	765.0	Crawford, Bill	USA	21DEC02	Queensbury, NY
2	330.5	728.627	Patterson, Kenneth	USA	11NOV95	Chicago, IL
3	328.8	725.0	Burns, Sebastian	USA	10AUG02	Queensbury, NY
4	322.5	712.014	Zemmin, John	USA	10NOV02	New Orleans, LA
5	322.05	710.0	Toranzo, Joel	USA	21MAY01	Queensbury, NY
6	320.0	705.479	Tokarski, Craig	USA	21MAY94	Bend, OR
7	320.0	705.479	Kennelly, Ryan	USA	16NOV00	Reno, NV
8	320.0	705.479	Obrodovic, Jerry	USA	24FEB02	Columbus, OH
9	319.8	705.0	Chabot, Glen	USA	26JUN99	York, PA
10	317.51	700.0	Hicks, Allen	USA	21SEP02	Stanardsville, VA
11	308.4	680.0	Desmond, Ryan	USA	01MAY99	Durham, CT
12	306.2	675.0	Nichols, Guy (D.D)	USA	08DEC10	Elkhart, IN
13	305.0	672.41	Halbert, George	USA	29OCT95	Columbus, OH
14	305.0	672.41	Lane, Horace	USA	04MAR01	Columbus, OH
15	305.0	672.41	Smith, Scott	USA	01DEC02	Adel, GA
16	303.9	670.0	Lain, Kenneth	USA	25APR92	Longview, TX
17	303.9	670.0	Isaac, Timothy	USA	FEB95	Phoenix, AZ
18	303.9	670.0	Blakeley, James M	USA	16SEP95	Dallas, TX
19	303.9	670.0	Meeker, Paul	USA	11MAY02	New Roads, LA
20	301.6	665.0	White, Benjamin	USA	08DEC02	Norwick, CT
21	300.0	661.387	Guarino, Philip	USA	11OCT98	Daytona, FL
22	300.0	661.387	Sjoman, Jari	FIN	21AUG99	Helsinki, FIN
23	300.0	661.387	Isakov, Eduard	RUS	09JUN02	Novgorod, RUS
24	300.0	661.387	Ladnier, Joe	USA	16JUN02	York, PA
25	300.0	661.387	Rantanen, Tomi	FIN	25OCT02	Helsinki, FIN
140 kg./308.647 lb.-class	KG	LBS	Name	NAT	Date	Place
1	363.0	800.278	Kennelly, Ryan	USA	93AUG02	Portland, OR
2	355.0	782.641	Mendelson, Scot	USA	10NOV02	New Orleans, LA
3	333.5	735.242	Fusner, Rob	USA	08SEP01	Daytona, FL
4	331.1	730.0	Dizeno, Vincent	USA	05OCT02	N. Hampton, MA
5	330.0	727.525	Tokarski, Craig	USA	04JUN95	Rosemont, IL
6	328.8	725.0	Kovacs, Daniel	USA	06APR02	Queensbury, NY
7	327.5	722.014	Lain, Kenneth	USA	24NOV90	Malibu, CA
8	327.5	722.014	Chabot, Glen	USA	26FEB00	Columbus, OH
9	326.5	720.0	Hickey, Robert	USA	22MAY99	Brossard, CAN
10	326.5	720.0	Toranzo, Joel	USA	26OCT02	Nazareth, PA
11	325.0	716.502	Zemmin, John	USA	23FEB02	Columbus, OH
12	322.0	710.0	Blakeley, James M	USA	16JUN01	York, PA
13	322.0	710.0	Desmond, Ryan	USA	23JUN01	Keene, NH
14	320.0	705.479	Arcidi, Ted	USA	03MAR85	Honolulu, HI
15	320.0	705.479	Meeker, Paul	USA	16MAR02	Houston, TX
16	319.7	705.0	Shell, Jamie	USA	13OCT01	Grosse PT., MI
17	317.51	700.0	Skiver, Thomas	USA	18JAN98	St. Johns, MI
18	310.7	685.0	Rogers, Travis	USA	07JUL01	Danley, PA
19	310.0	683.433	Kravtsov, Vladimir	RUS	09JUN02	Novgorod, RUS
20	310.0	683.433	Midote, Daisuke	JPN	29JUN02	Nikko, JPN
21	307.5	677.921	Manno, Thomas	USA	08SEP01	Daytona, FL
22	305.0	672.410	Gaitana, Blake	USA	21JUN96	FLWorth, TX
23	305.0	672.410	Smith, Scott	USA	NOV01	
24	305.0	672.410	Wong, Steven	USA	17AUG02	Monterey, CA
25	302.5	666.898	Siders, Brian	USA	23MAR02	Institute, WV
26	301.6	665.0	Couch, Michael	USA	10AUG02	FL Meyer, FL
27	300.5	662.489	Sjoman, Jari	FIN	15NOV99	Calgary, CAN
28	300.0	661.387	Sirkka, Petri	FIN	27OCT02	Helsinki, FIN
+140kg./over 308.647 lb.-unlimited-bwt. class	KG	LBS	Name	NAT	Date	Place
1	362.9	800.0	Clark, Anthony	USA	01MAR97	Columbus, OH
2	350.0	771.618	Harris, Jamie	USA	24JUN01	Chester, WV
3	340.2	750.0	Ryckik, Eugene	USA	21DEC02	Queensbury, NY
4	335.0	738.549	Frank, Garry	USA	24JUN01	Daytona, FL
5	332.5	733.037	Tokarski, Craig	USA	11NOV95	Chicago, IL
6	330.0	727.525	Tuita, Kiu	USA	23NOV96	Honolulu, HI
7	327.5	722.013	Brandenburg, Clay	USA	08SEP01	Daytona, FL
8	327.5	722.013	Moore, Beau	USA	08SEP01	Daytona, FL
9	326.6	720.0	Williams, Willie	USA	20SEP97	Bluefield, WV
10	322.5	710.991	Henderson, James	USA	13JUL97	Philadelphia, PA
11	317.51	700.0	Maddy, Jeffrey	USA	07APR91	Honolulu, HI
12	317.51	700.0	Barnes, David	USA	21NOV99	York, PA
13	317.51	700.0	Skiver, Thomas	USA	10FEB02	St. Johns, MI
14	317.51	700.0	Miller, Michael	USA	29SEP02	Bangor, PA
15	317.5	699.968	Voronin, James	USA	24JUN01	Daytona, FL
16	307.5	677.921	Rogers, Travis	USA	09SEP00	Daytona, FL
17	306.2	675.0	Williams, James	USA	09NOV72	Harrisburg, PA
18	306.2	675.0	Kovacs, Daniel	USA	19NOV00	Columbus, OH
19	305.0	672.410	Duarte, William	USA	03JUL99	Honolulu, HI
20	305.0	672.410	Hamalainen, Mikko	FIN	08SEP02	Tampere, FIN
21	305.0	672.410	Gillespie, William	USA	17NOV02	Reno, NV
22	303.9	670.0	Smith, Matthew	USA	18NOV01	Columbus, OH
23	302.5	666.898	Manno, Thomas	USA	17NOV02	Reno, NV
24	301.4	665.0	Hunt, John R	USA	01NOV98	Annapolis, MD
25	300.0	661.387	Kazmaier, William	USA	31JAN81	Columbus, GA

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**Herb Glossbrenner's Women's 300 pound Club
World's Best All Time - through 31 DEC 2002**

60 kg/132.27 lb. class	KG	LBS	Name	NAT	Date	Place
1	157.5	347.228	Rinehart, Tina	USA	23FEB02	Columbus, OH
2	145.0	319.670	Lippert, Jerri	USA	16NOV01	Reno, NV
3	145.0	319.670	Nelubova, Valentina	RUS	29NOV02	Laukka, FIN
4	142.9	315.000	Weisberger, Amy	USA	17NOV01	Columbus, OH
5	140.0	308.647	Mathias, Rachel	USA	21AUG94	Zionsville, IN
6	137.2	302.500	Blakely, Anna	USA	11DEC93	Port Charlotte, FL
67.5 kg/148.81 lb. class	KG	LBS	Name	NAT	Date	Place
1	160.0	352.740	Suzuki, Paula	USA	28APR95	Honolulu, HI
2	158.5	349.433	Lippert, Jerri	USA	23FEB02	Columbus, OH
3	157.5	347.228	Kudinova, Marina	RUS	30NOV02	Laukka, FIN
4	150.0	330.693	Kasbaryan, Clara	FRA	11DEC99	Yaasa, FIN
5	145.5	320.773	Blackburn, Linda	USA	06JUL02	Eufaula, OK
6	145.0	319.670	Holzmann, Gabi	GER	31OCT98	Schwedt, GER
7	142.5	314.159	Mikasevich, Svetlana	RUS	21OCT98	Gyor, HUN
8	140.0	308.647	Roge, Janice	USA	07AUG93	Charlottesville, VA
9	140.0	308.647	Danilevich, Tatyana	RUS	23AUG02	Nymburk, CZE
10	137.5	303.136	Weisberger, Amy	USA	16APR00	Burbank, CA
11	137.5	303.136	Covellier, Alain	FRA	00	
12	137.5	303.136	Zimmer, Michaela	AUT	27OCT02	Helsinki, IN
75 kg/165.34 lb. class	KG	LBS	Name	NAT	Date	Place
1	183.0	403.446	Suzuki, Paula	USA	10JUN00	Warren, MI
2	177.5	391.321	Earnay, Debra	USA	11NOV95	Chicago, IL
3	172.5	380.297	Mikasevich, Svetlana	RUS	28FEB02	Sykytykar, RUS
4	170.0	374.786	VanDeWeghe, Stephanie	USA	13DEC98	Aurora, IL
5	165.0	363.763	Harrell, Janet	USA	03DEC88	Columbus, OH
6	165.0	363.763	Terentyeva, Anna	RUS	28FEB02	Sykytykar, RUS
7	158.8	350.0	Scanlon, Julia	USA	17AUG02	FL Washington, MD
8	150.0	330.693	Kasbaryan, Clara	FRA	28APR01	Villeneuve, FRA
9	149.7	330.0	Blackburn, Linda	USA	17MAR01	Muskogee, OK
10	148.0	326.284	Zavodszky, Timea	HUN	15APR00	Szombathely, HUN
11	148.0	326.284	Sell, Daniela	GER	24MAY00	Buenos Aires, ARG
12	147.5	325.182	Zhguleva, Marina	RUS	20OCT98	Gyor, HUN
13	147.5	325.182	Kudinova, Marina	RUS	02MAR01	St. Petersburg, RUS
14	145.0	319.670	Steenrod, Victoria	USA	21OCT95	St. George, UT
15	145.0	319.670	Keidel, Violet	GER	19JUN99	Graz, AUT
16	145.0	319.670	Kudryavtseva, Tatyana	KAZ	12SEP02	Sochi, RUS
17	144.2	318.0	Reshel-Sharon, Dawn	USA	23MAY92	Milwaukee, WI
18	143.0	315.261	Dianda, Tamra	USA	27MAY94	RDtorua, NZL
19	142.5	314.159	Odendahl, Liz	NLD	21JUL89	Karlsruhe, GER
20	140.8	310.0	Wood, Laura Jo	PUR	02MAY87	Pitts, Kimberly
21	140.8	310.0	Gordon, Darlene	USA	18AUG02	Springfield, IL
22	140.0	308.647	Francis, Beverly	AUS	18OCT81	Melbourne, AUS
23	140.0	308.647	Penisson, Bianca	GER	07APR01	Giessen, GER
24	140.0	308.647	Bagriy, Tamara	UKR	10AUG01	Jurmela, LAT
25	140.0	308.647	Waters, Sharon	AUS	06OCT01	Melbourne, AUS
26	138.3	305.0	William Christina	USA	26JAN02	Siauton, VA
27	137.5	303.136	Odendaal, Liz	NLD	16NOV89	Sydney, CAN
28	137.5	303.136	Dietrich, Marion	GER	30APR94	Dortmund, GER
29	137.5	303.136	Lenz, Jan	USA</		

Over the years I have written many articles on numerous facets of deadlifting, but what is also needed is a nuts and bolts overview series on deadlifting aimed at the novice lifter who is at 'square one'. That lifter needs basic info on how to train the deadlift, technique tips, and even what type of gear to use. Also slightly more experienced lifters could use a review of the basics, so enter Deadlift 101.

The deadlift is the ultimate barbell test of strength. In the bench and squat, momentum comes into play as does supportive gear along with more of an emphasis on technique. With the deadlift, it's just you and a 'dead' weight lying in front of you, daring you to lift it to a full standing position at arms length with gravity working against you. The deadlift uses most of the major muscle groups of the body, such as the entire back structure, legs and hips, rear deltoid, abs, biceps and forearms, not to mention the all or nothing attitude required to succeed!

Let's begin our discussion of the deadlift with the technique aspect. There are two styles of deadlifting; conventional and sumo. The basic difference between the two is with the conventional style the legs are close together between the hands on the bar and the sumo has the legs positioned wider, outside the hands, much like the position sumo wrestlers assume before they charge each other at the start of a match, hence the name. For our purposes, we will solely deal with the conventional style which I feel is best for novices, though the routines can be applied to sumo.

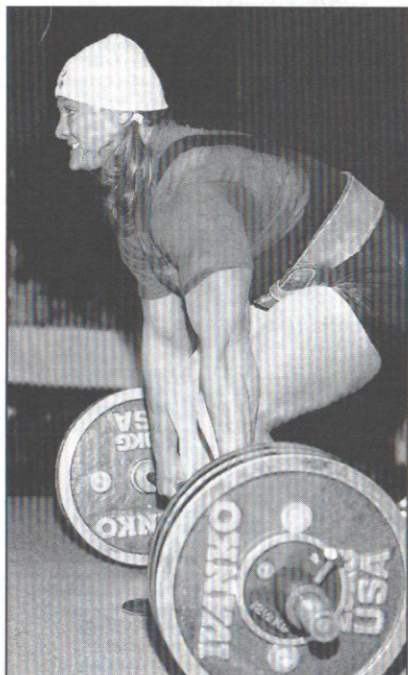
Start with your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. There is some formula that states for every inch a weight is a front of you, the more weight has to be lifted, so get and keep the bar close to the body. Place your legs about shoulder width apart. Bend down and grip the bar with an opposing grip; one hand with the palm facing your body, the other facing away. Which hand faces which way is totally up to you. Do what feels best. Grip the bar with a slightly more the shoulder width grip, just outside the legs on the knurling of the bar. Bend your legs to a half squat position and get your butt down. Keep your back flat and as erect as possible with your head forward or slightly up. Keep the elbows locked straight throughout the movement. That essentially is your initial pulling position.

A key to pulling the most possible in the deadlift is to involve your strongest muscles, the legs, as much possible. Begin the pull with your legs. Visualize pushing your legs through the floor. Another key to pulling the most is to not

STARTIN' OUT

A special section dedicated to the beginning lifter

DEADLIFT 101-PART I as told to Powerlifting USA by Doug Daniels



BECCA SWANSON'S 617 pound deadlift at the recent Arnold Classic led to the biggest women's total in recorded history.

straighten your legs out too quickly at the beginning. As the bar rises, drive your hips forward toward the bar. When you get to the top, draw your shoulders slightly back and remember to keep your knees locked and stand erect.

Upon completion of a rep, lower the bar under control to the floor and do not drop it or let go of it. Don't bounce any rep off the floor either at a meet or during your workouts. Stop at the bottom of each rep to properly reset. This not only develops good technique, but will decrease your chance for injury due to being out of position during the pull.

Next, let's take a quick look at equipment you can use. First, deadlift in shorts or a wrestling singlet. If you lift in long sweats, the bar will drag up your thighs and the material of the pants will slow its movement. I would suggest wearing flat, thin soled shoes. A raised heel will push you slightly forward, making the lift unnecessarily more difficult. Some lifters use wrestling boots or even thin house slippers. Cross-trainers will do also. If you're thinking of competing, don't use lifting gloves in training. They're not allowed in com-

petition and your hands must be rough and tough enough to withstand the rigors of the lift without them. Hard calluses must be developed over time and gloves will hinder their development. Without a tough set of skin on your hands, your hands could tear and that will stop you cold during a meet.

I would shy away from using a lifting belt on the sets of reps of 5 and over. Using a belt will substitute for strong abs. By not using a belt, your abs and entire torso will strengthen under the stress of the lift. On reps less than 5, use a belt. Refer to a past article of mine in PL USA for more thoughts on belt usage. Also, don't use lifting straps while deadlifting in training, especially if you will compete. Develop your grip strength by holding on to the bar under your own power. Just like lifting gloves, straps are illegal in competition.

Since the deadlift is so strenuous, I suggest not training the deadlift more than once per week. You will get optimal results from this 'infrequent' schedule of training. Now, let's lay out an 8 week off-season routine for a deadlifter with a 1 rep max lift of 400 pounds. We will not end up with a single at this stage, but will concentrate on increasing usable strength for competition. Always warm-up with some stretching, etc., and remember, don't bounce any reps. You can adjust this routine to fit your own strength level by using simple math percentages. You'll notice that the weights are low at the beginning, but the routine will push you as the weeks progress. Take 3-10 minutes rest between heavy sets. Make sure you take 2-3 days between this workout and your heavy squat day. If you squat twice per week, take your light squat workout after your deadlifts.

Here is the routine:

- Week 1** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 5, 290 x 5
- Week 2** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 5, 300 x 5
- Week 3** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 330 x 5, 305 x 5
- Week 4** - 135 x 8, 185 x 5, 225 x 3,

- 275 x 2, 315 x 1, 335 x 3, 315 x 5
- Week 5** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1, 345 x 3, 315 x 5
- Week 6** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 320 x 1, 355 x 3, 325 x 3
- Week 7** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 1, 365 x 3, 335 x 3
- Week 8** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 335 x 1, 375 x 3, 345 x 3

Some lat and trap work should be included. It is important to not overdo it though. The deadlift and squat will do a super job of exercising your lower back muscles, so they do not need extra work. What I suggest is selecting two of the three types of back exercises and alternating their use every workout. The back is such a complicated structure that it requires a variety of exercises, but high quantities of exercise are not required.

The first of the three back exercises should be a pull-down or chinning movement. Pull or chin to the front of the body. Pulling behind the neck uses more bicep and puts the lifter in a position where more abdominal power is used than desirable. The second exercise would be a pull-back movement like a row or low cable pull. I prefer a one arm dumbbell row with your back supported. Some companies like Hammer and Eagle have seated row machines that don't stress the lower back. The third exercise would be shoulder shrugs. When shrugging, be sure to shrug all the way up and down. Don't waste time shrugging back. I like dumbbell shrugs because they enable more natural movement. Hold the dumbbells at your side. You can use lifting straps on shrugs. Try to get 3-5 sets of 6-12 reps of two of the exercises. The next time, try a different combination of two, and so on. As I always stress, form is more important than weight used. No judge will ever ask you how much you can cheat shrug or give you more white lights if you only chin part way up in your workouts for 30 reps as opposed to 6 good ones.

Coming up, we'll continue our examination of the deadlift by covering competitive aspects and we'll lay-out another routine. I will also provide numerous tips that can make the difference between success and failure. Until then, keep pulling and may all your lights be white.

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WORKOUT of the Month

"CONTROLLED CHAOS"

The Bench Press Workout Philosophy of Glenn Buechlein MS., BS, C.S.C.S.

I know you're thinking that the title of the article is an oxymoron, right? Well, you are correct. I must say that I thoroughly enjoy oxymora such as jumbo shrimp, civil war, and one that is extensively thrown around in the current political climate, religious tolerance. Yeah, it is oxymora, not oxymorons. I was not terribly pleased to discover that either. While on my working vacation, I contemplated what to call my current bench program. I settled on 'controlled chaos' to describe my current workout strategy, because when I sat down to write a typical training cycle, I realized that I have no set attack, yet things typically fall into place in a quasi-controlled manner. I guess my workout can be described as spontaneous, but with a prescribed method to the madness, even if it exists only in my mind and is only brought to the surface once the workout begins. I do have a set of guidelines I try to follow, but the exercises are not usually filled in beforehand. This may sound chaotic, and at times it is, but often a given workout hinges on my level of injury as well as other extraneous factors. Ultimately, I lift by feel and experience. I see lifters getting burned out, stagnant, and frustrated because they choose to follow a sample workout to the letter. In essence, some lifters create a self-fulfilling prophecy because they do what is written into a program regardless of whether the program suits their individual needs or can enable them to reach their potential. Confucius - who said that learning without thinking is useless, and thinking without learning is dangerous - best sums up this mentality.

Many people search for the perfect workout with the same exhaustive perseverance as seekers of the Holy Grail. I tend to believe that the quest or belief that there is one correct way to train is similar to Fermi's paradox involving the existence of extraterrestrial life. In a galaxy supposedly teeming with intelligent life, Fermi simply asked, "where are they?" If there are so

many advanced civilizations then they should be here. If there is one correct way to train, where is it? With our advanced level of science, there should be a simple definitive answer to the question of what workout regimen is best. The key to working out in my mind is not a question of what to do, but rather why are you doing it? As Bernard Buruch said, "millions say the apple fell, but Newton was the one to ask why." Often, I ask some of my lifters why they are doing what they are doing? They cannot give an answer or else they quickly laugh embarrassingly and realize their choice of exercises is pretty ugly. The longer I lift, I realize that constructive criticism or simply questioning a novice lifter, including myself, is a productive approach. You really do have to be cruel to be kind.

Science is said to be the great antidote to the poison of enthusiasm and superstition. However, I believe enthusiasm, drive, and heart can go a long way within the realm of lifting. An overriding factor is to do whatever program you choose with an intensity and fervor that would make Tony Robbins froth at the mouth with bubbling pride. Too many lifters literally get paralysis from too much analysis. How many reps per set? How many sets? Should I do this with that, and this with the other thing, in Week One or Week Three, in a seated or standing position? Good grief. Come on. Just do something and do it hard.

I like the guys who write to experts, who exhaustively and graciously answer questions on a volunteer basis, and somewhat verbally accost the expert because they changed something in their workout. Here is a common exchange: *Yeah, Johnny Elite, I saw where you said to do 3 sets of 15 reps of d-bells every 3 weeks for hypertrophy work and now you said that you only do this every 6 weeks. What gives?* It's like these guys were told that 2 + 2 now equals five. A wrench has certainly been thrown into their engine of life. My

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Glenn Buechlein was ranked Number One on the TOP 100 list for 242s published in the April 2002 issue of Powerlifting USA. (photograph provided by courtesy of Glenn, taken at the 2001 IPA Nationals where he set an IPA Submasters World Record with 585 @ 242 lbs.)

point is that there is no exact science to this and that individuals should seek knowledge, but not at the expense of losing the ability and fortitude to determine their own workout path and eventual destination. 'Sheeple' are people who aimlessly and blindly follow without thinking or analyzing. As Lawrence Taylor so eloquently expressed, "there are three types of people in the world. Those that make things happen, those that watch things happen, and those that don't know what the hell is happening." Hopefully, a lifter is shooting for the goal of being someone who makes things happen. Regardless, the key is to do something. A person voted by the people of Gt. Britain as the most important person in the last 500 years, Sir Winston Churchill, said that we should not worry about action, but only inaction.

For the sake of this article, I have devised an approach to training the bench based on some simple guidelines I have tried to adhere to the last couple of years. I cannot give you an exact estimate of the amount of improvement you will experience by following the routine. However, I believe the workout does offer variety and a diverse flavor that is not commonly seen in the run of the mill workouts that seem to always follow the old Western periodization agenda.

This plan of attack is based on several main ideas. I only bench once per week and it is on Saturday which I call max effort day. A prerequisite for any max effort day is loud, death metal music, not the soft rock stuff. As far as the actual workout, I try to alternate a full movement on the first exercise during max effort day followed by a partial initial movement the next workout. That is, the workout in Week One will begin with a ME movement such as green reverse band presses in the power rack. By full movement I mean that the bar is brought to the chest for a full ROM. The next week's first exercise will be a partial movement such as a 3 board press. I try to continually alternate a full with a partial on my first movement which always culminates with a max single. That is, an attempt for 1 rep, and hopefully it will be for a PR.

The second exercise will generally be a lift that focuses on the triceps, but still mimics the bench press. Examples include reverse cambered bar presses, 5 board presses, lying log presses, etc. I tend to perform 5 reps for these sets. The battery of exercises done second in the rotation of movements generally involve the utilization of a close grip in order to build tricep strength for the lockout.

The third movement involves the use of a close grip and empha-

sizes higher reps. A great example would be what I call tricep death. We employ all the boards we have in the gym. We do 5 reps off the chest immediately followed by 5 reps off of one board, two, three, four, five, and finally five reps off 6 boards. This is done with no rest between sets (boards) and results in the lifter completing 35 reps before being allowed to vacate the bench. Other favorites in our scheme involve various push-ups with chains and bands and timed speed reps. These simply are sets done in 10 seconds with the goal being to accomplish as many reps in 10 seconds as possible. You may notice that we do not do a lot of extensions in our training. Why?

The rest of the workout centers on the training of the back (lats, traps, and anything else you can't see when facing a mirror) and muscle groups that each individual believes need attention or rehabilitation. I hope you enjoy the workout. Choose the stuff you like and believe will be beneficial in order for you to fulfill your own unique goals and toss the rest out like the Christmas fruitcake. No, I don't mean the uncle everyone is afraid to go near.

The exercises in the workout are demonstrated in my gym's video entitled 'Power B's Homemade Hard-core Training: The Bench

press'. This video is available through my gym or at Elite Fitness Systems run by Dave Tate. Also, for a little fun, the first reader to e-mail me at buech@custom.net with at least 7 oxymora contained in my article will receive a free copy of the video.

Sample 6 week workout
for the bench press

Week #1: 1. green reverse band presses - do sets of three reps until bar speed diminishes and then strive for a 1 rep max. 2. half benches with band behind back - do 5 reps for 3 sets. 3. plyo - push-ups off plates or boards - do 3 sets to failure. 4. back work

Week #2: 1. 3 board presses - do 3 reps until bar speed slows, then go for a max single. 2. log floor presses - do sets of 5-8 reps adding weight per set until you cannot get 5 reps/ if you have no log, use heavy d-bells with a palms facing grip. 3. speed benches - take a weight that you normally can do 10 reps with and try to do 10 reps in 10 seconds. The timer should start the watch when you begin your downward movement on the first rep. Do 3 sets of 10 reps. 4. back work

Week #3: 1. Close-grip chain presses - load the bar with at least 2 sets of chain (I prefer 100 lbs.) and do sets of 3 until bar slows and then

go for a single record. 2. 5 - board presses - simply do sets of 5 reps off of 5 boards until 5 reps is not achieved. Try to stay tight and tuck the elbows. 3. Beekers - these are board presses and full range presses in combination. Do a full rep and the do a rep off of a board in an alternating fashion, so each set involves 5 reps off the board and 5 full reps. We prefer using 3 boards. Do 3 sets of 10. 4. back work

Week #4: 1. 2 board presses with minis - do 3 reps per set until you slow and then do reps striving for a max single. 2. rug or carpet presses - roll up and old rug and duct tape it so it sits approximately 4 - 6 inches off your chest. Do sets of 5 reps focusing on pausing on the rug and keeping the elbows tucked. 3. chain push-ups - load chain on the back of the lifter after each rep is performed. We use up to 100 lbs. of chain. Once the lifter does all the chain or fails on a given rep, start to de-load or take off sets of chain. So, do a rep, then add a set of chain until failure and then do a rep and take a set off. Depending on the amount of chain on hand, this can be an exercise that involves up to 30 reps per set. Do 2 sets. 4. back work

Week #5: 1. Wide or competition grip benches with multiple minis. We use a set of monster

minis and a set of regular minis which I would guess equal approximately 170 lbs. of resistance or about 215 lbs. counting the bar weight at the top. Do 3 reps per set and then try for a max single. 2. heavy d-bell floor presses using a palms facing grip. Do sets of 5 reps consistently using heavier d-bells until you cannot get 5 reps. 3. tricep death - take a weight that you normally can do 20 full reps. Do 5 reps off the chest immediately followed by 5 reps off 1, 2, 3, 4, 5, and finally 6 boards. So, there is a total of 35 reps per set. Do 2 sets. 4. back work

Week #6: 1. reverse cambered bar presses - do 3 reps until the bar slows and then try for a single PR. These somewhat mimic a 2 or 3 board press, but are more difficult and bring in more stabilizers. 2. lockouts in the rack - do sets of 9 reps alternating between 3 different grips. Do 3 reps close, 3 medium, then 3 wide. Do sets of 9 until failure, then go for a max single focusing on your weakest grip. 3. weighted push-ups with a 100 lb. plate on your back. Do sets of 10 or until failure. Do 3 sets. 4. back work

If you do not have access to the chains, bands, etc. try to overcome by substituting exercise that are similar. Good luck and have fun.

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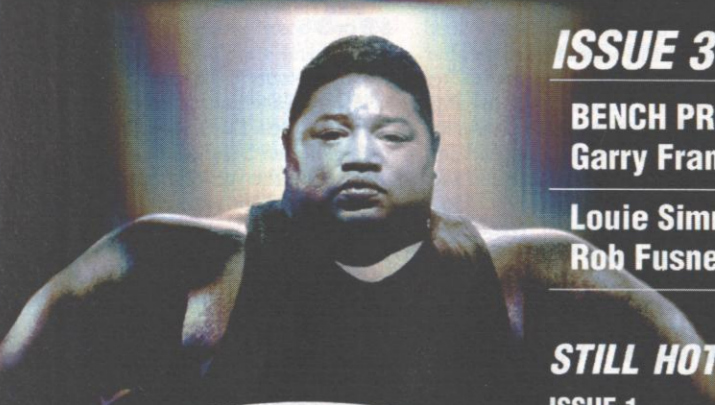
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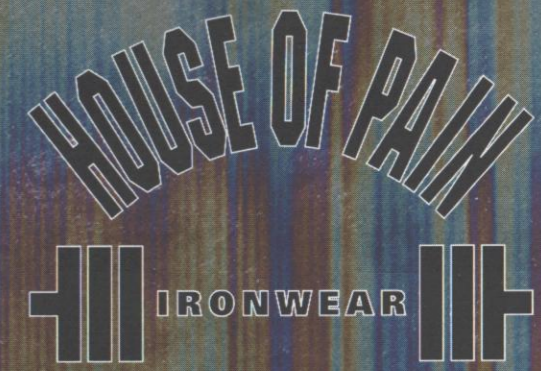
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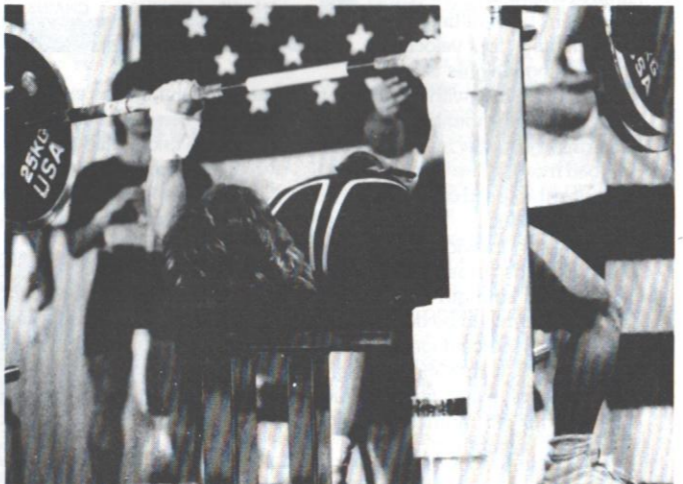
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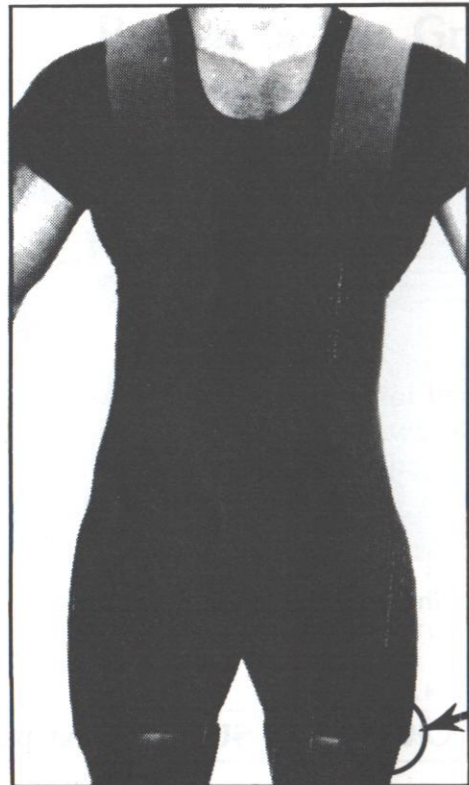
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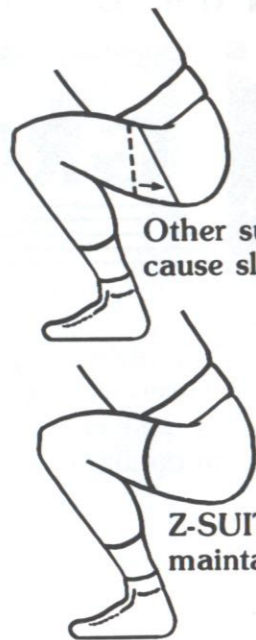
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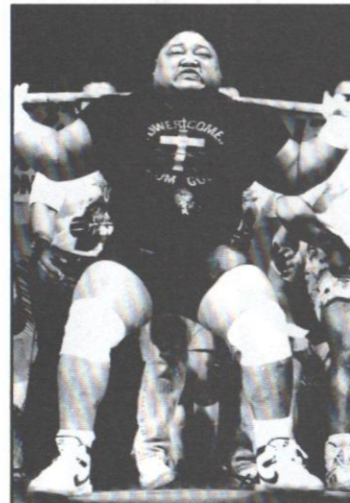


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 711 SQUAT at 148 b.w.

Matt Dimel
 1010 SQUAT

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George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

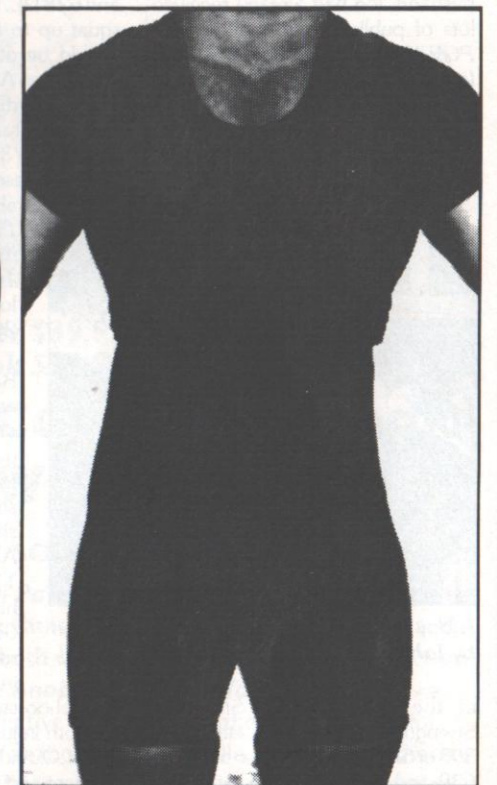
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TOTAL				

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 ADDRESS _____
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POWER SCENE

POWER SCENE enjoyed its two months off, but recently returned to the road again to cover the unfolding lifting scene. Fortunately, this time we didn't have far to travel, as our first post-break visit was to the Los Angeles Lifting Club.

Friday night there is 'Squat Night', and we found some serious squatting going on. Nance Avigliano, who's recently done some incredible squatting, said she and husband Joe had already received lots of publicity, and wondered if POWER SCENE might like to focus on the many other LALC lifters.

25 year old Oan Basson may be the next big thing; he's been hitting some huge squats, including 1003

been lifting since 1997, and when he's not running meets with Lance Slaughter, he's competing and hitting some big numbers. At 233 lbs., John's totaled 1901, with PRs of 739 SQ, 512 BP, and 655 DL. He's aiming for the USAPL Nationals this summer, and hoping to capture a spot on the U.S. team for the IPF Worlds.

Morgan Brisbee, 24 years old, is already up to a 716 SQ, 424 BP, and 628 DL. He's aiming to get that squat up to 800; his next chance should be at the APF Seniors in June. Shea Aubichon came to powerlifting partly as a result of a bar bet; and after a year at LALC he's up to 518/319/518, at only 193 lbs. Dan Jesolva, whom we wrote

about a few years ago in POWER SCENE, has moved his total up from 1465 to 1901, and he's looking to crack that 2000 lb. barrier.

Todd and Theresa Bostrom are husband and wife, and recently did their first meet together. Theresa is a former gymnast and is still pretty flexible, and she's shooting for the APF National in the 114s. Todd has lifted his squat from 390 to 617 in one year, and his next meet is in Canada in March. Curt Ayers, a

high school student, and Sal Richichi are both in just their second month at LALC, and we look to have more on them and the rest of the gang in the future.

LALC's lifters talk about the camaraderie they enjoy, and the strong support they each receive from other LALC lifters and coaches. If you want to check out LALC, call them at 818-846-5438, or visit www.laliftingclub.com



Friday Night Squats: Oan Basson, spotted by John Planas, and Joe Avigliano (right)

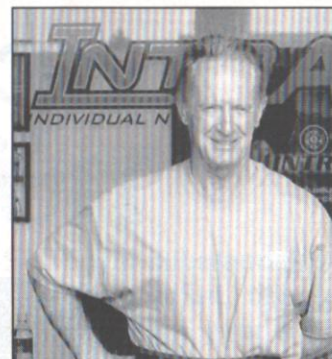
at the New Orleans Show of Strength. Competing in either the 308 or SIHW class, he's also benched 639 and deadlifted 705, and he's only been powerlifting for five years. Next up for Oan is the WPO meet at the Arnold Classic (where POWER SCENE plans to be.)

USAPL star John Planas is another LALC lifter, and he was sure making a lot of noise literally - dropping the bar to the floor. John's



The Los Angeles Lifting Club (Photographs are courtesy of Ned Low)

Across town, and L.A. is a very big town, is Gold's Gym/Venice, where we caught up with Andy Lambert and Intrafitt. Started 14 years ago, Intrafitt is a sports nutrition and exercise program, designed to improve your strength and performance, while reducing body fat and increasing lean muscle tissue. There are currently dozens of Intrafitt



Andy Lambert - Intrafitt Systems

centers around the country; Andy has the Venice site and he gave us a little insight into Intrafitt.

Most people who sign up for the Intrafitt system are already working out: Intrafitt helps take them to the next level, through body analysis (measurement of weight and blood sugar levels,) a comprehensive analysis of food intake, and recommendations on cardio and weight training. Some people stay with Intrafitt for a month; some stay for years.

Powerlifters certainly know that what you eat, how much you eat, how often you eat, and when you eat, all can greatly affect your performance. Intrafitt applies a scientific approach to these issues, and can help move you from a general understanding to a more specific plan for just you. The Gold's Venice Intrafitt number is 310-452-2880.

Gold's Venice is also home to Mari Asp, who came last year from her native Norway to sunny South-



Champion Gymnast - Mari Asp

ern California. Mari was a Norwegian National Champion in Powerlifting, and competed in the IPF Worlds. In the 56 kg. class, she hit 145 kg., 92 kg., and 145 kg. (and she was also a champion gymnast and figure competitor.) Mari's thinking about competing this year, but isn't sure yet of whether it should be a bench contest or a figure show. (How about both?) For training info (she's a personal trainer), you can contact Mari at asp_mari@hotmail.com

Finally, just outside of L.A., we caught up with Jennifer Kaylor, who we pictured in the December 2002 POWER SCENE, promising more information on her in the



Bodybuilder - Jennifer Kaylor

future, which is now. Jennifer has had a varied athletic career, including college volleyball and then professional volleyball overseas in Europe. The last two years she's been a serious bodybuilder, and competed in the 2002 USAs. Her weight training in the squat, bench, and deadlift has helped build her foundation, and as you can see, she has quite a foundation. At 6'1", Jennifer competes at just under 200 lbs, and gets up to about 215 in the off-season.

In addition to being in the gym six days a week for her own training, Jennifer is a personal trainer, and does physique modeling, and serves as a reserve firefighter. (We don't know when she sleeps.)

That's it for this month. We'll be out in Columbus, OH at the Arnold Classic in a few weeks, so we'll have a report on that next month, and we'll also have info on POWERLIFTER VIDEO's return, with its introduction of THE BENCH PRESS ISSUE 3, The Best Bench Pressing From 10 Years of Powerlifter Video. Until next month, stay strong and healthy. NED LOW

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

To Stretch or ... Not To Stretch

Whenever I discuss stretching and it's benefits or lack of benefits, there's always an uproar from people on both sides of this argument. Those that are for stretching list among their reasons decreased injuries, decreased muscle soreness, increased flexibility, and increased performance. Those against say it's a waste of time, and even worse, can increase the susceptibility to injuries.

First of all, let me tell you that I'm not a big fan of stretching. I guess I got turned off by seeing the gym mullets stretching forever with those broomsticks and then maxing out at 135 lbs. in the squat. But there's more to it than that. I feel that stretching too much, especially past the normal range of motion and/or when you're cold, will set you up for injuries. And frankly I always found that I got all the stretching I needed when I did some warm up sets before lifting the heavier weights. I also feel that stretching a muscle before lifting or jogging may produce microtrauma that can be aggravated during the regular workout and subsequently increase the chance of injury.

Much of the literature in the past few years has backed up my negative feelings about stretching before and after training. In a recent study the authors did a systematic review of the effects of stretching before and after exercise on muscle soreness and risk of injury. This review concluded that stretching before or after exercising does not confer protection from muscle soreness and that stretching before exercising does not seem to confer a practically useful reduction in the risk of injury.

The bottom line is that stretching is not all it's made out to be and you should be careful not to overdo it. On the other hand active and passive stretching can be useful when rehabilitating musculoskeletal injuries when it's done with the help of a qualified therapist.

Exercise can lift your mood

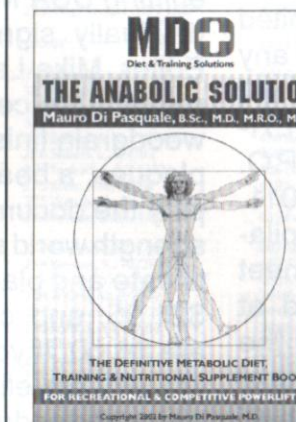
Regular exercise keeps not only your body, but also your mind in shape. Over the years several studies have shown that there is a mind - body link and that exercise is the key for keeping the mind alert and your mood on an even keel.

Exercise has been shown to improve cognitive function, memory performance, fluid intelligence, information processing, attention, and some types of reaction time. It's also been shown to be an effective strategy for reducing stress and symptoms of depression, and for increasing psychological well-being. Some of these effects may be due to the ability of exercise to increase the levels of brain endorphins (natural pain killers and mood elevators) and serotonin (natural anti-depressant), and decrease cortisol, the stress hormone. Indirect routes by which exercise might elevate mood are by improving self-esteem, confidence, and social contact.

Exercise also seems to help if you're one of the many people that suffer from the winter blues, known more scientifically as seasonal affective disorder (SAD). A recent study showed that exercise, combined with bright light exposure, had a positive effect on decreasing the depressive feelings associated with SAD. In this study the subjects were put into one of two groups - exercise in bright light or exercise in normal indoor light, and their mood and quality of life were examined over an eight week period. The results of the study showed that physical exercise both in normal indoor illumination and in bright light was effective at alleviating depressive symptoms. The exercise was significantly more effective at alleviating depressive symptoms when combined with bright-light exposure.

Another interesting point is that the effect of exercise on depression may be dose dependent. That is, the more you do (up to a point, of course, since you can overdo anything) the more of an effect it has. My feeling is that you should do the amount of exercise that it takes to make you feel

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better. So, if you're feeling down and/or stressed out, the best medicine just might be at your local gym rather than your doctor's office.

WOMEN'S TOP 20

These are the **PL USA TOP 20** women powerlifters in the United States for the year 2002. If any errors or omissions are noted, please report them to **POWERLIFTING USA Magazine**, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.

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Whatever Happened To Hot Stuff?

I desperately need some help!! Several years ago I used a fantastic supplement powder called **HOT STUFF**. It was far and away the best supplement I have ever used. I have been looking everywhere for it recently but I can't seem to find it anywhere. One store clerk told me it had drugs in it and was banned by the FDA. Does anyone know if this is true, and if not, where can I buy it again?

Q&A

We've got some good news for you. **HOT STUFF** is still available at select gyms and health food stores but if you can't find it in your area, you can purchase it directly from the company by calling **1-877-914-9910** or order it off their web site at **www.HotStuffWorld.com**. And by the way, as great as it works, the rumors that it contained drugs were never true.

97 SQ

- 320 Robbins, A., 10/26/02
- 286 Grimwood, E., 6/14/02
- 260 Leverell, A., 11/23/02
- 259 Morales, B., 10/26/02
- 248 Dickey, E., 9/25/02
- 248 Ufret, G., 6/14/02
- 245 Schroyer, H., 2/17/02
- 240 Lambardia, D., 3/14/02
- 240 Sanchez, S., 3/14/02
- 236 Crapo, E., 4/12/02

- 236 Miller, C., 10/26/02
- 235 Rodriguez, V., 3/14/02
- 231 Solan, C., 2/9/02
- 225 Garry, C., 12/7/02
- 225 Kennedy, J., 12/7/02
- 220 Denmon, A., 3/14/02
- 220 Carder, T., 3/14/02
- 220 Axt, A., 3/16/02
- 215 Rawls, M., 3/14/02
- 215 Amador, B., 3/14/02

105 SQ

- 352 Maile, J., 9/25/02
- 321 Leverell, A., 6/22/02
- 275 Farone, J., 6/22/02
- 255 Barajas, S., 3/14/02
- 250 Sampson, G., 3/8/02
- 250 Marcellis, J., 11/23/02
- 248 Leggett, K., 11/23/02
- 245 Rodriguez, S., 3/14/02
- 245 Little, H., 3/14/02
- 242 Crapo, E., 5/25/02

- 240 Ryman, K., 12/7/02
- 237 Solan, C., 12/7/02
- 235 Montoya, C., 3/14/02
- 235 Koltzur, B., 3/14/02
- 231 Luc, L., 3/16/02
- 231 Waguespack, B., 3/16/02
- 231 Kikelico, 3/16/02
- 230 Shawn, J., 3/14/02
- 225 Karbowski, A., 3/8/02
- 225 Bernal, C., 3/14/02

114 SQ

- 395 Parrish, S., 8/24/02
- 363 Whitfield, N., 5/24/02
- 358 Hartwig, S., 5/20/02
- 319 Arnold, D., 3/14/02
- 315 Kirkland, M., 4/6/02
- 300 Hollier, J., 11/30/02
- 292 Nogle, C., 3/16/02
- 285 Leggett, T., 3/14/02
- 280 Awall, A., 11/30/02
- 270 Blanchard, E., 5/4/02

- 265 Hogan, L., 3/14/02
- 264 Demmers, E., 2/9/02
- 264 Traylor, A., 3/16/02
- 260 Jordan, S., 3/14/02
- 260 Schwertner, S., 3/14/02
- 259 Sulton, T., 2/9/02
- 259 Bullara, C., 3/16/02
- 255 Cisneros, D., 3/14/02
- 255 Williams, S., 3/14/02
- 255 Harton, K., 3/14/02

123 SQ

- 410 Burkey, J., 6/22/02
- 402 Tyree, V., 3/16/02
- 380 Amsden, 9/12/02
- 380 Whitfield, N., 10/22/02
- 369 Rinn, S., 11/9/02
- 325 Lewis, P., 3/14/02
- 325 Kusar, P., 3/23/02
- 319 Nogle, C., 12/7/02
- 315 Wilson, 10/12/02
- 310 Parrish, S., 4/6/02

- 308 Stein, E., 11/9/02
- 303 Moller, A., 11/9/02
- 300 Deal, L., 3/14/02
- 300 Hitchcock, A., 4/20/02
- 295 Santamaria, E., 3/14/02
- 290 Awall, A., 3/14/02
- 290 Garcia, N., 3/14/02
- 285 Costello, M., 3/14/02
- 281 Pala, M., 8/8/02
- 281 Burchfield, T., 11/9/02

132 SQ

- 556 Avigliano, N., 8/24/02
- 468 Weisberger, A., 11/8/02
- 410 Alitzer, B., 8/17/02
- 400 Diamond, M., 4/29/02
- 385 Tucker, T., 3/2/02
- 374 Overdeer, A., 5/19/02
- 369 Mobley, S., 2/9/02
- 369 Urso, S., 11/9/02
- 358 Ray, J., 5/18/02
- 358 Ware, V., 6/14/02

- 341 Aguila, V., 2/9/02
- 325 Niederkorn, K., 4/12/02
- 320 Davis, S., 3/14/02
- 320 Morello, J., 10/26/02
- 319 Darling, J., 5/19/02
- 319 Mesik, A., 9/25/02
- 315 Carpenter, K., 3/30/02
- 305 Boyce, C., 3/14/02
- 303 Moore, E., 2/9/02
- 303 Lopez, M., 11/9/02

97 BP

- 159 Grimwood, E., 6/14/02
- 155 Kennedy, J., 12/7/02
- 145 Robbins, A., 10/26/02
- 143 Dickey, E., 9/25/02
- 140 Leverell, A., 11/23/02
- 137 Ufret, G., 6/14/02
- 132 Solan, C., 2/9/02
- 132 Morales, B., 10/26/02
- 132 Crapo, E., 11/9/02
- 130 Docken, J., 4/13/02

- 125 Flores, J., 3/14/02
- 125 Carder, T., 3/14/02
- 121 Anderson, C., 6/10/02
- 120 Denmon, A., 3/14/02
- 120 Garry, C., 12/7/02
- 115 Rodriguez, V., 3/14/02
- 115 Fuller, C., 9/15/02
- 115 Miller, C., 10/26/02
- 110 Schroyer, H., 2/17/02
- 110 Duello, B., 8/31/02

105 BP

- 215 Farone, J., 6/22/02
- 209 Maile, J., 5/29/02
- 181 Leverell, A., 4/17/02
- 170 Barlow, L., 8/31/02
- 165 Lemus, 11/23/02
- 154 McCormack, V., 9/21/02
- 308 Kubik, S., 12/28/02
- 300 Scudder, A., 3/17/02
- 297 Barlow, L., 9/7/02
- 295 Ryman, K., 12/7/02
- 290 Kassell, B., 3/02

- 143 Lacombe, A., 8/17/02
- 140 Marcellis, J., 11/23/02
- 137 Lafferty, B., 2/16/02
- 137 Luc, L., 3/16/02
- 135 Rodriguez, S., 3/14/02
- 135 Little, H., 3/14/02
- 135 Bertoli, M., 4/29/02
- 126 Gedney, J., 2/9/02
- 126 Talavera, S., 5/24/02
- 126 Crapo, E., 5/25/02

114 BP

- 240 Farone, J., 8/10/02
- 214 Hartwig, S., 2/9/02
- 198 Macy, J., 11/16/02
- 192 Arnold, D., 3/14/02
- 187 Whitfield, N., 5/24/02
- 175 Parrish, S., 6/15/02
- 170 Awall, A., 11/30/02
- 166 Walton, L., 11/18/02
- 165 Kirkland, M., 4/6/02
- 160 Shuttleworth, M., 9/7/02

- 160 Hollier, J., 11/30/02
- 159 Schrank, T., 2/9/02
- 159 Grubbs, C., 11/23/02
- 155 Mamola, A., 4/13/02
- 155 Shander, A., 6/22/02
- 154 Richardson, C., 4/27/02
- 154 Nogle, C., 9/25/02
- 150 Adams, J., 10/26/02
- 150 Wallace, J., 11/2/02
- 148 Silvas, A., 7/27/02

123 BP

- 242 Rinn, S., 11/9/02
- 236 Radcliffe, S., 5/4/02
- 225 Burkey, J., 10/26/02
- 220 Tyree, V., 3/16/02
- 220 Amsden, 4/12/02
- 209 Kusar, P., 3/23/02
- 198 Macy, J., 8/31/02
- 192 Whitfield, N., 10/22/02
- 192 Myers, C., 11/16/02
- 181 Siveny, D., 4/17/02

- 181 Cabrera, D., 10/26/02
- 181 Awall, A., 11/23/02
- 180 Wilson, 10/12/02
- 176 Engel, A., 4/27/02
- 176 Green, J., 11/18/02
- 175 Gordon, K., 8/18/02
- 170 Lane, R., 8/3/02
- 170 Kulmer, A., 8/24/02
- 165 Waddington, L., 2/16/02
- 165 Piper, J., 8/17/02

132 BP

- 347 Rinehart, T., 2/23/02
- 308 Weisberger, A., 2/23/02
- 292 Thompson, J., 8/24/02
- 430 Diamond, M., 4/29/02
- 429 Urso, S., 11/9/02
- 419 Overdeer, A., 5/19/02
- 407 Tucker, T., 3/2/02
- 402 Ware, V., 6/14/02
- 402 Walker, J., 11/16/02
- 385 Mobley, S., 2/9/02
- 375 Maluszewski, M., 3/16/02

- 225 Vlack, Y., 6/29/02
- 220 Diamond, M., 4/29/02
- 214 Sauer, H., 4/17/02
- 209 Tucker, T., 3/2/02
- 200 Saller, A., 5/11/02
- 198 Siddell, L., 9/21/02
- 195 Walker, K., 10/19/02
- 190 Simmons, C., 3/14/02
- 187 Aguila, V., 2/9/02
- 185 Wilson, L., 3/3/02

97 DL

- 315 Robbins, A., 10/26/02
- 315 Leverell, A., 11/23/02
- 303 Grimwood, E., 6/14/02
- 292 Dickey, E., 2/9/02
- 292 Ufret, G., 6/14/02
- 290 Rawls, M., 3/14/02
- 286 Prejan, J., 3/16/02
- 275 Johnson, M., 9/22/02
- 270 Schroyer, H., 2/17/02
- 270 Amador, B., 3/14/02

- 264 Solan, C., 2/9/02
- 259 McMillan, L., 3/16/02
- 259 Morales, B., 10/26/02
- 253 Schneider, S., 2/16/02
- 253 Alimino, 10/9/02
- 250 Marlinez, J., 3/14/02
- 250 Vargas, M., 6/7/02
- 248 Miller, C., 10/26/02
- 248 Weincris, M., 11/16/02
- 245 Hueria, F., 3/14/02

105 DL

- 403 Maile, 9/25/02
- 347 Leverell, A., 6/22/02
- 341 Baqui, C., 11/16/02
- 325 Berlioli, M., 4/29/02
- 310 Farone, J., 6/22/02
- 308 Kubik, S., 12/28/02
- 300 Scudder, A., 3/17/02
- 297 Barlow, L., 9/7/02
- 295 Ryman, K., 12/7/02
- 290 Kassell, B., 3/02

- 280 Miltchler, J., 3/8/02
- 280 Montoya, C., 3/14/02
- 280 Stephens, B., 3/14/02
- 275 Ocampo, J., 2/9/02
- 275 Solan, C., 12/7/02
- 270 Chavira, P., 3/14/02
- 270 Koltzur, B., 3/14/02
- 270 Waguespack, B., 3/16/02
- 270 Leggett, K., 11/23/02
- 265 Rodriguez, S., 3/14/02

114 DL

- 380 Parrish, S., 8/24/02
- 369 Hartwig, S., 5/20/02
- 363 Whitfield, N., 5/24/02
- 341 Brown, J., 4/6/02
- 336 Baqui, C., 11/9/02
- 325 Nogle, C., 2/9/02
- 325 Frailey, 6/1/02
- 315 Zerold, M., 12/7/02
- 314 Kirkland, M., 4/6/02
- 314 Milkevicius, E., 4/12/02

- 310 Leggett, T., 3/14/02
- 308 Grubbs, C., 2/9/02
- 308 Macy, J., 11/16/02
- 305 Jordan, S., 3/14/02
- 300 Cisneros, D., 3/14/02
- 300 Williams, S., 3/14/02
- 300 Green, A., 3/14/02
- 300 Awall, A., 11/30/02
- 297 Silvas, A., 7/27/02
- 297 Chavira, P., 11/23/02

123 DL

- 418 Tyree, V., 3/16/02
- 407 Amsden, 9/12/02
- 402 Myers, C., 11/16/02
- 380 Stein, E., 11/9/02
- 375 Parrish, S., 4/6/02
- 369 Whitfield, N., 10/22/02
- 363 Gordon, K., 11/15/02
- 358 Livingston, L., 11/16/02
- 352 Kusar, P., 3/23/02
- 352 Wilson, L., 7/27/02

- 352 Jackson, D., 10/26/02
- 341 Nogle, C., 12/7/02
- 340 Hitchcock, A., 4/20/02
- 335 Skal, B., 3/16/02
- 330 Waddington, L., 2/16/02
- 330 Lewis, P., 3/14/02
- 325 Cabrera, D., 10/26/02
- 325 Rinn, S., 11/9/02
- 325 Amos, D., 11/16/02
- 325 Buie, L., 11/16/02

132 DL

- 478 Weisberger, A., 2/23/02
- 462 Avigliano, N., 8/24/02
- 430 Diamond, M., 4/29/02
- 429 Urso, S., 11/9/02
- 419 Overdeer, A., 5/19/02
- 407 Tucker, T., 3/2/02
- 402 Ware, V., 6/14/02
- 402 Walker, J., 11/16/02
- 385 Mobley, S., 2/9/02
- 375 Maluszewski, M., 3/16/02

- 374 Ray, J., 2/9/02
- 365 Alitzer, B., 8/17/02
- 360 Morello, J., 10/26/02
- 352 Mesik, A., 2/9/02
- 347 Aguila, V., 2/9/02
- 347 Amos, D., 11/16/02
- 347 Vasquez, K., 3/16/02
- 341 Mail, A., 4/12/02
- 341 Hughes, H., 8/8/02
- 340 Henderson, S., 3/14/02

97 TOT

- 780 Robbins, A., 10/26/02
- 749 Grimwood, E., 6/14/02
- 715 Leverell, A., 11/23/02
- 677 Ufret, G., 6/14/02
- 672 Dickey, E., 2/9/02
- 650 Morales, B., 10/26/02
- 628 Solan, C., 2/9/02
- 625 Schroyer, H., 2/17/02
- 600 Miller, C., 10/26/02
- 595 Prejan, J., 3/16/02

- 595 Crapo, E., 4/12/02
- 590 Garry, C., 12/7/02
- 585 Rawls, M., 3/14/02
- 585 Rodriguez, V., 3/14/02
- 575 Lambardia, D., 3/14/02
- 575 Amador, B., 3/14/02
- 567 Axt, A., 3/16/02
- 560 Denmon, A., 3/14/02
- 545 Martinez, J., 3/14/02
- 545 Sanchez, S., 3/14/02

105 TOT

- 947 Maile, 9/25/02
- 848 Leverell, A., 6/22/02
- 800 Farone, J., 6/22/02
- 661 Kubik, S., 12/28/02
- 655 Ryman, K., 12/7/02
- 645 Rodriguez, S., 3/14/02
- 639 Solan, C., 12/7/02
- 633 Leggett, K., 11/23/02
- 630 Montoya, C., 3/14/02
- 625 Marcellis, J., 11/23/02

- 615 Barajas, S., 3/14/02
- 611 Luc, L., 3/16/02
- 611 Crapo, E., 5/25/02
- 610 Little, H., 3/14/02
- 610 Chavira, P., 3/14/02
- 606 Gedney, J., 2/9/02
- 606 Waguespack, B., 3/16/02
- 600 Ocampo, J., 2/9/02
- 600 Koltzur, B., 3/14/02
- 595 Scudder, A., 3/17/02

114 TOT

- 942 Hartwig, S., 5/20/02
- 940 Parrish, S., 8/24/02
- 914 Whitfield, N., 5/24/02
- 782 Kirkland, M., 4/6/02
- 777 Grubbs, C., 4/12/02
- 750 Awall, A., 11/30/02
- 745 Hollier, J., 11/30/02
- 744 Nogle, C., 3/16/02
- 738 Brown, J., 4/6/02
- 730 Leggett, T., 3/14/02

- 699 Silvas, A., 7/27/02
- 683 Chavira, P., 11/23/02
- 680 Jordan, S., 3/14/02
- 677 Piccolli, D., 12/15/02
- 675 Kunze, C., 3/14/02
- 672 Traylor, A., 3/16/02
- 666 Milkevicius, E., 4/12/02
- 666 Baqui, C., 11/9/02
- 665 Cisneros, D., 3/14/02
- 665 Williams, S., 3/14/02

123 TOT

- 1040 Tyree, V., 3/16/02
- 1017 Amsden, 9/12/02
- 992 Whitfield, N., 10/22/02
- 931 Rinn, S., 11/9/02
- 910 Burkey, J., 6/22/02
- 887 Kusar, P., 3/23/02
- 835 Parrish, S., 4/6/02
- 821 Nogle, C., 12/7/02
- 815 Stein, E., 11/9/02
- 805 Wilson, L., 7/27/02

- 790 Hitchcock, A., 4/20/02
- 785 Lewis, P., 3/14/02
- 782 Awall, A., 11/23/02
- 777 Livingston, L., 3/16/02
- 766 Jackson, D., 10/26/02
- 766 Cabrera, D., 10/26/02
- 727 Pala, M., 8/8/02
- 722 Siveny, D., 3/10/02
- 722 Matt, A., 11/23/02
- 720 Whidden, 11/23/02

132 TOT

- 1234 Avigliano, N., 8/24/02
- 1229 Weisberger, A., 2/23/02
- 1050 Diamond, M., 4/29/02
- 1047 Alitzer, B., 8/17/02
- 1048 Overdeer, A., 5/19/02
- 1003 Tucker, T., 3/2/02
- 1002 Ware, V., 6/14/02
- 975 Urso, S., 11/9/02
- 953 Ray, J., 5/18/02
- 936 Mobley, S., 2/9/02

- 881 Thompson, J., 2/9/02
- 881 Darling, J., 5/19/02
- 876 Aguila, V., 2/9/02
- 840 Morello, J., 10/26/02
- 832 Niederkorn, R., 4/12/02
- 832 Mesik, A., 9/25/02
- 815 Simmons, A., 4/27/02
- 777 Moore, E., 2/9/0

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POWERLIFTING USA presents the

TEENAGE TOP 20

These are **PL USA's** TOP 20 Teenage powerlifters in the United States for the year 2002. If any errors or omissions are noted, please report them to **POWERLIFTING USA** Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors **ONLY**, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.

- 114 SQ
415 Scuggs, J.-3/23/02
395 Khang, P.-5/4/02
385 Henderson, C.-3/23/02
385 Campanero, M.-3/23/02
380 Garcia, D.-3/23/02
363 Whitfield, N.-5/24/02
360 Kerr, D.-5/4/02
355 Drummond, J.-5/4/02
352 Maille, J.-9/25/02
350 Brubaker, D.-3/23/02
- 347 Hafenbrack, 9/27/02
340 Houston, L.-3/23/02
340 Jones, E.-3/23/02
335 Lorenzen, D.-3/23/02
330 Montes, G.-3/23/02
330 Trejo, D.-3/23/02
330 Sifuentes, J.-3/23/02
325 Luera, E.-3/23/02
320 Cuelar, R.-3/23/02
320 Strobel, W.-3/23/02
- 123 SQ
450 Lloyd, M.-3/23/02
450 Kamp, M.-3/23/02
405 Yarbrough, J.-3/23/02
405 Hunter, D.-5/4/02
402 Niedoliwka, V.-6/14/02
395 Rodea, L.-3/23/02
390 Garcia, R.-3/23/02
385 Rodriguez, J.-3/23/02
380 Kahane, J.-3/23/02
380 Hernandez, J.-3/23/02
- 380 Scuggs, J.-5/18/02
380 Whitfield, N.-10/22/02
370 Schmidt, D.-3/23/02
365 Jones, W.-3/23/02
365 Brown, J.-3/23/02
365 Gough, R.-3/23/02
363 Hafenbrack, M.-11/9/02
360 Garcia, M.-3/23/02
358 Gaines, J.-3/17/02
355 Huerta, O.-3/23/02
- 132 SQ
500 Villafranca, D.-3/23/02
480 Kuhns, M.-11/15/02
455 Pharr, C.-3/23/02
455 Northern, D.-5/4/02
440 Hernandez, G.-3/23/02
435 Lorena, K.-3/23/02
435 Dean, D.-3/23/02
420 Marks, B.-3/23/02
420 Bui, L.-3/23/02
418 Marchand, B.-3/17/02
- 418 Goins, T.-8/3/02
410 Moore, T.-3/23/02
405 Scott, J.-3/23/02
405 Caseres, J.-3/23/02
400 Hill, D.-2/9/02
400 Ortega, L.-3/23/02
396 Ehresman, J.-17/02
395 Weiden, J.-12/15/02
391 Baltazar, S.-11/9/02
390 Ervin, Q.-3/23/02
- 148 SQ
620 Sweet, J.-5/4/02
551 Williams, C.-6/15/02
545 Martinez, A.-3/23/02
540 Ahmadzadeh, B.-5/4/02
534 Kibler, D.-3/17/02
529 Maille, J.-5/19/02
525 Baston, M.-3/23/02
510 Baker, A.-3/23/02
500 Archie, C.-3/23/02
500 Ankrom, A.-7/20/02
- 490 Colston, K.-3/23/02
485 Puccio, B.-11/23/02
485 Hatch, N.-12/7/02
480 Marroto, J.-3/23/02
480 Gonzalez, J.-3/23/02
470 Ramirez, C.-3/23/02
468 Hammers, D.-6/15/02
462 Veal, W.-3/17/02
462 Jordan, C.-4/13/02
- 165 SQ
555 Cruz, E.-3/23/02
550 Beeks, D.-2/9/02
550 Barnes, B.-3/23/02
525 Atkins, L.-5/4/02
523 Blake, H.-5/25/02
520 Rodriguez, A.-3/23/02
520 Rouan, A.-11/16/02
512 Williams, B.-3/17/02
505 Ricchio, 3/8/02
505 Keel, D.-5/4/02
- 501 Kinsela, N.-3/02
500 Sanderson, K.-3/23/02
500 Gober, J.-3/23/02
500 Noctor, M.-5/4/02
500 Close, J.-5/4/02
500 Asher, M.-6/1/02
495 Whitaker, J.-3/23/02
490 Beasley, M.-3/8/02
490 Raddatz, N.-3/8/02
490 St. Juste, W.-3/23/02
- 181 SQ
640 Randle, J.-3/23/02
610 Davis, R.-3/23/02
562 Lyons, A.-3/17/02
555 Solomon, J.-3/23/02
550 Meeks, R.-2/9/02
550 Tatum, M.-3/23/02
550 Henninger, T.-4/16/02
545 Velasquez, E.-3/23/02
540 Bider, A.-5/5/02
540 Melodini, E.-11/16/02
- 114 DL
460 Scuggs, J.-3/23/02
400 Houston, L.-3/23/02
429 Jackson, P.-5/4/02
420 Drummond, J.-5/4/02
403 Maille, J.-2/9/02
195 Gonzalez, J.-3/23/02
195 Hrenchir, A.-6/22/02
190 Trevino, J.-3/23/02
190 Drummond, J.-5/4/02
190 Khang, P.-5/4/02
- 187 Dupuis, J.-4/13/02
187 Whitfield, N.-5/24/02
187 Hafenbrack, 9/27/02
185 Lorenzen, D.-3/23/02
185 Garcia, D.-3/23/02
185 Sifuentes, J.-3/23/02
185 Strobel, W.-3/23/02
185 Nam, P.-6/1/02
182 Clark, Z.-2/23/02
181 Sosa, R.-6/29/02
- 123 BP
260 Thomann, C.-3/23/02
248 Niedoliwka, V.-6/14/02
226 Scuggs, J.-6/14/02
225 Yarbrough, J.-3/23/02
225 Kahane, J.-3/23/02
220 Beckerich, J.-3/17/02
220 Lloyd, M.-3/23/02
220 Rodriguez, J.-3/23/02
215 Franks, J.-3/15/02
215 Williams, T.-3/23/02
- 215 Schmidt, D.-3/23/02
215 Offield, R.-3/23/02
215 Horne, R.-2/27/02
210 Carroll, S.-3/9/02
210 Rodea, L.-3/23/02
210 Brown, J.-3/23/02
210 Hernandez, A.-3/23/02
210 Garcia, M.-3/23/02
205 Jones, W.-3/23/02
205 Martinez, C.-3/23/02
- 132 BP
341 Hatch, N.-5/25/02
310 Kuhns, M.-10/26/02
290 Forehand, J.-3/16/02
285 Duckett, B.-11/24/02
280 Nakano, R.-6/02
275 Wintrone, C.-4/13/02
275 Goins, T.-8/3/02
270 Johnson, C.-10/12/02
270 Villafranca, D.-3/23/02
270 Hernandez, G.-3/23/02
- 260 Pharr, C.-3/23/02
260 Moore, T.-3/23/02
255 Northern, D.-5/4/02
235 Snider, T.-3/23/02
250 Gibson, J.-3/23/02
250 Hawthorne, R.-8/3/02
250 Barlow, J.-11/30/02
248 Reeves, J.-12/15/02
245 Lorenz, K.-3/23/02
240 Jones, T.-3/15/02
- 148 BP
360 Anderson, I.-10/26/02
370 Judah, S.-6/22/02
335 Gardner, J.-3/23/02
330 Haffez, M.-1/5/02
330 Mangino, L.-3/17/02
320 Pope, D.-2/9/02
315 Shahry, A.-3/23/02
315 Bralbin, D.-6/19/02
308 Nguyen, C.-4/27/02
308 Remiticado, C.-5/4/02
- 308 Williams, C.-9/28/02
303 Maille, J.-5/19/02
303 Hammers, D.-6/15/02
303 Strickland, M.-10/26/02
300 Baker, A.-3/23/02
300 Stiel, M.-7/20/02
300 Stefanski, J.-11/7/02
295 Ahmadzadeh, B.-5/4/02
295 Cheatham, B.-8/24/02
292 Qualls, M.-8/8/02
- 165 DL
390 Armstrong, A.-11/27/02
370 Judah, S.-6/22/02
365 Wharry, B.-7/9/02
363 Gerner, R.-11/18/02
360 Sherwood, T.-10/26/02
355 O'Brien, S.-3/31/02
355 Beeks, D.-5/4/02
352 Whitehead, D.-8/25/02
347 Wilson, J.-2/16/02
347 Blake, H.-5/25/02
- 345 Vo, V.-3/9/02
336 Scherer, A.-7/26/02
335 Cifelli, A.-9/14/02
330 Brown, M.-6/8/02
325 Stratton, J.-6/22/02
325 Millage, B.-7/3/02
325 Brinson, 9/7/02
325 Warvel, C.-11/9/02
320 Marzik, M.-3/02
320 Kunder, B.-6/29/02
- 181 BP
400 Judah, S.-10/26/02
395 Bellanca, D.-12/7/02
385 Hall, J.-4/20/02
385 Griffith, B.-5/11/02
385 Melodini, E.-11/16/02
385 Faulkner, S.-11/30/02
375 Verla, N.-6/10/02
374 Hackett, L.-11/18/02
355 Marrero, O.-6/23/02
352 Blake, H.-12/28/02
- 514 DL
1105 Scuggs, J.-3/23/02
965 Drummond, J.-5/4/02
960 Khang, P.-5/4/02
947 Maille, J.-9/25/02
945 Henderson, C.-3/23/02
936 Hafenbrack, 9/27/02
930 Montes, G.-3/23/02
925 Campanero, M.-3/23/02
925 Kerr, D.-5/4/02
914 Whitfield, N.-5/24/02
- 910 Houston, L.-3/23/02
905 Garcia, D.-3/23/02
875 Trejo, D.-3/23/02
875 Jones, E.-3/23/02
860 Rivera, A.-3/23/02
865 Trevino, J.-3/23/02
843 Dupuis, J.-4/13/02
840 Gonzalez, J.-3/23/02
840 Brubaker, D.-3/23/02
825 Cuelar, R.-3/23/02
- 123 TOT
1135 Niedoliwka, V.-6/14/02
1115 Lloyd, M.-3/23/02
1090 Yarbrough, J.-3/23/02
1085 Scuggs, J.-6/14/02
1060 Hunter, D.-5/4/02
1040 Rodriguez, J.-3/23/02
1025 Jones, W.-3/23/02
1010 Rodea, L.-3/23/02
1010 Kamp, M.-3/23/02
1000 Williams, T.-3/23/02
- 995 Garcia, R.-3/23/02
985 Schmidt, D.-3/23/02
970 Kahane, J.-3/23/02
970 Hafenbrack, M.-11/9/02
955 Offield, R.-3/23/02
950 Cheam, S.-2/9/02
950 Cheam, S.-2/9/02
950 Hernandez, J.-3/23/02
942 Whitfield, N.-10/22/02
935 Huerta, O.-3/23/02
- 132 TOT
1200 Northern, D.-5/4/02
1195 Pharr, C.-3/23/02
1195 Villafranca, D.-3/23/02
1150 Hawthorne, R.-8/3/02
1140 Hernandez, G.-3/23/02
1135 Kuhns, M.-11/15/02
1129 Goins, T.-8/3/02
1115 Scott, J.-3/23/02
1085 Maille, J.-3/23/02
1085 Lorenz, K.-3/23/02
- 1080 Ortega, L.-3/23/02
1080 Dean, D.-3/23/02
1070 Moore, T.-3/23/02
1060 Bui, L.-3/23/02
1060 Caseres, J.-3/23/02
1060 Hill, D.-5/4/02
1058 Chresman, J.-12/17/02
1052 Baltazar, S.-11/9/02
1045 Ervin, Q.-3/23/02
1045 Gibson, J.-3/23/02
1045 Irwin, Q.-3/23/02
- 148 TOT
1450 Sweet, J.-5/4/02
1377 Williams, C.-6/15/02
1365 Ahmadzadeh, B.-5/4/02
1360 Baker, A.-3/23/02
1350 Maille, J.-5/19/02
1345 Baston, M.-3/23/02
1339 Kibler, D.-3/17/02
1320 Martinez, A.-3/23/02
1295 Veal, W.-3/17/02
1285 Gardner, J.-3/23/02
- 1275 Gonzalez, J.-3/23/02
1275 Archie, C.-3/23/02
1256 Hammers, D.-6/15/02
1250 Ramirez, C.-3/23/02
1250 Ankrom, A.-7/20/02
1245 Urbanczyk, B.-3/23/02
1245 Puccio, B.-11/23/02
1234 Hatch, N.-12/7/02
1220 Colston, K.-3/23/02
1195 Marroto, J.-3/23/02
- 165 TOT
1415 Beeks, D.-2/9/02
1345 Cruz, E.-3/23/02
1340 Noctor, M.-5/4/02
1339 Ricchio, 9/28/02
1328 Blake, H.-2/16/02
1320 Rodriguez, A.-3/23/02
1306 Beasley, M.-3/17/02
1305 Harris, P.-3/23/02
1300 Barnes, B.-3/23/02
1290 Rouan, A.-11/16/02
- 1285 Jarrod, N.-3/23/02
1284 Williams, B.-3/17/02
1280 Keel, D.-5/4/02
1280 Siralton, 6/22/02
1278 Bennett, T.-17/02
1275 St. Juste, W.-3/23/02
1275 Ziprian, B.-3/23/02
1275 Atkins, L.-5/4/02
1270 Raddatz, N.-3/8/02
1270 Sanderson, K.-3/23/02
- 181 TOT
1500 Randle, J.-3/23/02
1450 Solomon, J.-3/23/02
1448 McCall Jr., E.-3/17/02
1448 Lyons, A.-3/17/02
1445 Davis, R.-3/23/02
1425 Melodini, E.-11/16/02
1415 Meeks, R.-2/9/02
1405 Marrero, O.-6/23/02
1400 Jones, M.-3/23/02
1400 Henninger, T.-4/16/02
- 650 Stumpf, B.-3/8/02
535 Jones, M.-3/23/02
525 Dewbre, J.-3/23/02
525 Nemac, C.-3/23/02
520 Marrero, O.-6/23/02
520 Thompson, E.-8/3/02
518 Sevy, J.-4/14/02
515 Rodriguez, L.-3/23/02
515 Thompson, J.-5/4/02
515 Stone, J.-7/02
- 198 SQ
645 Hewer, S.-7/27/02
611 McKay, I.-6/29/02
605 Maldonado, R.-3/23/02
605 Kelly, W.-12/7/02
595 Cabness, T.-3/23/02
590 Wofford, C.-3/23/02
589 Grady, R.-5/19/02
585 Moore, E.-5/4/02
575 Baker, D.-7/7/02
570 Fullon, A.-3/23/02
- 570 Prichard, B.-3/23/02
567 Todd, S.-3/17/02
555 Rendon, C.-3/23/02
555 Cole, J.-3/23/02
551 Gloeckner, S.-3/17/02
550 Cade, C.-3/23/02
550 Ziebarth, B.-7/13/02
550 Campbell, M.-10/19/02
545 Burford, J.-3/17/02
540 Lippold, R.-3/15/02
- 220 SQ
740 Delvey, P.-7/20/02
705 Fuller, P.-5/26/02
705 Massey, R.-3/23/02
650 Myers, D.-2/9/02
620 Beasley, T.-2/9/02
620 Wsniwowski, L.-3/23/02
615 Patton, L.-3/23/02
611 Kouimanis, S.-6/16/02
600 Queen, E.-3/17/02
600 Martin, R.-3/23/02
- 600 Burford, J.-3/17/02
585 Clark, M.-3/23/02
578 Fredette, C.-5/26/02
575 Strach, T.-3/23/02
575 Edwards, G.-3/23/02
560 Row, E.-3/23/02
556 Rogers, D.-10/26/02
550 Hall, J.-3/23/02
545 Durodoye, R.-3/23/02
- 242 SQ
810 Hopper, B.-6/1/02
705 Pappillon, C.-3/16/02
690 Doss, K.-8/3/02
680 Curtis, A.-3/23/02
680 Jackson, R.-3/23/02
680 Morse, C.-8/3/02
655 Dungan, P.-3/16/02
655 Cole, J.-11/16/02
650 Arroyo, R.-2/9/02
605 Kennedy, J.-3/23/02
625 Benjamin, D.-3/23/02
- 625 Passmore, R.-3/23/02
625 Nealey, D.-3/23/02
625 Anoa'i, A.-4/6/02
622 Oeriel, B.-5/26/02
620 Mitchell, T.-3/23/02
620 Williams, B.-3/23/02
615 Vessey, R.-3/17/02
610 Wheeler, J.-3/23/02
610 Kennedy, B.-3/23/02
606 Traub, 9/29/02
- 275 SQ
800 Hunt, K.-3/23/02
727 Field-Eaton, C.-5/26/02
705 Theriot, G.-3/17/02
694 Myers, B.-3/02
680 Love, J.-3/23/02
675 Woods, S.-3/3/02
661 Higgins, M.-7/20/02
660 Castillo, M.-3/23/02
655 Elkins, W.-3/23/02
650 Richards, R.-3/23/02
- 650 McEveen, B.-3/23/02
589 Barrera, N.-3/23/02
650 Volcko, R.-3/23/02
650 Johnson, N.-7/20/02
645 Ryan, M.-3/8/02
640 Rogers, C.-3/23/02
630 Medina, J.-3/23/02
620 Seath, M.-5/25/02
615 Chovanec, J.-3/23/02
610 Carreon, H.-3/23/02
- SHW SQ
770 Garcia, P.-3/23/02
740 Arevalo, J.-3/23/02
720 Hernandez, P.-3/23/02
700 Guillelte, O.-2/9/02
700 Sanchez, D.-3/23/02
699 Waddie, J.-10/27/02
685 Boalter, Y.-3/23/02
683 Vachina, N.-4/14/02
675 Crittendon, D.-3/23/02
675 Harold, T.-11/16/02
- 670 Collins, W.-3/23/02
650 Martin, C.-3/17/02
650 Parcel, M.-3/23/02
650 Graves, R.-3/23/02
650 Malinowski, E.-6/30/02
640 Vick, J.-3/2/02
640 Johnson, B.-3/23/02
625 Lockett, D.-3/23/02
625 Johnson, D.-3/23/02
620 Wallace, C.-3/23/02
- 350 Silwinski, D.-1/26/02
350 Griffin, B.-8/18/02
345 Cassidy, B.-3/23/02
345 Ridgway, A.-10/19/02
345 Johnson, A.-10/26/02
335 Beer, C.-4/7/02
335 Gengre, N.-8/11/02
335 Tangredi, S.-12/7/02
330 Washington, G.-3/15/02
330 McCall Jr., E.-3/17/02
- 198 BP
470 McMellen, R.-3/23/02
435 Lang, C.-10/26/02
420 Harlman, J.-8/25/02
402 Baronski, J.-8/25/02
402 Freville, D.-9/14/02
391 Kowal, T.-12/7/02
390 Rivers, R.-5/19/02
385 Diaz, A.-1/02
385 Schmitz, D.-7/6/02
385 Hewer, S.-7/27/02
- 380 King, R.-6/29/02
370 Beaudry, J.-6/23/02
370 Acosta, T.-9/21/02
370 Tacoli, B.-10/26/02
370 Georgiou, B.-11/16/02
365 Williams, J.-3/23/02
363 Gloeckner, S.-3/17/02
360 Campbell, M.-10/19/02
358 Christie, M.-4/20/02
355 Cloyd, D.-5/18/02
- 220 BP
485 Lee-Faulk, B.-11/18/02
475 Hopper, B.-9/28/02
470 Brown, M.-3/23/02
410 Delvey, P.-7/20/02
402 Kouimanis, S.-6/16/02
402 Hix, A.-11/18/02
400 Row, E.-3/23/02
400 Beasley, T.-5/4/02
400 Reuben, E.-3/17/02
395 Parkins, A.-11/3/02
- 390 Rivers, R.-5/19/02
385 Chandler, C.-12/7/02
380 Flanagan, M.-3/23/02
380 Machette, J.-4/13/02
380 Fredette, C.-5/26/02
380 Millheiser, K.-12/7/02
369 Clark, B.-12/14/02
365 Burford, J.-3/17/02
364 Crabb, K.-9/28/02
363 Jesenovec, M.-8/25/02
- 242 DL
689 Traub, 9/29/02
675 Doss, K.-8/3/02
660 Curtis, A.-3/23/02
660 Harbous, A.-3/23/02
655 Pappillon, C.-3/16/02
655 Dungan, P.-3/16/02
616 Traub, 9/29/02
615 Mitchell, T.-3/23/02
595 Vessey, R.-6/1/02
587 Niermann, E.-3/17/02
580 Curtis, A.-3/23/02
- 620 Vessey, R.-6/1/02
615 Waikrom, N.-4/14/02
555 Kennedy, J.-3/23/02
612 Rasmussen, N.-6/16/02
611 Wassner, C.-3/17/02
606 Niermann, E.-3/17/02
605 Martin, J.-3/23/02
600 Arabic, B.-3/3/02
369 Camfield, B.-3/23/02
600 Anoa'i, A.-4/6/02
- 275 BP
530 Johnson, N.-7/20/02
505 Milliken, D.-5/18/02
465 Hunt, K.-3/23/02
451 Sands, C.-4/7/02
440 Higgins, M.-7/20/02
435 Carrillo, A.-3/23/02
429 Field-Eaton, C.-6/29/02
420 Myers, B.-8/18/02
415 Brown, M.-6/29/02
402 Butler, N.-4/14/02
- 400 Walker, J.-3/15/02
400 McEveen, B.-3/23/02
400 Schoell, K.-3/23/02
400 Theriot, G.-10/26/02
400 Soppella, D.-12/02
390 Richards, R.-3/23/02
390 Love, J.-3/23/02
385 Gergone, B.-3/2/02
385 Chovanec, J.-3/23/02
385 Alitz, C.-5/5/02
- SHW BP
524 Frisch, B.-8/17/02
523 Ward, J.-11/30/02
512 Kisser, R.-8/25/02
505 Harold, T.-11/16/02
480 Collier, B.-3/23/02
479 Gonzalez, A.-2/2/02
407 Gutierrez, A.-2/17/02
605 Douglas, C.-3/23/02
402 Butler, N.-4/14/02
402 Noble, C.-4/14/02
- 402 Corwin, T.-11/18/02
400 Tooley, R.-3/2/02
400 Crittendon, D.-3/23/02
400 Henry, R.-3/23/02
400 Garza, S.-9/22/02
395 Hernandez, F.-3/23/02
385 Martin, C.-3/17/02
385 Stanton, W.-3/23/02
385 Vachina, B.-4/14/02
385 Jorgensen, D.-4/02
- 198 TOT
1535 Hewer, S.-7/27/02
1515 Moore, E.-5/4/02
1515 Hartman, J.-6/16/02
1499 Grady, R.-5/19/02
1495 Cabness, T.-3/23/02
1495 Fullon, A.-3/23/02
1492 McKay, I.-6/29/02
1490 Wofford, C.-3/23/02
1465 Maldonado, R.-3/23/02
1460 Gloeckner, S.-3/17/02
- 1460 Rendon, C.-3/23/02
1460 Campbell, M.-10/19/02
1445 Cates, S.-3/23/02
1440 Prichard, B.-3/23/02
1421 Baker, D.-4/7/02
1420 Cummings, J.-3/23/02
1420 Baker, C.-3/23/02
1410 Jett, J.-3/23/02
1405 Todd, S.-3/17/02
1402 Ziebarth, B.-10/26/02
- 220 TOT
1820 Delvey, P.-7/20/02
1700 Massey, R.-3/23/02
1636 Fuller, A.-5/26/02
1620 Beasley, T.-2/9/02
1615 Patton, J.-3/23/02
1576 Kouimanis, S.-6/16/02
1530 Myers, D.-2/9/02
1530 Flanagan, M.-3/23/02
1520 Martin, R.-3/23/02
1520 Wsniwowski, L.-3/23/02
- 600 Hamilton, P.-3/23/02
600 Drecksal, D.-12/14/02
595 Montgomery, J.-3/23/02
590 Wasniwski, C.-12/8/02
585 Jones, B.-4/02
585 Luedtke, B.-8/10/02
580 Tale, W.-3/15/02
580 Martin, R.-3/23/02
580 Minor, B.-3/23/02
573 Kovacs, C.-3/02
- 242 TOT
1951 Hopper, B.-6/1/02
1779 Pappillon, C.-3/16/02
1752 Dungan, P.-3/16/02
1705 Doss, K.-8/3/02
1636 Morse, C.-8/3/02
1636 Traub, 9/29/02
1615 Mitchell, T.-3/23/02
1595 Vessey, R.-6/1/02
1587 Niermann, E.-3/17/02
1580 Curtis, A.-3/23/02
- 1580 Kennedy, J.-3/23/02
1575 Arroyo, R.-2/9/02
1570 Cole, Z.-11/16/02
1560 Wheeler, J.-3/15/02
1550 Benjamin, D.-3/23/02
1550 Perez, L.-3/23/02
1550 Anoa'i, A.-4/6/02
1543 Walters, B.-3/17/02
1540 Passmore, R.-3/23/02
- 275 TOT
1900 Hunt, K.-3/23/02
1802 Field-Eaton, C.-5/26/02
1780 Johnson, N.-7/20/02
1765 Theriot, G.-10/26/02
1745 Milliken, D.-5/18/02
1735 Myers, B.-3/02
1715 Richards, R.-3/23/02
1662 Ansborn, J.-3/23/02
1610 Castillo, M.-3/23/02
1610 Elkins, W.-3/23/02
- 1603 Higgins, M.-7/20/02
1600 Woods, S.-3/3/02
1600 McEveen, B.-3/23/02
1575 Seath, M.-5/25/02
1570 Schoalls, K.-3/23/02
1565 Smith, C.-5/4/02
1555 Love, J.-3/23/02
1550 Chovanec, J.-3/23/02
1545 Gergone, B.-3/2/02
1545 Carrillo, A.-3/23/02
- SHW TOT
1800 Harold, T.-11/16/02
1690 Garcia, P.-3/23/02
1690 Arevalo, J.-3/23/02
1685 Hernandez, F.-3/23/02
1669 Vachina, B.-4/14/02
1635 Crittendon, D.-3/23/02
1620 Guillelte, O.-2/9/02
1620 Gonzalez, A.-2/2/02
1620 Boalner, Y.-3/23/02
1614 Malinowski, E.-6/30/02
- 1605 Lockett, D.-3/23/02
1605 Tooley, R.-3/2/02
1600 Parcel, M.-3/23/02
1600 Collins, W.-3/23/02
1598 Martin, C.-3/17/02
1598 Riser, R.-3/17/02
1598 Noble, C.-4/14/02
1595 Collier, R.-3/23/02
1580 Graves, R.-3/23/02
1570 Vick, J.-3/2/02

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**15th Annual Elkhart BP Classic
14 DEC 02 - Steve's Gym, Elkhart, IN**

Women Novice 148	115	132	
A. Humphrey		Cody Patterson	210
Women open Nicci Dean	190	Open	
Master		165	
242		Nick DeLuise	390
Ray Zimmerman	360	Rob Langwell	380
Master 55+		Dustin Whitehead	365
148		181	
Mike Wider	235	Ed Aguinaga	385
181		Lester Mast	295
Jon Smoker Novice	280	220	
242		Al Reed	505
Bob Huestis	320	242	
shw		Brendan Yoder	440
Mike Neal	500	275	
Teen 14-15		Rob Reed	550
114		308	
Jon G. Smoker	80	George Lealiifano shw	
		Steve Jarausch	525

Best lifter - \$ 100 - Al Reed Team champion for the meet and also the 2002 Central Bench Press League Champion - The Wrecking Crew. There were no records set at this meet. It's interesting how the Elkhart Bench Press Classic is a reflection of the changes that the sport has undergone in the 15 years of its existence. For example, because of the proliferation of meets, it no longer draws numerous lifters from the 3 States contiguous to Indiana. Rather it has basically become a showcase for the enormous local talent that we have. I mean consider that amongst the 20 or so lifters in attendance at this meet, we had about 6 ranked in the top 100, a teen National USAPL bench champion, a new AAFP Master record holder and a guy who one week before attempted an IPF world record. And finally because of the changes in shirt technology and more sophisticated training methods, lifts have dramatically improved: for even with just 20 lifters, the meet had 4 benches of 500 or better for only the second time. Headlining the event was George Lealiifano, fresh off his world record attempt the previous Saturday at a USAPL event. He's using the new Fury shirt which is all the rage with lifters that I talk to, and it is an amazing shirt; hard to believe that it would not only allow him to get 660 to his chest, but it didn't blow either! I think every lifter would do well to check out these new shirts. And even though George didn't get the lift, it was still impressive to see him struggle with 660 for several seconds about 1 inch above his



Best Lifter Al Reed at the 15th Annual Elkhart BP Classic (Smoker)

chest and then push it back up. A 680 was out of control because of the shirt being too tight. Fortunately for George this was not a huge sanctioned meet. He now realizes he needs a slightly bigger shirt to be successful. The Reed Brothers and their training partner, Steve Jarausch, had their best day ever with all 3 getting personal bests. Weighing in at 318 Steve got a 525, just missing a top 100 535. Lifting at 275, Rob Reed got an explosive 550 which will land him in the top 75. Al Reed lifted as a full 220 for the first time and proved the move was a smart and long overdo one, as he got his highest ranked lift ever, 505 which puts him in the top 50 for the first time. Rounding out the 500 benchers was Mike Neal, the first time a novice lifter has hit it at one of my meets. A mountain of a man at 318 and around 6 ft. 5 with a long stroke and no bench shirt! This is one guy you want to be able to call friend. Ed Aguinaga, another local lifter I was seeing for the first time, hit a great 385 at 181, missing a top 100 405. But the 165's put on the class show of the day. There was a close battle between Nick DeLuise and Rob Langwell, but Nick prevailed with a 390 top 60 lift over Langwell's 380 top 75 lift. And third place finisher Dustin Whitehead hit a 365 with picture perfect technique, which may land him in the top 100 as well. You have to feel for the plight of Dustin who was coming off a teen National championship in his last meet but had turned 20 in the meantime. Too many promoters would have spared him this rude awakening by adding a Jr. division, but personally I think there are too many divisions already. Granted there must be teen, masters and women divisions; but what does it say about our sport when a recent National championship by a major association, had so many divisions that no one competed against anybody. I'm sorry but that is antithetical to the very concept of sport: if everyone's a winner then no one is a winner. And without the possibility of the agony of defeat, there can be no chance of the thrill of a victory. What is wrong with us? We're supposed to be part of one of the toughest sports on the planet. Are we that wimpy about the thought of losing?

That takes some toughness too and a strong will to get up off the canvas and vow to get revenge. Hopefully what happened to Dustin will make his hunger even stronger and he'll resolve to come back and win this prestigious meet one day. How sweet would that be as opposed to some pseudo win where you get 1st place just for showing up! I think back to my titanic battles with Sam Phillip here in Indiana. Sure sometimes he got the better of me, but in the end it made me a much better lifter and I'll always be grateful that I had a competitor like Sam. I feel sorry for a lot of lifters nowadays who have no idea what that's like. Al Reed clearly won best lifter with the only top 50 lift of the meet (the top ranked lift at my meets gets best lifter), which brings up one more interesting point. He and his training partners use the George Halbert training methods, while Lealiifano, Langwell and his coach, National USAPL Masters champion, Tony Horvath, use the Russian routine which appeared in PL USA. All 6 have made excellent gains the past year, so which system works better, since they're vastly different! You be the judge. (Thanks to Jon Smoker for providing these meet results.)

**FL State Bench Press Championships
26 JAN 02 - Lakeland, FL**

WOMEN			
148 lb. Open		Craig Newman	355
Andrea Spurr	145	181 lb.	
148 lb.		Masters (60-64)	
Masters (70-74)		Bill Player	330
McConaughy	60	181 lb.	
165 lb.		Masters (70-74)	
Masters (40-44)		Wendell Smith	215
Diane Allen	140	198 lb. Open	
198 lb.		Amp Stevens	470
Masters (40-44)		220 lb.	
Debbie Frisina	180	Masters	
4th	190	(40-44)	
MEN		Dan Jonas	290
165 lb. Open		220 lb.	
Ryan Birt	350	Masters	
181 lb. Open		(45-49)	
Brian Strickland	420	Brad Knopp	340
James Thomas	315	220 lb.	
295		Masters (50-54)	
Don Beasock	295	Greg Policastro	360
181 lb. Junior		275 lb.	
Don Beasock	295	Masters (45-49)	
181 lb.		Randy Dey	430
Masters (45-49)		Best Lifter: Amp Stevens. (Results of this contest were provided to PL USA by All American Gym.)	

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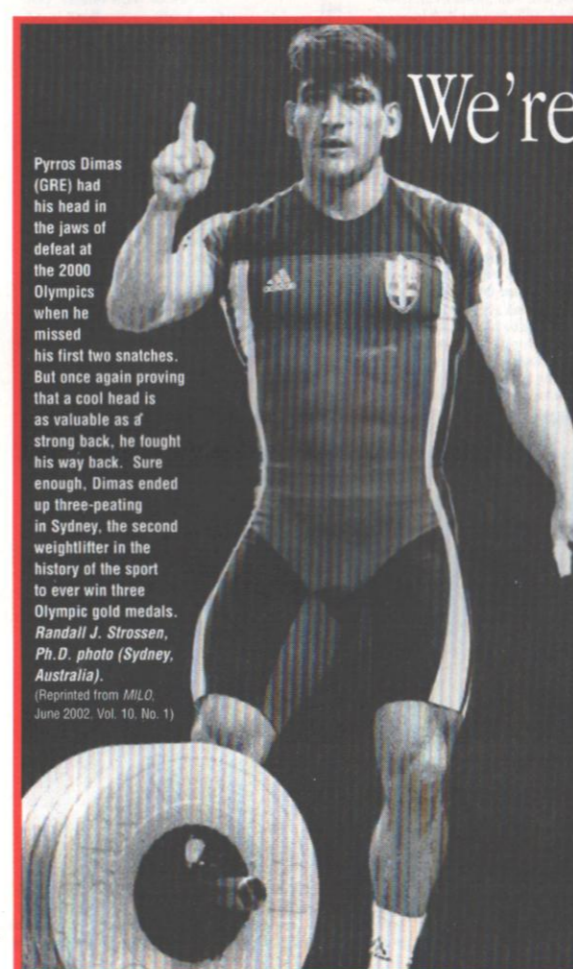
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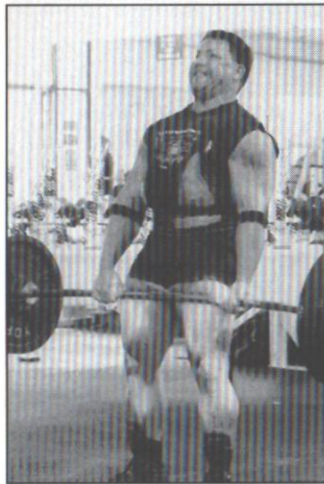
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BADDEST BP & DEADLIEST DL

22 JUN 02 - Feasterville, PA

Women Division	BP	DL	TOT
Lisa Lansberg	188reps		
Edie Stein	93reps	215	
Nancy Strigel	86reps		
Laura Matthew	68reps		
Honey Swadlow	63reps	170	
Teen Division			
Chris Regan	190	400	590
Gene Dushin	225	300	525
Mike Urban		365	365
Masters Division			
Gary Treklis	350		
Bruce Greenberg	315	375	690
Steve Wouch	240	335	575
Bill Reuter	145		
Mens Open Lightweight	181	lighter	
Ray Forcina	270	350	620
John Brodt	260	405	665
Steve Wouch	240	335	575
Mens Open Heavyweight	198+	Heavier	
Jason Krecko	375	550	925
Gary Treklis	350		
Tom Kenney	295		
Bruce Greenberg	315	375	690
Drew Wagner	285	470	755
Ed Killich	235	385	620
Dave West		600	

(Thanks to Dave West for providing these results.)



Dave West's 600 lb. DL (Photograph courtesy B&R Fitness Club)

WNPF Palmetto Classic

12 OCT 02 - Greenville, SC

Ironman	BP	DL	TOT
Women			
SHW			
17-19 raw			

Powercurl	50-59	555	280
220	Davis		
50-59	Raines	555	
Caterisano	Bench		
Crain	Women		
242	105		
Open	Junior raw		
Monroe	185* Voltaire	85	
Deadlift	132		
Women	40-49		
132	Taillon	135	
40-49	SHW		
Taillon	300 17-19 raw		
SHW	Pole-Summers	245	
17-19 raw	Men		
Pole-Summers	335 165		
Men	17-19 raw		
198	Dover	250	
Open	198		
Davis-BL	625 17-19 raw		
Open raw	Blackman	290	
Blassingame	515 Open		
220	Davis	380	
17-19 raw	Open raw		
580 Robinson	Blassingame	395	
Open raw	580 242		
Jones	35-39 Raw	400	
242	Monroe		
40-49	Washington	610 40-49	
Washington	610 40-49	335	

Pole-Summers	Men	165	335
Open	Open		
181	Pryor	315	500
40-49	181		
Yearein	350	550	900
198	Open raw		
Blassingame	330	515	845
Subs	350		
Gardner	40-49		
Langenfeld	245	355	600
242	Subs		
Mauldin	325	555	880
50*-59	Davis	325	555
Davis	Raines	325	555
Raines	325	555	880

WNPF Pennsylvania State

03 NOV 02 - Lancaster, PA

Ironman	BP	DL	TOT
60-69			
Jenkins	220	485	705
Powerlifting	SQ	BP	DL
Women			
132 Open Raw	145	85	175
Schmelz	Men		
198 Open	715*	400	670
Rodriguez	60-69 Raw	1785	
DiGiacomo	145	145	225

Deadlift	198 40-49	280
242	Pride	
Police/Fire/Mill	220 Open Raw	380
Szymanski	Rich	
Powercurl	35-39 Raw	405
165 Open	McInlyre	
Lara	50-59 Raw	150*
242 Open	Davis	275
Szymanski	242 40-49 Raw	180
SHW 50-59	Federowicz	390
Schoekolph	275 40-49 Raw	400
Bench	Cantrill	
165 Open Raw	SHW 50-59	355*
Lara	O'Brien	
242 40-49	Schoekolph	
Hardie	500	340
275 Open Raw	460	1300
Fearheller	475	300

USAPL American Open

15 DEC 02 - King Of Prussia, PA

FEMALE	SQ	BP	DL	TOT
114	M2			
Jo Ann Clou	O			
Jo Ann Clou	Sj			
Johnna Andiorio	181	99	259	540
123	M1			
Demeler Picci	248	137	292	677
Sj	Caitlin Colesai			
132	O			
Ellen Yuscavage	154	115	270	540
148	Sheila Sullivan	259	132	292
Sheila Sullivan	259	132	292	683
165	Kayla Coan	242	126	225
M2	181			
Florette Ruggiero	231	143	281	655
MEN	114			
M1	Steve Snyder			
Steve Snyder	330	176	407	914
123	Sj			
Kevin Livingston	330	176	407	914
U	Zachary Simons	248	159	297
132	M1			
James Kavarnos	253	225	374	854
O	James Kavarnos	253	225	374
Sj	Jamal Reeves	385	248	391
148	Mike Battaglio	275	165	352
148	Sj			
Jevon Mateo	407	231	501	1140

Anthony Gitto	259	165	358	782
165	M3			
Ronald Wade	77	242	159	479
Peter Hubbard	O			
Mike Cagliola	534	347	606	1488
Sean DiCataldo	424	402	137	964
Mark Richmond	Sj			
Daniel Dickenson	281	203	330	815
Jim Nuzzo	U			
Adam Martik	391	281	451	1124
Ben Moran	358	270	446	1074
181	J			
Louie Morrison	556	391	578	1526
M1	Doug Harney	468	319	540
Doug Harney	O			
Louie Morrison	556	391	578	1526
Douglas Chin	556	363	540	1460
Ronnie Baker	523	297	551	1372
Doug Harney	468	319	540	1328
Sj	Eric Everett	407	253	407
198	J			
Lauren Cohen	578	402	589	1570
Michael Campbell	518	341	534	1394
Jacob Carpenter	402	308	396	1107
M1	Jerry Spence	485	330	485
Eliot Feldman	358	259	407	1025
M2	John Fox	303	225	385
O	Bill Schmidt	556		
Ron Zsido	O			
Michael Campbell	518	341	534	1394
Jerry Daily	512	308	556	1377
Eliot Feldman	358	259	407	1025
Sj	Derek Baker	573	264	639
L. Sheppard	435	286	501	1223
Warren Scott	429	303	462	1196
David Stevens	474	270	435	1179
U	James Adams	369	237	352
220	Ra ndy Boczkowski			
J	Mike Mullen	512	385	490
M1	M.DelSignore	650	391	617
M3	Stan Chatis	396	308	507
O	Ron Pearo	540	341	628
Robert Hansen	573	358	533	1465
Mike Laiberte	474	336	501	11311
Rene Moven	Sj			
Terrv Smothers	429	237	512	1179
Steven Tomaszek	347	170	396	914
U	Gabriel Naspinski	474	297	407
242	M2			
Joseph Dell'Aguila	341	319	341	1003
O	Derrick Thorne			
Eric Pantaeione	600	402	650	1653
Richard Camp	573	468	611	1653
Ron Mazza	639	369	551	1559
Joe Hirsch	Sj			
Justin Rogers	440	275	407	1124
Carl Hammett	374	253	402	1030
U	Derrick Thorne			
275	G			
Sean Culnan	J			
Jesse McCabe	529	363	496	1388
Brian DaCosta	507	303	534	1344
M1	Daniel Wiswell	567	347	600
O	Aaron Utermahlen			
Samuel Tyler	578	418	529	1526
Daniel Wiswell	567	347	600	1515
Daniel Ratchford	562	374	485	1422
Saul Mickelson	462	292	462	1218
Tony Forella	418	319	451	1190
Sj	Joseph Page	407	325	556
SHW	J			
Adam Bulfone	O			
Michael D'Amore	584	424	606	1614
Andrew Miller	529	501	584	1614
Meet Directors	Steve Mann and Kim Newman.			

(Thanks to Kim Newman for providing the results.)

APF/AAPF Iron Dawg Open

30 NOV 02 - Marietta, GA

Bench	Stephen Parkhurst	225	200
Teenage Men	Bryan Bullock		
Josh Ward	237.5	Mark Laboy	162.5
Steven Faulkner	175	Master Men	
Junior Men	145	Scott Kroll	210
M. Wojtaszek	145	Robert Lovelace	150
Michael Rubio	Open Men	Jeff Telljohn	
Open Men	SQ	BP	DL
AAPF	TOT		
Teen Men	13-15		
Ronald McNeil	147.5	72.5	170
390	Craig Clark	177.5	142.5
17-18	227.5	157.5	250
505	Jerome Howard	227.5	227.5
635	Junior Men		
237.5	227.5	245	710
Open Men	Dan Carpenter	187.5	130
195	Nate Akyempong	205	110
512.5	Ronnie Baker	265	175
670	Jake Mullins	222.5	137.5
590	Ted Carter		
JB Fields	275	187.5	257.5
720	Joseph Williams	292.5	170
237.5	Oscar Duvella	215	150
550	Open Women		
Kara Bohigian	227.5	137.5	227.5
592.5	Shelly Murawski	157.5	95
417.5	Dru Amos	110	67.5
327.5	Master Women 40-44		
Dru Amos	110	67.5	150
327.5	Submaster Men		
Mark Vickers	260	175	270
705	Rusty Whitson	187.5	142.5
517.5	Master Men 40-49		
Ronnie Baker	265	175	230
670	Jeff Weaver	295	167.5
735	Ray Pelis	242.5	205
727	Rich Domnissey	147.5	80
395	Joey Keith	220	122.5
557.5	Master Men 50+		
James Rouse	272.5	172.5	250
695	APF Open Men		
Tank Williams	307.5	195	250
752.5	Scott Kuderick	307	177.5
712	Scott Albano	370	272.5
909.5	Larry Hoover	320	247.5
862.5	Stephen Parkhurst	345	225
862.5	Pat Watson	312.5	227.5
830	Clay Castile	387.5	232.5
940	Mike Lanier	382.5	250
962.5	APF Master Men 40-49		
Scott Kroll	262.5	210	265
737.5	Al Hunter	245	160
657.5	The APF/AAPF IronDawg Open was held November 30 in Marietta, Ga. and drew talented lifters from Georgia, Tennessee, Florida, Alabama, Indiana, Michigan and Illinois. Lifters had a large warm-up room and lifting area, and were provided with state-of-the-art		

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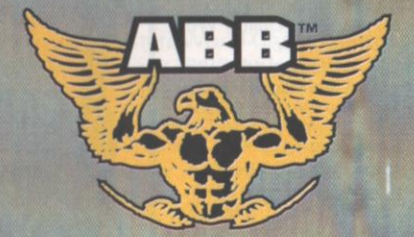
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PL USA Back Issues

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?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFP Collegiates, USPF Jr. Nats., 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 Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

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

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

Classes, Joe McAuliffe Squat Workout, TOP 100 275s

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

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

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

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

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

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

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

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

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

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

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

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

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

Paul Wrenn profile, TOP 100 165s

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

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

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

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

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

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

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

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

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 148s

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

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

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

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

Mar/98... Mark Phillippi 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, AAUPC/WDFPF Split, TOP 100 SHWs

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

...Ruthi Shafer was on the cover, as the Best Lifter at the Women's Nationals, along with an inset on Military Powerlifting, with Doug Borden up front, in his Navy uniform. At that Women's Nationals in Chicago, Judy Gedney finished 6th in the 97s, Kathy Tuite was 9th at 114 (won by Vicki Steenrod), Mary Hetzel was 5th at 148, Jan Todd 4th at 148, Ruth Welding was 6th at 165, and Maris Sternberg won the 198s with 407 214 402 1025. The late, great Bob Dempsey was profiled by John Buckley, and Doug Borden was profiled by Willie Morris. Dr. Ken Leistner detailed the preparation of Mike Bridges for the most recent IPF World Championships. "Blood Tests and How to Interpret Them" was an article by Dr. Fred Hatfield, and John Kuc laid out his deadlift training program for beginning to intermediate lifters. USPF President Dr. Conrad Cotter gave a complete financial statement of reimbursements to state chairs, and looked at both sides of the issue of the United States withdrawing from the IPF. Top spots on the TOP 100 list for 220s were held by Fred Hatfield (881 squat), Dave Duncan (535 bench press) and Jim Cash (832 deadlift and 2099 total). Jerry Gnerre was 77th in the squat with 680, Scott Edmiston was 62nd in the bench with 451, Doug Borden was 57th in the deadlift with 699, and Bill Beekley was 78th in the total with 1760. Winners at the 1st Interservice Championships included Gene Bell (165) and Sean Scully (242). Stanley Lampert, a former high school teammate of Bob Cousy, described the place of isometrics in powerlifting training. At the California State Bench Press Meet, Sam Samaniego wowed the 700 fans when he unofficially broke the world record in the bench press with 600 at 242. In our "For the Record" section, all the Indiana Natural records at 220 were held by Larry Traub (650 374 699 1592), and in the Elgin YMCA records in Illinois Joe Mukite held the 114 lb. class (195) and 123 lb. class (210) marks, and Terry Dangerfield held all the records in the 148s and 165s. Joe Marksteiner finished 4th in the 165s at the Arkansas Open with lifts of 518 275 523 1317. Al Siegel was 3rd in the 275s at the Huntingdon Open with 500 320 550 1370. At the Montana Open, #4 ranked 132 lb. olympic lifter Phil Sanderson, lifted in his first powerlifting meet and won the 148s with 415 260 465 1140. ASU Strength Coach Richie Wenner got 2nd at 181 at the Region II Collegiates with 556 352 595, and future NFL lineman John Rienstra was 3rd at 275 with 606 385 617. Ausby Alexander and Sylvester Anderson won Marine Corp titles.

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 Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosal, Building the Torso, TOP 100 123s

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

Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s

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

Dec/00... Tao of Competition Pt. I, IPF Jr.

+ Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies

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

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

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

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

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

Jun/01... Siou-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, Tom Manno Interview, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s

Nov/01... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s

Dec/01... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s

Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s

Feb/02... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s

Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "The Repetition Method"

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

Jun/02... Meet Scott 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, Carbo-

hydrate 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 Nats, 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 181s

Jan/03... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s

Feb/03... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s

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

... Mary Ryan Jeffrey graced the cover. The first feature article was the report of the WNPF World Championships in Lancaster, PA, with a photo of then 16 year old Anthony Ricciuto, recent author of nutrition articles in PL USA. The Special World Series event in Chicago was covered with a photo of Ernie Frantz with Ms. Olympia Lenda Murray, and some prime movers of the 700 club ... Ted Arcidi, Anthony Clark, and Craig Tokarski. Ken Leistner and Troy Ford traded commentaries about the WNPF World meet. Jose Perez (682 squat at 148) did the Workout of the Month, and Dr. Judd described the Acuscope, a recuperation device used by the likes of Rick Gaugler, etc. to recover from minor injuries. Dr. Tom Fahey talked about "Lifting Weights and Your Immune System" - how the state of your immune response can affect misses and makes on the platform. Mauro Di Pasquale MD discussed the controversy around L-tryptophan, and Bob Gaylor interviewed ADFPA star Derek Beatty. Doug Daniels talked about how training just twice a week could be effective for time constrained athletes. Dr. Larry Miller described his new foot placement technique in the bench press. Joe McAuliffe was profiled by his friend Kevin Farley. USPF President Sandy King indicated that she was not successful in persuading Ernie Frantz to drop his judgement against the IPF so she and husband Tim could hold the 1993 IPF Jr. and Masters World Championships in Greensboro, NC. In the Women's TOP 20 rankings, notable performances were posted by Ann Leverett in the 97 lb. class: 286 squat (#1), 170 bench (#1), 314 deadlift (#2), and 771 total (#1); Siou-z Hartwig in the 114s: 270 squat (#18), 170 bench (#7), 720 total (#14); Amy Weisberger in the 123s: 347 squat (#5), 198 bench (#8), 347 deadlift (#13), and 887 total (#6); Leslie Look in the 198s: 440 squat (#3), 214 bench (#4), 457 deadlift (#2), 1113 total (#2). We also had the flash report of the heart attack death of former powerlifter and several times World's Strongest Man Jon Pall Sigmarrsson of Iceland at age 32. Karl Saliger was interviewed by Karl Smith, and Gene Bell was interviewed by his friends Henry Ellis and Brian Vest. A new technique for injury rehab ... Deep Tissue Therapy ... was described. On the ADFPA TOP 20 114s list, Ken Snell had a 350 squat (6th), 230 bench (9th), 445 deadlift (5th) and a 1025 total (5th). On the All Time 148 lb. Bench Press list, the top three lifters were Bullock (470), Warr (450), Morishima (447).

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- 3-39-03 Tampa Bay Bar Bender Bench Press Classic (Tampa, 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)
- 5-10+11-03 APF Masters, Submasters, Junior + Teenage Nationals (Daytona Beach, FL)
- 5-30+31+6-1-03 APF Mens+Womens Senior Nationals Powerlifting + Bench Press (location tba)
- 6-7-8-03 APF Men's & Women's Senior Nationals Powerlifting Championship & Bench Blast. Universal City, CA
- 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 Atlanta (Daytona Beach, FL)
- 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL)
- 11-7-03 WPO Bench Bash for Cash (Atlanta)
- 11-8-9-03 WPO Finals (Atlanta, GA)
- 12-6+7-03 APF Southern States Powerlifting Championship (Daytona, FL)

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

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

29 MAR, Charlotte Strongman Bench Press (cash prizes) Pro Fitness (Mike or Rebecca) 704-455-1832

29 MAR, APF Tampa Bay Bar Bender Bench Press Classic (Tampa, FL) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

29 MAR, USAPL New Mexico State PL Champs, Doug Lees, 1216 N. Bennett St, Silver City, NM 88061, 505-538-8806

29 MAR, USAPL Oxman Classic III High School Meet, Gary Gertner, 3601 S Lowell Blvd, Denver, CO 80236, 303-425-1320

29 MAR, USPF UTAH State & Open Powerlifting & Bench Press Championships, Physiques Finest, 770 South 200 East, Brigham City, UT, Mail Entries to: Rocky Mountain Athletic Center, 1968 West 6000 South, Roy UT 84067

29 MAR, 5th Annual Wisconsin's Best Bench Press, Glen Woychik, N34146 Moga Rd, Independence, WI 54747 or www.wisconsinbestbench.com, 715-985-2608

29 MAR, WABDL 5th Annual Oklahoma State Bench Press and Deadlift Championships, McAlester, OK, (Open, Novice, Class I, Teen, Junior, Womens, Masters, Submasters, Law and Fire), Kim Brownfield, PO Box 36 Council Hill, OK, 74428, 918-473-1059

29 MAR, 23rd Annual Central Ohio B.P. Championships, (Open, Masters, Teen and Women Div.), Doug Glitt, 13344 Ashville Pike, Ashville, OH, 43103, 740-983-4760

29 MAR, USAPL WA State PL Championships, Meet Directors: Lester Chow, 425-776-0726, lester.chow@seattle.gov or Kevin D

Stewart, 18310 36th Ave W Apt E-1, Lynnwood WA 98037, 206-617-8526, stewartkevin@hotmail.com

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, NASA Missouri State, Carhege, MO, NASA, PO Box 735, Noble, OK. 73068, 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 (Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdewg.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@alltell.net

29 MAR, SLP John Ware Classic Powerlifting/Bench Press/Deadlift Championships

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

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

29,30 MAR, USAPL Oxman Classic III, Gary Gertner, 3601 S Lowell Blvd, Denver, CO 80236, 303-425-1320

30 MAR, USAPL RI State Open Push/Pull Championships, Florette Ruggiero, 113 Linden St, Whitman, MA 02382, 401-527-3711

30 MAR, (NEW DATE) USPF Rhode Island State Powerlifting + Bench Press Championships, * This Contest is now an open state meet. All lifters are welcome from in state or out of state. All lifters will be able to place in the contest ***, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, Email: uspf-n@cox.net**

30 MAR (corrected listing), Cabin Fever DL+BP, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

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

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

MAR, 100% Raw North Carolina State, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 APR, 2nd Annual Mid-Atlantic Strongman Contest (Gold Level) Waldorf, MD. Contact Graham Bartholomew 301-893-8290 (after 8pm) or grahambo1@mindspring.com

5 APR, NASS Pittsburgh Strongman Championships (Gold Level); Gary Udit 412-481-9129 or email gudit@stargate.net

5 APR, ADAU PA State PL Championships, Pittsburg, PA, Gary Udit, 412-481-9129

5 APR, Fitness Connection Barbenders BP/DL (separate events) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

5 APR, APA Eastern US Powerlifting & Bench Press & Maryland State Championships, Ft. Washington, Maryland, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com, or World Gym: 301-292-9000, or Sherwin P a g t a k h a n , spaghtakhan@northropgrumman.com

5 APR, USBF BAAC RAW Bench Press

Coming Events

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

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

29,30 MAR, USAPL Oxman Classic III, Gary Gertner, 3601 S Lowell Blvd, Denver, CO 80236, 303-425-1320

30 MAR, USAPL RI State Open Push/Pull Championships, Florette Ruggiero, 113 Linden St, Whitman, MA 02382, 401-527-3711

30 MAR, (NEW DATE) USPF Rhode Island State Powerlifting + Bench Press Championships, * This Contest is now an open state meet. All lifters are welcome from in state or out of state. All lifters will be able to place in the contest ***, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, Email: uspf-n@cox.net**

30 MAR (corrected listing), Cabin Fever DL+BP, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

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

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

MAR, 100% Raw North Carolina State, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 APR, 2nd Annual Mid-Atlantic Strongman Contest (Gold Level) Waldorf, MD. Contact Graham Bartholomew 301-893-8290 (after 8pm) or grahambo1@mindspring.com

5 APR, NASS Pittsburgh Strongman Championships (Gold Level); Gary Udit 412-481-9129 or email gudit@stargate.net

5 APR, ADAU PA State PL Championships, Pittsburg, PA, Gary Udit, 412-481-9129

5 APR, Fitness Connection Barbenders BP/DL (separate events) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

5 APR, APA Eastern US Powerlifting & Bench Press & Maryland State Championships, Ft. Washington, Maryland, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com, or World Gym: 301-292-9000, or Sherwin P a g t a k h a n , spaghtakhan@northropgrumman.com

5 APR, USBF BAAC RAW Bench Press

Open & Power Curl Championships, 658 Boulton St, Bel Air, MD 21014, Dave Capozzoli, 410-838-2607, gtrdave99@aol.com

5 APR, 100% RAW Senior Nationals (Lynchburg, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531, 434-432-2582

5 APR, NASA Colorado State, Denver, CO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

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

5 APR, WNPFL Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercuri (Atlantic City, NJ) 770-996-3418, WNPFL@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

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

6 APR, WNPFL North Carolina Powerlifting Championships, Charlotte, NC, WNPFL@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

6 APR, AAU Massachusetts State, Larry Larsen, 781-767-0764

6 APR, Lawrence County Super Bench (men, women, teen, open, 20-23, 33-39, 40-49, 50+, novice, raw [no bench shirt] - no formulas, trophies 1st-5th) Charles Venturella, New Castle, PA 16101, 724-654-4117

6 APR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd, Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

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

11 APR, AAU Spring Break Bench Press Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or vausports.org, vaupower@aol.com, vaueast.com, fax: 804-266-8908

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

12 APR, WABDL Southwestern Regional BP/DL, Jody Woods, 3812 Las Pasas Way, Sacramento, CA 95864

12 APR, IPA 'Joe Average' Open (no fee, no trophy) Body Factory (PA) Jim Parrish, 610-863-1090, jsalparr@fast.net

12 APR, USAPL Maine State Powerlifting Championships, Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656

12 APR, AAU Drug Free Big Dawg Benchpress/Deadlift, Savannah, New York, Steve Rogers, 315-365-3377 (evening)

12 APR, 2nd Annual New Image Bench Press Championships, Waverly High School, Waverly, NY 14892, Kirk Sorensen @ New Image Gym, 607-565-4439

12 APR, WABDL Utah State High School, Randy Marchant, 801-465-2349, Dave Marchant, 801-256-9412

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

26 APRIL 2003
APF Central California
Open & Novice
PL & BP
Fresno, California
Open, Master, Teen, Junior, Women
Bob Packer
559-658-5437
or 559-322-6805

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

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

12 APR, NASA Ohio State PL, BP, Power Sport, (Springfield, OH) Rich Peters SQBPD@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, www.virginiausepl.com

12,13 APR, AAU Police and Fire National (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, VA 23225 or aausports.org, aaupower@aol.com, aaueast.com, fax: 804-266-8908

12,13 APR, AAU Triple Crown Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, VA 23225 or aausports.org, aaupower@aol.com, aaueast.com, fax: 804-266-8908

12,13 APR, WPA World Powerlifting Championships, & Can-Am International Bench & Deadlift Championships, Burlington, Iowa, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

12,13 APR, USAPL California State PL & BP Championships, (Napa, CA), Jason Burnell, 5 1 0 - 2 3 2 - 4 7 7 5 , deepsquatter@deepsquatter.com, Lance Slaughter, 4437 S Centinela Ave, Los Angeles CA 90066, 310-995-0047, lanceoslaughter@yahoo.com, www.usapl-ca.org

12,13 APR, IPA Powerlifting Competition/Iron House Classic, Newark, OH, www.ironhousezanesville.com or Mike Maxwell mmxwv@columbus.rr.com or 740-704-4747

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

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

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

13 APR, NASA Wisconsin State + Regional Meet, Quality Inn, E. Broadway, Madison, WI, Bob Vivier, 608-205-9985

13 APR, SLP MID-WEST Raw Powerlifting/BP/DL Championships (Jefferson City, MO.), Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ill.com

13 APR, 18th APF Olympic Fitness BP (St. Charles, IL) Terry Dangerfield, 630-377-7527

13 APR, WABDL Drug Tested Southwest Regional Bench Press and Deadlift Championships, Marriott, Fullerton, CA, Jody Woods, 916-485-3808

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

19 APR, Eau Claire's 2nd annual Strongman and Strongwoman contest (Gold Level) Eau Claire, WI Contact Jon Riggs 6590 HWY 93; Eau Claire, WI 54701; E-mail: jrjgs128@msn.com

19 APR, USAPL 3rd Annual David Martin Memorial PL, Greg Simmons, 2380 Windling Brook Circle, Bloomington IN 47401, 812-330-1012

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

19 APR (NEW DATE), PPL Georgia State "Drug Free", Python Power League, 2250

2003 AAU FIRE & POLICE NATIONAL POWERLIFTING CHAMPIONSHIPS

APRIL 12 & 13, 2003
RICHMOND, VIRGINIA

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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-ill.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, 603-622-2654, www.americanpowerlifting.com, davefollansbee@aol.com

26 APR, Azalea Festival (Platinum Level) Contact Gayle Schroeder, 2293 Estuary Ct. Va. Beach, VA 23451 757-481-6963 email: strength@exls.net website:

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for info, go to
AAUSPORTS.ORG
(under PL)
or call
Larry Larsen
781-767-0764

www.powerandstrength.com
26 APR, USAPL No Frills Qualifier, Tod Miller, 73 N Pine Rd, Plainville MI 49080, 269-664-4814

26 APR, USAPL Nebraska State, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

26 APR, USAPL Nebraska Longhorn Open, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

26 APR, Biggest Bench On The River VI, \$5,000 CASH Giveaway, Reed Bueche, 1104 W. Main Street, New Roads, LA, 70760, 225-638-9922

26 APR, USAPL South Dakota PL & BP Championships, Jeff Blindauer, 2908 E. Kondike Tr, Sioux Falls, SD 57103, 605-201-2411

26 APR, USAPL Nebraska State (Burwell, NE) James Hart, jmshrt@aol.com or www.nebraskapowerlifting.com, 402-470-3672

26 APR, WNPFF Michigan St. & Can Am Nationals, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 APR, 10th Allstar Bench Press/ Deadlift Georgia Open, (Open, Masters, Novice, Teen, Women), 2117 Cove Ridge Court, Suwanee, GA 30024, George Herring, 770-963-6738

26 APR, WABDL National High School + National Law Enforcement, Randy Marchant, 801-465-2349, Dave Marchant, 801-256-9412

26 APR, South Florida Spring Bench and Deadlift meet, Lantana FL, Bob Youngs, 561-718-9877, southsidebarbell@hotmail.com

26 APR, APF Central California Open & Novice PL & BP (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

26 APR, 24th Raw ADAU "Power Day Classic" (separate BP & DL contests, open and all age groups for men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.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 CHAM-

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

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

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

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

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com

27 APR, Wellness Center Bench Press Contest, (teen, masters, open) Donnie Robbins, The Wellness Center, 418 Federal St., Bluefield, WV 24701, 304-324-2100

27 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

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-ill.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, 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 Pine Ridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com

2-4 MAY (new address), USAPL Masters Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70812, 225-753-8586

3 MAY, Colorado's Strongest Man (Gold Level), Fort Collins, CO; Contact David McGlothlin, 114 Cholla Circle, Florence, CO, 81226; Tel: 719-784-4914

3 MAY, USAPL 21st Annual Viking Open, Dennis Brady, 5920 N. Ridge, Chicago IL 60660, 773-561-9692

3 MAY, The Power Gym "Day of Domination" Bench Press Championships, Drug Free Only, All weight classes & divisions, Taylor, PA, Joe Moceynas (570) 562-3642 or Powergym316@CS.com

3 MAY, Wisconsin State Bench Press Championships - Drug Tested, Ford's Gym - 2590 E. Washington Ave., Madison, WI 53704, (608) 249-4227, www.fordsgym.com

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-ill.com

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

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

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 (Coraville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ill.com

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

9,10 MAY, INSA/INSA USA Championships, Plano Harvey Hotel, 1600 Central Expressway, Plano, Texas, 817-282-1011, David Newingham, Kirk Stroud

10 MAY, USAPL IN State High School Powerlifting Championships, Marc Anderson, 1801 E 86th St, Indianapolis, IN 46240, 317-566-0865

10 MAY, 20th Annual Southern States Bench press (open, police & firefighters, submasters, raw, over 40, women, notice, teenage) Weightlifting Equipment of GA, Inc., 150 Sagebrush Road, Stockbridge, GA 30281, 770-474-2633

10 MAY, USAPL IN State Powerlifting Championships, Marc Anderson, 1801 E 86th St, Indianapolis, IN 46240, 317-566-0865

10 MAY, USAPL Badger Open, Greg Opahle, 171 N Fremont St, Whitewater, WI 53190, 262-498-0617

10 MAY, California's Strongest Man Competition, Hemet, California. (Silver Level); Contact Ron Sterk 41781 Brianwood Ave. Hemet, CA 92544; 909-765-2739 or sterkravenmod@msn.com

10 MAY, Lake Holcombe, WI, Bench Press Championships - Teen, Open, Masters, - male and female, Brian Briggs, 27140 24th Ave, Holcombe, WI 54745, 715-239-0411

10 MAY, 12th Mon Valley Fitness Center Bench Press Classic, BP/DL Competition & BP for "REPS", MVFC, PO Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@zoominternet.net, MonValleyFitness.com

10 MAY, California State Strict Curl Competition, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

10 MAY, NASA New Mexico State Powerlifting / Power Sports Championships, Rio Rancho, NM, Mike Adelman, PO Box 44582, Rio Rancho, NM 87124, 505-301-3887, powerlifter2100@msn.com

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

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

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

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

10-11 MAY (revised), APF Masters, Submasters, Juniors + Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com, www.worldpowerlifting.org

10,11 MAY, NASA Iowa State, Des Moines, IA, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

11 MAY, The Big Dog Classic II, Bench and/or Deadlift meet, At Musclebound Fitness, John Blackstone 740-545-0840

17 MAY (new date), IPA Ohio Involuntional Full Power & Bench Press, Competitive Edge, 33501 - A Lake Rd, Avon Lake, OH 44012, Drew Lindsay 440-930-2272

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

17 MAY, Beast of the East II (Platinum Level), Myrtle Beach, SC; Contact Brian Holt 843-215-0657

17 MAY, USAPL Nation's Capital Cup PL & BP, Steve DeBenedictis, 8000 Towers Crescent Dr, Vienna VA 22182, 703-761-6095

17 MAY, 6th Annual Bench Press Contest, Neuman High School (Sterling, IL), Robert Ybarra, day-815-625-1320 ext. 3192, evening - 815-626-5042, Rybarra@natman.com

17 MAY, D.D. Nichols Classic Bench Press Championships, Benton, AR, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

17 MAY, AAU Arkansas RAW Powerlifting + Bench Press Open (All Weight and Age Classes) Conway, AR, Daniel Singleton, 1200 rd St, Hot Springs, AR 71913, 501-623-6014

17 MAY, Cortland Fitness Center - Cortland NY, Powerlifting, Ironman or any two lift combo, any single lift - non sanctioned, drug free meet - Duane Card Sr., 50 Owego St #6, Cortland NY 13045, 607-753-8294

17 MAY, APA North American Open

Bench Press & Deadlift Championships, Robbinsdale, Minnesota, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

17 MAY, Dolphin Fitness Club Bench Press, Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

17 MAY, USAPL Rocky Mountain States & Bill's Big Cat BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

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

17 MAY, WABDL Drug Tested Riverfest Bench Press and Deadlift, Gadsden, Alabama, Rick Hagedorn, 256-441-0143

17 MAY, WABDL Drug Tested Florida State Bench Press and Deadlift Championships, Lakeland, FL, Ken Snell and Louis Baltz, 863-687-6268

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

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

17 MAY, USPF Spartan Bench Press - Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meske, 9235 Woodale Ave, Arleta, CA 91331, (818) 899-7555, Warrior01@earthlink.net

17 MAY, USBF Lamy Garro Memorial Bench & Ironman/Ironwoman Open; USPC Power curl (Cash Award); Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net

17 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ill.com

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

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

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

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

18 MAY, New Jersey High School BP/DL (high school students only) Coach Paul Sacco, 609-567-0046 or 704-2400 ext 12

18 MAY, Championnat Canadien Powerlifting, (Gatineau), Alain Dumouchel, 29 de Bergerac, Massons-Angers, Qc, JOM IWS, 819-281-1869

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-ill.com

18 MAY, WNPFF Police, Firefighter, Military Nationals & Spring BP & DL Bash (Edison, NJ) 770-996-3418,

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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, APA Alabama State Powerlifting Championships, Southeastern Regional Powerlifting and Bench Press Championships (Birmingham, AL) (open, class II, masters, women) Jeff Green/Chris Sauge, 3088 Riverwood Terrace, Birmingham, AL 35242, 205-817-6811, 205-822-1320 (gym)

24 MAY (corrected listing), Double Masters Meet, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

24 MAY, NASS IL Strongman Record Breakers (silver level); Contact Tony Soucie @ PO Box 459; St. Anne, IL; 60964; Email: s0596@earthlink.net Phone - 815-427-6868

24 MAY, New York State "Battle of the Bad Ass" Championships; Orange County, NY; Contact Ben Lambousis at 845-590-6236 or 201-996-7238 Email: BenjaminLambousis@kentrox.com

24 MAY, Pasco Power Team King of the Bench (1/2 H. North of Tampa), Rick Lawrence, 727-942-7894

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, USAPL Viking Classic, Omaha Nebraska, Tim Anderson, 402-427-8085, timanderson@hunteil.net, http://www.nebraskapowerlifting.com

31 MAY, (NEW DATE) WNPFF USA vs Bahamas (Freeport, Bahamas) WNPFF, Box 142347, Fayetteville, GA 30214, wnpff@aol.com, 770-996-3418

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,

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31 MAY, Netato Festival Strongman Contest (Gold Level); Elizabeth City, NC, Contact Tim Stallings; 252-264-3008
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
MAY, APA Western USA Open Powerlifting, Bench Press, & 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
31 MAY-1 JUN, AAU Equipped Nationals + Summer Sports Open, Sheraton Airport Hotel, Charlotte, NC, Bob Strauss, 704-552-2487, boblift@msn.com
31 MAY-1 JUN, USAPL Heavy Metal Classic, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156
1 JUN, USAPL Kansas State Open, Tim Anderson, 207 W 4th St, Blair NE 68034, 402-427-8085
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 JUN (NEW DATE), Strawberry Fest Strongman/Woman, RAWBP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapl.com
6-8 JUN, WABDL Drug Tested Pendulum Fitness Nationals BP + DL Championships, Houston, TX, Bob Garza, 281-820-5923
7 JUN, Third Annual West YMCA Open, Full Meet, BP, DL, Push/Pull, West YMCA, Omaha, Roger or Buddy, 402-393-3700
7 JUN, Strongest Man and Woman in the West (Gold Level); Eagle, Idaho; Contact Corey St. Clair, St. Clair Strength and Fitness 1421 Campus Lane Boise, Idaho 83706 email: stclairstrength@yahoo.com
7 JUN, North Dakota Strongest Man (Gold Level) Fargo, ND. Please contact Reese Olson, H: 701-297-7810, Cell: 701-799-6865 E-mail: Reese5@hotmail.com
7 JUN, Mass Strongest Man (Trap bar DL, BP, standing jerk press, chin-up with wt.,

A.A.U. MILITARY NATIONAL POWERLIFTING CHAMPIONSHIPS

Event Date: JULY 12, 2003

Site: Little Rock Air Force Base, 6th Street Building
 1220, Jacksonville, Arkansas

Meet Director: Larry Kye, 501-982-7668,
 LKYE@NETSCAPE.NET

Entry Fee: \$45.00 per lifter/\$45.00 per team

Entry Deadline: Postmarked by JUNE 28, 2003

(\$15.00 late fee for late entries)

Mail Entry: ATT: Larry Kye, 114 Chickasaw Place,
 Jacksonville, AR 72076.

Eligibility: Open, Submasters, Masters, Military
 Eligibility (Active/Retired/Reserve)

Weigh-in: 6:00PM to 7:00PM Friday, July 11;

7:00AM to 8:00AM Sat., July 12.

Rules Meeting: 8:30AM Saturday, July 12, 2003

Starting Time: 9:00AM - Saturday and Sunday

Rules: A.A.U. Rules - Equipment Only.

Thomas Inch Dumbbell lift - cash prizes), Proceeds to Atlanta's Foundation Animal Rescue, hosted by Bill Kazmaier, Todd Foote or Bruce Derosier, 107 N. Spencer Rd., Spencer, MA 01562, 508-885-3686
7 JUN, 100% RAW Virginia State Championships (Richmond, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531, 434-432-2582

7 JUN, Capitol City Challenge Strongman, Ford's Gym - 2590 E. Washington Ave., Madison, WI 53704, (608) 249-4227, www.fordsgym.com
7 JUN, Popsturoolah American Stroke Assn. Bench Contest (Tampa Bay, FL) Rick Weil, 727-741-3094, www.floridabench.com
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 Lenz 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, USPF/AAU Sooner State Games, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

7,8 JUN, APF Men's & Women's Senior Nationals Powerlifting Championship & Bench Bash (Universal City, CA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

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

8 JUN, Men & Women of Steel BP II, (Assisted, RAW, Open Men & Women, Teen, Junior, Submaster & Master), Bob Verner, 826 Hazelwood Avenue, Pittsburgh, PA 15217, 412-521-2620

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

14 JUN, APF South Texas Championships (Seguin) - Men & Women - Open/Below I/ Masters (5 yr age groups) / SubMasters/Junior (2yr age groups) / Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St, Seguin, TX 78155, 1-800-378-6460

14 JUN, APF Muscle Beach, Venice Beach Press Competition, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

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

14 JUN, 10th Annual Miller's Ironhouse Natural Bench Press Competition. (Men, Women, Teen, Raw, Subs, Masters, Grand Masters) Cumberland, MD, Sculptured Awards, Brian Miller 301-777-0644

14,15 JUN, ADAU Raw Powerlifting Nationals, Open and all age groups, both male and female, Robert DeLaVega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, al@pikilup.com

14,15 JUN, AAU High School Nationals (Providence, RI) Larry Larsen, 781-767-0764, www.aasports.org (under powerlifting)

15 JUN, Summer '03 Push/Pull Meet, Jon Smoker, 30907 CR 16, Euchant, IN 46576, 574-674-6683

21 JUN, 1st Annual Chestnut Ridge Lions Bench Challenge, Chestnut Ridge Highschool, 2588 Quaker Valley Road, New

Paris, PA 15554-4195, Tammy J. Miller, 1035 Ellis Road, Schellsburg, PA 15559-8228, 814-733-4174

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, ESPN Televised Mountain-er Cup V Powerlifting Sports & Strength Expo (USPF Sr. Nationals & National Masters, NPC Bodybuilding/Fitness/Figure, NASS Strongman Competition, Youth/Open Wrestling Tournament, Hawaiian Tropic Tanning International) Nick Busick, 304-387-8186

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, ntripwr@pe.net

22 JUN, APA CT Open BP & DL Championships, Donna Slaga, 38 John Brook Rd, Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

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, (train date 06/29/03); NASS Rhode State Championship (Gold Level); Contact Rick North; Health and Wellness Director; Newport County YMCA; 401-847-9200 ext. 117

28 JUN, New England's Strongest Man (Teen, JR, Subman, Master, Open) 5 Events, Louie LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590

28 JUN, WNPFF American Powerlifting Championships, WNPFF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

28 JUN, WABDL Drug Tested Utah State Bench Press and Deadlift Championships, Salt



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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

28,29 JUN, APF West Coast Open, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, bbgyim.tripod.com/gym/ld1.html

29 JUN, Fireworks in the Rockies - Big Bench Blowout III, Gary Gertner, 3601 S Lowell Blvd, Denver, CO 80236, 303-425-1320

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

4 JUL, (tentative date) Illinois State Championships 2003 (Gold Level) St. Anne, IL contact Tony Soucie 815427-6868 or s0596@earthlink.net

5 JUL (new date), Dodge City Power Fest, Powerlifting & Power Sports, Dodge House, 620-225-9900, Jim Duree, 5619 Pawnee Ave, Kansas City, KS 66106, 913-596-7326 or JDuree7086@aol.com

5 JUL, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/ Below I/ Masters (5 yr age groups) / SubMasters/Junior (2yr age groups) / Police/ Fire/ Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St, Seguin, TX 78155, 1-800-378-6460

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, AAU Military Nationals (Little Rock AFB, AR) Larry Kye, 114 Chickasaw Pl, Jacksonville, AR 72076, 501-982-7668, LKYE@NETSCAPE.NET

12 JUL, Allentown SportsFest VII BP + DL, No Walk-ons, Freg Glass, Fred's Gym, 811 N. Jordan Street Allentown, PA 18102, 610-770-9333, frdglss@aol.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, NASA Bluegrass Open Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky, Info: Showtime @ 1-270-830-7290

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

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

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

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

12 JUL, First annual Stones and Steel Strongman Showdown (Gold Level); Dover Delaware. Heavy and lightweight classes. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007; e-mail: jimhenry280@hotmail.com or Kevin Senato at keuzr580@aol.com

12,13 JUL, USAPL Cornhusker State Summer Games, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

12,13 JUL (NEW DATE), WNPFF Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown,

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

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

15 JUN, Summer '03 Push/Pull Meet, Jon Smoker, 30907 CR 16, Euchant, IN 46576, 574-674-6683

21 JUN, 1st Annual Chestnut Ridge Lions Bench Challenge, Chestnut Ridge Highschool, 2588 Quaker Valley Road, New

Paris, PA 15554-4195, Tammy J. Miller, 1035 Ellis Road, Schellsburg, PA 15559-8228, 814-733-4174

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, ESPN Televised Mountain-er Cup V Powerlifting Sports & Strength Expo (USPF Sr. Nationals & National Masters, NPC Bodybuilding/Fitness/Figure, NASS Strongman Competition, Youth/Open Wrestling Tournament, Hawaiian Tropic Tanning International) Nick Busick, 304-387-8186

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, ntripwr@pe.net

22 JUN, APA CT Open BP & DL Championships, Donna Slaga, 38 John Brook Rd, Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

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

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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 (new date), Body Factory Full Power Challenge/Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090

19 JUL, D.D. Nichols Open BP Championships, Bryant, AR, D.D. Nichols, 501-860-6851, 2122 Misty Circle, Benton, AR 72015

19 JUL, APF Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183, 110 Elderberry Ln, Elma, NY 14059

19 JUL, 2nd LaCrosse Interstate Fair Bench Press (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com

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@pikitup.com

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

26 JUL, WABDL Minnesota Championships (St. Louis Park) Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066

26 JUL, AAPF Michigan Grand Haven Open PL/BP/IronMan (formerly the Coopersville Classic - held at Robbison WTP Elementary Gym) Andy Briggs, 616-844-6350, lifthuy1@yahoo.com

26 JUL, Lumber Jack Days Strongman Championship (Platinum level). Stillwater, MN; Contact Jeff Bissonette 651-430-9594 or the trainers@msn.com

26 JUL, NASA Tri-State Natural & Teen/Junior/Intermediate National Championships (Flora, IL) Special Olympians will lift free, Monolift used for squats, Smitty @ The Gym, 112 W. North Ave., Flora, IL., 62839, 618-662-3413 1-8 pm M-F

26 JUL, Championnat Nord-Est Canadien (Matane) Bench, Deadlift et Push/Pull, Roberto St-Pierre, 418-566-2659

26 JUL, APA Hustons Record Breakers - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

26 JUL, APF Barbee Classic (San Antonio) - Men & Women - Open/Below /Masters (5 yr age groups)/SubMasters/Junior (2 yr age groups)/Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St, Seguin, TX 78155, 1-800-378-6460

26 JUL, APA Houston Record Breakers, Houston Tx, (Houston, TX), Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

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, WNPFF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/SQ - Biloxi, MS) WNPFF, 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, Pythongm@aol.com

2 AUG, DinoDay XI: (Platinum Level) & 2003 Women's Teen, and Masters Nationals, Promoter - Nick Osborne Columbus, OH Email: dinonick@builtsoildgym.com 614-481-8080

2 AUG, Oklahoma Strongest Man Contest; Eastside Gym (Gold Level), Tulsa, OK; Contact James Griggs; 7727 S. Memorial Drive Apt 2304. Tulsa Ok. 74133; 918-810-5557 griggs54@msn.com

2 AUG, APF South East Challenge (Vidor) - Men & Women - Open/Below /Masters (5 yr age groups)/SubMasters/Junior

2 AUG, APF South East Challenge (Vidor) - Men & Women - Open/Below /Masters (5 yr age groups)/SubMasters/Junior

2 AUG, APF South East Challenge (Vidor) - Men & Women - Open/Below /Masters (5 yr age groups)/SubMasters/Junior

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2 AUG, 8th Annual ADAU Raw Catasauqua Classic (Separate SQ, BP, or DL) Open, all age groups, men & women, Nick Theodorou c/o Nutritional Technologies, 5 Stonerock Trlue, Easton PA 18045-2812, 610-258-1894, nutritek@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, Chaillet@NFDCC.net or Ellen Chaillet: echaillet@aol.com

9 AUG, 2nd Annual Maryland Strongest Man Contest (Gold Level) LaPlata, MD, Contact Graham Bartholomew 301-893-8290 (after 8pm) or grahambo1@mindspring.com

9 AUG, 13th annual Endless Summer BP contest, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

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, valifiting@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, Northeast WI Strongman Challenge 2003 (Gold Level) New London, WI www.bigtonscruiens.com for updated information

16 AUG, South Carolina Strongman Championship, Columbia, SC Proceeds to benefit Special Olympics of South Carolina. (Gold Level) Contact Mike Johnston (803)-799-8616 or majellisp@aol.com

16 AUG, NASS NE US Strongman Challenge (Silver Level) Poughkeepsie, NY; Contact Steven Mann @ 50 Rinaldi Blvd. Apt 2C, Poughkeepsie, NY 12601 845-473-5230 or steve@purepowerlifting.com

16 AUG, Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Arnd Hansell, 504-491-5061

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

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

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, (tentative) The Midwest Strongman Showdown September fest Omaha NE Convention Center NE/Iowa contact Joe Secord 402-672-7835 e-mail: bulldogstrengthsports@yahoo.com

23 AUG, Arkansas Open Bench Press Championships, Little Rock, AR, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

23 AUG, USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Bumell, 510-232-4755, deepsqatter@deepsqatter.com and Dave Cummerrow, david_cummerrow@yahoo.com

23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alki 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, ntripwr@pe.net

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

24 AUG, AAU Missouri-Kansas Bench Press-Deadlift Championships, X-Treme Fitness, 636-583-1779, Darin Gilley, 2820 Old Gray Summit Road, Pacific, MO 63069, 636-742-4537

30 AUG, Granite State Open Bench Press / Deadlift (Separate Contests) (Open, Teen, JR, Sub, Master, Women), Louie LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590

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

AUG, (middle Aug. tentative) The Central USA Strongman Challenge (Platinum Level);

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7' 6" USA Deadlift Bar \$225	7' BeefBuilder Olympic Bar \$90
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7' USA Power Bar \$195	25" BeefBuilder Olympic Dumbbell Handles w/2" Diameter Grips, Collars Included \$120 pair
Polished Steel (Black Oxide \$210)	



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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, (tentative) The Midwest Strongman Showdown September fest Omaha NE Convention Center NE/Iowa contact Joe Secord 402-672-7835 e-mail: bulldogstrengthsports@yahoo.com

23 AUG, Arkansas Open Bench Press Championships, Little Rock, AR, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

23 AUG, USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Bumell, 510-232-4755, deepsqatter@deepsqatter.com and Dave Cummerrow, david_cummerrow@yahoo.com

23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alki 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, ntripwr@pe.net

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

24 AUG, AAU Missouri-Kansas Bench Press-Deadlift Championships, X-Treme Fitness, 636-583-1779, Darin Gilley, 2820 Old Gray Summit Road, Pacific, MO 63069, 636-742-4537

30 AUG, Granite State Open Bench Press / Deadlift (Separate Contests) (Open, Teen, JR, Sub, Master, Women), Louie LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590

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

AUG, (middle Aug. tentative) The Central USA Strongman Challenge (Platinum Level);

Contact Jefferson Meadors; 773-704-6047 or jeffersonmeadors@aol.com

6 SEP, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, 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, NPA Natural Nationals BP, DL, PL (drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, fitlifed@cs.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, ADAU Broome County BP & DL Classic (raw lifting only - Johnson City High School, Johnson City, NY) Wayne or Hunter Claypatch, 1028 Whittemore Hill Rd., Oswego, NY 13827, 607-786-9720

13 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, <http://www.ironboyenterprises.com>, <http://www.houseofpaynepowerlifting.com>

13 SEP, APF Muscle Beach, Venice West Coast Bench Press, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

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@usb.net

13 SEP, WNPFF Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPFF, 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, valifiting@aol.com

20 SEP, Claude Youngren Memorial BP/DL, Mike Raya, 2921 N. University St., Peoria, IL 61604, 309-688-2736

20 SEP, The Heartland Strongman Challenge II Harrah's Casino & Hotel Council Bluffs IA; Contact Joe Secord 402-672-7835 email: bulldogstrengthsports@yahoo.com

20 SEP, WABDL Drug Tested Hawaii State Championships Bench Press & Deadlift,

Waimanalo, Hawaii, Keith (808) 259-9800, toll free 877-259-5266

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

20,21 SEP, Life Time Drug Free Nationals, Tom North, 2025 E Shady Grove #2, Irving, TX 75060, 972-721-0200

26,27 SEP, INSA/INSAA Southwest USA Championship, Arlington Convention Center, Arlington, Texas, 817-268-3488, David Neuligham, Kirk Stroud

27 SEP, Iron Zone Powerlifting Meet, Xtreme Events, James T. Goad, 863-835-0447, james@physicalplanet.net

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

3,4 OCT, North American Strongman Championships; Myrtle Beach, SC; Contact Brian Holt 719 Reef Rd. Myrtle Beach, SC 29588; 843-267-9631 or SCSuperStrength@aol.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, SLP Iowa State BP/DL Championships (Corahville, 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 60174, 630-377-7527

11 OCT, Nasa Big River Classic PL & Bench Press Regional Competition (Blytheville, Arkansas) Daryl and Tobey Johnson

1

Ocean Front Walk, Venice, CA 90291, (310) 399-2775

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

19 OCT, Championnat Canadien de Bench - Souleve de Terre et Push/Pull (Montreal), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, fax - 819-346-6104

24-26 OCT, WNPF World Championships & World Strongman Championships, WNPF, Box 142347, Fayetteville, GA 30214, wnfp@aol.com, 770-996-3418

25 OCT, 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

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

26 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

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

31 OCT - 1 NOV, INSA/INSAA World Championship, Plano Convention Center, Plano, Texas, 817-282-1011, David Neulingham, Kirk Stroud

OCT-NOV, AAU World Full Power Championships - (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, aa-u-east.com, fax: 804-266-8908

1 NOV, 3rd Annual Maryland State Police Strongman Contest (Silver Level); Easton, MD; Contact Graham Bartholomew; 301-893-8290 (after 8pm) or grahamb1@mindspring.com

1 NOV, APF Texas Cup (Austin) - Men & Women - Open/Below 1/ Masters (5 yr age groups) SubMasters/Junior (2yr age groups) Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460

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

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

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

2 NOV, WPO Bench Bash for Cash (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

7 NOV, WPO Bench Bash for Cash (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

7 NOV, RAW Blue Ridge Bench Press Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com

8 NOV, APA Lonestar Powerlifting Championships - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

8 NOV, 100% RAW World Championships (Lynchburg, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531, 434-432-2582

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, WPO Finals (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

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

9 NOV, ADAU Connecticut State PL & BP, Robert Delauega, Powerhouse Gym, 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com

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

14-16 NOV, IPA Sr. Nationals, Radisson Penn Harris Hotel & Convention Center (Harrisburg, PA) Mark Chaillet @ 717-495-0024, chaillet@NDFC.net or echaillet@aol.com

15 NOV, APF Oregon Record Breakers, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, bbgym.tripod.com/gym1d1.html

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, Championnat Quebecois de powerlifting (Sherbrooke), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, fax - 819-346-6104

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, Kings of the Coast Mixed Doubles Strongman Classic (Silver Level); Dover Delaware. Light and heavyweight pair team. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007 e-mail: jimhenry280@hotmail.com or contact Kevin Senato at Kevr580@aol.com

22 NOV, Omaha Open BP, DL, Push/Pull, AV Sorensen Recreation Center, Omaha, NE, Keith Machulda, 402-444-5596

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

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

29 NOV, Iron Dawg Open PL & BP (Holiday Inn, Marietta, GA) L.B. and Nadine Baker, 770-725-6684, www.irondawg.com

6 DEC, APA/TMSPA Patriot Open - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

6 DEC, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/Below 1/ Masters (5 yr age groups) SubMasters/Junior (2yr age groups) Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460

6 DEC, APF 50th annual IRON MAN Open PL & BP challenge, Mr. Iron Man, Ms. Iron Woman, and Over 40 Mr. Iron Man (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

6 DEC, USAPL New York State Bench - Deadlift Championships, Bruce Swanson, 902

Village Dr, Brewster, NY 10509, 845-279-2346, http://www.geocities.com/brucewan500/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 Championships, @ Henderson, Ky Info: Showtime @ 1-270-830-7209

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

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

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

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

7 DEC, USAPL Champions Sports & Recreation Open, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

7 DEC, 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

9-14 DEC, WABDL Drug Tested Worlds (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

13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

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

12-19 OCT, WPC World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

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.

APA East Coast Open BP & DL
04 JAN 02 - Fort Washington, ML

BENCH	Open 242	515
Teenage	B. Malney	465
D. Fox	J. Hepner	360
S. Minor	M. Goldsmith	475
C. Vandyke	Open 275	350
Junior	S. Vickery	430
J. Short	J. Short	350
B. Jessee	Open 308	430
Submaster	J. Short	415
D. Levesque	DEADLIFT	275
J. Baker	Teenage	430
40-49	C. Van Dyke	435
T. Lewis	Junior	330
J. Brooks	J. Short	50-59
50-59	B. Jessee	420
R. O'Dwyer	Submaster	290
H. Gutnick	H. Gutnick	50-59
Open 132	50-59	255
D. Seasrom	H. Gutnick	Open 165
Open 165	Open 165	315
W. Powell	W. Powell	285
J. MacClennan	Open 220	Open 181
Open 181	S. Ozturk	400
T. Jacob	Open 308	Open 198
Open 198	J. Short	400
L. Malith		

Special thanks to Sherwin Paktaghan, Bobby, and the entire crew at World Gym for making this an awesome meet. Spotting/Loading and judging was excellent. I would like to give extra thanks to Clint Gray who put in a very long day after making the drive up from Roanoke, VA. Quality of lifting was great and we had a great crew of lifters who were very supportive of each other. (Thanks to Scott Taylor for providing these meet results to PLUSA.)

Panther Power "SMAC" Down
25 JAN 03 - Lusby, MD

GIRLS 105	SQ	BP	DL	TOT
Mann	85	80	130	295
114				
Staples				
123				
Mullis	160	95	195	450
McKinney	155	85	135	375
132				
Oates	165	100	185	450
Mark	135	110	185	430
148				
White	175	115	250	540



55 yr. old Howard Gutnick pulled 530@181 to win Best Lifter @ the APA East Coast Meet. (S. Taylor)

Baldwin	155	120	255	530
Anderson	170	105	205	480
165				
Marjoram	100	105	185	390
181				
Walker	100	105	185	390
BOYS 114				
Gutierrez	195	115	200	510
132				
Porter	205	145	280	590

148	Mitchell	250	210	300	760
165	Jones	195	160	315	670
181	Anlauf	350	260	400	1010
198	Desando	275	265	370	910
220	Thomas	300	250	400	950
242	Mushell	400	375	400	1175
Osterman	255	215	385	855	
Underwood	165	145	280	590	
275	Ziegler	475	280	500	1255
Foley	405	250	535	1190	
Richardson	225	145	415	785	
308	Price	200	250	400	850

Price
Girl's Team Winner - McDonoughBoy's Team Winner - Patuxent. Although planned as a Southern Maryland Athletic Conference (SMAC) championship, the "SMAC" down turned out to be a dual meet between host team, PHS Weightlifting Club Panther Power, and the McDonough High School Rams. McDonough will once again host the IPA High School Nationals on Saturday, March 22. Eleven young ladies lifted. Brittany Mann went unopposed at 105 for McDonough. At 114, Panther lifter Brandy Staples bombed in the squats and re-injured her right thigh. Brandy promises to be ready on March 22. A pair of McDonough lifters, Sarah McKinney and Joanna Mullis, lifted in the 123s. Mullis totaled 450 to McKinney's 375, but Sarah will probably not soon forget giggling her way through the benches and deads. It was another McDonough pair at 132; this time Melanie Oates and Emerald Mark. Melanie jumped out to a 30 pound lead in the squats, but Emerald rallied in the bench. The two tied on deads, so Melanie took first place, 450 to 430. The 148s were a seesaw between McDonough's Amber White and Patuxent's Nilema Baldwin. The match came down to the deadlifts, with first time lifter Baldwin showing real courage and White showing great strategy. The match may have been lost on Patuxent coach Bill Duncan's bad math skills. He miscalculated the amount Baldwin needed to win. While she pulled a meet best 255, she ended up 10 pounds short of the tie, 15 pounds short of the win. White took first 540 to 530. McDonough's Ledra Anderson finished in third with a nice 480. McDonough's Kristin Marjoram went unopposed at 165 and Patuxent's Hannah

Walker went unopposed in the 181s. Fourteen young men then took to the platform and did well for themselves. At 114, McDonough's Almir Gutierrez won unopposed. Likewise for Patuxent's Jason Porter, who went unopposed at 132, while deadlifting over twice his bodyweight. Patuxent lifters Robert Mitchell and Briceton Jones both lifted unopposed in the 148s and 165s, respectively. By the way, Jones fancies himself the Disco Dancin Deadlift King. McDonough's Travis Anlauf lifted aggressively, although unopposed, and totaled 1010 at a bodyweight of 174. Patuxent's Jason Desando struggled with the technical rules as a first time meet participant, but finished well in the deadlifts and showed great strength at 198. Panther Todd Thomas was another first timer who lifted well at 220. The 242s showcased McDonough's Jay Muschette who, according to Coach Dave Bradshaw, was coming off a leg injury. He lifted strong, with great technique, yet conservatively to total 1175. The Panthers offered up a couple of relative youngsters up to older, more experienced Muschette. Connor Osterman took second in the 242s with a total of 855, and Josh Underwood took third with a 590 total. The 275s was another tough class, with McDonough's David Ziegler taking the lead in the squats, edging up his lead in the bench, and just missing a 550 deadlift. Ziegler's 1255 total was the highest of the meet. Panther lifter T.J. Foley tried to challenge by making a 535 3rd attempt dead, but it was too little, too late. Patuxent's Clarence Richardson finished third in the class with a respectable total of 785 and a PR 415 deadlift. Richardson's friend Javin Price lifted unopposed at 308. Price lifted too conservatively in the squats, but came back and showed his stuff with a PR 400, pound deadlift that looked like he had more. PHS Weightlifting Club coach Duncan thanks: Lucky Richardson of R and R Fabrication for making a lifting platform and a bar jack; Mark Cinque of Tri-Fitness, for providing an Ivanko competition bar and an Oakley deadlift bar; McDonough coach David Bradshaw for providing jack stands for the squats; weightlifting club members and NJROTC cadets for help setting up, tearing down, and spotting; coach Bradshaw, Lucky Richardson, Mark Cinque, PHS' Mike Hinchman and Kathy Larson, and APA 181 pound masters' world champion bench presser, Tom Lewis. These folks did a great job as refs, at the head table, and spotting. Tom put on a bench exhibition between the benches and deadlifts, taking 475 and 525 down, before missing with 550. Not bad for a 47 year old weighing 175. (Thanks to Bill Duncan for results.)

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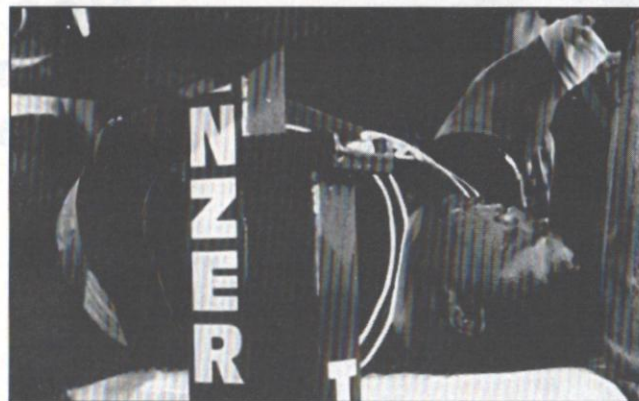
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Kennedy's Gym Christmas Meet
08 DEC 02 - Morgantown, PA

Age	SQ	BP	DL	TOT
Vaughn Edwards	45		80	125
Age 10				
Kyle Edwards	65	65	125	255
Women				
Teen 14-15				
14B				
Vinessa Ferraro	140	90	170	400
Kristen Davies	180	85	200	465
Teen 16-17				
16S				
Kelly Fajna			155	155
Teen 18-19				
SHW				
Deb Gorba	220	180	300	700
Women Open				
14B				
Amanda Yoder	150	65	215	430
Teen 14-15				
19B				
Karl Ober	385	270	420	1075
SHW				
James Sparks	390			390
Teen 16-17				
14B				
Tyler Martin		205		205
James Painter	310	205	335	850
16S				
Joel Baldorf	260	140	280	680
18B				
Jeremy Kreiser	410	250	450	1110
19B				
Robert Knoll	300	200	385	885
242				
Brad Reifsnnyder	290			290
27S				
Michael Heydt	475	285	475	1235
Men Open				
18B				
Steve Beadencup	315			315
242				
Justin Leininger			420	420
220				
Alberto Ferrandino			250	325
57S				
Sub-Master				
19B				
Shawn Stoudt	290			290
SHW				
Scott Edmiston	810	490	675	1975
Master				
40-44				
19B				

Wayne Semple 325 425 750
45-49
27S

Howie Miller 455 310 485 1250
50-54
18B

Ivan Torres 260 260

This is the third year for the Christmas meet. Powerlifting follows a day of USAW Olympic style weightlifting with some competitors competing on both days. SHW, sub-master Scott Edmiston broke his 804 squat pr with 810 on his second attempt. His third attempt of 850 looked like it won't be long before he takes that for a full ride. Women's SHW Deb Gorba finished with a total of 700 that included a 300 deadlift pr. I would like to thank all the lifters who took part in this meet and a very special thanks to all the gym members who helped make it happen. (Thanks to P. Kennedy for results.)



Scott Edmiston with an 810 pound squat @ SHW (photo-graph courtesy Kennedy's Gym.)

APA Texas State
18 JAN 03 - Houston, Texas

MEN	SQ	BP	DL	TOT
Men 97				
Teen 13-15				
J. Lawson	105	80	185+	370
Teen 11-12				
B.J. Ritter	60+	65+	140+	265+
10S				
Teen 13-15				
J. Paris	155+	105+	255+	485+
J. Castillo	85	75	155	315
114				
Teen 13-15				
R. Marshall	135	95	165	395
123 lb				
Teen 13-15				
A. Smith	205!	105	265	575
132 lb Master 46-49				
Deadlift				
J.D. Carr			450+	
Teen 13-15				
J. Mayes	200	135	265	600
K. Perkins	135	135	225	495
148 lb Teen 16-17				
J. Rodriguez	225!	200!	360!	785!
Teen 13-15				
A. Dillsworth	140	135	405	680
D. Valdez	205	135	250	590
E. Aguayo	205		250	455
16S Junior 20-23				
T. Wade	515!	350!	560!	1425!
Teen 13-15				
D. Salinas	165	145	235	545
F. Vasquez	150	145	250	545
Master 60-69				
C. Strange	200*	185	240*	625
Squat Teen 18-19				
C. Neal	550+			
Bench Press Open				
L. Fentl	450			
M. Gibson	390			
Master 40-49				
M. Gibson	390			
Teen 18-19				
M. Gabriel	400	225	375	1000
Teen 13-15				
M. Solais	225	190	350	765
R. Turner	205	135	300	640
J. Moralis	135	115	250	500
27S				
Teen 18-19				
A. Black	340	320	470	1130
Teen 13-15				
A. Stewart	230	170	330*	730
J. Gabriel	205	150	305	660
R. DeAvila	155	135	205	495
Bench Press Open				
T. Meeker				
Deadlift Open				
T. McCullough			650	
308 lb				
Teen 13-15				
F. Hernandez	185!	215!	325!	725!
Bench Press Open				
M. Harris				
SHW Bench Press Open				
S. Woelk				570!
Women				
97 lbs Open				
A. Harris	135	65	140	340
Teen 13-15				
J. Brewer	210	190	405!	805
S. Patino	185	145	300	630
G. Guerrero	180	160	290	630
O. Martinez	200	150	275	625
198 Open				
J. Duke	500	275	485	1260
Master 40-49				
D. Deuter	425	350	400	1175
Master 60-69				
J. McVeigh	285	210	365	860
Bench Press Open				
D. Deuter	350			
Teen 13-15				
B. Gibson	190	150	310	650
J. Hernandez	90	175	230	495
P. Rodriguez	160	95	225	480
220 lb Submaster 33-39				
D. Flunker	550	410	600	1560
Master 50-59				
L. Faracias	260	205	300	765
Teen 16-17				
J. Murphy	315	250!	410	975!
Teen 13-15				
T. Ray	185	150	250	585
Bench Press Open				
B. Preshong	435!			
D. King	345			
Submaster 33-39				
B. Preshong	435			
Master 46-49				
G. Bell	500!			
J. Leitner	320			
Deadlift Teen 18-19				
T. Prude			505	
242 Open				
L. Fentl	650	450	685	1785
Drug Free				

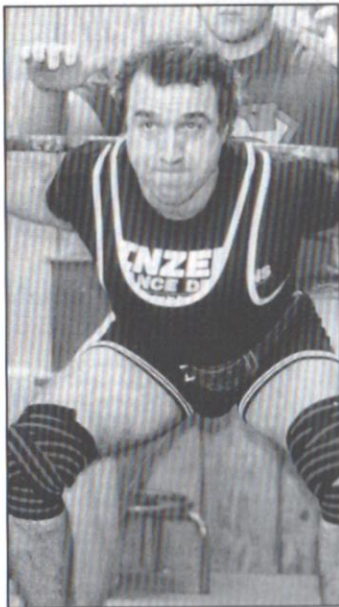
R. Pike 550 350 575 1475
Teen 11-12

A. Harris 135 65 140 340
10S Teen 16-17
J. Franklin 115* 150* 205* 370*
123 Teen 16-17
J. Morant 170* 85! 230* 485*
132 Open
J. Fentl 225 150 300 675
Submaster 33-39
J. Fentl 225! 150! 300! 675!
16S Teen 13-15
K. Okafor 135! 85! 200 420!
181 Teen 13-15
C. Davis 160! 105 275! 540!
198 Teen 13-15
J. Johnson 95! 110! 220! 425!
Unlimited Teen 13-15
S. Carter 115! 75! 185! 375!
! - Texas Record. * - American Record. + - World Record.

The 2003 APA Texas State Powerlifting Championships were held at Revere Middle School, in Houston, Texas. Lots of very good lifting. In the new 97 pound 11-12 division Ritter, from Stovall Middle School walked out with a gold medal and state, American, and World records for his 265-pound total. In the 97 pound 13-15 division, Stovall Middle School's Lawson also had a fine day with Texas, American and World records for his 370 total. Also from Stovall, Pairs several Texas, American and World records with his 485 total. In the 123 teen 13*-15, Antonio Smith from Revere Middle School walked away with the gold and a Texas record with his 205-pound squat and 575 total. In the 132 master 40-46 division legend JD Carr made an appearance and pulled an easy 450 opener setting not only a Texas record, but an American and World. 148'er Rodriguez, from Aldine HS, set 4 Texas records and won the gold with his 785 total in the 16-17 division. In the 165's Wade had a great day in the juniors with his four Texas records and a winning total of 1415. Brewer of Stovall Middle School lifted in the 13-15, 181's and pulled a 405 deadlift setting a Texas record and walking away with the gold. In the 220, 18-19 division Aldine High School's Prude pulled a Texas record deadlift of 505. Also in the 220, 16-17 division, Murphy of Aldine HS, set 2 Texas records and won the gold with his 975 total. Neil of Aldine High School squatted a massive 550 in the 18-19 year old division for a Texas and American record. Cecil Strange (69) of Deer Park Texas won the 60-69 division and set 3 Texas and American with his 625 total. Legendary powerlifter Gene Bell showed up to bench. Gene ended up his day with a massive 500 lb. bench press in the mens 46-49 division and a new Texas record. In the 275, 13-15 division, Anthony Stewart of Revere Middle School walked away with his 330-pound deadlift. Hernandez of Stovall took the gold and set 4 Texas records with a 725 total in the 13-15, 308's. Big SHW Shawn Woelk of the Harris County Sherrifs Department had a great day with his Texas record setting bench of 575. 275'er, Tiny Meeker went for the big one and opened with a 685. He got out of the groove and came back to attempt 705 two times but came up just a little short. In the women's division Franklin from Aldine HS set 4 Texas and American records and walked away with the gold in the 105, 16-17 division. Also in the 16-17 division also from Aldine HS, Morant set 4 Texas records and 3 American records with her 485 total in the 123's. Lifting in the women's submaster Jennifer Fentl from San Antonio had a big day winning the 132's and setting 4 Texas records with her 675 total. In the 13-15 division lifting in the 165's from Revere, Okafor set 3 Texas records and won her division with a 420 total. Davis of Stovall set 3 Texas records in the 13-15, 181's and walked away with the gold with her 540 total. In the 198, 13-15's, Johnson from Stovall set 4 Texas records and won her division with a 425 total. In the women's 13-15 division, Carter, from Stovall set 4 Texas records winning her division with a 375 total. Over all lifter in the adult meet was Larry Fentl, from San Antonio, Texas. In the Teen Boy's Division J. Lawson of Stovall Middle school won best boys lifter and Crystal Davis of Stovall Middle School won best girls Her. Taking the Team Trophy was Stovall Middle School. After all the chalk dust settled 56 Texas, 23 American, and 12 World records were broken. Special thanks for all the people who helped this meet to be successful. Thanks to Coach Charles Brown of Stovall, Coach Tom McCullough of Revere for bringing all their kids. Thanks also to Houston ISD and Aldine ISD for their support of our sport by allowing their kids to participate in powerlifting as a part of their school's extra curricular activities. A big thanks to Mark Harris and his family, Steve Wesniski and his family, Brian Kline, Thane Harris, Gene Bell, JD Carr, and Austin, for all their help running the meet. These guys all worked from pizza and Cokes and made this meet run like clockwork. I would also like to thank Advocare for setting up their booth and especially thank Inzer Advance Designs and Powerlifting USA for their continued support of the APA, Texas Middle School Powerlifting Association and this sport. (Thanks to Tom McCullough for providing these meet results.)

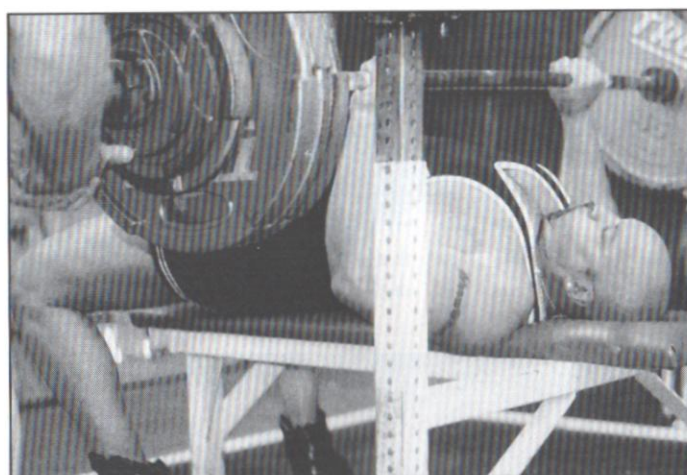
NASA Midwest Regional PL/BP/PS
16 NOV 02 - Flora, IL

CURLS	Bret Chamberlain	420
Masters 1	4th	430
30S	Teenage	
Bret Chamberlain	154.3	
Teenage	Aaron Hale	250
154.3	SQUATS	
Aaron Hale	120	275
BENCH PRESS	154.3	
WOMEN	Aaron Hale	275
Pure	DEADLIFTS	
170	Teenage	
Missy Shaber	138.8	
MEN:	Travis Fidler	250
Teenage	4th	275
170.8	REGULAR BP	
Nathan Lindsey	Sub-Masters 1	
Masters Pure	205	
315	Mark Stone	315
Jeff Phillips	Masters 1	205
Masters 1	Jeff Fidler	405



Former Soviet Union athlete Greg Kleyn continued to make improvements in his "American" powerlifting technique after years of training in the former USSR as an Olympic Weightlifter (Photos by The Gym)

POWERLIFTING	SQ	BP	DL	TOT
WOMEN				
101.4				
Pure				
Debbie Knubley	120	60	145	325
4th			155	
MEN:				
Teenage				
154.3				
Paul Green	15	115	200	465
Pure Novice				
154.3				
Eric White	260	165	345	770
Pure				
250.1				
Thomas Lowder	575	350	550	1475
280				
Marty Ellis	300	270	335	905
SHWT				
David Oylar	645	410	675	1730
Natural				
250.2				
Nick Steele	485	300	500	1285
Intermediate				
170.8				
Eric Talmant	430	285	530	1245
Masters 1				
187				
Claude Gabbert	365	275	405	1045
Masters 2				
170.8				
Greg Kleyn	385	235	505	1125
227				
Barry Donovan	465	245	505	1215
Sub-Masters 1				
227				
Tom Nuzum	485	350	575	1410
Masters 5				
227				



Crowd pleaser David "Showtime" Anguish bounced back from a less than stellar performance the last time he competed in a Flora meet to post excellent numbers in leading his lifters to the team championship.

Lance Smeins	435	340	525	1300
Junior				
205				
John Berry	120	210	450	780
Sub-Masters 2				
250				
David Anguish	175	385	675	1235
Intermediate				
170.8				
Adam Camel	60	90	200	350
Pure				
250				

USPF Granite State BP Championship
23 Nov 02 - Newmarket, NH (kg)

Men Sub (formula)	C. Brien	160
D. Bloom	157.5* J. Morrison	147.5*
C. Brien-177	160* 90kg/198 lb.	
J. Morrison	147.5* J. Silvera	190
Mens Master I	L. Berges	155
B. Tucker	230 100kg/220 lb.	
P. Sussman	180 J. Dowst	190 148
4 th	187.5* P. Sussman	180 R. St. Gelas
M. Ioannou	162.5* 4 th	187.5* 148
B. Devanna	110 125kg/275 lb.	
Mens Open	S. Courtemach	215 165
75kg/165 lb.	SHW	
D. Bloom	157.5 B. Tucker	230 181
82.5kg/181lb.	B. Adams	227.5 C. Lopez
M. Ioannou	162.5 J. Percuso	142.5 4th

England powerlifting check out our USPF Region I website: www.AMERICANPOWERLIFTING.com or USA Bodybuilding.com See ya all next year! (Thanks to Dave Follansbee, Region I Chair, for results.)

Pennies for Pounds Meet
28 SEP 02 - Norfolk, MA

	SQ	BP	DL	TOT
R. Sylvester	320	181	410	911
J. Barnes	520	350	500	1370
A. Giugliano	475	305	475	1255
J. Wise	570	410	600	1580
V. Pirella	550	275	475	1300

J. Keegan	500	290	530	1320
J. Barry	465	275	530	1270
A. Cepeda	425	325	515	1265
R. Fortini	435	275	550	1260
A. Dukes	475	285	475	1235
A. Delacruz	460	285	455	1200
J. More	425	230	525	1180
N. Dyson	450	235	470	1155
C. Williams	405	265	450	1120
R. Allard	395	250	452	1097
J. Wojciechowski				
E. Richardson				

note that we don't use squat suits or bench shirts. This meet was a milestone, it was the first time that we were able to have two outside judges come behind the prison walls. It also marked the first time that the team raised money for a charity. At the end of the meet our team had amassed an impressive grand total of 30,579 lbs. This raised \$305.79 which was donated to the Twin Tower's Orphan Fund. The team selected this charity because we specifically wanted to help the children that lost their parents on September 11th, 2001. A special thanks goes out to our judges: 2002 WPC 220 pound Master's Champion Dennis Montebault and 20 yr. Veteran Powerlifter and Gold's Gym owner Saul Friedman. We can't thank these guys enough. They both were informative and inspirational. I would be remiss if I didn't mention the remarkable rendition Jesse Quinerly played of the National Anthem on the electric guitar. After hearing this the mood was set. We had 24 lifters split into two flights, it was one of the teams largest meets. Carmello Lopez led the way by crushing the competition in the 181s with a total of 1415. What was even more impressive was that after effortlessly pulling 575 off the floor he was notified he could take a fourth lift in an effort to break the five year record of 605 lbs. Lopez called out for 606 and ROCKED IT! This was his first meet, who knows what he'll do in March. His potential is unlimited, the outside judges shook their heads in amazement saying, Lopez is "The Real Thing". Lopez beat out veteran lifters Scott McQuade and Kirk Fernette. Hats off to McQuade for reaching his goal of a 500 lb. squat. He has recently been released and it's been heard that he's been telling lifters at outside gyms that they should be suing their legs for nonsupport. The largest weight class was the 198s with 12 lifters. John Keegan defeated them all with personal bests in the squat, deadlift, and his total. He totaled 1320 beating out the field by 50 lbs. He has tasted victory, but can he keep the title with up and comers on his heels like J. Barry, A. Cepeda, R. Fortini, A. Delacruz, and J. Moore? Dukes has a lot of training to do to keep up with them. James Barnes not only won the 220s, he was the most improved lifter besting his last meet by 120 lbs. with personal bests in all three lifts. However A. Guiliano is training hard looking for a shot at the title. Big James Wise took the 242s by 280 lbs. for another title to add to his collection. Victor "Ito" Pirella made his presence known in his first meet by totaling 1300 lbs. Marvin Jones topped Kenny Junier by 100 lbs. in the 275s. Jones lifted with a shoulder injury, he said he did it for the kids. Junier was the 56-60 Master's Champion at the age of 57. He totaled 1370. Not bad for his first meet. Rich St. Gelas won the 148s with an outstanding total of 1010 which qualifies him as a class II lifter. In closing the team would like to thank the Recreation Staff and specifically Power Team Coach Mike Sardine. Without the support of the Inmate Council the lifters wouldn't have had sponsors. Without the help of the following men this meet would not have been such a success: W. Alexander, M. Brum, L. Brum, M. Camello, B. Peikoto, E. Cherubin, J. Cyr, S. Dizenzo, V. Haddock, J. Mello, J. Springer, J. Swist, J. Tome, S. Ward, J. Furtado, and my workout partner Dan Pino as well as side judge C. Sanford. Edited by James Wojio. (Thanks to John Keegan for providing meet results to PLUSA.)



Team Workout Club Wellness Centers @ the USPF Granite State Meet (From left to right) Bob Adams, Paul Sussman, Joe Percuso, Steve Zeldow (This photograph courtesy of Nutrition 101)

M. Jones	625	315	530	1470
K. Junier	450	405	515	1370
The Norfolk Power Team	held it's 19th annual Senior Meet on September 28th. It's important to			

can he keep the title with up and comers on his heels like J. Barry, A. Cepeda, R. Fortini, A. Delacruz, and J. Moore? Dukes has a lot of training to do to keep up with them. James Barnes not only won the 220s, he was the most improved lifter besting his last meet by 120 lbs. with personal bests in all three lifts. However A. Guiliano is training hard looking for a shot at the title. Big James Wise took the 242s by 280 lbs. for another title to add to his collection. Victor "Ito" Pirella made his presence known in his first meet by totaling 1300 lbs. Marvin Jones topped Kenny Junier by 100 lbs. in the 275s. Jones lifted with a shoulder injury, he said he did it for the kids. Junier was the 56-60 Master's Champion at the age of 57. He totaled 1370. Not bad for his first meet. Rich St. Gelas won the 148s with an outstanding total of 1010 which qualifies him as a class II lifter. In closing the team would like to thank the Recreation Staff and specifically Power Team Coach Mike Sardine. Without the support of the Inmate Council the lifters wouldn't have had sponsors. Without the help of the following men this meet would not have been such a success: W. Alexander, M. Brum, L. Brum, M. Camello, B. Peikoto, E. Cherubin, J. Cyr, S. Dizenzo, V. Haddock, J. Mello, J. Springer, J. Swist, J. Tome, S. Ward, J. Furtado, and my workout partner Dan Pino as well as side judge C. Sanford. Edited by James Wojio. (Thanks to John Keegan for providing meet results to PLUSA.)

A.P.F. HARRIS QUEST 800
18 JAN 03 - ELIZABETH, PA

BENCH	C. DORNETTO	450
181	308	
A. CIFELLI	370	M. D'AMBROSIO 500
M. KINNICK	345	FRED MASON
T. SHERBONDY	340	MASTERS 275
198		F. GALLAGHER 310
J. BLACKSTONE	370	DEADLIFT
COLE DWOREK	148	
220	S. ANTOINETTE	460
MARK CARTER	60	181
RALPH YOUNG	540	STEVE SIWIAK 675
JOHN LEONARD	340	A. CIFELLI 420
ERIC DUNAR	242	
BUTCH ZEMAITIS	GREG OLIVER	670
242	275	
JOHN MALOY	380	ZACH HUDAK 750
D. D'AMATO	275	J. PANZARELLI 700
275		BOB FLEMING 650
BEN WHITE	700	C. DORNETTO 565
ZACH HUDAK	625	308
J. PANZARELLI	525	ALAN BAKER 650

BENCH PRESS FOR REPS CONTEST: BEN WHITE 42 REPS AT 270. ERIC DUNAR 36 REPS AT 220. TODD BACHMAN 31 REPS AT 220. APF HARRIS QUEST 800 PRODUCTIONS GROWS IN LEAPS AND BOUNDS MEET AFTER MEET!! WITH JAMIE HARRIS AND KEITH MCNEISH'S BRAINCHILD "DEAL WITH THE STEEL". THIS MEET FEATURED NOT ONLY THE BEST LIFTERS THAT PITTSBURGH HAS TO OFFER, BUT THROUGHOUT THE UNITED STATES AS WELL. ANTHONY CIFELLI TOOK THE 181'S WITH A 370 BENCH. THE 198'S SAW WEST LAFAYETTE OHIO'S OWN JOHN BLACKSTONE TAKE THE 198'S WITH A 370 BENCH. JOHN OWNS MUSCLE BOUND GYM IN WEST LAFAYETTE (HARD-CORE POWERLIFERS DREAM) JOHN ALSO RUNS APF MEETS. COLE DWOREK TOOK THREE VALIANT ATTEMPTS AT 485 AND CAME A HAIR FROM LOCKING THEM OUT. 500 IS RIGHT AROUND THE CORNER FOR COLE. HE HAS MORE HEART THAN ANY LIFTER I HAVE EVER SEEN. IN THE 220'S BIG MARK CARTER BENCHED 600!! THE MOST INCREDIBLE ASPECT OF THIS LIFT IS THIS IS MARK'S FIRST MEET!! THIS COUNTS AS AN OFFICIAL APF MASTERS RECORD SEEING HOW THE CORRECT LEVEL OF APF OFFICIALS WERE PRESENT. GREAT JOB MARK!! IN THE 242'S JOHN MALOY SECURED FIRST PLACE WITH A 380 BENCH. IN THE 275'S, IS WHAT POWERLIFTING IS ALL ABOUT. SEEING JOSEPH PANZARELLI TAKING 3RD WITH 525 WHICH IS A FANTASTIC LIFT FOR THIS FANTASTIC LIFTER, IN SECOND PLACE WILD MAN ZACH HUDAK, HIT A PERSONAL BEST OF 625. ZACH IS LOOKING TO ECLIPSE THE 700 BARRIER. IT'S RIGHT AROUND THE CORNER ZACH!! AND INTRODUCING TO THE 700 CLUB, MR. BEN WHITE. BEN CAME OUT AND TOOK 645 ON HIS FIRST ATTEMPT, NAILED A 700, AND BARELY MISSED A 715!!!! THIS IS ONE OUTSTANDING LIFTER. WATCH FOR BIG THINGS FROM BEN! IN THE 308'S, MIKE D'AMBROSIO BENCHED A SOLID 500. AND LAST BUT CERTAINLY NOT LEAST, GRAND MASTER AND SEASONED PITTSBURGH POWERLIFTER IN THE 275 POUND CLASS. FRANK GALLAGHER SMOKED A 310 BENCH. IN THE BENCH PRESS FOR REPS CONTEST, TODD BACHMAN, WHO LIFTS OUT OF MICHAEL'S GYM BENCHED 220 FOR A WHOPPING 31 REPS. ERIC DUNAR, IN HIS FIRST MEET APPEARANCE, JUST MISSED A 500 POUND RAW BENCH, DID HIS BODY WEIGHT OF 220 FOR 36 REPS. AND IN FIRST PLACE, OF COURSE, BEN WHITE DID AN UNBELIEVABLE 42 REPS WITH 270 POUNDS. IN THE DEADLIFT, BIG STEVE SIWIAK (WHO I'VE KNOWN FOR A LONG TIME AND IS A BIG ELVIS FAN, WHICH I DID NOT KNOW) PULLED A MASSIVE 675. GREG OLIVER SECURED 1ST PLACE IN THE 242'S WITH 670. IN THE 275'S BIG ZACH HUDAK REIGNED SUPREME WITH A 750 PULL. BIG JOSEPH PANZARELLI PULLED A 700 TO SECURE SECOND AND MY LIFTING PARTNER AND GOOD FRIEND BOB FLEMING HIT A PERSONAL BEST IN THE DEADLIFT WITH 650 - GREAT JOB BOB!!! IN THE 308'S ALAN BAKER PULLED A 650, AL HAD A BAD DAY IN THE BENCH JUST MISSING 640. ALAN JUST RECENTLY BENCHED 660 IN THE IPA NATIONALS IN NOVEMBER. HE SHOULD BE BACK STRONGER THAN EVER. I WOULD LIKE TO THANK RICK



Keith McKneish & Bob Olinger at the 2002 APFPA State/HarrisQuest



Jamie Harris & Zach Hudack (Photos courtesy Jamie Harris)

THANK CARL SEEKER AND HIS BEAUTIFUL WIFE TINA FOR SUPPLYING THE TROPHIES WHICH WERE WHITE SKULLS AND BEAUTIFUL PLAQUES. IF YOU ARE EVER LOOKING FOR TROPHIES, CARL SEEKER IS THE MAN TO CALL. AFFORDABLE, AWESOME TROPHIES AND THE BEST PART IS HE WILL DELIVER RIGHT TO YOUR MEET SITE. EMAIL CARL AT SEEKER@WESTPA.NET. I WOULD ALSO LIKE TO THANK BIG GENE AT CENTRAL FIRE HALL FOR RENTING THE PLACE OUT TO US. HE HAS BEEN MOST HELPFUL AND GOOD NATURED. THE ELVIS SHOW WENT OFF WITHOUT A HITCH. I WOULD LIKE TO THANK KEITH MCNEISH, HIS LOVELY WIFE MARY JO, AND JOHN BLACKSTONE AND HIS LOVELY WIFE KAYLEEN, AND MY NEW BODYGUARD ANTHONY!! AND OF COURSE I WOULD LIKE TO THANK MY LOVELY WIFE MICHELLE FOR HELPING ME SET UP THROUGHOUT THE DAY, RUNNING THE TABLE AND RUNNING MY SOUND MACHINE DURING THE ELVIS SHOW, AND FOR PUTTING UP WITH MY CRAP - I LOVE YOU, FOLKS, KEITH MCNEISH AND MYSELF ARE PLANNING A HOSTILE TAKEOVER IN THE PITTSBURGH AREA. THE APF IS BACK TO STAY. WE ARE GOING TO KEEP PROVIDING QUALITY MEETS WITH QUALITY EQUIPMENT AND QUALITY ATMOSPHERE. THESE MEET DIRECTORS OUT TO MAKE A BUCK WITH BAD EQUIPMENT AND OVERPOPULATED MEETS WILL BECOME EXTINCT SOON!! I AM NOW ON MY WAY TO BECOMING THE VINCE MCMAHON OF POWERLIFTING PROMOTIONS!! LOOK FOR OUR NEXT MEET TO BE ANNOUNCED VERY SOON IN JULY, FOLLOWED BY AN APF STATE FULL MEET IN THE FALL. BUT REMEMBER, WE CAN'T DO IT ALONE. YOUR CONTINUED SUPPORT IS NOT ONLY APPRECIATED BUT NEEDED BADLY. LET'S MAKE POWERLIFTING WHAT IT USED TO BE FUN!! AND BY THE WAY, ANYBODY INTERESTED IN BOOKING ME FOR AN ELVIS SHOW CAN EMAIL ME AT OATJEZ@aol.com. GOD BLESS AND STAY STRONG - (THANKS TO JAMIE HARRIS - RESULTS)

USPF Tampa Bay Meet
23 MAY 02 - Tampa, FL

132 lb.	SQ	BP	DL	TOT
H. Washington	510	310	510	1400
165 lb.				
Cris Bentley	530	380	505	1415
165 lb.				
Anthony Conyers	760	435	680	1875
181 lb.				
Curtis Warren	650	430	675	1755
198 lb.				
Richard Mertz	570	435	545	1550
220 lb.				
Joe Bell	700	480	700	1880
220 lb.				
Tim Burns	525	405	500	1430
275 lb.				
James Jacobs	780	580	685	1985
SHW				
Beau Moore	850	640	760	2250

(Thanks to Bill Beekley for providing meet results.)

Application for Registration

UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address			Club Name	
City	State	Zip	Area Code/Telephone	
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /

Registration Fee \$25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____ Signature _____

USAPL SW New Mexico Open
23 NOV 02 - Silver City, NM

Open	SQ	BP	DL	TOT
Robert Nordbrok	325	300	375	1000
Junior				
Louis Tavison	225	350	405	980
198				
W. Vandenburg	275	175	375	725
220				
Anthony Flores	315	245	410	970
Open				
Donald Riley	405	275	530	1210

(Thanks to USAPL for providing the meet results.)

Membership Application

AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME		FIRST NAME		INITIAL
STREET ADDRESS				
CITY			STATE	ZIP CODE
AREA CODE	TELEPHONE NO	DATE OF BIRTH	AGE	SEX
		MO DAY YR		
REGISTRATION FEE \$30.00	MASTERS YES NO	CLUB MEMBER	NAME OF CLUB YOU REPRESENT	

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO: A.P.F. Headquarters
62 S. BROADWAY
AURORA, IL 60505 (630) 892-1491

IF UNDER 18 HAVE PARENT INITIAL _____

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF

SIGNATURE _____

**APA Planet Fitness Winter Classic
23 NOV 02 - Burlington, IA**

Bench Press	Eric Maroscher	640		
275	275 O			
Jeff Leach	B. Williamson	550		
Drug Tested 242	UNL WO			
Mark Gille	Amy Marrow	360		
Deadlift 148 WO	Drug Tested			
Sharra Powell	242 O			
220 S	Rob Hernandez	635		
WO 123	SQ BP DL TOT			
Annette Miller	165 70 205 440			
165				
J. Zimmerman	165 90 215 470			
M2				
198				
Less Keith	375 260 440 1075			
220 O				
Chad Crigger	670 405 680 1755			
S				
D. Witherspoon	500 365 505 1370			
242 O				
Al Baehr	640 405 710 1755			
308 M2				
Keith Earley	450 375 475 1300			
Drug Tested				
105 WO				
Janelle Marcellis	250 140 235 625			
114				
Jennifer Marcellis	250 145 255 650			
165				
Jamie Schaub	225 105 245 575			
198 O				
Brian Rossie	500 390 575 1465			
S				
Michael Garrett	460 305 550 1315			
220 O				
Shane Skala	500 360 550 1410			
S				
Norm Johnson	545 295 495 1335			
O				
Eric Nygaard	450 335 500 1285			
242				
Dennis Schar	575 350 500 1425			
308				
Jim Bently	500 400 530 1430			
Push/Pull	BP DL TOT			
198				
Jared Beard	405 460 865			
275				
Chad Poshusta	390 545 935			
Drug Tested 165				
WO				
Janine Stroemer	135 285 420			
181				
O				
Alex Hernandez	330 520 850			
The second APA Winter Powerlifting Classic started				



Chad Crigger sets up for 670 (Photograph courtesy of Rex Beetner.)

his previous competition. Best lifter of the meet was Chad Crigger. Chad totaled 1755 in the 220s via 670-405-680! I look for big things from Chad in the future. Special thanks go to the spotter/loaders Eric Stone, Adam Orourke, and Mike Dean. Our judges were Deedee Shaw, Lynn Kartel, and my lovely wife and partner Penny Broeg. (Thanks to Chad Crigger for providing meet results to PLUSA.)

MSP Crossover Clash

15 DEC 02 - Deer Lodge, MT

132 Open	SQ	BP	DL	TOT
Darren Brown	265	210	350	825
148 Open				
S. Heavyrunner	225	230	400	855
Mike Reed	225	210	315	750
165 Open				
Mike McDougall	385	310	405	1100
Terry Olson	350	255	385	990
Angel Morrison	240	210	405	855
165 Master				
James Egelhoff	335	275	365	975
181 Open				
Josh Kline	300	285	500	1085
Brad Ashford	265	300	275	940
James Wiles	300	275	350	925
181 Master				
Dan Arledge	250	275	405	930
198 Open				
Jeff Crandall	530	340	540	1410
Dan Skinner	425	285	560	1270
Phillip Bailey	450	315	500	1265
Gerald Williams	450	315	500	1250
Brad Bahner	405	325	425	1155
Jesus Rule	355	300	455	1110
Ricky Moran	340	325	420	1085
Kevin Hubbard	350	315	420	1085
Mike Powell	315	250	450	1015
Robert Barclay	315	280	400	995
198 Master				
Chriss McKeon	450	250	425	1125
Al Colvin	275	225	350	850
220 Open				
William Smok	450	315	540	1305
Thomas Whitman	425	365	465	1255
Cecil Ashworth	420	320	510	1250
William Randolph	380	350	500	1230
Chuck Rowe	440	300	525	1225
James Sanchez	405	280	520	1205
David Jackson	380	330	490	1200
Charles Rupp	350	315	450	1115
220 Master				
Russel Sorrows	325	320	385	1030
Robert Wild	275	220	325	820
242 Open				
Robert Feldhacker	480	330	575	1385
Windell Williams	460	335	470	1285
Buck Frank	420	330	500	1250
Rich Maddux	350	320	405	1075
242 Grand Master				
Jack Griffin	550	485	600	1635
275 Open				
Kenny Rachal	375	275	430	1080
275 Grand Master				
Terry Vanness	400	245	435	1170
275 Master				
Dave Segna	325	250	405	980
Ernest Wilcock	275	275	365	915
Phillip Sarver	225	240	350	815
319 Open				
Chad Noziska	400	260	605	1265
319 Master				
Robert Riley	275	240	325	840

out with a bang. More specifically the Marcellis twins. Janelle Marcellis weighed in at 103 lbs and Jennifer Marcellis weighed in at 106. Both entered the tested division. Both squatted 250 lbs. Janelle's 140 bench press was only 5 lbs from the world record. Jennifer put up 145 lbs. Both of these ladies just missed their attempts at 150 lbs. Janelle ended up with a 235 deadlift narrowly missing her shot at 255. Jennifer pulled the 255 for a total of 650 to Janelle's 625. Both established, not only Illinois State Records in every lift, but Midwest Regional Records as well. This was some mighty fine lifting for both of these ladies. I hope we will see more of them in the future. We then had the ladies from team Village Church of Gurnee. This team was a group of powerlifters from a church in a small town, who discovered a common interest, beyond their love of the Lord. The team consisted of Annette Miller, Jaime Schaub, and Janice Zimmerman. Annette lead the way, lifting in the 123 lb. division, with a 165 lb. squat, 70 lb. bench press, and a 205 deadlift totaling 440 lbs. Annette established state and midwest regional records in the squat and the total as she went. Jamie Schaub lifted in the drag tested women's open 165s and made a strong showing with a 225 lb. squat, 105 lb. bench press, and a 245 lb. deadlift for a grand total of 575 lbs. Janice Zimmerman also lifted in the 165s but she went in women's open non-tested category. Janice squatted 165, bench pressed 90, and deadlifted 215 for a 470 total. These lifts lead them to a tie for second place with the Ottumwa YMCA Powerlifting team. The first place team trophy went to the Maroscher Powerlifting Team. They came, they saw, they conquered! In the Powerlifting section Al Baehr lead the way with his PR 1755 total. Al PR's every time I watch him compete. Must be nice! Al BLEW a 640 squat up like it was nothing. He went on to do a 405 Benchpress, and a phenomenal PR 710 lb. deadlift! Then came big Keith Earley. Keith grabbed a 1325 total via 450-375-500. Then in the Push/Pull competition Janine Stroemer totaled 420 via a 135 lb. bench press and a 285 lb. deadlift. The rest of the team deadlifted only. Those included Sharra Powell with a strong 260, the record breaking Amy Marrow with a 360, Amy JUST MISSED 380. I am sure it will be there for her the next time she competes. Junior lifter Brandon Williamson pulled a good 550. And Team Captain Eric Maroscher pulled a NICE 640 in the 220s only one week after

**SLP Tennessee State Fair BP/DL
07 SEP 02 - Nashville, TN**

BENCH PRESS	308			
Junior men	John Robinson	475*		
148	4th	500*		
Jay Zurlinden	265*	open men		
181	165			
Richie Calton	300*	Glen Thomas	375*	
submaster men	4th	Charles Smith	385*	
165	355*	4th	330	
Eugene Gardner	365*	198	340	
220		Eddie Pitts	350	
Robert Gray	325	220		
242		Randy Ellis	500*	
Scott Dukowitz	500*	Marty Brasher	400	
4th	510*	4th	415	
275		Robert Gray	325	
Scott Lee	255	242		
master men 40-44		Paul Rankin	525*	
181		4th	550*	
Jack Brown	400*	Scott Dukowitz	500	
master men 45-49		4th	510	
165		Chris Johnson	400	
Charles Smith	330*	4th	405	
4th	340*	Tate Robinson	275	
275		275		
Mike Finley	405*	John Maggart	515	
master men 50-54		Josh Robinson	500	
181		A. Thompson	380	
Roy Gilbert	250*	308		
master men 55-59		Rex Harrison, Jr.	440	
242		shw		
Rex Harrison, Sr.	365*	Tony Hutson	660*	
police & fire		Mike Beatty	470	
220		master men 55-59		
Randy Ellis	500*	242		
275		Rex Harrison, Sr.	550*	
Scott Lee	255*	master men 65-69		
DEADLIFT		181		
open women		John Bressner	435*	
165		police & fire		
Kris Wienk	335*	275		
4th	350*	Scott Lee	405*	
junior men		open men		
148		181		
Jay Zurlinden	380*	Mike Lockley	500	
181		198		
Richie Calton	515*	Tim Stevens	500	
198		4th	510	
Tim Stevens	500*	Eddie Pitts	475	
4th	510*	Tim Adams	435	
220		4th	455	
Mike Hines	600*	Kevin McMillan	375	
submaster men		4th	400	
Robert Gray	410*	220		
275		Robert Gray	410	
Mark Phillips	625*	242		
Scott Lee	405	Tate Robinson	430*	
master men 45-49		4th	450	
148 Rick Fowler	420*	275		
198		Mark Phillips	625	
Nathan Wilson	560*	A. Thompson	445	
242		4th	465	
Eddie Akins	480*	Scott Lee	405	
275		shw		
Mike Finley	605*	Tony Hutson	705*	
master men 50-54		Mike Beatty	550	
198		2-man		
Roy Gilbert	410*	198		
220		Stevens/R. Gray	860*	
Bruce Beerman	515*	R. Fowler/E. Akins	850	
4th		525*		

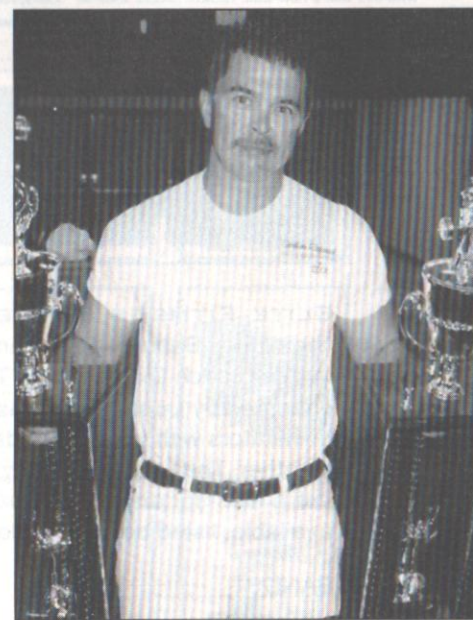
BENCH: Best Lifter - lightweight - JACK BROWN heavyweight - TONY HUTSON. DEADLIFT: Best Lifter - lightweight - RICHELTON CALTON heavyweight - TONY HUTSON* - Son Light Power Tennessee state record. The 2002 Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held September 7 at the Sports Arena on the fairgrounds. Thanks to Mark at Special Events for all his help organizing this event. I would like to thank my son Joey and wife Susan for their help setting up, loading, spotting and judging. Thanks to my good friend APF World Champion Dwight Hooper for acting as head judge for the bench competition and to Jim Gephart for serving as head judge for the deadlifts and to Randy Ellis his help with the judging of the deadlifts. Most of all I would like to thank Wade Johnson for all his help loading and spotting the entire competition. Couldn't have done it without you, Wade! In the bench press event Jay Zurlinden came down from Ohio for the title at junior 148, setting the state record there with 265. At 181 it was Richie Calton for the title and state record with 300. In the submaster division 165 winner Eugene Gardner finished the day with two new state records, making 355 for his third and 365 for his fourth attempt. Both were also new personal records for Eugene. Coming up from Corinth, Mississippi was Robert Gray, taking the win at 220 with 325. At 242 Scott Dukowitz set the state record with his 500 third, followed by his personal best 510 fourth attempt. Scott Lee took the submaster 275 title with 255. Jack Brown won his first master title, finishing with 400 at 40-44/181. This was a new Tennessee state record for Jack, but also gave him best lifter honors for the lighter lifters. At 45-49 Charles Smith set the



Tony Hutson locks out PR & SR 660 @ SHW (By Dr. Darrell Latch)

state records with his 330 third, followed by his 340 fourth attempt, both of which were also new personal records for him. Mike Finley also got a new state record with 405, for the win at 45-49/275. In the 50-54 division it was Roy Gilbert for the win and another Tennessee state record with 250. Rex Harrison, Sr. had a great day at 55-59/242, finishing with a new state record of 365. In the police & fire division Randy Ellis won the first of his two titles on the day, finishing with a state record and personal best 500 at 220. Scott Lee took the title at 275 with his state record press of 255. In the open division Glen Thomas broke his own state record at 165 with 375, followed by a personal best 385 fourth. Charles Smith was second at 165 with his pr 340. Eddie Pitts was all alone at 198, taking the win with 350 after missing a state record try with 380 on his last two attempts. Randy Ellis got his first ever 500 with his win at 220, followed by Marty Brasher's 400 third and 415 fourth attempts. Third place at 220 went to Robert Gray who finished with 325. Paul Rankin had a great day with his win at 242. Paul finished with 525 after missing his third with 550. Coming back strong with a fourth of that same weight, Paul smoked his personal best 550! Scott Dukowitz was second with 500 (510) while Christopher Johnson finished third with personal bests of 400 and 405. Tate Robinson was fourth with 275. Taking the win at 275 was John Maggart, who finished with a personal best 515. Josh Robinson also got a new pr, his first 500, to finish in second place! A third pr was garnered by third place finisher Antonio Thompson with 380. Rex Harrison, Jr. won at 308 with 440, which was a personal best for him. Big lifts came from the biggest man at the competition, Tony Hutson. Tony won the title at shw, breaking his own state

record before pulling a successful fourth with 350. Jay Zurlinden got his second title and second state record of the day at junior 148 with his 380 second attempt pull. Richie Calton did the same at junior 181 with a big 515 state record pull. Weighing in at just 181, Richie won best lifter honors for the lighter classes. At junior 198 it was Tim Stevens for the title, pulling a big 500 third, followed by a 510 fourth attempt; both new state records there. Then at junior 220 Mike Hines, who finished with a second attempt state record 600 at a 215 bodyweight. In the submaster division 220 winner Robert Gray set the state record with 410 while Mark Phillips broke his own state record at 275 with 625. Second place at 275 went to Scott Lee with 405. In the master 45-49/148 class Rick Fowler broke his existing state record with 420, while Natas Wilson broke the state record at 198 with 560. Eddie Akins broke his own state record with his 480 pull at 242. Then at 275 Mike Finley pulled a great pr and state record 605 for the win there. Roy Gilbert got his second state record of the day at master 50-54/198 with his 410 final lift. Bruce Beerman broke his own state record at 50-54/220 with a 515 third and 525 fourth attempts, both new personal records for him also. Still another record was set at 50-54, with John Robinson's 475 third and 500 fourth at 308. Both were also new personal marks for John. At 55-59/242 it was Rex Harrison, Sr. with a great 550 pr state record pull. John Bressner came down from Illinois again this year to set the state record at 65-69/181 with a 435 pr lift! At police & fire/275, Scott Lee set the state record there with 405. In the open division Mike Lockley won at 181 with 500. This was Mike's first competition. Tim Stevens was the winner at 198 with 510, followed by a successful fourth of 500. Eddie Pitts was second with 475 while Tim Adams finished third with 435, along with a 455 pr fourth attempt. Kevin McMillan was fourth with 375, followed by a personal best 400. This was Kevin's first competition also. At 220 it was Robert Gray for the win with 410 while Tate Robinson won at 242 with a 430 third followed by a 450 fourth attempt. Not only was it a new pr for Tate, but also a new state record at 242. Mark Phillips won his second title of the day at 275, finishing with 625. Antonio Thompson was second at 275 with 445, followed with a 465 pr fourth. Scott Lee was third with 405. Super-heavy winner once again was Big Tony Hutson, who again won the best lifter honors for the heavier lifters. Tony only got in his opener of 705, which was a new state record there, after having problems with his grip on his second and third pulls. Mike Beatty finished second at shw with 550. In the 2-man pull we had two teams at 198. Taking second with a final pull of 850 was pr record holders, Rick Fowler and Eddie Akins. The winners were Tim Stevens and Robert Gray who finished with a new Tennessee state record of 860. Thanks again to all the lifters, spectators and helpers. See you all next year! (Thanks to Dr. Darrell Latch for these providing these meet results to PLUSA.)



Best Lifter Lightweight @ 181 lbs. Jack Brown

**LOUIE SIMMONS' PRESENTS
Training Secrets of
Westside Barbell Club**

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- Squat Workout.....\$54.95

Miller Chevrolet Christmas BP
07 DEC 02 - Elk River, MN

Women 116	Master		
Open	Dan Hawkinson	360	
Kelly Leif	100*	Joel Struntz	345
132	Mike org	335	
Open	Mike MacDonald	325	
Amanda Williams	125	220	
148	Teen		
Open	Rusty McIntosh	315	
Kesha Bradford	205*	Garrett Prill	280
Master	Open		
Mary Adams	Master	Marc Fiorillo	410
198+	Master		
Open	Joel Bernsten	425*	
Kelly Franklin	325*	Larry Anderson	400
MEN	S. Weatherhead	395	
114	John Wood	375	
Teen	Gary Edwards	350	
Cody Anderson	William Cruteau	325	
132	P/F/M		
Open	Richard Peterson	360*	
Andrew Mathews	280*	242	
148	Open		
Open	Matt Markwood	625*	
Mike Lewis	350*	Jeremy Biewer	550
165	Dan Sutliff	365	
Open	Chris Hanson		
Herman Gordon	340	Master	
Matt Norman	330	Lloyd Hemenway	540*
Ryan Cramer	255	Dane Olson	365
Brett Kegler	Master	Ronald Schubert	362.5*
Leon Dashevsky	P/F/M	Billy Norton	260
181	Teen		
Teen	Dan Kennedy	385*	
Cory Nelson	325*	Open	
Thomas Struntz	175	Sebastian Burns	655*
Open	Mike Siegler	650	
Dean Reiman	500*	Master	
Derrick Gieske	395	Jim Bohnhoff	510*
Master	Dave Guck	470	
Thomas Meschke	260	Steve Fronk	425
198	P/F/M		
Teen	Chris Thomazin	405*	
Neil Heisick	308	Timothy Wessels	385
Open			
David Weigman	415	Open	
Alex Zorbas	400	Scott Holt	550*
Brian Hegg	375	John Whitaker	435
Bob Hartzell	350	SHW	
Edward Enoch	335	Open	
	Chad Wolter	360	

The third annual Miller Chevrolet Christmas Bench Press Classic was another history making event for the State of Minnesota and the Minnesota Powerlifting Association. This year the event was divided into two sessions. Session 1 featured all women lifters along with the men's 191 and below. In the women's 116 weight class first timer Kelly Leif from Austin went 2/3 setting a state open record of 100. Elk River's Amanda Williams (another first timer) went 2/3 setting a state open record of 125 in the 132 pound weight class. Kesha Bradford of Minneapolis shocked everyone when she opened with a 190 in the 148 pound open class. She went 2.3 ending with a state record of 205. Kesha benches in a -shirt! In the 18+ class Kelly Franklin of Bloomington set the new state record at 325, going 2/3. Nice job Kelly. In the men's division Andrew Matthews (Elk River) went 2/3 in the 132 class setting the new state record at 280. Mike Lewis (Maple Grove) went 3/4 in the 148 class setting the state record at 350. Mike had 360 real close to lockout. The 165 open class champion was Herman Gordon (Elk River) who benched 340. Second place went to Matt Norman (Harris) with a 330. Third place went to Ryan Cramer (Eagan) with a 255. Rene Phan (Austin) won the Police/Fire/Military championship with a shirtless 305. In the 181 teen class Cory Nelson (Andover) had a perfect day going 4/4 and setting the state record at 325. Second place was Thomas Struntz (Princeton) benching 175. In the open class Dean Reiman (Elk River) became the second man in the history of Minnesota to bench over 500 in the 181 class. (The first was of course Mike MacDonald who did it twenty years ago) Second place went to Derrick Gieske (Hugo) who went 2/3 with a 395. The afternoon session began at 2 P.M. In the 198 open class David Weigman (Ramsey) only got his opener of 415 but that was good enough to win the class. Second went to Alex Zorbas (Chaska) who went 2/3 getting 400. Third was Brian Hegg (McHenry IL) with a 375. Fourth was Woodbury's Bob Hartzell with a 350. Fifth was Edward Enoch (Anoka) with 335. In the master's class the champion was Dan Hawkinson (Minnetonka) who benched 360. Second went to Joel Struntz (Princeton) who went 3/4 with a 345. Third went to Mike Borg (Princeton) with 335. Fourth went to Mike MacDonald (Eveleth) who has just started his comeback after many years off. For those of you who have never heard of Micke MacDonald he is by far the greatest bench presser ever out of this state. Mike held 37 world records in four different weight classes (181,198,220,242), that was back in the day's of

only two different lifting organizations and before bench shirts. Welcome back Mike it was truly an honor to watch you lift. In the 220 ten class Rusty McIntosh traveled all the way from McHenry, IL to claim first place benching 315. Second went to Garrett Prill (St. Michael) with 280. The open class was won by Marc Fiorillo (Oakdale) benching 410. The master class champion was Joel Bernsten (St. Paul) who had a perfect day 4/4 benching 425. It's about time you start lifting again Joel. Second place went to Larry Anderson (Albion) with 400. Third went to shirtless Scott Weatherhead (New Hope) if this guy ever gets a bench shirt, look out! John Wood (Elk River) took fourth with 375. Fifth went to Apple Peterson (Woodbury) won the P/F/M class with a 3/4 360. In the 242 open class Matt Markwood (Elk River) went 3/3 setting a new state record of 625. Second went to Jeremy Biewer (Plymouth) with 555. Third Dan Sutliff (Roseville) with 365. In the master class 42 year old Lloyd Hemenway of Zimmerman took home first place benching 540, also a new state record. Second went to Dane Olson (Lino Lakes). Dane had a perfect day 3/3 benching 365 easily. He will be another master to watch out for. Third place went to Ronald Schubert (Delano) who also had a perfect day 3/3 with a 362.5 Billy Norton (Mpls) won the P/F/M division with a 260. In the 275 teen class saw the return of Eagan's Dan Kennedy who had a perfect day 3/3 with 385. If you ever run out of excuses as Dan he has several! The open class was won by Sebastian Burns (Lake George, NY) who went 3/3 with 655 and a new state record. Second went to

Mike Siegler (Woodbury) who also went 3/3 with a 650. Both Sebastian's and Mike's third attempts looked east I would have liked to see them both take a fourth. In the master class Jim Bohnhoff (Zimmerman) went 3/3 with a state record of 510. Second went to Elk River's Dave Guck who benched 470. Third went to Steve Fronk (Rice Lake, Wisc) who also went 3/3 with a 425. Chris Thomazin (Vadnais Hgts) benched 405 for the championship in the P/F/M division. Chris pulled a pec on his final attempt. We wish you a speedy recovery. Second went to Timothy Wesse (Oakdale) with a 385. Scott Holt won the 308 open class with a 550. Second went to John Whitaker of Fergus Falls with a 435. John is a young lifter who shows a lot of potential, I'm sure we will see hi again. The heavyweight winner was Chad Wolters (Coon Rapids) who went 3/3 benching 360. This year the Minnesota Powerlifting Association held a "King of the Bench" contest. The winner was the lifter with the most total Wilkes points from the three bench press contest held during the year. The Master King (40+) was Lloyd Hemenway. The Open Division King was Matt Markwood. They both received six foot trophies at the end of the meet. The "Jerry Jones Award" went to Lloyd Hemenway/Miller Chevrolet of Rogers for their continued support of the Minnesota Powerlifting Association allowing them to become the largest organization ever in the State of Minnesota. (The Jerry Jones Award is the states highest honor.) Special thanks to judges Brenda Gnerre, Jake Weissmann, Chuck Wong, Dr. Fred Clay, Jerry Geisse, Emcee Doug Moore and Dave

Harrison. Spotter's Kevin Spurgin and Tim Fournier. Brenda Harrison and all the staff at The Gym in Elk River. (Thanks to The Gym for these meet results.)

WNPF DRUG FREE FOR LIFE
23,24 NOV 02 - ATLANTA, GA

POWERLIFTING	SQ	BP	DL	TOT
WOMEN				
97				
YOUTH 11-13 RAW				
BARTLETT-BH	80*	55*	130*	265*
123				
OPEN				
WHIDDEN	275	145	300	720
RILEY-BH	200	115	250	565
40-49				
WHIDDEN	275*	145*	300*	720*
132				
OPEN				
AMOS	220	150	335	705
40-49				
AMOS	220*	150*	335*	705*
165				
MUNNINGS-BH	305	175	350	830
INGRAHM-BH	225	95	315	635
ROLLE-BH	205	120	240	565
40-49				
INGRAHM-BH	225	95	315	635
SHW				
OPEN				
NAPIER-BH	365	165	365	895

POLICE/FIRE/MILT									
NAPIER	365*	165*	365*	895*					
40-49 RAW									
MC GEE	150	110	320	580					
MEN									
114									
OPEN									
DARLING-BH	170	85	245	500					
14-16									
DARLING-BH	170	85	245	500					
165									
14-16 RAW									
COOPER	330	255	380	965					
OPEN									
WRIGHT-BL	510	340	610	1460					
DUNKLIN	490	265	500	1255					
40-49									
WRIGHT	510	340	610*	1460*					
POLICE/FIRE/MILT									
SMITH	420	325	1400	1145					
181									
OPEN RAW									
HOLLODICK	490*	305*	490*	1285*					
SUBS RAW									
HOLLODICK	490*	30	90*	1285*					
OPEN									
SWEETING-BH	380	315	505	1200					
RUSSELL-BH	250	145	350	745					
40-49									
WHITE	365	240	505	1115					
50-59									
RUSSELL-BH	250	145	350	745					
198									

OPEN RAW									
RAY	450	320	630	1400					
SUBS RAW									
RAY	450	320	630*	1400*					
OPEN									
EDWARDS-BL	605	405	565	1575					
MERRITT	450	305	500	1255					
STORR-BH	470	270	455	1195					
SANDS-BH	385	325	460	1170					
BROWN	275	280	400	955					
JUNIOR									
SANDS-BH	385	325	460	1170					
40-49									
BROWN	275	280	400	955					
LANGENFELD	315	240	1360	915					
VELAZQUEZ-P.R.									
40-49 RAW									
HOUSWORTH	385	300	350	1035					
70-79									
ROSENFELD	315*	290*	400*	1005*					
POLICE/F/M									
GARCIA-P.R.	465	325	465	1250					
STORR-BH	470	270	455	1195					
220									
OPEN ARW									
WILSON-SH	440	285	445	1170					
SUBS RAW									
WILSON-BH	440	285	445	1170					
POLICE/F/M RAW									
FULMER	500*	350*	540*	1390*					
WILSON-BH	440	285	445	1170					
40-49 RAW									
FULMER	500	350	540	1390					

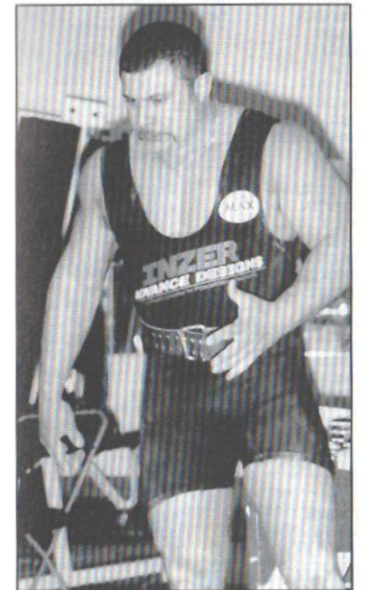
POLICE/F/M									
MCCRAY	620*	465	630*	1715*					
242									
OPEN									
CAMPBELL-BL	680	580*	645	1905					
cox	800	500	600	1900					
275									
OPEN									
FERRELL	790	425	750	1965					
SHW									
17-19 RAW									
MARAIA	350	205	380	935					
OPEN									
JOHNSON	740	495	635	1870*					
ROLLE-BH	740	440	680	1860					
SUBS									
JOHNSON	740*	495*	635	1870*					
SUBS RAW									
WILSON	550	350	500	1400					
40-49 RAW									
TURLEY	580*	380*	550*	1510*					
IRONMAN/MAIDEN									
BP	DL	TOT							
WOMEN									
105									
OPEN									
PROULX									
MEN									
60									
YOUTH 9-10									
PADGETT	75*	140*	215*						
132									
YOUTH 11-13									
ZERBE	130*	270*	400*						

POWERCURL									
WOMEN									
105									
OPEN									
PROULX	65*								
LEMUS	65								
OPEN									
CURTIN	80*								
MEN									
LARA									
40-49	155*								
FOWLER	415								
FARRELL	135								
220									
OPEN									
WALLACE	180*								
242									
OPEN									
MONROE	215*								
SQUAT									
MEN									
181									
OPEN RAW									
HOLLODICK	490*								
SUBS RAW									
HOLLODICK	490*								
40-49									
WHITE	65*								
BENCH									
WOMEN									
105									
OPEN									
LEMUS	165*								
PROULX	145								
40-49									
LEMUS	165*								
114									
YOUTH 11-12									
PADGETT	110*								
148									
OPEN RAW									
FRADY	135*								
165									

APA Mississippi Open
30 NOV 02 - Vicksburg, MS

BENCH	C. McMullin	370	
Teenage 13-15	Open 242		
K. Simms	220	455	
T. Smith	255	420	
H. Broadhurst	160	Open 275	
T. Berrett		465	
Teenage 16-19	B. Richey	450	
H. King	315	Open 308	
E. Branham	285	J. Wren	560
H. Holley	230	J. Bishop	470
Junior 20-23	I. Hunt	400	
S. Gilman	300	DEADLIFT	
Submaster	Teenage 13-15	325	
J. Bishop	B. Broadhurst	470	
J. Meyer	Teenage 16-19	465	
R. Byram	E. Branham	420	
Master 40-49	Open 132	450	
R. Walker	J. Barlow	450	
Open 132	Open 220	560	
J. Barlow	T. Austin	560	
Open 198	Open 242	570	
H. Wilkerson	K. Boozar	360	
Open 220	R. Bryam	495	
T. Austin		405	

Special thanks to Wyatt Fitness Center for hosting an outstanding meet. The event was well organized and ran very smooth. I would like to thank the spotters and referees for doing an excellent job. (Thanks to Scott Taylor for providing these results.)



Kevin Boozar prepares to pull 570 @ APA Mississippi Open (Taylor)

USAPL Central CA Push-Pull
18 JAN 02 - Bakersfield, CA

BENCH	242				
Open Women	40-44	455			
105	Steve Williams	420			
Christine Perez	88	55-59			
Teen Men	Daniel Smith	418*			
165	Bob Evans	347			
18-19	275				
Ryan McElwain	242	40-44			
181	Neil Ferone	429			
Ed Leach	242	Rodney Sheetz	391		
Open Men	275+				
198	Dan Smith	451			
DEADLIFT	45-49	330			
Robert Craig	391	Chuck McGuire	330		
220	David Bradshaw	242			
Teenage 13-15	Frank Beeler	556*			
325	DEADLIFT Teen Men				
Teenage 16-19	Joe Grissom	402			
400	275	16-17			
Open 132	405	Neil Ferone	429		
Open 220	560	Chris Buck	314*		
Open 242	570	John Wooner	468		
570	Master Men	275+			
495	198	Michael Ausk	303		
45-49	242	Master Men	242		
2020	391	55-59	424		
Robert Craig	220	Daniel Smith	424		
70-74	Gerald Fontaine	275+	303*		
Open Women	SQ	BP	DL	TOT	
198	192	66	143	402	
Susan Gill	192	66	143	402	
Open Men	148				
148	Juan Molinero	402	325	424	1151
220	Scott Waits!	738	501	661	1901
242	Scott Cartwright	644	473	584	1702
275	Riccardo Magni	617	429	655	1702
275+	Van Hatfield	810	540	710	2060
2060	Adam Suarez	573	413	540	1523
1523	18-19				
281	Brandon Maddox	281	225	413	920
225	16-17				
352	Frank Brooks	352	209	363	925
925	14-15				
385*	Aaron Nadal	385*	236*	363	986*
986*	14-15				
319	Deon Davis	319	253	391	964
964	16-17				
402	Travis Arburua	402	281	418	1102
1102	220				
435	Demetrius Harris	435	242	429	1107
1107	225				
225	Leonard Castillo	225	214	402	842
842	14-15				
319	Jeremy Haworth	319	220	402	942
942	231				
187	Alex Hamilton	187	225	644	
644	16-17				
451	Ronald Magsby!	451	314	501	1267
1267	275+				

Adam Bailey	352*	292*	407*	1052*	BENCH	475
Zach Mount	314	286	303	903	BM1 198	360
Push/Pull					Murphy, Derek	365
Special Olympic					275	
123					Griffis, Bryan	540
Matt Prinster		137	231	369	Scottler, Jason	530
242					Blue, Dondell	520
Jorell Gozalez		203	413	617	275	
275+					Lee, Ricky	470
Kevin Ezell		192	341	534	Campbell, Brett	395
132					Lamp, Kenneth	320
Open Women					Edwards, Cleve	315
176		286	462		Haller, Tom	230
Tean Waits!					BPFF	
Susan Men					198	
148					Young, Justin	360
16-17					Boyd, Rick	255
Kyle Benson		176	314	490	242	
165					135	
18-19					Virgin, Charles	400
Ryan McElwain		242	352	595	Mosley, Randy	275
181					275	
16-17					Lee, Ricky	470
S. Hernandez		264	292	556	Stokes, Danny, Jr	350
Daniel Taylor		209	308	517	BO	198
220					McKee, Buddy	275
Mark Loewen!		275	435	710	220	
275					242	
A. Singh		209	424	633	Thriff, Jamie	560
Open Men					O'Shaughnessy	570
242					Rhoades, Joe	540
369		551	920		M2	
Marlan Bacon					Taylor, Crayton	615
Master Men					181	410
198 50-54					Pillman, Dennis	500
Jim Razor		248	352	600	148	335
220 45-49					Coleman, Bob	365
Mike Womelsdorf		292	402	694	165	190
275					Haller, Tom	275
40-45					N	230
380		622*	1003		148	375
429		551	980		Dubay, John	405
45-49					165	
Steve Brown!		440	600*	1041	Lamp, Kenneth	370
1-					Photisane, Andy	405
Indicates Best Lifter. * - State Record. Thanks to all of our valuable help at the meet. Announcer - Chuck Lamanita. Meet Director - Lisa Denison. Asst. Meet Director - Steve Denison. National Referees - Gordon Santee, Lisa & Steve Denison, Kevin Meskew. State Referees - Gary Ridgeway, Scott Layman, Jason Burnell, Lance Slaughter (State Chairman), Rob Meulenberg. Scorekeepers - Kristin Laughlin (Lifter registration also), Laura Stine. Expeditors - Lisa Baldrige, Kelly Lamanita. Thanks to Lois Gregg for helping with spectator admissions and t-shirt sales and Jade Molina of Jade's Athletic Training Center for facility use. Spotters/Loaders - Troy Higgins, Andrew Austin, Dustin Croaker, Joe Jano, Ken Wheeler, Troy Morris, West HS Football Players. Sponsors - Jade Molina of Jade's Athletic Training Center, Ken Wheeler of Wheeler's Fitness Equipment, Chuck LaManita of Digital Disc Jockeys, and John Inzer of Inzer Advanced Designs. (Steve Denison provided results.)						

Southeastern Cup
07 DEC 02 - Adel, GA

M1	SQ	BP	DL	TOT
220				
Boynton, Randy	275	660	460	1009
275				

APA Florida Record Breakers
14 DEC 02 - Fort Myers, Florida

BENCH	D. Poucher	425	
Open 132	Master 50-59		
B. Goelz	320	T. O'Donnell	540
Open 165	J. Otto	425	
J. Mouzon	380	G. Walker	405
Open 198	B. Grey	350	
R. Fraizer	485	Master 60-69	
B. Highnote	470	L. Barry	360
H. Griffin	345	J. Kluff	345
Open 220	J. May	300	
L. Gnal	430	DEADLIFT	
G. Walker	405	Women's Open	
J. Banning	315	M. Kennelly	185
Open 242	Open 198		
J. Walker	385	J. Bellemare	580
Open 275	Open 220		
J. Jacobs	620	D. Robertson	530
P. Genet	525	Teenage	
G. Gass	450	S. Rosales	505
Open 308	4th	520	
S. White	Junior		
Open SHW	B. Porter	550	
M. Rodriguez	C. Robertson	535	
Teenage	C. Armiger	505	
M. Broyles	300	Submaster	
R. Gross	100	D. Robertson	530
Junior	J. Dunden	540	
C. Rabertson	370	Master 40-49	
Submaster	L. Lavarro	750	
J. Walker	385	D. Poucher	715
Master 40-49	R. Smith	595	
M. Rodriguez	675	Master 50-59	
L. Lavarro	585	T. O'Donnell	705
T. Smith	425	Master 60-69	
	L. Barry	530	



Dwayne Poucher, 45 yrs, pulled 715 @ the APA Florida Record Breakers (Photos by Scott Taylor)

Pro-Bench Contest - Cash Prize Winners - 198 & Under by Formula - B. Highnote, B. Goelz, J. Jacobs, S. White. Special thanks to the folks of Fort Myers World Gym, Christi Ryals, Mike Wilmer, and all who made this fantastic event possible. Lifters from as far away as Washington state competed and several records were set. A pro Division was also offered and six lifters took home a healthy chunk of cash. The spotters did an exceptional job which was greatly appreciated as some huge weights were being handled. Some freaky poundages were handled throughout the meet and the lifting quality was definitely first class to say the least. The results speak for themselves. (Thanks to Scott Taylor for providing these meet results to PLUSA.)



James Jacobs, at the APA Florida Record Breakers Meet in Fort Myers, benched 620 and just missed 650 @ 268 body weight

APA Charlotte Open PL/BP
20 APR 02 - Charlotte, NC

BENCH PRESS	Master (40-49)		
181 lb. Open	Byron Samuels	370	
Phil Harrington	447	Don Blackmon	470
Sean Redfern	390	Submaster	
220 lb. Open	Robert Lord	480	
165	500	Tim Reid	475
Washington, K.	180	DEADLIFT (guest lifter)	
165	415	John Demchak	595
Avera, Jessica	155	325	
Teams: 1st Place - Team Jax. 2nd Place - Team Adel. Best Lifters: Novice - Jay Joiner. Open - Jason Schotel. (Thanks to Mark Farmer for these results.)			

USAPL Fall Classic
26 OCT 02 - LA

Heavyweight - Brad Kelley. Team Award: Young Olympians Power Team. Special thanks to Shelton Harrison for making this meet possible and all the hard work he put into getting things ready. Thanks to Sean Redfern who provided some equipment that was needed and of course thanks to the judges, spotters/loaders who did a great job and kept things going smooth. Unfortunately, we lost a few lifters. One team captain ended up in the hospital and several lifters who were going with him stayed behind. One lifter got ill and couldn't lift. Unfortunately, the meet site had to be changed for reasons beyond our control. Then it had to be changed a second time because the building we scheduled with the second time around was shut down. When the meet site was changed a third time I had to send out hundreds of new flyers to APA members and make notification to all who had pre-registered as the event had an entry deadline written on the entry form. This was not good enough for one loudmouth who spoke for a group from Salisbury, NC. Rather than calling me a few days early, like most people do, this guy waited until the day of the meet and called my wife and acted like a total jerk. My wife explained there was an entry deadline and had he sent in his form we would have known who he was and what his phone number was so we could have told him of the meet site change. This is what meet directors do for others who pre-register. Anyway, dumb didn't get the big picture and started yelling at my wife and claimed he had been competing since 1986 and never pre-registered for anybody's meets. When asked if he even had an entry from he said no, but claimed one of his buddies (who had not pre-registered) had an entry form. My wife then tried to explain that the meet site had been moved to less than a mile from the original meet site but the jerk slammed the phone in her ear before she could tell him this. Needless to say, entry deadlines are an entry form for a reason as are the promoters' phone numbers. Usually calling the number the day of a meet is a bit too late to be asking questions or finding out about changes. The meet director is usually at the meet and not at home the day of a meet he is running. If you don't pre-register the promoter does not have your phone number on file to notify you of a change. I don't think we were missing anything special with the absence of one loudmouth with an attitude. The meet itself was a lot of fun and some great lifts were registered. Phil Harrington cranked out a nice 447 bench press at bodyweight of 178. Sean Redfern did a 390 bench press at bodyweight of 180. Awesome lifting! Brad Kelly cranked out 550 in the bench press at bodyweight of 235 and missed on two 600 attempts. He has hit 600 before. Guest lifter John Demchak pulled a 595 deadlift for a state record. John maintains the North Carolina and South Carolina website for the APA and does a great job keeping up with records. John will be running some meets soon in North Carolina. The highest total in the full power event was done by Chris Gibson who totaled 1690 at 197 bodyweight. I'd like to congratulate all the lifters. Everybody did a great job and sportsmanship was great. The ladies were awesome. The youngest lifter was 12-year-old Kamorean Hayes who competed in the women's open 165 class with a 595 total. Way to go, gal! The oldest lifter was 59-year-old Don Blackmon who benched a whopping 470 pounds! Once again, special thanks to Shelton Harrison, Sean Redfern, all of the spotter/loaders and referees for doing a great job. (Thanks Scott Taylor, APA President, for results)

BENCH Open	195	Adam Crappel	275	
Craig Simpson	150	Master 45-49		
Teen 14-15		Travis Smith	300	
WOMEN	SQ	BP	DL	TOT
Open 97				
Ashley Robbins	320	145	315	780
Teen 16-17 114				
Rachel Touchet	175	85	220	480
123				
Whitney Wilks	130	70	200	400
Teen 14-15				
Lindsay Bennett	155	75	215	445
Brandl	150	60	150	360
Teen 18-19 132				
Jan Morello	320	160	360	840
Amanda	160	70	205	435
Open 148				
Christy	145	260	145	550
Teen 14-15 165				
Kate Savoie	275	125	280	680
Teen 18-19 181				
Liz Ferrer	275	150	400	825
Robert Blunski	260	140	330	730
Teen 14-15				
Joe Cefalu	235	110	260	605
Ben Zagone	170	100	230	505
Chris	205			435
Teen 16-17 123				
Thomas Roshlo	250	150	290	690
Teen 14-15				
David Albus	250	120	290	660
Teen 16-17 132				
Glenn France	360	170	370	900
Bart Marks	315	185	330	830
Daniel Brignac	330	155	335	820
Master 40-44				
Kevin Jones	375	240	350	965
Teen 16-17 148				
Greg Barth	170	375	545	
Teen 14-15				
Scott Hymel	275	200	375	850
Brandon Smith	190	150	250	590
Master 45-49				
Arval Bridges	415	300	460	1175
Teen 16-17 165				
David Amond	320	190	420	930
Cody Reulet	330	175	350	855
Teen 14-15				
Parker Hodges	285	175	400	860
Open				
Devin	505	390	505	1400
Master 60-64				
Jim Lyons	365	205	365	935
Junior 20-23				
Clint Gallo	490	270	510	1270
Teen 18-19 181				
Eric Thompson	275	520		
Junior 20-23				
Cris Welch	365	205	430	1000
Mike Luckett	525	400	535	1460
Billy Callihan	400	230	405	1035
Mike Godawa	530	390	600	1520
Shane Reulet	340	180	415	935
Jonathan	530	390	600	1520
Michelle	340	180	415	935
Richie Zuber	235			235
Tom Babcock	550	460	500	1510
Greg Theriot	705	400	660	1765
Brandon	610	400	540	1575
(Thanks to USAPL for providing the meet results.)				

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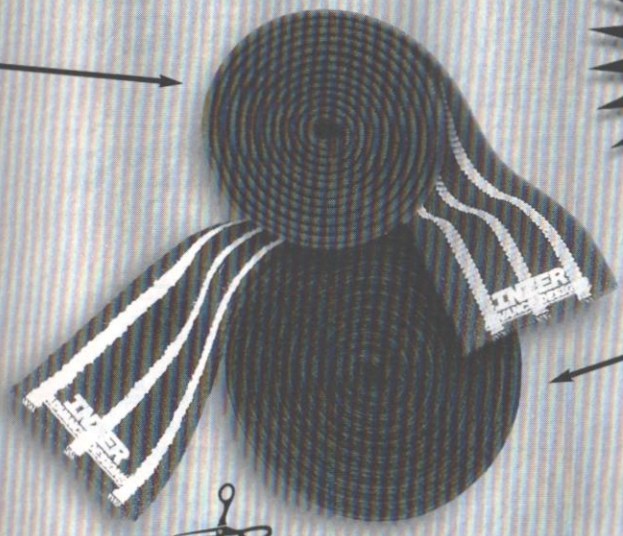
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**APF 49th Annual Iron Man
07 DEC 02 - Fresno, CA**

BENCH	Michael Gray	200			
FEMALE	Teen 13-15				
Masters 40-44	Leonard Castillo	95			
Linda Ponce	Adam O'Brien	62.5			
MALE	Teen 13-15				
Masters 40-44	Masters 65-69				
Raymond Fong	Ernest Anderson	87.5			
Open (Seniors)	Open (Seniors)				
Raymond Fong	Rene Neilsen	87.5			
Open (Seniors)	Jason Greco				
Teen 18-19	Ted O'Neill	205			
Shant Shekhanian	Teen 13-16	97.5			
165	Jeremy Hayworth				
Teen 16-17	Alex Hamelton				
Brandon Maddox	275	107.5			
181	Open (Seniors)				
Teen 13-15	Mike Benton				
Deon Davis	Jimmy Garza	117.5			
220	308				
Junior 20-23	Teen 16-17				
Tyson Orswoll	Zach Mont	155			
Master 40-44	SHW				
Jeff Hayes	Open (Guest)	182.5			
Open (Seniors)	Michael Choate	250			
FEMALE	SQ	BP	DL	TOT	
114					
Masters 40-44					
Futaba Takashima	72.5	52.5	72.5	197.5	
Open (Seniors)					
Theresa Bostrom	102.5	52.5	107.5	262.5	
123					
Masters 46-49					
Allison Shay	80	40	125*	245	
148					
Masters 45-49					
Mary Jacobson	125	105	167.5	397.5	
Masters 80+					
Josephine Merrell					
Open (Seniors)					
Jeanne Watts	77.5	65	115	257.5	
165					
Open (Seniors)					
Lisa Dennison	182.5	87.5	160	430	
SHW					
Open (Seniors)					
Seilala Sua	227.5*	110	207.5	545	
Lisa Baldridge	135	67.5	132.5	335	
MALE					
132					
Masters 40-44					
Raymond Fong	130	87.5	160	377.5	
Open (Seniors)					
Raymond Fong	130*	87.5	160*	377.5	
148					
Masters 40-44					
Vince Tanabe	210	122.5	235	567.5	
Masters 50-54					
Alan Hudson					
Open (Seniors)					
Juan Molonero	187.5	145	197.5	530	
165					
Masters 50-54					
George Wiltshire	247.5*	155	240	642.5*	
Open (Seniors)					
George Wiltshire	247.5	155	240	642.5	
181					
Masters 55-59					
Mitch Sperling	200	155	192.5	547.5	
Open (Guest)					
Bryan Delgado	250	162.5	260	672.5	
Teenage 16-17					
Eric Graves	182.5	92.5	182.5	457.5	
198					
Masters 65-69					
Pete Wilson	230*	160*	195*	585*	
Open (Seniors)					
James Keigrice	325*	180	312.5	817.5	
John Villarreal	247.5	155	250	652.5	
Shea Aubuchon	235	145	235	615	
Robert Sherwood	212.5	140	202.5	555	
220					
Junior 20-23					
Tyson Orswoll	227.5	155	220	602.5	
Darren Beatty					
Masters 40-44					
Billy Wayne	250	167.5	272.5	690	
Masters 45-49					
Ruben Arredondo	255	175	222.5	652.5	
Masters 50-54					
Kenneth West	182.5	137.5	170	490	
Masters 60-64					
D. Lagerwerf	152.8	127.5	205	485	
Open (Seniors)					
Jason Bernell	327.5	192.5	267.5	787.5	
Lance Reclor	277.5	195	240	712.5	
Joshua Johnson	260	170	262.5	692.5	
Deric Stockton	272.5	157.5	230	660	
Todd Bostrom					
Darren Beatty					
Teenage 16-17					
Blake Brannen	182.5	112.5	152.5	427.5	
242					
Junior 20-23					
Jim Behan	255	167.5	275	717.5	
Juan Zumbado	250	195	240	665	
Phil Davi					
Masters 40-44					

Delbert Shay	252.5	160	200612.5		
Masters 55-59					
Manuel Futos	227.5*	142.5*	240*	610*	
Open (Seniors)					
Rene Neilsen	320	230	312.5	862.5	
Val Brenner	275	190	260	745	
Darren Robuck	297.5	197.5	237.5	732.5	
Ted Oneill	260	205	255	720	
JR Mancini	227.5	160	215	602.5	
Dan Johnson	185	150	215	550	
Brandon Huff					
Teenage 16-17					
Max Tooker	182.5*	102.5	165	450*	
275					
Masters 45-49					
Ron Perkins	310	227.5	307.5	845	
Delmar Brown	265	185	205	655	
Masters 50-54					
George Brink	275	200	350	825	
John Godina	345	215	305	865	
Ron Perkins	310	227.5	307.5	845	
Garret Harper	287.5	200	265	752.5	
Adam Suarez	272.5	165	245	702.5	
Mike Benton	240		240		
Rob Meulenber					
308					
Masters 55-59					
Brian Meek	377.5*	240*	295	912.5	
Open (Seniors)					
Mark Swank	345	227.5	295	867.5	
Richard Larocca	282.5	205	307.5	795	
* - California State Record. Best Lifters - Open:					

James Keigrice, Women's: Lisa Dennison, Teen/Junior: Jim Behan, Masters: Brian Meek, Bench Press: Rene Nielson, Team Trophy - 1. Los Angeles Lifting Club, 2. Kym's Gym, 3. Team Extreme. 2002 Mr. Iron Man: 1. Derrick Stockton, 2. Juan Molano, Tied for 3. Rene Nielson & James Keigrice, 4. Ray Fong. Over 40 Mr. Ironman: 1. Diederik Landgerwerf, 2. Ray Fong. Ms. Iron Women: Takashima Futaba. Meet Directors - Bob & Kim Packer. Announcers - Maris Sternberg, Bob Packer. Scorekeepers - Kim Packer, Tim Daley. Platform Manager - John Mazmanian. Referees - Gordon Santee, Radar Capehart, Al Garcia, Ken Wheeler, Pete Wilson, Maris Strenberg. (Thanks to Bob Packer for providing these meet results to PLUSA.)
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**Mountain Valley Conference Meet
06 APR 02 - Allentown, PA**

Teen (14-15)	SQ	BP	DL	TOT	
114 lb.					
Joey Wildman	185	95	195	475	
123 lb.					
Dontae Hayes	255	165	325	745	
Brandon Salinas	175	140	225	540	
Mike Rohrbach					
132 lb.					
Kevin Alvarez	300	170	335	805	
Kevin Danko	245	155	275	675	
Arolda Rodas	200	135	315	650	
Nate Gloss	230	125	275	630	

Jeff Henninger	195	150	270	615
Juan Ortiz	155	90	205	455
Joe Graziano	150	90	205	445
148 lb.				
Kyle Strohl	330	240	350	920
Greg Bobo	245	200	330	775
Tom Gross	255	165	340	760
Mike Gnall	255	170	325	750
Roberto Albino	305	130	300	735
Tyler Williams	225	150	310	685
Robert Quinn	225	160	270	655
Mike Featherman	185	170	270	625
165 lb.				
Ray Sanchez	325	245	400	970
Jeff Wert	350	240	350	940
Brian Pammer	325	205	385	915
Todd Kresge	330	200	380	910
Jose Ortiz	335	165	365	865
Chris Payano	310	175	355	840
J.J. Lilly	300	190	350	840
David Pritchard	300	185	350	835
Mike Stefan	305	200	305	810
John Soussa	235	155	275	665
Reggie Easterling	275	225		500
181 lb.				
Casey Cosgrove	380	215	380	975
Scott Nann	255	195	345	795
198 lb.				
Jerrick Volkert	450	230	450	1130
John Copeland	400	195	400	995
John Navone	315	190	370	875

220 lb.					
William Severn	455	300	455	1210	
Keith Lynn	430	255	435	1120	
Chris Yoo	345	255	450	1050	
Ross Sauerzoph	385	205	365	955	
Mike Long	305	240	355	900	
242 lb.					
Travis Decker	425	245	435	1105	
Todd Mills	415	250	425	1090	
Alex Hegadus	385	235	445	1065	
Stephen Roposh	430	220	410	1060	
Quadir Carter	425	200	425	1050	
Israel Aguilu	405	235	400	1040	
Tony Jordan	410	195	430	1035	
Greg Rother	380	225	370	975	
James Hersh	345	235	355	935	
Ean Costenbader	330	230	375	935	
Nate Conrad	450	215	445	1110	
Andy Seipel	425	225	460	1110	
Charles Davis	395	260	445	1100	
William Marks	400	265	395	1060	
Miguel Rivera	415	225	415	1055	
Joe Pavlo	315	180	315	810	
Teen (16-17)					
114 lb.					
Jake Molchany	185	115	230	530	
123 lb.					
Brandon Pensyl	210	145	330	685	
Sean Carr	250	160	270	680	
Jesse Robinson					
132 lb.					
Mike Kuhns	450	260	300	1010	
Mike Wessack	295	185	325	805	
Andrew Potocnie	380	175	300	755	

148 lb.					
Kerith Bent	255	170	375	800	
Stephen Koehler	270	155	375	800	
Shane Kassab	285	185	300	770	
165 lb.					
Justin Klement	450	250	465	1165	
Todd Mills	415	250	425	1090	
Stephen Roposh	430	220	410	1060	
Quadir Carter	425	200	425	1050	
Israel Aguilu	405	235	400	1040	
Tony Jordan	410	195	430	1035	
Greg Rother	380	225	370	975	
James Hersh	345	235	355		

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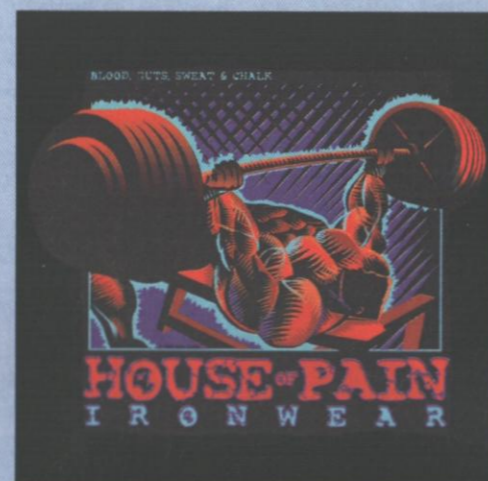


Dead Lift T

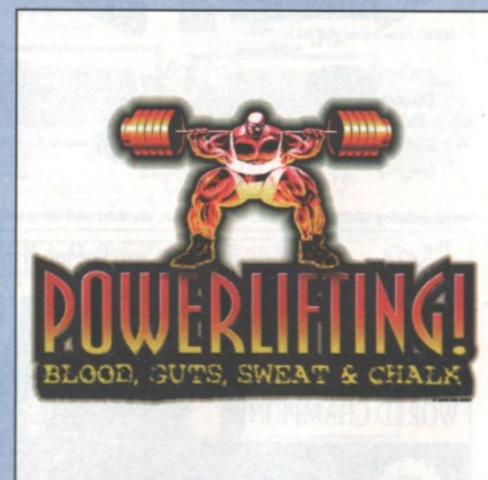
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(article continued from page 12)



Teresa Geer and Luster Family

Lifetime / Masters (45-49)				
Gary Landess	214	165	341	723
Masters (45-49)				
Gary Landess	214	165	341	723
Masters (50-54)				
Richard Delgalo	319	187	358	864
Open				
Mario Moutoyo				
Teenage (14-15)				
Noah Miller	187	132	248	568
Teenage (14-15)				
Demonic Luster				
Teenage (18-19)				
Dale Henries	264	198	297	760
Junior (20-23)				
Rich Sannasardo	319	231	474	1025
Law/Fire/Military / Open				
Perry White	165	99	259	524
Law/Fire/Military / Sub Masters				
Perry White	165	99	259	524
148				
Lifetime / Masters (40-44)				
Ray Houle	352	253	303	908
Lifetime / Open				
Brendan O'Reilly	347	281	523	1150
Wayland O'Bier	336	248	380	965
Masters (40-44)				
Ray Houle	352	253	303	908
Masters (45-49)				
Rick McClendon	347	259	446	1053
Masters (55-59)				
Paul Griffith	407	214	385	1009
Open				
Brendan O'Reilly	347	281	523	1150
Joe Lineman	352	259	501	1113
M. Romanello	369	292	413	1075
Wayland O'Bier	336	248	380	965
Ray Houle	352	253	303	908
Sub Masters (35-39)				
Joe Lineman	352	259	501	1113
Teenage (14-15)				
Jake Carter	297	198	374	870
Teenage (18-19)				
Brendan O'Reilly	347	281	523	1150
165				
Junior (20-23)				
Jeremy Perkins	325	275	407	1009
Kids (8-9)				
Peter Collins	88	71	110	269
Law/Fire/Military / Open				
Brian Blackman	270	270	374	914
Law/Fire/Military / Open				
Roberto Acuna				
Lifetime / Masters (40-44)				
Jim Fletcher	407	264	440	1113
Lifetime / Masters (40-44)				
Robert Herbst	336	286	407	1031
Lifetime / Masters (45-49)				
Steve Foster	303	181	363	848
Lifetime / Masters (60-64)				
Rich Hutchison	374	214	424	1014
Lifetime / Masters (70-74)				
John Miller	137	137	220	496
Masters (40-44)				
David Moses	451	281	474	1208
Jim Fletcher	407	264	440	1113
Robert Herbst	336	286	407	1031
Ted Hoffman	352	214	407	974
Richard Young	286	248	352	886
Masters (45-49)				
Steve Foster	303	181	363	848
Masters (55-59)				
Albert Crenshaw	264	231	363	859
Masters (60-64)				
Rich Hutchison	374	214	424	1014-1
Masters (70-74)				
John Miller	137	137	220	496
Open				
Christopher Hurd	479	308	551	1340
Jon Duby	463	314	485	1261
David Moses	451	281	474	1208-1
Brian Blackman	270	270	374	914
Miquel Bernol				
Teenage (16-17)				

Joshua Stutler				
B. Bumgardner	314			
Jon Harvey				
Youth (12-13)				
Andrew Hargette	220	110	242	573
181				
Junior (20-23)				
Jeff Beeson	407	292	512	1212
Lifetime / Masters (40-44)				
Willie Wong	463	275	485	1223
Lifetime / Masters (45-49)				
Joe Formato	319	275	429	1025
Masters (40-44)				
Glenn Applegate	512	341	512	1366
Willie Wong	463	275	485	1223
Masters (45-49)				
Joe Formato	319	275	429	1025
Masters (50-54)				
James Alston	429	281	562	1274
Open				
Mark Drinkard	512	358	611	1481
Glenn Applegate	512	341	512	1366
Derrick Bryant	374	325	440	1142
Roma Brannon	358	253	468	1080
Sub Masters (35-39)				
Steve Oglethorpe	319	198	435	952
Teenage (14-15)				
Shawn Lakey	248	170	275	694
Teenage (16-17)				
Chris Balance	330	214	413	959
Teenage (18-19)				
Ward Benson	198			
Junior (20-23)				
Roy Roten	451	314	534	1300
Lifetime / Masters (45-49)				
Miles Baker	501	341		
Lifetime / Masters (60-64)				
Oscar Rickman	396	214	407	1018
Wallace Barnett	313	287	407	1009
Lifetime / Masters (70-74)				
Peter Jensen	253	214	363	833
Lifetime / Sub Masters (35-39)				
Brian Shepard	358	259	435	1053
Masters (40-44)				
Baptist Nupieri	474	314	562	1349
Rusty McNamara	440	341	567	1349
Masters (45-49)				
Miles Baker	501	341		
Tom Smith	402	270	551	1223
Masters (55-59)				
Bill Lindsey	440	330	429	1201
Masters (60-64)				
Oscar Rickman	396	214	407	1018
Wallace Barnett	313	287	407	1009
Masters (70-74)				
Donald Levesque	308	187	451	948
Peter Jensen	253	214	363	833
Open				
Marino Britodisla	529	374	633	1538
Wayne Pennell	501	369	584	1455
Open				
M. Barcelone	479	308	485	1274
Sub Masters (35-39)				
Nathan Kadle	474	341	545	1362
Teenage (14-15)				
Mike Pigram	352	275	413	1040
Adam Catton	270	214	325,2	811
Teenage (16-17)				
Matthew Kirby	330	281	374	987
220				
Junior (20-23)				
Scott Lakey	468	352	479	1300
G. Hazelwood	424	325	474	1223
Craig Hoffman	391	303	501	1194
Eric Cronney	297	226	424	948

Lifetime / Open				
Damon McGinty	545	391	666	1604
Joe Jimenez	446	308	451	1208
Kim Bougher	385	286	435	1106
Masters (40-44)				
Jim Brown	540	369	601	1512
Pedro Vazquez	385	391	529	1305
Masters (45-49)				
Wally Spier	424	253	507	1186
Masters (55-59)				
Jack Rolan	512	308	584	1406
James Michael	325	237	363	925
Masters (65-69)				
Bruce Spiegelberg	297	209	374	881



Steve Brawley's 341@165 class

Open				
Damon McGinty	545	391	666	1604
Brian Sands	418	275	545	1239
Joe Jimenez	446	308	451	1208
Kim Bougher	385	286	435	1106
Teenage (16-17)				
Demetrius Simon				
Teenage (18-19)				
Brian Sands	418	275	545	1239
242				
Junior (20-23)				
Matthew Roten	490	319	600	1410
Lifetime / Open				
Russell Yee	628	418	666	1715-2
Masters (40-44)				
William Wigmore	540	385	639	1565
Masters (55-59)				
Tom Roberts				
Open				
Russell Yee	628	418	666	1715
Bryan Garnett	534	380	584	1499
Bruce Miller	485	385	545	1415
Teenage (16-17)				
William Hollar	352	237	424	1014
275				
Junior (20-23)				
Champ Garvin	396	314	523	1234
Ben Bowman	418	330	407	1157
Lifetime / Masters (40-44)				
Dave Wood	468	325	451	1245
Lifetime / Masters (55-59)				
Ray Cross	429	321	451	1203
Masters (40-44)				
Mark Emerald	474	363	501	1340
Dave Wood	468	325	451	1245
Masters (50-54)				
Len McGrane	512	369	661	1543
Tom Dorsey	385	275-6	474	1135
Masters (55-59)				
Ray Cross	429	321	451	1203
Open				
Scott Odom	633	435	628	1697
Dan Michels	540	352	584	1477
Mark Emerald	474	363	501	1340
319				
Lifetime / Masters (40-44)				
Dan Bescher	457	297	374	1128
Lifetime / Open				
Steven Albert	600	407	551	1560
Lifetime / Sub Masters (35-39)				
Steven Albert	600	407	551	1560
Lifetime-Teenage (18-19)				
Arnaldo Mejias	325	347	457	1128
Masters (40-44)				
Mark Harris	490	330-7	463	1283
Dan Beacher	457	297	374	1128
Open				
Josh Hardin	611	451	606	1671
Steven Albert	600	407	551	1560
Mark Harris	490	330	463	1283
Sub Masters (35-39)				
Steven Albert	600	407	551	1560
Teenage (18-19)				
Arnaldo Mejias	325	347	457	1128
SHW				
Lifetime / Masters (40-44)				

Rod Blackwell 600 424 600 1627
Masters (40-44)
Rod Blackwell 600 424 600 1627
Open
Richard DeLeon 644 407 440 1494
The BIGGEST, the BADDEST and the BEST are the three words, which best describe the 2002 AAU WORLD CHAMPIONSHIPS held in Richmond, Virginia. The Virginia Powerlifting Association ran the meet for the first time. With 227 lifters in attendance, it was the largest AAU Powerlifting meet ever held! If you missed it, shame on you ... however, it's not too early to make plans to attend the sequel ... the 2003 WORLD POWERLIFTING CHAMPIONSHIPS. The Virginia Powerlifting Association is proud to announce that they will again be hosting the WORLD CHAMPIONSHIPS. The event will again be held in Virginia, sometime in November. A formal announcement will be made as soon as the dates and location have been confirmed. Those who were at this years meet will testify to the "Triple B's" ... those that weren't, will not want to miss the sequel ... On October 26 and 27, 2002 the AAU kicked off a world class meet in Richmond, Virginia at Deep Run High School in Henrico County. Two hundred- twenty - seven athletes representing 28 states competed in all divisions and weight classes. A few divisions provided impressive competition with up to 6 competitors. The youngest athlete was 5 and the oldest was 74. Puerto Rico managed to put together a large group of very talented and enthusiastic lifters with over 30 athletes in attendance. Many American and World records were broken and the competition was fierce but the athletes showed wonderful sportsmanship. Third Party Drug testing done on-site assured a level playing field for all the competitors. The Meet Directors, Barbara Beasley, Jill Meads, Judy and Steve Wood outdid themselves with a grand performance. Highlights included all new equipment; a large separate warm up area; free goodie bags and an AAU t-shirt for each athlete. Powerade was provided by our AAU National sponsor. A new computer program was introduced to the powerlifting community. The new program clearly displays, at each platform, a listing of competitors, weights, attempts and totals. This allows the competitors to see who they are competing against and what weight must be achieved to beat the competition. Presentations were made by two highly respected speakers. Saturday, between sessions, Dr. Vic Gorardis provided a short presentation on types and treatment of powerlifting related injuries. Sunday, the legendary Rickey Crain presented an insightful look at advanced lifting techniques. It was unfortunate that his time was limited but the information provided was great. The atmosphere in the gym was high energy! Everyone displayed great enthusiasm and support for all of the athletes and even their competitors. Several vendors provided displays including Rickey Crain's Muscle World, Power Quest, Sportzfit Sporting Apparel, Massage Oasis, Sports South Supplements and Fine Design provided the official 2002 AAU World T-shirts. Fun was had by all and hopefully, we showed the strength and power that AAU meets would hold in the future. The best lifter trophies are as follows: Best Open Assisted Male Lifter - Tony Goodman. Best Assisted Master Male Lifter - Danny Herrera. Best Open Assisted Female Lifter - Giselle Costa. Best Assisted Master Female Lifter - Joanne Shear. Best Open Raw Male Lifter - Mark Best Raw Master Male Lifter - Rich Hutchison. Best Open Raw Female Lifter - Allyson Amerling. Best Raw Master Female Lifter - Barbara Beasley. The Team Awards are as follows: First Place - Puerto Rico. Second Place - Women of Steel - Assisted Team - Richmond, Va. Third Place Tied - Powerrack of Massachusetts and North Carolina Team. Fourth Place - Women of Steel - Raw Team, Richmond, Va. Fifth Place - Mike's Gym of Mechanicsville, Va. (Barbara Beasley)



Jill Meads' 297 pound squat at 165 Lifetime and Masters (

(article continued from page 11)

pump their minds up too. The first step in getting better is believing that you can be better. They make their members think they can be better.

For the life of me, I don't understand why we don't reach out to each other. We all need to be touched and loved. What's so wrong with bringing a little happiness to people? What's wrong with telling someone how good they look or how they look or that you love them? What's so difficult about that? Like my mother would say "thatsa nice!" I know guys who say complimenting people is phony. And do you know what I tell them? "Baloney!" Of course, I say it in a very nice and positive way. Everyone has something unique and beautiful about them. We are God's gift; you could we not be beautiful? You just have to look at people and you'll see it. And don't tell me that the people around you don't deserve a compliment now and then. We all need compliments. We all need to be loved. What's phony about that?

THEY ARE GOOD TO OTHERS: Tony and Lisa are extremely good to others. I am not talking about helping people with their training or diet either. Of course, they go out of their way to do that too. What I am talking about is going way above the call of duty. They will probably cringe if they ever read this, but I know for a fact that they have helped out a lot of people who were down and out. They paid out of their own pocket for memberships for guys who couldn't afford it and loaned people money... money they never got back. That is just the half of it though, as they are always reaching out to people with loving care. Recently, a member got ill in the gym. Tony stopped working and drove the guy all the way across town to take him home. There were at least fifty other members all the gym at the time, but Tony was the only one who offered to help him. When I saw him the following day I asked him about it. I said, "Tony why are you always going out of your way to help others. It seems to me that you are always going above and beyond the call of duty." Do you know what he said to me? He said, "I firmly believe what goes around comes around. When you are good to others, it will come back to you." He is right, of course, because kindness begets kindness, compassion begets compassion, and love begets love. If you are good to others, they will be good to you. When you give everything you have, you get so much more in return. You get love -- the most essential element for success, health, and happiness.

**Big River Classic PL + BP (KG)
26 OCT 02 - Blytheville, AR**

BENCH	227			
119	M1			
T	Nick Dwinell	182.5		
James Williams	Greg Jumper	182.5		
170	Pure			
M2	Greg Jumper	182.5		
Harold Hager	SM2			
187	Steve Richardson	175		
SM2	N			
Jay Deneen	Steve Richardson	175		
170	M1			
James P. Williams	280			
205	SM2			
SM2	Mike Woodson	190		
Thomas Baker	315			
Pure	Ollie Walker	192.5		
Dale Jenkins	SHW			
M1	Pure			
Dale Jenkins	Chris Sullivan	112.5		
119	BP	DL	TOT	
T				
James Williams	102.5	52.5	120	275
170	T			
Kyle Miller	130	92.5	177.5	400
Josh Kelley	132.5	102.5	160	395
N				
Toffey Templeton	160	257.5	205	462.5
187				
Pure				

James Williams	142.5	102.5	227.5	472.5
SM2				
Jay Deneen	172.5	110	172.5	455
N				
Brian Broussard	262.5	142.5	240	645
M1				
Brian Broussard	262.5	142.5	240	645
Pure				
Bob Campbell	222.5	142.5	162.5	527.5
M1				
Bob Campbell	222.5	142.5	162.5	527.5
M2				
Bob Tabaka	240	115	222.5	577.5
250				
T				
Ben Killingsworth	160	125	185	470
Pure				
Health Weir	265	192.5	265	722.5
M2				
James Hodges	287.5	147.5	345	780
315				
Wade Johnson	340	220	272.5	840
N				
Wade Johnson	340	220	272.5	840
SHW				
Pure				
Chris Sullivan	175	112.5	185	472.5

recently at the Ultimate Fitness gym in Blytheville. Twenty-six competitors from 5 states competed in the contest. Six lifters from the Blytheville area competed bringing home 5 first place and 1 second place awards. Jay Deneen, Kyle Miller, and Chris Sullivan of Blytheville and Josh Kelley of Steele competed in their first ever competition and had the crowd on their feet. Seasoned veterans James Hodges and Steve Richardson were again crowd favorites. Steve Richardson only competed in the bench press portion of the meet and pressed a personal best of 386 pounds. James Hodges had a most impressive day concluding with a world record deadlift of 761 pounds. Greg Jumper, formerly of Burdette, also competed in the bench press and easily lifted 402 pounds. All the area lifters workout at the Ultimate Fitness gym in Blytheville. They also earned the right to compete at the Natural National Competition in Oklahoma City, OK, in March. Brian Broussard of Louisiana earned the Outstanding Lifter Award for the lightweight lifters and Wade Johnson of Tennessee took home the heavyweight honor. Harold Hager of Hot Springs Village, Arkansas was the oldest lifter of the competition and took home the Outstanding lifter award for the lightweight bench press. Nick Dwinell from Tulsa, OK, took the honors for the heavyweights. Special thanks to the following: Ultimate Fitness for the use of their facilities, Stephanie Miller and Linda Crum made sure the meet ran smoothly as the

expeditors, Sara Guthrie for managing the concession, Joey Parrish, Eric Davis, John Shipley and Randy Miller did an outstanding job of loading and spotting the lifters. A very special thanks go to John Shipley for being there to help set up the entire meet. Kris Wienk of Tennessee, Greg Jumper, John Shipley and Daryl Johnson were judges and Tobey Johnson announced the competition. (Tobey Johnson provided results.)

**USAPL Midwest Senior States
30 NOV 02 - Omaha, Nebraska**

Men Bench	242			
148	James Limper	418		
Ryan Hart	231	275		
181	Steve Davenport	512		
Danny Thurman	457	Jamie Stricker	407	
Kerry Corcoran	330	Women Bench		
198	165			
David Geistlinger	413	Rachel Swanson	214	
Pat Sullivan	363	132		
Lyle Olson	225	Angela Richards	165	
220	Angela Richards	132		
Bob Waldorf	220	Terri Shepard		
Women Lr Wt PL	SQ	BP	DL	TOT
132				
Karlyn Eslick	248	137	303	688
114				
C. VanMeueren	209	115	248	573
148				

Laura Rezek	165			
Women Hvy Wt. Powerlifting				
Rachel Swanson	275	214	336	826
165				
Teresa Merrick	176	110	270	556
181				
Katie Ecker	242	88	236	567
SHW				
Lorraine Licardi	170	110	231	512
Men Powerlifting				
148				
Ryan Hart	347	231	424	1003
Jim Balomenos	308	198	429	936
Dustin Miller	319	209	396	925
181				
Danny Thurman	529	457	402	1388
198				
Steve Stout	468	363	529	1361
Alfred Castillo	501	3251	501	1328
Bobby Frankl	451	363	501	1317
Terry Grindstaff	451	308	424	1184
Rob Downs	303	209	2971	810
220				
Mike Taylor	600	407	573	1581
Jerome Adams	462	330	462	1256
Howard Huffman	363	303	440	1107
Todd York	407	264	418	1091
242				
Bryan Getchell	567	374	633	1576
David Berger	529	462	501	1493

James Limper	529	418	496	1444
275				
Steve Davenport	672	512	672	1857
Adam Wikzak	600	380	462	144
Jamie Strickler	501	407	457	1366
SHW				
Ken Ufford	672	507	738	1918
Bobby Bowman	639	534	6501	1824
Steve Logan	639	424	62	1692
Lee Goffigan				

**USAPL Christmas Qualifier
28 DEC 02 - Charlotte, NC**

Teen 14-15	SQ	BP	DL	TOT
275				
Dexter Seke	315	200	530	1045
165				
Coleman McNeill	300	200	380	880
181				
Brandy Cox	265	150	305	720
Teen 16-17				
148				
Sharon Bell	200	150	315	665
Mens Open				
165				
Phillip Wells	470	290	500	1260
181				
Rene Andrane	465	305	460	1230
Jerry Walters	435	340	440	1215
Teen 14-15				
181				
Marcus Bowden	405	195	365	965
Mens Open				
242				
Matt Lineberry	485	340	540	1365
220				
Mark Lowe	465	405	640	1510
Dennis Allison	585	435	640	1660
198				
Travis Pardue	530	320	540	1390
181				
Phil Harrington	605	450	550	1605
148				
Brad Hoogin	365	225	405	995

Master Women 40-49				
114				
Dana Deutsch	92.5	62.5	127.5	282.5
123				
Donna Morse	100	50	125	275
Junior Women 20-23				
SHW				
165				
Satin Perez	140	65	137.5	342.5
Junior Women 16-17				
123				
Brianna Howlett	105	40	110	255
T. Burchfield				
132				
Dayna Anderskow	105	45	97.5	247.5
Junior Women 13-15				
148				
Ashley Watson	120	50	140	310
Master Men 50+				
181				
Donnie Courvelle	202.5	105	215	522.5
220				
Elvin Smith	240	142.5	237.5	620
Master Men 40-49				
237.5				
308				
Nolan Meyers	237.5	160	237.5	635
Junior Men 20-23				
235				
Open Bench Press				
165				
Kendall Goodly	170	110	185	465
142.5				
181				
Kris Buda	207.5	165	205	577.5
182.5				
Mark Norton	165	97.5	192.5	455

**USPF Southeast Challenge
03 AUG 02 - Vidor, Texas**

Womens Squat	123			
123				
T. Burchfield	122.5	Elvin Smith	240	
148				
Mens Deadlift				
240				
Autumn Phillips	92.5	181		
Womens Deadlift				
235				
Nathan Thorton	235			
220				
Elvin Smith	240	142.5	237.5	620
237.5				
308				
Nolan Meyers	237.5	160	237.5	635
Junior Men 20-23				
235				
Open Bench Press				
165				
Kendall Goodly	170	110	185	465
142.5				
181				
Kris Buda	207.5	165	205	577.5
182.5				
Mark Norton	165	97.5	192.5	455

Adam Bell	90	35	80	205
Junior Men 18-19				
132				
Ty Goins	190	125	197.5	512.5
181				
Wesley Strickland	165	95	165	425
Nathan Thorton				
242				
Cole Morse	310	182.5	250	742.5
Junior Men 16-17				
198				
Chris Qualls	160	115	172.5	447.5
Junior Men 13-15				
114				
Brandon Gary	90	35	80	205
Open Men				
148				
TJ Hoerner	275	150	267.5	692.5
198				
Bill Hurt	245	167.5	247.5	660
Jonathan Jones	202.5	157.5	250	610
220				
Larry Mistic	300	200	272.5	772.5
Travis Werner	297.5	197.5	272.5	767.5

Records established: Dana Deutsch @ 114 Womens Master 40-44 - Squat, Bench, Deadlift, & Total records, Donna Morse @ 123 Womens Master 40-44 - Squat, Bench, Deadlift, & Total records, Elvin Smith @ 220 Master Men 50-54 - Squat, Bench & Deadlift Single lift records, Cole Morse @ 242 Teenage Men 18-19 - Bench Single lift record, Autumn Phillips @ 148 Open Women - Squat Single lift record, Justin Horsley @ 198 Teenage Men 16-17 - Squat Single lift record, Elijah Owens @ 198 Teenage Men 13-15 - Squat Single lift record, Cole Morse @ 242 Teenage Men 18-19 - Squat Single lift record. Team Competition: Boutte Barbell Club - 117 Points, Lafayette Power Team - 54 Points. (courtesy of Mrs. Morse)

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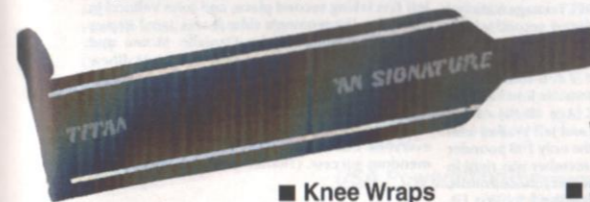
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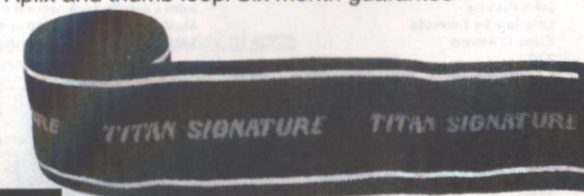
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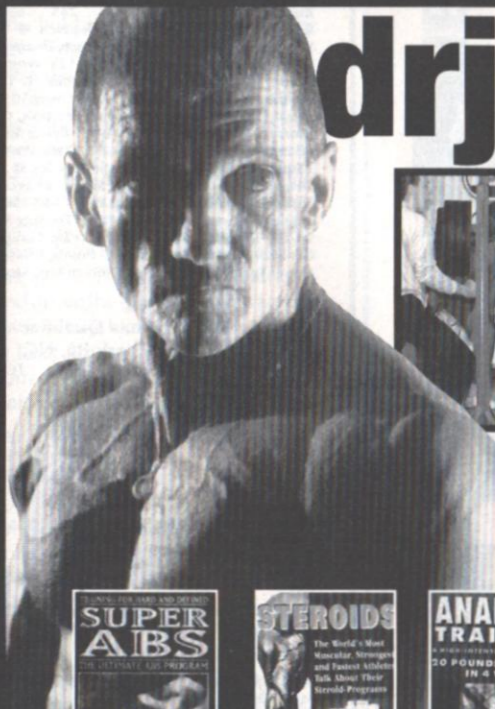


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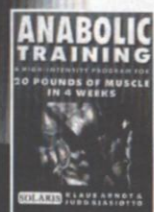
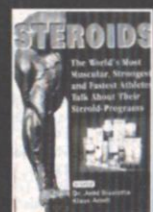
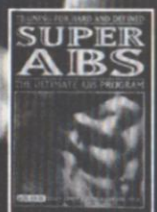
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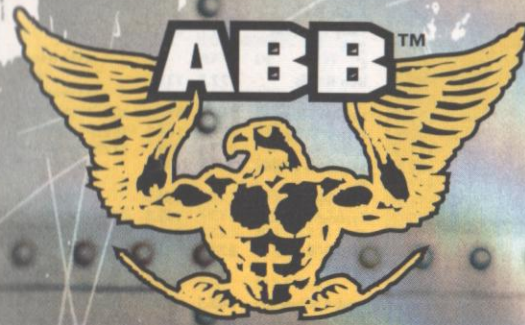
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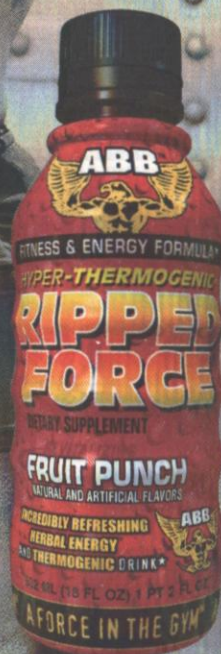
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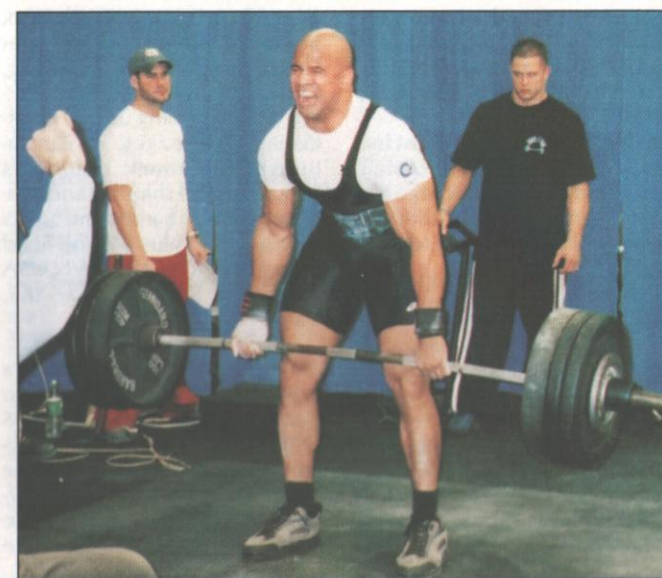
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USAPL Mass/Atlantic States Open PL 23 NOV 02 - Warwick, RI

Special Oly	SQ	BP	DL	TOT
Sean Burns	225	175	225	625
John Rosario	95	195	105	395
Special Oly BP Only				
Seth Reardon		220		220
Women Div (Formula)				
Ann Leverett - BL	260	140	315	715
Shella Sullivan	250	135	310	695
Cheryl Corren	230	130	270	630
Deborah Sullivan	220	110	305	635
Missy Belivean	200	125	250	575
Florette Ruggiero	240	140	310	690
Rebecca Stans	200	130	340	670
Theresa Michaels	105	95	220	420
Women's Masters Div (Formula)				
Deborah Sullivan	220	110	305	635
Mona Souza	195*	70*	225*	490*
Women's Grandmasters Div (Formula)				
Sonja McKinlay	270	170	275	715
Grace Parisi	185	100	240	525
Florette Ruggiero	240**	140**	310**	690**
Teen Div (Formula)				
Ben Puccio	485	285	475	1245
Dean Fragoia	360	235	335	930
Jacob Carpenter	360	305	400	1065
Junior Div (Formula)				
Louie Morrison	540	380	560	1480
Josh Beaudry	400	400	540	1340
Phil Najemy	510	310	610	1430
Nicolas Smith	450	265	545	1260
Shang Chow	385	365	505	1255
Keith Gilbert	390	250	420	1060
Submasters Div (Formula)				
Gene Marshall	505	390	525	1420
Samuel Tyler	640	455	580	1675
Andrew Miller	565	500	600	1665
Rick Johnson	520	310	580	1410
Arthur Molligi	450	270	485	1205
Saul Mickelson	530	320	530	1380
Master's Div (Formula)				
Alex Yvars	580	310	615	1505
Tom Weeks	575	385	625	1585
Kevin Rossi	515**	400	470**	1385**
David DiRienzo	475	425	500	1400
Bruce Topol	450	365	450	1265
Jay Westbrook	465	355	450	1270
David Low				
Grandmaster's Div (Formula)				
Joe Rissa	415	160	415	990
Dwayne Allen	350**	275**	450**	1075**
Fred Archambault	320	200	380	900
Wil Bernard	300	200	335	835
Shorty Wade	225	210	290	725
148 Div				
Stephen McIssac	405	260	445	1110
Herman Ho	370	265	375	1010
Dave Amdur	300	300	355	955
165 Div				
Sean DiCataldo	525	325	575	1425
Gene Marshall -BL	505	390*	525	1420*
Arthur Molligi	450	270	485	1205
Emile LaCerte	440	300	460	1200
Ray Thibault	280	330	300	910
181 Div				
Joe Ascani	530	355	600	1485
Louie Morrison	540	380	560	1480
B. Kobrenski	485	330	600	1415
Eric Cordeiro	510	270	470	1250
Kenneth Reeves	450	300	500	1250
Sam Alba	335	275	390	1000
Jason Nickerson	560			
Mark Kluth	455			
198 Div				
Joe Tavares	530	325	575	1430
Rick Johnson	520	310	580	1410
George Sousa	480	355	550	1385
Jason Astin	500	385	485	1370
Frank Juszyński	450	290	565	1305
Mike Laliberte	220			
Geoffrey Esper	550	350	630	1530
Robert Rogers	490	345	565	1400
Mike Galicki	525	285	540	1350
Aaron Cysz	460	360	510	1330
Ryan Luchka	450	340	470	1260
242				
Aubrey Souza	500	400	675**	1635**
Lance Reardon	660	385	570	1615
Rob Peabody	500	425	540	1465
Phil Najemy	510	310	610	1430
Robert Troon	365	360	410	1135
Scott Gagnon	735	500	575	1810
P. Johnson BL	640	455	580	1675
Samuel Tyler	530	320	530	1380
Saul Mickelson	565	500	600	1665
Andrew Miller	550	475	635**	1660
Adam Bert	550	475	635**	1660

** - Rhode Island State Records. * - Mass State Record. BL - Best Lifter. Team Standings: 1st - Next Level Fitness - 35 points, 2nd - Main Powerlifting All Stars - 25 points, 3rd - Powerzone - 25 points, National USAPL Officials: Greg Kostas. State USAPL Officials: Mike Laliberte, Rene Moyer, Joe Peters, Lance Reardon, Joe Wencus. Another excellent contest was held by Rene Moyer and the members of Next Level Fitness. The judging was strict, fair and consistent throughout the day and the spotters and loaders did a fantastic job. The new collars and



Aubrey Souza, 234 lb. bodyweight, with a 675 lb. deadlift at the USAPL Mass/Atlantic Open PL (Photograph courtesy Greg Kostas.)

the two-session format kept the meet moving and everyone got through at a reasonable time. We have decided to utilize this two-session format in all future meets as it was well received by the lifters! The awards by GCI Sports were fantastic. As one can see by the results, the lifting was outstanding once again! Lifters came from Maine, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, Illinois, Georgia and Alaska to take part in this year's event! Records were set by both men and women of all ages. Some of the many notable lifts were as follows: Ann Leverett deadlifting 315 with a 715 total - while only weighing 95 lbs! Louie Morrison lifting 1480 lbs. at 175 1/2 in the Junior Division. Josh Beaudry bench pressing 400 lbs. at 197 1/2 in the Juniors. Gene Marshall's lifts of 505-390-525 for a 1420 lb. Total at 164 lbs. to win the Submaster's Division. Andrew Miller's 500 lb. Bench press was most impressive as well in the Submasters. Alex Yvars 580 squat, 615 deadlift and 1505 lb. total at 180 1/2 was enough to win a very competitive Master's Division. Dwayne Allen overcame injuries and adversity to set Grandmaster's records in Rhode Island. Sean DiCataldo was impressive winning the 165 lb. Division with 525-325-575 and a 1425 lb. total. Joe Ascani won the very competitive 181 lb. Division with 530 - 355 - 600 and 1485 lb. total. Brandon Kobrenski's 600 lb. deadlift at 172 lbs. was awesome to see! Joe Tavares' 1430 lb. total was enough for victory at 198. Geoffrey Esper had an impressive deadlift of 630 at 211 1/2. Aubrey Souza had the highest deadlift of the day with a 675 lb. 3rd attempt. Patrick Johnson had the highest squat with 735 lbs. and a 500 lb. bench press to go with his 1810 lb. total. Tom Weeks, Joe Rissa, Stephen McIssac,

Dave Amdur and Robert Troon were able to complete all 9 of their attempts successfully! In closing, I would personally like to thank everyone involved in this event. The sponsors, loaders, spotters, officials, table help, admissions, concessions, Rene Moyer, Mike Macchioni, and Next Level Fitness members; for once again, without everyone's help we could not host these successful events! Most of all, thank you to all of the lifters who competed and supported our USAPL event. Without your continued support there would be no event! These meetings will always be for you, and I look forward to seeing

USAPL Maryland State 07 DEC 02 - Laurel, MD

WOMEN	SQ	BP	DL	TOT
123 Teen 16-17				
Jessica Stewart	220	104	237	562
Master 40-44 105				
Cathy Solan	237	126	275	639
144				
Kathi Muttart	176	104	237	518
114				
M. Cabrinety	181	104	198	485
132				
Judith Drenth	242	148	330	722
Master 44-49				
Lisa Lilienfield	198	154	231	584
Master 55-59				
Jean Colvin	115	77	137	330
181 45-49				
S. Washington	198	137	237	573
148 Open				
Veronica Aguila	303	203	369	876
4th				
209				

Jessica Chin	209	143	303	655
181				
S. Washington	198	137	237	573
198+				
Barb Veselich	286	154	286	738
MEN 123				
Teen 16-17				
Chris Junkins	242	126	303	672
132				
Matt Panizari	303	154	358	815
165 Teen 18-19				
William Lubeck	429	286	479	1195
181				
Robert Panizari	369	203	429	992
220				
Kevin Lafferty	314	170	336	821
Open 148				
Victor Aybar	407	264	479	1151
165				
William Lubeck	429	286	479	1195
Darren Taylor	551	330	523	1405
198				
Joe Russo	534	369	551	1455
Dennis Reamy	319	187	402	909
220				
Bill Daugherty	573	380	562	1515
George Petrides	507	402	573	1482
Tom Gelsinger	473	396	551	1372
Ken Bucy	473	314	473	1262
Paul Stagg	330	286	396	1014
242				
David Cooper	606	440	738	1785
Montague Miller	600	341	595	1537
Darrel Davidson	429	292	440	1162
275				
Andrew Ruse	551	325	633	1510
Master 55-59				
132				
Iain Burgess	330	203	352	887
Master 40-44 165				
John Polak	446	336	490	1273
Master 45-49				
Oswald Singh	363	297	418	1080
Master 40-44 181				
Mark Daniel	154	358	154	666
4th				
363				
Master 55-59				
TJ Fleming	374	181	396	953
198				
Master 45-49				
Henry Smith	424	275	424	1124
William Lubeck	374	264	462	1102
Master 55-59				
Dennis Reamy	319	187	402	909
220				
Master 40-44				
Ken Bucy	473	314	473	1262
Master 55-59				
Bill Ivory	209	187	242	639
242				
Master 40-44				
Darrel Davidson	429	292	440	1162
Master 50-54				
WB Rickards	385	303	485	1173
Master 55-59				
Lloyd Harrod	407	264	446	1118
Open BP 165				
J. MacLennan	286			286
181				
Tim Jacob	402			402
275				
David Runyon	418			418
(Thanks to USAPL for providing the meet results.)				

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Dallas Morning News about Larry Pacifico and his strength athlete son Jimmie, Roger Estep's incredible recovery from a deadly cancer, the 785 (or was it 792) bench by Bill Crawford and the 805 he got two white lights on, but wouldn't take, Scott Warman gets into the Hall of Fame (for El Paso), Dan Austin's coaching contract NOT renewed, George Halbert's recovery status, the return (?) of Mike Bridges, plus MUCH more. Each edition is packed with a variety of **IRON GAME**-oriented information - almost all of which you will never find in any other composite source. It's only \$28 for 24 info packed **FIRST CLASS** issues (\$39 for overseas air mail) to PL USA, Box 3238, Camarillo, California 93011

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USAPL New York State BP & DL 07 DEC 02 - Brewster, NY

Ironman/Ironwoman Women	BP	DL	TOT
123 R Lily Ablondi	110	235	345
132 M1 Lori Stiegler	160		160
148 M3 Raw Susan Fulljames	140	245	385
220 JN MEN 132 M1 Bob Colson	255	355	610
148 JN Chris Rodgers	225	440	665
165 Raw Shaun Smith	230	410	640
181 Barrett Heacock	210	440	610
181 T3 Stephn Tangredi	335	545	880
David Bellanca	395	480	875
JN Nicholas Zabawsky	350	505	855
SO Eddie Decamp	175	275	450
198			

JN Joe Bellanca	315	545	860
M1 R Alan Blond	350	450	800
O Billy Ciano	270	500	770
R Deway Lederle	270	440	710
Jeff Longinotti	225	455	680
JN John Poremba	315	605	920
NO Joe Farino	310	550	860
O Jamie Matta	380	465	845
M3 Robert Corbellini	265	570	835
T2 Nick Manciochi	300	500	800
M2 Steve Kozak	300	460	760
JN NO Bryan Sawyers	265	425	690
ML Regan Ward	400		400
O 242 Steve Mann	510	635	1145
O M2 Mark Solow	415	530	945

O Jim Regan	325	605	930
Sub John Alo	385	505	890
O R Melford Bibbens	310	575	885
O 275 Geoffrey Plante	530	440	970
M2 Dan Cease	385	515	900
O Garth Landers	340	545	885
319 Raw O CL ML Kevin Conklin	380	650	1030
SHW O EC Stumpf	530	700	1230
BENCH Tyrone Davis	405		
Women Jamie Malta	380		
104 M1 Ricky Greenspan	380		
T1 Monica Albizu	125		
148 NO R Jeff Tirsch	260		
O 242 Tracy Johnson	200		
O L Amy Kertesz	130		
181 Lou Saviano	520		
R John Beirne	430		
O M2 Elizabeth Brown	95		
MEN Mark Solow	415		
JN M2 Mike Murphy	410		
O Andy Luneau	380		
T1 Bruce Swanson	185		
M5 Robert Hurley	270		
O, Sub, Lif, NO 275 Brad Klingner	580		
Thomas Albano O, NO, R 530 Geoffrey Plante	530		
James Rocciano P/F R 300 BruceNewell	300		
David Norton 319 M3 Fred Dini	530		
O Alexis Grajales 215 M3 DEADLIFT			
R 165 Women Fitroy Terrelonge	310		
Randy Titus 255 148 O Tracy Johnson	225		
JN 250 181 R Elizabeth Brown	300		
Dan Cease 235 Men 165 M1 Mathew Smith	235		
181 M1 Derek Love	425		
Leo McCormick 515 T2 M2 Matthew Smith	405		
Patrick Carroll 365 198 R Ron Daly	335		
M4 300 O R Chet Slaybaugh	640		
Barry West 198 Dean Bellantoni	625		
O life Sub Jeremy Phillips	505		
Bruce Swanson 520 M3 NO Cam Lendo	460		
M3 R Michael Makofsky	335		
M4 220 Cory Soloyna	600		
Ed Spienza 305 M3 Robert Corbellini	570		
ML Edgar Bautista	275		
220 O M1 Charles Slaybaugh	655		
O M1 Sean Kelleher	410		
O M2 Mark Solow	530		

DUNGEON GYM BP CHALLENGE 28 Dec 02 - Galt, CA

BENCH	220 lbs.	
MEN A. Farris	385	
Open J. Collins	355	
165 lbs. K. Smith	315	
J. Morgan	250	242 lbs.
181 lbs. M. Knight	555*	
B. Taylor	325	C. Daniels 405
B. McCormick	305	275 lbs.
198 lbs. J. Malone	455*	
D. Thompson	365	Master (40-44)
R. Miller	360	242 lbs.
T. Peterson	345	M. Knight 555

* - Personal Record. The Dungeon Gym Bench Press Challenge was held on December 28, 2002. In the 165 lb. class, Jim Morgan benched 250 for the win. Bob Taylor, from Sacramento, benched 325 at 181 lbs. bodyweight. In the 198 lb. division, Don Thompson benched a big 365 lbs.. In the 220 lb. class, Adam Farris, from Citrus Heights, CA, benched a big 385 lbs. for the win. In the 242 lb. class, master lifter, 44 year old, Mike Knight benched a huge 555 lbs. for the win and a new PR! In the 275 lb. class, James Malone blasted up a big 455 for a new PR. I'd like to thank the spotters, loaders, and judges, Joe Weiss, Darryl Skeva, and Kurt Heath. Thanks to Powerlifting USA Magazine. (Thanks to Kurt Heath for providing results)

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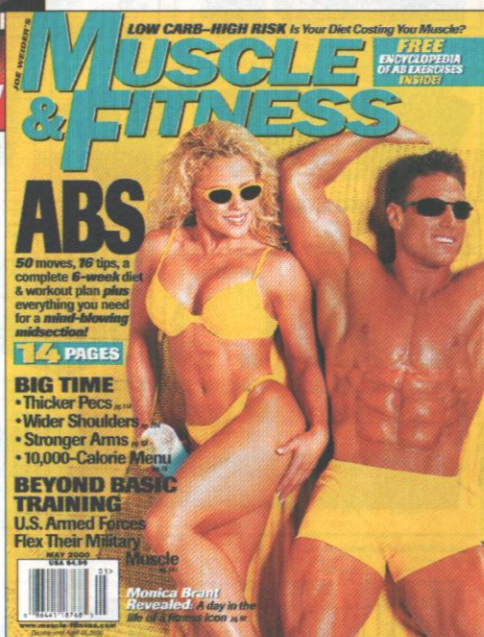
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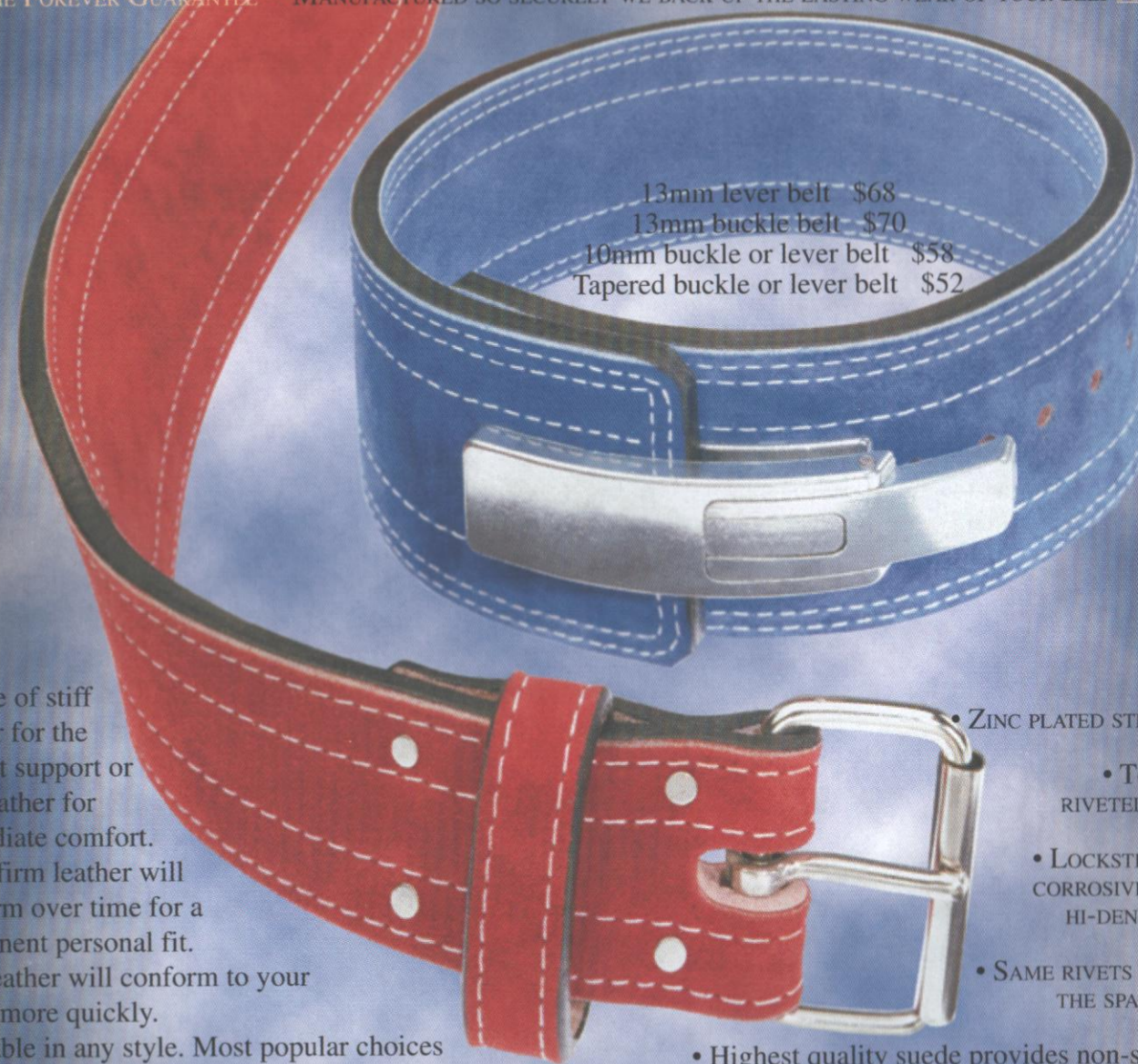
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