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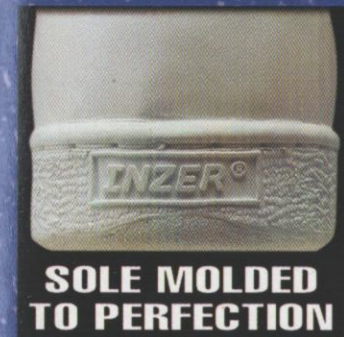
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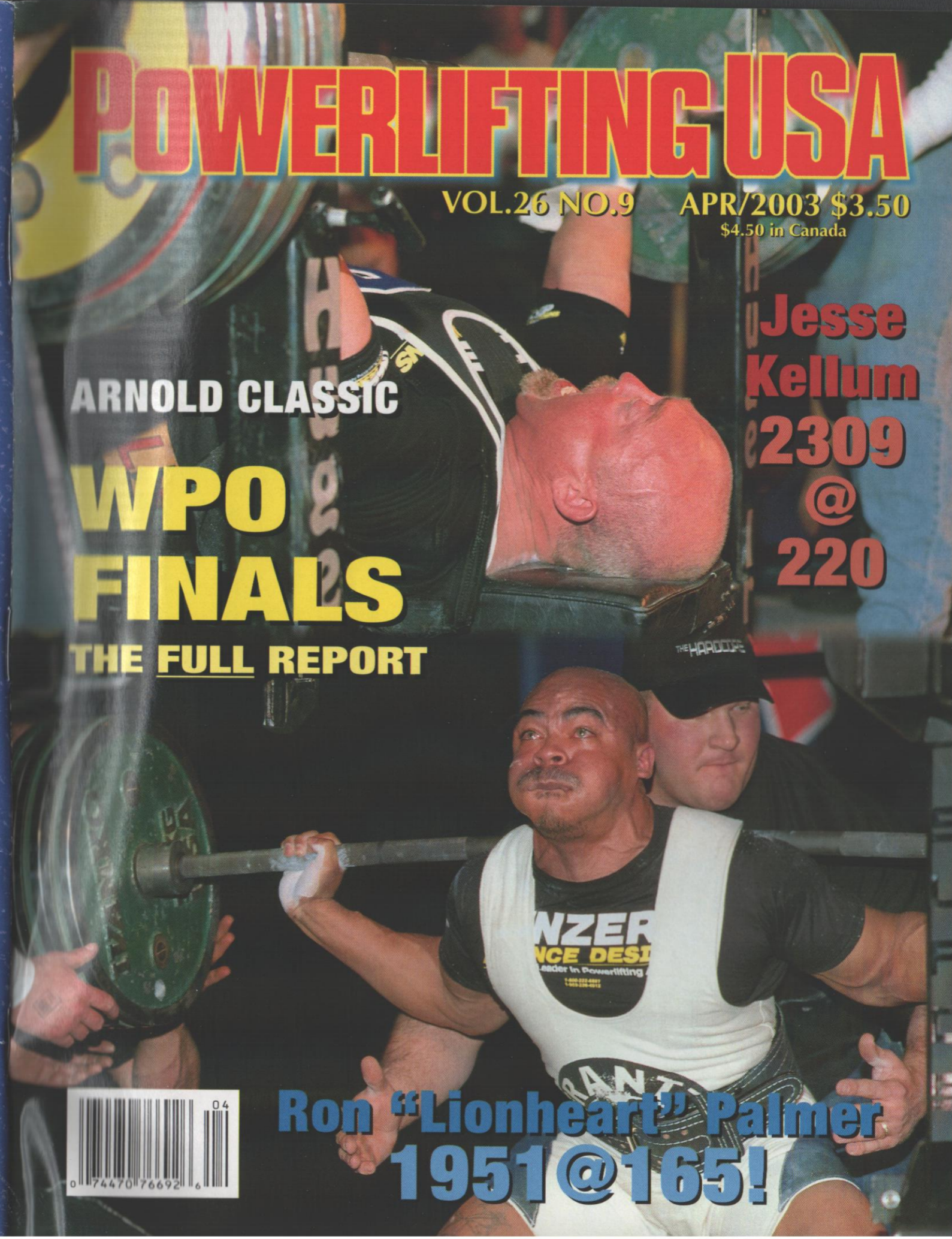
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THE FULL REPORT

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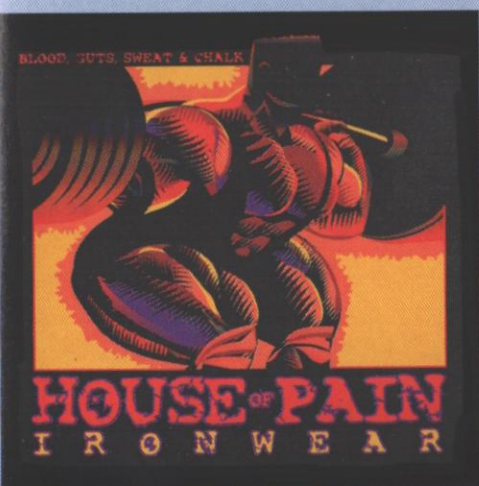


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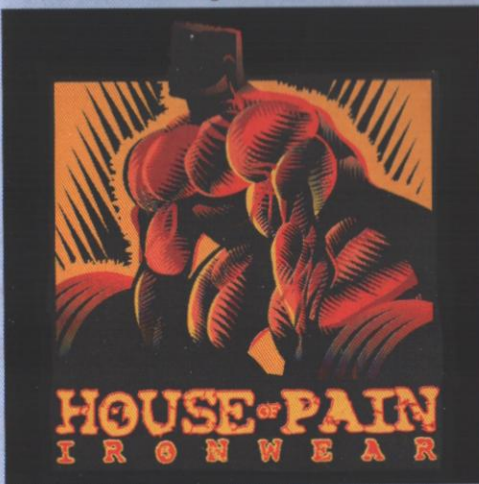
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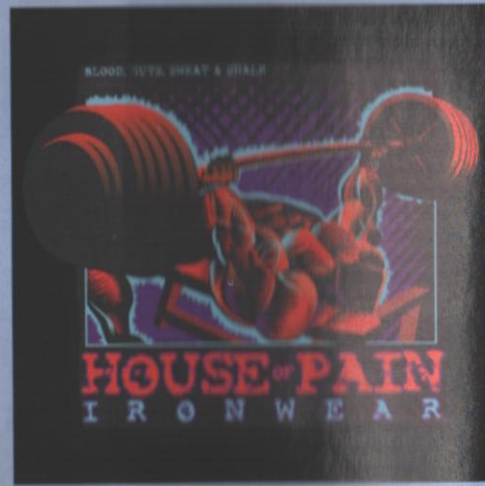


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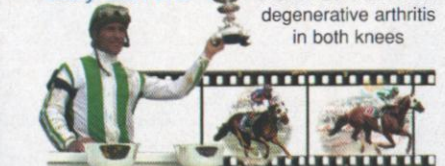


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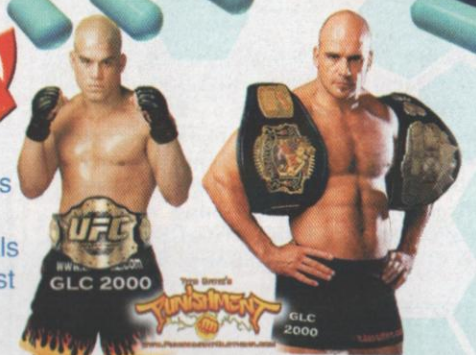
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr\$54.00
Outside USA, surface mail .. \$42.00
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ON THE COVER Jesse Kellum and Ron Palmer, overall champs at the WPO Finals, and Jesse won the bench meet too!

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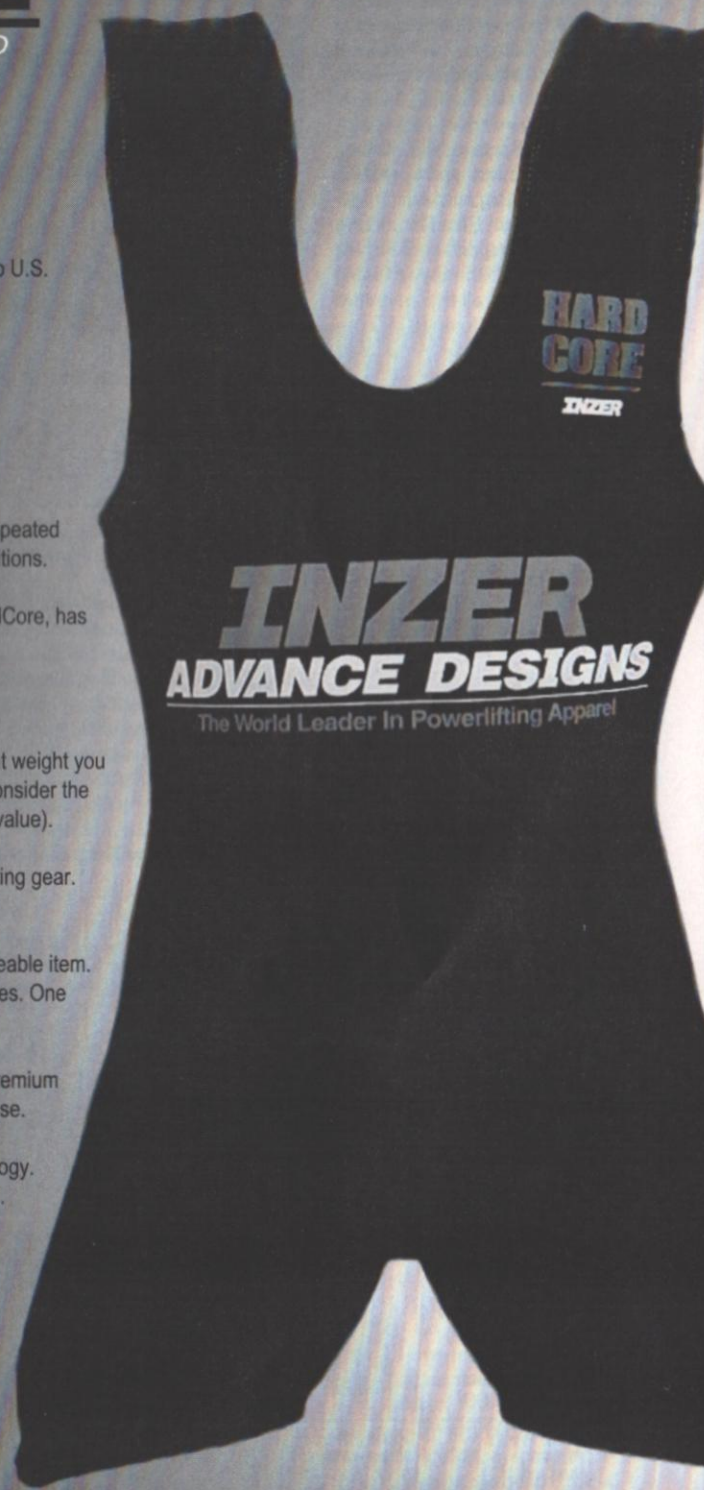
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The 2003 WPO Finals earned triple the size venue that last year's crowd at the Arnold Classic couldn't fit into, and it was nearly filled to capacity again. As always, Kieran Kidder brought in a major league light and music crew, attractive card girls, and all the gear and support staff to present a memorable meet to this appreciative audience. Notable was the Hardcore squat rack developed by Russ Barlow, Chris Wiers, and Scott Blanchard. Incorporating several unique design aspects, it performed perfectly. Russ is such a perfectionist he couldn't even handle the possibility of the paint being scratched. Despite all the amenities (WPO President Kieran Kidder is literally pouring millions of his own dollars into the sport of Powerlifting!) the real attraction is the lifting, where (as Kieran so aptly puts it) they are "wheelin' and dealin' major steel!"

The Lightweight superclass includes all lifters up to 165, with the lightest here being Amy Weisberger, who competes straight up with the men. Weighing just under the 132 lb. mark, her three great squats, partnered up with openers in the BP and SQ, though there may have been some misloads responsible for her problems there. Among the men, Sakari Selkainaho, one of the rugged Finnish entries at this internationally illustrious competition, was looking strong, but his delicate back kept him from getting a deadlift on the board. He needs to take a year off and rehab

The W.P.O. FINALS

as told by Mike Lambert & Herb Glossbrenner



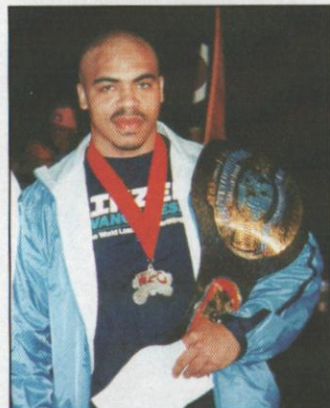
Angelo Berardinelli ended up with the top Middleweight squat

it, but he is so busy with many projects (including a book with Louie Simmons) that he can't bring himself to neglect his competition lifting altogether. August Clark Jr. always ready to hit a bodybuilding pose ... was just toying with the weights here, saving something for the bench bash the following day, but he still broke the WPO World Record in the bench for a three lift meet with an easy 464.

His move up a weight class has added a great deal of functional strength to his frame, and he will hit a much bigger three lift total when he's not worrying about lifting two days in a row. Brian Schwab is developing great overall balance in his lifting and that translates directly to a bigger and bigger total ... to the point that he is now among the TOP TEN lifters of all time in the light-weight division.

There were three lifters left, all of them middleweights, and all of them world record holders. Angelo Berardinelli prevailed in a dog-eat-dog squat competition, ending up with a new WPO world record of 789. He even tried (but missed) an astonishing 804 on a 4th. The defending WPO Lightweight champion, Tony Conyers always seems to face the fiercest competition imaginable in this class. On his 4th attempt at 790 in the squat, he could have become the third different lifter to break the WPO world record in this class, on the same day .. that's what I'm talking 'bout ... real competition! Tony had his fists full of deadlift bar trying to stay ahead of Angelo, who came down to a miss at 644, which allowed Tony's 2nd attempt to prevail ... 1879 to 1873 - which is a

spectacular standard, but Lightweight winner Ronald "Lionheart" Palmer was in a different realm. First off, his extreme weight loss regimen (starting at 185 10 days before weigh-in) actually went a bit too far, as he actually had to wait a bit too long to officially weigh-in and ended up at 72.62 kilos/160.09 lbs. of body-weight. He got incredibly well by platform time and calmly drove up three excellent squats, to a temporary WPO world record 788. He couldn't be held back in the bench either, making all three regular attempts, before missing a 4th at a huge 496. He then made three deadlifts, with his opener winning the lightweight battle, his 672 setting a new all time total record of 1934,



Ron "Lionheart" Palmer ... with his Championship belt. (Herb)



How Can I Top This? Becca Swanson's lifting was awesome

and his final of 688 bumping that up to an utterly unprecedented 1951 ... AS A MIDDLEWEIGHT! Then he went for a huge WPO World Record 744 in the deadlift, but missed. Add up his highest attempts ... it comes to a freaky/scary 2028, and he doesn't even seem excited about any of his lifts! Actually, he had a new son born the Monday after the meet (8 lb., 12 oz. Ronald Raymond Palmer) and considers this to have been the greatest weekend of his life.

The Middleweight superclass had a guest lifter, and what spectacular lifting she did. Becca Swanson had only recently stunned the minds of man and womankind alike by breaking the 700 barrier in the squat, but here the beaming 230 pounder took it far beyond that point. All her squats looked the same ... perfect and powerful .. although she got a couple of 2/1 decisions from her opener at 683, to an all time record breaking 710 2nd, a further barrier bashing 733 on a 3rd, and an emphatic fourth at 744. She also got WPO world records on her 363 and 374 bench attempts, and then she went to work on the deadlift and total marks. Her 584 opener gave her 1692, then a WPO record 606 made her first through the 1700 total barrier for women with 1714, and then she took that even higher with 628 for 1736. TEN for TEN! She watched the winner of the "World's Strongest Woman" contest, Jill Mills, exhibit some remarkable stone lifting strength prior to the bench bash competition on the Arnold Expo stage and graciously congratulated her, but what incredibility might we see when/if this Nebraskan gets into the WSW contest at some future date?

Three lifters bombed in this group ... Finland's Tatu Avola and Columbus, Ohio's Arnold Coleman did not

get a squat approved on two tries (that's the end of your day, according to the WPO rulebook), but Joe Dougherty had one lift on the board, but did not return after his miss at 738. Germany's Harald ("Dirty Harry") Selsam looked so solid with his tries at a 903 squat (weighing 215 plus) but did not get them. Ken Patterson got a nice 826 squat for himself, but couldn't get his heavier bench press attempts down and up satisfactorily. 21 year old Tony Caprari has made stunning recent gains in the 198s, particularly in the squat and bench, and was described as the youngest to pull 800, but Ed Coan (on site to witness this event, recovering well from his quad blow-out last year, and hoping to lift at this year's Mountaineer Open) was actually the first, but that's not bad company for either man.

Chuck Vogelpohl opened at a massive 970 in the squat, but didn't get two attempts at 1014, and he only got his opener in the bench as well. In the deadlift, he followed his 760 opener with a shaking miss at 804 and then a hamstring ripping try at 821. He earned \$3,000 for his three attempt day, but Ms. Vogelpohl had to go up and accept his award as he was hindered by his injury.

Jesse Kellum decided to ease up into the 220 lb. class to avenge his loss of the Champion's belt last year, and he was a spectacle of strength. A 931 squat was not enough for him, as he took an audacious leap up to

970 for an unsuccessful try. If Jess can get the weight off his chest, it goes up and he went up and up and up to a 688 bench on his final try, and that's all he had to deadlift to take the overall title with 2309.

(the following section written by Herb Glossbrenner)

A 14 man field of the greatest Heavyweight Powerlifters in History lined up on one stage to determine at this magical moment in time who indeed was the greatest of them all. This was to become a day in the History of Powerlifting that will never be forgotten.

Garry Frank came into this meet as the undisputed Strongest Powerlifter of All Time. He had his eye set on reaching a 1225 kg. (2700.66 lbs.) total, which was not out of reach as his best competition lifts (now) add up to 1220 kg. (2689.6) via 1019, 738, 931. Garry came in at 363 lbs., and started off well with a 2nd attempt PR SQ of 1019 and came up with 1036 on a 3rd. At the right time and place Garry will put all of his eggs in one basket. Unfortunately today was not the

day. His BP is unpredictable. Either he is hot or he is not. Two awkward attempts at 677, a weight that is usually "duck soup" for him, went nowhere and he was eliminated from the competition. Garry plans to rest up and save himself for an all out assault this November at the WPO Semi-Finals back in Atlanta, where I believe he will reach his ultimate goal.

Don Thompson Jr. of Columbia, SC looked sensational last November, in his runner-up Heavyweight finish to Frank, reaching 1100 kg. (2425 lb.). Bigger than ever here (355.6) his 947.9 SQ here proved to



Powerlifting will be BAAAACK! ... the men who created the Arnold Classic, Arnold himself and his partner Jim Lorimer, joined Kieran Kidder to express their appreciation for the powerlifters

be too much for an opener. Two misses he was on the sidelines, lamenting elimination also. Jon Grove, 29, an outstanding performer from Dallas, GA injured his back and could not register a tentative DL opener (622). I knew he was hurt, because he barely cleared the floor with it and I've seen him raise 785.

In ranking succession, Craig Gallo, 31, from Ann Arbor, MI had a potassium deficiency due to dehydration and looked very shaky. After his 942 difficult SQ opener he passed his other two attempts, a shame because Craig had set a WPO 308 Class WR of 1025 last November and had hopes of doing more here. Craig's BP was a gamble that didn't pay off - two misses with 556 after a modest opener, which left him way behind. Craig started light in the DL, and assured his 11th place finish. When a try at 766 wouldn't go, he called it a day. A couple of 242 pounders who'd squared off at the Semis battled once again: Jani Ihalainen of Finland vs. Jose Garcia, 25, of Aurora, IL. Garcia had prevailed in their previous encounter in New Orleans, 2221 to 2132 for Jani. Today it was a different story, as Jose struggled against the iron all day. Ihalainen improved his SQ to 914, 27 better than he'd done before, then displayed tremendous



I want MORE!! ... if Jesse Kellum had a full year at 220 could he challenge the all time recods of Vogelpohl (squat) and Halbert (bench)?

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improvement in the BP. He had done 473 down in the Bayou - but improved that by 66 here - 540! Jose registered an 881 SQ final try, pressed 523, but failed a PR try at 556. The Titanic Hispanic was having a rough day, facing a 49 lb. catch-up task, not to mention being the heavier man. Jani left the door open following a 61 lb. jump from his DL opener. Alas, 749 twice failed to yield to his strong sumo pull. Jose had his chance to go around him, but two tries with the same 749 wouldn't go. Garcia had 957.5/2110.9 - 110 lbs. behind his best - for 10th position. Despite DLing 61 less than he'd done last Nov., Jani still salvaged a PR TOT of 2221 for 9th place.

Finishing 8th in this incredible field of Supermen was L.A. Lifting Club's "Israeli Tank" - Oan Basson, now 25, who has made remarkable progress since he began training under the guidance and program of Joe Avigliano in August 2001. He came there with best competition lifts of 617 SQ, 540 (raw) BP and 622 DL. Oan was a surprise of the meet at the WPO Semi-Finals in New Orleans. Going 9 for 9, Oan hit a 1003 SQ (almost got a WR 1026), BPed 639 and DLed 705 to place 2nd to the great Paul Childress at 308 with an 'oan-believable' TOT of 1065/2347.9. Oan's SQ prowess, strong, deep and explosive brought a thumbs up and smile from Ed Coan who expects excellence of execution, as he does from himself. Unbeknownst to everyone, Oan had tweaked his thigh close to contest time. It was uncertain he'd come until the last moment. Rest combined with DMSO seemed to get him over the tenderness. Oan felt recuperated, so Joe tested him. A 970 mini-max in training and the green light was on. His SQ was flawless in the competition here: a 925 opener was followed by a 970, then straight to 466.0 (1027.35) to erase Gallo's 1025, 308 WPO WR. It was short lived, though, when the "Fabulous Finn" dunked 470 (1036) on his 3rd attempt.

Undaunted, Oan came back on a 4th attempt to reclaim his WR with a strong, deep lift of 471.0 (1038.377), a lift that ranks 5th, (equivalent to 4th - matching Ed Coan's best ever) of All Time. This is just another step up the ladder to his long range goal of owning, outright, the heaviest SQ in PL History. Oan really chomped down to increase his bodyweight as he'd weighed in at a light 301.4. He wanted to weigh about 314 when he lifted to increase stability. That worked for him in the squat, against him in the BP. Prepared for 300 kg. (661.4) here, his shirt blew on his 272.5 (600.7) opener. Switching to a backup shirt and repeating, he next took a 633

WPO FINALS - 28 FEB/1 MAR 03 - Columbus, OH

Lightweights	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
75 kg											
Palmer, Ronald	320	342.5	357.5*	200	210	215	572.5	287.5	305	312.5	885*
Conyers, A.	310	350	350	187.5	197.5	202.5	552.5	282.5	300	340	852.5
Berardinelli, A.	327.5	347.5	358*	190	207.5	245	565	267.5	287.5	292.5	850
67.5 kg											
Schwab, Brian	272.5	290	290	192.5	240	240	482.5	262.5	262.5	272.5	745
Clark Jr, August	227.5	257.5	205	207.5		211*	467.5	220			687.5
60 kg (Female)											
Weisberger, A.	195	215	220	135	142.5	142.5	355	197.5	197.5	245	552.5
67.5 kg (FIN)											
Selkainaho, S.	265	205	205	170	400	400	435	245			
Middleweights											
100 kg											
Kellum, Jesse	387.5	422.5	440.5	292.5	307.5	312.5	735	305	312.5	347.5	1047.5
Vogelpohl, C.	440*	460	460	237.5	245	250	677.5	345	365	372.5	1022.5
90 kg											
Caprari, Tony	367.5	377.5	305	227.5	235	237.5	612.5	327.5	245	365	957.5
100 kg											
Patterson, Ken	342.5	367.5	375	282.5	307.5	345	657.5	272.5	282.5	307.5	940
Selsam, Harlod	360	440	440	205	215	222.5	575	310	330	340	905
90 kg											
Avola, Tatu	360	370									
Coleman, A.	357.5	365									
82.5 kg											
Dougherty, Joe	317.5	335									
Guest Lifter Female - 90 kg +											
Swanson, R.	310	322.5*	332.5*	155	165	170*	507.5	265	275*	280*	787.5*
4th			337.5*								
Heavyweights											
125 kg											
Goggins, Steve	455	488	500*	182.5	250	267.5	750	250	372.5	400	1150
SHWT											
Bolton, Andrew	400	435	455	255	265	272.5	727.5	345	385	423	1150
140 kg											
Turtiainen, Ano	450	470	470*	230	245	250	740	370	390	444.5	1130
4th			490*								
Childress, Paul	440	460	462.5	275	285	290	752.5	330	345	360	1097.5
SHWT											
Moore, Beau	387.5	410	422.5	320	328.5	337.5	750	320	340	350	1090
Mikesell, Brent	457.5	402.5	402.5	205	275	202.5	732.5	327.5	357.5		1090
Smith, Matthew	390	422.5	445	282.5	307.5	347.5	705	345	377.5	302.5	1082.5
140 kg											
Bassam, Oan	420	440	466*	272.5	272.5	287.5	757.5	300	320	320	1057.5
4th			471*								
110 kg											
Ihalainen, Jani	370	400	415	222.5	235	245	660	312.5	340	340	972.5
Garcia, Jose	302.5	382.5	400	230	237.5	252.5	637.5	320	340	340	957.5
140 kg											
Gallo, Craig	427.5			220	252.5	252.5	647.5	305	347.5		952.5
SHWT											
Frank, Garry	432.5	462.5	470	307.5	307.5						
Thompson Jr, D.	430	430									
140 kg											
Grove, Jon	302.5	382.5	442.5	262.5		202.5	645	202.5			

* - Denotes WPO World Record. Note: In WPO 4th attempts for records count toward Total. Increments less than 2.5 kg. added for record purposes within contest to not count on total. For instance 423.5 is only good for 422.5 counted on TOT. From WPO/WPC Rulebook.

3rd, so as not to take a risk. Oan's DL misfortune was two lifts turned down for insufficient lockout after a light opener. Still a 2331 TOT is great. The BEAST from THE MIDDLE EAST has been unleashed.

In 7th place was Matt Smith, 28, 340, from Columbus, OH, who came in with the 3rd highest SHW Total All-Time (2445) and aimed to prove himself. He opened very cautiously with an 859 SQ, sat deep with 931 and popped it right up. He tried 981, a big PR, but folded in the hole. He'd hoped to obliterate his BP PR (665), but after a ridiculously EZ 622, he leaped to 677 (2nd) and 699 (3rd) - and missed both. Matt's DL was "on" as he opened with a toy 760, and followed that with a PR 832 - a great lift! On a 3rd he went for 843 and had it nearly up when his grip popped loose. TOT 2386.5 - good enough for 7th spot in this awesome competition. At age 34, Brent Mikesell

(332.9) came in looking solid as the Rock of Gibraltar, with the 6th highest performance among Supers snugly under his belt - officially (2430.5). He was sole owner of the biggest SQ in PL History that I'd witnessed just a year ago (1074.8), a lift indisputable as far as depth goes. He'd come oh so close to smashing the magical 500 kg. (1102.3) barrier last August, taking the massive weight into a deep hole and stalling out at near completion. He had designs on doing that here. His 1008 opener looked like a tinker-toy: fast, explosive, and oh so EZ. He ordered up 482.5 (1063.7) for a 2nd attempt. This was a done deal - I figured. I was very surprised when Bent got pinned in the hole. There had been a big misload. An extra 20 kg. (44 lb.) plate had been added to his left side, making the load a whopping 502.5 kg. (1107.8 lbs) and lopsided at that. (Ask Ed Coan how this feels. It's

happened to him!) Brent, physically and emotionally shaken, got the attempt over. He almost got straightened up with it, but stalled - miss. How unfortunate. Mikesell finished up the meet well, despite the circumstances. He hoisted a PR BP (606.2), then took two DLs (788.1) and waived his 3rd. Brent finished 6th with 2403. On a good day he will 2500 (EDITOR'S NOTE: Brent did go 2500, with an all time record 1103.5 squat, 606 BP, 793 DL at the Canadian Nationals on March 23rd) Ranking in 5th among the heavyweights today was the sensational Floridian Beau Moore. He came in at 329.6 and really looked good. It's the ideal bodyweight for him. Moore dunked a deep 931.4 SQ, then did his best benching ever. He opened heavier than anyone in the contest (705.4) and blew it away. Next straight to break his own SHW 3-lift WR (323.5 kg) 724.22 lbs. and he pressed it perfectly. MOORE wanted MORE. Up to 744.1 for a noble try. He'll do that and more before it's said and done. Beau tugged 705.4, then a perfectly executed 749.6. With that Beau became the 18th man in History to go over 2400 TOT (2403.04). He ranks one notch higher than Mikesell because of lighter bwt.

Paul Childress (I think age 32) from Lancaster, NY is built along the lines of a bull rhinoceros and has the physical attributes to move huge iron. He hit 2403 back in NOV. Paul seems to put out his best in big meets where it counts. He opened with a 970 SQ. Then, up to 1014, completed, but judged shallow. Undaunted, Paul increased to 1019 and got it, bettering his PR by 2.5 kg. Paul had a flawless BP day succeeding with 606, 622, and a PR 639. In the deadlift, he manhandled 727, then 760 to boost his PR TOT to 2419.5, but missed his final lift of 793 trying for a huge 2452 sum. He's on target to bust Badenhorst's (RSA) all time 308 total of 2430.6. To rank 4th in this incredible meet shows just how good Childress really is!

Even though the biggest dog (Frank) wasn't in the yard to defend his territory, there were three furious "pit-bulls" ready to go at it and prove who was the baddest in the yard at the moment. They were: Ano Turtiainen, 35, from Helsinki, Finland. This multi-time WPC World Champ made his grandest stand at the 2001 WPO Semi-Finals (Aug. 12th that year) in Orlando, FL. It was there he surpassed the 12 year standing all-time 275 TOT Record of the late great David Pasanella (1115.0/2458.1 lb.). Ano achieved an aggregate of 2463.1, the 2nd biggest TOT ever at the time. There Ano established world 275 records of 1005.3 SQ and 862 DL coupled

with a strong 600 BP. He collected 13 grand (more than anyone else at that meet) and was on a roll. Coming into this meet, Ano first tore one tricep, and later the other one. His SQ and DL were improved, but his BP lagged. The biggest of the Titanic Trio here was Andrew Bolton of England. He bears striking facial resemblance to the late pro wrestler known as the British Bulldog (only he's considerably larger and much stronger). He's long been a big dead-lifter but only recently showed his true potential in the other lifts. Last summer at the BPC British Nationals in Boumemouth, England, he surpassed Heisey's All-time biggest pull of 925, lifting up 420 kg. there (925.9). Then, at the Semi-Finals of the WPO on November 9, 2002 he broke the WR again with 420.5 (927) in New Orleans, dueling for undisputed pulling supremacy with leviathan Garry Frank. Frank responded by outdoing Andy with a tremendous 422.5 (931.4) lift of his own. Andy wanted the record back, and even without Frank to challenge him due to elimination here, was determined to prove that when it comes to deadlifting that "he's the man". Andy has proved that he's no "English Muffin" when it comes to the other lifts, and he came into this meet owning the 2nd biggest total ever behind Frank (2486.31 done in Boumemouth, 28 July 02). Andy had come to the Semis on 4 days notice and wasn't really in shape except for his DL, but he was "hot to trot" here.

Last, but certainly not least, was the Man from Texas, now making

his home in Marietta, GA. He's the amazing, incredible Steve Goggins. Now 39 years of age, he keeps getting better and better. Nobody, and I mean nobody, but Steve himself knew that he would shine so brightly here. He came in with a best ever total of 2431.69 under his belt, the 8th biggest total in the History of PL. He weighed in a hard, muscular 265.547 lbs., giving away lots of bodyweight to the others. (Ano, who just moved up to 308s, weighed in at 288.144, still looking lean for his height, Bolton as a living advertisement for 100% Grade A, "British Beef" with his 326.284 lbs. of prodigious power). Renowned for his tremendous squatting ability as far back as March 5, 1990, he made the cover of PL USA with his 968.93 lb. SQ @ 242 at that big Hawaii Record Breakers Meet. When I wrote my article criticizing the judging at the 1996 APF Senior Nationals in Atlanta, GA I drew attention to what I considered to be the insufficient squat depth of Steve and his major competitor. Steve achieved a remarkable 468.5 (1032.3) there at a mere 109.70 (241 lbs) bodyweight. At the time, all I got was heat from everyone. However, I felt betrayed as I'd bragged on an organization I'd believed in, but ended up looking like a fool when I saw such flagrancy occurring. Steve felt I'd ruined his reputation and no matter how hard I tried to convince him that I really had his best interests in mind, I'm sure he really never forgave me. I got a tongue lashing from him at the Finals only a year ago. Steve has made a few changes in technique, so

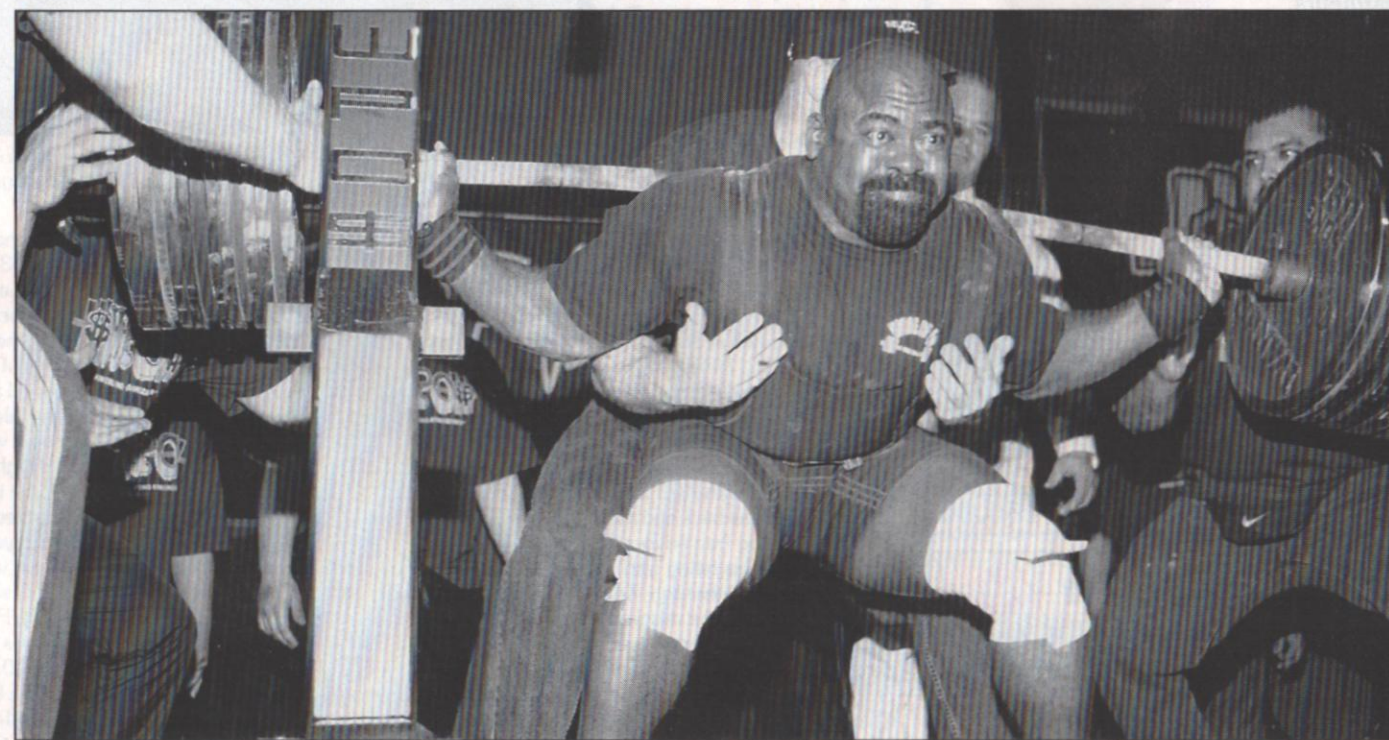
he can indeed get hips lower, and in recent outings he has shined.

Let the action begin. The burly Bolton worked up to a fast and explosive 1003.1 SQ, 3rd attempt here, looking good for more. An increase in bodyweight was a rewarding stabilizer for the long levered, strong tendoned Turtiainen. He opened with a powerfully executed 992 - looked good to me. Next up to 470 (1036.17), turned down for depth. He came back strongly to make it an a 3rd, which took the WR away from the newest holder - Oan Basson - who had just taken it away from Gallo with 466.0 (1027.355). Basson got it back with a 3rd success of 471.0 (1039.377) on a 4th, but Ano awaited to see what Goggins would do before he selected his 4th attempt record try.

Goggins came in with a game plan to rock the Powerlifting World's very foundation. With every SQ, he was building up a head of steam, getting stronger and stronger. His 1003 opener was so low he looked like he was completely crushed under it. Then he uncoiled and motored right up - effortlessly. Steve didn't come to Columbus, Ohio to play second fiddle to anybody. He orchestrated his move up to a mind boggling 488.5 kg. That's 1076.958 lbs, which would be the biggest SQUAT in World History, by anyone at any bodyweight. Kieran Kidder was getting very excited on the mike, and the adjectives flowing were worthy of such an attempt: "crazy", "freaky", "unbelievable". The crowd (thanks to Kidder's prompting) realized they were seeing something

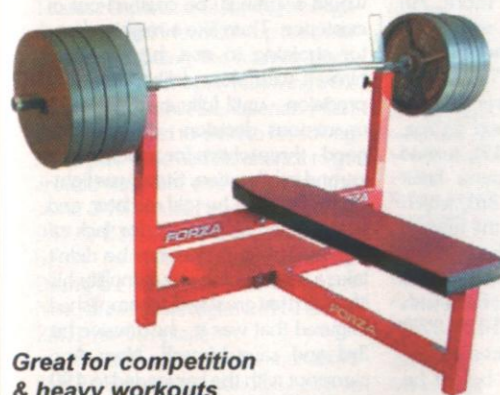
incredible, and responded by loudly cheering as "the man" stanchd himself under the cold, unyielding iron. He took it down - down - folding himself so deep and low that he would seemingly be crushed out of existence. Then like a mighty elevator straining to rise, he unwound himself with slow deliberation and precision - until fully erect. It was a unanimous decision - indisputably good - three whites for a moment of joy and exhilaration. Steve was fighting his balance, he told me later, and straightened slowly not for lack of power, but to make sure he didn't take a step, which would nullify his lift. With that great feat accomplished I figured that was it - he'd waive his 3rd and save himself. Now Ano came out with the bar loaded to 490 kg. (1080.265) with 'double jeopardy' intent to regain the 308 WPO WR SQ record he'd lost to the mighty Basson and to upstage Steve with the "new" biggest dunk there ever was. He lowered himself down and was evidently inspired by Goggins previous tremendous effort. Two white lights came on! No, don't tell me. Goggins felt he had one lift left in him. The magic 500 kg. (1102.3) was loaded. Kidder was going bananas: "This is insane, nutty, crazy, stupendous" he cried. I'd seen Mikesell, the only man ever to attempt this load, take it deep and struggle to the three quarter erect position last August, very close. Now, a man weighing sixty five lbs. less, would attempt to penetrate that un-crossed boundary in Powerlifting

(article continued on page 85)



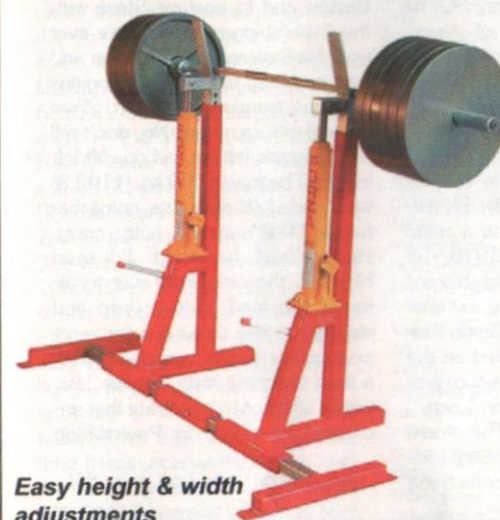
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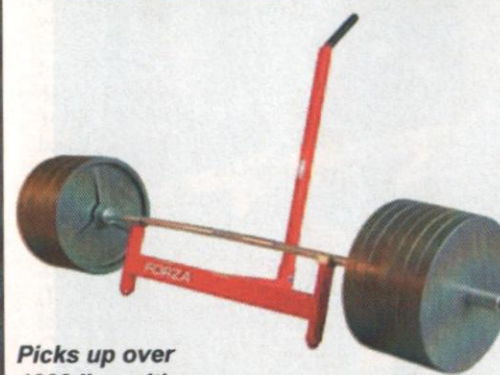
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WPO Bench Bash for Cash

as told to Powerlifting USA by HERB GLOSSBRENNER

The most prestigious BENCH PRESS contest of the World is the WPO World Record Bench Bash for Cash. This annual event took place in conjunction with the WPO Powerlifting Finals held at the Greater Columbus Convention Center, a renowned sporting venue in Columbus, OH. As it was last year, this event took place during an intermission during the powerlifting competition, and was presented once again on the main Arnold Expo stage. Getting to that stage was an athletic feat in itself! Remember that old episode of Star Trek where the planet was overpopulated, with billions upon billions of people crowded together, packed tighter than sardines in a can with only room enough to stand. If some jokester would have hollered "fire", there would have been a stampede.

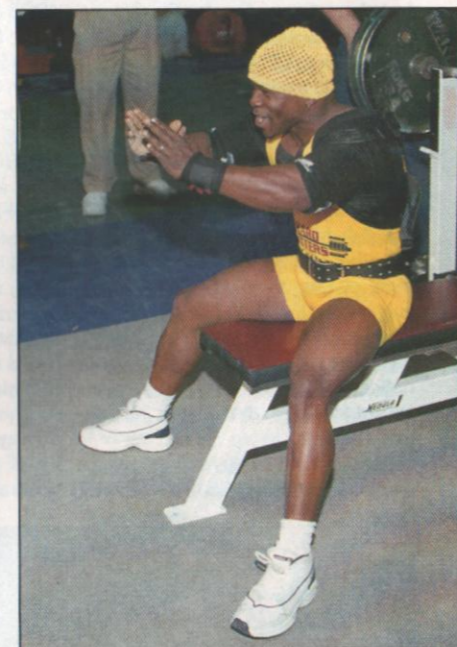
Several thousand curious spectators planted themselves on all sides of the stage, from near and far, to see the Superstars about to Bench! There were two flights of lifters. The Lightweights (up to 75 kg. (165.3) lbs. bwt) and Middleweights (82.5 kg. (181.8) through 100 kg. (220.4)) bodyweight categories lifted first. The heavyweights (110 kg./242.5 through Superheavy weight) lifted last.

LIGHTWEIGHTS

Two females got to display their amazing prowess lifting right alongside the best men. Roberta Collins, a discus thrower, is a Louie Simmons find. Apparently she had done a contest a couple of months ago without a shirt, getting 390 officially. Roberta's debut was premature. Strong? Maybe, but very inexperienced. She opened with a huge 429.9 try - it crushed her. Ditto her 440.9 try. Meanwhile, the World's strongest female bencher Karen Sizemore (450 officially) sat in the audience lamenting that she was not invited. Female phenom Tina Rinehart displayed her phenomenal ability. From Chillicothe, OH, she has a great coach - Bob Shaefer. Weighing only 132, she's a match for the guys. Tina OPENED with a spectacular 352.7 lift, an All-time Women's best and WPO WR which exceeds her best ever lift of 347.2 made here last year. Tina smashed this up with confidence and authority. She went up to 358.2 for her 2nd attempt. Astounding! That's more than the best ever in the next highest class (352.7 @ 148 by Paula Suzuki of Hawaii). She got it up, but double pumped it. No lift. Then, with a fresh head of steam, she came storming out and popped it up on a 3rd attempt. Good lift! The crowd went berserk. She made a mind-blowing stab at 369.3 on a 4th attempt, but missed that.

The only casualty among the lightweights was Kevin Harmon of Fulton, MS. Weighing a mere 141.3 he twice failed to lift 385.8 and was eliminated. Brian Strickland of Florida weighed 169. He began with 402.3, missed 429.9, but with true grit came back and made it on a final lift. A long time drug free advocate, Joe Mukite put every ounce of his being into succeeding with a terrifically fought through 440.9 opening lift, weighing 147.93. Joe misgrooved 451.9 a second attempt, then came ever so close with a personal best of 462.9 on a final lift. Joe is promoting a big bench press event July 5 in Chicago, IL called BENCH AMERICA (No entry fee, no sanction, for latest details see add in POWERLIFTING USA. Oh yes, the event will

have TV coverage (Fox Network)! In 3rd here was August Clark, Jr. He'll turn 40 this year and is a truck driver from Folsom, LA. Trained by the great Jesse Kellum, August had increased his bdtw. to 146.83. He was ready to deliver the biggest payload he's ever hauled to a BP event before. He teased us with a WPO WR 211.0 kg. lift at the PL event on Fri. (that's 465.17 lbs.). Today, August uncorked a triplicate of WPO WRs breaking his own record with each shove: 459.6, 479.5, and finally a spectacular 501.5. Wow. August was hotter than a Louisiana pepper. For a 4th attempt he came unbelievably close (to within one inch of lockout) of completing the biggest lift of all time for his 67.5 kg. (148.8 lb.) category - a whopping 512.6 lbs. (232.5 kg). He'll do that and much more before the year is over. Zowie!



Crowd Favorite August Clark Jr. hopes to be challenging Markus Schick at 165 in due course.

The matchup for the overall lightweight championship was a humdinger. Markus Schick, 33, of Germany has been the most dominant bencher of his stature in the World, but was tested here for the first time in many years. That is how good he is. Fred Boldt of Columbus, OH came right out of the woodwork. Louie Simmons saw his potential and molded him into a tremendous new super-talent. Shick popped up his best ever here last year with 256.0 (564.38) at a mere 162.2 bwt. the highest lift of all time at 75 kg. (165.3). Boldt came into this competition with a monster 540 credited to his name in an October competition late last year. Their battle commenced: Shick opened with 529.1 and smoked it easier than I've ever seen him do before. Like a "Boldt" out of the blue, Fred let everyone (especially Markus) know he was the real deal. He started with an incredible 540.1 - rammed right up. He was ahead right off the bat. Schick was the lighter man (156.55 to 164) an advantage in case they tied. Schick picked 250 (551.1) for his second lift. It went up so easily I



Fred Boldt drove up amazing poundages as an extremely lean 165er. Will he stay Middleweight and go for the 600 barrier, or move to 181?

knew he was stronger than ever before. Boldt "stroked" the same massive weight for his 2nd lift. Markus now had the lead due to the lighter bodyweight. On the final round, Schick picked 257.5 (567.69) for his 3rd attempt. It exploded right up, securely locked! It was a new WPO World Record, breaking his own mark. Fred was in the "red", and went for the lead. He took 258.5 (569.89) on his final lift to get the

record himself and gain the upper hand. Whoa, he almost had it. Markus, having won the match-up and taking the first place cash prize for the Lightweight win, decided to "shoot for the moon". The most he'd ever attempted in competition or otherwise was 260.0 (573.2). It looked like a sure thing that he would take and make this on a 4th attempt, but no. The bell was loaded to an unbelievable, mind-bending, beyond

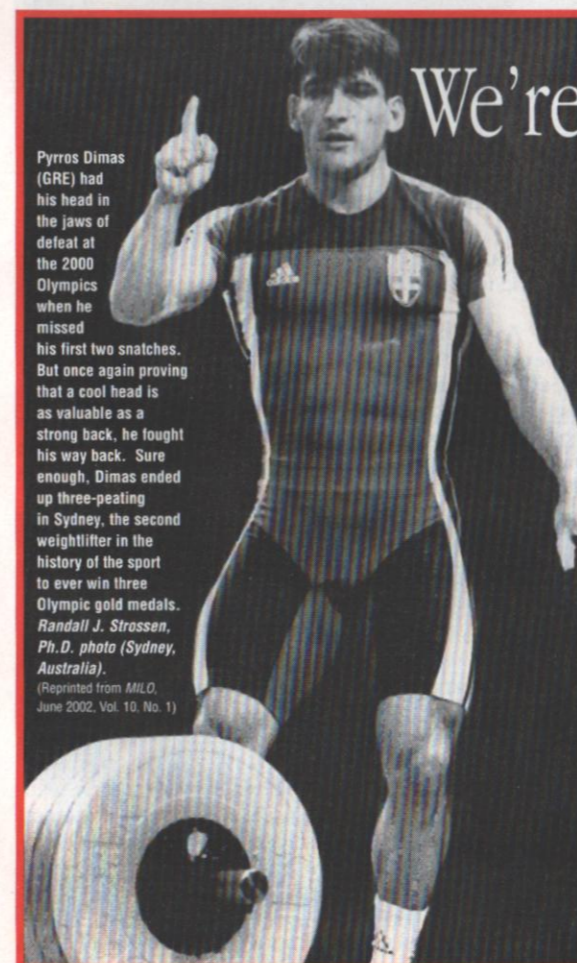
human capability, 272.5 (600.76 lbs.). I thought Markus had lost it completely, but, as he told me afterward, he just wanted to see what it felt like. Shocker! The huge load shot of his chest like a rocket, and stalled dead two inches before those mighty little piston arms locked out. To set the record straight, Markus does not have a two inch stroke. With that behind him took a good foot off his chest. Looks like he'll be the lightest man by far to break the 600 barrier in the not so distant future.

MIDDLEWEIGHTS

There were two big casualties that scored nil in this meet. Dewayne Nealy of Scottsville, KY has hit 650 in official meets, and came in here at a light 190.26. It appeared to me that in his two tries with 562 that he tried to get the bar to touch too high on his chest. He missed hitting the "bubble" that Blakley has written about. Onozo Szabolcs, 33, from Hungary traveled a long way. His best ever at 198 is 573.2, but he did 606.27 a couple of years ago in the 220s, and he is a former IPF World Champ. He came in @ 196.2, opened at a huge 633.8, missed, then tried 650.3, a monster lift that didn't go, and he was gone also. Bart Kelley, 30, of Easley, SC got on the board with a 529.1 opener @

219.36, then missed a PR 556.6 twice. In 4th was Greg Savino, 28, of Yonkers, NY. Greg had made an everlasting impression on everyone at this meet last year with a superb lift of 589.74 @ 181.77 bwt. (4th attempt) Only Dave Waterman has ever done more, being the only man to do 600 (at this same meet here in '97). Greg stayed alive, repeating his 551.1 miss on a 2nd attempt - good. With that behind him took a 4th potshot at 272.5 (600.76). A noble try, but not today. Third place here was Rick Lawrence, 37, of Holiday, FL. He matched his PR from Sept. '00 doing 272.5 on a 2nd attempt, following a 556.6 "safe" opener. Then, it was up to 617.4, the most he'd ever tried, but it wasn't quite there. Runner-up Rene Imesch got some cash for his efforts to put in his Swiss bank account. (The guy really is from Switzerland). At 214.9 bwt. and just shy of his 40th birthday, the man came in with a best of 606.2. He bettered that here! On his 1st attempt, he missed 595.2, but he stayed in the action with a good repeat. Then, on a final lift: 611.7 - magnificent! The Middleweight champ this year was no surprise. Jesse Kellum, from Mandeville, LA, was on the roster. Now 37, Jesse tells me he's calmed down and isn't

(article continued on page 80)



We're Number One . . .

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

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Unless you are one of the serious few, grip training is usually something that gets scheduled at the end of the workout, and often gets dropped for lack of time. These precious few missed minutes can mean the difference between holding onto that PR deadlift or Farmer's Walk. Many powerlifters get a false sense of security from the reverse grip used by the vast majority of lifters. Unfortunately, it fails to provide accurate feedback to a lifter's actual grip strength levels. Using the layout below, you will be able to significantly increase your grip strength for those crucial maximal efforts.

The problems with the majority of grip training regimes are: a) insufficient contraction time and b) the specific modalities used. Charles Poliquin, the world-renowned strength coach, states, unless you are executing contraction times of approx. 6-8 seconds, you are not allowing sufficient time under tension to recruit the motor units available. Poliquin explains that because the hand muscles are primarily responsible for fine motor skills such as writing, it takes only a contraction of 30% of the maximal strength possible in the involved muscles to max out on the number of motor units that can possibly be recruited. Compare this to the 85% figure for the biceps to reach all the motor units possible. In general, few lifters hold a supportive grip movement in training for more than a few seconds. Since even a maximal effort single in the deadlift takes longer than this to complete, one can readily see the ineffectiveness of this practice.

The second major flaw in standard grip training is the modalities or methods used. The first suggestion would be to put the "grippers" back in your gym bag. Developing crushing strength is not where the serious lifter's time should be spent. Your focus needs to be on supportive strength, holding a bar in place. As Poliquin emphasizes, the hand muscles are "smart" muscles, which adapt extremely quickly to stimulation applied. Therefore, significant variety is required in order to see progress. Here are some key training suggestions; thick revolving bar

TRAINING

Grip: The Weakest Link?

as told to Powerlifting USA by Art McDermott



Holding Grip Strength, rather than crushing strength, is the key to hanging on to big DLs.

work, isolation thumb work with something like the Titan's Telegraph from Ironmind and supplemental finger work with something similar to the Eagle Talons, also from Ironmind. This sounds like a lot, but it is less work than you think.

Thick Bar Work: This method needs to be complemented, in the same training session, with regular bar work for the following reason. When training with the thick bar, the hand is forced open by the larger diameter. The larger extensor muscles are targeted primarily. It fries these muscles. If this work is followed immediately by regular bar work, the lifter will notice the emphasis shift towards the smaller intrinsic muscles of the hand. Hence the lower arm is thoroughly covered. It must be pointed out that all of this should be done ideally on revolving thick bars. Fixed bars will give an inappropriate sense of strength by not allowing rotation to the weak point in the grip. In

addition, the lifter should employ a double overhand grip for the exact same reason.

Isolation Work: As Chris Doyle, Head Strength and Conditioning Coach at Iowa put it, "with the grip, its four against one. You better train the thumb." The weak point in the grip, barring injured fingers, is usually the thumb. When the grip fails, invariably the thumb releases first. Its shorter length dictates this. Therefore, increasing its holding power will increase your overall grip power.

Isolation Finger Work: This method takes very little time and reaps huge benefits. Using only one hand and the Eagle Talons, the lifter straddles the bar, slips three fingers through the loops and elevates the bar off the platform for a pre-set time period.

Here is how it would fit all together. Note that for the powerlifter, hold durations should be in the 8-12 second range. If your

interests drift more towards strongman training and competition, as mine do, the time under tension should be in the 45 second to 1 minute range; the duration of the average strongman event.

Day 1: 1) Thick bar holds. Double overhand grip, off the rack, no hook grip, no straps, no reverse grip. 5 x 8-12 seconds. 90 seconds to 2 minutes rest. 2) Regular bar holds. Double overhand grip off the rack, no hook grip, no straps, no reverse grip. 2 x 8-12 seconds. 90 seconds to 2 minutes rest. * If you can go 15 seconds here, IT IS TOO LIGHT. * If you can't go 8 seconds, IT IS TOO HEAVY. You must stay in the correct range for the training to be effective. * Strongman competitors would ideally be able to use a cable crossover set up with 2" handles and then the standard crossover handles, all at shoulder height. * The duration of this work should be about 10-15 minutes.

Day 2: 1) Titan's Telegraph - 3 x 8 with an 8 second hold at the bottom thumb position. 60-90 second rest. 2) Eagle Talons - 2 x 10-12 seconds with each hand. 90 seconds - 2 minutes rest. * Strongman competitors should use 20-40 seconds on the holds. * Do NOT attempt to do maximal loads here. The tendons of the fingers could

be strained. Start out with roughly 50% of what you feel you could get off the ground with a maximal effort. * These are done one hand at a time for better neural focus on each arm. * It is recommended that this particular workout NOT be done more than one time per week due to its finger intensive demands/ * This day should not take more than 10 minutes or so.

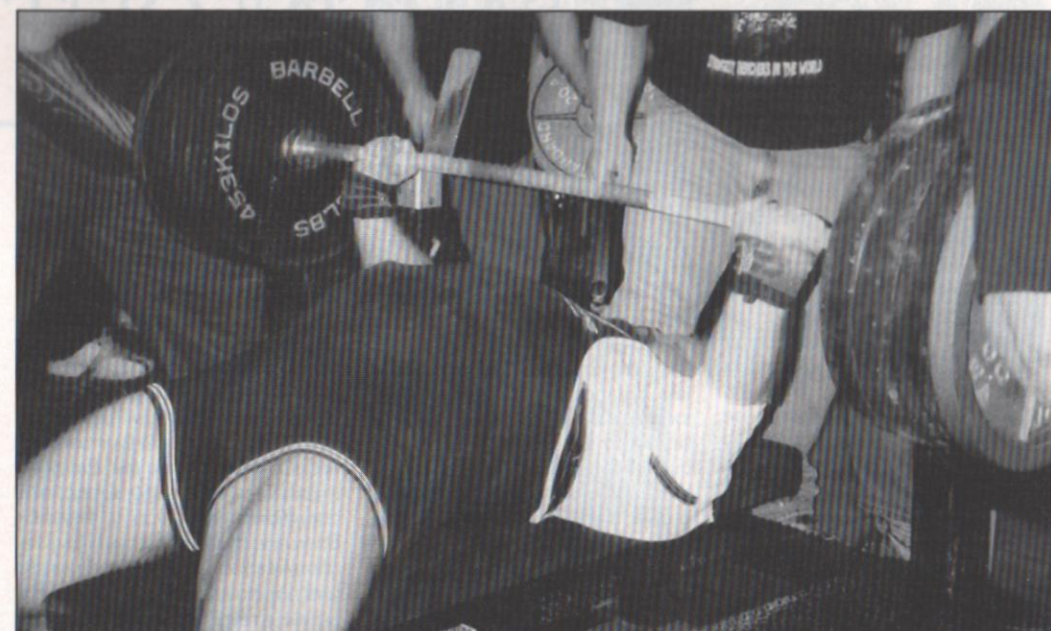
In summary, vary the diameters, forget the 'reverse grip' for grip improvement and increase your time under tension. Anecdotally, the above routine allowed me to place ahead of the likes of Phil Pfister, Karl Gillingham, Jesse Marunde (all World's Strongest Man team members) at last year's X-Treme Strongman National Championships at the age of 40. As anyone who knows me will tell you, I am not gifted with enormous hand size or genetically freakish tendon attachments. If it worked for me, it can help you as well. Good Luck!

IPA BEAST of the BENCH 22 FEB 03 - Nazareth, PA

165Am/O	242Am/O	
Teen	Ryan Defalco	500
Kris Hicks	4th	510
165Am/O	275Am/O	
David Penn	submaster	
165Am/O	Mark Deppen	415
Mas/Law	Paul Ream	300
Bob Legg	225	Jeffrey
181Am/O	VanAlstyne	
Dave Kirschen	275Pro/O	
Craig Schmalz	Brian Ulrich	455
198Am/O	308Pro/O	
Vinny Colfield	Bill Crawford	785!
Tim Tessiero	Steve Castone	500
Teen	308Am/O	
Teen	masters	
Joey Franciso	225	John Dougherty
Lew Einfalt	475	308Pro/O
220Am/O	masters	
Jason Fortino	370	Robert O'Brian
Eric Franchi	225	SHW AM/O
Richard Putnam	475	Bill Brauner
242Pro/O		Jean Putnam
Bobby Fields	650	

Powerlifters from near and far converged on the Comfort Suites Bethlehem to witness history in the making! The bench only meet directed by Deb Ames and Mike Miller began on time at 1 pm, Saturday. The Bethlehem Room was packed full with over twenty competitors there to put their muscle to the test. Lifting began with women, light men and masters, then moved smoothly to the 220s through the Superheavyweights. The Nazareth Barbell Power Training Team was represented by Bob O'Brian who hit 400 in the Men's Masters, Steve Castone who got 500, Lew Einfalt who put up 475, Ryan DeFalco made 500, Bobby Fields got 650, and newbie Brian Ulrich hit 455! It was an amazing show of strength and determination. It was a controlled frenzy of power and will. The highlight of the meet was witnessing bench master Bill Crawford, who up to this point has broken his own world record three times. Bill opened with a huge 710 at a bodyweight of 280. It went up clean and easy, but due to the pressure his bench shirt sleeve ripped. As personnel scrambled to find a seamstress in the house, Bill passed on his second

BILL CRAWFORD BENCHES 785!



Bill Crawford locks out 785! (all photographs provided to Powerlifting USA by courtesy of John Graube)

attempt. The hotel had a seamstress on staff and the shirt was repaired in time for Bill to take his third attempt of 785. This was a world record and it went up smooth. The intensity of emotion that spewed from Crawford was felt by the entire standing room only crowd. Bill Crawford benched

785! Bill took a fourth attempt of 805. He took the shirt off strong, got the press signal and the weight went up, up, up. Two white lights, one red. After Bill declined the lift, the head judge recounted his white in favor of a red light. Although Crawford handled the weight and put it up, he declined the white light, wanting the call to be beyond dispute. No doubt he will meet this weight again. Bill Crawford ended the day with a 785 pound bench press. This is history, he is the only man to legitimately bench this weight in a sanctioned competition. (Mike Miller provided results.)



Brenda - Housekeeping Superintendent at the Comfort Suites - making repairs on Bill's bench shirt between his 1st and 3rd attempts.



Bill - Carried Off The Stage by Sebastian Burns and Ronnie Dayton



Bill in the Lounge, after the meet, with Jenny Burkey and Bobby Fields.



Bill got 2 white lights on this 805, but wouldn't take credit for the lift!

Last time, we looked at various facets of the deadlift such as technique and competitive rules. I also laid out an 8 week off season routine complete with assistance work. In this issue, I'll deal with more competitive rules plus give more tidbits on technique, assistance work, and an 8 week contest routine that will end in a new max single.

I also discussed the two styles of deadlifting; conventional and sumo. To quickly recap, the conventional style is with the legs about shoulder width apart and the arms on the outside of the legs, holding on to the bar. The sumo style is named after the stance Japanese sumo wrestlers take; that is with the legs out wide. With this style, the lifter grips the bar with the arms between the legs. There is no clear cut way to decide on which style to use. Some believe it's based on height or weight, shorter lifters should sumo, taller ones should use conventional. Nonetheless, the late, great O.D. Wilson was a giant at over 360 pounds and 6 feet plus and pulled close to the 900 pound mark and used the sumo style. Deadlift legend Lamar Gant, who lifted at 123-132 pounds and was about 1 foot shorter than O.D., used a conventional stance and pulled in the high 600s and was light years ahead of his competition. Each lifter is unique, so experimentation and experience is a must.

In general, the sumo style requires greater flexibility and more

STARTIN' OUT

A special section dedicated to the beginning lifter

DEADLIFT 101-PART II

as told to Powerlifting USA by Doug Daniels

emphasis on hip and leg strength than on back power, like the conventional style. A major advantage sumo has over conventional is it requires less distance to lift the weight to lockout, which means less work by simple physics. Some may disagree, but I believe sumo deadlifters are born and not made, though with proper training we all can still improve whatever style we chose. However, I think most lifters should give sumo a fair try to see if it offers potential. At least one training cycle should be devoted to training sumo. The key is to remember when sumoing is to maintain an erect torso with a flat back. Start the lift with your legs, pulling inwards as well as up, keeping the bar close to the body. The beginning of the sumo pull will be slow relative to the conventional style, but the lockout can be easier, vice versa for conventional.

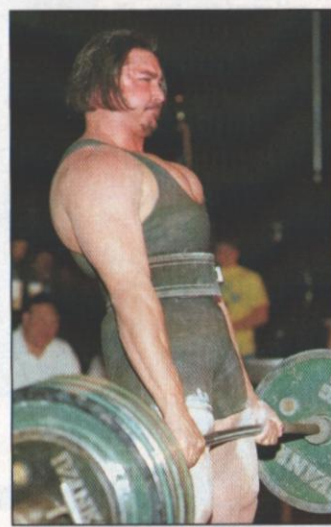
If you chose to compete using the sumo style, I suggest training using

the conventional style deadlift up to 6-8 weeks prior to a contest. Training this way will build a high degree of back strength that is readily transferable to the sumo style. You can include one sumo set with 50% max weight at the end of your conventional deadlifts if you feel the need maintain and develop proper form during this period. During the last 6-8 weeks, the lifter should switch completely over to the sumo style and hopefully notice an increase in usable strength. These final weeks leading up to the contest can be devoted to honing their sumo technique and building still more strength in preparation for the meet.

Let's take a brief break and explore some possible weekly workout plans for a lifter training the powerlifts. For example, a typical lifter would train 3 times per week with the squat on Monday, the bench on Wednesday, and the deadlift on Friday. Another routine would involve training twice per week by combining the bench press with either the squat or deadlift on one day, then skipping at least 2 days and training the remaining lift. More experienced lifters can bench heavy on Monday, squat heavy on Tuesday, bench light on Thursday with upper body assistance work. Friday would be the deadlift and light squats. Again, you'll have to experiment a little to see what works best for you. Remember you can gain by training the 3 powerlifts only once each per week. It is very easy to go overboard and over-train.

Now let's lay out an 8 week contest routine for a lifter with a current max deadlift of 400 pounds. You can adjust this to fit your own strength level by using a little math. The first 4 sets are always 135 x 8, 185 x 5, 225 x 3 and 275 x 2. Start with light stretching, especially in the lower back and hamstring areas. Use a belt for all the sets after the 275 x 2. Take your last deadlift workout 10-14 days prior to a meet to insure proper recuperation for the meet. Remember you will be training with max weights in the bench and squat too and this time. You will not lose and strength as your squat training will keep your back strong. (see 'Workout of the Month' box)

A 25 pound increase in 8 weeks on this routine is very attainable and would be a worthy achievement. Take 1-4 minutes between sets for the first 4 sets, thereafter; take 3-10 minutes between sets, because when you're training for power, you need that extra time to recuperate for the heavy sets to follow. Forget pump, we're interested in hoisting heavy iron. On the last set of Weeks 5-7, if you can get more reps than what I have indicated, go for it, as long as proper form is maintained. Remember to not bounce any reps of any set. Make sure you're in the proper pulling position for each rep for the maximum power and leverage as well as to minimize the chance of injury. You may want to try using lifting chalk for your hands for a



Tony Caprari is a tremendous deadlifter in the conventional style

better grip. Also, as I mentioned in the previous article, deadlift in shorts or better yet in a wrestling singlet. Another trick is to put some baby powder on your thighs to reduce friction caused by the bar moving upwards. Don't get any powder on your hands as it will compromise your grip. Put it on your thighs while you are seated then use the bottom of the container to smooth and spread the powder evenly. Don't go overboard on its use; just lightly cover your leg from the knee up to just above where the bar would stop at lockout.

Assistance work is the same as indicated in my previous article. After your deadlifts, do 3-6 sets of either a pull-down exercise, a pull-

back exercise (like one-arm dumbbell rows), or a trapezius exercise like dumbbell or barbell shrugs. The best solution is to alternate one of these 3 types of exercises each back workout. I can't stress enough the necessity to concentrate on proper form rather than raggedly fighting some overly heavy weight that just builds your ego and little else. Keep the reps in the 6-12 range. On rowing and pull-down movements, imagine pulling your elbows back or down using your arms merely as hooks. Include strict, full range curls for bicep power also. After Week 6, drop the assistance work to avoid overtraining.

Training your abdominals is important to build torso stability and strength which is also critical in the squat. Crunches 3-5 sets, 3-5 times a week are the best choice for the abs. Crunches can also be done on your non-training days. Conclude your workout with stretching, especially the hamstrings. Added flexibility will aid in attaining an upright pulling position for best leverage. It will also help in the squat as well as reduce chance of injury. Keep working the abs and flexibility right up until the meet.

Doing a one rep max set is vastly different than multi-rep sets. It requires excellent form and a strong mental focus on the task at hand. There is no margin for error as a multi-rep set has, it's all or nothing. Pre-lift psyche methods also vary widely among lifters. Some scream

and yell before the big lift to psyche up. Others calmly hover over the bar visualizing the lift before the attempt. I suggest visualizing yourself pulling the bar off the floor just before you start the attempt. Start the lift by pushing your feet through the floor, using your legs to initiate the pull. Look up or straight ahead as you pull. This helps keep your back and torso erect and upright.

For some lifters, the initial pull off the floor presents the most challenge. For others, it's at the knee, and for still others, it's the lockout at the top. Proper position and drive at the bottom will help problems at the start of the lift as well as carry forward through all phases of the lift. Increased lat strength and keeping the bar close to the body during the pull will help lifters who stall at the knee. Strong traps will solve most lockout problems. For novice deadlifters, plain hard work and development of efficient form and overall strength will provide the best success at this initial point in your career.

The bar must not move down after the pull upwards begins and you cannot support the bar on the thighs. That is called 'hitching'. The bar must travel up the thighs until you are fully erect with your shoulders slightly back. The referee will then signal with a 'down' command to return the bar to the floor, under control, without letting it go until it hits the floor. Dropping the bar at this point would result in red lights, wasting that effort. There is no need

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to gingerly lay the bar down, just exhibit control and do not let go of the bar until it hits the platform.

Video tape your heavy sets for review and critique. Do all your reps in training, from lightest to heaviest, with the same attention to detail. This type of discipline will help insure that effective technique will be automatic at a contest. This applies to the bench and squat also. Again, one rep sets have little of no margin for error, so don't miss a lift due to bad execution.

After the meet, take one week completely off from weights. When you resume training, adjust your weights reflecting your new and hopefully higher maxes. If you failed to get the increase you expected, examine other factors such as, training intensity, frequency, (remember quality, no quantity) and nutrition. Perhaps your goal was simply unrealistic. Put together 2-3, 25 pound gains per cycle in a year and you will be amazed at your progress.

I hope my 'nuts and bolts' Deadlift 101 series has provided some useful information and tips to both novice as well as more experienced lifters. I regard the deadlift as the ultimate barbell test of strength. It's just you and a 'dead' weight; one on one, the ultimate challenge. Til next time, keep pulling.

Doug Daniel's
Web address:
members.aol.com/ddani112345/default.htm

WORKOUT of the Month

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

- | | |
|--|--|
| Week 1 - 315 x 5, 305 x 5, 295 x 5 | Week 6 - 315 x 1, 345 x 1, 375 x 3, 355 x 3, 325 x 5 |
| Week 2 - 325 x 5, 315 x 5, 300 x 5 | Week 7 - 325 x 1, 365 x 1, 415 x 1, 405 x 1, 375 x 2, 325 x 3 |
| Week 3 - 305 x 1, 335 x 5, 315 x 5, 300 x 5 | Week 8 - 325 x 1, 355 x 1, 380 x 1, 425 x 1, 410 x 1, 335 x 3 |
| Week 4 - 305 x 2, 350 x 3, 325 x 5, 305 x 5 | |
| Week 5 - 315 x 2, 365 x 3, 335 x 5, 315 x 5 | |



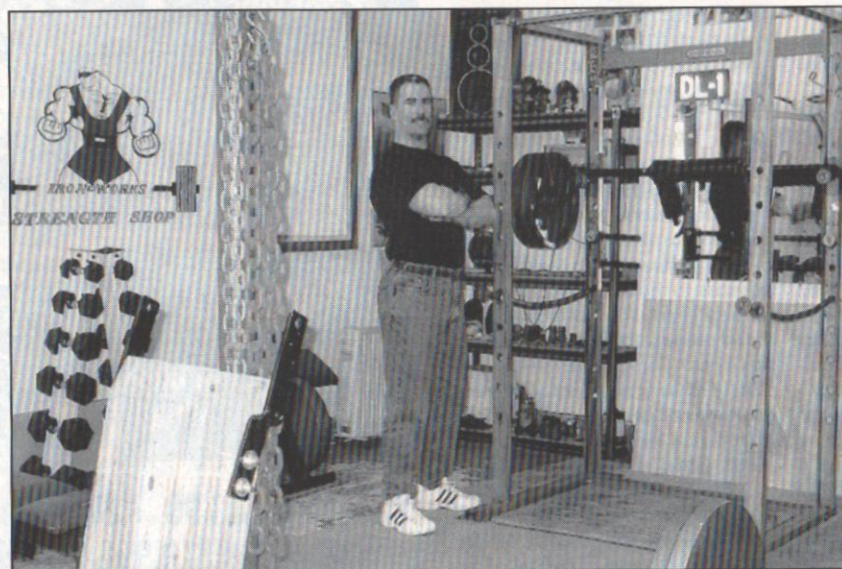
Charr Gahagan hauled up this 804 while competing in the 220 lb. class at the 2001 USAPL Men's Nationals, but lost his grip an instant later. Nonetheless, it illustrates how a sumo deadlift effort is supposed to finish up.

Bob Bogaski is a motorcycle cop in the Long Island area - and he says no. Not all cops gorge themselves on doughnuts, and this reminded me of my childhood hero: Barney Fife! Barney was not fat and lazy, but he was as dumb as a box of rocks. (I could appreciate the fact that restless energy without purpose or direction was often dangerous.) I digress.

Back to Bob in Long Island. Bob has been building a home gym for 15 years, calling it Iron Works Strength Shop. It started in his basement, and let me say that there are NO basements in the part of Texas where I grew up - if you dug a hole under your house it was because you wanted to bury a murdered relative there. I'm not insinuating that Bob buried any dead relatives under his house, but will only say that for SOME UNEXPLAINED REASON he moved the gym out of the basement. Now it is in his spacious garage (400 sq. ft.).

HARD CORE GYM #20 Are All Cops Fat and Lazy?

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



Inside the Iron Works Strength Shop with Officer Bob Bogaski. (photo courtesy Bob)

"Iron Works Strength Shop is located on the East End of Long Island. OK, it's really my two car garage, but it's been completely converted into a gym. It houses only strength training equipment. Why the name Iron Works? Because it does, and Strength Shop because I didn't want any confusion about what we do here. No problem with chalk in this gym. Two electric heaters get the temperature up to a blistering 58 degrees in winter and a couple of fans keep it cool, well - not in summer. It's not a 5000 square foot facility with a supplement bar and sauna, but people seem to like working out here. Maybe 'cause it's been free so far. No excuse for me missing a workout either, out through my den door into the gym.

In 1991, I sustained an injury to my lower back. While going to physical therapy I learned that by increasing lower back strength, I could avoid further injuries. I'd lifted weights on and off all my life, but now it was time to make strength training a part of my daily routine. As a full time police officer and father of four, finding time to go to the gym wasn't always easy. I decided to build my own gym. During this time, as the gym developed, my interest in the science of weight training also grew. I began buying books by Hatfield and Bompa. Recently I began reading Siff and Verkhoshansky's Supertraining and the NSCA es-

entials of strength and conditioning. Looking for more information than was found in the typical bodybuilding mags I began reading Powerlifting USA. A subscriber since 1992, I've always looked forward to the Simmons articles.

In 1996, my wife purchased the ISSA cft home study course as a Christmas gift. I spent six months reading the material, went to a two-day seminar and took the test. I've been a certified fitness trainer since the summer of 1997. ISSA was the easy choice as far as picking an organization to certify with. Dr. (Squat) Hatfield is the founder, how much further do you need to look? We're all familiar with Westside principals. How does ISSA stack up? Russian science is the foundation of Westside success. Authors such as Siff, Verkhoshansky, Zatsiorsky, and Yessle are to name a few who have published this science. If you're looking to learn more about training, ISSA will get you going in the right direction.

I've competed at six New York State Law Enforcement Games since 1992, with a bronze and two silvers in the powerlifting event to my credit. This year, though plagued with injuries, I competed in the first annual New York State Police and Fire Games in Albany NY. In the 220 masters, I took the gold medal in the deadlift with 525 lbs. In addition to training

myself for the State Games, I train some local high school and college athletes for lacrosse, football, and wrestling. One of those athletes is my 19 year old son, a college lacrosse player. Training has begun for his two younger brothers and sister too. Ages 10, 9, 6, they all play the typical kid sports. Mom wants a BowFlex, and needs her own gym in a more climate controlled atmosphere, like the den. (Note: the den is the perfect place for a BowFlex - so you can hang things on it. No one will ever work out with one.)

Iron Works boasts a powerful power rack, the centerpiece of any gym, squat racks, lat machine with an assortment of bars, benches, hyperextension/roman chair, a Crepinsek safety squat bar and combo bar, 6 and 7' Olympic bars, e-z curl and triceps bars, dumbbells and chains. We have about 1100 lbs. of plates and hope to continue to add to that. A pulling sled, weight releasers and bands are the most recent additions. I'd like to see more custom bars and equipment like reverse hyper and ham/glute. Nobody here does aerobics, I don't have the equipment for it. Besides, there are miles of road out there for that purpose, not that you'll see me out there. I do have a Health Rider, used for anaerobic threshold training, two-minute drills and such. A loaned stereo and Metallica help create

atmosphere when the bar gets heavy.

The philosophy here at Iron Works is that in all sports, speed is most important. The only way to obtain this is to be capable of applying maximum force. The only way to apply maximum force is to become awesomely strong. Here at Iron Works Strength Shop we incorporate methods such as chains and bands for variable resistance and teaching explosiveness. Weight releases and a pulling sled are great for overloading either the eccentric or the concentric portions of an exercise.

I'd like to retire from police work one day and spend more time in the gym training people. Iron Works will always be at my home. Maybe more square footage, equipment, and lifters. Eventually I'm going public, for those in search of strength. Everyone will be given the same attention provided they come to lift. Custom workouts, individual attention, and only

the equipment necessary to strength train make Iron Works Strength Shop a place where serious athletes can train, uninterrupted by those looking to socialize while pretending to train (at the local chrome and fitness center). To learn more about Iron Works Strength Shop, email us at luss405@optonline.net - all aspects of life require strength, not all aerobics ... Stay Strong!"

Thanks, Bob! Good job on the Iron Works Strength Shop, and many thanks for the humorous story about getting sexual favors for dismissing traffic tickets. (Just kidding.)

We should all remember Bob when we think of the heroic NY public servants. We should also remember that when disaster strikes - or trouble arises, and things look really bad - there is always one individual who perceives a solution and willingly takes command. Usually, that person is crazy. (It might be Bob!)

Next time, if Bob doesn't kill me and put me in his basement with an unnamed relative - we'll look at another of America's greatest strength training resource - Hard Core Gyms!

Comments?
Rick@houseofpain.com
or
HOUSE OF PAIN
PO Box 333
Fate, TX 75132

From the IPF President:
"I hope you all had enjoyable holidays and are ready for a hopefully successful New Year 2003.

As you know all IPF officers work on a volunteer basis. Like the other IPF administrators, my time and work is donated for the love of the sport. It often means being busy late into the night. I work, as I have done my whole life, as a sports journalist in Austria's biggest newspaper. I am also an ombudsman and work on behalf of athletes from many sports. I am honored to sit on a number of sports panels. In spite of these responsibilities I traveled over 36,000 miles in 12 months pursuing the interests of powerlifting. It was from neighboring Germany to the Men's Worlds in Slovakia. Then it was on to the Olympic Training Village in Colorado Springs, World Games and GAISF Congress and to Luxemburg in time for the World Bench Press Championships.

It should be noted that for the first time in many years the 2002 IPF Congress was harmonious and effective. A new modern constitution, the work of many IPF members, was passed. This new constitution brings the IPF in line with modern day sports federations and is one more necessary step for IOC recognition. It contains present-day anti-doping language as well as current disciplinary and appeals process. The new constitution will serve the IPF well

into the future. The IPF is now registered as a legal sports federation in Austria, the home of the President. The path for the future of powerlifting is being carefully crafted.

When elected IPF President I pledged to put an end to the bickering and personal attacks that hampered IPF progress. Then I promised to pursue the challenging goal of IOC recognition. The first objective is accomplished. Now I devote my attention

to IOC recognition. Efforts were slowed by the recent change in the IOC Presidency. New IOC President Dr. Jacques Rogge is installing new criteria for IOC recognition. We at the IPF are kept busy keeping abreast of the current changes. Plans are being drafted to meet the new criteria as it develops. This requires a consistent and friendly approach to gain the respect and the ear of the many officials and delegates of the sports world as well as officials of the International World Games, GAISF (General Association of International Sports Federation), ARISF (Association of IOC Recognized International



Norbert Wallauch, Tamas Ajan, and Peter Thorne

Sports Federations,) and the IOC. With the help of the General Secretary and the able assistance of Peter Thorne of Inzer Advance Designs we have held positive discussions with many people such as Mr. Ron Froehlich, President of the World Games, President of ARISF and Vice President of GAISF. Mr. Froehlich is providing me assistance in our bid. Mr. Tamas Ajan (pictured with Peter Thorne and I.) is President of International Weightlifting Federation and Vice President of GAISF. Mr. Ajan has pledged his cooperation to assist our sport. In future, one on one, meetings are being planned to de-

velop this cooperation, the goal being IOC recognition. The continuity of powerlifting's approach to IOC membership is critical. For years absolutely nothing was done. Fortunately, several years ago Mr. Thorne joined the IPF team and has traveled from Monaco to Singapore to Colorado assisting in many phases of Powerlifting's IOC bid. He noted the changes that our visits have had on the delegates. Peter Thorne wrote, that in Monaco 2000 I had to explain who I was and what was Powerlifting. By 2001 in Singapore I was remembered "Aren't you the guy

from Powerlifting?". And recently Peter Thorne said that in Colorado Springs last year it was "Hello Norbert, how is everything in Powerlifting?"

I agree with his view and I feel I have gained the friendship and cooperation of many people who can help point the way and provide help to our goal of IOC recognition. Our team will be in May in Madrid for further meetings with delegates of the IOC, GAISF and World Games delegates. I look forward to more progress to report to you in my next report.

Norbert Wallauch, IPF President

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Congratulations to Ryan Kennelly, Steve Goggins, Markus Schick, Jesse Kellum, and all the other winners and competitors at the 2003 Arnold Classic weekend. Featuring the WPO Finals and the WPO World Record Bench Bash, the annual Arnold weekend in Columbus, Ohio was a powerlifting mecca. *Powerlifting USA's* Mike Lambert was on scene to photograph the lifting action and get the results, so for all the info, check out the reports elsewhere in this issue.



Ryan Kennelly was very much ready to rumble

We do want to mention a couple of the big bench presses; Ryan Kennelly popped 766 to win the Bench contest, and Markus Schick hit a 573 in the lightweight class, and barely missed 600. That would have been amazing, and we may soon see Markus do it.



Markus Schick at the Inzer Booth

Congratulations to Kieran Kidder for putting on two, nearly simultaneous, incredible meets with star lifters and huge lifts. Kieran's WPO, in providing substantial prize money to powerlifters, brings together the sport's top stars, from around the U.S. and many foreign countries.

The Arnold Classic weekend, as we've written before, is a great multi-ring circus, with (in addition to powerlifters), great strongmen, bodybuilders, fitness and figure competitors, arm wrestlers, weightlifters, martial artists, and gymnasts.

POWER SCENE

And that's not to mention the tens of thousands of fans watching the action and checking out the hundreds of booths. If you've never been, check it out next year.

Among the great lifters at the Arnold who weren't competing this year were Ed Coan, Liz Willett, and George Halbert. Ed had a leg injury last year, and is most of the way through the recovery. He's looking to be back competing this Summer.

Liz Willett was busy working the Bioplex booth. Bioplex is a Washington state based supplement manufacturer, and they had on hand supplies of their whey protein products. You can visit their website at www.bioplexnutrition.com, or call them at 888-

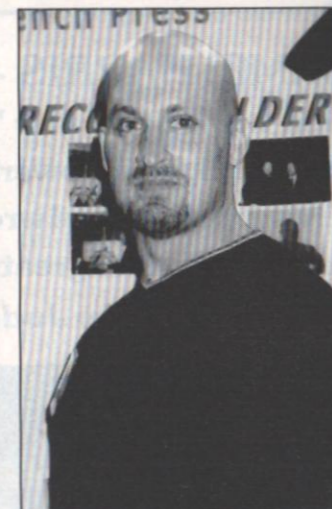
345-7539. Liz has been working for them for a couple of years, and before that they sponsored her lifting.



Liz Willett in the Bioplex booth

Liz was coming off a great performance at the USAPL Women's Nationals, where she hit a 611 squat (Wow!), 386 BP, and 463 DL, for a 1460 total. Next up for her is either the Norway Nationals (she's of Norwegian ancestry) or the IPF Worlds, and then maybe she'll try a strongwoman contest.

George Halbert was busy in his own booth, promoting his bench press video, *To Master the Bench Press*, and George certainly has mastered it. He said working the booth was harder than competing in the bench contest, and next year he's looking get back on that stage. For info on the video, or to order,



George Halbert in his own booth.



Peter Thorne at the Inzer Booth in the Expo area of the Arnold Classic with Ed Coan (above) and Jess Kellum (below). All photos by Ned



(it's \$44.95 plus \$5 s & h), call 614-237-0932. Next month we'll have info on George's upcoming second video.

And speaking of videos, *POWERLIFTER Video* has just introduced its new Special Edition: *The Bench Press #3*, featuring star workout footage with Glen Chabot, Garry Frank, Josh Bryant, and George Nelson, and a visit to the Westside Barbell Club to watch workout action with Louie Simmons, Rob Fusner, George Halbert, and Kenny Patterson. It's only \$29.95, plus \$2.95 s & h, and you can order toll-free at 1-800-BARBELL (800-227-2355)

Next month, we'll finish up our report on the Arnold — we didn't get to talk about so many of the lifters we saw there, including Joel Toranzo, Dan Kovacs, Shane Hamman, and Phil Pfister — plus we'll have some strongman info, and the latest on the lifting scene. 'til then, stay strong and healthy.

NED LOW

Jamie Harris is an enigma ... an anomaly in every sense. He has been portrayed as powerlifting's demonic bad boy ... an individual who is fierce, barbarous and savage. To the people who know him, Jamie Harris is the complete opposite. In fact, his friends use words like gentle, kind hearted, gracious, intelligent, and gifted to describe him. Even his 'professional' life reflects this odd irony. There have been times when three nights out of the week he entered the squared circle of professional wrestling, where he was transformed into a crazed Hulk scaring the wits out of the men, women and children in attendance. Then, on Saturday nights, he might go through an extraordinary metamorphosis from an ominous fiend into an Elvis impersonator, mesmerizing beautiful young ladies and women who are old enough to be his mother. Without question, he is a strange mix. Straight forward, powerful, and even outrageous at times, he often projects the quintessential image of ... say ... a member of the Hell's Angels. Yet, it is also clear that he is a dedicated athlete, a prosperous entrepreneur, a clean living family man, and a down-to-earth, animated human being who is caring and loving. He maintains that paradoxical image effortlessly, perhaps because it is not an image ... it is simply Jamie Harris.

It is hard not calling Harris one of the greatest bench pressers who ever walked the face of the earth. His phenomenal career has been one long highlight film... ten world bench press records, numerous national bench press records, and countless state records. He is not just a bench presser either; he has put up big numbers in both the squat and deadlift. Statistician Michael Soong calls Harris one of the most complete power athletes in the history of the sport, and Magnus Ver Magnusson, arguably the world's greatest strength athlete, strongly agrees. Magnus says, "There are few people in the world who have the raw strength and ability to compete in all the power movements that are required in the World's Strongest Man competition. Jamie Harris is one of those rare individuals." Still, it is Harris's confounding personality that makes him perhaps the most talked about bench presser in the world. We began our conversation with a topic much on the minds of the Iron world.

DR. JUDD: Jamie, let's cut right to the chase. Descriptions of you have ranged from a monarch of hell to a patron saint. Which is it - seraph or serpent? Will the real Jamie Harris please stand up?

Dr. JUDD

JAMIE HARRIS - a candid conversation with the former "Bad Boy of Bench" on the Plight of Powerlifting, Arcidi, Clark, Elvis, professional wrestling, and his guarantee for future greatness in business and sports. Part I by Judd Biasiotto Ph.D.



Jamie Harris ... was he really the "Bad Boy of Bench" as he appeared on the cover of the Oct. '95 edition of PL USA in a Bert Wagner photo

HARRIS: I don't want to sound trite or contemptuous, but I am probably one of the most misunderstood individuals in sports history. Being in the limelight has been somewhat difficult for me. I think when you are doing good there is a tendency for some people to want to see you fail. It's as if they rejoice at finding fault and weakness in people who are a little successful. When I started getting good, no one wanted to see me around. I began hearing talk that I was on steroids and human growth hormone ... that I

was a poor sport and that I would do anything to win. It was all nonsense, but that's the way some people are; as soon as someone starts doing good, they want to knock them down ... put them in their place. Well, I have a very quick temper. I have no tolerance for b.s. I've been around the block long enough to know when I am being handed crap or someone is trying to victimize me. I try to live by a code of ethics and behavior, but some times when I think someone is trying to treat me unfairly I let them know about it in no

uncertain terms. I think that is where that 'bad boy' me comes in. **DR. JUDD:** I guess you are telling me you are not the tough guy everyone portrays you as.

HARRIS: First of all, this bad boy image I have is more hype than it is substance. I am a 'situation' type of person. If someone treats me good, I will treat them great, but if someone treats me bad, I can get real nasty if I have too. Of course, age has mellowed me out to some extent. I'm not the intense psyche king that I was a few years ago, nor am I as driven. When you strive to be the best, everything in your life takes a back seat including common sense. I never really got to enjoy the ride because I was always too busy trying to stay on top. Still, I am sure my change in attitude has hurt my lifting a little.

DR. JUDD: Why do you say that?

HARRIS: I'm not as aggressive in my lifting as I once was. In a lot of ways I was driven by hate. When I had someone to hate or I got into a situation that was threatening, that is when I would really excel. I always lifted better when the odds were against me. It is not the same now. I just can't conjure up that inner hatred anymore. I have nothing else to prove in powerlifting. I feel very content on that point.

DR. JUDD: No regrets?

HARRIS: Of course, I have regrets. There are a lot of things I would do different if I had the chance, but I can't change the past, so I am not going to worry about it. One thing I will say is that I am not above being wrong! When I am wrong, I will admit it and move on. I think that is a big character flaw with a lot of guys in powerlifting. They don't want to take responsibility for their own behavior. If you want my opinion, the real low-life bad boys in powerlifting are the fake bastards who come at you with smiles and then try to pick your pocket or talk bad about you on the sly.

DR. JUDD: It is fairly common knowledge that Anthony Clark and you have developed a close friendship over the years. However, I heard through the grapevine that there was a little friction between you two recently. Is there any truth to that unconfirmed report?

HARRIS: My relationship with Anthony is rather complex. When I was a teenager, Anthony was my biggest hero. While other kids would idolize Michael Jordan or Joe Montana, I revered Anthony. I was fascinated by his extraordinary power. At the time, when it

came to bench pressing, he was light years ahead of everyone else. Of course, I loved the bench press, so naturally he was my idol. I would read everything I could get my hands on with regard to Anthony. In fact, I got this photo, out of Muscle & Fitness, of him incline benching 600 lbs. and I put it on my wall. Today it is still there. Without question I was in awe of the guy. I remember the first time I saw him was at the 1992 APF seniors in Pittsburgh. I was amazed how big he was. He looked like an apartment complex. I thought "Man! No wonder no one can beat this guy." To be honest, at the time I was sure no one would ever beat him. He was just that big and powerful. In retrospect, it is kind of interesting that I thought that way, because three years later I benched 740 lbs. to break his world record.

DR. JUDD: How did that make you feel, beating someone you thought was unbeatable and, even more, engaging someone you idealized?

HARRIS: Naturally, I felt great, but it was an odd feeling ... surpassing the guy I've idolized since I was a teenager. Of course, it also set the stage for us being arch-rivals. I don't care how much you like someone if you are competing against them athletically, you want to beat them. That is probably where some of the bad blood materialized. Maybe, I shouldn't say bad blood because it was more a competitive thing. We are both very competitive athletes, and even though we are good friends, we both want to win.

DR. JUDD: How competitive was it?

HARRIS: Pretty competitive. It was kind of like the Steve Young - Joe Montana rivalry. They were both friends, but Young wanted Montana's job, and Montana didn't want to give it to him. That is kind of how it was with Anthony and me. I wanted what he had, and he wasn't going to let me have it. A lot of people look at Anthony as this easy going, lovable guy, but believe me he can be real competitive, and so can I. You put two guys in a ring like that, and you can expect a war.

DR. JUDD: When was the first time you guys went head-to-head in competition?

HARRIS: It was about five months after I broke his world record that we competed against each other at the Greatest Bench in America Championships. I really wasn't ready physically or mentally for that meet. I didn't even come close to performing up

to my potential, but it was a great learning experience for me. It was actually the first time that I had competed in a big meet. I just didn't have the experience to handle it. Worse yet, I really wasn't prepared going into the meet. When you don't prepare to win, you are definitely ready to lose. Since that time, I have never gone into a competition that I wasn't totally prepared for.

DR. JUDD: If I recall correctly, you did redeem yourself at the 1996 IPA Senior Nationals in Washington, DC?

HARRIS: Kind of, sort of ... I got myopener, and Anthony bombed out. I don't like winning like that. I would rather take someone's very best and give him my best and see what happens when the dust clears. Actually it wasn't long after that we both started working for the same supplement company. That is when we became really good friends.

DR. JUDD: So all of this talk about you two having problems is just gossip?

HARRIS: Like I said, we were both extremely competitive. Many times that brings out the best in people, and sometimes it can bring out the worst. I say that because I probably pushed myself harder than I would have if he

weren't around. Call it what you will, competitive jealousy, ego, whatever ... I did want to beat him and, in fact, from a competitive standpoint I wanted to crush him.

DR. JUDD: Did Anthony feel the same way?

HARRIS: I am sure deep down he did, but he wasn't quite as overt about it as I was. I remember at the 2001 Mountaineer Open. I "smoked" 771.5. After I made the lift, Anthony came over to me and convinced me to attempt 800. If he hadn't talked me into trying it, I probably wouldn't have attempted it. I missed that lift by a hair, but I honestly believe he was pulling for me all the way. That is the kind of guy he is. I guess I could sum up everything like this. I'd like to think that the two of us paved the way for the 800 pound bench presses to come. Remember, we were benching over 750 pounds in 1995. It took 5 years for another bencher, Bill Crawford, to bench over 750. We have had differences in the past, but Anthony brought the best out of me as a competitor. Outside of the competitive arena, I can not think of too many people who are as funny and kindhearted as Anthony. I really mean that. I have more respect for him than you will ever know.

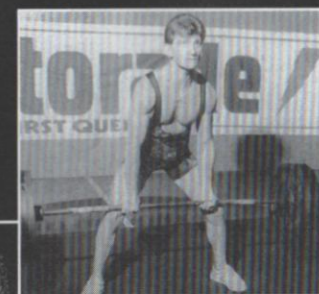
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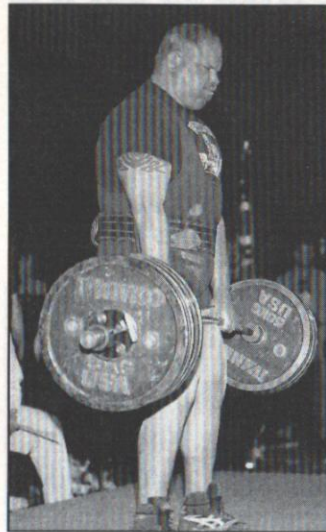
The Art of Being Human is a magnificent story that will warm your heart, enlighten your mind and inspire your soul to strive for success, happiness, and self-fulfillment. The book is a magical chronicle of how a quadriplegic turns a petite woman into a world class powerlifter and at the same time teaches a world class athlete the true meaning of life. It will give you confidence to do and become whatever you want. More importantly it will give you a living blueprint for achieving self-fulfillment.

FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: I understand how to use the bands when dynamic squatting and benching but what other uses can I use the bands for? What about max effort work?

Answer: The bands can be used for an unlimited amount of exercises. For max effort Squat/DL, the bands are used on reverse band deadlifts and pulling from a Jump Stretch platform. The reverse band deadlift is a great way to build a strong lockout in the deadlift. In order to set up this exercise choke the bands from the top of your power rack and place the bar inside of them. Use a strong (blue) or average (green) band. You will have to put weight on the bar in order for it to touch the ground. This exercise will help you get the bar started from the floor. As you near lockout, the bands will slack off and the weight will get heavier. Make sure that the bands are completely off of the bar when it is at knee level. When pulling from a Jump Stretch platform, the bands are attached to the platform and wrapped around the sleeve of the bar. There should be little or no slack on the bands at this point. When pulling, the bands will add resistance at the top of the lift. This will do two things. One, it will teach you to pull with speed. If you start off slow, the bands will kick in and make a fool out of you. Two, it will help with your lockout. This is a great way to improve your deadlift.



Big Matt Smith ... pulled 832 at the WPO Finals, as a Westsider.

www.EliteFTS.com. There are both pictures and written descriptions on how to set up the bands on any exercise.

One more point that should be made is that you should not use bands all of the time. Because of the increased eccentric load that the bands add, it can be very tough on your body. I highly recommend listening to your body and rotating between bands, chains and straight weight in order to maximize your gains.

Question: For the past couple of years there has been a lot of talk about using the Jump Stretch bands for box squatting and bench pressing. I have not heard much about using chains and was wondering if you guys were using chains any more and if so, how were you using them.

Answer: Yes, we are still using chains, but not as much as we once were. For the bench press, most people cannot handle using bands every week and every workout. This is where the chains come in. Many people use the bands for three weeks and the switch to chains for three weeks. Or they will alternate every week between chains and bands. For the squat, we have found that the bands work extremely well and the numbers that are currently being squatted certainly show that they are effective. Having said that, the chains do have many benefits that the bands do not have. First, the bands have a certain "grounding" effect that can

The bands can be also be used with board and floor presses. Generally, only mini bands are used on these exercises. For the floor press, make sure that the bands are set up in a way in which there is tension at the bottom of the lift. If you are having difficulty on the set up of this, check the Exercise Index at

make squatting and bench pressing easier. What I mean by grounding is that the bands help stabilize the bar at the top of the lift that allows one to set up easier. While this teaches the lifter to stay tight at the top of the lift, it can be detrimental when one goes to a meet and is unfamiliar with this phenomenon. This is where chains can be used. Because the chains make it somewhat unstable at the top of the lift, it will force the lifter to have to adjust to stay tight. Also, many of the shorter lifters have trouble with the bands because they do not have enough tension at the top. This can easily be corrected by increasing the width of the base in which they are choked around.

Another reason why chains may be a better choice is for those that do not have the benefit of using a MonoLift. The MonoLift is superior for squatting with heavy band tension. It is very difficult to use bands if you have to squat out of a power rack. There are two solutions to this problem. One is to use a combination of chains and bands. Use as much band tension as you can and make up the rest with chains. The other is to just use chains. When using a power rack, it is difficult to walk out with the band tension so be careful when setting up. To figure out how much chain to use, check out the article "Accommodating Resistance" in the article section of EliteFTS.com. This will explain how to set up the chains correctly and how many chains to use based on your squat max. It is important that the chains are set up in the correct way for you to receive their benefits. I have seen many different companies try to sell chains, yet they have no idea how to set them up. This tells me that these companies have people that have never squatted or bench pressed and are merely jumping on the bandwagon.

For max effort work on the bench press, chains are used on many different lifts. One of our favorites is floor pressing with chains draped over the sleeve of the bar. There are two ways to perform this exercise. One is to work up to a certain bar weight and add chains until you miss. The other is to use a certain amount of chain, for example 200 lbs. of chain weight, and add bar weight until you miss. This does wonders to work acceleration and lockout. Chains can also be used on a variety of board presses, close grip bench

presses, triceps extensions and JM Presses.

For max effort work on the squat and deadlift, chains can also be used. Try attaching them to the bar when doing good mornings. This will build acceleration and help your deadlift. They can also be used when deadlifting. By draping the chains over the sleeve of the bar it will help build acceleration at the beginning of the movement and help with your lockout. They can also be used with a variety of max effort squatting movements.

It is important to remember that both chains and bands should be used on almost every dynamic day. On max effort work, be careful when you use them. The heavy band tension and the use of chains on the dynamic day is tough on the body, despite the low bar weight. Experiment slowly and with caution. If your dynamic days are fast and your max effort work is increasing, then you are fine, but when your speed starts to suffer and you are failing to break records, take a step back and analyze what you are doing and where you can make changes. This is what makes this kind of training so effective. There is a system of checks and balances that allows the lifter to make changes every week in order to maximize his performance. Listen to your body and make intelligent decisions. Do not change everything at once, but simply add or take away one thing and see how you react. This takes time so do not expect to know your body and it's intricacies in a couple of months.

While both chains and bands accommodate resistance, they do so in different ways. The bands have the added benefit of accelerated eccentrics; the faster one lowers the bar, while still being in control, the faster the concentric phase. Check out the online store at EliteFTS.com to purchase both Jump Stretch bands and chains.

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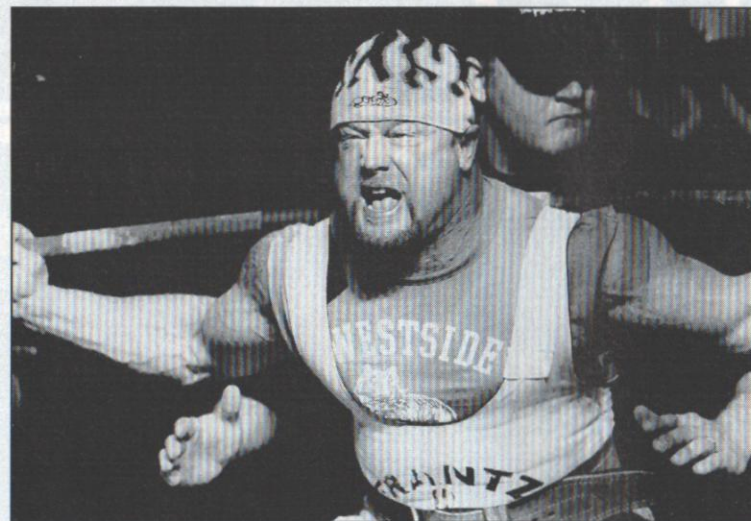
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NUTRITION

Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 2

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



Chuck Vogelpohl's plan for squatting or eating might not be right for you.

In the last issue of *Powerlifting USA* I started off with some very commonly seen nutritional mistakes that a large majority of powerlifters make with their nutritional plan. In this second installment of this series I will be going over some more mistakes that even you may be guilty of.

Not Keeping a Nutrition Log

I know that I will be getting a lot of funny stares for this one, but it's true. If you are serious about your progress you have to keep a nutrition log. Just about every powerlifter on this planet religiously keeps a training journal. Heck, many of you probably even bring it to the gym with you, writing in it even between sets. On the other hand, there are very few powerlifters who keep a nutrition and supplementation log. Why is that? Yes, we do know that bodybuilders keep nutrition logs, but what you may not know is that a large majority of athletes from all sports keep a nutrition log as well. So, what are the benefits of keeping this log you ask? There are many! This will allow you to keep track of everything that you put in your mouth. You may be wondering why you want to do that. The answer is simple. When you keep a training log, you can go through and see where you peaked, what program worked well, what led up to that PR or what led to an overtrained state and injury. The same thing goes for your nutrition. Maybe you have tried different training programs throughout your powerlifting career and no doubt some have worked better for you than others. It's the same thing with your nutrition program. Keeping a journal will allow you to look back to see what kind of macronutrient balance gave you the most energy or produced the best gains in strength. You can also use this to see when you have hit a wall or become overtrained. This will allow you to understand how changes in your nutrition program may have caused a problem. Keeping a nutrition and supplementation journal is essential to your progress, so start keeping one, because you will be glad you did.

Not Using Supplements Properly or at All

The natural supplements that are available to us today are much more advanced than they were 20 years ago. Gone are the days of having to suck back protein drinks that were as thick as cement and

tasted like the old pair of sweat socks that you still have from your high school football glory days. I can even refer to a time (which was before I was born) when ads for protein supplements made from fish were popular. Can you imagine trying to suck down a protein shake made from dried fish powder? Before I gag myself into a grating frenzy thinking about that, we should all be thankful for the advances in nutritional and food sciences that has made the advantages of modern supplements possible. Also gone are the days of losing all your money on a snake oil supplement that would do nothing but drain your wallet. We are in a time when supplementation advances are at an all time high. Now, don't get me wrong. I don't want you to think that I am saying that every product on the market is some miracle cure, but we do now have more products that do provide results. Best of all, many of them are backed by science and have studies to prove that they are beneficial to increasing performance. We now have available to us a wide variety of very useful supplements that can definitely give us an advantage over our competition if they are not using them. Here are the two main problems; people who don't use them and those who use them incorrectly. If you decide

not to use them then it would be like going into a regular powerlifting contest as a raw lifter. You won't be in the same league as people with equipment. Now for the people that do use them, a large majority use them incorrectly. Using supplements the wrong way can have you feeling like you just wasted your money even though you may have bought a product that could give you that little extra edge that you need. Another big mistake with supplements is using them when your nutritional plan is a mess. I have people asking me how to use this supplement or that powder, yet their nutritional plan couldn't keep a hamster in an anabolic state let alone a 250 pound powerlifter. Supplements won't do your performance any good if your nutrition program is a disaster to begin with. Another thing that you have to remember is that supplements are still supplements. They are there to give you that extra advantage, not do everything for you. The core of your program has to be your basic nutrition plan and from this we can build another platform which will be your supplement program. If your foundation is weak, then there is no reason to build upon it with supplementation. If your current nutritional plan is made from a house of cards then there is no use dropping

in all types of advanced supplements, hoping that you find a miracle in a bottle. Once your nutrition program is solid, adding in the right supplementation can make a huge difference in your performance.

Following Someone Else's Nutrition Program

This is a big mistake that I see with a lot of lifters trying to get into a proper nutritional program. They think, "Hey, if Garry Frank is eating 12,000 calories a day, then that is what I have to do to get the same results." This is completely the wrong mindset. Every person is an individual and each has specific needs and considerations that must be met. I get this a lot with lifters who come and visit me at my office for a nutritional consultation and assessment. Many times as I am trying to conduct the analysis, the lifter doesn't understand that only from their individual assessment can their nutritional and supplementation program be designed expressly for them. Many think that they are going to get a diet right there and then. What I explain to them is that, yes, I could make a generic diet plan, photocopy it, and hand it out to each of my clients. Would this

be fair? No, of course not. Would this get them optimal results? Most definitely not, and that is why a proper analysis must be done so that your program is customized to suit your individual needs and will get you to reach your specific goals. Just following someone else's diet is like trying to copy Chuck Vogelpohl's training program even though you just started out in the sport a couple of years ago. Through the analysis and nutritional follow-up consultations, the plan can be fine tuned and tweaked to each individual. Sports nutrition is a vast field and blindly trying to put the pieces of the puzzle together will only set you up for failure.

Not Preparing Your Competition Day Nutrition Plan

How many of you really plan out your competition day nutrition plan? I know that a large majority of you don't. The nutritional practices that I see lifters follow at their competitions blows my mind. I remember one World Championships that I attended in the mid 90s. As usual, many lifters went down to the local restaurant at the hotel and start off their meet day with a big breakfast. Supplying yourself with the right nutrients first thing on the morning of your competition is definitely the

right thing to do. Eating the wrong things, like a large majority of lifters do, can set you up for disaster. I recall sitting at the table with my lifters, when a Superheavyweight lifter asked if he could join us. I had my lifter's breakfast all laid out and they knew what they were going to eat days in advance. When this gentleman sat down, he acted like he just got invited to an all you can eat buffet. I know that the appetite of a superheavyweight is going to be more than a 132 pounder, but the word moderation was no where in this guy's vocabulary. He started off with 6 large pancakes. I think he used half a bottle of maple syrup on them and at least half a stick of butter. If that wasn't enough to cause an array of digestive disorders, he then ordered some sausage and bacon to go with his 'nutritious' breakfast. He inhaled no less than 12 strips of greasy bacon along with at least 8 sausage links. What was worse was this guy's table manners would definitely not impress Martha Stewart. Keeping his elbows off the table or even out of his dish, for that matter, is something his parents never taught him, that's for sure. As he inhaled (note I said inhaled) his food, he made all these weird sounds. As I sat there just about to lose my breakfast from this vulgar display of gorging, he leaned over, with maple syrup dripping off his arm, informing me that his asthma was acting up a little and that is why he was making those 'death rattle' sounds. If it's a legitimate medical condition, then I can respect that ... or can I? Here I was thinking that maybe one of those pancakes went down his windpipe sideways. I wanted to leave the table, but I couldn't pull myself away. It was like being a kid at a circus; this guy was the side show act. Now, he had to wash this down with a beverage, so what would his choice be. Would it be water, fruit juice, or milk? Nope, his choice was a 2 liter bottle of cola. He must have drank at least three quarters of the entire bottle right there. As he finished his last chug of his 'Energy Elixir' he let out an offensively loud, foul smelling belch that could be smelt across the table. That was the last straw. As I left the table with my athletes I couldn't believe what I just seen. Though he inhaled half of the country's livestock and consumed enough sugar to induce a diabetic coma in an entire village, that's not what shocked me the most. What did shock me is that he performed this gluttonous Roman-style feast 20 minutes before he had to start his warm ups for his squats. This was at a world championship! The real fun began in the warm up room as he was trying to get his squat suit on. Putting his suit on with three helpers was a show in itself. He should have saved that extra half stick of butter from his pancakes and used it to grease up his hips. Watching him warm up was even funnier. He was having a hard time buckling his belt because, as he informed his crew, he was feeling bloated. Do ya think? He ate enough grease at one sitting to clog the arteries of a brontosaurus, let alone a human being. Now the best is yet to come. He missed his first squat depth, as he was a mile high. I heard him complaining to his handlers that he just didn't right under the weight, as if something pulling him forward. If anything was pulling forward it was the sausage and pancakes stomach that was rebelling against his tire and suit. The climax of this story is ever He took his second attempt, set up, dunked proper depth and drove it up. Three white li... a good lift. It's not over yet, fans. As he v

over to the side judge to shake his hand after his display of greatness, he hurled a stream of bacon, sausage, cola and pancakes all over the pants of the official. Sweeeet!!!! It was so appalling that I was just waiting for his head to start to spin around. He apologized to the official and blamed it on a severe case of stomach flu that he was plagued with for the last week. That was a nice line to save face, but I knew the real reason why he left the official covered in an array of breakfast foods. He had eaten way too much of the wrong things, way too soon before his warm ups and this left him with not only a poor performance but an embarrassing moment like no other. Bottom line, plan out your meals properly in advance for your competition. Don't just go with the flow, eat what you want, and expect the restaurant at the meet to take care of your nutritional needs. I know that this is a peculiar story, but it's definitely something that gets the point across. Plan out your meals properly and stick to the plan. Your meet day success is dependent upon it!

Eating Too Much Fast Food and Junk

This one here is self explanatory. There are too many lifters that rely on a large majority of their meals from fast food restaurants. You may be thinking that there are now a lot of healthier choices at many of these chains. Yes, there is now a healthy menu at many, but the fact is I don't see any powerlifters ordering from this menu, do you? Many lifters that come to me for nutritional design eat fast food at least once a day. Some eat it even twice per day. I know life

can be hectic when you are working, trying to get your training in, and taking care of the family, but you can't just feed yourself an array of junk and expect your performance to be its best. Remember the old saying, "You are what you eat." This is very true and if you eat garbage your performance and health amount to the same. Fast food should be eaten no more than once a week on your 'cheat day'. It should not be a regular staple nor a pillar in your diet like it is for some lifters. Junk food and snacks are another problem area we have to address. Don't get me wrong. I don't expect you to eat like a pre-contest bodybuilder, day in and day out, but we do have to find a happy medium. I give my clients a cheat day in which they can enjoy themselves for 1 or more meals depending on what their goals are and the timeline that we are working with. The key word here is moderation. Cookies, potato chips, snacks, ice cream, chocolate tacos, hot dogs, french fries, fried foods, candy, and chocolate should not be a main staple in your meal plans. If you are eating the above on a daily basis, it is now the time to re-think your meal plan and clean up your act. Not only your health, but your powerlifting success depends on it!

In this installment I tried not only to educate you, but to humor you as well with some of the antics that I have seen in my time in the powerlifting nutrition trenches. In the next issue I will be going over some more specific nutritional mistakes and what you can do to avoid them in the future. Until next month, eat clean and make sure you aren't the one leaving the powerlifting official with more than a handshake and a smile!

If you have any questions or comments please write me at aricciuto@x-tremepower.com

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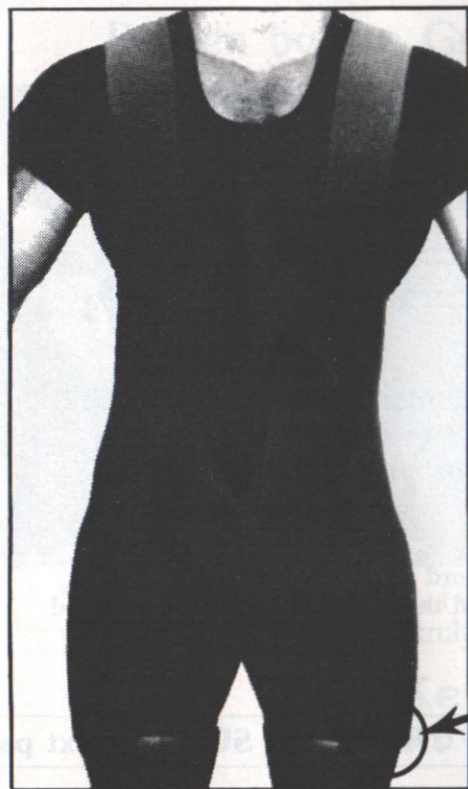
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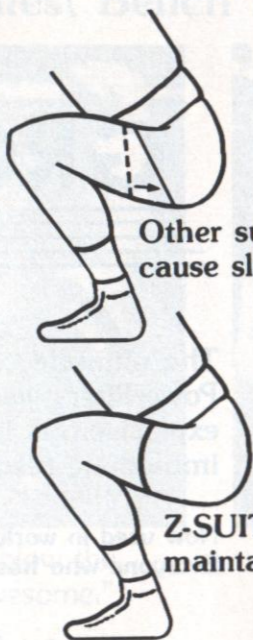
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New Research Applications as told by Mauro DiPasquale M.D.

When Things Heat Up

I'm always looking for new ways to enhance performance and get the most out of my training. Lately I came across the Rapid Thermal Exchange (RTX), a new gadget that promises to do just that. The RTX is a glove-like device that consists of a cooled steel plate with a housing. The steel plate extracts body heat through the palm, increasing performance by cooling down the body's core temperature.

The concept of the RTX glove evolved over years of research in animal physiology. Inventors Dennis Grahn and Craig Heller, Stanford animal physiologists, observed that all mammals cool themselves by releasing heat as sweat. The problem for humans occurs when we do things that push the envelope or that we're not adapted to do, like exercising so intensely that the sweat doesn't evaporate and carry off heat, or wearing heavy protective pads that don't allow heat to be dissipated readily. In order to help nature do its job under these conditions, the researchers began to look for artificial ways to augment our natural heat dissipating system.

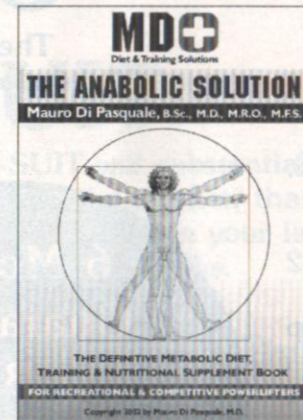
They came up with the RTX, which takes advantage of and amplifies the body's normal cooling mechanism that consists of pumping blood to the surface of the skin so that heat can be released into the air. Unfortunately this cooling mechanism, besides being inadequate at times, can impair performance by shunting blood and oxygen away from exercising muscles. With less oxygen the muscles can't work as hard. Since humans seem to have specialized vascular structures in the palms and the soles of their feet, both of these areas were natural targets for the RTX.

The RTX has been developed so far is a metallic, dome-shaped chamber that seals around the wrist. The chamber connects with thick tubes to a box-like, thermoelectric engine that pumps water below the hand, extracting heat from the palm and lowering the temperature of the blood. Blood then leaves the hand and returns to the heart, cooling the internal organs along the way. A vacuum draws more warm blood into the hand, sending more cooled blood back through the organs.

In a small pilot study, subjects pedaled to exhaustion in a "hot" room wearing two sets of long underwear, plastic rainsuits and hooded sweatshirts. After the subjects' temperatures rose to an average of 102 degrees, they stuck one hand in the RTX machine. Their body temperatures dropped to normal range within 15 minutes. When subjects cooled on their own in the same conditions, core temperatures remained elevated for 30 minutes.

As far as real world use, these are still being explored. However, several athletes have used the RTX with good results in alleviating fatigue. And it

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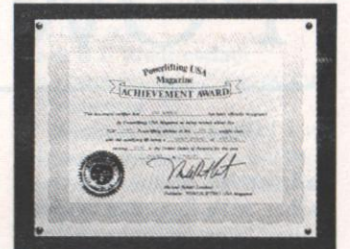
has a lot of potential for those of us who train hard. So don't be surprised if in the near future the RTX finds its way into your local health club or gym.

TOP 100

For standard 242 lb./110 kg. USA lifters in results received from January/2002 thru January/2003

SQUAT	BENCH	DEADLIFT	TOTAL
1 931 Coan, E. 6/22/02	715 Capozzolo, R. 6/02	800 Cass, B. 8/11/02	2221 Garcia, J. 11/9/02
2 920 Urchick, P. 11/9/02	665 Fields, B. 10/26/02	771 Garcia, J. 11/9/02	2175 Bartley, M. 3/30/02
3 903 Garcia, J. 11/9/02	650 Kelley, Brad. 11/10/02	765 D'Iorio, M. 4/7/02	2143 Weston, B. 6/16/02
4 903 Douglas, J. 11/9/02	644 Jackson, Jason. 11/18/02	760 Cooper, J. 2/26/02	2132 Douglas, J. 11/9/02
5 885 Bartley, M. 3/30/02	639 Carpenter, B. 3/02	760 Harris, T. 7/14/02	2130 Lavitola, N. 11/17/02
6 881 Weston, B. 6/16/02	628 Meyer, R. 10/29/02	755 Jackson, Johnnie. 2/23/02	2127 Jackson, Johnnie. 2/23/02
7 854 Blue, D. 11/9/02	625 Keene, J. 9/28/02	755 Howard, B. 11/18/02	2127 Urchick, P. 2/24/02
8 850 Bayles, J. 3/30/02	625 Markwood, M. 12/7/02	750 Angus, D. 4/7/02	2072 Harris, T. 7/14/02
9 840 Lavitola, N. 11/17/02	620 Shortland, C. 8/3/02	750 Lavitola, N. 11/17/02	2070 Cass, B. 9/21/02
10 826 Jackson, J. 2/23/02	610 Bartley, M. 3/30/02	749 Vessels, B. 11/18/02	2055 Blue, D. 11/9/02
11 821 Gorrell, J. 6/16/02	608 Wilson, P. 8/25/02	749 Matheson, B. 11/18/02	2044 Ladnier, J. 2/24/02
12 810 Hopper, B. 6/1/02	606 Doan, D. 8/25/02	745 Roesch, T. C. 8/18/02	2011 Gorrell, J. 6/16/02
13 804 Mason, C. 2/23/02	606 Ladnier, J. 2/24/02	744 Capello, J. 8/4/02	2005 Johnston, M. 11/17/02
14 804 Avigliano, J. 6/16/02	605 Cropp, P. 4/13/02	722 Weston, B. 6/16/02	2000 Castile, C. 6/16/02
15 804 Harris, T. 7/14/02	600 Bolen, J. 5/4/02	722 Holmes, C. 7/14/02	1973 Voprada, Z. 6/16/02
16 800 Black, J. 7/20/02	600 Kitani, R. 11/18/02	722 Cain, S. 7/14/02	1956 Mason, C. 2/23/02
17 800 Dewese, K. 11/17/02	600 Wakakuwa, F. 11/18/02	716 Kroczeleski, M. 4/27/02	1951 Hopper, B. 6/1/02
18 800 Cox, J. 11/24/02	585 Valentine, R. 3/31/02	715 Pappel, M. 8/10/02	1951 Waites, S. 10/5/02
19 793 Castile, C. 6/16/02	585 Paskell, E. 6/23/02	711 Urchick, P. 2/24/02	1950 Macartney, J. 11/17/02
20 790 Case, B. 9/21/02	585 Clark, E. 9/14/02	710 Carter, J. 6/8/02	1940 Thomas, K. 6/16/02
21 780 McFerrer. 10/5/02	580 Swope, D. 6/29/02	710 Douglas, J. 11/9/02	1925 Fields, B. 6/23/02
22 780 Dick, P. 11/17/02	580 Goodman, B. 8/24/02	710 Baehr, A. 11/23/02	1925 Hoffman, M. 9/29/02
23 777 Voprada, Z. 6/16/02	580 Campbell. 11/24/02	705 Harper, R. 3/3/02	1920 Dick, P. 11/17/02
24 775 Johnston, M. 11/17/02	575 Mayer, K. 11/24/02	705 Pecktol, S. 3/10/02	1918 Silver, S. 10/5/02
25 771 Waits, S. 10/5/02	575 Smith, M. 1/25/03	705 Jackson, P. 4/28/02	1915 Dewese, K. 11/17/02
26 765 Beversdorf, D. 3/30/02	573 Urchick, P. 11/9/02	705 Davis, R. 5/5/02	1905 Campbell. 11/24/02
27 760 Parkhurst, S. 11/30/02	570 Vargo, P. 8/3/02	705 Gorrell, J. 6/16/02	1901 Jesolva, D. 5/26/02
28 760 Ward, R. 12/7/02	570 King, J. 10/12/02	705 Voprada, Z. 6/16/02	1901 Planas, J. 10/5/02
29 755 Halliwell, P. 5/4/02	560 Lord, R. 6/29/02	705 Phillips, D. 9/02	1901 Hoover, L. 11/30/02
30 755 Covey, E. 11/17/02	556 Jones, A. 8/25/02	705 Silver, S. 10/5/02	1901 Parkhurst, S. 11/30/02
31 750 Smith, S. 4/29/02	556 Donati, R. 8/25/02	705 Blankley, M. 11/9/02	1901 Neilsen, R. 12/7/02
32 750 Laird, J. 11/17/02	555 Kingwater, D. 10/19/02	705 Ward, R. 12/7/02	1900 D'Iorio, M. 3/17/02
33 750 Frinzi, M. 11/17/02	555 Knight, M. 12/28/02	700 Chovanec, P. J. 2/2/02	1900 Casey, A. 2/0/02
34 750 Whalen, E. 1/23/03	551 Hummel, M. 4/27/02	700 Whalen, E. 2/2/02	1900 Cox, J. 11/24/02
35 749 Ladnier, J. 2/24/02	551 Garcia, J. 6/16/02	700 Carter, E. 7/20/02	1895 Holmes, C. 7/14/02
36 749 Meyers, T. 3/3/02	551 Rhodes, C. 8/25/02	700 Deigan, J. 11/16/02	1890 Beversdorf, D. 3/30/02
37 749 Hill, B. 11/24/02	551 Nelson, G. 9/14/02	700 Johnston, M. 11/17/02	1890 Kroczeleski, M. 7/14/02
38 745 Macartney, J. 11/17/02	550 Imkamp, S. 2/10/02	699 Davidson, D. 2/16/02	1890 Schottel, J. 12/7/02
39 744 Jesolva, D. 5/26/02	550 Miller, R. 5/4/02	699 Whitman, B. 7/14/02	1865 Mann. 10/5/02
40 740 Casey, A. 2/0/02	550 Walker, D. 7/13/02	699 Blue, D. 11/9/02	1862 Cain, S. 7/14/02
41 740 Mann. 10/5/02	550 Biewer, J. 8/31/02	690 Schottel, J. 12/7/02	1860 Smith, S. 4/29/02
42 738 Planas, J. 10/5/02	550 Rankin, P. 9/7/02	689 Padgett, R. 4/20/02	1855 Chovanec, P. J. 2/2/02
43 735 Hoffman, M. 9/29/02	550 Macartney, J. 11/17/02	689 Traub, D. 8/2/02	1855 Covey, E. 7/20/02
44 727 Cyphert, B. 6/29/02	550 Harrison, T. 12/28/02	688 Landier, J. 2/24/02	1846 Gonzales, D. 5/5/02
45 725 Chovanec, P. J. 2/2/02	545 Jackson, J. 2/23/02	688 Auxer, R. 5/19/02	1846 Grandick, J. 5/26/02
46 725 Fields, B. 6/23/02	545 Harbert, R. 5/11/02	688 Landry, S. 5/26/02	1840 Keene, J. 6/1/02
47 725 Parrish, J. 8/24/02	545 Hoover, J. 11/30/02	688 Castile, C. 4/13/02	1835 Leinfelder, J. 7/14/02
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55 710 Clark, E. 3/30/02	540 Lavitola, N. 11/17/02	680 Bartley, M. 3/30/02	1818 Connors, R. 4/7/02
56 710 Joyce, J. 11/24/02	540 Hemenway, L. 12/7/02	680 Lewerts, M. 8/18/02	1818 Cunnane, E. 6/22/02
57 705 Taylor, D. 3/9/02	540 Griffin, B. 12/7/02	677 Thompson, M. 7/20/02	1818 Ward, R. 12/7/02
58 705 Pappillon, C. 3/16/02	535 Maher, 3/3/02	675 Sturm, N. 3/16/02	1815 Bluck, R. 3/30/02
59 705 Mistic, L. 3/16/02	535 Luyando, R. 8/18/02	675 Casey, A. 2/0/02	1815 Rock, J. 11/16/02
60 705 Pace, L. 3/16/02	534 Taylor, K. 5/18/02	675 Fecteau, R. 4/20/02	1813 Halliwell, P. 5/4/02
61 705 Nessa, K. 3/24/02	534 Davi, P. 11/18/02	675 Funaro, A. 7/13/02	1807 Morris, T. 10/26/02
62 705 Pincock, S. 4/13/02	530 Funaro, A. 1/19/02	675 Doss, K. 8/3/02	1807 Williams, N. 11/10/02
63 705 Lyons, T. 5/18/02	530 Pollard, S. 4/7/02	675 Shortland, C. 8/3/02	1802 Whitman, B. 7/14/02
64 705 Keene, J. 6/1/02	530 Dick, P. 7/20/02	675 Biangiano, A. 8/10/02	1796 Davis, T. 3/23/02
65 705 Leinfelder, J. 7/14/02	530 Robinson, D. 8/3/02	675 Souza, A. 11/23/02	1796 Fritz, A. 11/9/02
66 705 Morris, T. 10/26/02	530 Johnston, M. 11/17/02	675 Evans, L. 11/23/02	1796 Hill, B. 11/24/02
67 705 Hoover, L. 11/30/02	530 Schottel, J. 12/7/02	675 Edwards, W. 6/16/02	1785 Biewer, J. 3/30/02
68 705 Neilsen, R. 12/7/02	530 Chrun, G. 12/7/02	672 Magendie, J. 7/14/02	1785 Fenti, L. 7/27/02
69 700 D'Iorio, M. 3/17/02	529 Thomas, K. 6/16/02	672 Riley, R. 10/12/02	1785 Cooper. 12/7/02
70 700 Angle, L. 3/30/02	529 Silver, S. 10/5/02	672 Williams, N. 11/10/02	1780 McFerrer. 10/5/02
71 700 Fecteau, R. 4/20/02	529 Goldsworthy, D. 11/18/02	670 Pace, L. 3/16/02	1780 Harrison, T. 10/26/02
72 700 Adams, A. 10/14/02	529 Hein, B. 12/7/02	670 Harlow, R. 3/16/02	1780 Focht, C. 11/17/02
73 700 Harrison, T. 10/26/02	525 Monroe, K. 8/24/02	670 Durham, B. 6/1/02	1779 Pappillon, C. 3/16/02
74 700 Donegan, S. 11/17/02	525 Eiting, J. 9/22/02	666 Grandick, J. 5/26/02	1779 Mistic, L. 3/16/02
75 700 Henderson, A. J. 11/17/02	525 Mason, K. 11/16/02	666 Yes, R. 10/27/02	1768 Landry, S. 5/26/02
76 699 Gonzales, D. 5/5/02	523 Mason, C. 2/23/02	666 Graham, J. 11/23/02	1763 Meyers, T. 3/3/02
77 699 Becker, M. 6/9/02	523 Connors, A. 4/7/02	665 Parrish, J. 6/15/02	1763 Auxer, R. 5/19/02
78 699 Wearden, R. 10/26/02	523 Waits, S. 10/5/02	665 Furlow, T. 8/18/02	1760 Fecteau, R. 4/20/02
79 694 Cain, S. 10/12/02	523 Dooley, B. 10/13/02	663 Sandberg, C. 5/5/02	1760 Frinzi, M. 11/17/02
80 694 O'Donnell, M. 12/7/02	520 Lindo, A. 3/23/02	661 Driskill, B. 2/16/02	1760 Estevez, L. 12/7/02
81 690 Doss, K. 8/3/02	520 Sprague, J. 6/23/02	661 Edmondson, S. 3/10/02	1757 Dungan, P. 3/16/02
82 688 Watson, P. 11/30/02	520 Zingaro, M. 8/3/02	661 Egleby, M. 5/4/02	1757 Heffernan, T. 11/9/02
83 685 Jackson, R. 3/23/02	520 Blue, D. 12/7/02	661 Robinson, D. 5/4/02	1755 Enquist, T. 1/19/02
84 685 Bluck, R. 3/30/02	520 Saviano, L. 12/7/02	661 Gonzales, D. 5/5/02	1755 Pace, L. 3/16/02
85 685 Rock, J. 11/16/02	520 Knobler, J. 12/8/02	661 Dawson, A. 5/5/02	1755 Deigan, J. 11/16/02
86 683 Cunnane, E. 6/22/02	518 Larsen, A. 3/10/02	661 Macartney, J. 6/1/02	1755 Donegan, S. 11/17/02
87 683 Morse, C. 8/3/02	518 Hopper, B. 6/1/02	661 O'Donnell, M. 7/14/02	1755 Brown, M. 11/17/02
88 683 Silver, S. 10/5/02	518 Castile, C. 6/16/02	661 Hoover, L. 7/20/02	1755 Baehr, A. 11/23/02
89 680 Matzeos. 9/14/02	518 Phillips, C. 10/27/02	660 Enquist, T. 1/19/02	1752 Nessa, K. 3/24/02
90 680 Focht, C. 11/17/02	518 Douglas, J. 11/9/02	660 Harbour, A. 3/23/02	1752 Becker, M. 6/9/02
91 680 Campbell. 11/24/02	518 Mills, M. 12/8/02	660 Curtis, A. 3/23/02	1752 O'Donnell, M. 7/14/02
92 677 Garcia, C. 3/16/02	515 Beversdorf, D. 3/30/02	660 Birley, J. 4/14/02	1752 Steiner, E. 7/14/02
93 677 Grandick, J. 5/26/02	515 Edalgo, C. 9/21/02	660 Archer, H. 4/02	1752 Bugbee, M. 10/24/02
94 677 Whitman, B. 7/14/02	515 Dukovitz, S. 10/6/02	660 Hernandez, R. 7/02	1750 Clark, E. 7/20/02
95 675 Peterson. 3/16/02	515 Rydelek, M. 11/17/02	660 Simmons, R. 8/10/02	1746 Kahanek, C. 7/14/02
96 675 Robinson, J. 3/30/02	512 Lozano, M. 3/16/02	660 Baldwin, B. 11/30/02	1746 Avigliano, J. 10/26/02
97 675 Pundell, B. 8/24/02	512 Planas, J. 7/14/02	655 Pappillon, C. 3/16/02	1745 Lyons, T. 5/18/02
98 675 Shannon. 10/5/02	512 Thompson, M. 7/20/02	655 Dungan, P. 3/16/02	1741 Evans, D. 3/10/02
99 675 Warren, B. 11/17/02	512 Wright, E. 7/27/02	655 Poucher, D. 3/24/02	1740 Budenski, M. 4/27/02
100 672 Romero, M. 3/3/02	512 Ludlam, R. 9/7/02	655 Biewer, J. 3/30/02	1740 Black, J. 7/20/02

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

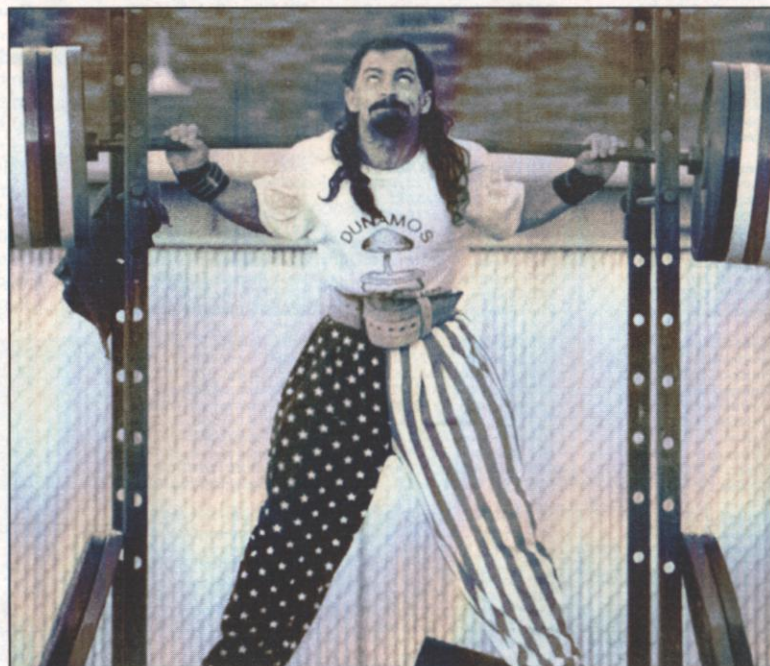
NEXT MONTH... TOP 275s

Corrections... On the Women's TOP 20 for the 105 lb. class Janet Faraone's name was not spelled

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

MIKE EWOLDSSEN as told to PL USA by Lindell Smith



Mike backs out of the rack with 760 on the bar. (Richard Neal photographs)

When the students in Hutchinson, KS returned to school this past fall, it was their math teacher, Mike Ewoldsen who had the best "What I did over my summer vacation" story. Mike, one of the Natural Athlete Strength Association's most outstanding lifters, is also a youth minister. The past two years he and his family have traveled around the country putting on strength demonstrations and ministering to the iron minded people of the country. Mike refers to his traveling ministry and strength presentation as "Dunamos," taken from Acts 1:8, "And ye shall receive POWER when the mighty spirit comes upon you." Dunamos is Greek for Power.

The Dunamos tour began last year, but this past summer, Mike, his wife Darla, son Michael and two daughters, Ashton and Erika piled into their Chevy Astro van, hooked on a trailer with 1,500 pounds of weight and began crisscrossing the country.

Between the middle of May and July 31, the Ewoldsens delivered song, show and witness 50 times in 65 days.

Now none of this might interest the average powerlifter, but the fact that at each of these stops, Mike would squat, deadlift, bend re-bar and drive nails into boards with his hands. He also trained on the "Ewoldsen Insanity" program three days a week to prepare for the World Cup Championships in Oklahoma City where he went nine-for-nine and totalled 1,410 pounds. That's 10.68 times his bodyweight of 132 pounds!

Mike believes that since you make three lifts in a meet, every training session should consist of those three lifts - squat, bench press and deadlift.

Each of the three days, one of the lifts has priority and is trained heavy, while the other two are trained with moderation. The program consists of those three lifts and nothing else, but after trying the program, most people agree - it needs nothing more.

This summer, Mike not only did his own brand of "E Insanity" he also lifted seven days a week.

Mike jokes about his summer

and his training.

"I don't think I would recommend it for everybody, but it sure seemed to have worked for me," he said.

His psychotic brand of training consisted not only of his three-lift training, doing the bench all summer off two milk crates with a board laid across them and Darla spotting him, but deadlifting seven days a week and all of them topping out in excess of 550 pounds. His final night of witnessing was just 10 days before World Cup. He pulled what his wife Darla believed was his final deadlift at 600. Instead he told her God had told him to add 35 pounds and pull one more time. He jerked it off the floor and locked it out to the delight of the crowd.

"I had never attempted that before and I've never even come close to doing that amount in a meet. I can only do it when I'm doing God's work and his anointing is on me," Mike stated.

His training sites were also more than a little "unique" with one training session on the back of a flat bed truck, another on a WalMart parking lot in Barstow, CA with 103

degree heat, the parking lot of an amphitheater and yet another time under the awning of a liquor store.

One of his favorite training memories was doing a 500 training squat on a parking lot with a 20 degree angle.

"This type training might not be the greatest, but these conditions helped make today's (World Cup) meet seem a little easier," he said.

The training certainly seemed to work. Mike totalled 1,394 with lifts of 562, 281 and 551 in May before starting the Dunamos Tour. He had also totalled 10 times his bodyweight several other times, but said it didn't count until he did it at the NASA World Cup with truly stringent judging. His 1,410 total on Aug. 10 came on his first nine-for-nine day at the same meet he had bombed out of several years ago. That special Saturday saw him make squats of 518, 545 & 567; bench press efforts of 270, 281 & 286; and deadlifts of 512, 542 and 556.

Between the two meets, Mike and Darla travelled more than 18,000 and witnessed to more than 15,000.

"Last summer," Mike said. "We saw God move lives. This summer, we learned that God is Faithful."

Those with the courage to be faithful to Mike's "E Insanity" program can give it a try.

Those interested in his ministry and Dunamos, can contact him at ewoldsen@hotmail.com.

"Ewoldsen Insanity" - Guaranteed to make you stronger, bigger, jump higher, run faster - or just puke! Set Goals from last meet: Squat +20-25 lbs; Bench Press +10 lbs; Deadlift +15-20 lbs.

PRECYCLE: All lifts get 30 seconds of rest between sets when doing 12-set workout. When doing 8 set workouts, Squats get two (2) minutes rest between sets; Bench Press gets one (1) minute rest between sets; and Deadlifts get 1:30 minutes rest between sets.

Week 1--Monday
SQ: Warm-up, then 12 sets of 3 w/ 50% new goal
BP: Warm-up, then 12 sets of 4 w/ 50% new goal
DL: Warm-up, then 8 sets of 6 w/ 50% new goal

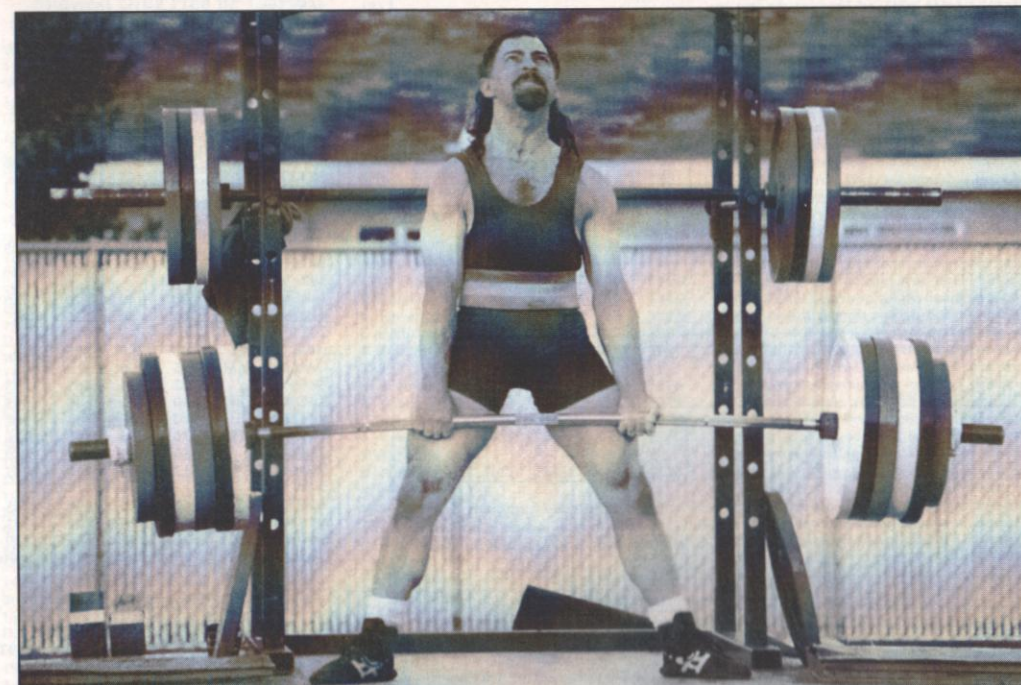
Wednesday
SQ: Warm-up, then 12 sets of 3 w/ 50% new goal
BP: Warm-up, then 8 sets of 8 w/ 50% new goal
DL: Warm-up, then 12 sets of 12 w/ 50% new goal

Friday
SQ: Warm-up, then 8 sets of 6 w/ 50% new goal
BP: Warm-up, then 12 sets of 4 w/ 50% new goal
DL: Warm-up, then 12 sets of 3 w/ 50% new goal

Week 2 to Week 5 of precycle, try to increase by even increments so that by the time you are at the last week of the precycle, you are using the SAME weight that you will use the first week of the cycle (which will be 58%)

CYCLE: When doing eight (8) set workouts, Squats get two (2) minutes rest between sets; Bench Press gets one (1) minute of rest between sets; and Deadlifts get 1:30 minutes of rest between sets. When doing three or five set workouts, lift when you are ready.

Week 1--M, W & F
SQ: Warm-up, then 8 sets of 5 w/ 58% new goal



Mike locks out 560 at a demonstration in Denai, California. On one occasion he pulled 635 this way.

BP: Warm-up, then 8 sets of 6 w/ 58% new goal
DL: Warm-up, then 8 sets of 5 w/ 58% new goal

Week 2--M, W & F
SQ: Warm-up, then 8 sets of 5 w/ 60% new goal
BP: Warm-up, then 8 sets of 6 w/ 60% new goal
DL: Warm-up, then 8 sets of 5 w/ 60% new goal

Week 3--M, W & F: SQ
Warm-up, then 8 sets of 5 w/ 62% new goal
BP: Warm-up, then 8 sets of 6 w/ 62% new goal
DL: Warm-up, then 8 sets of 5 w/ 62% new goal

Week 4--M, W & F
SQ: Warm-up, then 8 sets of 5 w/ 64% new goal
BP: Warm-up, then 8 sets of 6 w/ 64% new goal
DL: Warm-up, then 8 sets of 5 w/ 64% new goal

Weeks 5-8 of the Cycle, when you do sets that are 1 rep (either 1 set of one or 2 sets of 1), use full meet gear - whatever you are going to use in the meet.

Week 5 -- Monday:
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 2 sets of 1 w/ 80% new goal

Week 5 -- Wednesday:
SQ: Warmup, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 2 sets of 1 w/ 80% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 5 -- Friday:
SQ: Warm-up, then 2 sets of 1 w/ 80% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 6 -- Monday
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 2 sets of 1 w/ 85% new goal

Week 6 -- Wednesday:
SQ: Warmup, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 2 sets of 1 w/ 85% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 6 -- Friday:
SQ: Warm-up, then 2 sets of 1 w/ 85% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% of new goal

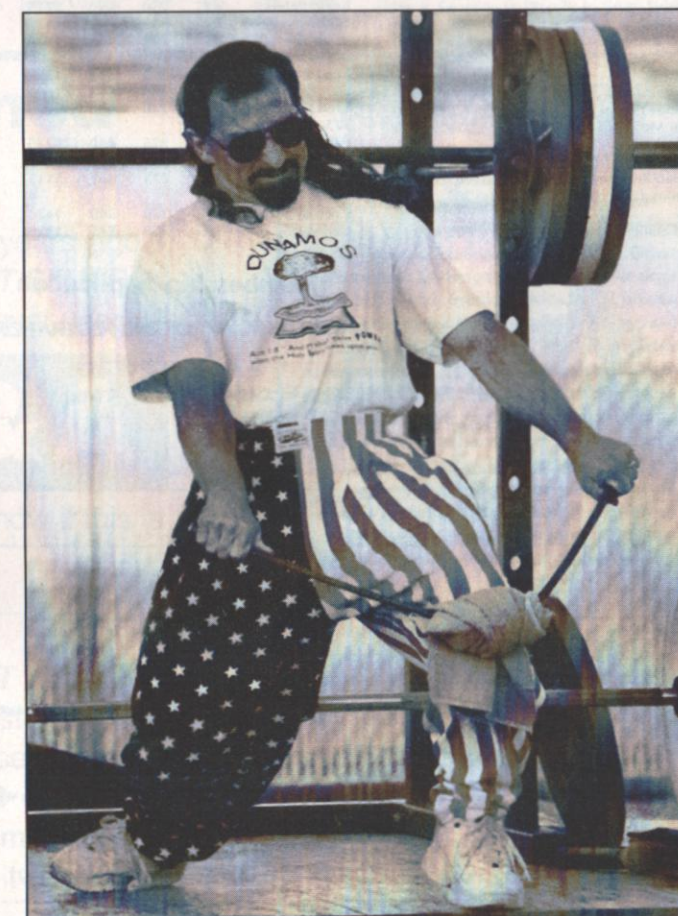
Week 7 -- Monday:
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 1 set of 1 w/ 90% new goal

Week 7 -- Wednesday:
SQ: Warmup, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 1 set of 1 w/ 90% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 7 -- Friday:
SQ Warm-up, then 1 set of 1 w/ 90% new goal

BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal
Week 8 -- Monday:
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal

BP: Warm-up, then 3 sets of 3 w/ 50% new goal
DL: Warm-up, then 3 sets of 3 w/ 50% new goal
Week 9 -- Friday:
No workout since the meet is tomorrow



On the Dunamos Tour Mike bends a piece of re-bar around his knee.

60% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 1 set of 1 w/ 95% new goal

Week 8 -- Wednesday:
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 1 set of 1 w/ 95% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 8 -- Friday:
SQ: Warm-up, then 1 set of 1 w/ 95% new goal
BP: Warm-up, then 5 sets of 4 w/ 60% new goal
DL: Warm-up, then 3 sets of 3 w/ 60% new goal

Week 9 -- Monday:
SQ: Warm-up, then 3 sets of 3 w/ 60% new goal
BP: Warm-up, then 3 sets of 3 w/ 60% new goal
DL: Warm-up, then 3 sets of w/ 60% new goal

Week 9 -- Wednesday:
SQ: Warmup, then 3 sets of 3 w/ 50% new goal
BP: Warm-up, then 3 sets of 3 w/ 50% new goal
DL: Warm-up, then 3 sets of 3 w/ 50% new goal

Week 9 -- Friday:
No workout since the meet is tomorrow



Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

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

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 _____

USPF Drug Free NJ High School 02 MAR 03 - Hammonton, NJ

Girls	SQ	BP	DL	TOT
Johanns Andiorio	190	110	265	565
Dominique Sacco	195	100	255	550
Shari Jack	250	100	300	650
Melissa Dean	150	80	200	430
Jessica Fromal	100	65	125	290
MEN				
114				
Mike Landolt	170	140	300	610
123				
Fred Trotz	315	185	325	825
Sean Lagravenis	225	140	315	680
Nick D'Anton	190	120	240	550
132				
George Barrett	270	150	380	800
Anthony Puglisi	255	165	330	750
Justin McGrath	255	175	315	745
148				
Joe Romeo	380	215	405	1000
Kieman Browne	320	215	405	940
Anthony Giffo	330	195	385	910
165				
Eric Rembert	400	235	500	1135

Victor Farinelli	360	235	400	995
J.J. Gilly	355	215	405	975
181				
Ryan Nardello	400	275	430	1105
Alfredo Mojica	315	210	505	1030
Dan Wong	405	205	420	1030
198				
Jordan Manning	380	290	475	1145
Steve Simpkins	420	270	420	1110
Patrick Collins	375	240	455	1070
220				
Kevin Peters	435	250	490	1175
Nick Mercurio	425	315	435	1175
Brian Sheerer	350	275	405	1030
242				
Mike Puglisi	500	290	505	1295
Dan Barber	365	205	515	1085
Brad O'Brien	375	220	435	1030
275				
Paul Panchesne	450	325	440	1215
Pete Gudzak	425	285	490	1200
Chris Andrews	375	275	465	1115
SHW				
Gregory Wynne	600	320	500	1420
Carlos Feliciano	535	250	535	1320

TEAM AWARDS: 1st place: St. Joseph High School, Hammonton. 2nd place: Monsignor Donovan High School. 3rd place: Egg Harbor Township High School. Coach Paul Sacco 67 points. Coach Mark Deppen 46 points. Coach Tony DeRosa 19 points. Thanks to Trophy Sponsor: Mr Rick Sepe of H & R Block of Hammonton, New Jersey. Held at St. Joseph High School. (Thanks to Coach Paul Sacco for results.)

USAPL Latech Rookie Meet 02 NOV 02 - Ruston, LA

	SQ	BP	DL	TOT
97				
DICKERSON, E.	165	100	190	455
123				
CUNNINGHAM	265	150	275	690
132				
MILLET, ASHLEY	170	90	205	465
148				
CLUBB, SIFAWN		115	225	340
SCOTT, J.	145	115	250	510
BLANCHARD, M.	180	85	245	510
CHRISTIANSON	250	145	265	660
165				
PHELPS, R.	375	200	415	990

165	EVERETT, K.	335	175	375	885
173	BOYS				
123	HERNANDEZ, J.	315	190	390	895
132	BLANCHARD, D.	300	205	310	815
148	VILAFRANCA, D.	300	240	380	920
KIBLER, DAVID	515	280	490	1286	
FORET, SID	375	165	410	950	
165	HEBERT, P.	315	250	320	885
181	CARSON, JAKE	405	275	425	1105
WILSON, BRUCE	315	240	345	900	
198	JAREAU, JERRY	480	240	530	1250
ALLEN, JOHN	300	250	335	885	
242	HILL, DANIEL	335	280	355	970
GALUHN, JAMES	245	190	370	805	
BROWN, R.	365	275	485	1125	
BROWN, JOHN	600	355	640	1595	
RIFENBURGH, J.	380	265	435	1080	
WHITE, JUSTIN	470	250	500	1220	
CHOVANEC, J.	560	365	535	1460	
IRAWLS, BEN	315	300	430	1045	
SHW					
WATTS, MARCUS	545	310	490	1345	
HOOD, ALEN	490	370	485	1345	
MITCHELL, K.	425	300	405	1130	

The Winter Blues Meet 18 JAN 03 - Goshen, IN

Bench Press	Greg Fay	325
Master	Master 55+	220
198		
Fred Stokes	Ron Cuny	325
Darrell Horn	Deadlift	337.5
Master 50+		242
220	Brendan Yoder	550
Powerlifting	SQ	
Teen women	BP	
105	DL	
Laela Tahmassebi	TOT	145
Masters 55+		
148		
Mike Wider	430	230
242	430	1090
Paul Adams	650	370
Novice	570	1590
181		
Derrick Hamman	425	330
Scott Bressler	340	185
Raw	450	1205
242		
Andy Adams	550	315
Natural	625	1490
181		
Rich Salvagni	700	*500
220	590	1790
Leon Bontrager	220	525
Iron Man		
Teen		
148		
Cody Patterson	215	315

* CBPL record. Best Lifter, BP - Fred Stokes. Special thanks to the Reed Bros., Larry Boynton, Mike Wider, Dan Martin, Rich Salvagni and Larry Patrick. It sure has been a long, hard winter here in the Midwest, but I think most people who left this year's Winter Blues meet felt a lot better. I know I did. The lifting at this meet was so hot, it just didn't seem as cold when I stepped outside after the meet. The headlines belong again to the greatest natural lifter that Indiana has ever produced, Rich Salvagni, as he hit the incredible 500 mark for the first time in the bench, now that he's a full fledged lighthheavy. He missed it on his second attempt and then got that John Cruden-look in his eyes before his third attempt and I figured he had a real good shot at it and he came through with a very fired-up effort. He also made a good, deep 700 squat and 590 deadlift to give him a pr total 1790. The attempts he missed added up to 1830, just 20 pounds off last year's winning total at the IPF Worlds. I've always felt his best chance at a world title would be at 181, and barring injuries, in 2004 he could be in the hunt. He wasn't the only one to come back on the bench after missing one. Veteran Master lifter, Ron Cuny, missed a 2nd attempt with 325, but a small, but spirited crowd, practically willed him to make it on his 3rd. The crowd also really pushed Greg Fay to make his 3* attempt pr of 340, but the judges said no. Lifting raw was Andy Adams and he put together a very clean 1490, which included a great 625 deadlift, the best of the meet. Not to be outdone, his Brother Paul also squatted a great 650 en route to 1590. Rounding out the power division was Mike Wider who hit an excellent 1090 in the 148, 55+. Any time he wants to go after a National title in a drug-tested Federation, it should be there for the taking. And finishing off the great lifting that went on at this meet was Brendan Yoder, who made his best deadlift ever going away, with 550 (Results courtesy Jon Smoker.)

Midwest Drug Free BP Classic 25 JAN 03 - Oshkosh, WI

114	Womens Teenage	275			
114	Steve Fronk	375			
Melissa Falke	145	Mike Hert	310		
148	SHW				
Devan Doan	225	James Schaub	390		
165	Mens Open				
Laron Proederer	110	148			
Womens Open		Jon Baudry	330		
123		Brian Bending	285		
Shannon O'Grady	85	Tim A'idag	260		
148		165			
Devan Doan	225	Joe Mevis	330		
165		Jason Waters	320		
Pam Zangl	190	Dave Parker	320		
Sharon Weber	105	Kelly Peterman	290		
Mens Teenage		Joe Falke	280		
148		Dave Nikme	260		
Dan Pope	305	181			
William Bacon	225	Mark Menor	420		
165		Steve Heathman	400		
Mack Beasley	315	Ricky Lea	330		
Jon Baumann	245	Evan Hagan	330		
181		Aaron Baumann	235		
Mitch Clark	275	198			
Tyler Tomjanovich	250	Brian Wright	445		
David Meservey	185	Fred Popp	415		
198		Tom Turner	315		
Jessie Betzinger	305	Jared McDonald	310		
SHW		220			
Kevin Kroll	300	Dave Johnson	505		
Mens Masters		Jamie Zwiers	500		
148		242			
Bob Heiner	290	Dave Doan	610		
165		Marty Becker	470		
Dave Parker	320	Tom Polishinski	450		
Willard Lee	165	Darin Heyerdahl	450		
198		Philip Diamond	410		
Bill Miller	400	275			
Steve Korff	350	Scott Lade	650		
Jim Pitsch	345	Kurk Bessler	500		
Gerald Allhands	265	SHW	510		
220		Rusty Campshure	320		
Michael True	325				
Best Male Lifter: Scott Lade, Best Female Lifter: Devan Doan. (Thanks to Dave Doan for the results.)					
L.C.F SEMI ANNUAL MEET					
19 JAN 02 - Limon, CO					
Open	SQ	BP	DL	TOT	
165					
N. Nguyen	405	240	430	1075	

as smooth as could be. SHW SHANE HAMMAN made a 2 1/2 hour road trip in the wee hours of the morning to attend, supporting and cheering on all the guys! He signed autographs, took pictures and was a real inspiration to us all. (How can you not perform your best with a 1000 lb+ squatter rooting you on!) Thanks for coming BIG SHANE! It was an experience none of us will ever forget! Lt. Joffee Recreation Supervisor and Warden Watkins were both on hand cheering and supporting everyone as well. Without you guys, we wouldn't even have a Powerlifting program, much less the best in CDCC! Thank you for everything! Our Chief Referee David "Big D" Coleman, Judges: Curtis Hietzman and Duc Nguyen were fantastic! You did great fella's! We all appreciate your time and respect your love for our sport! Competition was fierce! Strong men battling it out heart and soul in nearly every weight class! 4 facility records and 8 masters records were broken! 29 athletes put their all on the line, pushed themselves beyond all barriers and put on quite the show! It was the best competition I have ever had the privilege of competing in, and I consider it a real honor to have taken part in the event. Out of the 29 athletes, 25 Totaled. C. Harris, D. Vieira, P. Daronco each earned the Iron Priest Award of Courage for putting their all on the line. Each pushed themselves extremely hard, and then carried themselves extremely well after taking a hard blow on the bench. Big R. Horton had a bad day at the squat, demonstrating plenty of power, just coming up a bit short on depth. Dr. Judd says, "People who can rise from the ashes, who can handle defeat and adversity are the champions of life." I'll see all four of you in the July 03 meet, and I am confident each of you will demonstrate the meaning of what he wrote! Special Thanks to Mr. Lambert and PLUSA You're the GREATEST! Thank you for publishing the results to our meet, along with all the other competition results and awesome articles! HAIL TO Powerlifting! In Strength, "Big Mac" (Thanks to J. McKenzie for these results.)

Nutmeg Open Bench Press 08 MAR 03 - Newtown, CT

68	Rebekah Cobb-F	200	105	245	550
	Kelly Roulaire-F	260	135	270	665
	Shifawn Clubb-F				
	Sid Foret	415	190	455	1060
75	S. Woods -F	220	115	270	605
	Jared Touchstone	305	215	390	910
	Luke Queboudoux	340	230	405	975
	Ben Brooks	460	250	490	1200
	Clint Edwards	475	335	500	1310
	Phillip Leblanc	495	275	505	1275
	David Kibler	495	295	525	1315
83	BJ Wilson	375	270	340	985
	Kevin Gwin	445	325	510	1280
90	Danielle Miller -F				
	Casey Briggs	325	215	410	950
	Chris Foster	465	315	425	1205
	Jake Carson	300			300
100	Daniel Hill	385	280	370	1035
	Don White	470	255	470	1195
	James Galuhn	380	235	435	1050
	Justin White	475	285	530	1290
	John Brown	660	400	705	1765
125	Darren Smith	540	315	520	1375
	SHW				
	Marcus Watts	700	345	625	1670

USAPL Meet of Champions 08 FEB 03 - Ruston, LA (KG)

	SQ	BP	DL	TOT
52				
Crystal Hays-F	200	110	215	525
Kaliste Thomas-F	255	100	280	635
Chris Hoek	280	180	320	780
Doc Holloway	450	255	560	1265
60				
Jose Herandez	385	195	405	985
Jeffery Darden	230	185	335	750

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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.

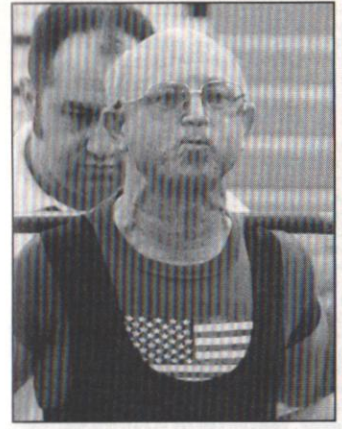


Membership Application

AMERICAN POWERLIFTING FEDERATION

AAU Richmond International
26,27 OCT 02 - Richmond, VA

WOMEN	SQ	BP	DL	TOT
RAW				
97				
Open				
Luz Osorio	165	110	231	507
123				
Kids (10-11)				
Ericka Luster	110	104	154	370
4th		115	181	
Open				
Sherri Fosdick	187	110		
Sub Masters (35-39)				
Sherri Fosdick	187	110		
Youth (12-13)				
Shaquilla Luster	99	66	181	348
Assisted				
165				
Youth (12-13)				
Teresa Geer	32	88	192	414
MEN				
Assisted				
148				
Masters (55-59)				
Larry Eggleston	347	198	391	936
181				
Masters (40-44)				



Larry Eggleston's 347 pound squat in the 148 lb. class at the AAU Richmond International (Photo graph by Suzie Hartwig)

Phillip Capps	198	Law/Fire/Military / Masters (40-44)	413	303	501	1216
Michael Kidd	413	303	501	1216		
Nestor Gregory	490	292	501	1283		
LifeTime / Open	413	303	501	1216		
Michael Kidd	413	303	501	1216		
Masters (40-44)						

Michael Kidd	413	303	501	1216
Masters (55-59)	490	292	501	1283
Nestor Gregory	490	292	501	1283
Open				
Nestor Gregory	490	292	501	1283
220				
Masters (40-44)	650	380	600	1631
M. DelSignore	650	380	600	1631
Masters (45-49)	385	297	402	1084
Scott Bixler	385	297	402	1084
242				
LifeTime Open	622	391	562	1576
Oscar Orengo	622	391	562	1576
Open	622	391	562	1576
Oscar Orengo	622	391	562	1576
David Scott	507	347	556	1410
202				
Teenage (18-19)	468	314	501	1283
F. Velazquez	468	314	501	1283
275				
Junior (20-23)	551	402	688	1642
Mark Hotochin	551	402	688	1642
Open				
Jack Wright	705	396	650	1752
319 Open				
John Karban	705	396	650	1752
SHW Open	600	473	540	1613
114				
Mario Aponte	600	473	540	1613
RAW				
66 Kids (8-9)	99	93	159	352
Jason Luster	99	93	159	352
4th		170		
88				
Kids (10-11)	154	93	203	451
Jared Fleming	154	93	203	451
114				
Junior (20-23)	137	115	253	507
Alfredo Ruis	137	115	253	507
132				
Teenage (14-15)				
Demonic Luster	336	248	380	965
148 Open				
Wayland O'Bier	336	248	380	965
165				
Kids (8-9)	88	71	110	268
Peter Collins	88	71	110	268
181 Teenage (18-19)				
Ward Benson				
198				
Junior (20-23)	451	314	534	1300
Roy Roten	451	314	534	1300
LifeTime / Masters (60-64)	396	214	407	1018
Oscar Rickman	396	214	407	1018
Masters (60-64)	396	214	407	1018
Oscar Rickman	396	214	407	1018
Open	501	369	584	1455
Wayne Pennell	501	369	584	1455
Michael Baugham				
220				
Masters (40-44)	385	391	529	1305
Pedro Vazquez	385	391	529	1305
4th		402		
Masters (55-59)	512	308	584	1046
Jack Roten	512	308	584	1046
Junior (20-23)	490	319	600	1410
Matthew Roten	490	319	600	1410
275				
LifeTime Masters (40-44)	468	325	451	1245
Dave Wood	468	325	451	1245
Masters (40-44)	468	325	451	1245
Dave Wood	468	325	451	1245
Masters (50-54)				

USAPL University Cup Challenge
30 NOV 02 - Thibodaux, LA

WOMEN	SQ	BP	DL	TOT
105				
Jordan Callais	220	105	265	590
114				
Ashley Awalt	280	170	300	750
Jenny Hollier	300	160	285	745
123				
Paula Ramirez	250	115	300	665
Melissa Miller	215	90	245	550
Ashley Matherne	185	95	225	490
148				
Tiffany Baucon	240	125	260	625
Ashley Millet	185	110	240	535
Mich. Blanchard	205	95	225	525
Stacy Urso	305	160	375	840
148				
Staci Dencause	255	135	285	675
Cindy Hunter	220	125	265	610
Kelly Roulain	230	125	235	590
Mandy Miller	220	95	225	540
Gina Ascani	145	60	210	425
Katie Ford	390	230	380	1000
Satin Perez	365	165	290	820
Johnson Detria				
181				
Lacy Picou	340	150	340	830
Kelly Louque	340	195	350	885
Danielle Miller	305	165	335	805
Brittany Sisson	305	155	330	790
198+				
Misty Bearden	285	165	315	765
Cortney Hancock	255	145	285	685
MEN				
114				
Jerel Ona	315	165	410	890
Marc Barbier	270	210	375	855
Jeremiah Welch	240	110	285	635
123				
Doc Holloway	430	250	520	1200
Gil Montes	300	235	440	975
Danny Blanchard	315	220	350	885
132				
Micah Kiletico	450	270	490	1210
Mike Wily	350	200	420	970
Chayse Melancon	345	245	375	965
Britt Vallot	330	190	420	940
148				
Villefranca	360	280	425	1065

Tom Dorsey	385	275	473	1135
Open				
Scott Odom	633	435	628	1697
319				
LifeTime Masters (40-44)	457	297	374	1128
Dan Beschler	457	297	374	1128
LifeTime-Teenage (18-19)	325	347	457	1128
Arnaldo Mejias	325	347	457	1128
Masters (40-44)	457	297	374	1128
Dan Beschler	457	297	374	1128
Teenage (18-19)	325	347	457	1128
Arnaldo Mejias	325	347	457	1128
The Richmond International Best Lifter Trophies are as follows: Best Assisted Male Open - John Karban. Best Assisted Master Male - Nestor Gregory. Best Raw Male Open - Scott Odom. Best Raw Master Male - Jack Roten. Best Raw Female Open - Luz Osorio. (report courtesy of Barbara Beasley)				
Kendall Goodly	415	215	435	1065
Bun Heng	315	275	435	1025
Lebougeois	205	225	315	745
Jonathan Hanks	190	185	250	625
Tim Lemando	415	240	520	1110
165				
David Hammers	515	345	520	1380
Jason Shurley	445	290	530	1265
Mike Leblanc	505	260	490	1255
Hayes Carter	435	275	520	1230
Joshua Blackwell	315	285	400	1110
David Starkey	425	255	455	1135
181				
Scott McMann	505	320	585	1410
Chris Webber	375	400	580	1355
Dave Brewer	500	310	540	1350
Kris Buda	450	315	500	1265
Kevin Westbrook	455	300	510	1265
Nate Thornton	410	325	520	1255
Scott Riedl	415	295	520	1230
Joe Matia	390	250	460	1110
Chris Welch	350	240	470	1060
Craig Benoit	360	215	370	945
198				
Jared Faulk	545	385	540	1470
Daniel Crozler	505	320	505	1330
Jonathan Jones	455	300	555	1310
220				
Kenny Reynolds	640	320	660	1620
Joshua Johnson	495	385	520	1400
William Barris	445	275	450	1170
Jason Rifenburgh	410	250	440	1110
David Oser	170	140	295	605
Travis Werner	675	430	595	1700
242				
Bud Baldwin	585	330	660	1575
Scott Miller	585	375	615	1575
Robert Brown	400	290	515	1305
TJ McCothran	425	250	365	1040
Alexey Myakov	525	330	630	1485
275				
Josh Chovanec	615	400	600	1615
Shawn Denham	550	335	600	1510
Brian Dugan	500	285	520	1305
Curtis Wainwright	350	315	400	1065
SHW				
David Sharon	585	380	505	1470
Alan Hood	520	415	475	1410
Luke Hammonds	560	290	550	1400
Ken Mitchell	500	355	470	1325
Women Team Placing: NUCh-32, UTEX-24, LSU-16, ULM-15, ULL-10. Men Team Placing: LUTU-51, UTEX-49, NICH-32, ULL-27, LSU-23. (Thanks to USAPL for providing these meet results to PLUSA.)				

PCC RAW OPEN
14 DEC 02 - State Farm, VA

WOMEN	SQ	BP	DL	TOT
198				
N. Dave	450	335	600	1385
T. Brandon	485	275	575	1335
S. Tshontikidis	405	270	505	1180
220				
R. Green	585	365	600	1550
242				
R. McCray	475	375	515	1365
275				
M. Reid	500	340	475	1315
J. Tuller	415	255	475	1145

On Saturday Dec 14th 2002 the Powhatan Community Center hosted another quality RAW PR meet. Despite the fact that the PCC Iron Warriors could not entice any area lifters to come in and battle for some outstanding plaques and despite the disappointment of having to go it "alone" the team did exceptionally well. First off our loaders, spotters and scorekeepers are second to none when it comes to performing their duties. Our deep felt thanks for a job well done. A thanks is also extended to PCC Rec. Super. Ms. Jackson for her hard work in getting the approval and going the extra mile to make the event a success. Dr. Spero and Barry Walker are more than out outside supporters, they are dear friends. Thank you for taking the time on a busy Saturday to come in. We had three lifters in the 198's including Dr. Spero. N. Dave (Ice) won the wt class with a 1385 total. In spite of a knee injury Ice was still able to Squat 450 and DL 600. Tony finished second to his training partner with a 1335 total. Tony struggled in the squat but managed to muscle up a 485 and stay in the contest to set a personal best in the 198's but he's a true pro and a fine example of raw lifting. The 220's were dominated by Jasz Green who posted a 1550 total on crummy prison food no material aid like knee wrap or bench shirts and definitely drug free. It takes guts to lift under these conditions and Green has plenty of them. The 242's had only one entrant and that was Iron Warrior "LB." For his first time out LB put down some impressive numbers and believes he has many more great lifts in future contests. The 275's had two Iron Warriors going head to head. Big Mike and Big Jack. Big Mike hit a personal raw best in the squat at 500. Big Jack the elder statesmen of the team succumbed to Big Mike when the chalk settled but gave it his all as did all the team. We're looking forward to our next meet and the team again wishes to thank one and all for allowing us to do what we love. (Jack Tuller.)

MASS ATTACK BENCH PRESS
09 FEB

100% RAW STATE CHAMPS
15 MAR 03 - Elizabeth City, NC

OVERALL Bench	R. Slate	365	114	C. Battle	350
M. Shine	180*	W. Berry	225		
S. Tipton	95	P. Biggs	480		
148		E. Owens	200		
D. Sylvester	225	Individual BP			
M. Roth	205	148 (18-19)			
C. Saunders	170	C. Saunders	170		
P. Lamb	155	148 (35-39)			
165		M. Poth	205\$		
J. Moore	230	215	181(40-44)		
C. Balance	215	A. Biggs	275\$		
D. Biggs	95	198(JR)			
181		D. Floyd	385		
A. Biggs	275	198 (35-39)			
E. Tipton	270	J. Bean	250		
A. Evans	150	198 (40-44)			
198		T. Bell	225		
D. Floyd	385	220 (JR)			
J. Bean	250	M. Collier	250		
T. Bell	225	220(40-44)			
220		J. Poscoe	380\$		
O. Helmer	425	220 (25-29)			
J. Rascoe	380	O. Helmer	425\$		
M. Collier	250	225 (Open)			
N. Grandy	225	C. Elliott	475		
J. Biggs	145	275 (45-49/PFire)			
275		C. Battle	365\$		
C. Elliott	475	BP	DL	TOT	
Overall PL	SQ				
114					
M. Shine	300*	180*	340*	820*	
S. Tipton	115	95	150	360	
4th	135	160			
148					
D. Sylvester	365	225	445	1035	
P. Lamb	225	155	360	740	
165					
J. Moore	325	230	400	955	
C. Balance	300	215	355	870	
D. Biggs	115	95	220	430	
181					
E. Tipton	320	270	385	975	
A. Evans	155	150	235	540	
220					
N. Grandy	350	225	380	955	
J. Biggs	205	145	235	585	
275					
R. Slate	475	365	525	1365	
W. Berry	260	225	450	935	
319					
R. Biggs	480	380	500	1360	
E. Owens	180	200	315	695	
MEN					
114 (18-19)	300\$	180\$	340\$	820\$	
M. Shine					
148 (14-15)	225	155	360	740	
P. Lamb					
148 (18-19)	365\$	225	445\$	1035\$	
D. Sylvester					
165 (12-13)	115	95	220	430	
D. Biggs					
165 (16-17)	300	215	355	870	
C. Balance					
165 (45-49)	325\$	230\$	400\$	955\$	
J. Moore					
181 (14-15)	155	150	235	540	
A. Evans					
181 (35-39)	320\$	270\$	385\$	975\$	
E. Tipton					
4th	350				
220 (14-15)	205	145	235	585	
J. Biggs					
220 (16-17)	350\$	225	380	955	
N. Grandy					
275 (18-19)	260	225	450	935	
W. Berry					
275 (35-39)	475\$	365	525	1365\$	
R. Slate					
319(35-39)	480\$	380	500\$	1360\$	
R. Biggs					
WOM					
114 (Open)	115*\$	95*\$	150*\$	360*\$	
S. Tipton					
319 (16-17)	180	200\$	315*\$	695*\$	
E. Owens					

judges, and even though we have six meets on the books for NC this year, we can always use more. Well onto the meet. As always we had a lot of divisions in each weight class, but I want to name the overall state champion in each weight class, as well as the top bench. We only had two female lifters, but quality made up for quantity. In the SHW class Ernie Owens won her third state title, and pulled a 315 on her way to two state/meet records. As impressive as her performance was, first time Lifter Sandra Tipton stole the show by setting four state/meet records, as well as winning the best lifter award. She has a bright future ahead of her. In the men's division, the best definitely wasn't saved for last. Michael Shine would set four teen state, four open, and four meet records on his way to a 820 total, and best lifter teen award, and his first state title. Michael would also have the biggest bench at 114. At 148 Daryl Sylvester continued his strangle hold on the class as he set two state records, on his way to his third consecutive state title. Daryl was the top 148 bench. At 165 we had the return of Jack 'The Dominator' Moore. This was Jack's first meet in the (45-49) division, and he responded by sweeping the state records, winning his second consecutive best lifter master award, and winning his third state title in four years. Jack would hit the big bench in the class. Chris Balance has had big lifts in the past, but a 4-9 day kept him from giving Jack a serious challenge. At 181 first time powerlifter Eddie Tipton had an excellent day setting four state records (35-39), and won the first of what I hope is many state titles. Eddie missed his third attempt at a 280 bench, and Angelo Biggs would respond by hitting a 280 and getting rewarded with the biggest bench of the class. National runner up David Floyd nailed a 385 bench to decimate the competition in the 198 class by over a hundred pounds, and this guy is only 22 years old. At 220 we had two new faces, but Nick Grandy would set a (16-17) 350 pound squat record, which would catapult him to his first title. The big bench went to Orlo Helmer, who set a (25-29) 425 state record, and won the best lifter bench award. Orlo is scheduled to hold the Greensboro Open on May 17th in "surprise" Greensboro. We saw another new face at 275. Rusty Slate would open with a 475 (35-39) squat state record, and set a 1365 total state record on his way to winning the

best lifter (35-39), best lifter open, and by a mere five pound he'd have the highest total of the day. The big bench would go to world champion Carl Elliott. Carl would hit 475, which is great for most mortals, but almost a hundred pounds off his best. In the SHW class Ronnie Biggs finished second fast year, but a state record (35-39) 480 squat, as well as state records in the deadlift and total would lead him to his first state title. Ronnie would cap off the day by benching the biggest bench in his class. We had a tremendous new team coming from the Jarvisburg Church of Christ, and they would easily win the 2003 state title. This is a young team that appears to have strong resources, so they could be strong contenders at the nationals and worlds later this year. We still have at least five more meets scheduled for the year. I hope we continue to see more new lifters, and I wish everyone luck in their training. (Thanks to Ben Zak for providing results.)

APA/TMSPA Houston Open
01 FEB 03 - Houston, Texas

Bench Press Only	220 lbs.	Open			
181 lbs					
Junior 20-23					
L. Kelly	335	Master 46-49			
Open		K. Barbier	350		
L. Kelly	335	Master 50-54			
198 lbs.		J. Leitner	330		
Open		242 lbs			
G. Gamer	340	Master 55-59			
Submaster 33-39		D. Turner	265		
D. Moser	350	SWH			
G. Gamer	340	Master 40-45			
Master 40-45		J. Walter	375		
M. Jackson	320	Master 46-49			
		G. Wells	285		
MEN	SQ	BP	DL	TOT	
114 lbs.					
Teen 11-12					
A. Mitchell	125\$	100\$	150\$	375\$	
123 lbs.					
Teen 13-15					
A. Smith	210!	105	235	550	
M. Hawkins	95	90	185	370	
148 lbs.					
Teen 13-15					

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A. Dillsworth	205	155	400	760
K. Valdez	225	140	285	650
E. Aguayo	170	125	250	545
165 lbs.				
Tccn 16-17				
C. Mott	345	250	365	960
181 lbs				
Teen 13-15				
J. Brewer	215	190	400	805
K. Williams	270	120	400	790
198 lbs.				
Teen 13-15				
B. Gibson	250	150	350	750
J. Hernandez	135	135	250	520
Master 65-69				
J. McVeigh	285	250	370	860
220 lbs.				
Open				
J. Welch	415		400	
242 lbs.				
Teen 13-15				
M. Solais	250	195	360	805
Teen 16-17				
D. Rogers	560	355	505	1420
Open				
M. Dorman	465			
Master 46-49				
R. Mitchell	380	275	400	1055
275 lbs.				
Teen 13-15				
B. Jones	260	190	355	805
R. DeAvilla	160	150	235	545
Open				
J. Lopez	525	300	515	1340
308 lbs.				
Teen 13-15				
F. Hernandez	215	215	330	760
Women				
148 lbs				
Open				
E. Dimitryevic	265	135	320	720
165 lbs				
Teen 13-15				
N. Okafor	145	85	245	465

★★★ **Special Report** ★★★

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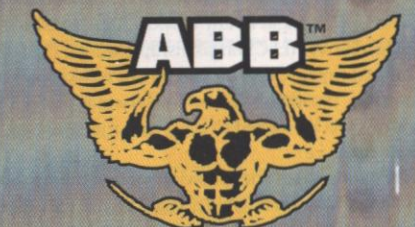
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**Boardwalk Gym Fall Classic BP
19 OCT 02 - Winona, MN**

123 Teen	Ben Roehl	350
Jason Bechel	Nick Hoffmann	315
123 Open	220 Open	
Brian Poellinger	Jay Wetzel	365
165 Open	Clay Vannel	285
Chris Neal	220 Submasters	
Jason Passeri	Blain Stephenson	285
4th	165 Master 45-49	
Phil Rikke	T. Christopherson	215
198 Open	181 Master 60-64	
	Chris Roffler	190

(Thanks to DWG Productions for providing results)

**ADAU Connecticut Raw PL/BP
22 SEP 02 - Brookfield, CT**

WOMEN	198 OPEN			
148 OPEN	B. Swanson	440*		
A. Kertesz	220 OPEN			
MEN	R. Hess	405		
114 T16-17	D. Grandinetti	350		
H. Claypatch	220 M55-59			
132 T12-13	R. Cote	390		
B. Swanson, Jr.	242 OPEN			
132 T14-15	J. Beime	380		
B. Eza	242 M60-64			
165 T14-15	R. Hurley	240		
P. Knight	SHW OPEN			
165 M45-49	D. Daubc	410		
W. Claypatch	280*			
WOMEN	SQ	BP	DL	TOT
105 OPEN				
A. Scudder(\$)	185	115	290	590
4th	190*			
132 M 40-44				
L. Ablondi(\$)	135	105	225	465
148 OPEN				
S. Fulljames(\$)	190	130	225	545
F. Fergusson	170	100	240	510
148 M45-49				
S. Fulljames	190	130	225	545
165 OPEN				
E. Brown	240	120	300*	660
4th	255			
MEN				
148 OPEN				
M. Romanello(\$)	350	305	430	1085
D. Cox	335	250	450	1035
J. Cox	305	305	360	970
165 OPEN				
J. Audia	375	340	500	1195
M. Decker	325	265	465	1055
D. Petro-Roy(\$)	405	215	435	1055



The Gang at the Boardwalk Gym Fall Classic Bench Press Championships on Oct. 19th in Winona, MN (courtesy of DWG Productions)

E. Ghitman	345	185	425	955
165 M50-54				
D. Petro-Roy	405	215	435	1055
B. Bimbaum	530	330	640	1500
A. Biasetti(\$)	495	320	545	1360
D. Morin	295	235	*500	1030
L. Sullivan	350			
181 M70+				
D. Ginenthal	285	215	360	860
198 OPEN				
M. Catalino	525	365	555	1445
D. Bellantoni	505	335	600	1440
C. Fabrizio(\$)	475	320	595	1390
G. Samuelson	415	325	525	1265
M. Bowers	375	335	555	1265
R. Knight	430	310	460	1200
198 T14-15				
C. Calliers	275	205	340	820
198 M 50-54				
T. Corrie	375	295	480	1150
220 OPEN				
J. Shook(\$)	470	310	500	1280
D. Grandinetti	425	350	475	1250
R. Giuiggio	485	305	460	1250
C. Cathers	385	275	430	1090

At 165 Elizabeth Brown was the champ and she also set two AR's with 255 SQ and 300 DL. The Men's classes were all highly contested starting with the 148's. Mike Romancio was the winner in this class totaling 1085. Mike attempted a 320 4th attempt BP, but just missed - next time Mike! David Corsi did some impressive lifting and was the runner up with a 1035 total. Jeff Cox took 3rd in this class with a 970 total. It was his first meet ever but he lifted like a seasoned veteran, and even attempted an AR BP of 321 1/4 but just missed on lockout. The 165's were well contested with John Audia 1195 @ 165 winning the class. Mike Decker and David Pello-Roy both totaled 1055 with Decker grabbing 2nd by only being 1/4 lighter on bodyweight than Pello-Roy. Eli Ghitman rounded out the class with a good effort. The best male lifter of the meet came from the 181's. Anthony Biasetti put up a 495 SQ 320 BP, 545 DL to get best lifter and destroy the rest of his class. Tony has been a National Champ in several other Federations and is one of the best in the country. Look for big things from Tony real soon. Dave Morin in his first full meet look second and will be much improved in the years to come. In the 181 70+ class the one and only David Ginenthal lifted. David is one of the oldest lifters in the country at 73 years of age and he proves that if you want to do something bad enough you can. His lifting was very impressive to say the least with a 285 SQ 215 BP 360 DL! The biggest class of the meet was the 198's. Matt Catalino looked great in winning the class with a 1445 TOT Dean Bellantoni 1440 TOT and Chuck Fabrizio 1390 TOT look 2nd and 3rd respectively. All three lifters are national level lifters and will likely battle again in future meets. The 198's were rounded out with Guy Samuelson lifting very well in his first meet with a 1265 TOT, Mario Bowers from NY also at 1265 TOT, and Rod Knight 1200 TOT making a come back after a year long recovery from injury. Charles Cathers came up from PA to take the 198 Teen 14-15 class He totaled 820. Tom Conie looked good in the 198 Masters 50-54 class. He put up a solid 375-295-480. The 220's saw the debut of Jason Shook. His first meet was very impressive as he put up a 470 SQ 310 BP 500 DL 1280 TOT. His future in this sport is very bright. David Grandinetti coming all the way from Erie PA took second in the class with a 1250 TOT, inching out Rossi Giuggio, who took 3rd by bodyweight Chris Cathers placed 4th with a 1090 TOT. The 275's came down to a showdown between Derek Poundstone and Bill "Two Steaks" Bimbaum. Both lifted well with Derek winning the battle 1585-1500 Derek is only 20 years old and can go far in this sport if he chooses, Bill lifted admirably but unfortunately tore his bicep on the last pull (a 675 attempt!) - get better Bill. Some big benchers showed up for the Bench Competition. Amy Kertesz (first meet) hit a 125 @ 148, Hunter Claypatch pushed a 131 @ 114 for an AR in the Teen 16-17. Good job! Bruce Swanson Jr. also scored an AR 150 @ 132 in the Teen 12-13. He learned well from his dad Bruce Sr. Brandon Eza looked great with 205 @ 132 in the Teen 14-15. He will be a force if he keeps it up. Patrick Knight made a 190 @ 165 in his first meet ever in the Teen 14-15. He also learned well from his dad Rod. Wayne Claypatch, Sr got an AR 280 @ 165 in the Masters 45-49, Best Bench of the meet was none other than Bruce Swanson, who benched 440 @ 198, Bruce is one of the best benchers in the country hands down, and it was an honor to have him compete for the first time "raw" in our meet. Richard Hess from NJ looked great in the 220 Open class with 405 while Dave Grandinetti took 2nd with a nice 350 BP. Roland Cote 380 220 in the Masters 55-59, is another great bench from the area and he impressed everyone with his performance once again. John Beirne was uncontented in the 242's and put up a nice 380 BP. John showed a lot of heart coming back from knee surgery he had earlier this year and his hard work focusing on the bench has obviously paid off. Also at 242 In the Masters 60-64 was Robert Hurley. Robert did a fine job with a 240 BP in his first meet at 60 years Young. Big Dan Daube, the only SHW to compete, put up a 410 BP after several years off from competition. I would like to thank all of those who made this meet possible. Firstly, my Mom and Dad for their love and support. To Rick Butera for introducing me to this great sport and teaching me a lot of what I know about competing today. The great referees, Joe Pyra, Al & Brenda Siegel, Joe Oregina, and Rich Schmidt. Score Keepers Trish Erwin and James Cipriani. The Spotters and Loaders Alex Brescia, Marvin Cousins, Ed Dawson, Jim Cummings, Chris Scosta, Dan Brescia, and Al Amorando. Admissions staff Tony Sortino, PJ Braun and Larry Roccamo. The video/photo staff Darren Necco and Gary Reynolds. Also thanks to Mike Gentile, Mark Lawrence, Don Jack, Gerry Gereg, and Glenn Marfione. Thanks to all of the lifters who, are what it's all about. I would also like to especially thank Joe Pyra, who gave me invaluable advice when I was putting this meet together. Joe represents what is right with Powerlifting, and it is an honor to follow, in his footsteps. Thanks Joe, enjoy your retirement! Until next years meet, train hard, stay dedicated, and put up or shut up! (Thanks to Robert Delavega for providing results.)



USAPL Wisconsin State Best Lifters... (l-r) Lance Kirchner (Men's Light), Lisa Van Buskirk (Women's), and Scott Lade (Men's Heavy). Scott's recent progress in the bench press, has been outstanding. (Jeff Johnson)

**USAPL Wisconsin State
18 JAN 03 - Muscoda, WI**

W-Master's 50-54	SQ	BP	DL	TOT
105				
Stephanie Whiting	170	110	210	490
Women's open				
123				
Jasmine Brewer	205	110	290	605
148				
Trisha Urban	305	140	290	735
165				
Lisa VanBuskirk	315	210	350	875*
198				
Stephanie Dura	355	210	370	935
HWT				
Charity Reynolds	250	175	300	725
Men's teen 16-17				
132				
Aaron Phillips	375	220	410	1005
Men's open				
165				
Greg Opahle	455	315	495	1265
181				
Lance Kirchner	555	480	520	1555*
Kyle Ricchio	525	315	560	1400
David Anderson	435	270	485	1190
David Felton	400	245	540	1185

198				
Ford Sheridan	500	350	520	1370
Brian Huelsbeck	505	320	525	1350
Fred Popp	435	390	480	1305
220				
Ryan Stills	685	425	630	1740
Tim McFarland	685	420	610	1715
Brendan Luedke	550	320	600	1470
Joe Correy	415	375	500	1290
242				
Keith Belisle	570	435	515	1520
Nick Selk	530	375	505	1410
275				
Scott Lade	775	645	640	2060*
Bret Salscheider	675	430	650	1755
Scott Schoen	600	415	640	1655
Chris Alitz	490	325	550	1365
HWT				
Jason Christus	760	575	630	1965
Jake Eddy	650	405	605	1660
David Meservey	440	390	500	1330
Master's 40-44				
Todd Dierks	515	320	505	1340
David Meservey	440	390	500	1330
Master's 45-50				
Mike Rufflo	560	270	535	1365
David Anderson	435	270	485	1190

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

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- 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)
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26 APR, APA Sunshine State Open DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com
26 APR, USAPL Warrior Open, Victor Voinovich, 12628 Chillicothe Rd, Chesterland, OH 44026, 440-749-8422
26 APR, Azalea Festival (Platinum Level) Contact Gayle Schroeder; 2293 Estuary Ct. Va. Beach, VA 23451 757-481-6963 email: strength@exis.net website: www.powerandstrength.com
26 APR, USAPL No Frills Qualifier, Tod Miller, 73 N Pine Rd, Plainwell 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, jmsht@aol.com or www.nebraskapowerlifting.com, 402-470-3672
26 APR, WNPf Michigan St. & Can Am Nationals, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670
26 APR, 10th Allstar Bench Press/Dedlift Georgia Open, (Open, Masters, Novice, Teen, Women), 2117 Cove Ridge Court, Suwanee, GA 30024, George Herring, 770-963-6738
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Deadlift meet, Lantana FL, Bob Youngs, 5 6 1 - 7 1 8 - 9 8 7 7 , 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@pikilup.com
26 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 5th ST NW, Kasson, MN 55944, 507-634-4730
26 APR, SLP NATIONAL BP/DL CHAMPIONSHIPS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com
26 APR, Azalea Festival Strongman Challenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, info: <http://www.powerandstrength.com> (Online Entry Soon)
26 APR, 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 SQBPL@aol.com or 405-527-8513
26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com
27 APR, 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), WNPf PAN-AM Championships - Stuart, FL (30 miles north of Palm Beach), 770-996-3418, WNPf@aol.com, P.O. Box 142347, Fayetteville, GA 30214
27 APR, SLP Little Rock Open BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
APR, US Open PL & BP (Cash prizes), USPF Collegiate Nationals & Junior Nationals, USPF New Hampshire State & Region 1 PL/BP/DL, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com
APR, 100% Raw Battle of the Benches, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com
2-4 MAY (new address), USAPL Masters Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70817, 225-753-8586
3 MAY, APA Southeastern States Open BP/DL (Piedmont, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com
3 MAY, USAPL Missouri State PL/BP Championships, Darrell Branson, 12025 Westford Dr, Maryland Hts, MO 63043, 314-878-8843

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 Moczyunas (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-il.com
3 MAY, USAPL MI State HS/Teen & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles MI 49120, 269-687-8186
3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com
3,4 MAY, WABDL Drug Tested Monster Muscle World Record Breakers, West Coast Hotel, Pasco, WA (Formerly Double Tree Hotel), Gus Rethwisch, 503-762-5066
3,4 MAY, NASA North Carolina State, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com
4 MAY, SLP Southeast Iowa BP/DL Championships (Coraville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4 MAY, WNPf Teen, Junior, Youth National Championships (Philadelphia, PA) 770-996-3418, WNPf@aol.com, P.O. Box 142347, Fayetteville, GA 30214
9,10 MAY, INSA/INSAA USA Championships, Plano Harvey Hotel, 1600 Central Expressway, Plano, Texas, 817-282-1011, David Newingham, Kirk Stroud
10 MAY, APA Northwest Coast Open BP/DL (Moses Lake, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com
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, powerlifter@surfbest.net

15 June 2003

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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, novice, 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 Briarwood Ave. Hemet, CA 92544; 909-765-2739 or sterkravenmad1@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, WABDL Drug Tested Oregon Best Bench Contest, Timber Hotel, Coas 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

JUNE 7 8

2003 WABDL NATIONALS
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CONTACT BOB GARZA
(281) 820-5923

JUN 20 21 22 23

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

10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.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, Greensboro City 100% Raw BP Classic (state qualifier for May 31st) Orlov Helmer, 3623 Battleground Ave., Greensboro, NC 27408, 336-362-8807

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

17 MAY (new date), IPA AM OPEN Bench Press Championships + Pro Invita-

tional 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, Newman 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, 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 Spartans Bench Press - Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meskew, 9235 Woodale Ave, Arleta, CA 91331, (818) 899-7555, Warrior01@earthlink.net

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

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

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

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

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

17 MAY, ADAU "NO druggies Allowed" Squat - Bench-Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.piklup.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, J0M 1W3, 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-il.com

18 MAY, WNPF Police, Firefighter, Military Nationals & Spring BP & DL Bash (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

21-25 MAY, IPF Women's World Powerlifting Championships, Dennis Brady, 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 Savage, 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: Benjamin.Lambousis@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, NASA Illinois & Indiana State, PL'ing, BP & Power Sports, Florida, IL, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

31 MAY (NEW DATE) WNPF USA vs Bahamas (Freeport, Bahamas) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@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, sonlight@netcare-il.com

31 MAY, Potato 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, gvh@wirefire.com

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

31 MAY - 1 JUN, Collasal Carnage IPA NYS Championships (full power & bench press - Amsterdam, NY), 518-762-3216, candyazz@gorillapack.net

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

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

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

7 JUN, Immaculate Heart of Mary Festival 2003 Bench Press, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 JUN, APA Southern States PL/BP/DL (Gainesville, GA - '03 Nationals/'04 Worlds qualifier) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

7 JUN, IPA Spectacular Bench/Dead, Hosted by Nazareth Barbell, Applications @ www.nazarethbarbell.com, Mike Miller, 610-438-2902

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: Reesem5@hotmail.com

7 JUN, Mass Strongest Man (Trap Bar DL, BP, standing jerk press, chin-up with wt., Thomas Inch Dumbbell lift - cash prizes), Proceeds to Atlantis 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-

invites you to enter its 2nd annual 10 reps dumbbell bench press contest. This contest was started to further prove that using Power Hooks is the best way to train with dumbbells.

The winner will receive \$1000.00. To enter: Send a post card or letter no later than Oct. 1, 2003 to Country Power Inc. with your name, address, phone number, body weight, age, and your best 10 reps dumbbell lift that you bench-pressed using Power Hooks. Please have video available (see below).

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

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

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

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My older brother who used to work out really hard told me that when he was training 10 years ago, everyone was using some sort of super supplement called **HOT STUFF**. He said it made everyone grow like crazy! I've looked everywhere for this product but can't seem to find it anywhere. Is it still manufactured?

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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 Lenzi Memorial BP + DL (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com
7 JUN, SLP Superman Classic BP/DL Championships (Metropolis, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
7 JUN, 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 SQBPDL@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) WNPf Mens USAPL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPf@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
14 JUN, 11th Best of the East Bench Press, Gary Howard, Ocean City Health & Racquet Club, 61st Street on the Bay, Ocean City, MD 21842, 410-723-2323
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 Bench

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.

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 LaManita 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@pikidup.com

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

15 JUN, Summer '03 Push/Pull Meet, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 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, IPA Iron Sports Classic, Lance Loganbill, Iron Sports Gym, 3336 Williamson Rd., Roanoke, VA 24019, 540-366-0438, Ironsport.net

21,22 JUN, IPA Pennsylvania State, Dave Altoff, 400 Lincoln Way E., New Oxford, PA 17350, 717-624-8570

21-22 JUN, ESPN Televised Mountaineer 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, ntrlpwr@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), WNPf Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418, WNPf@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

28 JUN, (rain 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, Submen, Master, Open) 5 Events, Louie LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590

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

28 JUN, WABDL Drug Tested Utah State Bench Press and Deadlift Championships, Salt Lake City, UT, Randy

Marchant, (801) 377-0294

28 JUN, USA "RAW" BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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, bbgym.tripod.com/gym/id1.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, NASS Massachusetts State Strongman/Strongwoman State Championships (Revere, MA) bob@totalperformancesports.com, 617-387-5998

12 JUL, NASA Bluegrass Open Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky, nasakentuckystatechairman@yahoo.com, 1-270-830-7290 or 860-5513

12 JUL, Beast of the Chrome and Steel Bench and Deadlift separate events, Carl Seeker, 24 Jefferson St, Warren, PA 16365, 814-723-3442, pythongym@aol.com

12 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, dvgsmg78@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

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

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

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

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 kevr580@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), WNPf Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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

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

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

20 JUL, SLP Mid-Summer Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

26 JUL, USAPL Ozark Powerlifting & Bench Press Meet, Harold Gaines, 2109 Butterfield Ct, Maryland Hts, MO 63043, 314-275-7069

26 JUL, APF/AAPF Michigan Grand Haven Open PL/BP/IronMan (formerly the

Louis Park) Gus Rethwisch, 503-762-5066

26 JUL, NASA High School Summer Championships, Okla. City, OK, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

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

26 JUL, USAPL NJ Bench Press Open, Joe Morrales, 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

1,2 AUG, 10th Annual Eastern Oklahoma Bench Press and Bikini Competition, Eufaula, OK, Kim Brownfield, PO Box 36, Council Hill, OK 74428, 918-473-1059, brownfield@lakewebs.net

2 AUG, DinoDay XI: (Platinum Level) & 2003 Women's Teen, and Masters Nationals, Promoter - Nick Osborne Columbus, OH Email: dinorick@builtsolidgym.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 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

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 Stonecroft Drive, 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

3 AUG, WABDL Great Lakes Top Daug Meet (Lansing, MI) Bob Garza 281-820-5923

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

9 AUG, APF Ohio State Championships/ Buckeye Open and Bench, West Lafayette, OH, www.ohioapf.com, Randy Edwards 937-781-9219, John Blackstone 740-545-0840, benchman600@squattmail.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, valifting@aol.com, www.virginiausapl.com

10 AUG, SLP Missouri State Fair BP/DL



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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.bigtonyscrivens.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 majellispt@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, Arrid Hansell, 504-491-5061

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

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

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

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

23 AUG, USAPL Mississippi State, Gulfport MS, Rhodes Club Fitness, Hardy Court Shopping Ctr, Gulfport, MS 39597, 228-868-0190

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 Burnell, 510-232-4755, deepsquatter@deepsquatter.com and Dave Cummerrow, david_cummerrow@yahoo.com

23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alik Beach, Seattle, WA, Bull Stewart, 206-725-7894 and 206-343-4692

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

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

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

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

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

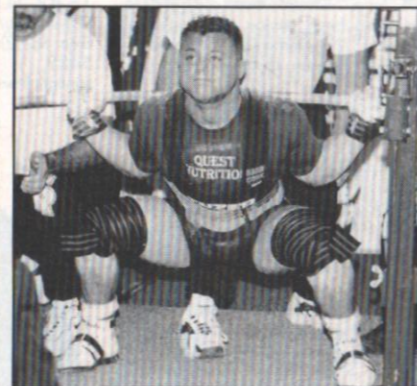
6,7 SEP, NPA Natural Nationals BP, DL, PL (drug

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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

7 SEP, WNPFF Ohio Valley, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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., Owego, NY 13827, 607-786-9720

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

13 SEP, APF Muscle Beach, Venice West Coast Beach 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@usbj.net

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

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

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

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

20 SEP, 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 877-259-5267, Kenekes@hawaii.rr.com

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

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 Newingham, Kirk Stroud

27 SEP, APA Southeast Open Pro BP & Southeast Open DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-upa.com

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, WNPFF Upstate NY II (Waterloo, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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, WPA World Bench Press (Fitchburg, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-upa.com

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

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

5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

11 OCT, APA Palmetto Push-Pull (Rock Hill, SC) John Demchak, 803-493-2760, meets@carolinastrength.com, www.carolinastrength.com

11 OCT, NASA Ohio Regional, PL'ing, BP & Power Sports, Springfield, OH, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

11 OCT, APF Northern California Open PL & BP (San Francisco, CA) John Ford 650-757-9506

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

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

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

17-19 OCT, WDFPF World Powerlifting Championships, (Equipped & Unequipped) & Congress - St. Petersburg, Russia, Andrew Cominos, Tel: 01637 860908, Fax: 01637 860911

18 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

18 OCT, NASA East Texas Regional, Longview, TX, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18 OCT, Ashtabula YMCA Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013

18 OCT, 7th Pennsylvania Power Challenge BP & DL (Reading, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

18 OCT, 12th Annual Muscle Beach, Venice Special Olympics Power Lift-Off, INVITATION ONLY, Venice Beach Recreation Center, 1800 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, WNPFF World Championships & World Strongman Championships, WNPFF, Box 142347, Fayetteville, GA 30214, wnpl@aol.com, 770-996-3418

25 OCT, USBF Maryland State Bench Press Championships, (Raw & Assisted), PO Box 20042, Baltimore, MD 21284-0042, Brian Washington, 410-265-8264, brian@usbj.net

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@piktitup.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

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Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aau-power@aol.com, aau-east.com, fax: 804-266-8908

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 Delavega, 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, bbgyim.tripod.com/gym/id1.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 Kevzr580@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/bruceswan500/index.html

6 DEC, 3rd Toys for Tots Christmas BP, Glenn Murphy Jr, BOX 1013, Westminster, MD 21158

6 DEC, Miller Chevrolet Christmas Bench Press Classic, Dave Harrison, The Gym in Elk River, 550 Freepport Ave, Elk River, MN 55330, 763-441-4232

6 DEC, NASA Bluegrass Regional Powersports, Bench Press & Deadlift Cham-

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

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

6,7 DEC, 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, ntrlpwr@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) Stegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

7 DEC, SLP Northern Illinois Open BP/DL Championships (Mechesny 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, USAPL POLICE & FIRE NATIONALS, Tim Anderson, 207 W 4th St, Kennard, NE 68034, 402427-8085

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, Little 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, USAPL Midwest Senior States, Tim Anderson, 207 W 4th St, Kennard, NE 68034, 402427-8085

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.

Tomah Winter Classic Bench Press

15 FEB 03 - Tomah, WI

Women	275 open	
148 teen	Jon Kester	435
Serena Brown	275 open	
198 teen	Karl Herrmann	430*
Nikki Holmes	4th	440*
Men	Superheavy	
148 teen	Kevin Kneueppel	500
Dan Pope	165 submaster	300
165 teen	Gordy Camper	300
Josh Cady	330*	242 submaster
4th	340*	Tom Kolten 385*
181 teen	Master 40-44 181	
Joe Holmes	205	Jim Brandii 290
198 teen	Master 40-44 220	
Kyle Laark	245	Tim Hamburg 375*
148 open	4th	Michael True 350*
Chris Meier	305*	4th 365*
William Bacon	260*	master 45-49 165
Brian Wopat	250	T. Christopherson 220
165 open	4th	225
Todd Stinson	360	master 45-49 242
Mike Lorenz	315	Pat Amoldussen 345*
181open	4th	Master 50-54 181
Chris Neal	390	Sonny Brandon 260
4th	400*	275*
Mitch Kimpton	370*	master 50-54 242
198 open	4th	Jay Toth 355
Jason Falkner	335	Master 50-54 275
220 open	4th	Brede Sorenson 305
Ryan Betcher	435	Master 55-59 181
Jason Carter	380	4th 275
Wayne Basemann	335*	4th 280*
242 open	4th	master 60-64 181
Josh Eagleson	475*	Chris Roltter 190
Barron Gehri	420	Novice 181
4th	440	Jody Sammons 260
		Novice 275
		Tom Schimel 350

* - denotes PR. Tomah Winter Classic Bench Press championships was held once again at the Fitness Connection in Tomah Wisconsin on February 15th. This year meet was sponsored by Inzer Advance Designs so thanks goes out to Peter Thorne at Inzer for the support! We had 36 lifters from 4 different states competing setting 19 new PR's. What a great meet!! A big thanks to Mike Krause (owner of The Fitness Connection) and to Willie Bowie and Mike Lamb for their expert spotting and loading. They made the meet run smooth as Wisconsin Butter. (Thanks to DWG Productions for the meet results.)

SCI - Mahanoy "Raw" Bench Meet

11 JAN 02 - Taylor, Pa

132	198	
D. Johnson	225	S. Woffard 440
Figuroa	180	Bartell 380
148		Kilhefner 350
L. Walker	300	Junious 340
Koval	295	T. Crocker 310
Lutkowski	280	Coombs 285
Izbicki	280	220
Belgrade	260	Walsh 395
Bianca	255	J. Mocyneuas 370
165		J. Burgos 370
Y. White	325	Mattfoli 350
Lyons	320	Hoyt 280
C. Manning	315	242
D. Pompa	300	I. Lear 410
Wink	285	Grippio 385
181		Cavin 365
Koldberg	365	Stockdill 325
Sprinker	330	Brunetti 270
C. Chhoeum	325	275
Noto	300	C. Gorman 380
L. Tilton	290	F. Algarin 370
Myrick	290	Turell 340
R. Sanders	290	L. Thomas 340
Foster	275	SHW 485
G. Gelotti	255	Mitchell 405
		Stanford 310
		Moon 310

Team Points: S.C.I. Mahanoy -56, Taylor Gym-39. On Saturday, January 11, 2003 S.C.I. Mahanoy hosted a "Raw" Bench Press Contest. We had 45 lifters lifting in 9 weight classes. Unfortunately not all of Taylor Gym's lifters could attend or this would have been an even closer meet. As it was, several of the weight classes were highly contested. Starting in the 148 lb. Class. The battle for third place was so tight that the lifters were tie for total so it went to their weigh-in weight, that was also tie, so they had to weigh at the end of the meet and Lutkowski was 1.5 lbs. Lighter. In the 181 lb. Class 5th, 6th, and 7th place went back to their weigh-in weight. The same went for the 220 lb. Class for J. Mocyneuas and J. Burgos, with J. Mocyneuas weighing in at 201 lbs. To J. Burgos at 213.75. Several of the other weight classes were very close the class being decided by who made their last lift and who didn't. Although we didn't have a "best" light-weight and heavyweight I will say that Steven "Natural" Woffard was the best in the lightweight division with a near miss at 460 lbs. At 195 lbs. (with no shirt!!!) and big Stew Mitchell in the SHW division, he blasted up his lifts and had a near miss at 505 (I think 500 would have gone up, again,



Chris Neal, who drove all the way from Tupelo, Mississippi for the Tomah Winter Classic in Wisconsin, setting up for his first 400 lb. bench press in the 181 lb. Open wearing an Inzer Phenom Bench Shirt. (Thanks to Dennis George of DWG Productions for this photo)

lifting with no shirt!!!). We would like to thank Superintendent Klem and his Administration for supporting this event, it is always a big success and the inmate population supports the lifters efforts, Mr. Yarnell and the Food Services Department for the refreshments. Mr. Corbacio, Mr. Lotz and the Activities Department for hosting this event. We would also like to thank all of the inmates who helped to put this meet on (spotters, scorekeeping, camera crew and everyone else who pitched in). It is a lot of work for everyone. A very special 'thanks' go out to the Officials who came in (once again), we really appreciate their helping us, as it is hard to get People to come in. Their names are: Robert Granko, Tony Klazas, and Vito Mocyneuas. We would also like to thank all of the lifters from "Power Gym" from Taylor, Pa. For coming in and lifting against us. It means a lot to all of us in here and we appreciate it. We hope to see all of you at our next meet. (Thanks to Jerry Burgos for results.)

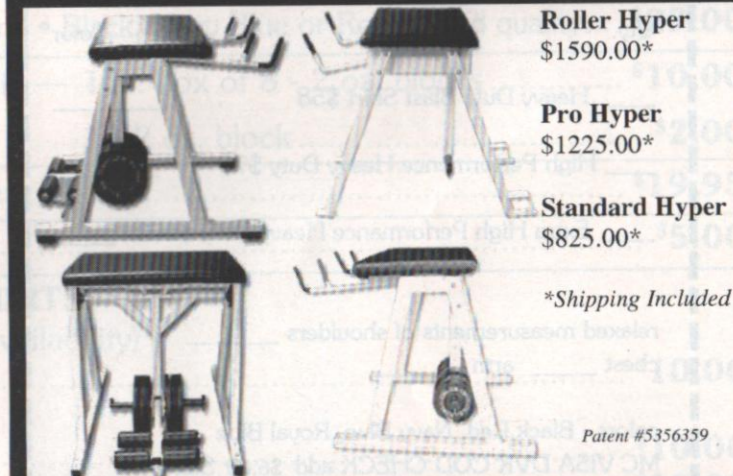
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08 FEB 03 - San Marcos, TX

Women	SQ	BP	DL	TOT
97 college				
Valerie Naymick	67.5	47.5	72.5	187.5
114 college				
Jenna Zhoril	102.5	47.5	102.5	252.5
Jasmine Hasty	85	42.5	102.5	230
114 college				
Sandra Palma	50	30	70	150
123 Open				
Rowena Lopez	115	60	120	295
198 college				
Oneida Silguero	70	50	105	225
114 college				
Jennifer Worley	85	42.5	92.5	220
148 open				
Kimberly Walford	135	97.5	212.5	445
114 college				
Karen Pierce	127.5	57.5	137.5	322.5
134 teen				
Shionna McCrary	117.5	62.5	120	300
148 college				
ikhesha Creeks				
181 open				
Alice Giraud	92.5	72.5	127.5	292.5
198 college				
Rebecca Daniel				
Men				
114 college				
Logan Houston				
132 college				
Justin Hagendorf	100	100	147.5	347.5
148 college				
Bradley Nelson	192.5	125	170	487.5
165 college				
Fred Nash	157.5	95	195	447.5
165 junior				
Trent Wade	227.5	150	255	632.5
181 master 1				
Michael Duhon	180	122.5	205	507.5
165 college				
Seth Gregory	145	100	200	445
college				

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Lawrence County Touch 'n Go BP
24 NOV 02 - New Castle, PA

Mens Open	Robert Verdi	365	
123	20-23 Junior		
Zach Simons	180	165	
165	Ben Moran	345	
Ben Moran	345	220	
181	Chris Carson	395	
Tom Proya	455	308	
Ron Johnson	360	Adam Bulfone	350
198	33-39 Submaster		
Chris Loomis	275	220	
220	Marc D. Kuntz	365	
Gary Johns	420	40-49 Master	
342	181		
Bill Antoun	355	Tom Proya	455
275	198		
Jeff Peshek	580	Chris Loomis	275
Barry Clark	500	220	
308	Robert Verdi	365	
Nate Rolle	410	Frank McLaughlin	310
SHW	242		
Dave Champ	315	Chester Bednar	370
Open Raw	275		
132	Barry Clark	500	
Ian Neumaier	200	308	
181	Nate Rolle	410	
Mike Rice	380	Grandmaster 60-69	
242	242		
Chester Bednar	370	Bill Antoun	355
275	17-19 Teen		
Barry Clark	425	132	
Novice	Ian Neumaier	200	
242	181		
Bill Antoun	355	Nick Dichicko	340
308	198		
Nate Rolle	410	Doug Mangino	305
Police & Fire	181		
Ron Johnson	360	Scott Prozy	370
220	Aaron Fortuna	360	
Gary Johns	420		

Best Lifter Trophies are as follows: Best Assisted Male Open - Rolando Torres, Best Raw Male Open - Archie Tignor, Best Assisted Master Male - Lewis Brodie, Best Raw Master Male - Robert Spiers, Best Raw Female Open - Sarah Jones, Best Assisted Female Master - Gladys Pacheco. (Barb Beasley)

Eastern American BP
23 NOV 02 - Forsyth, GA

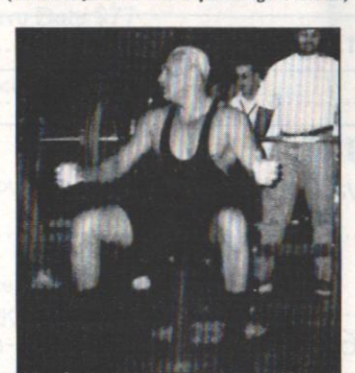
WOMEN	Ras Mobley	315	
UNDER 132 LBS	Travis Abernathy	225	
Karen Medina	100	OPEN - 181	
Louise Collier	50	Leo McCormick	500
132 LBS & OVER	Joshua Wrye	380	
Carolyn Sterling	205	Randall Wrye	370
Krista Williams	200	Bryan Traylor	235
Barbara Gay	90	OPEN - 198	
MEN SUB 35-39	Gene Herring	460	
Ken Millrany	470	Tony Medina	400
Brett Campbell	385	Frank Bennett	390
Junior Cochran	460	Andy Maddox	385
Matt Retter	250	T. McNelson	380
David Ihen	250	OPEN - 220	
OVER 40	Mark Driggers	520	
165.5 - 198.25	George Herring	500	
Pleasant Parker	410	Luke Gallagher	475
John Fair	215	Ken Millrany	470
Frank Johnson	375	Nick Maddox	450
Randall Wrye	370	OPEN - 242	
Miller Norris	175	Ricco Impastato	500
198.5 - 220.25	Chip Edalgo	500	
George Herring	500	Steve Braz	445
Willie Bunkley	410	Bryan Gill	405
Nick Maddox	450	Thomas Kesling	380
Eddie Hendricks	340	OPEN - 275	
220.5 - 242.75	Nathan Dixon	450	
Oliver Johnson	460	Mark Braswell	450
Larry Gill	355	Jay Hutchins	325
Steve Braz	445	OPEN - 308	
243 - 275.5	David Dunn	525	
Ficky Lee	500	Fred Mays	460
Kevin Long	440	OPEN - SHW	
OVER 275.5	Ron Johnson	540	
Rocky Curly	435	Kevin Crump	450
Ron Johnson	540	POLICE & FIRE	
OPEN - 148	Pleasant Parker	410	
Kevin Harmon	350	Steve Braz	445
Marvin Sales	265	Fred Mays	460
OPEN 165	M. McFadden	245	
Brett Campbell	385		

AAU Richmond International BP
25 OCT 02 - Richmond, VA

WOMEN	Open		
Assisted	Hans Sugatan	248	
148	165		
Masters (40-44)	Junior (20-23)		
Gladys Pacheco	143	Thomas Dance	253
123	Law/Fire & Military / Open		
Junior (20-23)	Brian Blackman	248	
Sarah Jones	99	Lifetime / Open	
Kids (10-11)	Ericka Luster	115	259
Ericka Luster	115	Open	
Open	Kimitake Sato	259	
Sarah Jones	99	Thomas Dance	253
Youth (12-13)	Open		
Shaquilla Luster	88	Brian Blackman	248
165	181		
Teresa Geer	82	Open	
MEN	Archie Tignor	407	
Assisted	Sub Masters (35-39)		
198	Archie Tignor	407	
Lif tim / Mstrs (50-54)	Darin Baldwin	270	
Lewis Brodie	352	198	
Masters (50-54)	Masters (40-44)		
Lewis Brodie	352	Mark Jordan	369
Luis Ojeda	385	Open	
242	Reginald Tate	407	
Masters (55-59)	Tripp Brightwell	391	
James Mullis	319	Marino Disla	385
275	Mark Jordan	369	
Lif tim / Mstrs (45-49)	220		
William Hawkins	424	Masters (40-44)	
Open	Pedro Yaquez	391	
Rolando Torres	501	242	
319	Lif tim / Mstrs (60-64)		
Amando Irizarry	463	Robert Spiers	363
SHW	Robert Spiers	363	
Lif tim / Mstrs (45-49)	Larry Hicks	352	
Larry Hicks	352	Masters (60-64)	
Masters (45-49)	Larry Hicks	352	
Larry Hicks	352	Open	
RAW	Robert Spiers	363	
66	John Aller	192	
Kids (8-9)	275		
Jason Luster	88	Masters (45-49)	
77	Dalee Thomas	303	
Tyler Rudacille	62	Masters (70-74)	
114	Ronald Gunton	203	
Lif tim / Mstrs (40-44)	319		
Boyd Huneycutt	214	Lif tim / Mstrs (45-49)	
Lifetime / Open	Walter Ferguson	341	
Boyd Huneycutt	214	Masters (45-49)	
Masters (40-44)	Walter Ferguson	341	
Boyd Huneycutt	214	SHW	
Open	Lif tim / Mstrs (45-49)		
Boyd Huneycutt	214	Larry Hicks	352
132	Masters (45-49)		
Teenage (14-15)	Larry Hicks	352	
Christopher Geer	187	Open	
Demonic Luster	165	Mario Aponte	474
148			
Masters (55-59)			
W. Joseph Blanks	259		

17th Christmas Bench Press Classic
14 DEC 02 - Stanardsville, Virginia

Female	Bill Copoulos	350	
165	Jeremy Lee	325	
Open	35-39		
Martha Oliver	170	Daniel Smith	355
Men	50-59		
148	Ron Badey	480	
40-49	242		
Scott Zerbe	335	Open	
181	275		
Open	13-19		
Tom Comfort	265	Adam Moats	365
35-39	Open		
Julian Anderson	320	Rosco Ware	470
198	Tim Minor	430	
Open	Simon Strong	365	
George Farrell	460	40-49	
Ralph DiBattista	365	Mike Lester	300
40-49	Supers		
Ralph DiBattista	365	Open	
220	Carroll Thornton	450	
Open	40-49		
Orlo Helmer	400	40-49	
Peter Savage	360	Jack Cox	

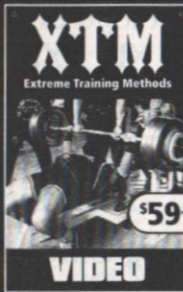


Pedro Vasquez of Puerto Rico at the Richmond International Bench Press (photo courtesy of Beasley)

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2002 PRODUCT LINE

XTM: Extreme Training Methods Video

This tape contains 3 hours of the most advanced bench press assistance exercises and training methods. Over 27 exercises, each outlined in detail and fully explained in principle and execution with common errors highlighted and correct technique clearly defined. Chains, bands, speed drills JM presses, floor work, assistance exercises for chest, shoulders, triceps, partial movements and all the classic exercises are included. Nothing that works is left out! This is a complete and thorough training video and includes both basic strength programs and modified programs with loads of theory explained. This video goes all the way, it is extreme. If you think you've trained intensely before... welcome to the next level... welcome to XTM.



Building the Perfect Beast: Bench Press Technique Video

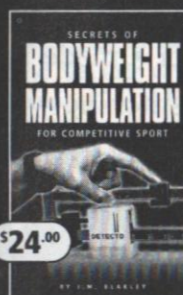
All aspects of the mechanics of competition bench pressing are covered. This video will put 40lbs. on your bench in 1 year. Increase leverage and maximize your efficiency. If you're a technique freak, this video is for you. (1.5 hours)



Black Cross T-shirt

The black cross symbolizes the union of the spiritual and physical parts of man (vertical and horizontal

lines intersecting) and the number 7 is hidden within the cross (on its side). The Seventh Level printed in dark charcoal across the back. Comes in in XL-XXL only. High quality Hanes Beefy-T. Take it to the next level... wear the Seventh Level!



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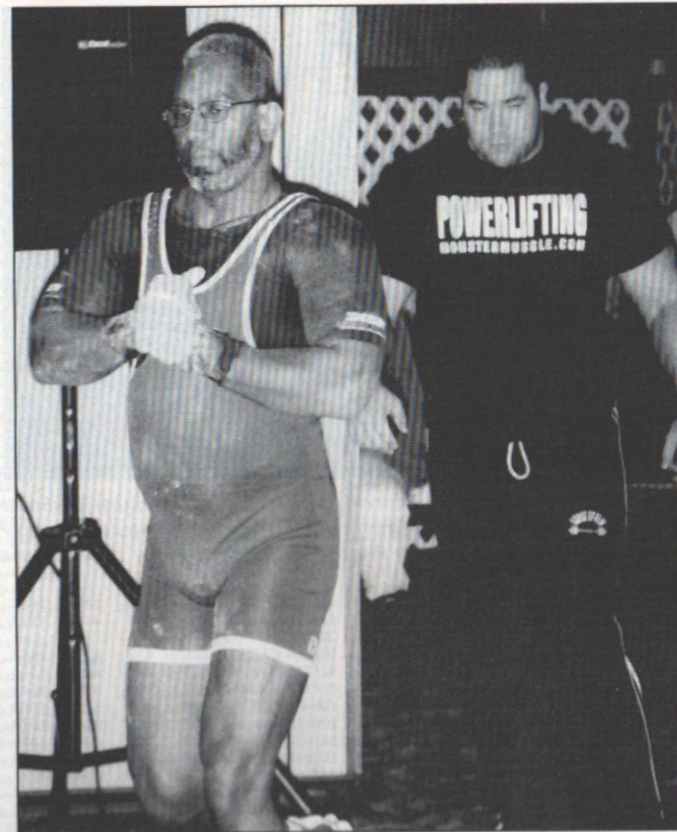
Coming Soon:
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APA United States Open BP/DL
08 FEB 03 - Kennewick, WA

BENCH	Open SHW	500		
Women's Teenage	P. Ratsch			
A. Christiano	DEADLIFT			
165	Women's Junior			
Women's Sub	J. Jackson	250		
K. Mahoney	175	Women's Sub		
Teenage 18-19	K. Mahoney	275		
T. George	335	Women's Mstr 40-49		
R. Boyce	340	J. Pope	255	
Junior	L. Cruz Garza	315	Women's Mstr 50-59	
L. Cruz Garza	315	K. Davis	230	
Master 40-49	D. Pjgge	530	K. Cash	280
5. Mathis	460	Teenage 16-17		
D. Stevens	315	A. Roberts	470	
B. Rehberg	315	Teenage 18-19		
Master 60-69	A. Sommer	430		
T. Hayes	235	Junior		
Drug Tested 148	L. Cruz Garza	495		
K. Phankham	350	Master 40-49		
Open 148	S.J. Taylor	660		
K. Phankham	350	Master 50-59		
Drug Tested 198	C. Sandberg	640		
M. Miner	375	P. Fay	565	
J. Sandberg	400	D. Holmes	330	
Open 242	R. Heck	720		
S. Mathis	460	Open 242		
Drug Tested 242	R. Baker	665		
S. Mathis	460	Open SHW		
	P. Ratsch	620		

Special thanks to Kelley Mahoney, Paul Ratsch, LifeQuest Fitness Center, Ryan and Melissa Kennelly, the meet spotters, announcers, scorekeepers, and all who contributed to making this a great and smooth running event. Several records were set and will be posted on the APA website soon http://www.apa-wpa.com. (from Scott Taylor)



US Open - Steadman Mathis and his handoff man - Ryan Kennelly

USAPL Louisiana State
11-12 JAN 03 - Baton Rouge, LA

114	SQ	BP	DL	TOT
Open				
Tara Rivers	145	65	225	435
132				
Teen 16-17				
Whitney Wilkes				
Master 60-64				
Jane Honeycutt	85	70	215	370
132				
Teen 16-17				
McDaniel	175	85	205	465
148				
Open				
Wendi Jones	265	145	300	710
181				
Junior				
Delria Johnson	330	180	250	860
198				
Teen 18-19				

Danielle Miller	315	180	320	815
198+				
Open				
Kristin Lamonica	225	145	355	725
114				
Teen 14-15				
Chris Campanga	210	110	255	575
Ben Zagone	160	125	240	525
123				
Teen 16-17				
Thomas Roshko	235	145	270	650
132				
Teen 18-19				
Marcus Williams	530	255	580	1365
Open				
Teen 16-17				
Daniel Brignac	155		155	
Teen 14-15				
Joey McKell	275		275	550
Open				
Tim Smith	400	225	435	1360
Master 40-44				

Robert Heck pulled 720 to win Best Lifter in the Deadlift category at the APA US Open. (photos courtesy of Scott Taylor)

King Of The Jungle Bench Press
25 JAN 03 - Ridgeville, IN

165#	Novice		
Master1	Jason Fox	250	
Jeff Buck	335	242#	
181#	Master 1		
Teen 16-17	Chris Teagle	370	
Chris Swift	215	Novice	
198#	Clayton Bailey	300	
Open	275#		
Tony Purdin	340	Master 1	
220#	Mark Houser	350	
Master 1	Master 3		
Bob Jones	380	Jim Dawson	330
Open	319#		
Craig Thomas	370	Master 1	
	Jim Piner	390	

We had a small turnout but nonetheless a great competition. Team honors went to Big Daddy's Iron Horse Gym. Best Lifter in the Master division went to 60 Years "Young" Jim Dawson. And overall Best Lifter went to Jeff Buck. I would like to thank everyone who lifted, and helped out. Special thanks to my wife, Jodi, for all her support. Special thanks also to Teri, Heather and Sonny Runyon. I apologize to anyone I have left out. (Meet results were submitted by Joe Goodhew /Jungle Gym Fitness.)

Kevin Jones	390	235	340	965
Junior				
Cunningham	500	280	480	1260
148				
Teen 16-17				
Glenn France	390	200	400	990
James Townsend	330	190	405	925
Teen 14-15				
Brandon Smith	220	165	300	685
165				
Teen 16-17				
Cody Reulet	320	190	365	875
Calderone	375	210	450	1035
Teen 14-15				
Parker Hodges	300	185	405	890
Open				
Devin Cagnolatti	505	395	510	1410
Master 60-64				
Jim Lyons	340	200	365	905
181				
Teen 18-19				
Jerry Ross	410	300	550	1260
Teen 16-17				
Adam Crappel	285		285	
Master 50-54				
Donnie Courvelle	450	240	455	1145
Master 45-49				
Marlon Harrison	540	290	520	1060
198				
Teen 18-19				
Nicholson	270	205	270	745
Master 60-64				
Billy Calihan	260	145	480	885
Master 55-59				
Louie Langlinalis	430	280	505	1215
Jim Wold	420	280	475	1175
Master 45-49				
Mike				

USAPL OHIO PL & BP CHAMPS
24 NOV 02 - Bedford Hts, OH

BENCH PRESS	STEVE MICKY	300
WOMENS OPEN RAW	DAVID SEMAN	285
104 LB	181 LB	
PEGGY BENO	85	
165		
WENDI GORRIS	200	
WOMENS OPEN	P. DELMONTI	355
104	198	
PEGGY BENO	85	
148		
P. SCANLON	140	
181		
HOLLY BRITNEY	185	
POLICE & FIRE	132 LB	
BRIAN WEBER	325	
TEEN	165	
NOAHSYNDER	360	
TYSON SANDERS	270	
TRAVIS CLELAND	200	
MASTER	181 LB	
40-49	V. VONIVICH	380
JAMES MCHUGH	455	
PATCANNON	425	
TONY LANDINO	420	
GARY REALE	295	
JOE SCRIBNER	290	
50-59	BRIAN MOORE	460
BOB ROCHA	290	
60+	MIKE LANDINO	575
BEN SUSTIN	390	
D. YANOSCIK	275	
OPEN MENS RAW	242	
132 LB	MARK WYNN	445



Best Lifters at the USAPL Ohio PL/BP include (left to right) Joe Smith (Men's Lt. BP), Mike Landino (Men's Hvy. BP), Wendy Gorris (Women's BP), Ben Sustin (Masters BP), and Aericka Gag (Women's PL), and Norm Cairl (Men's Open/Masters). Photographs provided by courtesy of the Competition Host - King's Gym.

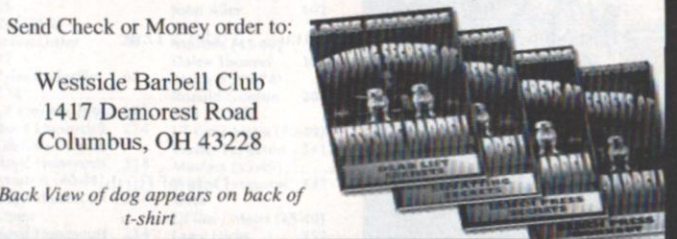
NOAHSYNDER	510	350	565	1435
JEREMY HARRIS	435	340	450	1225
G. DENNISON	390	260	500	1150
TYSON SANDERS	400	270	430	1100
C. ILAVSKY	325	205	435	965
MENS OPEN RAW				
198 LB				
CHLUCK LYANS	285	320	500	1105
CHRIS MUIR	350	305	450	1105
MENS OPEN				
220 LB				
JAMESSTUARE	425	340	600	1365
242 LB				
DAVID KNORR	425	325	535	1285
MENS OPEN				
165 LB				
J. SCHUPBACH	550	360	555	1465
PAT KEENAN	540	340	500	1380
181 LB				
JOHN WHITE	560	390	615	1545
V. VONIVICH	520	380	550	1450
JOE LUPA	475	350	525	1350
J. SENSEBAUGH	485	335	490	1310
MIKE CILETTE	420	345	455	1220
198 LB				

MIKE MILLER	620	375	630	1625
L. DOUGHTY	450	335	470	1225
220 LB				
NORM CAIRL	620	430	625	1655
S. O'CALLAGHAN	575	380	625	1580
F. COSTANZO	580	390	575	1545
DAN STELZE	525	400	575	1500
JOE ZYER	550	425	525	1500
M. JESENOVEC	440	390	550	1380
DAVEBROWN	410	275	535	1220
242 LB				
DARIO URDIALS	575	400	610	1585
MARK WYNN	520	380	535	1435
275 LB				
KEN HOWARD	685	365	685	1735
DAN MORGAN	575	350	705	1630

SEAN BAKER	530	330	500	1360
APPF Master 1				
Robert Lynch	575	340	605	1520
APPF Master 2				
Rushy Freel	400	330	450	1150
198				
APPF Open				
Rick Richardson	500	275	555	1330
APPF Open				
Scott Vineyard	765	405	610	1760
APPF Master 1				
Dan Steele	585	395	505	1485
220				
APPF Open				
Mark Bearden	650	350	535	1535
Keven Foster	520	355	500	1375
APPF Open				
Chris Bogart	650	440	640	1730
APPF Master 4				
Carmen Caputo	480	385	570	1435
APPF Master 1				
Rod Tavanello	475	325	500	1300
242				
APPF Juniors				
Ryan Myers	605	475	575	1615
APPF Open				
Jim Gorrell	805	455	605	1865
Greg Tucker	610	400	590	1600
APPF Open				
Kyle Melton	450	315	515	1280
APPF Master 2				
Mickey Banks	505	280	500	1285
308				
APPF Open				
Steve Bearden	700	395	585	1680
SHW				
APPF Open				
Tom Guiney	575	420	635	1630
APPF SubMasters				
Tom Guiney	575	420	635	1630
220				
APPF Open				
Tom Guiney	575	420	635	1630

LOUIE SIMMONS' PRESENTS
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 - Bench Press Workout.....\$49.95
 - Bench Press Secrets.....\$35.95
 - Squat Secrets.....\$29.95
 - Dead Lift Secrets.....\$29.95
 - T-Shirts (m,l,xl,2xl,3xl)...\$14.95
 - Shipping/handling.....\$6.50



Westside Barbell Club
1417 Demorest Road
Columbus, OH 43228
PHONE (614) 801-2060

APF/APPF Oklahoma State
23 MAR 02 - Oklahoma City, OK

Women Bench Press	275
148 APF	APPF Master 1
Traci Saba	195
165 APF	Joe Eppenson
Kim Perez	190
Women Deadlift	APPF Submasters
148 APF	Robert Butler
Traci Saba	360
Men Bench Press	APPF
148 APF	Ray Lepley
Derrick West	310
198 APF	Jason Freeman
Paul Radmolovich	350
220 APF Master 5	Men Deadlift
Jim Parham	325
242 APF	APPF Master 4
John Park	385
	APPF Master 5
	Tom Barth
	SHW
	APPF
	Ray Lepley
	Jason Freeman

AAU New York State
18 JAN 03 - Savannah, NY

Bench RAW	Bench Equip
123 OPEN	148 OPEN
Vasilka Smith	Michelle Yetula
148 16-17	165 35-39
James Zorbel	Brian Bohannon
148 35-39	181 50-54
Jamie Sykes	John Hopf
148 45-49	45-49
Stephen Smith	270*
165 14-15	Mike Arcarisi
Sarah Peters	198 OPEN
181 16-17	John Valenza
Stephen Glover	240
181 16-17	Dave Herbst
Kyle Smith	220 55-59
198 55-59	242 35-39
John Hopkins	260*
198 40-44	Mark Harrison
Leo Cichelli	440*
220 16-17	Wayne Carroll
John Lattimer	330*
220 OPEN	242 OPEN
Moyer Simmons	400
220 50-54	275 35-39
Mark Schroeder	175
242 OPEN	Marsh Hancock
Paul Miller	380
275 60-64	Adam Buckholtz
Olin Henneman	350*
APPF Open	Maurice Harling

WOMEN	SQ	BP	DL	TOT
148 APF Open				
Kasey Demarest	335	180	325	840
165 APF Open				
Kelly Beardmore	250	130	255	635
181 APF SubMaster				
Cindy Crossland	230	265	370	865
198 APF Open				
Becca Bearden	255	165	255	675
MEN				
132 APF Open				
Chris Paynter	210	240	255	705
148 APF Master				
James Johnson	325	185	360	870
181				
APPF Open				



Frank Tisco makes 615 easily on the way to Best Lifter at Albany Strength's Championship. (photographs courtesy of Art Eastman)

ALBANY STRENGTH POWERLIFTING
29 JUN 02 - Albany, NY

WOMEN OPEN	SQ	BP	DL	TOT
132				
D. MOORE	255	125	300	680
165				
CASSY SEYMOUR	185	125	275	585
198				
SONYA FLOWERS	265	140	300	705
MENS OPEN				
123				
CHRIS VOOYS	165	140	235	530
132				
MARIO FORTE	240	175	350	765
148				
JOHN FAAS	280	185	385	850
165				
PETE KERWIN	380	225	445	1050
MIKE REMILLARD	330	265		
198				
DIMY CEDOR	485	325	555	1365
ROB REMILLARD	315	230	425	970
PETER LOUX	485			
220				
JEREMY BARNES	425	290	425	1140
242				
FRANK TISCO	615	440	580	1635
TOM GIGLIO	440	415	500	1355
PAT CAREY	300	215	415	930
275				
DENNIS HOLDER	545	445	525	1515
MENS MASTER				
181				
BJ TODD	425	275	385	1075
198				
JOHN PAYETTE	575	330	520	1425



Danielle Moore pulls 300 lbs. to become Female Best Lifter at the Albany Strength Championship.

MPA Minnesota State BP/DL
01 JUN 02 - Elk River, MN

Bench Press	220(60+)	
Women	Michael Ziegler	370*
132 (60)	242	
Nancy Goldstein	80*	535
148 (16-17)	Joe Bickman	500
Dianna Klinger	110	405
165	Del Gagarin	385
Margaret Prosser	185*	380
181 (16-17)	Chris Hanson	
181 (60+)	Brian Durhani	242 (40-49)
Deb Anderson	135	500
181 (60+)	Jim Bohnhoff	505*
Sandra Segal	Shw	475
Kelly Franklin	315*	335*
Shw (50-59)	242 (50-59)P/F/M	
Fran Huston	120*	300*
Men	Billy Norton	242 (60+)
114 (15&under)	Roger Davis	270*
Michael Hollom	117.5*	275
132 (15 under)	Matt Markwood	525
Kody Rosen	145*	460
148	Ronnie King	425
Andrew Matthews	300*	360
Mike Lewis	290	275 (16-17)
Aaron Bulthuis	230	280
148 (16-17)	Sam Ross	
Dorian Thompson	18-19	200
18-19	Tom Socher	200
Dustin Brislin	3 1 5	115
Luke Hamilton	308 (16-17)	240
Matt Hughes	40-49	385
John Newe	200	385
165	Chad Wolter	315
Paul Baer	350*	280*
Herman Gordon	335	280*
Mark Martin	310	280*
Matt Norman	305	280*
165 (15&under)	Wayne Hailson	280*
MARIO FORTE	240	175
148	Deadlift	
JOHN FAAS	280	185
165	Women	
PETE KERWIN	380	225
MIKE REMILLARD	330	265
198	148 (16-17)	
DIMY CEDOR	485	325
ROB REMILLARD	315	230
PETER LOUX	485	
220	181	
JEREMY BARNES	425	290
242	181 (16-17)	
FRANK TISCO	615	440
TOM GIGLIO	440	415
PAT CAREY	300	215
275	181 P/F/M	
DENNIS HOLDER	545	445
MENS MASTER		
181	Patrick Enderlein	355
BJ TODD	425	275
198	16-17	
JOHN PAYETTE	575	330
SPECIAL THANKS TO DAVE NEWKIRK, DON LEFAVE, DAN MOORE (judges), CAROLYN PAYETTE (scorekeeper), MARK THURMAN (MC), CANDACE PEABODY (Ms. Albany Strength), ART EASTMAN SR. (photographer) and everyone that supported us for our first powerlifting championship. See you soon!! (Thanks to ALBANY STRENGTH for providing meet results to PLUSA.)		

1st Annual Blue Ox "Barbell - Que"
25 MAY 02 - Goshen, IN

Bench	275
220	John Martinez
Allan Reed	485
Brendan Yoder	420
	Deadlift
	Andy Adams

W.N.P.F. OHIO CHAMPIONSHIPS
09 FEB 03 - Youngstown, OH

BENCH		Natural		40-49		50-59		60+				
Assisted	Mark Gillum	260	Brad Lovejoy	515	355	300	1170	Rob Burress	620*	405	580	1605
Female	181		50-59	Chuck Evans	440!	325!	415!	1180!	40-49			
123	Lifetime	Jeff Molkentin	305	SHW					132 17-19			
Lifetime	Nancy Proctor	125*	13-16	Natural					132 17-19			
40-49	Nancy Proctor	125*	40-49	Nicholas Fares	225*	225*	555*	1525*	132 17-19			
Mens	Mens	Scott Dalton	355*	Powerlifting Raw					Female			
132 Natural	Joe Smith	325!	50-59	132 17-19					132 17-19			
148 Natural	David Rippee	240*	Ed Freeman	330*	Jessica Krumb	200*	110!	235*	132 17-19			
165 Natural	Larry Miller	500!	198 Lifetime	330*	165 40-49	160!	90!	175!	165 40-49			
181	Novice	Tim Strohine	360*	220 Natural	360	Joyce Huff	160!	90!	165 40-49			
Novice	Tim Strohine	360*	242 Lifetime	300*	148 13-16	225	170*	285*	148 13-16			
Craig Banks	Craig Banks	320	242 Lifetime	430	181	225	170*	285*	181			
Lifetime	Tim Richards	370	Steve Cooke	365*	13-16	225	220	375*	13-16			
Tim Richards	Tim Richards	370	Thomas Ramey	365*	13-16	225	220	375*	13-16			
Joe Eumara	Joe Eumara	360	Deadlift	365*	Nicholas Fares	225	220	375*	13-16			
Raw	Raw	360	Lifetime Raw	370	50-59	225	220	375*	50-59			
Female	Female	165	165	370	165	435!	100	375	165			
148	148	165	148	360	198 Lifetime	520	350	315	198 Lifetime			
17-19	Rachel Michaelis	115*	148	370	242 Lifetime	520	350	315	242 Lifetime			
Lifetime	Tammy Eblin	120*	Lifetime	370	242 Lifetime	520	350	315	242 Lifetime			
40-49	Gillean Clifford	115*	165 Lifetime	360	Power Curl	500*	325	520	275 40-49			
Mens	Mens	115*	Eddie Eblin	130	Female				275 40-49			
148 50-59	Tom Duff	235*	181 Lifetime	170	Rich Luxian	575	400	580	13-16			
165	Ed Eblin	275	148	170	40-49	575	400	580	13-16			
Lifetime	Powerlifting	520	148	170	165 Lifetime Raw	260	335	595	165 Lifetime Raw			
Assisted	Assisted	132	17-19 Female	132	Mark Gillum	260	335	595	Mark Gillum			
132	17-19 Female	132	Sarah Schaffer	235*	220 Lifetime	260	335	595	220 Lifetime			
148 13-16	Mens	148 13-16	Mens	235*	148	260	335	595	148			
Steve Bowles	Steve Bowles	260*	185*	340*	785*				148			
165 40-49	Scott Bowles	400*	275	450*	1125*				148			
181	181	400*	275	450*	1125*				148			
17-19	J. Morgenstorn	305*	270*	365*	940*				148			
Novice	Novice	400	320	460	1180				148			
Craig Banks	Craig Banks	400	320	460	1180				148			
Lifetime	George Zordich	375	270	460	1105				148			
George Zordich	198 Natural	375	270	460	1105				148			
198 Natural	Nick Carano	535*	380*	510	1365				148			
220	Lifetime	470	335	520	1325				148			
Lifetime	Tom Chaffin	470	335	520	1325				148			
Tom Chaffin	Natural	530*	430*	570*	1530*				148			
Natural	Dave Polis	530*	430*	570*	1530*				148			
Dave Polis	50-59	500	310	450	1260				148			
50-59	Bill Schaffer	500	310	450	1260				148			
Bill Schaffer	242								148			
242	Lifetime								148			
Lifetime									148			

The weather was cold but things warmed up real fast when over fifty lifters began competing in this year's Ohio Championships. Many new lifters came this year's along with many of last year's champions. In the assisted powerlifting divisions Sarah Schaffer returned once again and set all new state records and a couple of American records. This makes the sixth state champion title for Sarah in the female division. In the men's divisions a father and son team of Scott and Steve Bowles both won their divisions with both setting new state records. In the 181 lb. class newcomer Jimmy Morgenstorn set all new state records winning the teenage division and strong lifts were put up by Craig Banks and George Zordich winning their divisions. In the 198 lb. class Nick Carano set a couple of state records and put up a total good enough to win best lifter. In the 220 lb. classes Tom Chain and Dave Polis both returned and turned in strong totals with Polis setting all new state records. The old master, and I say this because he's been involved in powerlifting for a long time, Bill Schaffer returned to defend and once again win the masters division. In the 242 lb. class Rob Burress returned after a year layoff and set a new state record and still did strong lifts despite the year off. In the 275 lb. classes Brad Lovejoy returned to once again win his division and Chuck Evans set all new American records in the masters division. Newcomer Dave Bosler set all new state records on his way to winning the SHW division. In the raw divisions last year's champion Jessica Krumb returned to once again claim the teenage division setting new state records and an



Colleen Clifford of Chillicothe, OH - the 148 lb. Masters Raw BP Champion at the WNPFF Ohio State Meet (courtesy of Ron DeAmicis)

American record. Newcomer Joyce Huff started out with a bang setting new state and American records in her division. In the men's divisions returning champion Mike Giesey improved on his lifts from last year, setting new state records. In the 181 lb. teenage division Nick Lyon and Nicholas Fares battled with Lyon edging out the win with both lifters setting new state records. In the masters division newcomer Mike McCorkle set a new state and American records winning his division. In the 198 lb. class Mike McNinch returned to once again win the lifetime division putting up some strong lifts. When Mike's back heals the lifts will be even higher. In the 242 lb. class Duane Fryberger did his first full meet and turned in a great total

setting a new state record and winning the division. In the masters division last year's champion Rich Luklan returned to win the title again and put up some strong lifts winning best lifter. The iron man division was added this year with lifters putting up some strong lifts. Mark Gillum and Bill Beck were strong winning their divisions and Brad Hennebert and Michael Vernon battled in the 220 lb. division with Hennebert coming out with the win. In the assisted bench press female lifter Nancy Procter returned to win both the lifetime and masters division setting a new state record. In the men's divisions Joe Smith put up a strong lift in the 132 lb. class and walked away with best lifter. David Rippee returned to win the 148 lb. class and Dr. Larry Miller set a new state and American record in the 165 lb. class and he came close to putting up a higher bench. In the 181 lb. class novice lifters Tim Strohine and Craig Banks were in a close battle with Strohine winning the title and the natural division. Tim Richards did a strong lift winning the lifetime division and edging out Joe Fumara in the masters division who also did a strong bench. In the raw division female newcomers Rachel Michaelis, Tammy Eblin, and Colleen Clifford all turned in strong lifts with Clifford and Eblin setting new state records. In the men's division master lifter Tom Duff set a state record winning his division and Ed Eblin and Mark Guillim put up strong lifts winning their divisions. In the 181 lb. classes Jeff Molkentin and Nicholas Fares put up fine lifts winning their divisions and Scott Dalton claimed the masters

ADAU Ohio Classic Bench
11 JAN 03 - Kent, OH

Female	242 Masters 40-44	360
66 10-11	Chester Bednar	360
A. Zimmerman	319 Open	280
132 Open	Terry Wallick	280
Lucinda Hawes	319 Masters 45-49	295
165 12-13	Bill Ogden	295
B. Zimmerman	319 Masters 55-59	280*
Male	Terry Wallick	280*
148 Master 50-54	319 Master 65-69	245
Tom Duff	Al Siegel	245
220 Open	SHW Open	500*
John Kuhar	James Deleone	500*
220 Masters 55-59	SHW Masters 40-44	500*
John Kuhar	James Deleone	500*
242 Open	Cheng Wong	360

*-ADAU record. (Thanks to John Kuhar for results.)

USAPL FARGO INVITATIONAL

11 JAN 03 - West Fargo, North Dakota

MENS OPEN	SQ	BP	DL	TOT
181				
Joe Icenhour	473	297	551	1322
275				
Rich Edinger	655	413	584	1653
Men's Junior				
198				
Jesse Canton	385	253	501	1140
SHW				
John Whitaker	143	424	143	710
Men's Master(55-59)				
220				
T. Haggemiller	330	297	485	1113

The Fargo Invitational was a small, but fun meet held at the Powerlifting Pit in West Fargo, ND. There were only five lifters, but with a crowd of 15 friends and family in attendance, the place was full of excitement and noise. In the Men's Open, Joe Icenhour posted a quality total of 1322 @ 181. Joe opened at a PR Squat of 473. However, he was unable to break the 500 barrier and stand up with 501. In the bench, Joe threw up 297. Joe's deadlift has been down in training, but he still pulled 551. Joe has a lot of potential. If he learns to wear proper gear and cycle (you can't deadlift only 1.5 days after squatting), he is capable of a 1450 pound total. In the 275s, my goal was to qualify for Men's Nationals. Things did not get off to a good start, when it took me three attempts at 655 to satisfy the judges. In the bench press, I made a crucial rookie mistake—I did not take into account weight loss and my gear. Two attempts with 413 and my 50 Fury would not quite lock out. I then put on a 48 and the weight flew up. Unfortunately, I lost 11-17 valuable pounds. In the deadlift, I ripped up my opener of 584 and passed my third. I needed 666 to qualify. It was a little too much to ask for as I only got it to my knees. In the Junior division, Jesse Canton, in his first meet ever, had a great day, going 8 for 9. Although he did not break the 400 barrier in the squat, he did break the 500 barrier in the deadlift. His 501 deadlift was a great lift. It's great having a 23 year old in the gym with his excitement and enthusiasm. All he ever talks about is lifting and women. Minnesota's own John Whitaker came to bench press. He benched a solid 424 raw and had a close miss at 451. When John decides to use a bench shirt, the Minnesota State Junior record will be shattered. In the master division, nationally ranked Tom Haggemiller, despite not training for two months, put up some solid numbers, including

a 485 deadlift. Special thanks to Ann Schuler, Troy Weippert, and Shawn Friday for judging. They did an excellent job. Tom Hines and Terry McGovern did a great job loading and spotting especially when one considers that there were no misloads and no dumped bars. I also want to thank Tom for helping set up and being my training partner. Some day you will be the big dog-not! (Thanks to Rich Edinger for providing these meet results to PLUSA.)

USAPL POLICE & FIRE NATIONALS
23 NOV 02 - BEDFORD HTS, OH

BENCH	MASTER	181	198	D. GOLDSMITH	350	D.BREEDEN	380	242	SEAN YAULANE	450	275	BRAIN KELLY	435	SHW	JAMES JENNINGS	505
POWERLIFTING	SQ	BP	DL	TOT												
WOMENS																
C. R. HACK	335	185	370	890												
MASTERS																
220 40-44																
JOE KEOUGH	440	340	525	1305												
242 50-54																
RALPH BROWN	550*	415*	540	1505												
WAYNE ALSUP	540	330	600+	1470												
MENS OPEN RAW																
SHW																
JASON DALEN	500	350	560	1410												
MENS OPEN																
148																
B.GALLAGHER	370	240	400	1010												
181																
DAN SUSTIN	545	380	550	1475												
RICK GUERRERO	515	300	515	1330												
220																
G. MIKE SHIREY	650	370	640	1660												
242																
SEAN TAULANE	525	450	575	1550												
BERT EYLER	540	370	590	1500												
MATT LINEBERRY	450	350	530	1330												



USAPL Police & Fire Nationals Best Lifters: (left to right) Dan Sustin (Men's Bench), Ralph Brown Sr. (Masters PL), C. Roxanne Hack (Women), C. Mike Shirey (Men's PL), Dick Goldsmith (Masters BP). Dick is actually Dan Sustin's uncle. (photo courtesy of King's Gym)

RECORDS WERE ATTEMPTED AND SOME BROKEN. WAYNE ALSUP SET A NATIONAL RECORD IN THE DEADLIFT WITH A PULL OF 600 LBS. RALPH BROWN JR. SET NATIONAL RECORD IN THE SQUAT WITH A 550 LB. LIFT AND IN THE BENCH WITH A 415 LB. PRESS. BEST LIFTER IN THE MENS OPEN POWERLIFTING OVERALL WENT TO G. MICHAEL SHIREY WITH A TOTAL OF 1660 IN THE 220 LB. WT CLASS. WOMENS OVERALL BEST LIFTER WENT TO ROXANNE HACK WITH A TOTAL OF 890 IN THE 148 LB. WT CLASS. BEST LIFTER OVERALL IN THE MENS MASTER DIVISION WENT TO RALPH BROWN JR. WITH A TOTAL OF 1505 IN THE 50-54 AGE GROUP. IN

THE BENCH PRESS COMPETITION, BEST OVERALL MENS OPEN AWARD WENT TO DAN SUSTIN WITH A 380 LB. PRESS IN THE 181 LB. WT CLASS. BEST OVER MASTER LIFTER WENT TO DICK GOLDSMITH WITH A PRESS OF 350 LBS IN THE 55-59 AGE GROUP. IT JUST SO HAPPENS THAT DICK GOLDSMITH IS DAN SUSTIN'S UNCLE. WE WOULD LIKE TO THANK EVERYONE WHO HELPED MAKE THIS MEET POSSIBLE. WITHOUT THEIR HARD WORK AND DEDICATION TO THE SPORT OF POWERLIFTING, FRANK AND I WOULD NOT BE ABLE TO PROMOTE THESE FINE COMPETITIONS. (THANKS TO EDWIN A. KING, PRESIDENT - KING'S GYM, FOR THE RESULTS.)

World Natural Powerlifting Federation (WNPFF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____
STREET ADDRESS _____
CITY, STATE, ZIP _____
AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____
AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPFF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)
I agree to submit to any testing procedures in or out of contest by WNPFF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPFF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

Ukrainian Open Powerlifting (kg)
26 Feb - 3 MAR 03 - Makeevka

Women	SQ	BP	DL	TOT
44 kg				
Iryna Trubilina	120	65	150*	335*
O. Rozmarytsya	92.5	55	102.5	250
Olena Symko	90	40	95	225
Ganna Fedyaeva	80	32.5	97.5	210
Olesya Berezna	72.5	25	75	172.5
Yuliya Karaseva	70			
48 kg				
Olena Sychanina	140	85*	160*	385*
Oksana Dmytruk	150.5*	82.5	147.5	380
T. Grytsenko	100	47.5	132.5	280
Ganna Kadatska	95	62.5	122.5	280
Gabriella Znyk	90	45	110	245
Ganna Kostreba	92.5	50	100	242.5
52 kg				
Olena Dmytruk	160	87.5	140	387.5
L. Kuznetsova	137.5	77.5	140	355
L. Mykolenko	145	72.5	135	352.5
O. Vinychenko	130	65	152.5	347.5
Maryana Plaksyva	147.5	65	130	342.5
E. Arkhypenko	127.5	72.5	140	340
Nataliya Shamko	120	62.5	120	302.5
Olena Melnykova	110	70	120	300
Taiiyya Pidgirna	105	57.5	130	292.5
Olesya Osadcha	112.5	50	125	287.5
Yana Kurdyukova	102.5	55	120	277.5
Inga Drgoeva	107.5	47.5	120	275
O. Petropavlova	102.5	42.5	125	270
56 kg				
V. Abdulina	185*	102.5	175	462.5*
T. Prymenchuk	170	110*	167.5	447.5
Mariya Chepi	167.5	100	170	437.5
K. Klymenko	150	100	150	400
Olena Kotendzhy	157.5	92.5	150	400
G. Synelnykova	145	95	155	395
Nigar Mekhtiyeva	150	80	150	380
Lyudmyla Rossol	135	85	155	375
Oksana Guruleva	140	75	150	365
Iryna Kotendzhy	130	75	130	335
Tetyana Kaluzina	135	65	135	335
Elizaveta Ivanova	132.5	62.5	125	320
K. Boloshenko	125	55	120	300
Yulia Kutsenko	112.5	67.5	120	300
V. Zelenyuk	110	60	115	285
Olga Chernyshova	90	45	90	225
60 kg				
S. Poplavskaya	190	110	200	500
Tetyana Skrypka	170	97.5	172.5	440
Nataliya Zinchuk	142.5	82.5	165	390
Nina Saveleva	145	92.5	152.5	390
N. Burlachuk	145	77.5	150	372.5
L. Kulikova	140	80	145	365
Yulia Valesyuk	130	80	130	340
Inga Zhdanova	130	65	142.5	337.5
T. Vavzhytska	120	82.5	135	337.5
S. Pylpuchuk	125	55	120	300
L. Yaroshenko	120			
Mariya Ermolenko	110	62.5	130	
67.5 kg				
Lesya Gumynska	235*	127.5	237.5	600*
Zhanna Ivanova	220	112.5	207.5	540
A. Balashenko	180	105	190	475
G. Starodubtseva	150	105	162.5	417.5
Nadiya Petrovskaya	150	107.5	157.5	415
Tetyana Malukha	155	92.5	160	407.5
Liliya Pshogorska	140	90	170	400
Olga Kovaleva	135	75	150	360
Mariyka Gerula	140	70	145	355
A. Sukhanych	135	77.5	142.5	355
Inna Borsalo	130	70	155	355
Liliya Panchenko	137.5	72.5	135	345
Yuliya Goryachun	140	55	135	330
75 kg				
Tamara Bagriy	222.5	140*	237.5	600
L. Tselenko	225	127.5	227.5	580
Larysa Ivanova	240	127.5	212.5	580
Nina Toropovska	220	120	200	540
S. Nurmetova	190	120	195	505
O. Talynets	150	65	180	395
Ruslana Kryvynets	167.5	62.5	157.5	387.5
Alina Petrosova	160	82.5	132.5	375
82.5 kg				
V. Posmitna	245*	130	227.5*	602.5
Kateryna Boroday	230	140.5*	212.5	582.5
Yana Petrenko	215	117.5	225	557.5
4th	228*			
Ganna Lytyyn	220	125	195	540
Nataliya Kopylova	197.5	130	195	522.5
S. Chernyavskaya	130	50	150	330
90 kg				
Iryna Yavorska	215	147.5	237.5	600
Nataliya Polischuk	230	147.5	220	597.5
Inna Orobets	232.5	147.5	212.5	592.5
G. Kravchenko	175	105	165	445
Nadiya Tsyukalo	155	77.5	150	382.5
Iryna Koloshets	135	85	152.5	372.5
+90 kg				
V. Olenytsya	250	150	242.5*	642.5*
Ganna Ganenko	240	161*	205	605
Ganna helyuk	180	85	195	460
Galyna Kotsaba	167.5	115	177.5	460
Kateryna Rogova	135	85	162.5	382.5
Olga Leshukova	150			
MEN				
52 kg				
Vitaliy Matsak	197.5	122.5	150	470

Viktor Piskunov	177.5	111	172.5	460
Evgeniy Vyborov	165	102.5	172.5	440
Igor Kim	155	85	165	405
Igor Ilchenko	155	75	170	400
Roman Gusak	160			
O. Sytnikov	125	70		
56 kg				
Sergiy Vatyuk	213*	153*	215	580
Yuriy Dosiuk	182.5	112.5	205	500
Roman Chyslov	180	102.5	187.5	470
Oleksiy Udaltsov	180	102.5	170	452.5
Mykola Rus	160	92.5	185	437.5
Valeriy Aliev	150	95	180	425
Yuriy Sukhinin	150	90	180	420
A. Zavadovskyy	162.5	90	162.5	415
Ruslan Borukh	150	115	145	410
A. Muchychka	150	90	155	395
60 kg				
Vitaliy Teteutsa	225	162.5	217.5	605
V. Pogrebnyy	220	163*	210	592.5
G. Sarkisyan	220	120	235	575
A. Bochkovskyy	215	115	242.5	572.5
Igor Yasenetsky	205	117.5	205	527.5
Arkadiy Shalokha	185	122.5	210	517.5
Oleg Kurchenkov	190	110	200	500
A. Karachenko	180	102.5	215	497.5
Mykola Dvornik	182.5	102.5	200	485
Kostyantyn Gavrik	175	92.5	210	477.5
Volodymyr Rysev	220			
Valeriy Samorodnyy	220			
60 kg.				
Vitaliy Teteutsa	225	162.5	217.5	605
V. Pogrebnyy	220	163*	210	592.5
G. Sarkisyan	220	120	235	575
A. Bochkovskyy	215	115	242.5	572.5
Igor Yasenetsky	205	117.5	205	527.5
Arkadiy Shalokha	185	122.5	210	517.5
Oleg Kurchenkov	190	110	200	500
A. Karachenko	180	102.5	215	497.5
Mykola Dvornik	182.5	102.5	200	485
Kostyantyn Gavrik	175	92.5	210	477.5
Volodymyr Rysev	220			
Valeriy Samorodnyy	220			

O. Borysov	255	165	270	690
A. Goryachok	240	145	270	655
Dmytro Ublykko	245	160	235	640
E. Khorozhevskyy	250	160	225	635
Valentyn Malikov	225	162.5	240	627.5
V. Symchyna	232.5	165.5	225	622.5
Stanislav Gibner	237.5	132.5	240	610
Yuriy Kidyba	235	137.5	235	607.5
Igor Malitsev	240	117.5	232.5	590
Mykola Golik	210	127.5	215	552.5
V. Rudnichenko	195	135	200	530
Andriy Nagirnyy	240	105	180	525
Sergiy Kinash	175	112.5	215	502.5
Sergiy Bilenko	140	85	160	385
75 kg.				
O. Kulcher	287.5	182.5	280	750
Andriy Ivchenko	290	172.5	270	732.5
Evgeniy Bokyy	270	185	255	710
Mykola Oliylyk	265	170	265	700
V. Narolsky	260	190	245	695
Kostyantyn Nazym	280	170	220	
670				
Roman Akhlestin	250	182.5	232.5	665
V. Baklyak	250	160	250	660
Vasyl Khoroschak	220	170	250	640
Anton Kuznetsov	260	160	220	640
Sergiy Mosyak	215	150	275	640
Mykola Sanin	230	155	250	635
Sergiy Baburin	255	140	230	625
Oleksiy Ivchenko	245	145	235	625
Mikhailo Kuzma	240	137.5	247.5	625

Yuriy Tsyba	220	140	260	620
Sergiy Taranov	235	137.5	242.5	615
O. Korotych	225	140	230	595
S. Trukhansky	212.5	142.5	215	570
Yuriy Tsyvadis	220	130	215	565
Vadym Aliev	200	120	235	555
Ivan Rybchak	210	125	210	545
Yaroslav Velegan	200	130	200	530
G. Grebennikov	195	117.5	202.5	515
V. Pogonets	185	102.5	225	512.5
Yuriy Pruzhansky	215	135	215	
Viktor Gutsenko	220			
A. Cherepanov	205			
Roman Kidyba	230			
Oleksiy Savchenko	250	175		
Andriy Mirzoyan	250	175		
Igor Kukharevych	220	180	250	
M. Bulanny	295			
82.5 kg.				
Dmytro Soloviov	317.5	220	317.5	855*
Sergiy Naleykin	340*	215	300	855*
Sergiy Pennev	302.5	210	290	802.5
A. Bukhtlychuk	322.5	162.5	300	785
Sergiy Skorik	285	192.5	270	747.5
V. Oliyarnyk	300	160	285	745
Oleksiy Kryvoshey	275	167.5	295	737.5
Oleg Semenov	292.5	155	282.5	730
Yuriy Zverev	270	155	290	715
V. Levchuk	260	207.5	245	712.5
Dmytro Lebedev	275	140	280	695
Dmytro Glek	270	170	250	690

Oleksiy Soshnikov	260	170	260	690
G. Bazhuk	265	152.5	260	677.5
M. Bezlynsky	245	160	265	670
V. Olkhovskyy	262.5	140	262.5	665
Andriy Turunov	240	170	255	665
Andriy Lyutik	240	155	265	660
Taras Kukhta	270	145	235	650
Andriy Suslov	260	160	220	640
Roman Struzhko	240	125	250	615
V. Muderyshch	215	130	260	605
O. Furman	230	130	225	585
O. Bobosho	215	110	240	565
D. Gorozhev	207.5	112.5	210	530
O. Leshchuk	205	102.5	210	517.5
Ivan Panchenko	280	187.5	300	767.5
Sergiy Grechko	280	187.5	300	767.5
Vadym Mokhnik	295	185	282.5	762.5
90 kg.				
Ivan Freyidun	330	240	327.5	897.5
S. Romanenko	360*	210	325	895
O. Nazarenko	330	185	341*	855
M. Artyomovych	310	190	315	815
Khvicha Khasaya	270	207.5	300	777.5
Maksym Malayarov	290	195	250	735
Oleksiy Stogniy	280	170	280	730
Vladyslav Drysyak	260	175	290	725
V. Kravchenko	270	165	280	715
V. Yakymenko	265	175	275	715
D. Rudnytsky	265	170	270	705
Ivan Pasha	290	160	255	705
V. Pluzhnyk	250	160	260	670

Denys Kavun	260	160	230	650
Mykhailo Stadnik	220	140	240	600
D. Derevyanko	215	125	217.5	557.5
K. Scherbakov	300	200		
Maksym Logosha	262.5	167.5	265	
Oleksandr Brykin	280	160		
Andriy Kovalchuk	310	190	265	
Yuriy Peiyko	290			
100 kg.				
O. Vyshnysky	360	195	370	925
Artem Myronenko	340	210	350	900
Vitaliy Stretovych	310	222.5	317.5	850
O. Bashkatov	325	200	307.5	832.5
Orest Tryfonenko	310	180	300	790
I. Drogobetsky	285	185	305	775
Oleg Kovalenko	280	187.5	300	767.5
E. Kostyantynov	292.5	187.5	282.5	762.5
Sergiy Koshel	295			

River Valley Classic BP
08 DEC 02 - Horseheads, NY

Women	220	Jim Howell	475
LIWI	242		
Vasilka Smith	115	Mark Harrison	400
Hvy WI			
Cinci Regan	250	Masters 40-44	
Michelle Vetula	165	181	
Azain Wisneski	115	George Campbell	300
Teen	220		
148		Leo Cichelli	450
Joy Barone	180	Bill Townsend	425
181		Ron Birdsall	420
Steve Glover	260	242	
Open		Wayne Carroll	390
165		SHW	
Adam Folts	330	Maurice Harling	400
Louis Cichelli	325	Masters 45-49	
Brain Bohannon	305	165	
181		Steve Smith	250
Scott Gerhart	440	181	
Scott Fisher	410	Nick Santarone	470
Mark Kovacs	370	Steve Swingle	375
198		Tony Constanza	345
Manny Giudice	455	198	
D.Swackhammer	450	Randy Bennett	355
James Wisneski	400	220	
220		Jack Glover	420
Jim Howell	475	Masters 50-54	
BJ Eddy	365	132	
Ben Oakes	360	Steve Gee	245
242		242	
John Moore	460	Dave Meacham	320
275		275	
Joe Behari	480	Lionel Cheatam	330
Chris Semmel	395	Masters 55-59	
SHW		220	
Maurice Harling	400	Scott Shales	390
Submasters		Master 60-64	
165		275	
Brian Bohannon	305	Olin Henneman	355
Best Female lifter - Cindi Regan. Best Male Lifter - Nick Santarone. Team Competition - 1st Place - River Run Fitness. The 15th annual River Valley Classic Bench Press Championships were truly remarkable with several newcomers to the sport as well as father-son and husband-wife competitors. The masters divisions were heavily competitive and demonstrated numerous personal records breaking successes. A very emotional event took place when best lifter Nick Santarone gave his trophy to Steve Gee in memory of his mother who recently passed away. This act together with the great camaraderie that took place showed how the			



The Bench Hogs and two of the Gorgeous Baltimore Ravens Cheerleaders ... at Glenn Murphy Junior's Toys for Tots Bench Meet ... (left to right) Larry Lindsay, Ashley, Ed Bollinger, Jenn, Mike Levin.

sport of powerlifting has etched its way into a family of competitors. Without a doubt, this was one of our most memorable contests. We would like to thank those who helped us make this meet so successful including Doug and Wendi Canfield, Pam Shuart, Jody Howell, Kelly Brady, Tom Cowulich, John Fowler, Larry Goltrey, Dan Santarone, George Gilbert and the Horseheads High School Varsity Club, Diane Pavalk and Club Nautilus, and all of the great competitors who trained hard and put on a great show. Thanks to all of you! (Thanks to Ed Patten and John Comereski for providing these results to POWERLIFTING USA.)

2nd Pocket Samson's Toys-For-Tots BP
07 DEC 02 - Westminster, MD

198	Ed Bollinger	350	
Larry Lindsay	315	275	
Greg Long	300	Clint Shamer	355
220	Don Joy Sr	350	
Mike Levin	380	SHW	
	Nick Agoris	365	

First Place Team: "The Bench Hogs" - Coach Lindsay, Levin & Bollinger. Praise the Lord, the Second Annual Pocket Samson's Toy-For-Tots Christmas Bench Press Championships turned out to be the "big boys" championships. "Pocket Samson's" 203 lb. bench press in the 114 lb. class was a warm-up to a day of big lifts by big lifters. The morning was highlighted by the presence two very gorgeous representatives of the NFL Baltimore Ravens Cheerleading Squad, Jenn and Ashley, (see the included photograph of the young ladies with the lifters for the winning Bench Hogs Team!) For the 198 lb. class, Lindsay's 315 pound effort topped Long's mark of 300 lbs. Long made a 4th attempt at 315. In the 220 lb. class, Levin's strong 380 bench press beat the 350 posted by Bollinger. Shamer's 355 in the 275 lb. class snuck past Joy Sr. at 350. Shamer made an easy-looking fourth attempt at 365. Joy Sr. pushed up fourth attempt of 360 that looked so easy, a spectator said he could've done four hundred. Joy Sr. is 71! Thank you, Mom and Dad Murphy, Sr.; The Baltimore Ravens; The Baltimore Raven Cheerleaders Jenn and Ashley; Subway; Target; FCA; Four Season's Sports Complex.

Next year Sat. Dec. 6th, will be the 3rd Annual Pocket Samson's Toys-For-Tots Christmas Bench Press Champs (Glenn Murphy provided the results)

USPF Bench Press Nationals (KG)
31 AUG 02 - Myrtle Beach, SC

Women - Open	Marco Dinobile		
181 lbs	198 lbs		
Rila Lewis	115	Donald Robbins	240
Women - Master	Patrick Lewis	177.5	
35-39	220 lbs		
165 lbs	Dustin Vincent	235	
Sabrina Bailes	57.5	Matt Mangum	222.5
45-49	Joe Perkins	197.5	
114 lbs	242 lbs		
Ximena White	50	RJ Delamare	216
50-54	275 lbs		
181 lbs	Nick Busick	220*	
Florette Ruggiero	67.5	308 lbs	
60-64	Billy Tucker	235	
181 lbs	Michael Presser	227.5	
Sue Pack	92.6	Men - Master	
35-39			
Open	198 lbs		
181 lbs	Earl York	167.5	
Travis Pardue	170	242 lbs	
308 lbs	RJ Delamare	215	
275 lbs			
Angel Padilla	192.5	275 lbs	
Master 35-39	Robert Johnson	200	
275 lbs	40-44 yrs		
Robert Johnson	200	308 lbs	
Master 40-44	Billy Tucker	236	
308 lbs	45-49 yrs		
Billy Tucker	235	275 lbs	
Master 45-49	Nick Busick	220*	
275 lbs	Joseph Hilliard	195	
Bill Rectenwald	190	50-54 yrs	
Master 50-54	181 lbs		
181 lbs	Del Conway	117.5	
DelConway	117.5	242 lbs	
Men - Junior	John Paretla	132.5	
20-23	55-59 yrs		
308lbs	220lbs		
Luke Pruett	145	S. Schwarzer	155
Jason Delmyer	145	60-64 yrs	
Men - Open	242lbs		
132 lbs	Sheldon Schultz	165*	
165 lbs	275 lbs		
Michael Walsh	165	Jack Powell	
Mark Richmond	182.5		

(Thanks to Eddie Horton for providing the results.)

Albany Strength Outlaw Bench Press
19 OCT 02 - Albany, NY

WOMEN OPEN	220		
132	TOM SCHMIDT	530	
D. MOORE	130	RAY BRUNK	500
148	R. CANCELINO	385	
MARY MOUTRAY	110	R. REMILLARD	270
165	242		
EMILY SOWEK	155	D. KINGWATER	555
MEN'S OPEN		JEFF ROCK	475
132	JIM CLARK	450	
MARIO FORTE	185	CYRIL ABRAHAM	380
148	MARK KODYA	360	
DILLON COELLO	265	275	
SEVEN FISSETTE	195	BEN WHITE	660
ELIJAH HOLDER	180	SEAN CULNAN	520
165	DENNIS HOLDER	440	
D. NAUGHTON	361	MEN'S MASTER	
181	148		
YANCE FORTE	285	JOHN FAAS	190
STEVEN DICK	160	242	
198	MARK KODYA	360	
DIMY CEDOR	330		

SPECIAL THANKS TO DAVE NEWKIRK, HANK SARGENT, MARK KODYA (judges), MARK THURMAN (MC), JENNIFER SARR (MS. ALBANY STRENGTH), ART EASTMAN (photographer) and everyone that supported our Outlaw Bench Press Meet. See you soon!! (Thanks to ALBANY STRENGTH for providing these results to PLUSA.)

Champs Special Olympics Meet
21 SEP 02 - Selingsgrove, PA

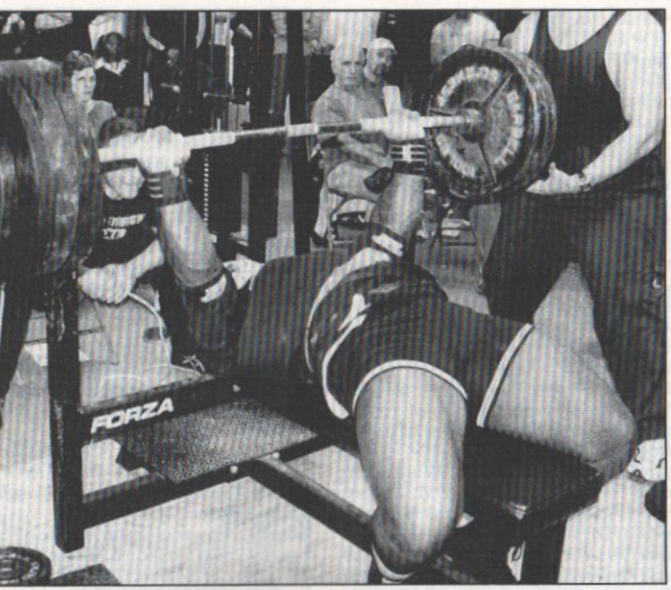
WOMEN	BP	DL	
Alycia Lazur	65	200	
Amanda Swazey	85	205	
Becky Henry	80	155	
Missy Henry	100	195	
MENS LIGHT WEIGHT			
John Clayton	75	145	
Paul Bettendorf	155	195	
Lance Osman	175	295	
Ryan Huber	155	275	
MENS HEAVY WEIGHT			
Gary Scholl	145	325	
Doug Osman	180	340	
Neil Kalich	165	350	

Imagine seeing a powerlifting meet where nobody complained about anything, and all lifters cheer each other on. Where they remain happy whether they were red or white lights. Well that is the kind of meet we had when Champs Fitness Center hosted their annual Special Olympics Power meet. All the special Athletes lifted great and had a great time doing it. This year, we had some guest lifters come by and put on a show. Rudy Hilliard was an inspiration to everyone, as he benched a big 385 lbs at under 181 body weight. And one of the worlds strongest lawyers, Justin McShane, came by and dead lifted 550 lbs so fast. If you blinked you would have missed it. Special thanks go out to our sponsor, Shamokin Dam Chiropractic and all the great people we had to help. Tom Levering, the greatest announcer in power lifting, USA's No 1 ranked 97 lb. Elaine Grimwood, Bob Grimwood, Ben Morton, Dean Moore, Scott Kohler, John Stahl, Jim Schriener, and the Champs Power Team. (Thanks to Brian Crowe for providing these results)

Indian Summer PL
14 OCT 02 - Goshen, IN

Bench	181 Masters	Mike Schroen	330	
132 Teen	198 Open	Chad Dailing	420	
Cody Patterson	190	275 Open	505	
148 Teen	Rob Reed	505		
Brad Hile	265	SHW Open	520	
165 Open	Steve Jarausch	520		
Rob Langwell	370	Deadlift		
Derrick Hamman	285	198 Open	505	
4th	300	Larry Patrick		
148 Masters	SQ	BP	DL	TOT
Mike Wider	425	230	430	1085
165 Masters				
Jon Smoker	460			
198 Open	535	310	525	1370
Leo Bontreger	242	Open		
242 Open	700	335	605	1640
Andy Adams	600	350	505	1455
Paul Adams				

Andy Adams squatted an impressive 700 that looked easier than his opener. Leon Bontreger put nearly 200 lbs. on his total from last year, 120 of those in the deadlift. Mike Wider put together one of his best days in a while and the ol' master himself, Jon Smoker, popped up three easy squats while not bothering with a suit. Rob Landwell, Derrick Hamman, Mike Schroen, and Chad Dailing all hit PR benches, while the big man, Steve Jarausch, destroyed everything he got his hands on, finishing with yet another PR of 520. Thanks to all who showed up, to the YWCA, and a huge thanks to Leon Bontreger and the Adams boys, who came early and stayed late to help get it done. And as always, thanks to Babydoll. (from Brendan Yoder)



Ben White opened with 605 en rout to 660 at the Albany Strength Bench Press Championships (photograph by courtesy of Art Eastman)

AAU Missouri State
09 FEB 03 - Union, MO

BENCH	Open					
Women	198	Russell Kempen	360	245	495	1100
Raw Teen	275	David Ruffing	485	350	455	1290
114	Glenn Pitts	380				
Lindsay DeForest	55	Max Boyd	350			
123	Merick Hume	325				
Ashley DeForest	60	Shane McDaniel	405			
Open	Master 40-44					
220	198	Tim Fletcher	380	250	440	1070
Lori Harms	205	J. VanValkenburg	300	225	355	880
4th	215	Equip-Open				
Men	Master 40-44					
Raw Youth	181	Rick Berter	325	200	420	945
114	198	198				
Dominic Scalize	130	Jim Elletson	500	325	475	1300
181	198	Michael Scalize	260			
Womens Raw	SQ	BP	DL	TOT		
Rio Demers	245	145	315	705		
MEN						
Raw-Open	165	Richard Brown	535	425	505	1465
		EQ-Masters 40-44				
		198				
		Tim Elletson	500	325	475	1300

(Thanks to AAU Missouri Chairperson Darin Gilley for providing these results to Powerlifting USA.)

APF New Hampshire State
20 APR 02 - Keene, NH

Open Men	SQ	BP	DL	TOT
198				
James Cox	575	345	545	1465
J. McGuinness	495	355	475	1325
220				
Phil Thomsen	465	350	510	1325
Lionel Fisk	360	340	405	1105
242				
Jeffrey Joyce	700	400	615	1715
Joe Romano	645	370	630	1645
308				
Joe Sabolevski	675	500	650	1825
Louie LaPoint	250	200	500	950
Novice Men				
Phil Thomsen	465	350	510	1325
Lionel Fisk	360	340	405	1105
Teen Men 16-17				
Kevin Ellis	305	235	365	905
Jared Burns	350	330	400	1080
Teen Men 18-19				
Gregg Levasseur	525	330	505	1360
Andrew Lippincot	270	260	380	910
Andy Crowder	215	230	300	745
Jr Men 20-23				
Jeffrey Joyce	700	400	615	1715
J. McGuinness	495	355	475	1325
Chad Frost	500	315	485	1300
Ryan Benson	405	315	600	1320
Kevin Fisk	275	285	400	960
SubMaster Men 33-39				
Joe Romano	645	370	630	1645
Master Men 45-49				
Wayne McClay	405	300	500	1205
Master Men 50-54				
William Smith	475	330	485	1290
Master Men 40-44				
Ralph Fecteau	700	385	675	1760
Phil Thomsen	465	350	510	1325
Lionel Fisk	360	340	405	1105
Louie LaPoint	250	200	500	950
Women Open				
Sue Pike	380	180	425	985
Submaster Women 33-39				
Sue Pike	380	180	425	985
Master Women 50-54				
Marilyn Barba	335	205	365	905

Meet Director - Louie LaPoint. Judges - Jim Surpy, Bill Duraan, Gary Sutcliffe. Highlights of the Mens open were: James Cox at 198 totaling 1465. Joe Sabolevski totaling 1825 and Best Lifter. In the Men's Masters Ralph Fecteau crushed all state records at 242 and 41 years old. Ralph did a fine 700 squat, 385 bench, 675 deadlift to total 1760. 43 yr. old rookie Phil Thomsen. In his first full meet set the state master's bench, deadlift, total records at 220 and just missed a 505 squat for a record. Big lifts are in the future for this man. William Smith 198 51 years old squatted 475, benched 330 and deadlifted 485 for a 1290 total all state records. Sue Pike set open and submasters records at 165. She's a great competitor and cute too. (L. LaPoint)

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

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

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
 Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s
 Jun/98... Mark Henry, Ernie Millian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs
 Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
 Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, TOP 100 Bantam.
 Sep/98... APF Seniors. Part I, 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 "Muscleman 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 Louis S. TOP 100 181s
 Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
 Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S., TOP 100 220s

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 Onosai, Building the Torso, TOP 100 123s
 Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPRe-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
 Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s
 Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
 Dec/00... Tao of Competition Pt. I, IPF Jr.

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20 Years Ago in PL USAa true "powerlifting original"

- Eddie Pengelly - was on the cover and memorably profiled by his friend Andy Kerr. Mike Bridges Power Squat Routine was featured in the Workout of the Month, and Off Season Conditioning Programs were discussed by Ron Fernando. The Power Suit Ten ("\$75.00 ... easy on, easy off") was offered for sale by Strong-Lon of California. Decathlon Exercise Equipment had an ad for the heavy duty grippers, originally made for Peary Rader's IRON MAN Magazine. Fred Hatfield talked about making weight for contests. Dr. Conrad Cotter had a full page article on what a lifter "gets" for his ten dollar registration fee. The fantastic Don Blue (allowed to leave prison to win world and national powerlifting titles) was profiled by one of his training buddies, Roger Benjamin. A book called "Anabolic Steroids - Which Ones and How Many" by Dr. Fred Hatfield was offered for sale by Fitness Systems in New Orleans. IPF President warned that 'any countries or competitors taking part in contests in South Africa would lay themselves liable to be suspended'. The TOP 100 242s had top lifts of 870 squat by Fred Hatfield, 600 bench by Sam Samaniego, 825 deadlift by Mark Chaillet, and a 2105 total by Carlton Snitkin. Nick Busick was 87th in the squat with 680, John Florio was 71st in the bench with 462, Gary Grosso was 82nd in the deadlift with 680, and Sean Scully was 78th in the total with 1791. Tom McLaughlin Ph.D. wrote on the subject "Biomechanics of Powerlifting". Mark Schellen won the Nebraska Championships with 750 380 705 1835 at 220. The JAM Power Suit was offered for sale, out of AZ. John Inzer won the 165 lb. class at the Greater Mr. Arkansas Contest with lifts of 589 303 672 1565. Winning the 181s there was Dennis Wright (749 485 633 1868), and Larry Mistic (on last month's Masters TOP 20 list @ 220) won the 198s with 688 424 699 1813. Doyle Kenady's "World Class" offered 3 Super Suit IIs for \$96.00. Jari Tahtinen won the Finnish Nationals at 198 with 672 473 688 1835. Longtime Arizona State Strength Coach and ADFPA National Champ Rich Wenner won the Pennsylvania Teenage Championships with 600 365 570 1535 at 198. Mike Wlosinski got 2nd @ 198 at the Buffalo Teenage Championships with 475 290 500 1265. Lloyd Weinstein won the New Jersey Open at 132 with 405 245 500 1150, Doug Heath won the 132s at the Ohio States with 405 285 500 1190, and Pete Alaniz won the Texas State title with 396 248 413 1058 at 132. Mark Dimiduk won the Maryland State title at 242 with 788 424 727 1940.

10 Years Ago in PL USA the cover was a cool,

overhead angle shot of Iron Island Gym's Pat Susco setting up for a big squat taken by Kathy Leistner, and inside Dr. Ken profiled this big squatter (there is a fabulously funny shot of Pat back in his "roller derby" days). We had coverage of the IPF World Bench Press meet in Taipei (Germany won the team title). Doug Heath was interviewed by Tony Kamand on the details his mental approach to PL. Rachel Mathias, at one time the #2 women bencher in the US, by Malone formula (with a 292 @ 132), had her Workout of the Month in this issue. Steve Pulcinella told how a an old photo of Doug Young inspired his quest in lifting weights. We detailed the shocking death of 4 time World's Strongest Man Contest winner Jon Pall Sigmarsson at the age of 32. Bench Press Mega-Star Chris Confessore described his philosophy of "Contest Training". Drug Free star Dave Weiss was interviewed by Bob Gaynor. The use of "Dumbbells in Powerlifting" was detailed by Doug Daniels. Professor Thomas D. Fahey described how to "Control Your Spine" to avoid back injuries and maximize lifting success. "Team Berkley Inc." announced the sponsoring of 100% drug tested meets in the WNPf. Herb Glossbrenner's list of the All Time TOP Benchers in the 165 lb. class had Scott Werner on top with 500. Ron Surface was #50 with 410. 'Alternate Peaking Methods' were described by Greg Reshel, developer of the Reshel Formula. Recent World Masters Champ Pat Beaumaster won the Minnesota Jr. State title at 165 with lifts of 485 310 465 1260, where super deadlifter to come Jim Cahill was a guest lifter at 220 with 620 340 600 1560. Phil Andrews won the ADFPA Coal Country BP/DL Classic with a BP of 446 and a DL of 661 in the 242 lb. class. (he has since pulled way over 800). Masters/Open Bench Press record breaker Larry Miller won the ADFPA Central Pennsylvania Open three lift title at 165 with lifts of 479 451 (an American record at that time) 440 1372. Weight Releasers developer Bob Kowalczyk was 3rd at 220 with 628 418 584 1631 in the same meet. At the Canton Open, Angelo Berardinelli won the 165s with 600 358 551 1510. At the Gold's Gym Hawaii State Meet, Tony Harris took the 220s with 710 430 710 1850 and Tony Leiato won the 275s with 800 550 620 1970. Sean Culnan won the ADFPA New York State title at 275 with lifts of 661 418 650 1730.

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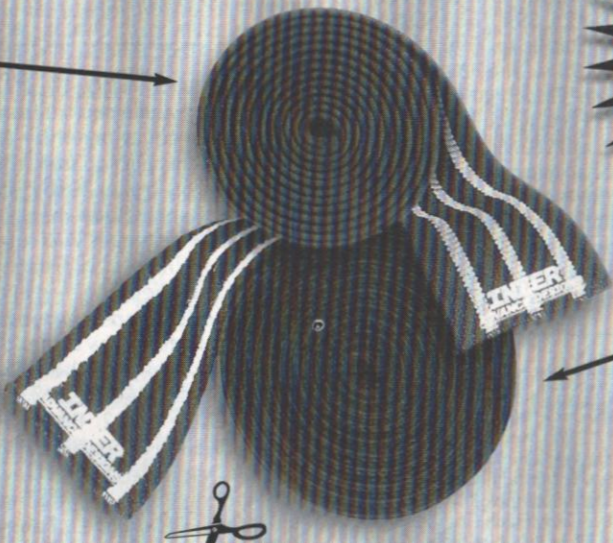
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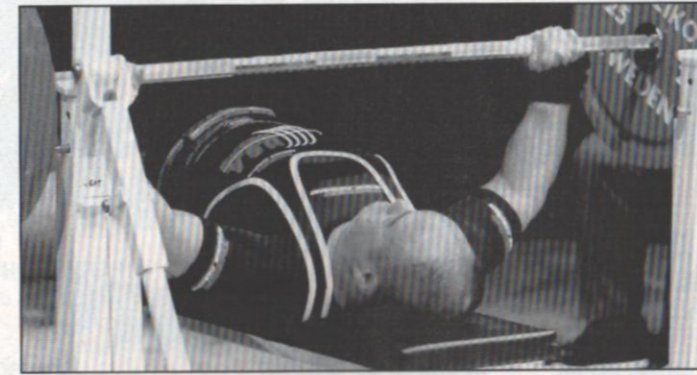
BENCH		
W 97	Law/Fire	Submaster Women
Malia Weiness 88	123	115
105	Cathy Bramanti	115
Patricia Loera 115	4th	126*
114	Teenage M 13-15	
J. Macquarrie 104*	148	242
148	Steffan Parodi	248
Alma Carava 154	Teenage M 16-19	
165	148	
Nicole Rodatos 115	Kyle Herzik	231
181	165	
Kathy Parker 88*	Michael Minahan	231
198	Robert Gernert	330*
Atalie Garrish 121	181	
WM 40-46	Steve Eckles	253
114	Nick Luiz	286
Donna Arndt 187	Bobby Hackett	341
4th	192*	358*
123	David Villa	347
L. Rosales-Buie 154	4th	352*
132	198	
K. C. Inlow 132	Charlie Cook	225
Jill Deuser 137	220	
4th	143*	170
Toni Jones 137	Jarhelt Blonien	253
Alene Brisbane 148*	Jason Schroepfer	303
148	4th	314*
Robbin Finnerly 159	275	
WM 47-53	Max Higgins	407*
114	Jr. M 20-25	
Glenda Egan 88	242	
123	David Freeland	462
Laura Mullen 71	308	
132	Toby Levers	501
Gerrie Shapiro 159*	309	
148	Marcus Matheny	429
Mary Jacobson 242*	WM 40-46	
WM 54-60	181	
148	M. Mc Cormack	303
Ellie Cary 66	Mark Reifkind	435
WM 54-60	Bob Levering	457
199	4th	462*
Thea Strom 115*	Jeff Jones	
Teenage W 13-15	198	
148	David Bertier	314
Jessica Miller 93	Keven Feeny	363
Teenage W 13-15	242	
165	David Machado	314
M. O'Halloran 77	Chris Warrick	424
Jr. W 20-25	Rich Ludlam	512
132	Jim Preslay	451
Cristy Richer 176*	308	
148	Cyril Lewis	540
Crystal Health 104	M 47-53	
Sub W 34-39	181	
123	Ray Rojas	308
Cathy Bramanti 115	Rocco Parodi	319
4th	126*	325*
132	Edgar Martinez	
Julie Green 154	220	
J. Martindale 99	Larry Wyckoff	319
148	308	
Jeanne Watts 137	Sam Pecktol	440
Law/Fire	Leo Contreras	385
Master Women 40-47	Bruce Sabin	451
114	M 54-60	
Donna Arndt 187	198	
4th	192*	236
Law/Fire Master	4th	242*
Women 40-47	308	
123	Richard Hamilton	303*
L. Rosales-Buie 154	M 61-67	

220	Rick MacQuarrie	352
Robeo Hammond 270	Steve Ughe	402
242	Michael Choate	402
Mike Bonifield 275	220	
M 68-74	Robert Yost	363
165	242	
4th	J. Mc Murray	352
Teenage M 13-15	Anthony Diik	363
148	Doug Tracy	429*
Eric Anderson 402*	Ed Barnes	435
M 75-79	275	
165	Robert Fornachon	192
Robert Fornachon 192	Norman Rial	402
220	Jim Presley	451
Eugene Miranda 231	308	
Charles Rice 287*	Leo Contreras	385
Class 1 Men	Bruce Sabin	451
132	O	
Jon Shapiro 281*	132	
Nick Luiz 148	Jeff Thomure	259*
Bobby Hackett 341	148	
Steffan Parodi 248	David Brinegar	176
Eric Nahorniak 319*	248	
165	Taylor Tom	
Michael Hara 523*	165	
Kenny Bateman 319	181	
Mark Feldman 336	Jeff Jones	374
181	Lee Jones	468
Felipe Rivera 275	198	
198	Nick Bruckner	369
Charlie Cook 225	220	
Mike Dees 270	Ryan Girard	473
James Cavanaugh 314	Mike Ludovico	



John Minahan with a Law/Fire Master World Record bench press of 502 1/2 in the 275 lb. class. (photograph courtesy of Gus Rethwisch)

242	Zachary Clark	457*
Steve Silver 523	275	
Russell Kitani 578	Andrew Porter	
275	Law/Fire Master 40-47	
Frank Palmer 551	220	
308	Zachary Clark	457
Cyril Lewis 540	Law/Fire Master 40-47	
309	275	
Chad Aichs 507	John Minahan	502*
Sub M 34-39	220	
148	Zachary Clark	457
Brian Crocker 325*	275	
165	John Minahan	502*
Mark Feldman 336*	Law/Fire Submaster	
198	242	
Roger Souza 308	Michael Smyser	402
220	JC Tolle	429
Robert Exum 352	275	
Mike Ludovico 242	Jim Yoder	424
Joseph McMurray 352	DEADLIFT	
Danny Dorado 424	WM 40-46	
275	123	
L. Rosales-Buie 314	132	
Jim Yoder 424	132	
Special Olymp. Men	Toni Jones	242
132	K. C. Inlow	270
Jon Shapiro 281	Jill Deuser	275
198	C. Nicholson	275
Andrew Bixier 181	Alene Brisbane	314*
Law/Fire Open Men	148	
220	Robbin Finnerly	259



'01 IPF Champ Mike Hara got a 523 World Record @ 165. (Isagawa)

WM 47-53	Thea Strom	242	Master Women 40-47	Malia Weiness	231
114	Teenage W 13-15	123	105	192	
Glenda Egan 270*	148	L. Rosales-Buie	314*	Patricia Loera	192
Jessica Miller 242	242	Cathy Bramanti	253*	Alene Brisbane	314*
165	4th	M. O'Halloran	137	W	
Law/Fire	97	Alma Carava	286		

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Bobby Sanders with Leticia Rosales Buie, who set a World Record Law/Fire DL of 314 at 123. (photo courtesy of Gus Rethwisch)

165	Nicole Rodatos	275	Bret Stedman	501
181	Kathy Parker	165	Keven Feeny	407
198	242		David Bertier	534
Atalie Garrish 253	David Machado	501		
Sub W 34-39	308			
123	Cyril Lewis	705		
Cathy Bramanti 242	M 47-53			
4th	253*	242		
132	Gary Stevens			
J. Martindale 236	275			
148	Keith Huffer	529		
Jeanne Watts 275	Sam Pecktol	710*		
O	Leo Contreras	473		
181	M 54-60			
Nick Luiz 551	198			
242	220			
Steve Silver 600	Al Dalton	319		
Scott Burgess 622	4th	330*		
275	Chester Lundy	485		
Rob Meulenber 628	308			
308	Richard Hamilton	451		
Cyril Lewis 705	M 61-67			
309	220			
Chad Aichs 710*	Robert Hammond	374		
148	309			
Teenage M16-19	J. P. Krachunis	308*		
148	M 68-74			
C. McCormack 275	Alene Brisbane	314*		
Jarhelt Blonien 363*	220			
165	Al Cardwell	424*		
Kevin Knack 352	Special Olympian			
Michael Minahan 385	132			
181	Jon Shapiro	352		
Nick Luiz 551*	Special Olympian			
198				
Steve Eckles 391	Andrew Bixier	330		
220	Class 1 Men			
Kevin Adams 363	132			
Jason Schroepfer 501	Jon Shapiro	352		
Jarhelt Blonien 523	148			
Jr. M 20-25	David Brinegar	242		
181				
David Freeland 611	Felipe Rivera	391		
308	4th	413*		
Toby Levers 722*	198			
Law/Fire Open	Michael Choate	485		
220	Nathan Nelson	529		
Zachary Clark 595	Rick MacQuarrie	529		
Law/Fire Master 40-47	Steve Ughe	540		
220				
Zachary Clark 595	Archie Taylor	446		
275	Robert Budd	518		
John Minahan 551	242			
Law/Fire Submaster	Ed Barnes	551		
242	Doug Tracy	573*		
Michael Smyser 275				
M 40-46	Norman Rial	540		
181	308			
Mike McCormack 457	Leo Contreras	473		

* - State Record. ! - World Record. In Women's bench Jennifer Macquarrie set a Nevada State Record with 104 at 114. In Women's Master Donna Arndt set a World Record at 40-46 114 with 192 - very credible. Alene Brisbane set a Calif State Record with 148. Gerrie Shapiro set a Calif State Record with 159 at 132. At 198* 54-60 Thea Strom set a World Record 115 in the bench. In Junior Women Cristy Richer set a Nevada State Record with 176 at 132. Cathy Bramanti set a Calif State Record at Submaster 123. In Teen Men 16-19 Robert Gernert set a Calif State Record 330 at 165. In 181 Bobby Hackett and David Villa exchanged State Records with ending up with the State Record in Calif with 358. Villa won the contest with 347 to Hackett's 341. At 275 Max Higgins set a Calif State Record with 314. In Junior Men Toby Levers hit 501 at 308. In Master Men 40-46 Rich Ludlam checked in with 512 at 242. In Master Men 47-53 Edgar Martinez set a State Record with 325 at 181. In Master 54-60 308 Richard Hamilton set a Ca State Record with 303. In Master Men 68-74 242 Ernie Anderson set a World Record with 402 without a shirt! In men's Open at 165 Michael Hara benched an incredible 523 at 165 for a World Record with the Inzer Phenom Shirt. In Law/Fire Master 40-47 John Minahan set a World Record at 275 with 502. In the deadlift in Law/Fire Master Women 40-47 Leticia Rosales - Buie set a World Record at 123 with 314. In Law/Fire Submaster and Submaster Women Cathy Bramanti set Calif State Records with 253. In Open Men Chad Aichs set a Nevada State Record with 710 at Super. In Teen Men 16-19 Kyle Herzik set a NV State Record at 148 with 363. At 181 Nick Luiz did a very impressive 551 CA State Record. In Junior 308 Toby Levers set a World Record 722 and passed the drug test. In Master Men Deadlift Sam Packtol pulled a World Record 710 and passed the drug test at 47-53 275. In Master Men 61-67 Super JP Krachunis set a World Record 308 after recovering from a heart attack about 8 months previous to this meet. In Master 68-74 220 Al Dalton set a Calif State Record 424. In Class 1 242 Doug Tracy set a Nevada State Record 573 and Felipe Rivera at 181 set a Calif State Record 413. Michael Hara and Chad Aichs passed the drug test. I want to thank Jody Woods and his wife Lorraine for putting the meet on and Judges Russ Lewis, Sam Pecktol, Omar Bruce, and Gus Rethwisch. (results by Rethwisch)

Christmas Cup I BP & DL
15 DEC 02 - W. Lafayette, OH

BENCH	Raw Open	Raw Open
196	Mark Lahna	385
Raw Masters	Phillip Walls	330
Roy Russell	265	242
Open	Raw Masters	
Stephen Higgins	340	325
181	Mike Leikari	325
Masters	Jamie Blumett	385
Rick Williamson	230	325
Raw Masters	Mike Leikari	325
Eric Lill	270	365
Raw Teen	Kyle Crilow	365
Corey Farmer	265	385
Raw Open	John Maloy	370
Jay Dotson	340	365
198	Jeff Morgan	330
Raw Teen	Tim Cochran	275
Joel Miller	250	385
Raw Submasters	Rick Williamson	330
Sean Massey	300	300
Submasters	Ken Burgess	530
Sean Massey	300	300
Masters	Ken Burgess	530
Gary Combs	420	440
Open	Wade Butler	440
Gary Combs	420	440
220	181 Open	440
Open	Steve Jones	440
Kirk Gruber	365	450
Jason McConnell	340	450
Raw Master	220 Open	600
Dean Garrett	355	460
Raw Teen	Phillip Walls	600
Adam Hicks	320	605
Masters	Kirk Bardo	585
Mark Bryan	380	585

Best Lifter in bench was Kent Burgess. Best Lifter in the deadlift was Phillip Walls. John and Kayleen Blackstone would like to thank the following: Judges - Rusty Block, Greg Eikenberry, and Lonnie Ridenbaugh, Spotters- Gerry Griffith and Jeff Nolan, Announce Table - Dave Clement and Pam McKee. (Thanks to Muscle Bound Fitness for these results.)

No Myths! Powerlifting Meet
18 JAN 03 - Danville, IL.

CLASS	MEN	SQ	BP	DL	TOT
132 lbs. class	M. HAYES	315	225	330	870
148 lbs. class	J. JORDAN *B.L.	405	300*	485*	1190
A. OROCHO	225	225	315	765	
EDWARDS	275				
165 lbs. class	BURKS	290	290	325	905
J. PATTON	275	275	315	865	
A. ADAMS	145	230			
181 lbs. class	R. JACKSON	465	315	535*	1315*
WILLIAMS	400	315	450	1165	
R. TAYLOR	290	350	425	1065	
D. THOMPSON	225	255	450	930	
OLIVER	300				
D. PEAL	275				
M. HOJNACKI	255	305			
198 lbs. class	R. HARRIS	500	425	600	1525
D. THOMAS	550	370	565	1485	
M. WARD	465	370	495	1330	
TOMAS	405	375	500	1280	
SPENCER	350	385	495	1230	
A. MAGALLON	215	205	315	735	
C. JOHNSON	455				
220 lbs. class	C. HUNT	615	445	635*	1695
D. WILLIAMS *B.L.	700	400	590	1690	
V. HODGES	450	405	500	1355	
COLLINS	315	295	425	1035	
GLOVER	335	275			
S. HEAD	242 lbs. class				
K. JONES	600	200	575	1375	
275 lbs. class	CARROLL	755	465	705	1925
L. PACE	375	395	675	1745	
SH. CLASS	K. NORRIS	475	475	500	1500
MASTERS DIVISION	L. PACE	675	395	675	1745

* - PERSONAL BEST
First, in the mighty name of my Lord and Savior JESUS CHRIST, I would like to thank our Heavenly Father for keeping all the competitors, spotters, loaders, and judges safe from any type of injuries. Once again MR. GREG WATSON, AND MR. GROPP, LTS Supervisor put together another fine powerlifting meet for the fellows here in Danville, IL. NOTE: time restraints only allowed each lifter two lifts each in the Squat, Bench Press, and Deadlift, so adjustments had to be made at the last minute during the meet. I am quite sure the results would have been much higher in the individual lifts and some of the overall totals. Also it's not many lifters in the USA or World for that matter who can

powerlift and compete fueling only off of eating a RAMEN NOODLE and (if you're blessed) a candy bar for dessert, but here at Danville we have quite a few lifters who can put up some nice totals, fueled merely off of noodles! We don't have nice cheater suits or wraps you can pull a truck with either. Anyway, we made do with what we have on hand. On with the meet! The 132 lbs. class led the meet off with M. HAYES, AKA "TWIN", setting the tone with an opening lift of 225 lbs. for three white lights. His second lift at 315 lbs. was much too easy, I believe he had much more left in his tank. "Twin" breezed through the bench with a 225 max lift, and a way too easy 330 lb. deadlift to win in his class. Good Job little brother. Well, he's back!! Yes, "POCKET HERCULES" AKA J.JORDAN shut all of his competition down with a 405 lb. squat on his opening attempt. A Orocho, well, I told you to enjoy your're short term squat title because it wouldn't hold up in 2003. J. JORDAN opened with a 285 lb. bench, easy, and moved up to 300 lbs. on a second attempt with much more to spare. Orocho just had enough in his tank to press 225, because his last attempt at 245 laid on his chest until help arrived. Edward might have given Jordan a better fight with lifts of 275 squat, 275 bench and a 300 deadlift, but dropped out of the meet for some reason. J. JORDAN stole the show with a 485 lbs. opener in the deadlift and just missed 500 lbs. for his final attempt. Jordan finished with a very good total of 1190 beating everyone in the 165s and

181s except for one class (Jackson). The 165 class featured two new lifters Patton and Burks, who made a good battle but Burks' pull of 325 made him the winner in the 165 lb. class. The 181 lbs. class was won by one of my training partners and as coached by C. Hunt who trained him very well. R. JACKSON attacked the weight like he was serious about becoming the 181 Champ. He opened in the Squat with 465 for three white lights from the judges. On his final attempt at 500 lbs., he didn't have enough depth for a good lift. Williams tried to make it a battle but 400 lbs. was all he had in the squat that day. They both ended up with 315 lb. bench, so JACKSON had a 65 lbs. lead over Williams. R. JACKSON opened with a 500 lb. pull locking his shoulders out at the top of the lift. That is how a deadlift is supposed to look. Williams opened with 405 pull and finished with 450 lbs., but it was all over. R. JACKSON went on to do a personal best at 535 lbs. Jackson is the new 181 lbs. class champ for now. The 198 class featured a newcomer by the name of ROBERT HARRIS AKA, "GUYY", AKA, "ACTION FIGURE", who had his sights on the big boys, but BIG LOW, and LA had nothing to worry about. R. HARRIS, ended up with a 500 lbs. squat, 425 bench press, and a 600 lbs. deadlift. He would of had a nicer total, but a 600 lb. try in the squat sunk him to the ground. It took spotters, loaders, and whoever else was standing around to get him up and the bar back to the rack, but you get a B+ for stepping out with that much

weight. D. Thomas will no doubt come back to regain his 198 lbs. title later in this year. He put up numbers like 550 lbs. in the squat, a 370 bench press, and a 565 lbs. deadlift. The 220 class was a classic battle for as long as I can remember. For 2003, C. HUNT AKA C-ROCK, AKA "220 NIGHT-MARE", was looking to win his class yet again, but had all the trouble he could handle in D. WILLIAMS "DEE". C. HUNT opened the squat with a deep and easy 615 lbs. D. Williams, countered with a 650 lbs. opener in the squat. C. HUNT just missed 650 lbs. on his final attempt. He probably should of eaten another RAMEN NOODLE, and had another cup of black coffee. D. WILLIAMS, moved on to a 700 lbs. final attempt, for two white lights and all he needed to put him in the lead by 85 lbs. The bench press was all HUNT, opening with 425 and finished with a very nice 445 lbs. closing the gap on Williams lead by only 40 lbs. D. WILLIAMS, hit a 375 opener on the bench, and finished with a 400 lbs. last attempt, no problem. D. WILLIAMS opened with a 565 deadlift. C. HUNT countered with a 600 lbs. opening deadlift, nice pull. WILLIAMS, hit his last pull of 590, which forced "C-ROCK" to go for the gold (attempting a personal best pull of 635 lbs.). He pulled the weight straight up the thighs slow until his head was looking straight up and his shoulders locked back, holding it there for some 30 seconds, until he fell backwards, but afterwards the judges signaled GOOD LIFT!! C. HUNT retained his title in the 220 lbs. class once again, but

it is quite sure they will battle again later this year. Good show and good sportsmanship two brothers. In the 242 lbs. class W. MAY S opened with a 600 lbs. attempt, and was turned down on depth, but came right back to hit 630 lbs. on his final attempt. Due to a shoulder injury, he could only press 200 lbs. on the bench. The shoulder still gave him trouble in the deadlift getting three red lights on his opening attempt of 575, but he came right back to get the same weight at 575 lbs. to give him a 1375 total. The "ICON" AKA "BIGLOW" said you better train hard because he will be back in "HIS", 242 lbs. class later this year. Instead of eating three RAMEN NOODLES he is only going to eat one, to return back in his 242 weight class later this year for the upcoming October Meet. In the 275 lbs. class, wisdom against youth. L. PACE AKA "BIG LOW" AKA "ICON" a Master Lifter did battle with the Big Man "LA" who was much younger and stronger. L. Pace, just having a tooth ripped out of his mouth two days before the meet didn't let that stop him from competing in this meet. The 44 year old L. PACE was asked where does he get his strength from. He humbly answered, "From my Lord and Savior Jesus Christ." L. PACE opened with a 675 lbs. squat but received three red lights, and still doesn't know why, but A. CARROLL "LA" saw his chance to take advantage of this and opened with 720 lbs. squat, but found out it was actually 740 lbs., with one of the loaders making a mistake adding the

weight up. I remember reading about this in a previous PL USA magazine when ED COAN was overloaded on one of his squat attempts, and cost him his health and the title. "LA" was okay and received credit for the mistake anyways. L. PACE hit 675 lbs. squat with ease, on his final attempt but a third lift would of given him probably another 30 lbs. to his overall total. A. CARROLL's last attempt of 755 lbs. squat was good, but could of been a little deeper one judge had said. Judging was very strict at this meet. L. PACE opened with 380 lbs. in the bench press, in perfect form, for a good lift - good push brother. A. CARROLL opened with 465 lbs. in the bench, but was denied because he was moving his footing, but he would return to try it again to receive three white lights. L. PACE ended up with a 395 lbs. bench press for his final attempt. The deadlift portion of the meet shown why L.PACE is called the "ICON" opening with his patented 600 lbs. with no trouble and perfect form. A. CARROLL opened with 650 lbs. L.PACE's last attempt at 675 lbs. was too perfect, looking straight up and shoulders locked back, no problem and a good pull for the Master Lifter! A. CARROLL pulled 705 lbs. on his final attempt for a 1925 total. L. PACE ended the day with a nice Master's total of 1745 lbs. Look for him in the 242 class and 275 class in the PL USA Top 20 master list as a 275 and the Top 10 list in the 242 lbs. class in the PL USA 2003 issue! The SHW class featured K. NORRIS who I said will be the first man

to bench 600 lbs. here in Danville. NORRIS, squat of 475, a 475 lbs. bench press on his first attempt. For his final attempt of 500 lbs. bench, he had just missed it at the point of lockout. He has been going through shoulder problems. He finished with a 550 lbs. deadlift with good form giving him a 1500 lbs. total. I would like to thank the LTS staff for letting us have this meet. Thank You MR. GREG WATSON, our coach, and to our assistant coach MR. GROPP. We the competitors really do appreciate your time in this matter. To all the spotter's BIG REGGIE, BJ, PARIS, AND TIMMY SHAW, good job saving lives, and to the loaders (you know who you are), go back and get your GED before you hurt somebody! To all the judges for sitting through all the hours of judging. Thanks! To Bob Bethel, thank you for your help with our equipment and the encouragement! I hope to see you back in the gym training again for October. With your coaching I know that a 800 lbs. squat is in the forecast for me, Bob. See ya all in October 2003, train harder and smarter this time. We only want serious Powerlifters and don't let our little guys beat you big boys in the totals again. Thank you Mr. Mike Lambert Editor-in-chief of PL USA Magazine for printing these results. If the Lord is willing we will all get together in October 2003. God bless everyone, stay strong and grow closer to God. (Results and report of this competition were provided to POWERLIFTING USA Magazine by courtesy of - L. PACE "BIG LOW", DA ICON.)

APF West Coast Push/Pull Champs
08 FEB 03 - San Carlos, Ca (KG)

Bench Press	125 kg	Open	177.5
Women's Division	60 kg	40-44	
Alene Brisbane	52.5	Rich Larocca	227.5
Jill Dueser	62.5	SHW Open	
67.5 kg Open		Scott Mendelson	322.5
Jeanne Walts	67.5	Deadlift	
82.5 kg 40-44		Women's	
Kim Packer	75	82.5 kg 40-44	
Carla Ugarte	65	Kim Packer	152.5
Unl 45-49		Carla Ugarte	142.5
Sue Vaterlaus	62.5	67.5 kg Open	
Mens Division		Jeanne Walts	137.5
82.5kg Open/Masters		60 kg 40-44	
Todd Robinson	110	Alene Brisbane	132.5
100 kg 55-59		Unl 45-49	
Tim Daley	100	Sue Vaterlaus	102.5
110 kg 60-64		Men	
Mike Bonifield	140	125 kg 45-49	
110 kg Open		John Ford*	322.5
Don Turbidy	155	125 Open/ Masters	
Ed Barnes	200	Dave Glahn	277.5
Phil Davis	125	125kg Open	
Rob Carbo	217.5	Jimmy Garza	245

Meet Director: John Ford. Referees: Bob Packer, John Ford, Dave Glahn, Scott Mendelson, Nancy Ford. Though not a large number of competitors this year the lifting of Scott Mendelson and John Ford provided ample excitement for all those present. Scott Mendelson took his first attempt 650 lbs. then jumped to 711 lbs. with 500 gram plates added to exceed the most bench pressed officially raw by James Henderson with 713 lbs. His first and second attempts didn't look all that much different with regards to speed as both flew. Scott chose 722 lbs. for his third attempt. The weight shot up to about 3/4 the way to lockout and then Scott's footing gave way on the loose carpet. What an awesome demonstration of power. Big Daddy John Ford gave us all a lesson in the Deadlift with 677 lbs. and 711 lbs. for a new APF Masters 45-49 record. Big Daddy took a third at 744 lbs. which came off the floor fast but got out in front of him. All present agreed that they had witnessed some great feats of Powerlifting strength today. (Thanks to Bob Packer for providing these meet results.)

USAPL Icebreaker Bash
18 JAN 03 - Bellefonte, PA

CLASS	MEN	SQ	BP	DL	TOT
123	Simons	265	170	360	795
148	Holmes	520	285	450	1,255
165	Schaeffer	375	305	380	1,060
181	Kling	480	265	480	1,225
198	Guaba	630	320	650	1,600
220	Conway	520	340	500	1,360
242	Boczkowski	450	315	400	1,165
275	McCode	725	440		
319	Evans	660	375	675	1,710
319	Collins	605	455	645	1,705
319	Lowe	900	460	810	2,170
319	Skelley	650	385	645	1,680
319	Ford	645	400	625	1,670
319	Smith	685	335	620	1,640
319	Bullfione	300	330	400	1,030

The "Icebreaker Bash 2003" U.S.A.P.L. Powerlifting Meet was held at S.C.I.-Rockview on Saturday, January 18th, 2003. Although it was a small meet there were some good lifts posted. In the 123 lb. division, Simons marked a good total of 795 lbs., more than 6 times his body weight. Mikey "Raw" Holmes made a personal record in the squat in the 148 lb. class with 520 lbs. Johnny "Hillbilly" Kling completed three personal records with a 480 lb. squat, 480 lb. deadlift, and a 1,225 lb. total. Ramon Guaba hit a personal record total in the 181's with 1,600 lbs. James "Boo" McCode made a p.r. in the squat of 725 lbs., but defaulted due to an injury on his third bench attempt. The 242 lb. class was a battle between "Iron Mike" Evans and David "Truck" Collins in which Evans won out by 5 lbs. with a 1,710 total. Greg "Beetle" Lowe came up just short of a 1,010 lb. squat, yet was still capable of a 2,170 lb. total. Jimmy Smith marked the flight board with personal records in the 319 lb. class of a 685 lb. squat, 620 lb. deadlift, and a 1,640 lb. total. If not for a blown-out squat suit, Smith would have easily made a 710 lb. squat. We would like to give special thanks to Allan Siegel and Siegel Engraving for the very nice award plaques. Also to all the U.S.A.P.L. officials who called this contest: Allan Siegel, Erik Steiner, Kim Newman, and David Lehmann. Also, we would like to thank all of the outside lifters and coaches who gave us a chance to host a meet with them. The S.C.I.-Rockview Powerlifting Team is very grateful to Meet Director and Activities Managers Edward Schnars and Tommy Peterman. (Thanks to Richard E. Davis for these meet results.)

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(article continued from page 9)

a hell raiser like he used to be. He'd won the powerlifting title the day before and had set a WPO WR BP in that competition with a big, big lift of 312.5 (688.94) at 217.37. Here he opened with a big lift of 300.0 (661.4) no problem. He originally told me that he'd wanted 307.5 (677.9) for a 2nd attempt. Well, he came out for a tremendous try at 325 (716.4) for his 2nd attempt instead. A bit too heavy, even for his mighty stroke. He has designs, very soon, to go back to 198 and beat Halbert's All-Time Best Lift of 683.43. You want to bet against him?

HEAVYWEIGHTS

With the second flight ready to go everyone was on pins and needles. There's something about the big boys that fires everyone up. Last year the winner was Scot Mendelson, who proved he was in a league by himself, but with the sensational Ryan Kennelly right behind him! Quite coincidentally it was these two who would be the focus of attention again! The WPO rules stipulate: miss your first two attempts you are gone! With that in mind let's see who were the casualties. Brad Kelly, 30, of Greer, SC didn't fare as well as his twin brother Bart did in the flight before. Brad had the razor's edge at the Semis, but his blade was dull

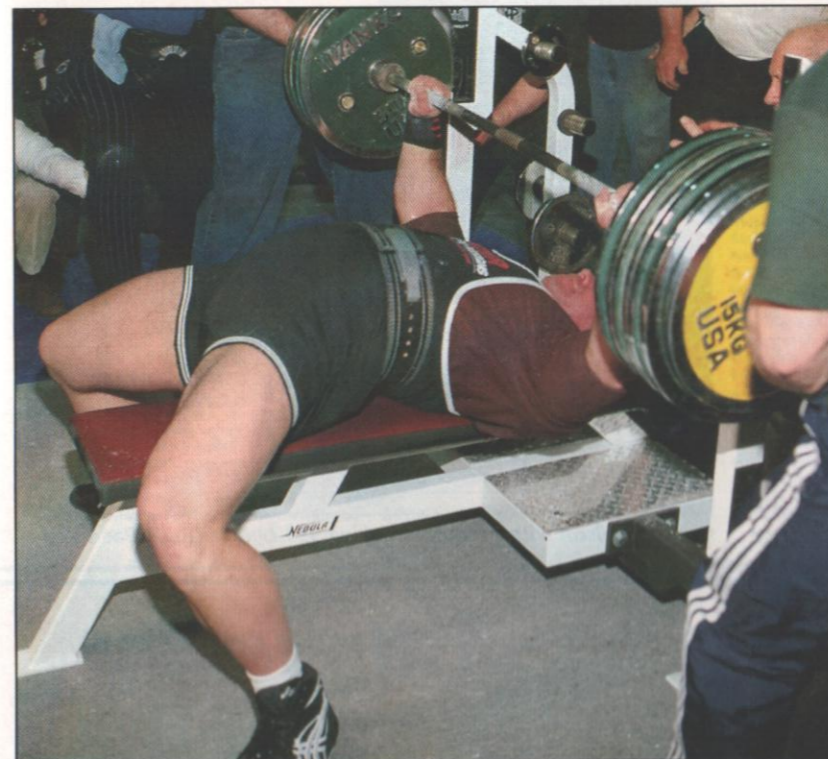


Middleweight Winners Lawrence, Kellum, Imesch with Kieran K.

here. He missed twice with 633.8 and was out. I think all those weird hand gestures they do before reclining to lift might have contributed. Vincent Dizenzo, of Monroe, CT was one compact chunk of humanity. He looked every bit capable of the 730 he's made at 275. He was even bigger here, weighing 309.97. He missed his 699.9 opener at lock-out, failed the repeat, and was out. John Zemmin @ 275, 36, of Allen Park, MI usually pulls out his best performance at the big meets, but Murphy's Law raised it's ugly head this year. John's 705.4 opener was

en route, when suddenly his shirt compromised it's integrity - "rip". He got into another, went up to 727.6, but failed. He was gone also. Big Clay Brandenburg can never be accused of not having the "fire in the belly". He has more guts and determination to keep trying no matter how many obstacles seem to deny his moment in the sun. Clay this day gave 733 a great thrust, but it just wasn't there. He's done 755 officially coming in and some say Clay's "money day ... is coming"! Josh Ward from Seymour, TN, is one big kid with a bright future in the world

of strength. Tipping the beam at 321.32, he is far bigger and stronger than his tender years would indicate. He's only sixteen ... and lifting weights you simply cannot believe for his years. He surprised everyone last year here hoisting 501 at age 15. This year he opened at 523.6, and blasted it up. Next he boy-handled 551! He missed final try at an incredible attempt with 573.2, but I'd bet he'll do over 600 before long, maybe by next year. Tom Holzapfel, of Omaha, NE, qualified for this meet with a 501.5 "raw" lift in New Orleans, but now he pulled out all the stops. He opened with a "huge" 606.2, and aced it. On his second attempt, Tom realized his dream with a 611.8 WPC Submasters WR, a lift he's wanted so bad. Jerry Obradovic is either "hot" or "not"! Last year he was cooking and blasted 705.4 to kingdom come in the PL competition. Here he couldn't get his powerful explosiveness into the groove. He popped 650.3, an initial effort, no problem, and jumped to an enormous 733.1, which was just beyond his reach missed two tries. Mikko Hamalainen, only 25, from Finland came in bigger than ever @ 319.56. He wants to be the first lifter in the rest of the World to join the big 700 lb. club. No lifter other than an American has achieved it yet. Wonder why? He popped up 677.9 right



Ryan Kennelly took the Heavyweight Bench Bash Cash with a super clean 766 effort.

off the bat, but 699.968 was stubborn, and he missed that in two tries, although one came real close. Tom Manno is an All-American red, white and blue sorta guy, with "Steve Reeves" looks. It looked like this would be his "Big Day". He effortlessly stroked his opener of 683.4, a personal best, so easily I could hardly believe my eyes. Tom wanted to be the first man in the World over 40 to bench over 700. Tom's arms do not fully lock and he showed the referees beforehand. Inspired, he went straight to it; 318 kg. was loaded (702.172). He rammed that right up to completion and held it strongly. I thought surely it would be good, but he was denied.

Now for the top three finishers. In 3rd place was Daniel Kovacs, 32, of Castleshannon, PA weighing in at 305.34! He owns claim to the 6th heaviest 308 BP lift of All-Time, a 725 contest official mark done last April in Queensbury, NY where a haven of big benchers congregate. In case you didn't know big Dan is one of the strongest men in the world in full powerlift competition with a mighty 2420 total under his brawny belt. Dan fortified his strong credentials here with a strong 310 kg. start (683.34 lbs). He went up to 320.0 (705.479) but misgrooved it. Then big Dan came back and nailed that payload perfectly. This gave him the third place prize cash - 500 bucks worth. The runnerup in this competition was none other that fearful, cheerful, silent, smilin' man from Lyndhurst, NJ: 31 year old,

298.5 pound Joel Toranzo. His friends call him the 'Cuban Bull'! Last year he bombed here, but this year he bounced back! He took a smart opener of 672.4 and destroyed that. Up to 322.5 kg. (710.99) - Zap, there it is (or was). On a roll, Joel pulled out all the stops and called for a huge one, 335 kg. (738.55). It didn't go, but it's in his crystal ball.

The big matchup that everyone was eagerly awaiting turned out to be anti-climatic. The mighty monster of the bench had plenty of balls, but you only get two strikes here and you're out. Scot Mendelson, three weeks prior, had broken James Henderson's All-Time raw BP of 322.5 kg. (710.99) with a 2nd attempt smoked 323.5 (713.195) at a Northern California APF meet in San Francisco. If it hadn't been for a foot slip, it might have been as high as 722. This came 5 days after the most amazing heavy workout you could imagine. He'd worked up, without a shirt, to top two sets of 650x3, and 660x3. After resting nine days following his 713 shirtless contest, Scott tried shirts, blew a few, but got 775 and 805 despite the fact the shirt he was using tore as it touched his chest, but he made it anyway. He sent it back to be repaired, and four days later and exactly one week from this meet, he used it again to insure his confidence that it would work for him at the meet, and hit a 785 and 805 once again. He was sure he was ready.

Scot's worthy opponent was the runner-up to him here last year.

Ryan Kennelly is 5 years younger than 'Mendy', at 28. Ryan had looked impressive lifting 738.6 last year. Since that time he'd made huge progress. Last August at a regional contest held by Gus Rethwisch he made the cover of *PL USA* for the 3rd time with a 4th attempt success @ 295 with 800.278. This exceeded by one quarter pound the 800 lift accredited, controversially, to Anthony Clark at this same meet six years ago! I figured he'd show up to lift against Scot at the Semis. He didn't and Scot dodged a bullet there getting a WPO 308 WR of 782.6, but only after three tries. Scot wanted him here in

Columbus so the whole world would know, once and for all, who really was the strongest man. Kennelly was healthy, looked calm and composed, and started smart - 722! It seemed like a long pause, but he ground it up and this proved to be the winning lift of the competition. It's just that nobody knew it yet. "What the hell was that all about?" I heard Ryan exclaim, referring to how long he had to pause with the weight. Now it was time for Scot to show what he's got. Brimming over with confidence, he had declared an opener with more weight that anyone had ever attempted. It was a crazy, incredible, outrageous way to get on the scoreboard. He elected to start with 366.0 (806.892 lbs). Scot likes to have his chops whopped before he lifts - seems to get his adrenaline flowing. (It's better giving them than receiving the slapping). If you don't believe me ask Zack Passman! Big Daddy himself - John Ford - was the designated "Master Slapper." At 320 lbs. he can do it right. John was caught up in the moment - as psyched up as Scottie was, and got carried away. Well, it was a bit too hard. Mendelson's eyes rolled back in his head and I saw him reel with each blow. His knees began to buckle. He almost went down, but didn't. It was a standing eight count. In fact, it was the first TKO in the history of the WPO! Woozy, Scot staggered to the bench. Finally positioned the way he likes, he got the handoff from "Big John"! He lowered the bar to his chest and waited and waited and waited. I'd call it a

WPO "ARNOLD" BENCH BASH			
Lightweight			
Markus Schick	240	250	257.5*
Fred Boldt	245	250	250.5
August Clark Jr	208.5	217.5	227.5*
Joe Mukite	200	205	210
Brian Strickland	182	195	195
Tina Rinehart	160	162.5	162.5*
Middleweight			
Jesse Kellum	300	325	
Rene Imesch	270	270	277.5
Rick Lawrence	252.5	272.5	280
Greg Savino	232.5	250	250
Bart Kelly	240	252.5	252.5
Heavyweight			
Ryan Kennelly	327.5	347.5	356
Joel Toranzo	305	322.5	335
Dan Kovacs	310	320	320
Tom Manno	310	310.5	310.5
M. Hamalainen	307.5	317.5	317.5
Jerry Obradovic	295	332.5	332.5
Tom Holzapfel	275	277.5*	
Josh Ward	237.5	250	260
Out			
Lightweight			
Kevin Harmon	175	175	
Roberta Collins	195	200	
Middleweight			
DeWayne Nealy	255	255	
Onozo Szabolcs	207.5	295	
Heavyweight			
C. Brandenburg	332.5	332.5	
Brad Kelley	207.5	207.5	
Vincent Dizenzo	317.5	320	
John Zemmin	320	330	
Scot Mendelson	366.5	366.5	

"reclining eight count"! When he launched the load, it exploded fast from his chest, then stalled a few inches shy of lockout. No lift! Oh, Oh. He still had one more try which he had to make or was gone from the contest. Kennelly came out for his second attempt. His lift of 347.5 (766.1) would be the biggest weight legitimately lifted at this meet - ever. He got another long pause, but exploded the weight skyward and grooved it perfectly. It locked out evenly, perfectly, and strongly. Last chance for Mendelson. All the hard training, the expense of the trip, and all the preparation for this one magic moment could be for a glorious win or a sad awakening. Once again Scot took the big load to his chest, rested and waited. Finally, he exploded the load. Again, the weight stalled. Mendelson was done, Kennelly had won. John had forgotten to take off his silver ring, and bent it on Mendy's face with the slaps, which gave him a headache for three days afterwards. Last try for Kennelly, who ordered up 356.0 (784.85) which would constitute a new WPO 308 class World Record, breaking Mendelson's mark of 355.0 (782.64) It was a miss, but Scott showed good sportsmanship, shook Kennelly's hand in a gesture of friendship, and congratulated Ryan for doing a "good job". It appears now that Mendelson won't retire, but will rather extend himself for one last final try at 800 to take place at Mukite's big BENCH AMERICA meet this coming July 5th. Will Ryan be there to make it the "rubber match" for these two?

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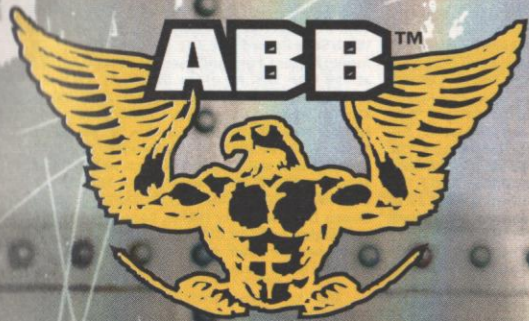
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(article continued from page 7)

History. I wondered if he might have expended all his energy on his previous magnificent lift, but held my breath and licked my chops drooling at the thought that he might just get it.

Those massively muscled legs straightened as the mighty load swayed across Steve's broad shoulders as he cleared the Monolift arms. It was now Man versus Iron. This was the most incredible load imaginable, to even momentarily stand up with, let alone squat with. Sometimes, the desire of a yearning heart burns so strong that a brief surge of strength beyond belief can override all hesitation and all fear. Frozen in my mind's eye is that incredible moment. In his customary controlled fashion, but more upright with his hips well under the bar, Steve lowered himself into that bottomless abyss from which no man has ever returned. It was almost scary to watch. There was no deeper to go, cause he'd hit bottom. Then the long, perilous, second leg of his historic journey. Up, up, he came - so cautious, so controlled, so slow. Within the last six inches he maintained the utmost control, and slowly straightened himself completely, standing erect and solid. The bar went back in the rack. The crowd was howling, but Steve was scowling, with a "No Way I Can Be Denied!" look on his face. He looked at the light box. Three whites blazed on in glory. It was a moment of incredible exuberance, a natural high that exceeds any artificial stimuli. I can

positively say it was the greatest feat of strength I've witnessed in my forty years in the Iron Game. It was absolutely stupendous!

Following the completion of the squats for the Heavyweight Finals an intermission took place, allowing the Arnold Classic Bench Bash for Cash to be held at another location in the Convention Center. You'll find my separate report of that exciting event elsewhere in this issue. About 3-4 hours later the Heavyweight PL battle continued into the bench press. Goggins had lost his 1036 WPO WR SQ at the WPO Semis in Aug. '01 in Orlando, FL. It hadn't counted because he'd bombed in the bench. He decided he'd preserve today's historic lift no matter what, so he started with the ridiculously low BP opener of 402.3. He vaporized it, to the bewilderment of the crowd who couldn't understand why he'd started with such a weight. In the meantime Turtiainen proved he's getting his bench moving up again after being injured. He did 507, 540, and 551 with the utmost of ease. Bolton laid the ground work to bust his own BPO British record with an EZ 600.7 3rd attempt, ramming his two previous attempts as well as his last push - easy as pie. He looked like he was being conservative or maybe he was a whole lot stronger than he knew! Goggins made a quantum leap to 551.1 and powered it up easily. He wanted to break his personal best, and went to 589.7 on his final try. He got it up, but 'no lift' was the rendered decision. With the bar down on the platform, the subtotals looked like

this: Goggins maintained a slight lead: 750 kg. (1653.4), followed by Ano with 740.0 kg (1631.4). Bolton trailed with 727.5 (1603.8). Andy was 49.6 lbs. back of Goggins and 27 lbs. behind Ano. He wasn't worried because he had yet to unleash the deadliest weapon in his arsenal. It was still anybody's ballgame. Bolton has found that starting light and making three huge increases works perfect for him. I wasn't surprised when he started with a vaporized opener with 760.6. Goggins, in the meantime, had started things off with a little boy toy weight of 551.1. He had made up his mind to first survive, then thrive. Turtiainen had the biggest opener - 815.6, a weight handled with absurd ease. Goggins came out for 821.2 and powered it up easily using his new style of palms forward both hands with hook grip. Steve used to have his grip pop loose on the really, big ones. Ano increased to 859.9 for his second attempt. He got it really moving when his left hand popped loose and he dropped it. Seems as though the bar was still wet from a previous cleaning with peroxide to remove blood, so, he got the attempt over. No problem, this time. Proceeding him, Bolton had chosen 848.8 for his 2nd attempt, a 99 lb. increase from his very light opener. He zapped it so easily I'd have wagered he could have done it for reps if his life had depended on it. Third attempts. Goggins came out first. A big PR for him, 27 lbs. better than his best ever in competition, was 400 kg. (881.9 lbs.). At this point, Ano was in the

lead with 1130 kg. (2491.223). Goggins was right behind him with a lifetime best Total (as with Ano) of 1122.5 (2474.689). Bolton was in 3rd place with 1112.5 (2452.643). This big lift for Goggins (881.9) was an absolute must if he wanted to yank the mat out from under the others and claim the victory. He pulled like there was no tomorrow and inched it into final position. "Down" came the signal. It was what Steve likes - THREE WHITES! He finished with a stupendous TOT of 1150 kg. (2535.316 lbs.) Goggins had become the 2nd man in History to go over 2500 (besides, Frank)! What a glorious day it was for him! This put the pressure on the fabulous FINN who also wanted the record. So, 411.5 was added up on the bar (that's 907.202 lbs!) Ano had practically guaranteed me that he'd do it. This would give him 1150 kg. and leave him tied with Steve. (The extra increments do no count toward the TOT, and Goggins was light man, still in front, even if he got it). No go. Ano looked disappointed. Now, one pull left and one chance for mighty Andy. The bar was loaded to 423.5 (933.657) one kilo heavier than Frank's record. This would constitute the biggest DL in History and reclaim the record he once held. But, why not 425 (936.965) and try for the outright win? This historic lift, if he made it, would only count as 422.5 (931.4) on his total, bringing him to a deadlock with Goggins, with Steve winning as lighter man. I'm think that both Ano and Bolton thought that the record breaker plates would count toward the total but they don't. No matter. Andrew's engine was revived up and he preparing to go. The bar came off the floor in a burst of power with absolutely no sticking point throughout the lift. He actually looked like he had at least 11 pounds more in him, maybe more. He smiled and looked around as he held it in his traditional ramrod erect style, far longer than necessary, asking "Who's the Man, now?"

Although there was a bit of a haggle about who the heavyweight winner was at the scorekeeper's table (regarding the application, or not, of the record breaker plates to the total), we now have a new icon - his name is Steve Goggins - the new "King of Powerlifting". The Whites Were Bright, and Right is Right. The new WPO Heavyweight champ had earned it and most assuredly deserved it. Goggins is awesome - long live the KING!

This brings to a close the most fabulous spectacle of Powerlifting the World has yet seen. Thanks to Kieran Kidder for bringing the "cream of the crop" in Powerlifting to such a fantastic venue as Arnold Classic.



Now, Here's Some Talent! ... the two biggest squats of all time: Turtiainen (1080) and Goggins (1102) and the biggest deadlift of all time Bolton (933), as well as the all time 2nd, 3rd, and 4th highest totals (at that time - Mikesell's 2501 came two weeks later). If a few things had gone differently (Frank, Mendelson, and Roberta Collins not bombing, etc.) this contest might well have produced the all time highest performance in each lift and total, for both men and women! Hell, even the meet director can squat a thousand lbs.!

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APA Southeast U.S. Open 22 FEB 03 - Vicksburg, MS

BENCH	Open 181	300
Womens Open	E. Branham	148
R. Cors	Open 198	225
Teen 13-15	C. McMullin	395
T. Smith	Open 242	165
BJ Broadhurst	B. Strange	465
T. Barrett	Open 275	465
Teen 16-17	J. Meyers	465
E. Branham	B. Haynes	500
N. Bracey	Open 308	198
Teen 18-19	J. Bishop	500
J. Hays	DEADLIFT	400
Junior 20-23	Teen 13-15	420
G. Dixon	BJ Broadhurst	330
S. Sloan	Teen 16-17	345
Submaster 33-39	N. Bracey	315
J. Micka	E. Branham	510
J. Bishop	Open 181	500
Master 40-49	E. Branham	275
J. Meyers	Open 275	465
	B. Haynes	600

IPA Open Bench Invitational 15 MAR 03 - Avon Lake, OH

Raw Open	R. Sextella	315
J. Spevock		365
Open	M Bell	500
Masters 40-45		242
K. Knisly		430
Open	A. Lapaglia	440
R. Capozzolo		700
Teen		275
R. Tolson		260
M. Bourrows		500
C. Warco		390
A. Dumas		515
SHW		
D. Cavmack		65

Special thanks to Tony Shelton and Vicksburg Fitness Center for making this an outstanding event. The spotters at this meet were great and the judging was fantastic. Vicksburg Fitness Center made a great meet site. Too bad there was a steady downpour of rain for two days which effected meet turnout but we still ended up with a great meet. (Thanks to Scott Taylor for results.)

The meet was held at Competitive Edge in Avon Lake, and for the first time the IPA offered a raw division in the open and pro division. Best Lifter Lightweight Mercedso and Heavyweight Bell. Thanks to the guys from Titan Gym for coming at short notice. Louie Simmons also brought two fine lifters along. Thanks to all the lifter and their friends and families for coming to our meet. It was good to see the sportsmanship at this meet. Thanks to all the people at the gym for helping run

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the meet, and special thanks to Rick Ramirez, Billy Masters you are the best! Congratulations to all the lifters. Hope to see you all again at our next meet on May 17th 2003/(courtesy Drew Lindsley)

USPF UTAH WINTER OPEN 14 DEC 02 - Roy, UT (KG)

BENCH	Teen		
Women	Women		
60	60		
Jill Yamashita	Madison Klint	47.5*	
75	90		
82.5	Selita Nonu	62.5	
Jon Cunningham	Men		
4th	182.5*	56	
90	Bryant Watson	67.5*	
Joe Adams	100	67.5	
100	Cody Grimand	95*	
Tuffy Watson	110	75	
110	Connor Larson	112.5*	
Jason Gibson	190*	Justino Avila	65
Mike Stapley	160	100	
125	Josh Tibbs	160*	
Carl Rogers	245*	110	
Scott Christensen	152.5	Kaleb Crafts	165*
140	Masters		
Dale Boyle	75		
140+	Dave Edmondson	132.5	
Dave Kinikini	182.5	90	
	Alan Zeitlin	145*	
	125		
	Ed Acey	155*	
	140		
	Dale Boyle		

WOMEN	SQ	BP	DL	TOT
60				
Jill Yamashita	90	75	117.5	282.5
Men				
67.5				
Nick Dunn	177.5*	105*	235*	517.5*
75				
Dave Edmondson	227.5	132.5	220	580
Drew Bott	185	142.5	190	517.5
82.5				
Matt Taylor	160	132.5	215	507.5
90				
Clinton Thomas	252.5	142.5	250	645
Justin Barret	142.5	115	205	462.5
100				
Scott Mecham	237.5*	185*	240*	662.5*
Mike Blankenship	170	125	227.5	522.5
Jamie Bennett	182.5	137.5	177.5	497.5
110				
Jason Gibson	272.5	190	260	722.5
Rodger Broome	207.5	162.5	260	630
Sia Hamala	220	165	227.5	612.5
Rodger James				
125				
Scott Christensen	210	152.5	215	577.5
140				
Manuel Herrera	120	105	182.5	427.5
Dale Boyle	25			
Special Olympians				
75				
Eric Hastings	60*	52.5*	105*	217.5*
90				
Tony Marino	115	82.5	185	382.5
Teens				
52				
Sarkis Karapetyan	87.5*	55*	115*	257.5*
Jack Karapetyan				
Giovanni Ozaine	137.5	100	192.5	430
Obidiah Bennett				
Dallas Drecksel	245*	150	272.5*	667.5*
Kaleb Crafts	207.5*	165*	237.5*	610*
Dave Edmondson	227.5*	132.5*	220	580*
Chad Drecksel	230*	165*	250*	645*
Lee Mitchell	140	100	190	430
Dennis Shock	202.5*	125*	200*	527.5*
Manuel Herrera	140*	105*	182.5	427.5*
Dale Boyle	25			

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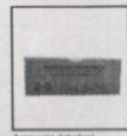
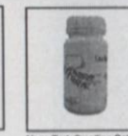

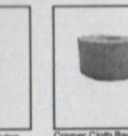


















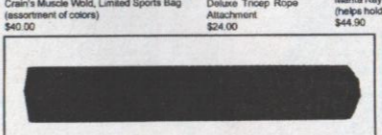






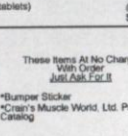
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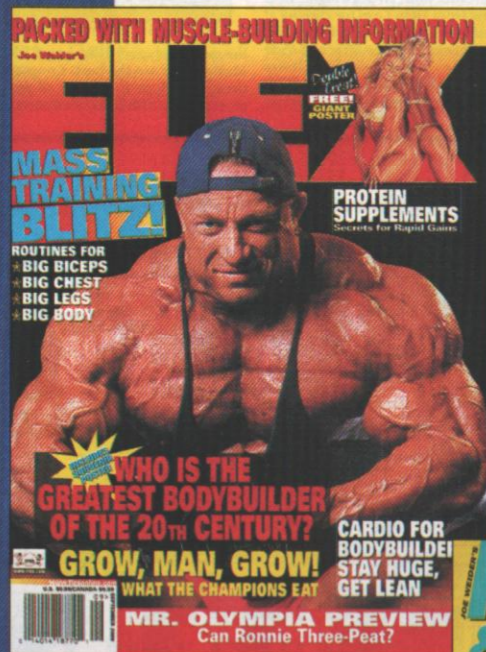
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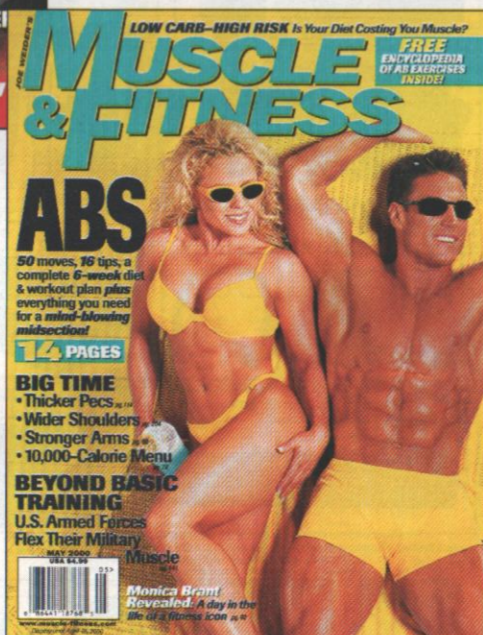


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