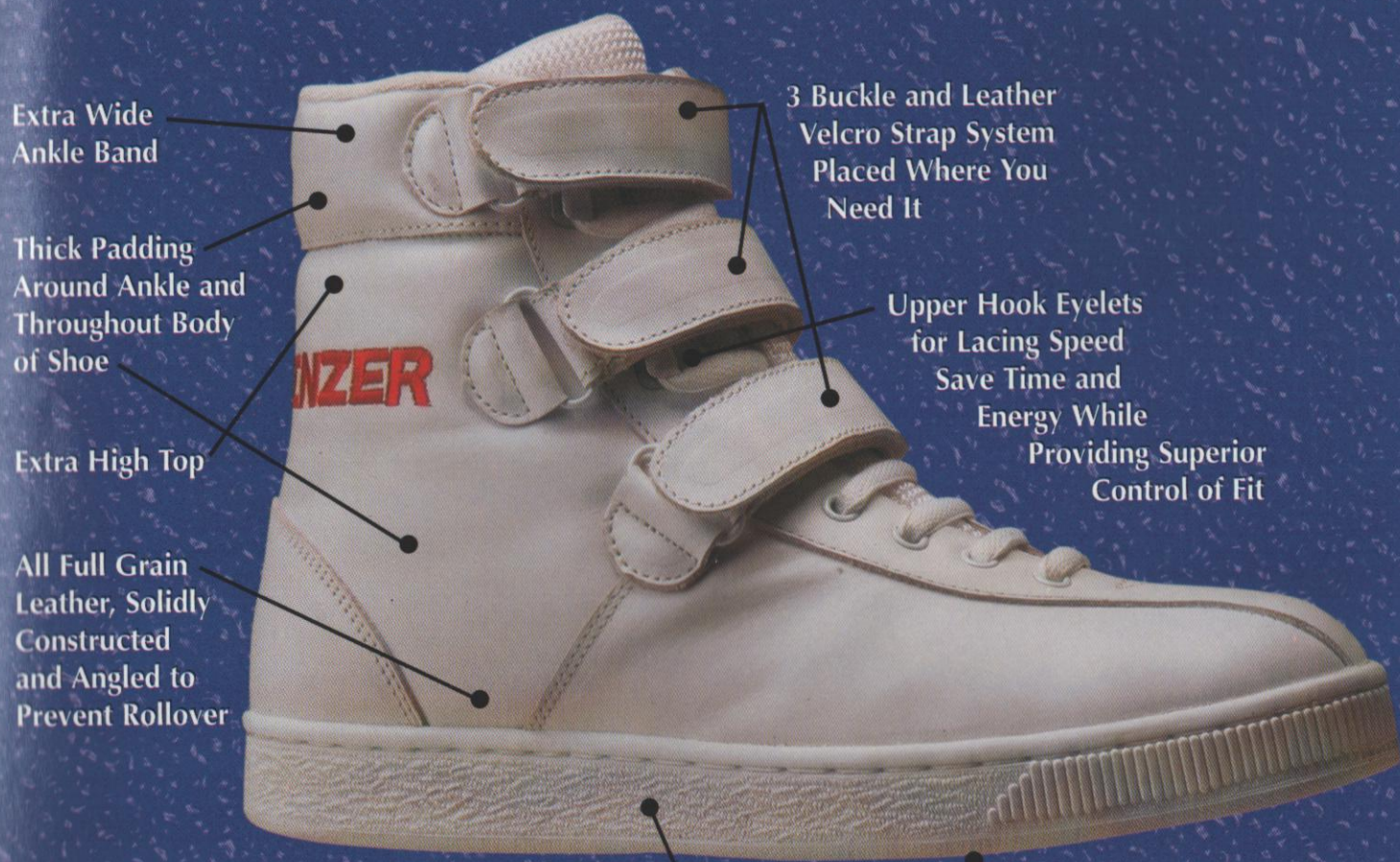


INZER[®]

POWER SHOE

maximize your leverage • stabilize your body

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



Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

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

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

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

INZER[®]
ADVANCE DESIGNS

INZER POWER SHOE • \$119.95

Available in solid white with scarlet red logo, Solid black available soon. Sizes 4 1/2 - 15

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



POWERLIFTING USA

VOL.26 NO.12

AUG/2003 \$3.50

\$4.50 in Canada

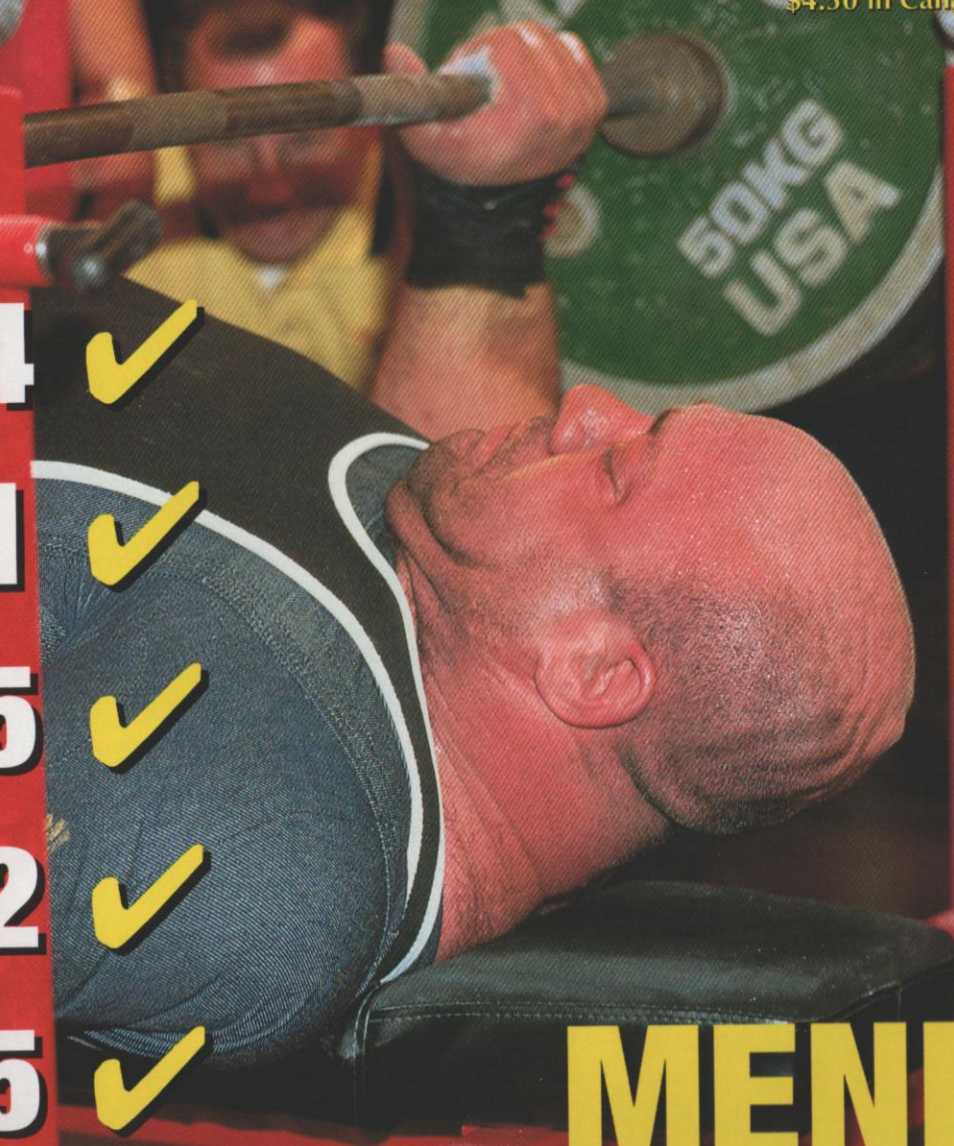
804 ✓

821 ✓

825 ✓

832 ✓

875 ✓



**MENDY
GOES
WILD!**



ALL BELTS
Made in the USA

310 DL \$69.95
 410 GL3 \$109.95
 410 GL1 \$89.95
 475 GLB \$74.95

ORDER ONLY:
1-800-382-8081
 FOR A FREE CATALOG CALL:
1-800-272-BELT

ALL BELTS Made in the USA
 Check or Money Order

PRICES DO NOT INCLUDE SHIPPING

WWW.CARDILLOUSA.COM

also offers footwear, wraps, straps, clothing apparel and more!

ANC AMERICAN NUTRITION CENTER
 718 Broadway, Everett, MA

Wholesale to the PUBLIC
 Guaranteed LOWEST Prices...FREE gift with purchase!
americannutritioncenter.com

the Most Potent Joint Formula on the Planet
 Glucosamine(+HCl/-2KClso4/+NaClso4/GLCNAc) Plus
 Chondroitin Sulfate(A 4-sulfate, R=so3H, R1=H)

Introductory Offer
 One Time Saving
15%
 Off MSRP

Mention this Ad to receive discount when placing order.

GLC 2000
 100% Pure Full Spectrum Formula
 1800 Glucosamine 865 Chondroitin
 Helps Regenerate Cartilage & Lubricate Joints

GLC 2000
 100% Pure Full Spectrum Formula
 240 Capsules
 #1 Full Spectrum Formula

Just got Better
 100% Pure Compound
 Now in Capsules

WHOLESALE WELCOME

NO PAIN

The World's Greatest Martial Artists Can't Let Joint Pain Slow Them Down. That's Why Top Professionals and World Champions Use the Best **GLC 2000**

Todd Margolis, Rob Fletcher and Relson Gracie
 In the ring or in the gym, being the best means pushing your body to the limit each and every day. That's why Professional Athletes and Medical Doctors rely exclusively on the Patent Pending formula found in GLC 2000 to help reduce pain, speed joint recovery and increase their flexibility.

Bas Rutten, Duane Ludwig and Fabiano Iha
100% Pure Pharmaceutical grade powder

GLC 2000
 100% Pure Full Spectrum Formula
 3.5 grams of Pure GLC Guaranteed Assay

Patent Pending

Each Level Scoop Contains 3.5 grams of Pure GLC Guaranteed Assay

Chondroitin Sulfate.....	750mg
Glucosamine HCl.....	750mg
Glucosamine Sulfate.....	750mg
Glucosamine Potassium.....	750mg
N-acetyl D-glucosamine.....	225mg
Ascorbate.....	225mg
Manganese Proinate.....	50mg

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

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

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

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

Jean Mae Cordova
 82 years Young

Lynne Nelson APA
 World Record Holder

"My knee and shoulder soreness from exercise has completely disappeared. GLC 2000 lets me concentrate on what's most important, taking my workouts and contest preparation one step higher."

525lb. Leg Press 120lb.x 2 Flat Bench

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

Call NOW 1-866-GLC-DIRECT
Toil FREE 866-(452-3473)
 visit us on the web **WWW.GLCDIRECT.COM**

Cost Analysis : Grams of Glucosamine and Chondroitin per \$1.00*
 Powder Concentrate 350 grams- \$55.00 ea + \$5.95 S&H
 New Capsule Form 240 grams- \$38.50 ea + \$5.95 S&H

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or prevent any disease. *3 month supply based upon 350 gram jar and average body weight of 175 lb.

Powerlifting USA
 Post Office Box 467
 Camarillo, CA 93011

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

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

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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1 yr ...\$54.00
 Outside USA, surface mail \$42 US
 Outside USA, air mail ..\$84.00 US

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

POWERLIFTING USA advertising rates available upon your request.

POWERLIFTING USA Magazine
 ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

YES! SIGN ME UP!
 Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

\$31.95 for 12 monthly issues.
 \$58.95 for 2 years
 (USA address rates)
 Payable to: Powerlifting USA, Box
 467, Camarillo, CA 93011
 (MC/VISA also accepted)

MUSCLE MENU

- Volume 26, Number 12 - August 2003 -

APF SR. NATIONALS Herb Glossbrenner5
 SCOT MENDELSON BENCHES 875..... Mike Lambert8
 APF SR. NATIONAL BP.....Herb Glossbrenner.....10
 NEW SQUAT RECORD.....Mike Lambert.....12
 THE BENCH PRESS SHIRT.....Louie Simmons.....14
 HARDCORE GYM #23.....Rick Brewer.....17
 DR. JUDD.....Judd Biasiotto Ph.D.....18
 DEADLIFT LOCKOUT POWER.....Doug Daniels.....21
 POW!ER SCENE.....Ned Low.....23
 FORCE TRAINING.....Jim Wendler.....24
 NUTRITION MISTAKES.....Anthony Ricciuto 26
 TEAM POWERLIFTING..... Mike Lambert32
 WORKOUT OF THE MONTH..... Vince Anello 36
 USAPL MEN'S NATIONALS FLASH.....Mike Lambert.....37
 BACK ISSUES 42
 COMING EVENTS Mike Lambert 49
 POWERLIFTING USA BACK ISSUES66
 UNCLASSIFIED ADS.....86
 TOP 100 114s.....Mike Lambert.....87

ON THE COVER Scot Mendelson attempting 900 lbs. in the bench press at the Bench America show in Chicago, Illinois.

Copyright 2003 Powerlifting USA

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

HARDCORE

THE MOST ADVANCED SQUAT SUIT EVER DEVELOPED

HardCore material has the most rebound power of any power material.

HardCore has a definite stopping point after coil, then rebounds to full return.

The HardCore is designed by the powerlifting gear experts and is patented with two U.S. patents.

New CoreLockó prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range. The perfect amount of non-stretch and rebound combination.

Unlike another company's attempt at a premium suit that has shown to fail with repeated blowouts, the HardCore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear. A first.

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitor's attempt at a premium suit. Only HardCore has Memoryó which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLockó will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE



INZER
 ADVANCE DESIGNS

inzernet.com

800.222.6897 903.236.4012

SUPPLEMENT DIRECT!

The Best F#&%n' Supplements You'll ever buy. PERIOD!

LOW prices on PROVEN quality products. We have everything you could ever need.

 <p>L-GLUTAMINE 500 gm - \$19.99 1000 gm - \$34.99 2500 gm - \$79.99.</p>	 <p>Pure Whey Protein 2 lbs. - \$11.99 5 lbs. - \$19.99 11 lbs. - \$41.99 33 lbs. - \$120.00</p>	 <p>Pure Creatine Monohydrate 2500gm - \$45.00 1000gm - \$19.99 500gm - \$11.99</p>	 <p>High Performance Creatine Grape/fruit Punch 7.7 pounds - \$30</p>
---	---	--	--

 <p>Pure Yohimbe HCL 5mg Buy one and get one FREE! 100 caps \$20</p>	 <p>Pure ENERGY 60 caps \$6 2 bottles \$10</p>	 <p>Maximum Strength Fat Burners 120 caps \$17 2 bottles \$30</p>	 <p>Pure Ribose 100 grams \$20</p>	 <p>Pure Tribulus Terrestris 500mg/250 caps \$22.00</p>
 <p>Pure 4-Androstenediol 100mg 100 caps \$17.99</p>	 <p>Pure 5-Androstenediol 100mg, 100 caps \$15</p>	 <p>Pure 19 Nor-Androstenedione 50mg 100 caps \$20</p>	 <p>Pure DHEA 100mg 100 caps \$15 25mg 100 caps \$5</p>	 <p>Pure Androstenedione 100mg 100 caps \$15</p>

 <p>Pure Whey Protein Isolate 2 lbs. - \$24.99 5 lbs. - \$49.99 33 lbs. - \$264.00</p>	 <p>DEXTROSE 11 pounds \$11.99 50 pounds \$39.99</p>	 <p>Pure COMPLEX CABS 8 pounds \$20 50 pounds \$150</p>
---	---	--

SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure you of quality.

CALL TOLL-FREE 24 HOURS A DAY. PLACE YOUR ORDER TODAY!

1-888-776-7629

OR VISIT US ONLINE!
www.SupplementDirect.com

Questions? Call 805-546-1089

or Fax 805-546-8174

We carry over 500 brands and 20,000 products

Franchises now available in your area, call for details.
Supplement Direct, 12320 Los Osos Valley Rd, San Luis Obispo, CA 93405

The 19th APF Senior Nationals were held in the Golden State for the first time. The spectacular Sheraton Hotel in Universal City, CA provided a high class setting worthy of such a prestigious event. Thanks to the Los Angeles Lifting Club, under the leadership of Joe Avigliano, whose meticulous planning months in advance made this event run as smooth as a Swiss watch. Joe's floor layout was perfect and he had his special planner Mark Herman to help out. Joe served as meet director ably assisted by wife Nance, who is a household word in PL circles. On hand to oversee this wonderful competition were the organization's two top emissaries: Ernie Frantz, founder of both the APF and WPC, along with Kieran Kidder to whom Ernie has passed the torch. I want to give a list of those others who worked so hard to make this meet a rousing success: Computer - Gail Marsh, Scorekeeper - Jo Rodifer, Emcee - Kieran Kidder, Technical

APF SENIOR NATIONALS as reported for PL USA by Herb Glossbrenner



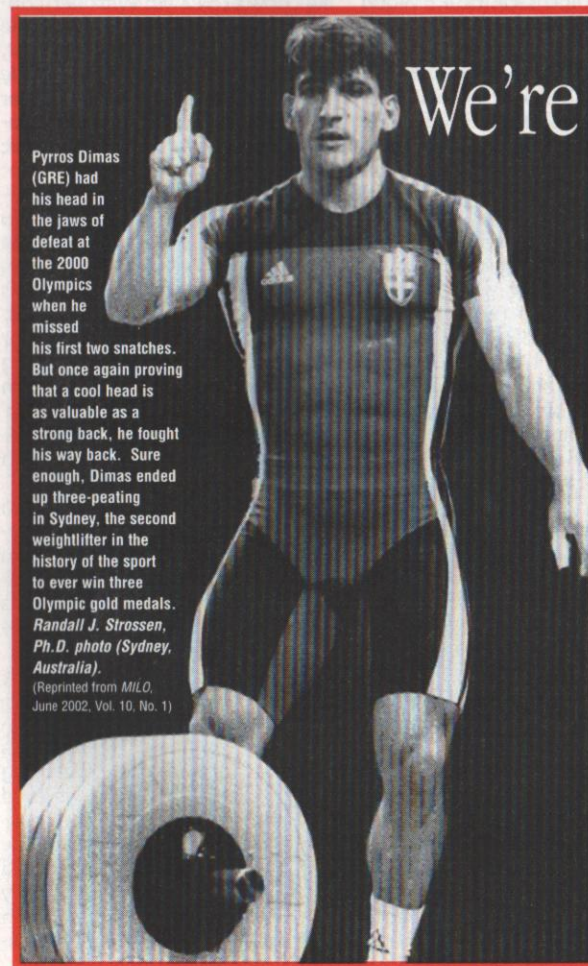
Some Powerful Ladies (first row, left to right) Theresa Bostrom, Shawna Mendelson, Joyce Tackill; back row - Melissa Ortega, Amy Weisberger, Jill Mills, Becca Swanson, Kara Bohigian, Lisa Denison, Sonji Baldwin, Krista Ford. (photograph is by Powerlifting USA Magazine)

Director - Gordon Santee. Gordon was truly a godsend. The meet computer broke down, but Gordon had brought his own lap-top to the meet and saved the day. Projected

scoreboard tabulators: Scott Velliquette and Nicolai Meadori. Expeditor - Karl Rodifer. Doorman - John Casaccio. Spotters and loaders: Shay Aubuchon, Josh Arana,

Teddy Grant, Butch Pearson, Eamon McGwynn, Dan Madigan, Brian Delgado, Jason Greco, John Planas, and Lance Slaughter. The officials: Nance Avigliano, Bob Spaulding, Bob Packer, Maris Sternberg, and Gordon Santee. Two others sat in the hot seat and were tested for their International referees card: Ken Wheeler and John Ford. Lori Haro and Patty Morales ran the LALC Booth in Back. It was easy to locate with the big INZER ADVANCE DESIGNS banner right above it! Thanks to John Inzer, who was a major sponsor and contributor.

Everyone began warming up as the golden rays of sunshine broke through the overcast skies in L.A. The women would take center stage first and before it was done, things would be HOT! HOT! HOT! It was a dazzling display of female phenoms. As a total unit, the women upstaged the men. There were a number of new faces with incredible talent emerging. Sixteen World Records were shattered by four dif-



We're Number One . . .

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

MILO: A Journal For Serious Strength Athletes

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

No. 1282 One year subscription (4 books, published in March, June, September, December), 128 pp. each
USA \$39.95 postpaid (CA residents \$42.90);
Canada/Mexico US\$45.95 airmail; all others US\$59.95 airmail



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

ferent ladies.

105 - In only her 2nd ever competition LALC's Theresa Bostrom, 23, stalked the barbell like a cat would a canary. She came in the lightest of all (47.15 kg/103.95 lb.) but handled big weights as though she were a seasoned veteran. SQ - 253, then 281, before misgrooving 303, her final try. Plans to try for an AWPCWR 314 on a 4th were thwarted when the attempt wasn't turned in before the statute of limitations had expired. Theresa has perfect leverage for all the lifts. She BPe'd her opener with 126, but two tries with 137 came up just shy. All 3 DLs - 236, which left a lot in reserve - a 644 TOT gave her a Sr. National Title. No contestants among the women this year in the 114, 123, nor 132 lb. classes. Last year Nichelle Whitfield, 14, of the LALC won the hearts of everyone becoming the youngest Sr. National champ ever (winning @ 123). She's retired from PL, for a while anyway, to concentrate on her academics and pursue track & field on the JHS freshman team. She told me that she'd eventually get back to PL.

Who could possibly forget the tremendous battle at 132 in York, PA last year, between two of the premier ladies in Women's PL. It was Amy Weisberger vs. Nance Avigliano in a titanic struggle with Nance pulling off an upset. Nance was present, scrutinizing the other girls from the official's seat. Amy was also here, but chose to do the BP only event, which I'll report separately.

148 - the winningest women's champ in APF history, Mariah Liggett, now 44, won her 15th national title last year in York. She was absent from this year's lineup. Nancy Dangerfield, 46, a 3 time Srs. champ herself as well as the DL WR holder in this class, was missing also. This year we had three newcomers to fill the void. In 3rd place was Cathy Caggiano, 41, a fitness trainer from Garden City, NY. Cathy impressed us in her APF Senior's debut: 380 SQ, 225 BP, 347 DL for a 953 TOT. Sonji Baldwin, 34, a black law enforcement officer from Norcross, CA was a bundle of explosive energy on the platform, as she ripped through her attempts like a knife through butter. Her final 418 SQ was executed with strength to spare. In the BP, she smashed up 259, looking good for more also. Baldwin finished with 407 DL, TOT - 1085.7, a 9-9 perfect day. The class winner was another new talent soaring into prominence. Melissa Ortega, 25, hails from San Antonio, TX, and she's a gymnastics teacher. Melissa ranked 8th nationally last year @ 148 with her best result coming 09 NOV: 369 SQ, 236 BP, 402 DL, TOT 1008. Melissa, in her zealous enthusiasm, beat the commensurate signal with her big 429 opener, but got credit anyway, 2-1. She nailed 440.9, another big



Kara Bohigian was stunning in the bench press --- 363 lbs. @ 165!

lift, on her 2nd. She tried 485 - a huge final lift, but got pinned. Melissa misgrooved a 275 BP opener, then increased to 286 - good lift. Her final lift of 303 was huge! She missed, but what a try! Her DL was just as impressive. She womanhandled both 429 and 451, but couldn't complete a 462 final lift. TOTAL - 1179.4.

165 - this was yet another sensational class, where every single woman came in and exceeded their personal bests. Kimberly Packer, 41, a beautician from Oakhurst, CA, undergoes a total metamorphosis on the platform. Her hair goes sticking out every which way, and she has that "Where am I, and what am I doing here?" look in her eye. Don't let that look fool you. That's her game face. She SQed 396 good; took a PR and CA State Record 424 deep, but couldn't straighten at the top. Chalk up a 3rd attempt 181.9 BP personal record for her, fought out with grim determination. Her 352 2nd DL gave her 5th place with a 931 TOT. Finishing in 4th was Lisa Denison, 34, a Finance Technician from Bakersfield, CA. Lisa participates in other major organizations as well. Hubby Steve, a good PLer also, wasn't there to coach her (on military duty in Alaska)! Lisa grabbed the bull by the horns, and - using her long body levers - she fulcrumed the big weights right into final lock-tight completion: her 418.9 final SQ made her look good for 440 - to me. BP 176, and then a 391.3 2nd DL was done snappily. Her TOT of 986 was a 33-39 state record. She would have liked to have broken the thousand TOT barrier and could have, but got a mental block with 407.

Joyce Tackill, 48, is a registered nurse from Oceanside, NY. I saw her compete in her first National meet as a beginner only a few short years ago, and she has blossomed into a seasoned veteran. Joyce sailed through her SQs - 413 was a PR. In the BP she really rose to the occasion: 2nd attempt - 303 - a WPC 45-49 WR, exceeding the

mark of 286 held by Susan Stroud of Texas. Tackill pulled 386, missed 402 - TOT - 500 kg. for the first time (1102.3). Julia Scanlon, 27, is an Assistant Freight Exporter from Glen Burnie, MD. She is the defending champ from last year, where she posted a tremendous TOT of 1284 (501 330 451) weighing a mere 151.74 lbs. Julie has a new boyfriend/coach, none other than PL legend (now retired) Capt. Kirk Karwoski. Kirk helps run his family printing business these days and enjoys coaching PL as a diversion. Kirk was an USPF multi-time USPF Senior champ, as well as IPF World Champion and is still the IPF World Record holder SQ at 275 with 1003 done in 1995. Julia is at 165 for good now and scored her best TOT last NOV (1320). Her best individual lifts of 530 SQ, 350 BP and a 473 DL add up to a whopping 1353! The big surprise is Scanlon had a powerful new challenger: Kara Bohigian, a 28 year old from Marietta, GA, who makes her living as an on-line boutique owner. The former USAPL National Champ came in with previous best lifts of 402 SQ, 260 BP, 429 DL and 1064 TOT @ 148. Moving up a weight class, she made her APF debut last Nov. 30th. There she posted most impressive lifts of 501 SQ, 303 BP and 501 DL for a big 1306 TOT. It looked to be too close of a match up on paper to predict who would win here. What I hadn't figured on was that both ladies had made astronomical improvements. Scanlon SQed on 490 her first, then ground through the sticking point, showing some difficulty, with a PR 540.

Bohigian responded with a 501 opener that appeared to be almost effortless - and way deep. She followed with 529, and made that look like a toy. For her 3rd Kara went to 551 - sat low and came right up - for a 2W success. Scanlon took the same 551 for her final attempt - got pinned - no lift. On to the BP. This was Julia's pet lift, and she hoped to make up her 11 lb. deficit here.

Bohigian came in at a surprising 325. Too high a start? Frayed knot! She blew it up like tissue paper. Kara is quite the BP technician, she arches like a bow and gets everything she can out of her open backed INZER double denim! Scanlon, bidding her time, came in at 330.6 - a huge opener as well - and negotiated it strongly. Kara has a rock solid power base, plants herself, assumes her big arch, and when her 2nd attempt - a monster 352 - touched down, it exploded like a rocket and locked out with the twinkling of her eye. Pow! Good lift. Back to Scanlon. She took the same 352 - misgrooved. This put her in a pressure situation. Bohigian was like a shark tasting blood and rushed in for another disabling blow. She called for 363 and ground it right up for another good lift. Just unbelievable! Scanlon, in desperation, focused in and nailed her 352 final try. Good job and a PR. Subtotals showed Bohigian leading 914 to 892. We were no longer sniffing an upset, it seemed imminent. Bohigian was superior in the DL, but Scanlon had the lighter bodyweight advantage - 71.40 to Kara's 73.75 kg. Julia lifted 446 (her opener) had 1339.3 (a PR)! Kara came in at 473. With her nifty sumo style, she snapped it up like a broomstick giving her 630 kg. (1388.9 lbs.). Scanlon refused to roll over, a fighter to the bitter end. Up to 479 - good lift. She had 622.5 kg. now (1372.3). With her concentration razor sharp, Kara came out for 501 on her second attempt, focused, and zapped it up so quickly I barely had time to snap the shutter of my camera. Talk about explosive! Kara was formerly an Olympic Lifter, nationally ranked too. Bohigian now had 642.5 - 1416.47! This lift catapulted her to 5th officially on the All Time Women's world list, and the 5th to surpass the 1400 barrier in this category. Final lifts for these two: Scanlon tackled 501 also, going for 1394. She almost had it, stalling near completion. Kara tried 518 on her last one, going for 650 kg. TOT (1433 in lbs.), but it didn't go. Bohigian, all smiles, told me, "I'm here to stay" (in the APF).

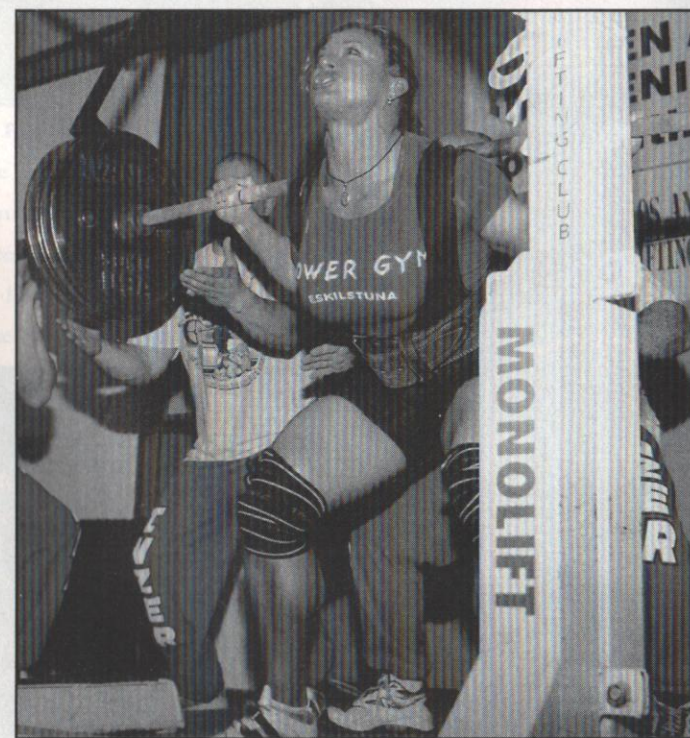
181 - never have three ladies in the same contest posted such tremendous lifts. Krista Ford, 36, from Stone Mountain, GA, the defending APF and many times Women's WPC champ, has been continually plagued by a damaged rotator cuff. Thus, she's 70 lbs. off her BP best; a big handicap in the tough company she faced here. Three SQs - 457, 512, and finally 551 - a PR as well as a 33-39 WPC WR, bettering her own mark. In the BP, she lifted gingerly finishing with an easy looking 242. She's done 314 a few years ago. In the DL, Krista worked up to another PR, a magnificently hard fought 551, the biggest pull in her class. Krista finished 3rd, de-

spite achieving a PRTOT of 1344.8 (610 kg) which broke her own age group WPC world mark of 1306 that she'd established last year. Nine lifts - nine successes. Bravo!

The silver medal went to Annie Rivieccio, 40, from Dallas, PA. She's a professional bodybuilder and personal trainer, who has her own website. She did her first PL meet ever a month prior, winning the APF 40-44 Masters title in Daytona with impressive results: 451 SQ, 303 BP, and 402 DL for 1157. It was only the tip of the iceberg as she dramatically improved here: she opened at a 407 SQ, and topped that with two deep dunks: 507 and 540. Both lifts shattered the 485 40-44 WPC World Record belonging to Debra Earney (USA). Annie opened her benches with 314 - a PR - EZ. Next Rivieccio attempted 336 and blasted it right up. But, no! Not good because she beat the press signal. Undaunted, she increased to 347 on her final attempt and blasted it home. No doubt this time - good lift. In the DL, Annie managed all three with nary a hitch - 473 final try. Her TOT was a whopping 617.5 kg (1361.35). I got Annie to admit afterwards that maybe her future does lie in PL not BB. What kind of lifter would it take to top this amazing performance? The answer to that would be the WORLD'S STRONGEST WOMAN competition winner Jill Mills, 31, a personal trainer from San Antonio, TX. Formerly a raw lifter, she donned the equipment and pumped some prodigious poundages here. She modestly manhandled monster weights, seemingly with the greatest of ease: SQ - 518, 545, and finally 573, forging right through

the sticking point - good for more. I'll go out on a limb and say that I believe she will eventually surpass Tamara Grimwood's 620 ultimate dunk for 181ers! BP - a 347.2 opener was blasted right up (does 325 sans shirt). Because of a double pump, Jill was forced to repeat her 363, but got it well on a 3rd. Deadlift: easy as pie - 485, 529, and finally 540 - TOT 1477. I think she's capable of reaching 700 kg. TOT (1543.2) before long. I think Jill has decided to put the strength stuff aside to concentrate on PL. If she does, some stupendous lifts lie in the not so distant future.

198 - another fresh new face with a family link of genetic superiority. Shawna Mendelson, 30, is from West Hempstead, NY, and works a recruiter by profession. Iron Island lifter/coach Chris Taylor recruited her 14 months ago when he learned she was big bencher Scot Mendelson's sister. After she had seen big bro Scot in action, Shawna decided she wanted to try to bandy big barbells herself. After only a year of work she came here in only her 2nd competition to show that strength runs in the family. She came in at 198 lbs. and buried her SQs of 424, and then 457, and shot them out of the hole - standing up easily. With a 485 final lift, the elevator button got stuck and she stayed down in the basement. No wonder Scot refers to her as his "Mini-me", in the bench press, her style is almost identical, foot placement setup and everything: 237, 253, and finally 275. She pulled 2, missing 402, for a TOT of 1085. She's the 2003 APF Sr. National Champion and she's just getting started.



World's Strongest Woman Winner Jill Mills squatted HUGE - 573!

198+ - Rebecca Swanson just keeps wanting to break more and more records. She's already lifted more than any Woman in the History of PL and if I call her the "Strongest Woman who ever lived" who could refute this claim? She came into this meet with the highest ever SQ 744, DL 628, and TOT (1725) ever achieved by a woman. She weighed 224.54 here and the 29 year old six footer from Omaha, NE, put on a dazzling display of strength here that left us wagging our heads in disbelief. She opened with a 705.4 SQ - nothing to it. Next came the first of the 8 WPC Women's Open Records she shattered here (all her own to begin with). That second attempt with 749.6 was good. Subsequently, she came up with a mind-boggling 771, but that was ruled inadequate, depthwise. Becca was fast and explosive in the last two disciplines and actually looked as if she had more in reserve. Wow! Her benches were crisp, smooth, and fast: 374, 396, 402! The latter two were WPCWRs and her first lift over 400. On a 4th, she did 407, which looked every bit as strong and easy. Her DL was phenomenal! Her opener - 589.7 - gave her 790 kg (1741.6), a WR TOT right from the start. The second attempt was 611.8, which gave her the magic 800 kgs. (1763.7), a huge barrier, now achieved by a woman. Her final lift was a WR pull of 282.5 (622.8), a lift which exceeded her own WR of 617.4 achieved last Feb. She made it with power to spare - catapulting her TOT to an unheard of 805 kg (1774.72 lbs), which exceeds by 49 her best aggregate of 1725.11 done at the WPO Finals, four months earlier. Now she stands within short striking distance of going over 1800 at her next outing (817.5/1802.27) Can you even imagine it? Rebecca called for a 4th attempt of 287.5 kg. (633.82). She pulled this up the easier than any of the previous three. She would've made 650, had she attempted that instead. Nothing to match her has ever been seen in the history of Women's PL. It is totally unimaginable that anyone will ever come along to surpass what she has already done, but perish the thought she's done, as she is really just getting started. Becca easily won the Women's Outstanding Lifter award using the Reshel Formula as criteria.

MEN - 123 - this year's title goes to Robert Leoni, 36, a personal trainer from Chicago, IL. He's a new recruit in the APF and a prize find. Weighing 121.36, Bob SQed to 363 - good - but got 2R with 402.



Becca Swanson -- spectacular in each lift

Jeepers-creepers he needed it deeper! BP 209, miss 231. DL (his favorite lift): 402, 429, then 205 kg. (451.9), a new 33-39 WPCWR no less! He even took a crack at a 468 (too heavy this time) on a 4th. TOT - 1030.6.

132 - Nori Kawasaki, a Las Vegas retiree (age 70) took the Open Srs. title uncontested. Nori recently lost his wife. Our heartfelt condolences to him and his family. Nori focused on doing some therapeutic big lifts here, and did just that. Years ago I dubbed him "Kamikaze" Kawasaki as he uses the drop squat technique: down fast and rebound from the bottom. Nori got 314, then popped a 70-74 WPC WR BP on his 3rd attempt (231.4). Not through yet, he pulled 402.3, another WPC age group WR as was his TOT of 942.4. He may well be the oldest man ever to win a men's OPEN title in the Senior Nationals of any association. How about that.

148 - Vincent Centauro, 24, from Elmont, NY took runner-up. He SQed 462, then missed depth with 507, and got pinned on his final. He made a 314 BP, and failed 325 - a 3rd. Three good DLs for Vince: 523! He TOT a PR best 590 kg (1300.7). First place went to teenage wonder Nick Hatch, 17, from Omaha, NE. He burst on the National scene last year in York, PA, registering a big 341.7 (4th attempt) in the BP competition at 132. He won the Nationals four weeks prior to this meet in Daytona, going: 584 (WR) SQ, 391 BP (WR, also a 402 WR on an extra try), plus a 457 DL for a 650 kg. (1433/ yet another 16-17 WPC Age Group

(article continued on page 80)

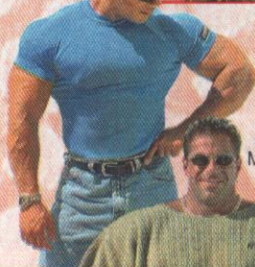
PHYSIQUE BODYWARE

X-TREME SPORTSWEAR

754. PHYSIQUE JACKET
Black, Oatmeal
M/L, L/XL
\$59.95



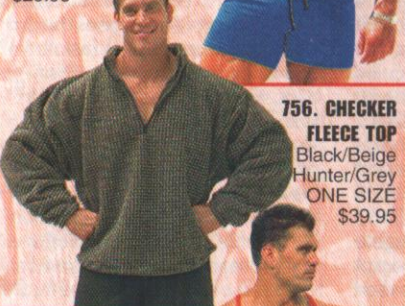
719. SLINKY BODY SHIRT
California Blue
Black, Grey, Red
(also available in stripes: item #775)
M/L, L/XL, XL/XXL
\$29.95



755. XTREME POWER TOP
Cement
Burgundy
ONE SIZE
\$39.95



776. LACE UP FLEX SHORT
Black, Grey
Royal Blue
S, M, L, XL
\$29.95



756. CHECKER FLEECE TOP
Black/Beige
Hunter/Grey
ONE SIZE
\$39.95



725. Y-BACK STRINGER
Black, White
Red, Yellow
Grey, Blue
M/L, XL/XXL
\$14.95

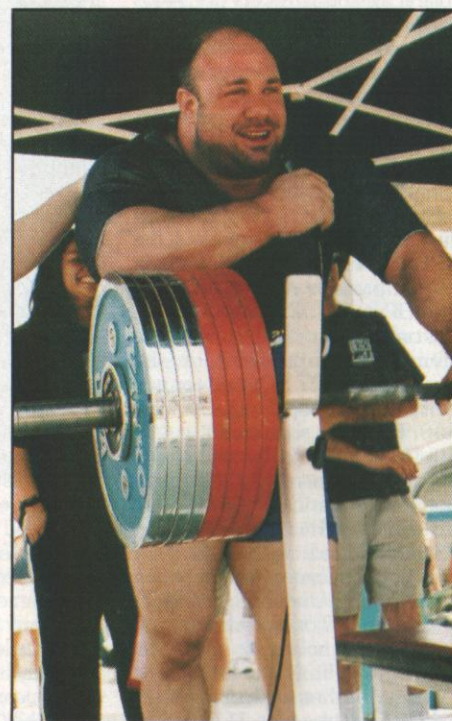


888.932.7488
ORDERS ONLY PLEASE!
Free Catalog with order

PHYSIQUE BODYWARE

16 Birch Hill Drive, Poughkeepsie, NY 12603
845.473.4832 FOR CATALOGS
Shop secure online:
www.physiquebodywareusa.com

Scot Mendelson after making historic 804 and 821 lb. bench presses at the APF Senior Nationals on June 8th in Los Angeles (see page 16 of the July 2003 *PL USA* for photos), Scot jammed on to Chicago early to help promote Joe Mukite's Bench America competition on July 5th, which he intended to be his final contest before retiring (full report next issue!). The pre-meet demands of morning TV shows, etc. proved to be a bit taxing, as Scot opened there with an all time world record of 825 lbs., but missed it. He came back to shove that same weight up successfully (see a photo of that record lift in the ad, opposite page), and then went on to 875, an audacious weight, but one he had already made in training prior to the contest. It took too long to touch his chest and he didn't have the drive left to finish it off. Why not try NINE HUNDRED and that's what Mendy did on a 4th attempt, definitely moving the bar upward after another taxing effort to bring the bar to his chest, but it went halfway up and stalled (see this month's cover shot). With plenty of press left in him, but not officially on the record register, Scot looked around for one more contest in the Los Angeles area and found that the Muscle Beach Venice Deadlift meet, on July 12th, would accommodate his attempt at yet another all time world record BP, (or two!). Veteran Gordon Santee led the refereeing crew in making sure all was in readiness and on these legendary sands (where the likes of Paul Anderson and other Iron Game greats have left their marks decades before) Scot put his best effort on the books. After a short flight of deadlifters completed their attempts, Scot took center stage, opening yet again with an all time world record, this time 832, that was stunningly easy. From there it was on to 875. Scot was decisively stronger on this day, and rammed the Ivanko set to lockout for a two white light success. 900 was called for, one more time, and he drove this epochal poundage up solidly, but it quickly stalled and the spotters had to take it. I doubt that many of the throng of passersby that watched Scot's lifts truly realized the magnitude of what they had witnessed. The platform record at Muscle Beach Venice had been 815, but that was for a deadlift. Gordon Santee realized that



BIG MENDY thanks the crowd and retires!

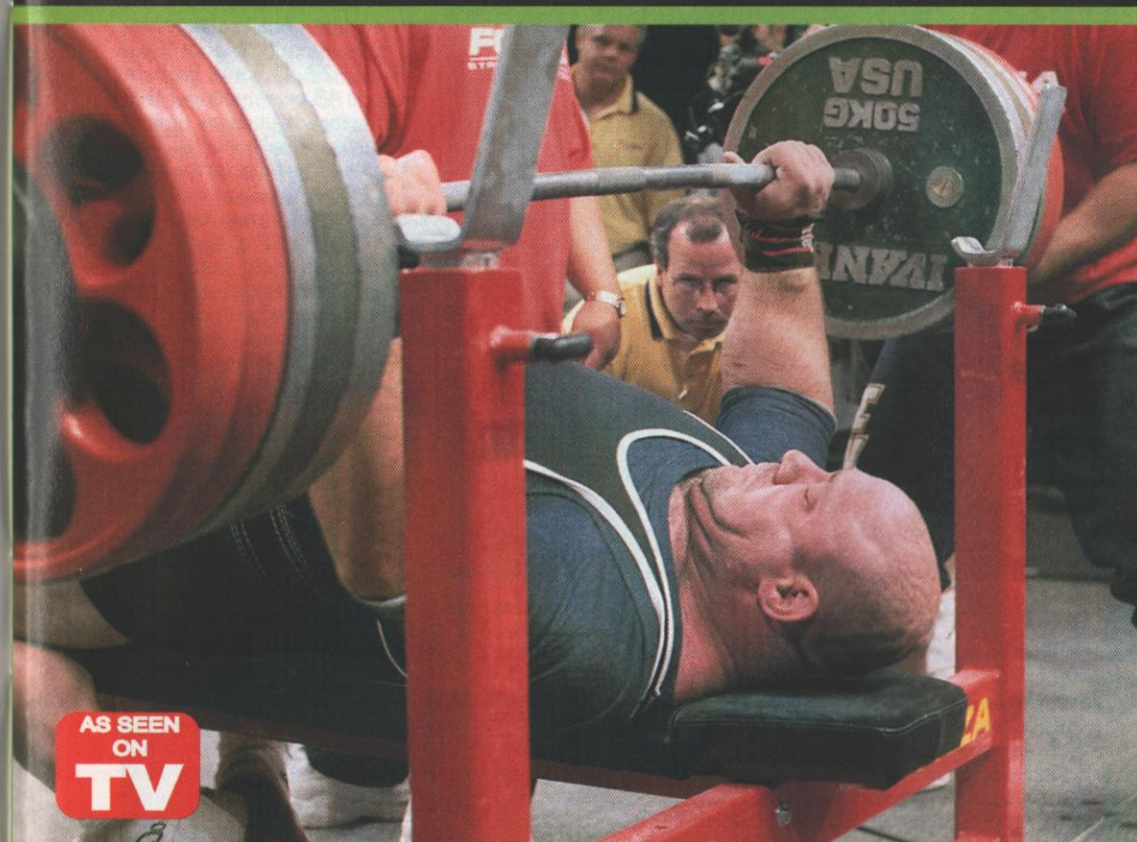
Scot had just benched more than he totaled in his first contest. (Michael Soong has since declared the lift to be the best bench press of all time, Schwartz or Wilkes formula). Scot grabbed the microphone afterwards and told the crowd of onlookers that was his last competitive lift, and that those other benchers would "have to come catch him". Of course, if someone would come up with a check for \$250,000 to compensate him, he might make a comeback as incredible as it seems, 900 is doable but only for Scot Mendelson. Now Scot is dedicating his attention to his loving family. (Ned Low was on hand to document these historic lifts for a future video presentation in *POWERLIFTER VIDEO* Magazine. Call 1-800-BARBELL for details!)



Scot drives up the all time highest bench press in history 875 lbs. at Muscle Beach Venice.

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

FREE Article!



AS SEEN ON TV

Scot Mendelson: World's #1 Bench-Presser
8 World Records and 825 lbs. — Speed = Power

It's difficult to imagine a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 8 world records and a 825 lb. bench-press in competition. He has bench-pressed 900 lbs. in training, more than many professional athletes can squat and deadlift combined.

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

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:
(continued at bottom left)

1) Put your back into it:

The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear delts. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not

off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

2) Train for triples:

Dedicate one work-out per week to the

bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...
For Scot's complete how-to article and full world champion training profiles, visit www.bodyquicken.com today.

If You're An Athlete, You Need to Read This...

As featured on CBS: following 6 years of scientific development, BodyQUICK is the world's first Olympian-tested athletic speed supplement, designed to quickly and safely improve athletic speed and power within 60 minutes of the first dose. BodyQUICK has been proven effective by over 20 world champions and over 50 national champions. How does it work? BodyQUICK is formulated to increase fast-twitch muscle fiber recruitment by facilitating the production of key neurotransmitters. By improving how messages are sent through the body, BodyQUICK has electrified the world of sports, allowing athletes to train faster, stronger, and longer than ever before possible. Forget creatine, forget ephedrine, and get the next generation of real-world results—get BodyQUICK. Experience the difference today...

Call or visit now to try your risk-free 60-day trial!
1-800-647-6382 www.bodyquicken.com
Distributors/Gyms Wanted: 1-866-532-7632 (Make \$20 a Bottle!)



Try our RISK-FREE TRIAL with 110% Money-Back Guarantee!

Sixteen benchers from all over the country traveled to Universal City, California to participate in the American Powerlifting Federation Senior National Bench Press Championships. The event took place on Sunday, June 8, 2003, in conjunction with the Senior National Powerlifting Championships. This competition was the official qualifier for the World Powerlifting Congress Bench Press Championships to take place in November at the Stampede Center in Calgary, Alberta, Canada. The host state, California, attracted 7 entries, with nine other states having representatives - Nevada, Ohio, North Carolina, Tennessee, New Jersey, Michigan, New York, South Carolina, and Louisiana. The spectacular Sheraton Hotel was the meet site, with the Los Angeles Lifting Club running the event.

This event was destined to re-write the history books, change the record ledger, and decide that age old question - who really is the most prodigious, powerful, proficient, prominent, pulverizing presser of all-time. Such a monster was geared up here and ready to go. The biggest bench press in the entire history of the sport of powerlifting was brewing in a hot cauldron, slowly seething to the boiling point. When ready, the monster would come out and deliver something the world had never witnessed before.

The sole female contestant was Amy Weisberger, a 38 year old massage therapist from Columbus, OH. She's a three-lift National and World Champion many times. She weighed in here at 147.93 lb. and lifted her first at 286.6, then 319.6, and she went for a personal best 336.2 on a final try. She almost had it, until at the halfway point the bar stopped on its upward trajectory and bobbed like a rowboat in the middle of a lake. Eighty year old John Upton set a WR in the 3 lift competition for his 231.4 lift at 163.58 bodyweight. He was also entered in the bench press championships, so that result won him first in the Men's Open competition here. The 198 class featured a battle between two Golden State warriors: Scott Marcinek, 39, an engineer from Lake Forest, CA, went against Justus Owens, 43, a fitness trainer from Los Angeles, CA. The gold medal went to Marcinek with his 190 kg. (418.9) lift when Owens was unable to get his big 227.5 kg. (501.5) try to touch his chest after posting a modest 363.8 to garner runner-up silver. The 220 lb. match up had five combatants: Steve

APF SR. NATIONAL BENCH PRESS Scot Mendelson Unleashes a Monster 821! as reported for PL USA by Herb Glossbrenner



Scot's Wife - Maricelle - offers up the traditional Mendelson wake up call

Pena, 29, San Jose, CA is a blind lifter, and a certified massage therapist. Steve, who's guided to the bench by his father, made a strong 479.5 lift just missing his try with 501.5. Robert Abfalter, 31, a pipe-fitter from Fenton, MI snugged into his shirt and popped a nifty 523.6 on a repeat final lift. John Wardell, 35, from Harrington Park, NJ, owns a gym there. He's a top notch Pler (900 SQ) but injury forced him to compete in the BP only here. Coming in at 217.92 bwt. John aced

562.1, missing 600.7 twice, due to raising his hips from the bench. Two powerful men battled to decide who'd take home the 220 gold medal. Mark Carter, 43, owner of the Rush Fitness Center in Knoxville, TN looked like a sure winner when he established a WPC 40-44 single lift World Record on a second try 272.5 kg. (600.7). Chip Stewart, 28, his opponent, and also a gym owner (from Cornelius, NC) had already missed twice with 573.2 (his opener), and then with



WPC Men's SHW Single Lift World Record - 821 by Scot Mendelson (Herb G.)

the same 600.7 that Carter had succeeded with. Stewart could either go into the lead or bomb out. Chip came out to try 606.2 on his final lift and made a rousing success. Carter was forced to try 617.4 to win back the gold, but didn't make it. There were three combatants at 242. Ernest Anderson, 70, an old friend from Redwood Valley, CA posted a WPC WR for his age group, on a final try (380.3). He now holds the 242 class world record in three different age categories - is that something special? Ryan Girard, 27, of Santa Barbara, who is 43 years younger than Ernie, faced gut check time on his last and final try with 479.5. He pulled the fat from the fire to edge Ernie for 2nd place. The 242 winner turned out to be Ted O'Neill, 33, a trainer from San Ramon, CA. Ted stroked 501.5 (2nd) to claim the gold medal. Entered in the BP also was Powerlifter Chris Taylor's big 622.7 BP, which counted here as well as in the PL meet to win the 275 class as the only entrant. Two strong Supers lifted before the big show. Garry Frank, the World's Strongest Pler, got 2nd place with 661.4, missing 733.1 Josh Cash from South Carolina bombed with 666.

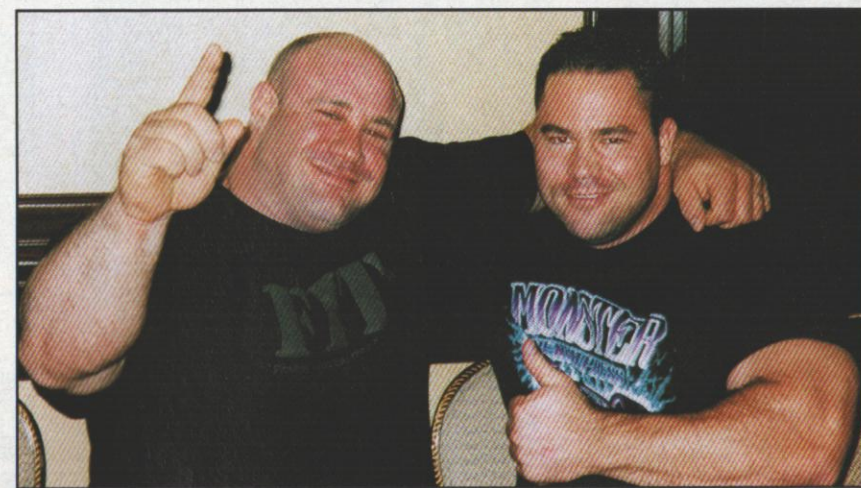
The man that everyone had waited to see made his grand appearance. Scot Mendelson, 34, is a Strength and Fitness Trainer from Valley Glen, CA where he owns and operates his own gym. Scot's benching career has been short and sweet. In a period of only 3 years, he has made an astronomical rise and was poised on the threshold of delivering the most awesome display of upper body strength the world had ever seen. The first time I saw Scot was about this same time of year, three years ago in Burbank, CA. His debut was a dramatic one. Attempting 580 lbs. with a thumbless grip, he nearly had it when the bar fell from his hands, plummeting with sickening thud to his chest. A lesser man might not have survived, but Scot is not an ordinary human being. Not only did he survive, but he continued his ascent toward the top.

He won all titles at his disposal: APF Senior National Champ, two times WPC World Champ, and WPO Winner at the famous Arnold Classic (2002) in Columbus, OH. Records were smashed to oblivion. Scot established the present WPC World Record in the 308 class BP single lift with 766 in Canada. Last October he established an official lift of 782.6, a WPO World Record. He is the only man to lift in excess of 700 lbs, outside the North American continent. In 2001 he trav-

eled all the way to South Africa to post what was then a WR of 738.6 lbs. Then a new challenger appeared on the scene. Mendelson wanted to be the first man to post a lift in excess of 800 lbs., bona fide and undisputed. Ryan Kennelly, 29, from Moses Lake, Washington beat him to the punch when in an exhibition in Portland, OR weighing 295 lbs, on August 3, 2002, he hoisted 363.0 kilograms (800.278) a lift rendered good by a 2-1 decision. Actually, four years earlier, Anthony Clark, the 355 lb. Texan, employed the "reverse grip" palms forward style to be credited with 800 lbs. even (362.873). It was shrouded with great controversy. The video tape of Clark clearly showed that the lift was never locked out. What was done was done. This was the lift Mendelson was going for today, on the books as the WPC Superheavyweight Men's Single lift World Record. The first head to head match up between Kennelly and Mendelson took place at the 2002 Arnold Classic Bench Bash for Cash. Mendelson won out there and collected \$5000, hoisting 755 to Ryan's 738. Ready to break Ryan's all time lift at the big Bench Bash this past March, Scot had already done 805 twice in practice,

and opened with 366.0 kg. (806.89), but with two misses at this enormous weight he (almost got it) bombed out. Kennelly won by default, elevating 766 lbs. and missed

judged and accredited bench press of all time. No question about it, Kennelly's presence on this momentous occasion was a real class act of sportsmanship. Scot was



Brothers of the Bench Press - Mendelson and Kennelly - 1600+ lbs. between them.

a try at 783.7 to break Scot's WPO WR.

Kennelly had recently torn a pec was unable to compete, otherwise they might have had their third and once and for all deciding rubber match here. In the surprise of surprises, Ryan Kennelly flew here to offer Scot moral support and encouragement in his quest to surpass Ryan's lift of 800.278, official or unofficial, the biggest officially

shocked, but was ready to rock!

Mendelson chose to open up with an incredible 365.0 kg. (804.7). He weighed in at 313 lbs. He was more than ready to demolish this weight. It was only the Monday before this competition, a mere 5 days earlier, that he'd done 805 not once, but twice, under paused contest conditions for the camera of Ned Low for *POWERLIFTER VIDEO Magazine*. Was that enough time to recuperate and do it officially here? We were about to find out! Mendelson came out to the roar of the fans who had packed the house. He got his customary face smacking from his wife, and then lay on the bench.

Scot wore a double denim one piece shirt fastened securely in the back. It was not open backed nor was it pulled down the shoulders. He got the lift off from John Ford, a 275 pounder from Daly City, CA. When he finally got the massive weight down to his chest, it actually rolled out of his hands forward. In a display of superhuman strength, having already received the signal to press, he re-grasped it, cocked his wrists, and shoved the weight upward. Even though his groove had been compromised, he muscled the massive weight to arms length and full lockout with brute strength only. Head referee Gordon Santee gave the rack command. Three white lights came on immediately, and the crowd went berserk. Scot got mobbed. After the melee settled down, Scot prepared for his 2nd attempt. How much more could he possibly do? The bar was loaded to a simply unbelievable 372.5 kilograms (821.2 lbs.). I didn't feel it necessary to tell Scot that the day before this (June 7) at the IPA Spectacular, a meet run by Mike Miller in Nazareth, PA, that the 350

lb. Pennsylvanian Eugene Rychlak had been credited with a lift of 810 lbs. Mendelson was jacked to the max and "in the zone" when he came out to the roaring ovation of the frenzied crowd. He situated himself with his shoulder blades tucked, and his feet cocked back, just the way he likes it. The massive load descended and touched down much easier this time. Came the press command, and with the explosive force of a 10 megaton nuclear device came the explosive lift-off. The monstrous load went upward in a smooth path, perfectly grooved, without hesitation straight to arms length and locked out strongly and completely without the slightest hint of strain. It seemed like long seconds passed as Scot held it firm. Santee shouted "rack". It was done and immediately three

whites came on. Wellwishers mobbed Scot. One of the first to reach him and shake his hand was Ryan Kennelly. Kennelly himself described the lift best in his own words - "indisputable"! From the ease with which he made the lift, Scot was good for much more. He chose to waive his 3rd attempt, as his intentional plan all along was to do only two attempts and save himself for the upcoming BenchAmerica competition. This event was just one month away July 5th at the Allstate Arena in Chicago, IL. For Mendelson, it will be his swan song. After that meet, he will retire. Scot plans to leave his competitive career by posting a number that is so unbelievable that ... well, you'll just have to be there to see for yourself. While others may have an asterisk beside their big lifts, one man will have a double exclamation mark behind his number. He has followed in the footsteps of the true immortals of the bench press. Hail the new undisputed King of the Monster Benchers - Scot Mendelson!

APF Senior Nationals Bench Press 7,8 June 2003 - Universal City, CA

Weight	1st	2nd	3rd
148			
Amy Weisberger	286	319	336
165			
John Upton	203	220	231
198			
Scott Marcinek	418	462	462
Justus Owens	363	363	501
220			
Chip Stewart	573	600	606
Mark Carter	600	600	617
John Wardell	562	600	600
John Abfalter	512	523	523
Steve Pena	451	479	501
242			
Ted O'Neill	473	501	512
Ryan Girard	479	479	479
Ernest Anderson	363	300	380
275			
Christian Taylor	589	622	639
SHW			
Scot Mendelson	804	821	---
Garry Frank	661	733	755
Joshua Cash	620	666	666



John Upton - eighty years young and living the Las Vegas lifestyle.

New All Time Squat Record by Brent Mikesell



1107lb. squat ... at the APF West Coast Open ... after squatting 1103 soon after Steve Goggins broke the 1100 barrier, Brent Mikesell has bumped the all time record up again. (a Brian Baertlein photograph)

Brian Siders wins the overall title at the Mountaineer Cup

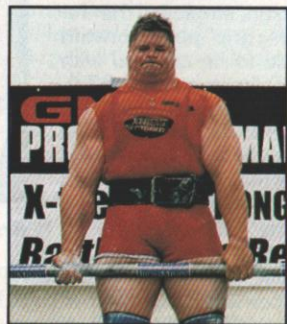


Before defending his USAPL Men's National title, **Brian Siders** won the Mountaineer Cup. (W. Morris)

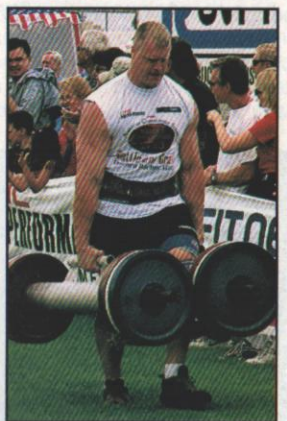
Battle of the Beasts



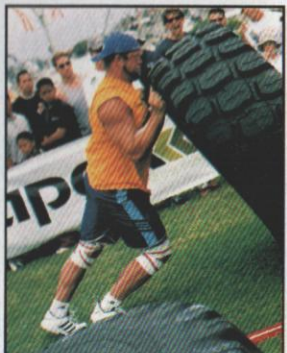
Meet Promoter and Crowd Favorite (at 53!), **Odd Haugen** was the first man to complete the 5th Stone of Strength.



Mark Philippi pulled awesomely well. (Karl Gillingham tore his bicep in this event)



Phil Pfister had won all 4 previous qualifiers for the pro USA strongman championship.



Jesse Marunde was super fast in the tire flip event and won the overall contest, sponsored by GNC. (Perhaps this contest will be nationally televised next year on the FOX Network).



FUEL YOUR INTENSITY

BACK IT WITH SCIENTIFIC RESEARCH

PRO PERFORMANCE® CREATINE SERUM. DEMAND THE BEST.

Introducing GNC Pro Performance® Creatine Serum—the creatine tested to ensure what's listed on the label is what is inside the bottle, so you can be confident it will deliver the creatine your body craves to fuel your intensity and improve your training. This scientifically formulated liquid delivery system helps restore creatine levels after your workouts—when your muscles need it the most. From GNC—the undisputed leader in sports nutrition.

- Provides 2.5 grams of creatine per serving
- Tested for label accuracy
- Pre-mixed, dropper liquid for quick and easy use



GNC

PRO PERFORMANCE® ELITE SERIES

Go to WWW.GNCPROPERFORMANCE.COM and get your **FREE Fitness Planner**.

And, stay on top of sports nutrition • Get the latest on bodybuilding events • Receive special offers • Read articles and "Ask the Experts"

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Exclusively at GNC. Call toll free 1-800-477-4462 or visit www.gnc.com for the GNC location nearest you. ©2003 General Nutrition Centers. May not be available outside the U.S.

TRAINING

The Bench Press Shirt

as told to Powerlifting USA by Louie Simmons

There's always a lot of talk today about the bench shirt. In the beginning, everyone welcomed it on the scene. Unfortunately, bench shirts provided only a small increase over one's raw bench record.

That was the 1980s. In the late 1990s, shirts became much stronger. As the shirts got better, the

bench records started to move up little by little. Working with Inzer Advance Designs, Kenny Patterson helped refine the denim shirt. They developed the radical cut shirt. The records then started going up and up.

Todd Brock had a 480 bench and was stuck. After wearing an

..... " Now that the secret's out, we're all even, right? I just told you how to kick our ass. If you don't do it, it's your problem, fool."

Inzer radical cut shirt, he skyrocketed to 540 in the same weight class.

Then Phil Guarino had the insight to cut the back of the shirt, making it an opened-back version.

What an innovation that was. I helped him warm up at a Bash for Cash, one

of Kieran Kidder's meets, in Daytona, some years ago. After Phil warmed up, he amazed me with a 661. I knew then he had a great idea.

Vanessa Schwenker, a 132 pound woman, had a 260 bench. We went to a bench meet and somehow the back of her shirt tore completely. She didn't have a backup shirt and had to use the torn one. She benched 290, a PR. We felt lucky. When she got back home, she had the shirt sewn back together, but meet after meet she never made more than 260. She eventually retired, and it wasn't until a year later that we realized it was the open-backed shirt that increased her bench.

Now we know that the open-backed Inzer shirts are the best. Just look at the big money meets and see what they're wearing. Looking back, I am amazed how Phil mastered that shirt.

Like a fast race car, these shirts are hard to master. I took Todd for a ride in my 1960 Corvette, and it made him sick. At the time, the car went 10.70 seconds in the quarter mile with about 475 horsepower. It seemed fast, but not for long. I got bored and added nitrous to the 355 Chevy. It went 9.40 in the quarter mile with 800 hp. Again, that seemed slow to me, so I put a 404 motor and soon made an 8.60 pass. My reflexes were matching the car's horsepower, now about 1000. You guessed it, I got bored again. So a 598 with 1050 hp on motor and 525 on nitrous was added. It went 7.90, 175 m.p.h.. So what's the point of all this? Had I started with a 7.90 car, I would be dead, and Todd would be real sick. My reflexes would not have matched the strength of the car. That same thing happens to lifters. They try shirts that are much stronger than they are.

Oh yes, and there are people who think the shirt is doing everything. They're wrong. At Westside we have held the all-time best in the bench at 132, 198, 220, 242, 275, and 308 at one time or another. Why didn't the rest of us put on their shirts and bench the same? We were not strong enough. You've got to have the right size bait for a particular size fish. The same is true for

bench shirts.

How do you master a bench shirt? Most lifters don't know how to use one correctly. Dan Cummings visited from Iowa and trained with Becca Swanson. He stayed a week. His best bench was 600. On max effort day, I saw him work out, and I felt he was closer to a 700 bench. He disagreed with me. The next workout, we worked with him, and in a span of 45 minutes he made 665. Not bad, huh?

I did a seminar in Tennessee for my good friends Tony Hutson and Brent Tracy. We worked with eight guys and seven got new PRs. Here's how we did it, using Brent's workout as an example. Brent's best is 528 at 198. First he warmed up to 315 off his chest. Next, with the 4-board press, he did 365 x 1, 405 x 1, and 455 x 1, with no shirt. Then he did

a 3-board press with his shirt with 495 x 1. Then he did a 2-board press with 515 x 1. Next he did 530 off his chest and then 545 off his chest for a second PR. I know this sounds too good to be true, but it's true. The trick is each time you go to four boards, raise your

head and lower the bar as far down your torso as possible. With three boards, raise your head and shoulders if necessary in order to touch the board and go even lower down your torso. With two boards, raise your head and start lowering the bar as low

as possible by rolling the shoulders up like a sit-up. Each time you go to fewer boards, pull the shirt a little lower off the shoulders. This, of course, makes the shirt a bit stronger. As you increase the weight, raise your head and shoulders and keep your eyes on

the bar until it touches the chest. This enables you to touch the chest with a lighter weight than thought possible and at the same time lift a lot more weight.

Now that the secret's out, we're all even, right? I just told you how to kick our ass. If you don't do it, it's your problem, fool.

At the 2003 Arnold Classic, Fred Boldt (165) warmed up as I just described. He did 405 off his chest, skipped the four boards, put on a shirt, and did 495 on three boards. Then he did 530 on two boards and went on to the stage and did a 540 opener. He did 551 on his second attempt. After Markus Schick made a 567 world record, Fred took 1 kg more and pressed it only to have it turned down for a technicality. Not bad for a 165 who is 5 ft. 9 in. tall, benching in front of a crowd of thousands.

I hope this information helps you break your bench record and have a better understanding of how to use legal equipment.

Westside Barbell
614-801-2060

www.westside-barbell.com

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS
NATIONALLY RENOWNED
POWERLIFTING COACH

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

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

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

- * WEIGHT TRAINING
- * LATERAL SPEED
- * SPEED
- * ANAEROBIC CONDITIONING
- * BOX SQUATTING
- * CHAIN UTILIZATION
- * SPORTS SPECIFIC TRAINING
- * SLED UTILIZATION
- * PLYOMETRICS
- * ACCELERATION
- * MEDICINE BALL
- * SANDBAG TRAINING
- * FLEXIBILITY
- * JUMP ROPES
- * POWER ENDURANCE
- * FOOT FREQUENCY

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

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

VIDEO \$69.95 MANUAL \$19.95
PLUS SHIPPING AND HANDLING

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

THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

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

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

1-800-852-0425
or check our Web Site @
www.gorilla-nutrition.com



When is...
KELSO'S SHRUG BOOK
... gonna be available?
NOW!!

In the only book of its kind, Paul Kelso sums up 35 years of experiments with shrugs. Nearly thirty shrug variations - old and new - are presented with 27 photos and drawings.

For all iron men and women, KELSO'S SHRUG BOOK helps trainees develop and strengthen the upper back and shoulder girdle and to improve their competitive lifts. The new info on shrug training for the "Lateral Arch" in the bench press is worth the price.

"Paul has done more for my bench than everyone else put together."
- Collin Rhodes, USAPL world bench press team member.

Paul also updates his pioneering work about "trap bars" and examines "chest expansion and growth" theories. Lots of history, heroes, courses, tips, and the "Shrug Laws" in Paul's popular style. 100 pages - 28,000 words.

"The Mark Twain of iron-gime story telling returns to his 'how to' roots with very positive results." Mike Lambert, Editor/Publisher, Powerlifting USA
Just \$14.95 + S & H \$4 (USA)
Order KELSO'S SHRUG BOOK online at: www.hatsofbooks.com
Or call toll free in USA 888-934-0888, ext 2, or HATS OFF at 520-798-3306
Dealers call direct or email: orders@hatsofbooks.com for discounts.

Beyond A Century® Performance Nutrition • Anti-Aging

How much have you been paying?

1,4 ADD, 200-400 dose! 20gm	\$69.50
Tribulus Ext. 45% Bulgarian 100gm	9.75
Ribose 100gm	12.00
5-Methyl-7-methoxy Isoflavone 20gm	22.00
Ipriflavone, 50 grams pwd	7.75
DM, Diindole Methane, 20 grams	9.75
Androstenedione 100mg, 120 caps	13.00
5-Androstenediol 20 grams pwd	16.00
4 Androstenediol, 20 grams pwd	23.75
Creatine Mono. 99+%, Micronized, 1kg ...	19.80
Chrysin, pure powder, 50gm	22.50
Yohimbe 2% Std. Extract! 50gm	7.50
Glutamine 300gm/1kg	15.00/40.00
Glucosamine Sulfate, 250 grams	7.50
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Arginine base powder, 300gm	15.00

Visit our website for current sale prices!

Shipping only \$4.75 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324

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

New from Forza



Made in USA



New!

F-200 SuperBench ST
\$650.00



Made in USA

New!



F-101 Olympic Platform
\$1295.00

New!

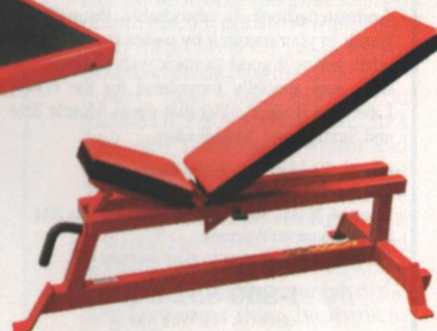


F-100 Power Lifting Platform
\$1195.00
Shown with F-806 Bar Lift
\$165.00



F-709 Squat Stands
\$995.00

New!



F-205 ProBench
\$595.00

F-900 ProRack ST \$1995.00
with F-102 Platform \$1795.00
& F-205 ProBench \$595.00
Complete Power Center \$3995.00



FORZA
STRENGTH SYSTEMS



11505 E. Trent Ave Spokane, WA 99206 509-927-7587 800-769-9259 FAX: 509-927-0490
www.forzastrength.com

If we (powerlifters) are the salt of the earth, what are the bodybuilders? The enemy? If so, they are a very large and powerful enemy - since all of the multi-million dollar supplement companies cater to bodybuilding fantasies.

BODYBUILDERS; the very name conjures up images of mirror-monkey egomaniacs. However, some of these guys (and gals) really train HARD - and heaven knows they diet harder than we do! The dieting bumps a few bodybuilders into powerlifting competition everyday. (Chocolate ice-cream helped persuade Lt. Col. David Mullins to switch from bodybuilding to powerlifting. OK - whatever it takes!)

Back to the topic at hand: If BodyBuilders are the enemy, where do they train?

I travel all over the country (attending powerlifting meets) and so I train in a lot of different places. I have come into contact with most of the low IQ idiots that typically turn up on talk shows (with their sister/wife). I have met a LOT of bodybuilders. Many of them are intelligent, lean and muscular, hard-training iron-fanatics. (But they are BodyBuilders, so they're probably just trying to trick me.)

Anyway, I've investigated their infestation of the planet and discovered that they all respond to brain waves from "central-command." This central-command is steered by a blond with large plastic boobs in Southern California. My research places her in Venice, CA. I think she eats at The Firehouse, and I think she walks on Venice Beach. She definitely trains at the original Gold's. At great personal risk to herself, Rosemary Vernon went behind the scenes to investigate. She is the editor of Dolfzine On-Line Fitness, which I think smuggles ground dolphin meat into the USA disguised as cans of tuna. So, she is used to danger.

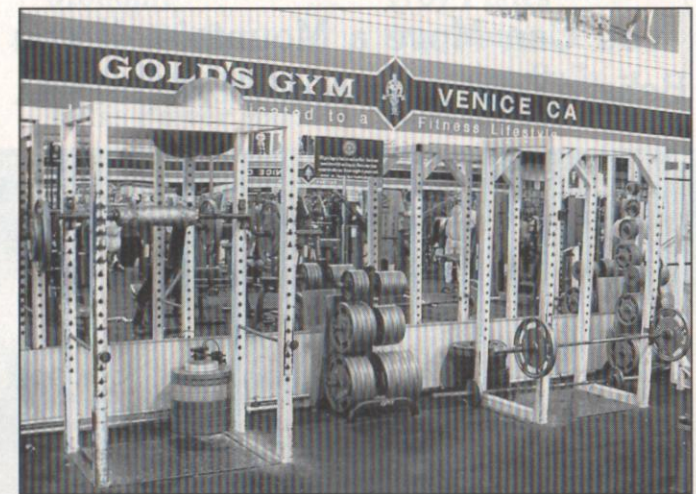
She took along a photographer, cleverly disguised as her husband Jim Vernon. Due to the extreme danger of this foray behind enemy lines, they took a backup. James Krieger (Science Editor of Pure Power magazine) was their 3rd team member. He went in disguise as a statue according to photos accompanying this article.

I'll let Rosemary tell you what sickness they found:

This is not the type of hard core dungeon like many small powerlifting gyms, but it is nonetheless very hard-core. It's rare to see anyone on the "floor" who is not extremely serious about whatever it is they are doing. Known as The Mecca of Bodybuilding, the gym is primarily identified with that aspect of the Iron game.

HARD CORE GYM #23

We Have Met the Enemy, and He Trains at Gold's Gym as told to PL USA by Rick Brewer, of House of Pain



Are BodyBuilders Our Enemy? ... the interior of Gold's Gym Venice.

However, it attracts many professional and college teams (some of whom train there year round and other who train there when in town), a contingent of talented weightlifters (who keep their private stash of plates locked up when not in use), various other athletes a great many entertainment types who must keep up their physical appearances.

There is an unwritten law that no one, no matter how famous, is to be disturbed while working out. Who you see depends on the time of day you train. The morning is crowded with competitive bodybuilders and most appear in what is often rather outrageous workout wear. Although these people all train seriously, they also use the gym to schmooze and make business connections.

Mid-afternoons are quieter and is normally when one observes professional teams, the weightlifters, a contingency of bodybuilders (such as Lou Ferrigno and his partner) and well-known thespians. Once 4 p.m. rolls around, the gym begins to get very crowded with the office set and remains like this until at least 8 p.m.

The gym was totally remodeled in 2002, including new locker room facilities, pro-shop and front desk area. Since that time, much of the old, worn-out equipment has been removed and new lines, some of which are prototypes, put in. Consequently there is equipment at Gold's/Venice that is rarely found elsewhere.

About six months ago, all the weight plates were changed. While

members trained, the staff hauled in stack after stack of new Ivanko plates on forklifts and removed the old iron. It paid to be careful the first couple of weeks because the new plates were quite slippery. After, that, however, they accumulated enough dirt and sweat to become sticky. No one has ever attempted to clean them. Likewise, a complete new set of rubber covered dumbbells was put in the front room (there are 3 separate rooms) while the old favorites remain in the back room. New lines of equipment include Nautilus selectorized and plate loaded machines, Ground Zero Pulley apparatuses, Strive, Icarian (probably the most heavy duty) and Cybex.

After much nagging and requests from the Lakers' coach, a reverse hyper machine appeared which has proved extremely popular. Apparently this was one piece the gym had to buy. Most of the equipment is "donated" on the premise that it will show up in photos in the muscle glossies since the gym is constantly used as a backdrop for photo shoots. Reps usually put in an entire line of new products using the membership as guinea pigs. As with everything, there is always a spectacular piece or two, most are okay, and a few are worthless.

Even so, there are still many unique, old pieces of equipment that the membership refused to part with, such as some 30 year old Nautilus leg curl and extension machines, and Icarian body-weight squat apparatus, a Cybex calf machine and the Hammer

plate loaded upper body machines. Free weights are used extensively; there are 4 heavy-duty power racks, a half rack and deadlift station and a plate-loaded T-bar row apparatus in the second room. There are 5 Smith Machines, heavy dumbbells and preloads (both straight bar and EZ curl bar) and all manner of attachments for the various cable machines.

The gym has a large staff that is constantly cleaning and straightening up. But this is a gym that likes to move "the furniture." This is understandable when a new piece of equipment shows up, but they seem not to need any reason to rearrange things. Thus you can spend a few minutes on occasion hunting up your favorite.

The atmosphere is very welcoming to anyone who is serious about training, no matter at what level. People will often stay in the West Los Angeles area for a few months specifically to train at Gold's/Venice and many visitors come throughout the year. The photos on the walls are priceless, some are which quite old. Although this location has been used for about 30 plus years, the original gym still exists on Pacific Ave. It is now a private residence, but the sign remains on the front.

Thank you, Rosemary, for that sneak peak into the mother ship of bodybuilder/aliens. I know there are a few powerlifters who train there, because I met all 3 of them when I worked out there. Seriously, I have trained at Venice Gold's several times over the years - and I always found plenty of iron and equipment. Ned Low; producer of POW!ERLIFTER Video, trains there and was nice enough to show me around. The people were nice, and non-invasive of my workout space. Fair enough.

I also met plenty of bodybuilders, and a few were quite interested in powerlifting. They had questions about my "different" style of training, and wondered if I was a male model. (OK, I made that last part up.)

If you're ever in the area, I beg you: DO NOT go work out there. The radio brain waves could be too strong, and before you know what you have done - you might wake up in front of the mirror - a bleached blonde with gynecomastia, no body hair and an urge to pose. Fight the temptation.

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

Recently I took one of my brilliant graduate assistants to a speaking engagement I had at Paine Weber in New York, New York. He had been bugging me about hearing me speak since the day he enrolled in my class ... like he really didn't hear enough of my bull every day of the week. If I had to guess, I could probably teach you everything I know in about fifteen minutes. This brilliant graduate assistant had been listening to me lecture for one hour every day for seven weeks and still hadn't figured out that I told him everything I knew the first day of class. I figured he was either intellectually constipated or the biggest "brown noser" south-east of the Mississippi. In his defense, I think it is a state requirement that brilliant graduate assistants have to tell their professors how great they are if they want to graduate.

Anyway, since Paine Webber was nice enough to send me two free tickets, I decided to share one of them with him. I figured he would be great for my ego. After all, I love being lionized even if it is a state requirement, and this brilliant graduate assistant was one of the very best at pandering to my ego. He was constantly telling me how great I was and how he had never met any other professor with the capacity, insight, intelligence and eloquence that I possessed ... needless to say, I really appreciated how perceptive he was. In actuality, I revered his aptitude for perjuring himself with a straight face. Like I said, he was a brilliant graduate assistant.

At any rate, when we got to Paine Webber, I stood before some of the most brilliant stockbrokers in the United States, men and women, who at one time in their lives were likely brilliant graduate assistants (that should explain our economy) and I talked eloquently for a solid hour. That is not easy to do when you can teach everything you know in fifteen minutes. Actually this is a gift that most graduate professors possess. They can talk about nothing forever, saying really, well, nothing. This is really an amazing gift.

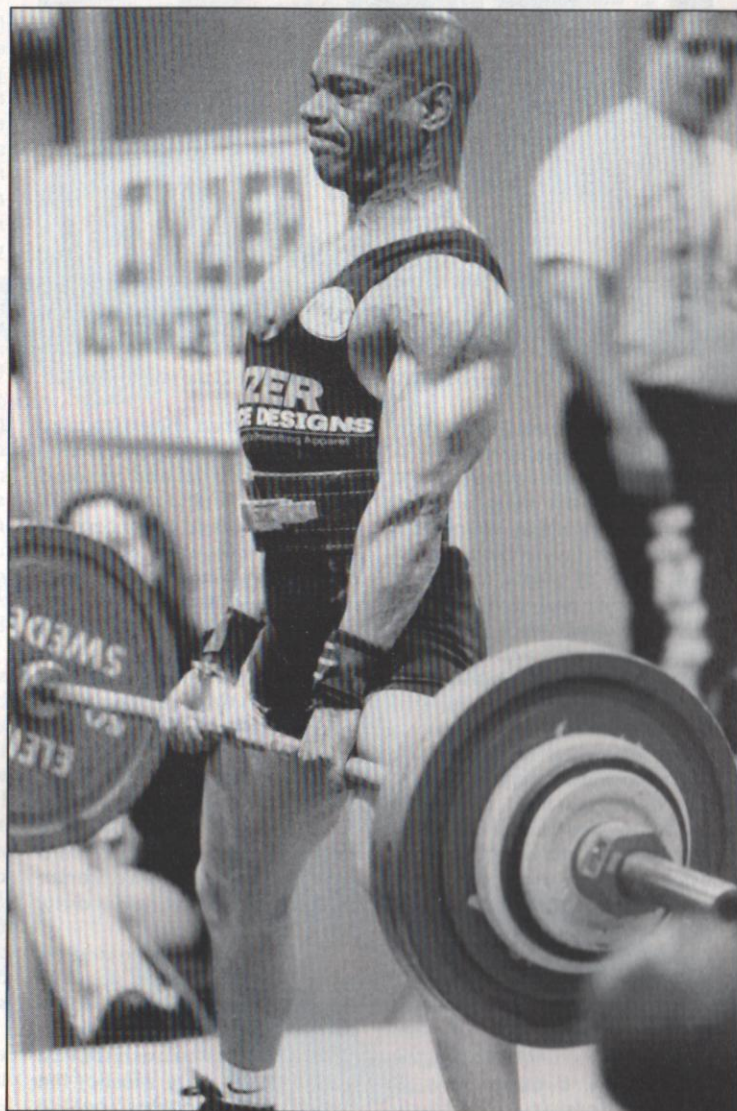
Anyway, after I finished talking, I received a pleasant round of applause that I accepted graciously. I was about to sit down when all of a sudden a hand went up in the audience. It was my brilliant graduate assistant.

"Dr. Judd, I really loved your speech," he exclaimed.

Aren't graduate students wonderful? I told you they really have

Dr. JUDD

You Can Move a Mountain, If you Believe You Can by Judd Biasiotto Ph.D.



Successful Powerlifters, like **Lance Slaughter**, have almost always agreed with the concept of "Think doubt and fail" or "Think victory and succeed."

the ability to be economical with the truth and man can they brown nose ... wonderful attributes that will make them surefire successes in the corporate world or anywhere else for that matter.

"But," he continued.

I hate when someone adds a but to a compliment. It always means disregard everything I just said.

"That part about if you believe you can move a mountain, you can move it. Do you really believe you can make a mountain move just by thinking you can move it? I mean

can you move something just by believing you can move it?"

I looked at this brilliant graduate assistant and the first thing that came to my mind was, "Oh my God, brain damage - 'special classes.'"

Of course, I don't believe you can make a mountain move simply by thinking that you can make it move. People who think in this manner have belief confused with wishful thinking. Trust me on this one, you can't wish a mountain away, you can't wish yourself omyp

a world champion, you can't wish yourself a 700 pound bench press or a 1000 pound squat. Nor can you wish yourself a 5 pound deadlift. Wishing will get you nowhere. Wishing never moved anything. But, you can move a mountain with belief, and you can become a success by believing you can succeed. There is nothing metaphysical about the power of belief. Belief is an attitude that generates the desire, energy, expertise and power to do something. When you believe you can do something, the how-to-do-it materializes. Belief triggers the mind to figure out ways to get things done. Today, people who believe in themselves are doing more significant things than just moving mountains. Men with vision and belief have mastered cyberspace, they have put a man on the moon, and they have damn near plotted the solar system. The most essential element, in the pursuit of any endeavor is the belief that what needs to be done can be done. Without firm, unwavering belief in a destination man would not have the desire, enthusiasm, and courage to proceed. Belief is the driving force, the power behind all great discoveries, scientific innovations and athletic accomplishments. Believe, really believe you can succeed, and you will. Believe in yourself and you can make good things happen. Heck, you can make miracles happen. I am talking about really believing in yourself, not the mindset "I think I can" ... you have to know you can. A deep-seated belief in yourself that you can go beyond what other people think is your breaking point is the type of mindset you have to have to produce magic. That is the type of mindset I am talking about.

The trouble is, most people really don't believe in themselves. Recently, I was judging squats at a powerlifting meet and this guy who was about to attempt a personal record walked up to the spotters and said, "Watch me close here because I might miss this." One of the spotters grabbed him by the shoulders and said, "Man, you have to think positive." The lifter looked up at him and replied, "Okay! I am going to miss this." I thought I would fall right out of my chair. Needless to say, the weight buried him. This type of 'I'll give it a try, but I doubt it is going to work out' mind-set produces failure. Disbelief is negative power. It is like a self-fulfilling prophecy. When you doubt yourself, your mind develops reasons to support that belief.

Doubt, lack of confidence, insecurity, fear, and apprehension are responsible for most failure.

Think doubt and fail.

Think victory and succeed.

At that very same meet, I was talking to one of the lifters backstage, and he was telling me about how great one of the lifters was in his weight class. "Oh," he said, "Brian is awesome; he is at a different level than I am. There is no way in the world I will ever be that good." The lifter he was talking about was not any more gifted physically than he was, but he did exhibit a lot more confidence. In fact, I know Brian well. He is a great lifter, but he is not structurally gifted. He doesn't even have innate strength or power, nor does he have any genetic predisposition that would set him apart from anyone else. What Brian does have is super-confidence. He believes he is among the best; consequently, he acts and performs like he is one of the best.

Here is my take on this. You can respect other athletes. You can learn from them, observe them, study them, but don't worship them. I always feel that if somebody else can do something, then so can I. Believe you can go beyond and you will. Those who think they are second best are inevitably second best. Harness the power of belief and you can make magic. Here are a few

www.sarden.com

Monolift	Troy Plates
Power Racks	Supplements
Glute Benches	Medicine Balls
Texas Power Bars	Safety Squat Bars

Call Toll Free: 866-613-7719

SARDEN STRENGTH

suggestions to help you acquire and fortify the power of belief:

Think positive. As you think is how you are. Always think and talk positive. Think success; don't think failure. At work, in your home, at the gym, constantly bombard your brain with positive affirmations. When competing, think, "I'll win," not "I might lose," or "I can't win." When you are competing against someone else, think "I am equal to the best," not "I am outclassed." If you say negative things, stop yourself, analyze why you said it, and then manipulate it into a positive affirmation. When opportunity arises, go for it - don't sell yourself

short. Thinking and talking success programs your mind to create strategies for producing success. Thinking negatively does just the opposite. Remind yourself repeatedly and on a regular basis that you can do great things if you put your mind to it. Never underestimate yourself. We are always better than we think we are. Successful people are not supermen. Einstein said an interesting thing. He said, "I have no special talents. I am only passionately curious." Think about this: Einstein figured out that time and space are relative. He also ascertained that nothing could move faster than light. For God's sake, he was a patent

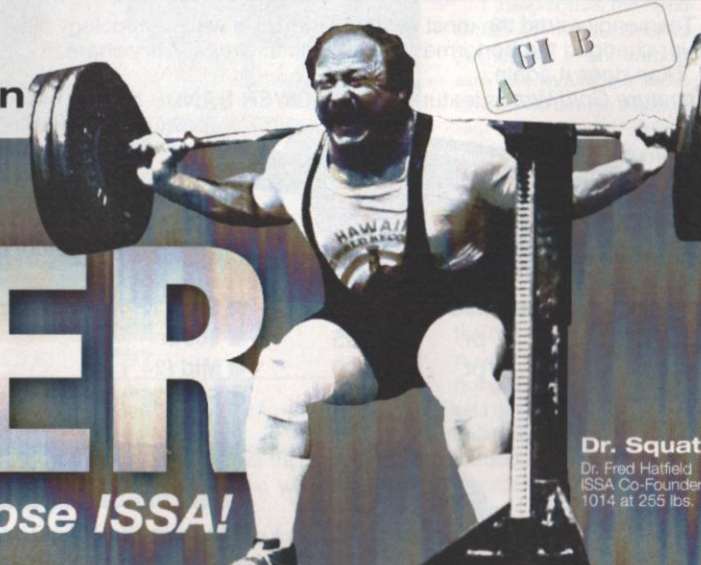
examiner when he wrote breakthrough papers on special relativity, the particle nature of light, and the equivalence of mass and energy. Contrary to the way he is often portrayed, Einstein was just a guy with a good mind that did extraordinary things. Generally, successful people are just ordinary folks who develop a belief in themselves and what they do. Never sell yourself short!

Tell yourself every day that your attitude is more important than any other aspect, including your physical make up. The body serves the mind. It is not the other way around. If you have a strong mind, your body will follow. Envision the reasons why you can achieve something not the reasons why you can't. Develop an "I can, I will" attitude.

Don't be a wishful thinker. The only think wishing can move is you. Dream big, but make the dreams of today the realities of tomorrow. The way you do that is to believe in yourself and work hard. In short conceive, believe and achieve.

Remember that when you believe in yourself good things will happen. And if you don't believe in yourself, no one else will believe in you either.

Yes! You can move a mountain if you think you can, and don't let any brilliant graduate assistant tell you differently.



Personal Training Certification

choose a certification with...

POWER

choose ISSA!


There has never been a better time to take your passion to the next level and become a Certified Fitness Trainer. As a fitness enthusiast, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work... which makes you a perfect candidate to help others achieve their fitness goals.

Since 1988, ISSA has trained over 50,000 fitness professionals who now help others understand how weight training, aerobic conditioning, flexibility, and proper nutrition improve the quality of life! Call ISSA today, and let us show you how rewarding it is to share your passion for health and fitness with others! Mention code PLUSA803 for a special enrollment offer.

Dr. Squat
Dr. Fred Hatfield
ISSA Co-Founder
1014 at 255 lbs.

CALL TODAY FOR FREE INFO
1.800.892.4772
www.FitnessEducation.com

Please mention source code: PLUSA803.



International Sports Sciences Association
The World Leader in Fitness Certification - Since 1988

TITAN HI-PERFORMANCE

Featuring NXG Fabric!

THE CENTURION

Patent #5,046,194

Now constructed with **NXG** fabric! **NXG** makes every other fabric obsolete! It has the **least stretch** and the **most support** of any fabric on the market, and is virtually **tear proof** and **run proof**!

Combine **NXG** with our **patented harness** support system and you'll see why lifters everywhere are reporting **P.R.'s** from the local level to the Worlds! We guarantee that Our Centurion or Dual Quad **will outperform** any other suit on the market any day of the year, every day of the year!

Tested at the 2000 Mens Worlds.
Preferred by 7 of 11 lifters of the USA Team!

1 Year Blowout Guarantee and 11/2 Years on Runners!
Guaranteed to outperform every suit on the market!

- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes) **\$85.00**
- Custom Tailored Dual Quad **\$99.00**

SIGNATURE GOLD WRAPS

In 1995 Titan engineered the most **radical change** in wrap technology ever and forever changed the performance and look of wraps everywhere. In 1999, Titan does it again.

Titan Signature Gold Wraps feature **FOUR POWER BANDS** for maximum power and rebound:

two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap around!

Wrist Wraps feature military grade Aplix and thumb loop. Six month guarantee

- Knee Wraps
- 1 pr. **\$23.95**
- 2 pr. **\$22.00**

- Std. (12") Wrist Wraps **\$13.50**
- 50cm **\$14.50**
- Mid (24") **\$15.50**
- Full (36") **\$17.50**

ULTRA BELTS

Made in the USA. The heaviest, strongest belt ever! Features: (1) **Seamless roller**; (2) **Full leather buckle fold over**; (3) **2 layers of HD steerhide**, 13 mm thickness. Used by Capt. Kirk and other great champions!

- Custom Colors. One or two prong **\$99.00**

SST PRO SERIES

The original and still ultimate power shoes. Features: (1) **Custom sizing**; (2) **Wedge arch Support**; (3) **Herringbone design sole**; (4) **Full grain leather**; (5) **Cambrelle lining**; (6) **Heel Counter** for max stability; (7) **Hi-Density molded sockliner**; and (8) **Velcro lateral strap**. 4-6 wks. No COD's. Extra for E+ width.

- Starting at **\$149.95**



"Captain" Kirk Karwoski,
1003 Squat & 2309 TTL @275, IPF World Records

STARTIN' OUT

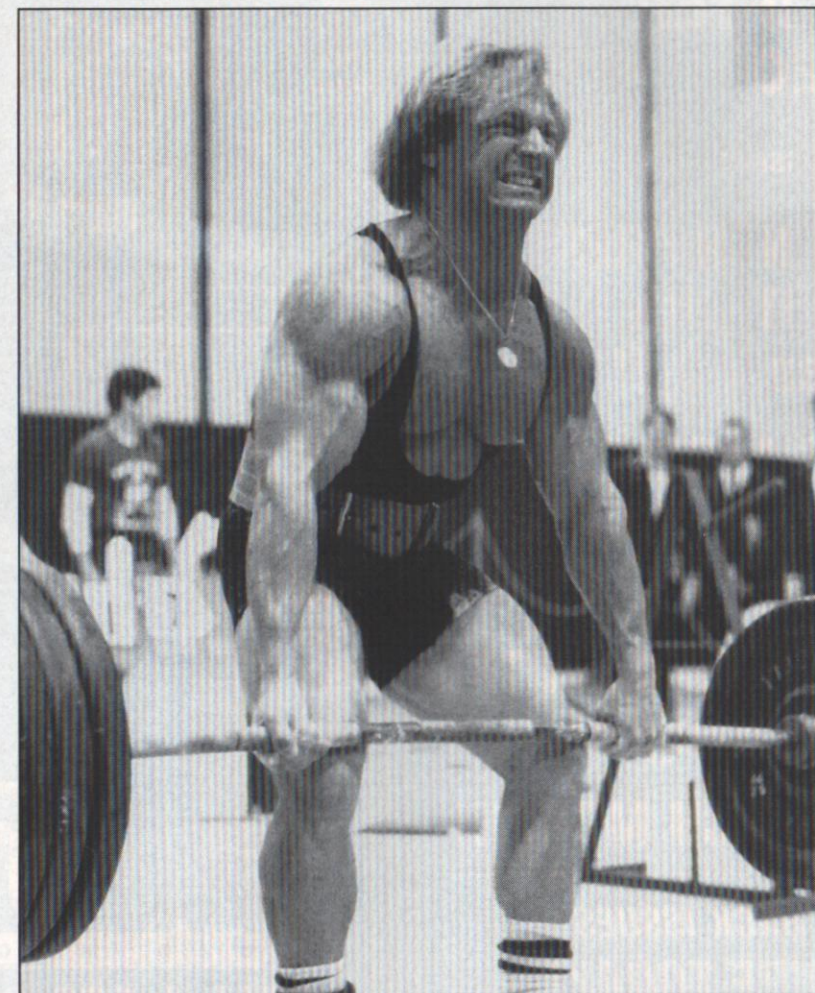
A special section dedicated to the beginning lifter

Deadlift Lockout Power as told to Powerlifting USA by Doug Daniels

A few issues ago, I discussed the basics of deadlifting; "Deadlift 101" to you academics out there. This time, I'll get a bit more advanced in training the deadlift and deal with a specific deadlift related training topic. How many deadlifters have you seen explode off the floor, only to slow or lose the lift at the top, just inches short of lockout? There are several exercises and techniques that lifters generally use in training to gain power at lockout. The most common approaches are heavy rack work, shrugs, and lat training. Let's look at some ideas on how your lockout power can be improved, not just on paper, but on the platform.

Let's start with execution. Most deadlifters use the power rack for heavy partial lockouts, as the answer to a poor lockout. The power rack enables you to overload a specific part of the lift with more weight than you could normally for the complete movement. Just set the pins at or above knee level, load the bar and lock it out. Many lifters go wrong by putting their bodies in a position of pulling in the rack that is not like any position in their normal deadlift itself. In most cases, that kind of lockout turns out to be a quarter squat with very little upper back involvement, thus little effective strength is actually transferred to the competitive lockout, though the top range of the squat may improve. This explains why some lifters are able to lockout (for reps!) in the rack that weight which they can't lockout in the full lift for a single rep. If you choose to use the rack, get in a position to pull that is as similar as possible to the actual pulling position of your regular deadlift, in order to insure the best results. This might require lowering the weight a bit to get into and hold the proper position. Also, remember to maintain that proper pulling position throughout each rep.

My favorite lockout assistance exercise is barbell shrugs, but these can also be done in a less than effective manner. One way is using too much weight, which prevents a full shrugging movement. Too much weight in the shrug may limit you to a slight bend in the arms with little actual shoulder shrugging. Other lifters perform their shrugs much like an upright row, bending their arms with little shrugging. If you can bend your arms during a "real" shrug, you are using some "powder puff" weights. My recommendation is to



Stuck... Collegiate Champ Ray Penna Jr. with a 617 that wouldn't lock out (Kurlowicz)

use a little leg kick to get the weight moving. That will also enable you to use a bit more weight (use straps to hold on). The important thing is to maintain a full range of movement. That is, pull all the way up to your ears and lower your shoulders down all the way. Shrugging 'backwards' at the top is actually unnecessary. The trap bar can be used here as well as dumbbells. Either way, I would suggest using lifting straps to help hold on to the weight while shrugging. If you don't do so, your concentration will be split between shrugging and holding on to the bar. Don't worry about not building grip strength when you are using straps for your shrugs.

As long as you do not use them in your regular deadlifts, you will be okay.

Lat work is another key to lockout power. I always recommend more attention to exercise form rather than the amount of weight used. Lat work, like chins, pulldowns, and rows are assistance moves. It doesn't matter to anyone how much you use in those movements (the judges will never ask!). What matters, in the end, are the results of your efforts. Lower the weight you use and get a full extension and contraction. Concentrate on pulling the elbows down or back and not using your biceps to pull the weight. Think of your arms

as hooks for the back muscles. The use of lifting straps can help achieve this form on the movement. It may also necessitate using less weight, for now, in order to get used to the feel of the exercise. The extra lat power and size you gain down the road will be worth the 'pain' endured by using less weight to start with. Paul Kelso's Shrug book is a great source of effective exercises that can be valuable in your training. Make it a part of your power library.

Improving your 'pull off the floor' will make it easier to get the bar past the sticking points later in the course of the lift, due to reduced energy expenditure and increased momentum. It's like pushing a car: the initial effort to get it moving is substantial, but keeping it going after it starts to roll is significantly less taxing. Look for that article coming up in the near future.

Finally comes the application of these exercises. Sometimes in our enthusiasm to conquer our weaknesses, we tend to overload our recuperative abilities with too great a volume of sets and reps. Combine numerous sets of lockouts and shrugs, and add on top of that 10-15 sets of lat work and you're pushing your recuperative abilities beyond their limits. The key in power training is **quality**, not quantity. I suggest 3-5 sets of shrugs with 3-5 sets of lat work, once a week. If

you cannot decide between rowing and pulldowns, alternate them every week, or every 4-6 weeks, to cover all your bases.

Two weeks prior to the meet, I suggest ceasing assistance work to avoid overtraining and to help insure that you'll be fresh for the meet. By applying proper exercise execution and judicious exercise selection, you can improve the lockout portion of your deadlift, not just on paper, but on the lifting platform, where it really counts.

Doug Daniel's
Web address:

members.aol.com/ddanil12345/default.htm

Call 1-800-627-3145 or 1-361-991-6749, Fax 1-361-991-9470
www.titansupport.com

Scot Mendelson's BP Workout & 821 BP in Our Upcoming Issue!!!

POWERLIFTER VIDEO

In Our Current Issue:

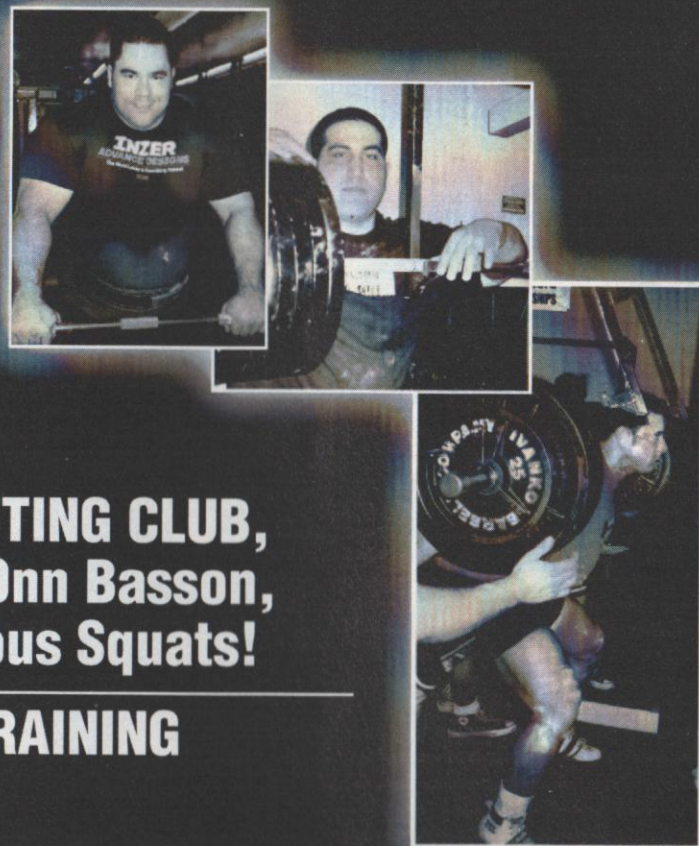
★ **STAR BENCH PRESS WORKOUT** with Ryan Kennelly!!

★ **THE LOS ANGELES LIFTING CLUB, 1038 LB. SQUATTER** Onn Basson, & Joe Avigliano: Serious Squats!

★ **SUPER STRONGMAN TRAINING** with Odd Haugen!

+ **MUCH, MUCH MORE!!!**

CALL FOR BACK ISSUES! SUBSCRIBE TODAY!



POWERLIFTER
VIDEO MAGAZINE

CALL 1-800-227-2355

Yes, I Want to Lift Big! Sign me up for POWERLIFTER Video Magazine. Detach and mail this form with your check made payable to POWERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

35

*Non U.S. residents add \$3.50 per issue

SPECIAL SUBSCRIPTION OFFER	
First payment	\$ 19.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	\$
<input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Am Express <input type="checkbox"/> Discover	
Card No. _____	Exp. Date _____
Signature _____	

Mail to: POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

821!!! Wow! Wow! Congratulations to Scot Mendelson on his incredible bench press (and also on his 804 opener) at the APF Seniors in Los Angeles. That is just an amazing lift. Merely calling it a world record doesn't seem to do it justice, and, even more incred-

POWER SCENE

women from the North Georgia Barbell Club, Kara Bohigian and Annie Riveccio, gave great performances.

For Annie, this was only her second big powerlifting meet, and her potential is awesome. She's still competing as a top-level bodybuilder, and deciding on which sport she'll focus on. Her next PL meet should be the Georgia State championships in September.

The men's side had a superstar array of lifters, too, including Brent Mikesell, Onn Basson, Garry Frank, and Josh Bryant. Powerlifting USA had triple coverage of the action: Mike Lambert, Herb Glossbrenner, and POWER Scene, and POWERLIFTER Video was there to capture the excitement, big lifts, and backstage stuff for its video series.



Kieran Kidder did some bench training at the LALifting Club, and then announced the APF Seniors

ably, it didn't seem to even use all of Scot's strength. Wow!

There's a lot more congratulations to go around. Kieran Kidder did a terrific job in his two days of announcing, revving up the crowd, and Joe and Nance Avigliano, and their entire Los Angeles Lifting Club crew, ran a wonderful, fast-paced, exciting meet.

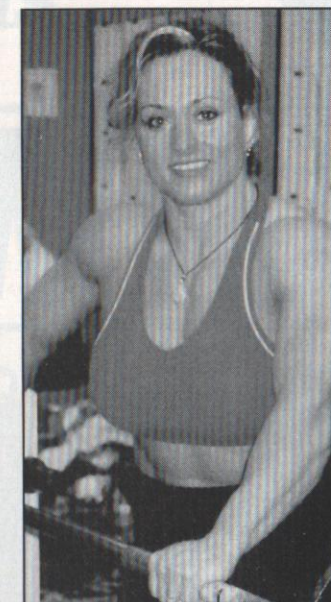
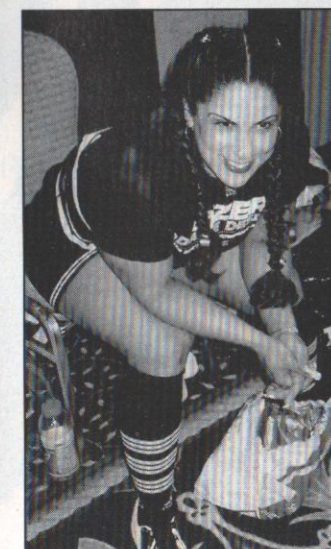
As for the other lifters — more great lifts. Becca Swanson set a world record in the women's squat at 749. The number of women easily squatting over 500 lbs. was amazing. Two-time "World's Strongest Woman" Jill Mills, and two



Becca Swanson - huge numbers



Above: Annie Riveccio in her 2nd Meet, Below: Kara Bohigian



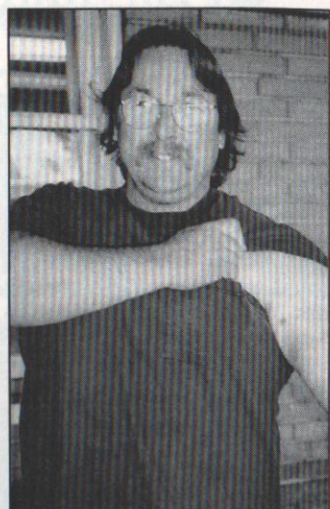
Jill Mills (Photos by Ned Low)

Plus, 2003 Arnold Bench Press champion Ryan Kennelly came down from Washington State to cheer on Scot Mendelson's attempts, and U.S. women's national champion in the shot put and discus, and Olympic competitor, Seilala Sua (who's competed in powerlifting) was there to check out the action.

Once again, congratulations to everyone involved with the 2003 APF Seniors — it was truly a great meet.

The following weekend, it was time again for another L.A. powerlifting meet. Though not quite as incredible as the APF Seniors, the

USPF California State championships was a beautiful and friendly outdoor setting for 50 lifters to show their stuff. POWERLIFTER Video host Chuck LaMantia put on the meet, and just a week after hitting his 821 bench, Scot

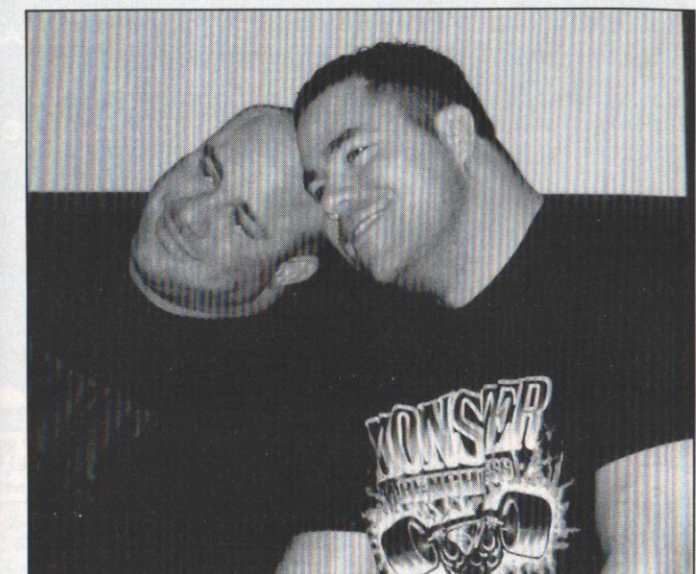


Daniel Smith was out of action during the USPF CA State Championships, but showed us why.

Mendelson came, coaching one of his training partners who was competing. Other big lifters like Vicky Hembree, Sam Alduenda, and Daniel Smith were also on hand, as was a Japanese TV crew, there to tape a 79 year old lifter.

Sheila Mann competed in her first three lift meet, and all the lifters and fans got to watch the strains, struggles, failures, and triumphs that powerlifters regularly go through on meet day.

Next month, we should have more on the amazing Scot Mendelson, and on the rest of the powerlifting world. 'til then, stay strong and healthy, and we'll see you on video. NED LOW



Scot Mendelson & Ryan Kennelly together @ the 2003 APF Seniors

FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

Question: I have started to incorporate box jumps into my program. I used to do a lot of plyometrics and eventually went backwards as they killed me. Now I follow the Westside template to the letter, yet I believe I need to throw some jumps into the program.

Answer: 1. You believe you need to "throw some jumps into the program" but I'm not sure why you say this. You state earlier that your lifts went down, so are they really helping? 2. Depth jumps can be extremely stressful, as you found out. Like anything, your body needs to be

in shape to perform. If you decide to add plyometrics, I would start with basic exercises (these can be found in books found at EliteFTS.com) and progress from there.

3. If I were to add in box jumps to my program I would do them at the beginning of my DE and ME Squat/DL days, after a good warmup. I wouldn't worry too much about box height in the beginning; let your training be your guide and progress slowly.

4. What is the purpose of doing box jumps in powerlifting? I haven't come to a concrete answer. Remember,

when WBC tested, they all could jump on a (I believe) 40+ box without ever having to do a box jump. These are guys that all weighed 240+. Obviously, something they did before made their box jumps so impressive. Would improving their box jump improve their performance on the platform?

5. Kevin Deweese and I tested our VJ after a ME workout (Good Mornings, GHRs, Reverse Hypers, Ab work). Kevin weighed about 250 and jumped 32 or 33. I weighed 280+ and jumped just over 30. We never did a box jump or any other

kind of training but box squats and strengthening our posterior chain.

6. When I first started training for football as a freshman in H.S. I did a ton of box jumps. It got to the point where I could jump onto the hood of my dad's full size F-150 for ten consecutive reps without re-setting between reps. This may be the reason why I am explosive when I squat. We would also set up 10 high hurdles on a track and bound over them. But, as Bob Youngs and I have talked about, maybe there is a time period in one's training life where these things need to be introduced to be effective. I'm not saying that they still can't be useful, but maybe this quality needs to be developed at an earlier age.

7. If you do add jumps, be careful of the rest of the workout (volume).

Question: I have been reviewing the training logs at EliteFTS and don't understand how these workouts can take under one hour. Is it really possible to get a quality workout in that time period or are you guys not telling the truth?

Answer: Here are the main reasons why people can not fit their workouts into the one hour period. First, stop all the talking between sets. The only thing going on between sets should be loading the bar and correcting technique. After a lifter is done with a set, the other one should be ready to go. Second, you are probably taking too long on your assistance. I prefer to do assistance in a 2 person group, but 3-4 is okay. Go one right after the other. There is no need for breaks. Third, set everything up before you start. Get the weights out you will need and whatever equipment you will need too. Don't get into the middle of your workout and then have to go dig through your gym bag to find your wrist wraps. Fourth, do your conversing before and after training. Last, and this is the biggest one, you are probably out of shape. This is the biggest culprit and the simplest one to fix. Unfortunately, it's the hardest one to fix as it requires a lot of discipline and work to get in shape. Get your body in shape. You will be surprised at how much easier and productive your training will be.

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

INZER ADVANCE DESIGNS

NEW
AND
AMAZING!

IRONWRAPS

enable you to lift more than ever before.
A leap ahead in powerlifting knee wrap technology.

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

Everything about this wrap exceeds any previous wrap.
VERY, VERY POWERFUL!



"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

Louie Simmons



"Ironwraps are the best I've ever used."

Bull Stewart

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

IRONWRAPS Z
(actual size)

IRONWRAPS A
(actual size)

You owe it to yourself
to use the greatest
knee wraps of all!

All Inzer Power Gear is backed by the
Inzer Performance Guarantee.

Guaranteed to out perform any other brand.

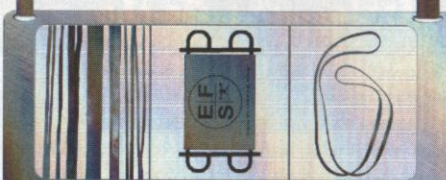
Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
Qty. _____
_____ Ironwraps A \$22 _____
_____ Ironwraps Z \$22 _____
2 pair \$40 Shipping \$6.00
Total _____

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

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

BANDS!

WWW.ELITEFTS.COM



ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength:

BANDS	COST/ONE BAND*
Mini (1/2" wide, assorted colors)	\$10.00
Light (1-1/8" wide, Purple)	\$18.50
Average (1-3/4" wide, Green)	\$22.50
Strong (2-1/2" wide, Blue)	\$28.50
Jump Stretch Regular Platform	\$145.00
Jump Stretch Sumo Platform	\$245.00

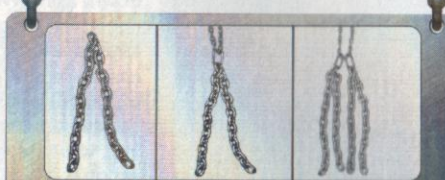
*Shipping charges additional, please call for quotes.
We accept Visa / MC / Discover / AmEx
Checks and money orders may be directed to the address below:

ELITE FITNESS SYSTEMS
122 S. Main St. London, Ohio 43140
P 888.854.8806 F 740.845.0498

WWW.ELITEFTS.COM

CHAINS!

888.854.8806



ELITE FITNESS SYSTEMS is proud to be your complete chain supplier. We sell only Galvanized chain, which means they will not rust! We also offer the complete chain setup packages which includes: (2) five foot length 5/8in chains, (1) helper chain, (1) oval snap hook, which hooks in the middle of the chain to allow for even loading. This oval snap hook will also keep your chains from falling apart in the middle of your set. Extra chains and setup packages are available.

5/8 CHAINS: (2) 5/8in chains	\$76.00*
Complete Set: (2)chains, (1)helper chain, (1)oval snap hook	\$95.99*
5-Station Chain Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

Yes, the final part of this series is here. My main objective in writing this series is to inform powerlifters of the many nutritional blunders that they are making and how to fix these problems to best improve their performance. I am going to help you stop making nutritional mistakes so that you will get stronger, have fewer injuries, and make sure that you stick around this planet a lot longer. Here I have laid out the final nutritional mistakes that will keep you from reaching your ultimate potential in powerlifting.

Avoiding Healthy Fat

Fat ... the wonder macronutrient that seems to be getting a lot of press lately. If you are a regular reader of my nutrition column then you will know that I am a big fan of fat. No, not the kind that gives you an extra tire around your waste, or the kind that makes your legs look as if they were created out of cottage cheese, but the healthy fats. Telling powerlifters to consume healthy fats is much harder than telling them to eat bad fats. Most healthy fats taste horrible while the bad fats taste really good. If powerlifters consumed more healthy fats, their health and performance would be taken to a new level. Powerlifters consume way too much saturated fat and trans fatty acids while their intake of mono-unsaturated and poly-unsaturated fats are no where to be seen. You need specific amounts of your Omega 3-6-9 fats depending on your goals and variables. These healthy fats will help lower your cholesterol, decrease tendon inflammation, increase insulin sensitivity, and increase hormonal production including our favorite ... TESTOSTERONE. These are just a few of the benefits that healthy fats provide to the serious powerlifter. If you are not including healthy fats in your nutrition plan, start kicking them in as your health and powerlifting total will be glad you did!

Not Taking a Multivitamin

This is one mistake that I see over and over. Many powerlifters that I consult with don't take a multivitamin/mineral formula. One thing that we have to remember here is that the large majority of powerlifters don't provide their bodies with the optimal amount of micronutrients that they need on a daily basis. This can definitely be a problem especially since many powerlifters are not getting the proper amounts of micronutrients from the foods that they eat. What this spells out for the strength athlete is disaster. Vitamins and minerals have

NUTRITION

Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 5

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



Quality Platform Performance requires quality nutritional planning.

many different purposes in the body and if you are deficient in even just one of these micronutrients then you will not be performing at your best. Micronutrients regulate many different physiological processes in the body. These include muscle contraction, regulation of your heartbeat, the absorption and transportation of the food that you eat, the production of hormones and a lot more. If you are allowing your body to be constantly deficient in one or more micronutrients you can not only look forward to a sub par performance, but an increased rate of injuries and over training. Taking a multivitamin/mineral formula is definitely a very important part of your nutritional program so make sure that you take yours on a consistent basis.

Not Maximizing your Carbohydrate Intake

I know that you won't like to hear this one, but the large majority of powerlifters are not maximizing their carbohydrate intake. They consume not only too many carbs, but the worst types, at the wrong times, and combined with the wrong foods. The problem that I have seen with powerlifters in regards to carbohydrate usage is that they don't know how to use them in their nutritional plan to their advantage. First off many powerlifters eat too many total grams of carbohydrates

per day. Remember if you are consuming more carbs than you are burning in a day, your chance of storing them as fat is very likely. Many powerlifters also eat too many grams of carbs at each meal. This is another problem that will not only help you to feel sluggish but will also help with increasing your fat stores. The next problem is the types of carbohydrates that are consumed. Most powerlifters love simple sugars and refined carbohydrates. Very few powerlifters use the glycemic index or insulin index when they are choosing their carbohydrate sources as well. This is a mistake in itself. Powerlifters are also guilty of not consuming the right carbs at the right time. This is most evident with their pre workout, post workout, breakfast and evening meals. Carbohydrates used in the right manner can really help to improve your performance, but when they are misused they can also be the macronutrient that can cause you the most problems as well. Optimizing your carbohydrate intake is very important for the powerlifter so don't think that this is something that should be taken lightly.

Having a Wimpy Breakfast

Looking at the size and strength of powerlifters you would think that the large majority of them would be eating like a Sherman tank come breakfast time. Well, a large major-

ity of my clients many eat a wimpy breakfast. Yes, you heard correctly. I have clients that are superheavyweights that used to start off their day with coffee and a muffin. Now what's funny about this whole scenario is that the gentlemen that told me this thought this was pretty good. I almost fell out of my chair when he told me that. He told me that he used to have a coffee and a doughnut for breakfast, but since he was trying to go after the "Healthy Lifestyle" he switched over to a chocolate chip muffin. Is this a joke or what? A coffee and a muffin wouldn't provide enough nutrients for a cockroach let alone a 340 pound man that is planning on putting over 800 pounds on his back. Eating a wimpy breakfast will have you lifting wimpy weights later in the day. If you want to look and lift like a true strength athlete, then you better eat a power packed breakfast that is going to fuel you through your tough workout. How are you supposed to keep your basal metabolic rate high when you start off your day eating like a mouse? Think about it for a minute. Your body has gone 8 hours of sleep without any food. You wake up, your metabolism is just begging for some power packed nutrients and you feed it coffee and a muffin. How are you going to maximize your glycogen stores to fuel you through your workout eating like that? How are you going to keep yourself in anabolic state that will help you to increase your lean tissue and strength when you are eating worse than a couch potato? Just to let you in on something here. We are strength athletes and we have to eat like strength athletes if we want to truly reach our potential in the sport. Your breakfast is one of the most important meals of the day and you should make sure that you are eating a balanced and nutrient dense breakfast that will provide your body with the fuel that it needs to accomplish your goals. Remember, if you want to succeed - feed the machine!

Distributing Your Calories Improperly

Here is another mistake that I see all the time with powerlifters. If you are looking to maximize your performance you have to look at how you distribute your calories throughout the day. One of the biggest mistakes in regards to improperly distributing your calories is those who eat a wimpy breakfast, like the guilty superheavyweight whom I mentioned above, yet these same individuals will eat a boatload of junk food right before retiring for the night. Now let's take a look at

what's wrong with this scenario. When your metabolic rate is revved up and is begging for nutrients first thing in the morning you provide it with a breakfast that has absolutely no nutritional value. Sounds really good doesn't it? Now when your metabolic rate is slowing down for the night, you load your stomach to full capacity with simple sugars, refined carbohydrates, sodium, food coloring, preservatives, nitrates, saturated fats, trans fatty acids and a host of other "Nutritious Goodies" right before bedtime. Can you see what's wrong with this picture? At the time when your body needs a steady dose of nutrients, you starve it. When you need specific nutrients to help you recover from your intense training session, you supply it with garbage that will only help to give you low blood sugar, increase your fat stores, and help to increase your chances of health conditions like insulin resistance and diabetes. Distributing your calories throughout the day in a scientifically laid out formation will have a big difference on your performance. When the body is in need of nutrients you have to supply it with what it needs, otherwise much of the hard work that you perform in the gym will be wasted. Many powerlifters don't count their calories, let alone focus on their distribution throughout the day. Distributing your calories incorrectly will cause you to increase your fat stores, put you in a muscle wasting state, slow down your metabolic rate and will increase your recovery time. If this sounds good to you then just continue eating what you want, when you want, in the portion size that you want, and you can at least keep your fingers crossed hoping that you have hit the nutrition nail on the head.

Change your Mindset about Powerlifting Nutrition

I know that a lot of you reading my articles are somewhat skeptical about this whole nutrition thing. Many think that since powerlifters have done well so far without following scientifically designed customized nutrition programs, then why would we need them now. The nutritional aspect in our sport has been sadly overlooked. The advances in powerlifting equipment, whether you are for or against it, has produced unbelievable jumps in progress. Yet many lifters are still eating as poorly, if not worse, than those two decades ago. If you take a look at almost every sport, from boxing to bodybuilding to running, athletes are constantly looking for the nutritional edge that will help take their performance over the top. As bad as it may sound, the large majority of powerlifters have not put that much effort into their nutritional regimen and this is one of the major reasons why many powerlifters health in their latter years is not as good as it could be. My ultimate goal in writing for *Powerlifting USA* is to help powerlifters reach their optimal performance and increase their health and longevity in this sport. Before I can do this, I have to change the powerlifting mindset about proper nutritional practices and only from there can I take you total to new heights.

Not Having your Program Designed by a Professional

Now this may sound like a case of shameless self-promotion, but it's not. If you have never sat down with a sports nutritionist before, now is the time to have a professional customize a nutri-

tional program to help you reach your goals. I know many of you probably go through my articles trying to put many pieces of the nutrition puzzle together, but the truth is you won't be able to fine tune a nutrition program without some guidance. When a sports nutritionist constructs a program for you, through a detailed nutrition and supplementation analysis, he will be customizing a program to your specific needs and goals. With a customized program your nutritional plan will be specifically catered to you and won't be some type of generic cookie cutter plan. Many of the things that would be considered no big deal to the average lifter, when it comes to a nutrition plan, can make a big difference with your results. At the same time, your sports nutritionist will be constantly monitoring your weight, body fat percentage, your pounds of lean tissue and the water content of your body. He should also be keeping track of different medical factors, like your blood pressure rating, cholesterol, triglyceride levels, and much more. Another thing that will be very important in your success is that he should also have you get blood work done, including testing your level of insulin sensitivity among other things. As you can see, just trying to throw a few of my ideas together and consulting with a sports nutritionist for program design is like night and day. When you are working with a qualified sports nutritionist they will be able to analyze your program from many different angles. This is something that you won't be able to do. Another thing that you have to understand is that any type of plan that you do follow will only work for so long. It's the same thing with your training. This is one of the benefits of the Conjugate Method of training that is promoted by the

..... "Remember, if you want to succeed - feed the machine!" ...

world's best powerlifting coach Louie Simmons. This valuable principle is also true with your nutrition and supplementation program. This is one of the things that a sports nutritionist will do with your nutrition plan. Constantly altering your program will keep your body guessing. This way your body won't adapt to what you are doing with it and you will continually make progress. If you have never worked with a sports nutritionist who specializes in strength athletes, there is no better time to get your plan on track and make your nutritional mistakes a thing of the past.

With the final part of this series, I hope that I have enlightened you with many ideas that you can now apply to your nutritional program. Of course, these are not all the nutritional mistakes that I have seen among powerlifters, as it could take an entire book to cover all the things that I have witnessed over the last 10 years. If powerlifters took their nutritional mistakes as serious as their training, then we would definitely see totals even more unbelievable than we are seeing today. If you are guilty of many of the nutrition mistakes that I have mentioned over the past five issues, it is now time to clean up your act and get your nutrition plan on track. Just remember, if you aren't maximizing your own nutritional plan, your competition will be!

If you have questions or comments I can be reached at aricciuto@x-tremepower.com

Get THE ROPE Advantage

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

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

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

BODYBUILDER WORKS

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

THE SHIRT

Padded where the bar sits for more comfortable squats
Only \$29.95.
Please include shirt size with order

Send check or money order to:

The Body Hobby Shop
1531 S. State Highway 121 #215
Lewisville, TX 75067
214-222-2997

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

BODYBUILDER

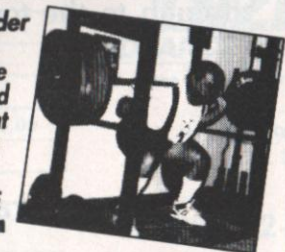
A GAMMA ORYZANOL EMULSION

A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF GAMMA ORYZANOL TO BUILD MUSCLE AND REDUCE STRESS!



For THE PROFESSIONAL And THE BEGINNER

"Body Builder delivers. My lifts are way up and my body fat lower than ever!"



-W. KIT PRICE
World Champion
Power Lifter

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

WWW.EQUIAIDE.COM

STRAIGHT BAR TALK Powerlifting Commentary by Mike Lambert, PL USA

..... as if they happened yesterday, it's easy to recall those concentrated "white moments" of powerlifting reality, simultaneously experienced by dozens of this nation's strongest military athletes. Back in the days when the United States Military Powerlifting Championship was at its greatest heights, full teams from each branch of our armed services were funded by Uncle Sam for the lifters to train for, travel to, and compete in powerlifting against each other under the banner of their branch of the service. Some of the greatest lifters the United States has ever known developed to their highest levels of achievement in the sport because of this very generous program. (Many ex-military lifters from those days are STILL making their marks on the record books). Great athletes and coaches challenged each other in a true "team" concept of competition. These were not open contests. Each service brought only a full team and an alternate or two, in case someone couldn't start at the last minute. The performance of every single person on every official 11 man team roster counted for team points. Some of the lifters in a given weight class were world class and others were not, but each competitor's performance and each lift they made, or missed, truly meant something, team-pointwise. On paper, one could predict the outcome of a given class based on the participants' previous results, but at the meet ... stuff happens. Each service had their own guy(s) on a clipboard, figuring out the team implications of each success and each failure on the platform ... if a given lifter were to have a bad day, or - worse yet - bomb out, each of the respective team's scorekeepers would practically break a pencil re-figuring the repercussions on their outfit's prospects. A lifter who was expected to place down the list could upset someone else's "team" apperant too, by simply doing what they were supposed to do, and perhaps a little beyond that if the magic of the moment was with them. There were so

TEAMPWERLIFTING

many capable people, optimistically pushing the envelope of their minds and bodies, intently focused on managing the best from what fate and the other teams' performance were to hand them.

This format brought out the most concentrated expression of competitive spirit and camaraderie you can imagine - friendly rivalry at it's most extreme efficiency. Robbie Roberts, who for years ran great military meets at the Marine Corps Recruit Depot down in San Diego, thought this "team" format had very significant application in the sport, beyond the uniforms. Why not expand this concept to powerlifting "teams" in general?

Haven't people been complaining, for decades, that Powerlifting meets take too long? While a few gleefully contemplate how snappily meets might run if the number of weight classes were cut down, or even if one of the traditional lifts were just dropped altogether, wouldn't it be more elementary to simply limit the number of lifters who enter the meet in order to control how long the contest takes? The Team Powerlifting concept accommodates a few full

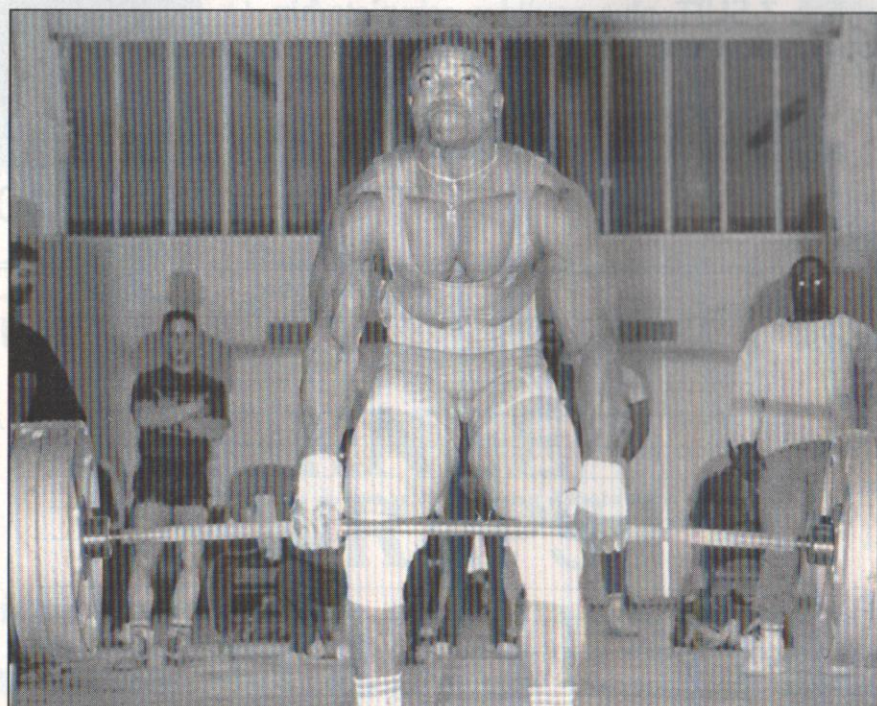
teams, two - three - four of them - 22, 33, or 44 lifters a number of entrants that allows for a quickly run contest. Furthermore, the Team Powerlifting concept allows the meet director an enhanced opportunity to cover his financial outlay ... perhaps he won't need to make his investment back just on as many entry fees as he can come up with ... with "Team" Powerlifting he has a more realistic chance to make something back on the gate, because this format of competition is more "promotable" to a general audience. Consider the possibilities what about an Ohio versus Pennsylvania versus West Virginia meet (would you pay to watch it, would your uncle go too?), or ... Jefferson County versus Washington County versus Madison County, or Eastside High School against Southside High School, etc. ... these would be meets that are short, to the point, and they are eminently promotable to the general public. People who don't know much about Powerlifting might readily come watch such a competition if it is "their" school, city, state, etc. competing. The "Team" format allows the promoter a broader means to

attract an audience, set up a refreshment booth, run an intensely competitive meet in a short time, and - now for the best part.

Back at those great military meets, there was the official scorekeeping table, and - as noted - each service had a rep or two keeping their own set of numbers, but if you were in the audience - and not keeping score yourself - you might have a notion that some very important things were going on as far as the team standings, but you wouldn't know precisely what they were. That's another of powerlifting's problems as far as dealing with John Q. Public the "score" can be complicated to "show", what with many weight classes and many competitors in each class. Of course, a large scoreboard ... as seen at some of the previous major world championships, etc. is great, but you need a large pile of money to build such a display and a small army of guys to manually update it throughout the competition. Nowadays, many contests are scored by computer and, as a result of technological developments, one does have the option of displaying those easily programmable computer generated results off a digitally driven projector (they aren't cheap to buy, but you can rent them for a fairly

modest fee). With that capability, you can project the score (on a wall or screen) in a given weight class, or the team score implications of each lift .. in large letters, so everyone can see what's up ... virtually INSTANTANEOUSLY ... capturing the intense relevance of each lift (RIGHT THEN!) so the crowd can really appreciate exactly what is transpiring with "THEIR" team.

Team Powerlifting ... is it an idea whose time has passed, along with those halcyon days of fully financially supported military teams, or is it something that has finally come of age ... in the Digital Age? If anyone is willing to give a major Team Powerlifting promotion a try, call PL USA (800-448-7693) and we'll arrange for you to get some free publicity to help your effort get rolling.



AUSBY ALEXANDER, at the '88 Armed Services Meet, is a prime example of the national and international success that the Team Powerlifting concept can help bring about. (Joe Velez)

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

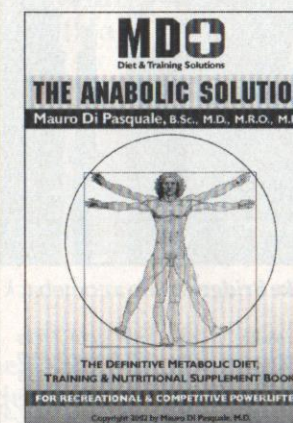
DEAR MAURO: I am currently reading your book, The Metabolic Diet. I have also purchased The Anabolic solution for Powerlifters, but have not read it as of yet. My question is as a competitive powerlifter at the local, state, and national level - Which diet plan, or change of life plan as I would like to think that is will be, would be better for me to start with? I currently weight 177 with a body fat % of 27%. I would like to decrease my bodyfat % to 10-14% and keep it there, along with the bodyweight of around 160-164. I will not begin the plans until after my next competition, as I am too close to start now without knowing how it will affect my lifting. My next meet is on the 26th of January - Women's Nationals..... Thank you for your time as I know that your schedule is very busy.

DEAR JEN: The Anabolic Solution for Powerlifters is definitely the way to go as it covers how to maintain muscle mass while dropping body fat - ie having as much functional muscle mass as possible for whatever weight class you're lifting in. The Metabolic Diet can act as a good reference since it has the charts and sample diets, as well as some more information that may prove useful. And I agree about not starting something new close to a competition. It's almost always a mistake. Best regards, **Mauro**

DEAR MAURO: I am a sixty-six year old male recreational lifter, although who knows, I may compete yet. The problem is my leg size and mass. I recently lost 25 pounds going from 230 lbs to 205 lbs. I lost mostly fat but unfortunately lost a lot of muscle in my legs. Can you tell me what kind of leg routine I should follow to improve my leg size and strength? At present my thighs measure 23" and calves 16". I've been told that leg presses and combo leg extensions/curls would help. What do you suggest? **Rick**

Dear Rick: The problem with a lot of lifters as they age is that they let up on doing squats because of various problems with their back, knees, etc. And if they do squats they don't do them the way they should. My feeling is that you can't basically follow the same leg mass routine. You just have to be careful to modify the weight used and perhaps the intensity and frequency of the workouts. As I mentioned above, if you want to increase mass you're going to have to squat - without gear (except for light knee wraps and belt if needed) and to at least just below parallel. You're also going to have to work up to a decent weight. I find for me it's best to only work the legs once a week but put a lot into that workout. I spend at least an hour doing squats - usually between 1.5 and two hours. Once I'm in fairly good lifting shape I usually rotate three routines, one each week for a 12 week period. The first squat routine is six sets of 6 reps, not including a few warm-up sets. The second routine is one of descending reps, ascending weights. After a few sets of warm-ups, I start with 8 reps, add some weight, do 6 reps, add weight, do 5 reps, add weight, do 4 reps, add weight, do 3 reps, add weight and do 2 reps. The third routine is a lighter one in which I do 5 sets of 8 reps at a very comfortable weight. After a 12 week stint I'll usually do a few weeks of all the other leg exercises that most people do because they're easier, including leg presses, hack squats, calf raises, etc. Then it's

THE SOLUTION IS HERE!



- ➔ Maximize Strength
- ➔ Maximize Muscle Mass
- ➔ Minimize Body Fat

Soft Cover \$39.95
e-book \$29.95

ORDER ONLINE & RECEIVE A
10% DISCOUNT WHEN YOU ENTER
DISCOUNT CODE: PLUSA923

Soft Cover & e-Book NOW AVAILABLE!

ANABOLIC SOLUTION FOR POWERLIFTERS

Dr. Mauro Di Pasquale, a former IPF World Champion Powerlifter, the father of **low-carb, cyclical dieting**, and the author of both the Anabolic and Metabolic Diets, now introduces the **Anabolic Solution for Powerlifters** - a natural and effective alternative to the use of powerful, and dangerous anabolic drugs. While it's true that there are no magic shortcuts to success, the Anabolic Solution for Powerlifters is your best bet for increasing your **strength and lean muscle mass** in the shortest amount of time, whether you are a recreational or professional powerlifter.

Diet & Training Solutions



For more information visit us at:
www.metabolicdiet.com
www.coachsos.com

ORDER ONLINE CALL OR WRITE AND MENTION DISCOUNT CODE
(PLUSA923) FOR 10% DISCOUNT
20 Strathy Rd Unit 6 Cobourg Ontario K9A-5J7
To Order call 1-905-372-1010

back to the real stuff for another 12 weeks. If you decide to use this routine, let me know how it works out. Keep in mind that along with the lifting you also have to optimize your nutrition. That means getting plenty of protein and calories. You might also want to use some of the product in my nutritional supplement line (www.MetabolicDiet.com). For example, both TestoBoost and GHboost have been clinically shown to raise testosterone, growth hormone and IGF-1 levels and as such would provide you with a natural anabolic stimulus and lead to increases in both strength and muscle mass. **Mauro**

USAPL Masters Nationals (kg)
1-4 MAY 03 - Baton Rouge, LA

Master	SQ	BP	DL	TOT
Master (40-44)				
Danny R. Payne	115	65	147.5	327.5
56 Master (40-44)				
Denny Barleen	150	117.5	190	457.5
Master (45-49)				
S. Meadows	170.5	112.5	210	493
Master (50-54)				
Ira Rosen	180	90	195	465
60 Master (40-44)				
Tim Smith	192.5	110	200	502.5
Kevin Jones	180	112.5	162.5	455
Curtis Reinitz	152.5	102.5	167.5	422.5
Master (45-49)				
John Corsello	172.5	130	187.5	490
John S. Bissen	180	92.5	210	482.5
Scott Richey	177.5	92.5	185	455
Master (55-59)				
Iain Burgess	142.5	92.5	160	395
67.5 Master (40-44)				
L. Weinstein	240	142.5	255	637.5
L. Slaughter	215	185	215	615
William P Payne	205	130	235	570
Barrett Richey	102.5	85	147.5	335
Gregory Page	237.5	150		
Master (45-49)				
Arval Bridges	212.5	157.5	252.5	622.5
D. Humphrey	152.5	95	162.5	410
Master (50-54)				
Brendon Rohan	182.5	135	230	547.5
Joe Rizza	190	77.5	190	457.5
Master (55-59)				
Bob Coleman	157.5	82.5	162.5	402.5
Master (60-64)				
Jules Pellegrino	185	142.5	182.5	510
Master (65-69)				
Dillon Maier	160			
Master (70-74)				
Robert Cortes	157.5	107.5	212.5	477.5
Frank Richey	147.5	110	185	442.5
75 Master (40-44)				
Pat Beaumaster	281	165	260	705
Joseph Braca	252.5	155	287.5	695
Mark A Sigala	232.5	157.5	260	650
Chris T. Dargin	185	160	260	605
Brad Olson	230	150	225	605
Master (45-49)				
Alan G. Cayer	250	157.5	280	687.5
Carlos A. Lewis	270	155	240	665
D. McCarthy	237.5	132.5	220	590
Mark Thomas	212.5	112.5	227.5	552.5
Master (50-54)				
Mark Cucinella	185	130	207.5	522.5
Alan Sheen	110			
Master (55-59)				
Jeff Jacobs	217.5	130	227.5	575
Art Menton	212.5	137.5	215	565
Bob Sainati	155	90	217.5	462.5
Master (60-64)				
Sam Alduenda	215	100	235.5	550.5
Master (65-69)				
Jack Wolff	137.5	82.5	180	400
Jerry Ochs	125	95	160	380
Donald Steele	92.5	67.5	142.5	302.5
Master (70-74)				
D. Goodwin	92.5	80	145	317.5
Master (80+)				
F. Archambault	150	97.5	185	432.5
82.5 Master (40-44)				
David Ricks	282.5	182.5	295	760



Mike Bridges made a comeback at the National Masters (Rick Crain)

Larry Maile	265	195	270	730
Bill Scully	270	187.5	262.5	720
Greg Zangl	195	205	255	655
Doug Harney	232.5	152.5	240	625
Tony Hambric	207.5	150	240	597.5
Jesse Robles	210	140	235	585
Master (45-49)				
M. Bridges	320	215	292.5	827.5
L. Woodley	310	167.5	302.5	780
David L Wiley	260	152.5	232.5	645
M. Harrison	262.5	132.5	245	640
William Kellett	135	110	190	435
Master (50-54)				
Ron Erickson	200	130	242.5	572.5
Bill Clayton	217.5	137.5	212.5	567.5
Edgar Martinez	210	127.5	195	532.5
R. Gelsomino	190	137.5	205	532.5
Michael Brady	210	140		
Master (55-59)				
R. Contreras	195	137.5	235	567.5
J. Klostergaard	195	187.5	175	557.5
Jim Yeats	192.5	122.5	235	550
Jim World	190	132.5	225	547.5
R. Stillman	180	120	200	500
M. Rosenwald	170	102.5	190	462.5
D. Courville	215			
Master (60-64)				
Jim Waters	147.5	100	200	447.5
James C. Lyons	172.5	100	172.5	445
Master (70-74)				
Eugene Hall	97.5	65	140	302.5
Master (75-79)				
John Weiss	102.5	67.5	147.5	317.5
90 Master (40-44)				
Gregory Jones	297.5	195	287.5	780
S. Lemarie	257.5	175	282.5	715
Russel Clark	260	180	260	700
Bruce Thomas	255	145	260	660
Ron Falcone Jr.	247.5	187.5	215	650
Gerard Dally	232.5	145	242.5	620
Michael Laabs	205	125	232.5	562.5
Brett Masuoka	200	135	227.5	562.5
Eddie Williams	205	117.5	225	550
Eliot Feldman	187.5	132.5	200	520
Mike Willet				
Master (45-49)				
Aaron D Byas	230	150	275	655
K. Bogush	182.5	132.5	192.5	507.5
Floyd Frank Jr.	172.5	117.5	202.5	492.5

APPLICATION FOR REGISTRATION

American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student			

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

Robert Morton	175	117.5	185	477.5	
Master (60-64)					
Doug Dienelt	205	163.5	227.5	596	
Robert Rood	195	155	215	565	
Dove Pate	200	142.5	205	547.5	
110 Master (40-44)					
Jeff Douglas	365	232.5	305	902.5	
Kevin Stewart	335	237.5	310	882.5	
Mitch Edelstein	257.5	185	280	722.5	
Tom Babcock	260	182.5	247.5	690	
Keith Belisle	257.5	195	235	687.5	
Derek Wallace	255	160	200	615	
Perry Wyrick	170	140	185	495	
Master (45-49)					
Gary Pamplin	295	242.5	232.5	770	
Rick Chavez	287.5	155	242.5	685	
Joe Smolinski	232.5	157.5	255	645	
Marc Nagele	225	157.5	242.5	625	
Gary Stevens	232.5	130	237.5	600	
Pat Tying					
Master (50-54)					
Johnny Graham	322.5	167.5	305	795	
Wayne Alsup	247.5	147.5	272.5	667.5	
Ron Burnett	252.5	155	240	647.5	
Bill Sindelar	250	157.5	232.5	640	
Sean Anderson	245	162.5	227.5	635	
Master (55-59)					
Crayton Taylor	257.5	180	265	702.5	
M. Nichols	185	125	227.5	537.5	
C. Lambert	102.5	125	137.5	365	
125 Master (40-44)					
Doug Ballard	337.5	215	315	867.5	
D. Gonzales	337.5	225	300	862.5	
Ken Ryder	287.5	237.5	287.5	812.5	
Bill Collins	272.5	212.5	287.5	772.5	
Derell Bowie	282.5	160	250	692.5	
Bobby Patton	180	190	230	600	
Caesar White					
Master (45-49)					
Roger Hendrix	320	212.5	295	827.5	
Ted Stewart	250	150	265	675	
Steve Howard	250	147.5	212.5	610	
C. Wainwright	210	155	210	575	
Master (50-54)					
James Miller	272.5	172.5	255	700	
Albert Wood	195	170	205	570	
John Thomas	85	120	202.5	407.5	
Denny Day	210	165			
Master (55-59)					
William Morris	255	195	245	695	
Master (60-64)					
T. Arrington	257.5	160	240	657.5	
Charles Clonca	247.5	160	232.5	640	
Robb Grisham	225	142.5	210	577.5	
SHW Master (40-44)					
Paul Fletcher	342.5	227.5	325	895	
Jim Weiss	292.5	175	285	752.5	
Steven Johnson	240	210	242.5	692.5	
Master (45-49)					
Jim Pope	290	205	312.5	807.5	
Rick Cech	262.5	210	260	732.5	
K. Wentworth	175	160	250	585	
110					
Stan Kramer	220	R. Gidcumb	107.5		
125		Teenage 16-17			
R. Eickstaedt	210	100			
D. Szymanski	200	R. Ramirez Jr.	157.5		
Master 40-44		Teenage 18-19			
82.5					
Lee Roy Banks	190	M. Zintsmaster	132.5		
90					
F. Sbalchiero	192.5	David Herrera	167.5		
100		Junior			
Jim Pinckard	200	110			
110		Thomas Kapsch	182.5		
Mark Ingle	207.5	Wo Master 45-49			
125					
R. Eickstaedt	210	Chris Spaletto	62.5		
Master 45-49		90+			
82.5		Sidney Thoms	110		
Tom West	160	Police/Fire 40-44			
90					
Larry Boynton	147.5	Lee Roy Banks	190		
AAPF PL		SQ	BP	DL	TOT
Open					
56					
Rob Leoni	185	105	*198	487.5	
60					
Dan Carpenter	187.5	132.5	197.5	507.5	
75					
C. Kanavas	232.5	152.5	260	645	
Erwin Chang	215	170	215	600	
Putt Houston	220	165	207.5	587.5	
Joshua Fix	200	152.5	182.5	530	
82.5					
John Urchick	272.5	132.5	260	665	
82.5					
Joe Espy	227.5	170	220	617.5	
90					
G. Sotirakos	282.5	227.5	275	785	
John Latronica	285	177.5	282.5	745	
Scott Kuderick	320	182.5	240	742.5	

IPA Joe Average Open
APR 03 - Pen Argyl, PA

60 lbs. 7 yrs.	SQ	BP	DL	TOT
Josh Parrish	125		130	
Women 114 Open				
Rae Lee Fiore	300	135	275	710
139				
Kathy Miller	325	165	325	815
114 Pro				
S. Parrish	415	205	360	980
Men 14-15 Teen 148				
Dan Tillman	405	225	405	1035
Junior/Open 165				
Pat Curley	610	370	550	1530
40-44 Master 181				
Fred Piermattei	630	385	555	1570
55-59 Master 198				
Paul Kane	400	360	430	1190
220 Pro				
Dick Crane	875	575	550	2000
220 AM				
Blaine Rundle	715	405	540	1660
242 Junior AM				
Ryan Baldwin	600	305	450	1355
275 Submaster				
Chris Riedy	625		500	
Junior/Open				
Charles Fay	700	435	655	1790
55-59 Master Pro				
Bob O'Brien	380		380	

(Thanks to Jim Parrish for providing results.)

kissing lets get on with it.... Matt hit all 3 attempts in the squat finishing with a very impressive 970. Mike opened with an easy 925 and immediately went to 1015 on his second attempt but was unable to complete the lift. Mike stayed at 1015 on his third attempt and was able to setup strong and DESTROY the lift.... deep in the hole and plenty of speed to the top for 3 white lights. In the bench Matt was able to narrow the gap with a 650 press as Mike went 3 for 3 and finished with 630. The standings after the squat and bench showed Mike at 1645 and Matt at 1620, setting up a showdown in the deadlift. Both men destroyed their opening deads and were ready to get it on with the last two attempts. Mike went to 810 on his second and annihilated the lift as Matt went to 835 to narrow the gap and possibly setup for the win on his final attempt. Mike looked poised to seal the deal as he went to 825 but to everyone's surprise he was unable to complete the lift. The stage was set for Matt to take the win with as he jumped to 850. The music was cranked and the crowd was going crazy as Matt approached the bar... plenty of speed off the floor but it looked like he might stall at the top but NOT TODAY as Matt willed the bar to lockout for the win. The room erupted as Matt was given the down signal from the judge. When the smoke cleared it was Matt with 2470 and Mike with 2455. What an end to one hell of a battle and one hell of a meet! Thanks to everyone who helped make the meet a success. Special thanks to all of the lifters who competed from all over the country. Thanks to my wife for supporting my powerlifting and helping run the meets. Also, special thanks to Brent Tracey for making this all possible, without your help and influence there would be no meet (not to mention I would not be the lifter I am today). A big thanks to Louie Simmons and Westside Barbell for providing equipment and promoting the meet (and thanks again to Louie for just being Louie, he is the innovator of Powerlifting and without him we would not see the numbers we see today and will continue to see in the future). Thanks to Mike Hill for allowing me to steal your meet and for being one hell of a friend. Thanks to the entire Iron House crew who helped make the meet possible. Thanks to Dave Tate for promoting & helping organize the meet and Mark Chaillet for the sanction & help running the meet. See you next year - April 3 & 4, 2004 (same place) & also at the July 26, 2003 Push/Pull & Bench for Cash. (Thanks to Mike Maxwell, Iron House Gym for providing the results)

WORKOUT of the Month

World Record Buster VINCE ANELLO and his 14 week DEADLIFT training cycle

I think this routine will benefit you readers. My workouts are based on singles which I cycle accordingly. Everyone responds in their own way to different types of rep and set systems. I happen to thrive on singles; many other weight trainees do as well; some do not. I do feel, however, that this routine will benefit a great many powerlifters and increase their deadlift. As you will see, the method of performing singles is a little unique.

I am not going into a squat routine as I am not a Fred Hatfield, but I do feel that partial squats do benefit my deadlift. After regular squats, I set the pins on the power rack so that when I touch the pins the angle of my leg bend is approximately the same as the start of the deadlift. The same foot stance should also be used as in the deadlift. For me, that is close! Lower the weight slowly to the pin, touching the pin, but not resting on it and perform three reps in the same manner. I would recommend three sets of three. The weight used is relative to the structure of the Individual. I do this exercise after my squats and add from thirty to fifty pounds more than my top squat for the day. This may have to be modified to suit the individual's strength, weaknesses and structure. I would recommend this only be done once per week. Because of the taxing effect on the back, I would recommend the squat and deadlift not be performed on the same day early in the cycle. I would also drop this movement about three weeks prior to the meet and squat and deadlift on the same day to simulate contest conditions.

I have drawn up a fourteen week routine for the deadlift. If a lifter's previous best was 600, I feel 650 would be a realistic goal. The deadlift will be performed once a week, and

we will start week 1 with a single of 510 and increase 20 pounds every other week. The program on the alternate weeks is the unique part of the routine, and the part which brings the results!

Week 1, 255x10, 305x5, 355x3, 405x2, 455x1, 510x1. Partial Deadlifts (from knee), 455x5, 510x3, 560x2.

Week 2, 255x10, 305x5, 355x3, 405x2, 455x1x5. The final group of five singles is performed with only one minute rest between sets, so have a friend with a stop watch.

Week 3, 275x10, 325x5, 375x3, 425x2, 475x1, 530x1. Partial from knee 475x5, 530x3, 580x2.

Week 4, 275x10, 325x5, 375x3, 425x2, 475x1x5. One minute rest between these last singles.

Week 5, 295x10, 345x5, 395x3, 445x2, 495x1, 550x1. Partial from knee 495x5.

Week 6, 295x10, 345x5, 395x3, 445x2, 495x1x5. One minute rest between sets of singles.

Week 7, 315x10, 365x5, 415x3, 465x2, 515x1x5. Partial from knee 515x5, 570x3, 620x2.

Week 8, 315x10, 365x5, 415x3, 465x2, 515x1x5. One minute rest between sets of singles.

Week 9, 335x10, 385x5, 435x3, 485x2, 535x1, 590x1. Partial from knee 535x5, 590x3, 640x2.

Week 10, 335x10, 385x5, 435x3, 485x2, 535x1x5. One minute rest between singles.

Week 11, 355x10, 405x5, 455x3, 505x2, 555x1, 610x1. Partial from knee 555x1, 610x1, 660x1.

Week 12, Perform squat and deadlift on the same day, dropping partial squats, 355x10, 405x5, 455x3, 505x2, 555x1x5. One minute rest between singles.

Week 13, 355x10, 405x5, 455x1, 505x1, 555x1, 590x1.

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 14, Meet day, warmup 355x10, 405x5, 505x1, 555x1. Opener 590, 2nd attempt 620, 3rd attempt 650.

As I mentioned before, the program can be modified to suit the individual. Partials are discontinued on the 12th week. I would also combine the deadlift day with the heavy squat day in the 12th and 13th week.

The two bodybuilding exercises I perform for the deadlift are the lat pulldown and bentover row. I also work the Nautilus machines and use that principle for all my bodybuilding. I perform one set to failure.

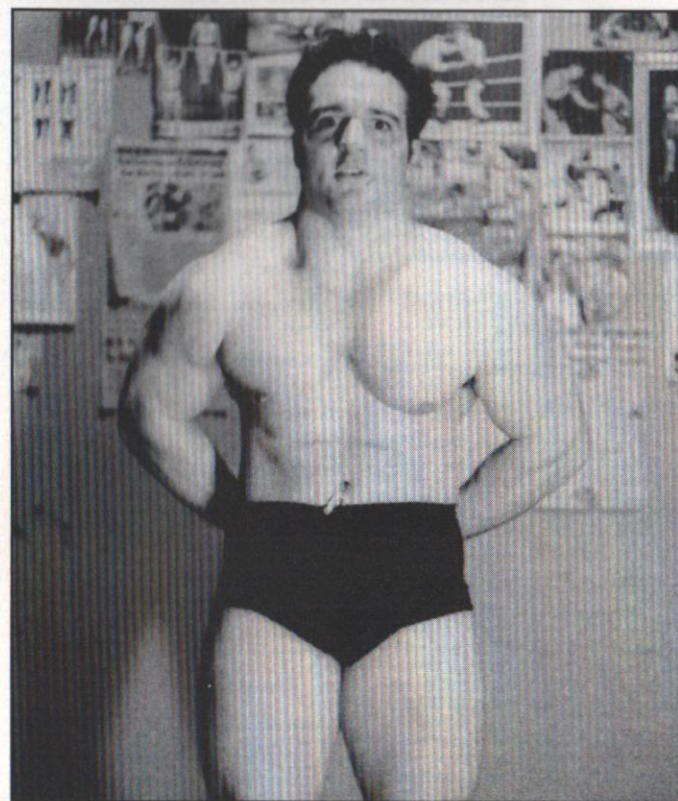
I would recommend that lat work be done after the deadlift workout and on one other day, a total of two days per week. I have found the lats to be a very important muscle group in the deadlift. I would also recommend the Nautilus

principle of one set to failure for each exercise (2 second contraction, hold at contraction 2 seconds, 4 sec. negative each rep).

I would also recommend one set to failure of shrugs for the finish of the deadlift. I use a Nautilus machine but one can use a barbell. Perform this exercise along with your lat work. One should be able to get from 8 to 12 reps before one cannot perform another strict repetition. When 12 reps can be performed, raise the weight ten pounds.

Remember, the singles with one minute rest between sets are the secret to this program. It makes the exercise very intense by putting a great amount of work into a shorter period of time, which increases the intensity. It is the intensity which increases the results.

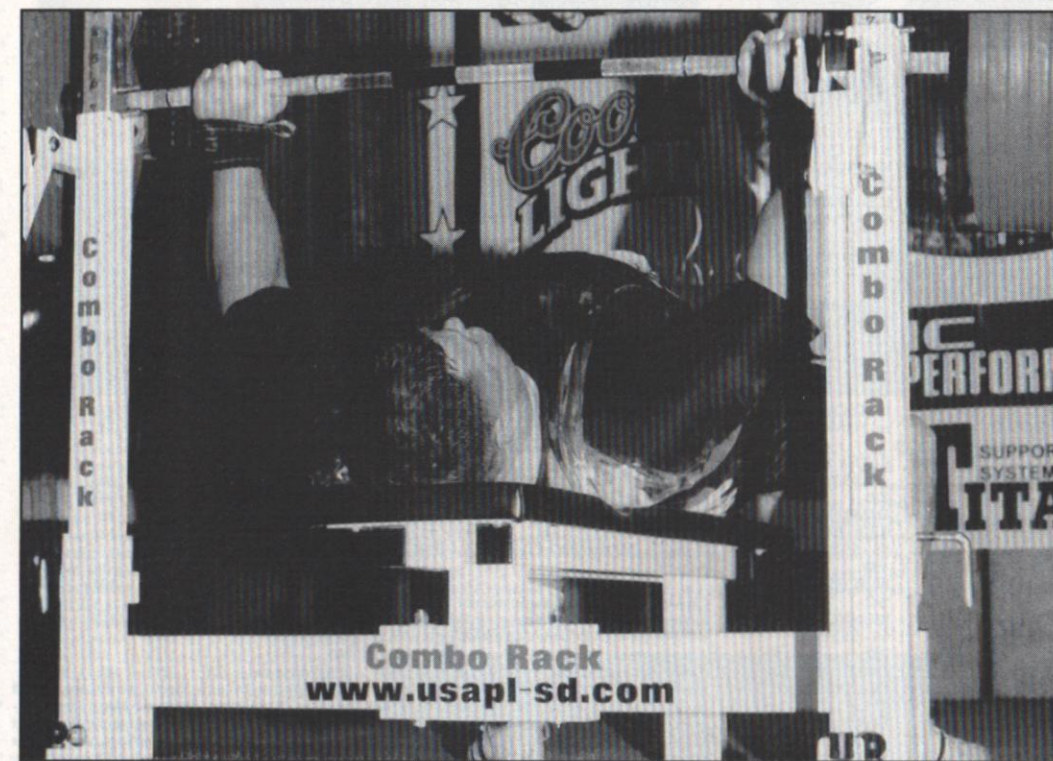
May all your lifts be light and all your lights be white.



Vince Anello at the age of 19 in a photo supplied by Matt Gabor. Vince recently underwent hip replacement and we all wish him well

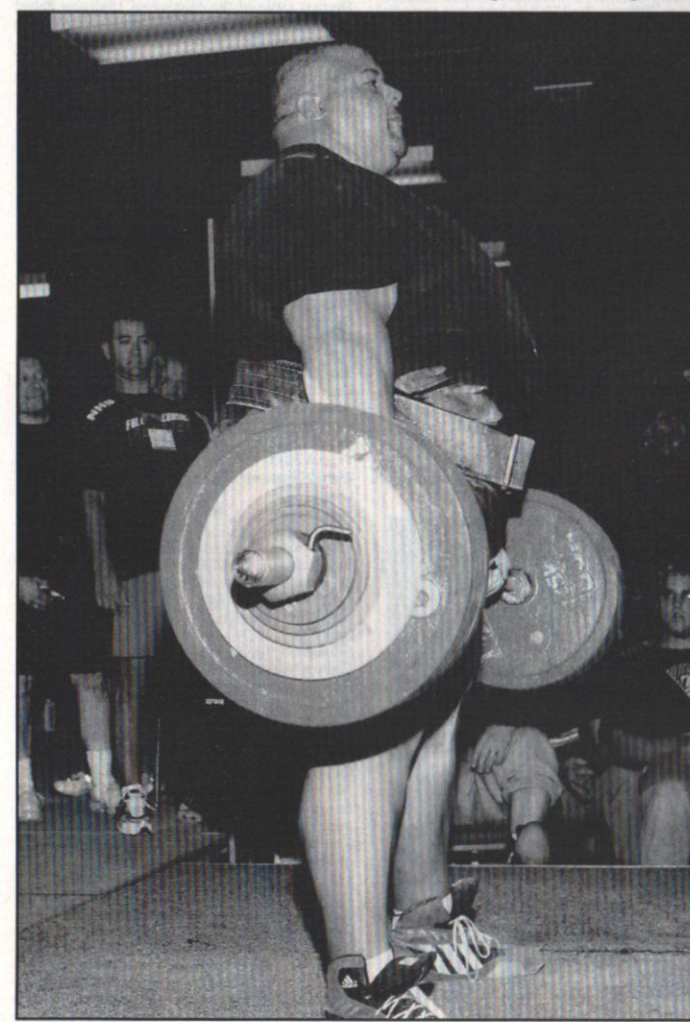
An impressive meet presentation by Meet Director Steve Howard and his army of capable supporters in historic Rapid City, South Dakota, a great place to visit. Ervin Gainer set a new American Record in the squat (447) and deadlift (509) to win the 114s alone @ 1229. Doc Holloway went 473 264 518 1256 for a 10 times body-weight plus win at 123. Hennis Washington came back to the USAPL and 9/9ed a 1377 to win the 132s, and Scott Layman won the 148s with 1466. Wade Hooper brought the IPF squat record back to the USA with a 727, and finally broke the 600 lb. mark in the deadlift for a 1774 winner total at 165. Eriek Nickson had shirt problems and bombed in the bench. Rich Salvagni took three tries to find depth on his opener squat, then went on to win the 181s and, en route, try to break the IPF World Record in the bench press at 530, locked out but not passed. New USAPL President Larry Maile was 3rd at 1603. Mike Mastrean had a torn pec, so Ray Benemerito had his way at 198,

USAPL Men's Nationals FLASH REPORT



Brad Gillingham was magnificent in a rapid recovery from his second consecutive bicep tear, and at 181

Rich Salvagni (below) was a new face on the USAPL victory stand.



JEFF LEWIS was HUGE ... in every PL related meaning of the world



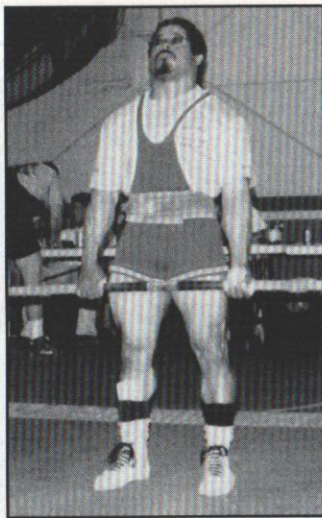
but took three tries to get his bench in. At 220, Tony Succarotte got a new IPF World Record in the bench press with 578 (missing 589), but couldn't hold off the deadlift onslaught of Nick Tylutki (755) and Charr Gahagan (799 - just barely getting the down signal in time). Tony Harris apparently hurt himself in the warmup room and opened his deadlifts with 600, and then patiently waited to stiff leg up the winner weight of 716 over Kevin Stewart. The 275s were madness 19 lifters and 6 over 2000. Scott Lade got an IPF World Record in the bench

with 661 (missed 672), but couldn't hold off Tony Cardella's 2110. Willie Croner (2077), Greg Wagner (2072), and Ryan Goldin (2044) were in it. The Supers were much anticipated. Brian Siders squatted 909, benched 672 (barely missed 699), and pulled 804 for 2386. Brad Gillingham went 9/9 with a big 865 squat, impressive 611 bench, and a controlled stiff leg success with 810 for 2287. Jeff Lewis benched 650 so easily, it looked like he should have tried 700. Dan Gaudreau got a Masters World Record BP of 584. Full report next issue.

**ADAU "No Druggie's Allowed"
17 MAY 03 - Erie, PA**

SQUAT	4th	215
WOMEN		
123	ED BETZA	330
CAROL KOCH	150	RICH VOLPATTI 320
MEN		
165	GREG WOLBERT	
RAMONE CRUZ	455	JOEL BELL
4th	465	JONATHAN STEWART
181	319	
TONY SIKORSKI	285	DALESTONER 400
198		
D. HENDERSON	435	S.H.Y. CLASS
AL MANGINI	390	RAY BUTLER 500
4th	400	L. D'AVBROSIO
220	242	16 - 17 YEARS
D. GRANDINETTI	455	JONATHAN STEWART
RICK JENKS	430	35 - 39 YEARS
BRENT FULINGS	340	242
LEREOY BURTON	255	ED BETZA 330
4th	260	40 - 44 YEARS
242	165	
PAT HUNTLEY	460	RAMONE CRUZ 265
275		4th 270
JEFF LAWSON	445	198
4th	455	NATE CARTER 375
SHY CLASS		M. TONKOVICH 335
L. D'AMBROSIO	600	220
4th	650	BUCKY SISCO 345
40-44 YEARS		
165		45 - 49 YEARS
RAMONE CRUZ	455	DAVELHOTA 370
4th	465	RICK JENKS 290
220		55 - 59 YEARS
BRENT HULINGS	340	198
45 - 49 YEARS		BUTCH HUEY 300
220		
RICK JENKS	430	RICH VOLPATTI 320
50 - 54 YEARS		65 - 69 YEARS
198		220
AL MANGINI	390	LEREOY BURTON 210
4th	400	DEAD LIFT
65 - 69 YEARS		114
220		CHRIS STONER 185
LEREOY BURTON	255	148
4th	265	JACOB WICZ 335
BENCH PRESS		4th 340
WOMEN		165 POUND CLASS
OPEN		RAMONE CRUZ 505
148		4th 515
J. SCHROEDER	105	181 POUND CLASS
4th	110	DON SWINGLE 400
165		JOE SELL 380
S. DRALEE VILLO	135	TONY SIKORSKI 345
4th	140	198
14 - 15 YEARS		ALNMGINI 455
220		
J. SCHROEDER	105	D. GRANDINETTI 480
4th	110	BRENT MULINGS 475
35 - 39 YEARS		LEREOY BURTON 345
165		4th 365
S. DRALEE VILLO	135	242
4th	140	PAT HUNTLEY 540
MEN		275
OPEN		JEFF LAWSON 540
148		4th 555
KEN HODGES	300	YOUTH 11 - 12
165		97
RAMONE CRUZ	265	CHRIS STONER 185
4th	270	40 - 44 YEARS
181		165
DON SWINGLE	205	RAMONE CRUZ 505
198		4th 515
DUANE MARTYN	425	220
NATE CARTER	375	BRENT MULINGS 475
M. TONKOVICH	335	50 - 54 YEARS
BUTCH HUEY	300	198
220		AL MANGINI 455
ALONZO DAVIS	375	65 - 69 YEARS
DAVELHOTA	370	220
BUCKY SISCO	345	LEREOY BURTON 345
RICK JENKS	290	4th 365
LEREOY BURTON	210	

First I want to thank my crew for all their help, to make this another great contest. Mike Martucci, Dave Hientzel, Adam Hersperger, Matt Catalino and Jason Stazer for spot-loading, Ed Betza, Danette Martucci, Terry Johnson and Angel for running the table. Al and Brenda Siegel, Terry Johnson, Adam Hersperger and Matt Catalino as officials. If I forgot anyone, forgive me. SQUAT CHAMPIONSHIPS: Carol Koch started the ball rolling with her masters American record of 150 pounds in the 123, 55-59 age group, followed by her teammate, Tony Sikorski, setting a 60 - 65 years, 181 class record with 285. Ramone Cruz had a great day, going 4 for 4 to set an open and masters record at 165 with an easy 465 pounds, which won the Champion of Champions award. In the 198 class, Don Henderson (open) and Al Mangini (50 - 54) went first and second with both setting new American records Dave Grandinetti was top man at 220 with Rick Jenks (45 - 49) on his tail. Jenks set an American numbers record with 430. Leroy Burton set a masters record in the 65 - 69 year class. At 242, Pat Huntley won GOLD with a sub-masters record and Jeff Lawson did the same at 275 pounds. Lou D'Ambrosio was top man at supers and did an EASY 650 for the record. BENCH PRESS



Ramone Cruz at the ADAU "No Druggie's Allowed" Single Lift Championships. (photograph was provided by Joe Oreglia)

CHAMPIONSHIPS: Jolene Schroeder, my wonderful granddaughter, was the opener in this contest and she won the GOLD in the 148 pound class with an American teen record of 110, then my INCREDIBLE fiance, Sondralee, won the 165 class with a sub-masters record of 140 pounds. Ken Hodges managed to get one bench in and it was a great, RAW 300 pounds in the 148 class for the GOLD. Meanwhile Ray Cruz won the open and masters at 165 with a masters record 270 pounds. CHAMPION OF CHAMPIONS, Duane Martin went 3 for 3, finishing up with a RAW 425 pounds in the 198 class. INCREDIBLE. Duane's teammate Nate Carter, took the SILVER and set the masters 40 - 44 record with a GREAT 375. Butch Huey won the masters 55 - 59 class with a record 300 pounds. At 220, Alonzo Davis and Dave Lhota went one and two respectively with 375 and 370. Nice contest. There were five starters in the 242 class, but only two finished with Ed Betza taking the GOLD, just ahead of Rich Volpatti. Dale Stoner went 3 for 3 and won the 319 class with a beautiful 400 pounds while Super Heavy went to Ray Butler with a record 501, RAW, DEADLIFT CHAMPIONSHIPS: Eleven year old Chris Stoner was the 97 pound youth champion with a 185 pound record and fifteen year old Jacob Jurkiewicz won GOLD in the 148 teen division with a record 340. Ramone Cruz finished off his day with a 515 pound victory pull to win the 165 class. His lift was a masters record and won him the CHAMPION OF CHAMPIONS award. Fifty six year old, Don Swingle won the 181 class and fifty year old, Al Mangini won the 198 pound class. Dave Grandinetti and Brent Hulings went head to head at 220 with Grandinetti taking the GOLD by 5 pounds over Hulings. At 242, sub-master, Pat Huntley was the champ with a great 540 effort and Jeff Lawson, also a sub-master, won the 275 class with an American record 555. "THE FARTHER BACKWARD YOU CAN LOOK, THE FARTHER FORWARD YOU CAN SEE." - Sir Winston Churchill (Results thanks to Joe Oreglia)



Chris Cooper - guest lifter at the Kinross Powerlifting Club Competition - gets ready to bench press 310 lbs. (courtesy Leon Goddard)

**Kinross Powerlifting Club Meet
19 APR 03 - Kincheloe, MI**

Pure Divisions	SQ	BP	DL	TOT
170.8				
James Hutner	450*	305	500	1255
187				
John Mull	500	320	515	1335
Zevon McCurdy	415	365	555	1335
Chirs Cooper	420	280	450	1150
205				
Tony Cushman	495	300	495	1290
Mike Mei	350	300	500	1150
Joe Duke	385	215	365	965
227				
Jamie Magnuson	535	325	550	1410
250.2				
Rich McKim	475	305	500	1280
280				
Mike Morgan	600	390	620	1610
Eric Morgan		445	445	
Raw Division				
154.3				
Pat Bergeron	245	185	400	830
170.8				
Dwight Harris	300	205	410	915
187				
David Thomas	285	275	450	1010
Bryce Rushing	245	225	385	855
Marc Novack		375*	375	
205				
Phillip Dotson	500*	350	550	1400*
Larry Hanner	405	285	500	1190
Pat Gorney	225	225	315	765
Marvin Grave		260	260	
227				
Robert Dozeman	555*	380	535	1470
Scott Thomas	550	390*	500	1440
250.2				
Richard Dunham	315	235	375	925
Jessie Shacks		340	340	
280				
Perry Munguia	225	295	405	925

* - Institution Record. Meet Coordinator: David Mastaw, Recreation Director. Meet Director - Charles Schaas. Referees: Jerry Martin-Bey, Scott Will, Al Hartford, Charles Sachse. No N.A.S.A. records were set at this meet, however we still has some nice numbers put up by the fella's here at Kinross. At around 8:00 am, the meet got under way. James Hutner, lifting in the 170.8 weight class, pure division, set an Institution record with a respectable 450 LB. squat. I expect to see some big numbers from him in the future. As of late, we have had a big interest in the Raw Division and this meet was no exception. Mark Novak lifting Raw in the 187 weight class powered up a 375 LB. bench press for a Raw institution record. In the 205 weight class, Dotson El set (2) institutional raw records with a 500 Squat, 1400 LBS. total. The competition of the day was between Rob Dozeman and Scott Thomas. Both men lifted in the raw division, 227 weight class. These two lifters displayed some intensity that deserved recognition. First up, "BULLDOZER" Rob Dozeman, set a new raw record with 555 LB. Squat. Not to be outdone, Scott "SNOWBALL" Thomas, threw up a 390 LB. bench press for an institutional record. What's the old adage "THE MEET AIN'T OVER TILL THE WEIGHT HITS THE FLOOR?" Well, it was definitely true for these two competitors. Coming into the deadlift, "SNOWBALL", was in the lead by 5 LBS. Both men opened with 500 LBS. No problem, "BULLDOZER", chose "535", for his second lift, letting Thomas know that if he wanted to win he had to work for it! "SNOWBALL", never one to back down from a challenge, chose 540 LBS. to keep his advantage. "DOZEMAN", made 535 look easy, however Thomas missed 540 on his second lift.

The BULLDOZER still wasn't safe though, SNOWBALL had one more lift. Unfortunately, both men missed their third and final lifts! The bulldozer came and plowed threw the snowstorm to take first in the 227 weight class. I would also like to mention Larry, "LOCO", Hanner who took 2nd in the 205 LB. weight class raw division. This man displayed some true strength, lifting with a prosthetic leg! This meet also saw the return of four "CANADIAN CONNECTION", Eric and Mike Morgan, brothers from Canada, decided to bring a few friends, Chris Cooper competed in the 187 weight class and Michael Mer competed in the 205. They also brought along equipment manager Aaron Erickson, whom promised to lift later this year at our next meet. Erik and Mike Morgan both competed in the 280 weight class pure division. Mike pulled up a nice 620 deadlift and Eric smoked a 445 Bench press. I'm smellin' 500 soon! Special thanks to these men for supporting our club and lifting with us. Also, special thanks to all spotters, loaders, score keepers and Dave Mastaw. (Meet Results - Goddard.)

**Peak Fitness Bench Press
31 MAY 03 - Hattiesburg, MS**

Women	Steve Hartley	330
Rhonda Cross	Tyrone Davis	300
Amanda Tucker	Bentley Carter	310
Teen	Jamie Williamson	275
Brandon Johnson	185	220
Lee Weiskopf	235	Justin Gordon 450
Masters	John Perkins	430
Bentley Carter	310	Gary Dixon 405
MEN		Robert Conner 350
165		242
Jason Simon	320	Brian Strange 490
181		Trey Gunn 255
Marklee Anderson	275	275
198		John Micka 550
Matt Ruppert	335	Thomas Little 505
		Billy Royston 425

Peak Fitness Bench Press Championships were held at Peak Fitness in Hattiesburg, Mississippi on May 31, 2003. While Peak Fitness holds a Full Meet every year in February, this was better than expected and some intense lifting took place. John Micka in the 275's walked away with Best Lifter Award after benching an impressive 550 at a bodyweight of 225. Thomas Little of the Mississippi Highway Patrol narrowly beat Brian Strange of the Hattiesburg Police Dept. to win the Best Police/Fire Award. Rhonda Cross won Female Best Lifter with a PR of 130. Brandon Johnson of Columbia took first place in the Teen Division and Bentley Carter won the Masters Division. Other impressive lifters included Justin Gordon with 450 in the 220's and Jason Simon with 320 at 165 (Thanks to J. Micka for the results.)

**2nd Annual Big Dog Classic
11 MAY 03 - W. Lafayette, OH**

BENCH	Raw Masters	Mike Leikari	330
148	Teen 17-19		
Eric Hinton	175	TJ Owen	275
165	Submasters	Jeff Morgan	500
Open	Masters	John Ayers	305
Stephen Higgins	375	Open	
181	Cory Farmer	300	Brian Clonan 455
Raw Open	Doug Hardesty	250	Jason McConnell 360
181	Masters	275	
Cory Farmer	300	Raw Open	
Doug Hardesty	250	Aaron Nepett	330
Masters	275	308	
Tom Proya	465	Open	
Tracy Wyler	340	Kent Burgess	520
Rick Williamson	255	Open	
Open	Masters	123	Deadlift
Tom Proya	465	Teen 13-16	
198	Bobby Gilmore	235	
Raw Open	165		
Mark Lahna	355	Open	
Raw Masters	123	Kent Burgess	520
Gary Combs	340	Deadlift	
220	Teen 13-16		
Raw Open	Bobby Gilmore	235	
165			
Sean Massey	300	Open	
Cephus Pearson	275	Brent Simmons	385
Raw Masters	181	Open	
Sean Massey	300	Steve Jones	435
Masters	220	Open	
Sean Massey	300	Teen 17-19	
Open	565	Aaron Stroup	555
Ralph Young	242	Open	
Eric Bradshaw	475	Cephus Pearson	450
Jamie Blacett	370	242	
Kyle Crilow	365	Womens	
Mike Leikari	330	Kelsey Dugas	280
		Open	
		Brian Clonan	570
		Jason McConnell	465

Best Lifter: Ralph Young (Bench), Brian Clonan (Deadlift). Winner of rep contest was Gary Combs who benched his bodyweight 30 reps. John and Kaylene would like to thank the following: Judges - Rusty Black, Dave Clement, Greg Eikenberry, and Jim Whyde. Loaders - John Maloy and Jeff Noland. Score Table - Pam McKee and Randy Edwards. (Thanks to Muscle Bound Fitness for providing the meet results)

**WABDL Southeastern BP & DL
01 MAR 03 - Jackson, Georgia**

BENCH	198	
Class 1 Men	Susan Jackson	126*
132	Teen M 13-15 148	
Jeremy Duncan	259*	Kyle Burge 181*
148		Brandon Leming 286
Danny Dickey	259	4th 303!
Stephen Kitchens	310	181
4th	314*	John Schramm 236*
165		220
Joshua Wrye	396*	Shane Hammock 286*
198		309+
Gregory Gibson	121*	Aaron Olivares 270!
Tim Miller	341	Teen M 16-19
Andy Maddox	385	132
Frank Bennett	396	Jeremy Duncan 259*
Ted Kennedy	402	165
4th	413*	Scottie Mayo 225
Tony Medina	413*	4th 231
220		Brandon Clark 253
Todd Humphries	402	198
4th	409*	Kevin Brown 360*
242		220
Thomas Kesling	402*	Adam Hix 380
308		275
Ron Dunn	457*	Kevin Brown 424*
David Dunn	490	Teen W 13-15
Guest Lifter		181
97		Alanna Omahen 121*
Kyle Boehm	55	Teen W 16-19
Jr M 20-25		114
165		Courtney Wyre 82*
Joshua Wrye	396*	W
181		132
Jon Miller	236	Patti Reinelt 121
198		Kirstie Boehm 143
Mike Rubio	429*	4th 148*
220		148
Luke Gallegher	451*	Donna Lewis 132*
242		181
Patrick Dean	352*	Carolun Sterling 209
Law/Fire 48+		198
220		Susan Jackson 126*
Michael Overbey	407!	WM 40-46
Law/Fire Open Men		181
165		Carolyn Sterling 209*
Greg Davidson	270*	WM 47-53
198		198
Jack Turner	314	Elizabeth Spence 99*
4th	319*	DEADLIFT
Mike Rubio	429*	Class 1 Men
275		220
Wayne Watts	440*	Bobby Myers 652*
Larry Mooney		Jr M 20-25
Law/Fire Sub Men		181
198		Jon Miller 413
Chuck Davidson	352	242
4th	363	Patrick Dean 518
275		Jr W 20-25
Wayne Watts	440*	Yancey Bond 192*
Law/Fire Sub Women		Law/Fire Open Men
132		275
Patti Reinelt	121	Larry Mooney 402
M 40-46		4th 440*
123		M 40-46
Glenn Murphy	209	198
220		Ted Carter 501
Kevin Holston	314	220
Kenneth Millrany	451*	V. Rutherford 462
V. Rutherford		4th 501*
4th		Kevin Holston 545
4th		573*
Johnnie Pelt	330	4th
Mark Pelt	380	275
M 54-60		Johnnie Pelt 501
Phil Newsome	374*	Ron McNeely 540
O		
Oliver Johnson	451*	148
M 61-67		Brandon Leming 363*
181		198
Melton Harrell	214*	Ted Carter 501
Open		Shaun Smith 573
148		275
Danny Dickey	259	Larry Mooney 402
Brandon Leming	286	4th 440*
4th		303!
Stephen Kitchens	310	Sub M 34-39
165		198
Brett Campbell	402	Shaun Smith 573*
181		220
Kourtney Sanks	451*	Bobby Myers 652*
198		Sub W 34-39
Andy Maddox	385	148
Eddie Sterling	440	Carol Ann Myers 341*
220		198
Larry Mooney	374	Susan Jackson 231*
308		Teen 13-15 148
David Dunn	490	Brandon Leming 363*
Sub M 34-39		165
165		Roland McNeil 374*
Brett Campbell	402	220
4th		Shane Hammock 429*
198		Teen 16-19
Rod Harrell	462*	275
220		Graham Lansford 451*
Todd Humphries	402	W 148
Sub W 34-39		Carol Ann Myeres 341*
		198
		Susan Jackson 231*



(l-r) Bobbie Myers, 652 DL, Carol Ann Myers, 341 DL, and Daughter Catrina (Photos by Gus Rethwisch)

1- World Record. * - State Record. In Class I bench Jeremy Duncan set a Georgia record with 259 at 132. At 148 Stephen Kitchens set a Georgia Record with 314 at 165. Josh Wrye did a huge 395 at 165 for a Georgia State Record. At 198 Greg Gibson set a Tennessee Record with 121. Also at 198 Tony Medina set a Georgia Record with 413 edging out Ted Kennedy who did 402 and tied the record with 413. At 242 Thomas Kesling put up a Tennessee Record 402 at 242. At 308 Ron Dunn did an Alabama Record 457. But the

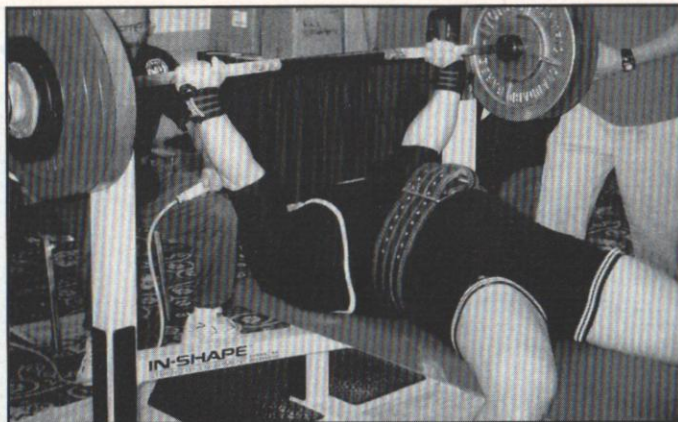
**WABDL House of Pain BP & DL
08 MAR 03 - Mesa, AZ**

BENCH	242		
Class 1 Men		Kaleb Crafts	374*
132		W	
Josh Harrison	275	105	
148		Anna James	149
Fred Martinez	248*	198	
Richard Gidcumb	253*	M. Williamson	203*
Jr M 20-25		WM 40-46	
165		105	
Ammon Stephens	314*	Anna James	149*
198		DEADLIFT	
Josh McHenry	303	Jr 20-25	
220		165	
Dan Swoveland	347*	Ammon Stephens	490
275		220	
Jerry Pritchett	451*	Dan Swoveland	462
Law/Fire 40-47		4th	
181		275	
Lee Roy Banks	413	Jerry Pritchett	733
220		Law/Fire 40-47	
Jeffrey Allen Jones	451*	Ken Eyre	556*
275		Law/Fire Submaster	
Ken Eyre	407*	309	
Law/Fire Open		Don Kralovetz	650*
198		M 40-46	
Mark Norton	402*	220	
242		Willie McCoy	650
Jesse Martinie	407*	242	
Law/Fire Submaster		Anthony Ashley	573*
309		M 47-53	
Don Kralovetz	523*	165	
M 40-46		Mike Wonyetye	501*
148		198	
Phung Nguyen	270	Tom Jackson	567*
165		Anders Wahlund	622!
Alex Martinez	308	M 54-60	
M 47-53		242	
220		Bud Davis	633
Rocky Gingg	485	M 61-67	
M 61-67		148	
148		Richard Gidcumb	358
Richard Gidcumb	253	Open	
181		165	
Earl Beardall	242	Ammon Stephens	490
220		181	
Ken Anderson	Open	Michael Brown	529
148		Open	
Brad Montague	336*	Anders Wahlund	622*
165		220	
Evan Davidson	385*	John Mendoza	551
181		242	
Sean Connery	275	Thomas Burke	600
Darren Carr	369*	Patrick Holloway	727
220		4th	
Mike Desrosiers	468	Jerry Pritchett	733*
John Mendoza	309	309	
Rocky Gingg	485	Michael Grill	688*
242		Sub M 34-39	
John Peru	501*	181	
275		Darren Carr	435
Patrick Holloway	518	Sub W 34-39	
Sub W 34-39		198	
198		M. Williamson	402*
M. Williamson	203*	Teenage 16-19	
Teen M16-19		242	
		Kaleb Crafts	507*

* - State record. ! - World Record. In Class 1 Bench Fred Martinez set an Arizona State Record with 248 at 148 but Richard Gidcumb of Michigan beat him



Richard Gidcumb set two Michigan State Records and drove 2000 miles to the House of Pain BP & DL (Photo provided by Rethwisch)



Scott Hoekstra's opening bench of 523 lbs. during the WABDL Southwestern Spring Break BP+DL (Photo courtesy of Scott Hoekstra.)

with 253 and a Michigan State Record. In Junior Men Bench Ammon Stephens set a Utah State Record at 165 with 314. At 220 Dan Swoveland set an Arizona Record with 346. At 275 Jerry Pritchett set an Arizona Record with 451. Jerry owns Thorbeck's Gym where the real serious lifters train. In the old days Jon Cole, Jack Kanter, Mathews, Jack Barnes, Marvin Allen, Dave Keagy and Mike Matusak trained there. In Law/Fire Master Lee Roy Banks of Illinois who lifts raw, put up 413 at 181. Jeffery Allen Jones of Nevada set a Nevada State Record with 462 a huge 27# jump over his previous best. Jones is a Police Sergeant in Sparks, Nevada. At 275 Ken Eyre set a Utah Record with 407. In Law/Fire Open Mark Norton set an Arizona Record with 402. At 242 Jesse Martinie set an Arizona record with 407. In submaster Law/Fire at super Don Kralovetz benched 523 for a Arizona Record. In Master men Rocky Grigg was

a World Record 622 to take 1st place. In Open Men at 275 Patrick Holloway won the battle of records with 738 bust lost to Jerry Pritchett in the war. Pritchett did 733 and Holloway did 727 but Holloway took the record on a 4th attempt. At Super Michael Grill set an Arizona Record with 688. He's a former 800 deadlifter. In Submaster Women Michele Williamson pulled 402 for an Arizona Record at 198. In Teenage 16-19 242 Kaleb Crafts set a Utah Record with 507. I want to thank our Judges Jim Snodgrass, Mike Desrosiers, Beth Higginbotham. Our Main Sponsor was House of Pain with Rick Brewer also sponsoring were Mark Bozza with House of Fitness, Tom Manno and Karin Boyd of Sybiotics, Robert Walker of Twinlab, Neal Spruce & Jim Starr of Apex Fitness, Wes Kampen & Michelle Sheedy of Monster Muscle.com and Powerlifting Superstore, Giorgio USAI of Forza Strength Systems and Mike Lambert of Powerlifting USA. (Results thanks to Rethwisch.)

**WABDL Southwestern Spring Break
12 APR 03 - Fullerton, CA**

BENCH PRESS	Teen M16-19 242		
Class 1 Men	Robert Berselli	407	
181	275		
Buck Drew	347	C. Field-Eaton	440
198		W	
Ritchie Creevy	281	165	
220		Vanesza Farmer	121
Malik Adam	424	WM 47-53	
242		123	
Paul Wondra	352	Gerrie Shapiro	154*
Vincent Garcia	380	DEADLIFT	
Jr M 20-25		Class 1 Men	
181		165	
Brian Barr	363	Ricardo Robles	501
220		181	
Malik Adam	424	Mario Balderrama	440
Jr W 20-25		242	
148		Paul Wondra	485
Caroline Piatek	115	Vincent Garcia	540
M 40-46		Joseph Miller	595*
242		Jr M 20-25 198	
Paul Wondra	352	Ryan Monahan	446*
275		242	
Rodney Sheetz	391	Jim Behan	617*
Neil Ferone	402	Jr W 20-25 148	
308		Caroline Piatek	264*
Daniel Smith	462	M 40-46	
M 47-53		242	
198		Paul Wondra	485
Jamie Alvarez	336	M 47-53 165	
242		Alan Hudson	259
Alvin Waldon	479*	M 54-60	
M 54-60 165		Sam Alduenda	303
198		220	
Ritchie Creevy	281	Larry Blum	534
Ronald Matheson	385*	M 68-74 181	
220		Richard Simon	314*
Larry Blum	303	O	
242		198	
Daniel Smith	363	James Kegrice	677*
M 68-74 181		242	
Richard Simon	225	Joseph Miller	595*
O		275	
Buck Drew	347	Robert Speno	628*
198		Sub M 34-39 198	
Joe Smith	485*	James Kegrice	677!
220		Teen 13-15 165	
Ryan Girard	220	Jeff Belanger	270
242		Teen 16-19 242	
Max Higgins	429	Robert Berselli	507
Alvin Waldon	479	275	
275		C. Field-Eaton	606
Robert Speno	462	W 165	
Sub M 34-39		Vanesza Farmer	264
Scott Hoekstra	551	WM 47-53 123	
4th		562*	
		Gerrie Shapiro	187

Willie McCoy with a 650 DL at the Mesa, AZ BP+DL. (Gus R.)

outstanding lifter with 485 at master 47-53 220. In Open Men Brad Montague at 148 set a Utah Record 336. At 165, former World Record Holder at 148 in the open with 414, Evan Davidson set an Arizona Record with 385. At 181 Darren Carr set a Utah Record with 369. At 242 John Peru set an Arizona Record with 501. In Submaster women Michele Williamson set an Arizona Record 203. Michelle will bench 300# some day. She is 198 and is about 5'9" and very solid. In Teen 16-19 242 Kaleb Crafts set a Utah Record 374. In Master Women 40-46 105 Anna James set a World Record 149 and was named the outstanding Female bencher of the meet. In the deadlift in Junior men 275 Jerry Pritchett deadlifted 733 only one pound shy of his World Record. At 220 Dan Swoveland set an Arizona Record 507. In Law/Fire Master 40-47 Ken Eyre set a Utah Record with 556. In Law/Fire submaster Don Kralovetz set an Arizona Record with 650 at super heavy. In Master Men Deadlift Willy McCoy from Omaha, Nebraska is coming back from a bicep injury and only pulled 650. He's usually good for 735-750. His goal is to get back there. In 40-46 242 Anthony Ashley set an Arizona Record with 573. In Master men 47-53 165 Mike Wooyetye set an Arizona record with 501 - impressive at 50. At 198 Tom Jackson set an Arizona Record with 567 but Anders Wahlund of Sweden set

* - State Record. ! - World Record. This meet was held in the beautiful Marriot Hotel in Fullerton a suburb of Los Angeles. An old time lifter and friend of mine Larry Kidney was there. It was great to chat with him about the old days. The meet directors were Lorraine and Jody Woods. The attendance was 175 in a 200 seat ballroom. In the bench in the 47-53 242 class Alvin Waldon put up a nice Calif State Record 479 weighing only 233. In Master 54-50 198 Ron Matheson set an Arizona State Record with 385. In Open 198 Joe Smith came all the way from Louisiana and pushed 485 for a Louisiana State Record. In Submaster 275 Scott Hoekstra was very impressive with a Calif State Record 562 and an exhibition 5th attempt with 589 that he smoked. In women master 47-53 123 Gerrie Shapiro set a Calif Record with 170. She locked it out twice. Gerrie always has a good time at the meets and she brings a good attitude. In the deadlift Joe Muller set a Calif State Record in Class 1 242 with 595. In Junior 198 Ryan Monahan set a Calif Record with 446. In Junior 242 Tim Behan set a CA record with 617. In Junior Women 148 Caroline Piatek set a Calif Record with 264. In Master 54-60 220 Dr. Larry Blum was very exciting to watch. He pulled a picture perfect 551 CA Record at age 58. In Master 68-74 181 Richard Simon set a Calif Record with 314. In Submaster 198 James Kegrice set a World Record 677 with room to spare. In Open 275 Robert Speno pulled a 628 and in teen 16-19 275 Cameron Field Eaton pulled a 606. Gordon Santee was the head Judge and is always very professional in his demeanor on the platform. (Thanks to Gus Rethwisch for providing the results.)

**R.C.F. SPRINGFEST
20 APR 02 - IONIA, MI**

OPEN	SQ	BP	DL	TOT
132				
JONES	285	255	385	925
148				
MAILER - OL	460	305	480	1245
LEWIS	340	280	450	1070
165				
BEAUMONT	435	330	500	1265
LENZI	380	315	465	1160
TATE-EL	365	275	405	1045
181				
KUSMICKI -OL	585	405	615	1605
BLACK	530	380	560	1470
OSBOURNE	425	340	515	1280
HARVEY	375	345	525	1245
198				
LORENZ	585	375	605	1565
ARAUJO	560	350	585	1495
VARGO	520	325	540	1385
STEVENSON	460	315	510	1285
WOODS	405	290	475	1170
220				
WELCH	635	440	620	1695
PETERSON	570	405	560	1535
BROOKS-BEY	540	320	500	1360
HARRIS-BEY	460	295	515	1270
JONES-EL	475	300	475	1250
242				
CASEY-OL	740	485	675	1900
GIBSON	525	425	620	1570
MASLOW	500	390	500	1390
275				
WILLIAMS	645	405	655	1705
BURGER	500	380	520	1400
RAW				
165				
TATE-EL	365	275	405	1045
181				
KESSEL	385	310	490	1185
242				
CLAYTON	525	405	575	1505
OPEN MASTER				
40-49				
148				
HICKS	330	280	425	1035
165				
LENZI	380	315	465	1160
198				
ARAUJO	560	350	585	1495
198				
STEVENSON	460	315	510	1285
242				
CLAYTON	525	405	575	1505
OL=OUTSIDE LIFTER MEET DIRECTOR: JIM "TEX" STEVENSON. HEAD REF- T.J. JOHNSON. The first full meet that was held at this "joint". First order of thanks goes to lifter and meet director Jim "Tex" Stevenson, who not by his own choice came here, started this program and showed us how to run a powerlifting meet. Special thanks to three outside lifters. Bill Mailer from Greenville, Joe Kusmicki from Lansing, and Don Casey from Muskegon, Michigan. We also thank them for donating the Inzer Wrestling Singlets. Thanks to all the people who took time loading, spotting, and judging. (Thanks to Joe Black for providing these meet results.)				

*** Special Report ***

WOW - FIRST LOOK!

All American Pharmaceuticals introduces **Nytric EFX**

What is it?

Nytric EFX is the latest offering from the insanely popular nitric oxide amplifiers.

What does it do?

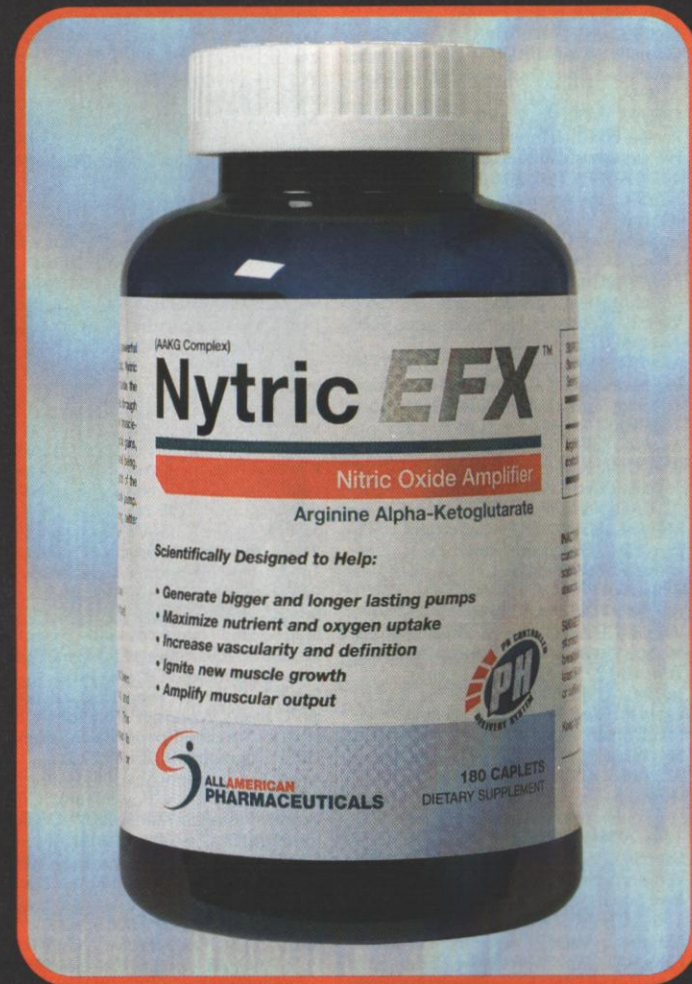
If I really have to explain this, then chances are you've been sleeping in your gym locker for the last year! But, you have to hear it somewhere! Simply put — Nitric Oxide (NO) is the molecule responsible for giving you those massive muscle pumps in the gym. Unfortunately, (NO) production only lasts a short while after your workout is over, usually about 25-35 minutes. With Nytric EFX's pH controlled delivery, you body will pump out (NO) for hours! This means that you will keep those vein popping pumps all day long! Because of its vasodilation benefits, your muscles will receive a surge of nutrients and oxygen that will kick your recovery into overdrive. Nytric EFX will ignite new muscle growth, give you bigger, longer lasting pumps and boost your muscular endurance levels beyond you wildest dreams!

Who is it from?

Nytric EFX is produced by All American Pharmaceuticals. Although A.A.P is not yet a household name, they are no newcomers to the industry. Besides manufacturing some of the biggest products in the industry, A.A.P has been developing effective and innovative formulas for over a decade. A.A.P is best known for it's ingenious buffered creatine formula called *Kre-Alkalyn*, which will be available to the public by the time you read this.

So what's the bottom line?

Nytric EFX is no imposter. This product will make you a supplement believer. You will see and feel a difference in a matter of days! And best of all, it's legal in all professional and collegiate level sports, power lifting and bodybuilding organizations.



For Vein Popping Pumps, Call Now! (800) 541-3422



Powerlifting USA Magazine BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest/Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF 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 Night-

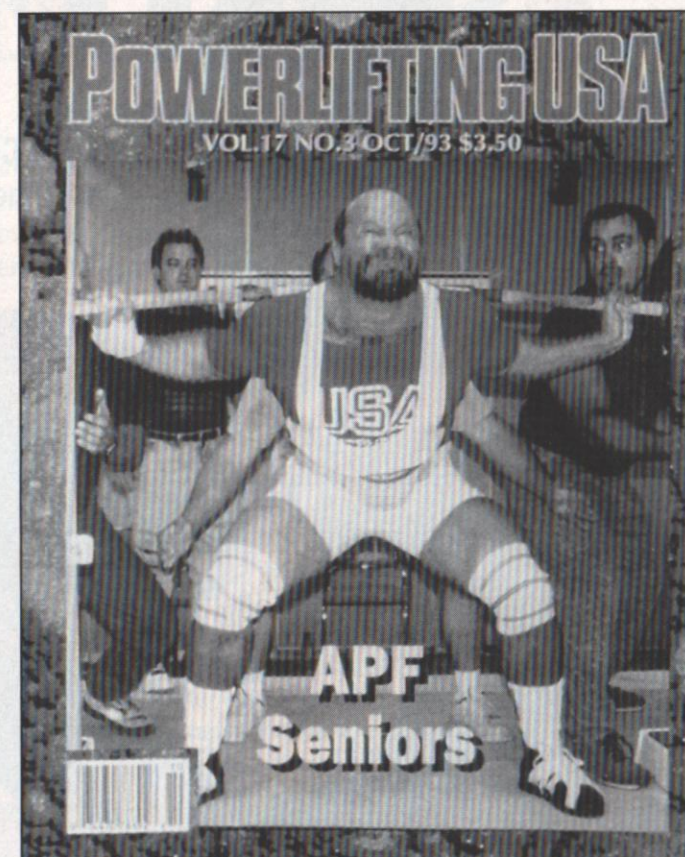
mare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 123s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU 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
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 123s
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glessbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, 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 Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam
Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench

Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s
Nov/98... A World's to Remember, Japan National PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones
Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s
May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... The Rubber Band Man, the "Muscle USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 220s
Sep/99... USAPL Men's Natls., APF SRs, Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s
Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S., TOP 100 220s
Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00... Arnold Classic/WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s
Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s
Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench

Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthweights
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s
Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275s
Jun/01... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double In-

The October 1993 cover of *PL USA* featured one of the APF's most successful lifters, Scott Warman, from the APF Sr. Nationals where he won the 275s with 964 501 804 2270. Among other winners were Doris Simmons (wife of Louie) with 319 143 314 at 105, Anna Blakely with 363 SQ, 293 BP (4th) and a 374 DL. Nowadays WPO Prez Kieran Kidder won the 308s with 887 534 633 2110. Vada Crosby profiled the Master of Mass, Superheavyweight Grant Pitts, the man with 24.5 inch biceps and one of the most monumental physiques in PL history. John Florio, who has squatted with over 900 lbs. had his Workout of the Month for the squat in this issue. On the TOP 100 list for the 123 lb. class, the top lifters were H. Nguyen in the squat with 500, Rick Couch in the bench with 377, and Tim Taylor in both the deadlift with 540 and the total with 1245. Ben Zak was 96th in the squat with 308 lbs., while many time Women's World Champ for the USA Carrie Boudreau was 67th in the bench press with 236l, but she was 8th in the deadlift with 458. Aforementioned Ben Zak was 42nd in the total with 959. This edition is one of our most requested back issues nowadays because the groundbreaking article "Evolutionary Training" by Jay Schroeder, Part 1, appears in



BACK ISSUE OF THE MONTH ... you can still get the OCT '93 edition of *PL USA*, and many others, for \$5 postpaid (see details below, and ask about our price break when you order more than one issue at a time!)

this edition of *PL USA*. ADFPA star Sean Culnan was interviewed by Bob Gaynor. Joe Walden discussed the subject "Bombing Out - Is It The End of the World?" in our Startin'

Out feature. The Rest Pause system of training was revisited by Doug Daniels. Louie Simmons discussed "Coaching and Training" with guidelines for preparing for and compet-

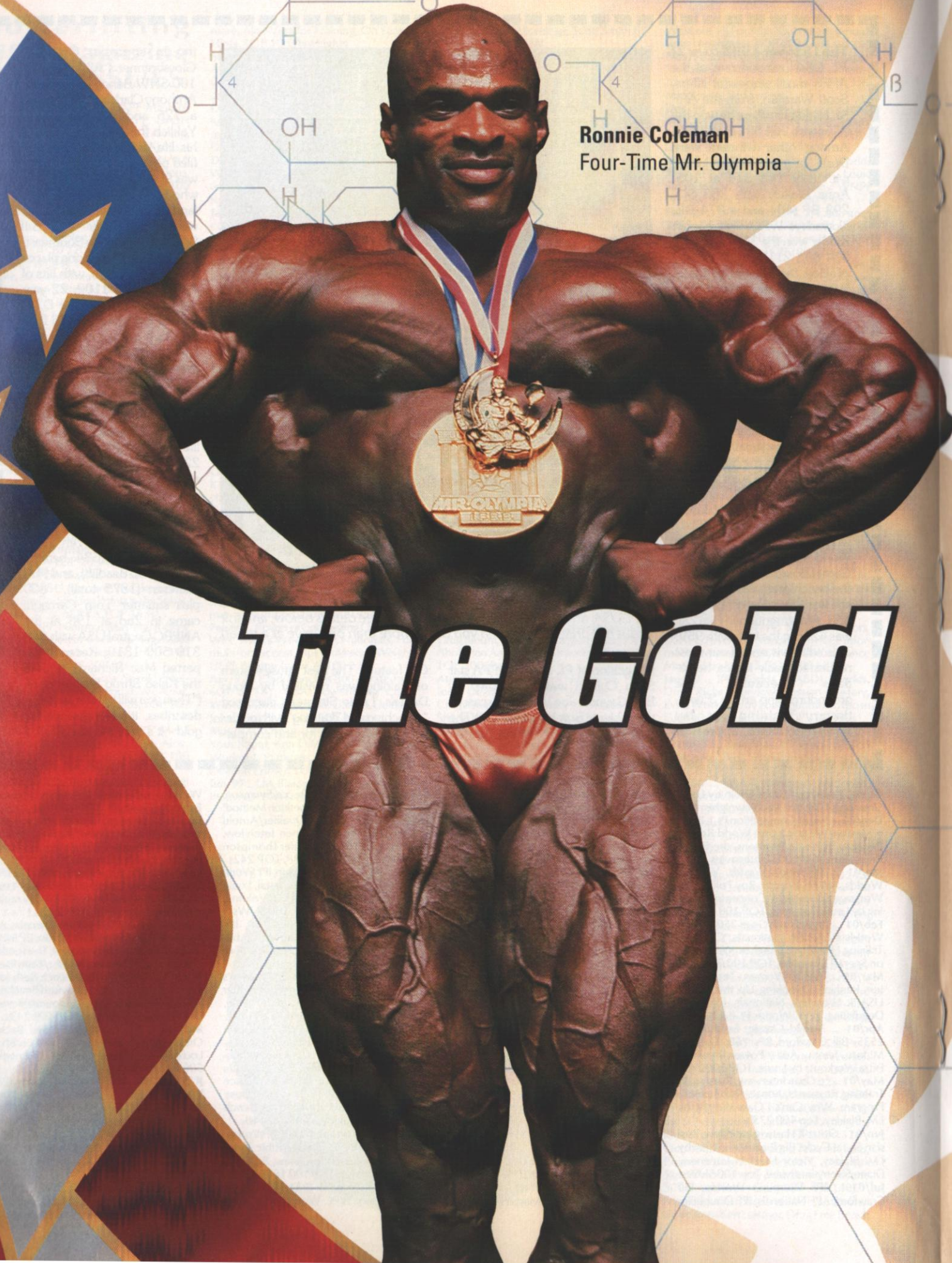


terview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee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

low, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ana Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s
Jun/02... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs
Jul/02... Kennelly Bench 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s
Aug/02... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s
Sep/02... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02... 556 squat @ 132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s
Nov/02... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s
Dec/02... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr.

ing in contests. On Herb Glessbrenner's All Time TOP 100 SHW Bench Pressers list, Anthony Clark led the way with a 725 and the late Dennis Yaklich (his battered wife and his life/death were later profiled on a made for TV movie) was 90th with 560. Bob Ward, who lifted with an artificial leg (and squatted with 400 plus) was profiled by Wild Bill Schaffer. At the 9th Southeastern Cup, Michael Soong placed 3rd at 165 Novice, with lifts of 429 253 418 1102. 22 year old (at that time) future D.C., Patrick Anderson related how Ed Coan treated him after he lifted in his first Sr. Nationals (remembering that Pat had gone 9/9 as Ed had done in his first Nationals, etc.) Paul Urchick won the USPF North Coast meet in Cleveland, OH with lifts of 705 473 677 1856 at 220. Bill Gillespie won the 275s at the ADFPA Northwest Regional with 800 500 700. On the ADFPA TOP 20 rankings for the 220 lb. class, the top guys were McFerren (760 squat), Uyeda (534 bench), Scialpi (755 deadlift), and Phill Heferen (1875 total). 800 plus squatter Tom Camaghi came in 2nd at 198 at the ANPPC Central USA with 500 310 500 1310. Recently departed Mac Richards praised the Kelso Shrug System book ("Then you will believe, as Kelso describes, it's like discovering gold - it's new muscle")

Worlds, Fred Hatfield Interview, Louie on Explosive Strength, TOP 100 181
Jan/03... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s
Feb/03... IPF BP Worlds, WABDL DL Worlds, Steve Giggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s
Mar/03... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03... WPO Finals & Bench Bash for Cash @ Arnold Classic, Crawford Benches 785, Jamie Harris Pt. I, Equipment, Never Looking Back by Louie, TOP 100 242s
May/93... Bill Crawford's Road Back, Odd Haugen Strongman, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s
JUN/JUL 93... IPF Women's Worlds, IPF World Masters BP, APF Natls., Mendelson Benches 821, Best Male PLers, Using Squat Gear, DLing on the Rise, TOP SHWs
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.



Ronnie Coleman
Four-Time Mr. Olympia

The Gold Standard

WEIDER™



EAT BIG TO GET BIG.™

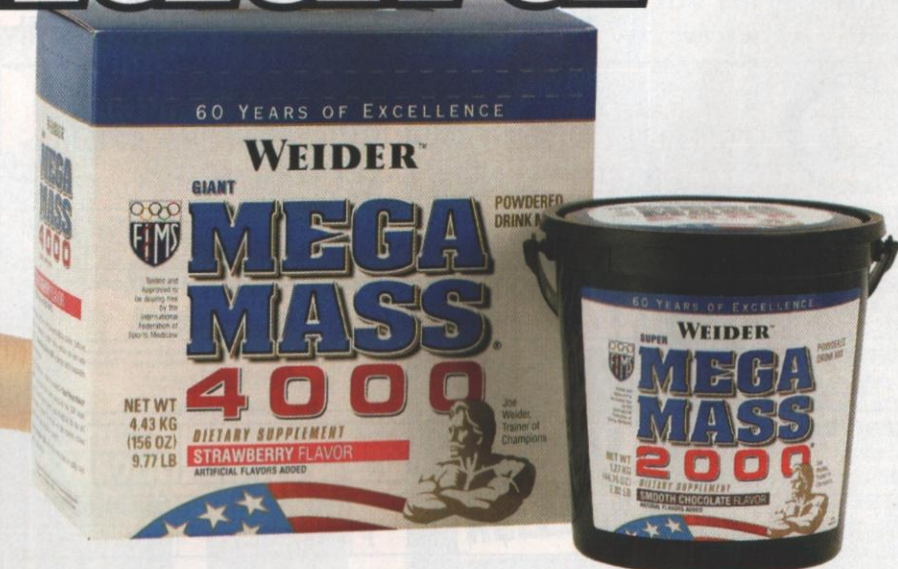
What's the first rule of building muscle? **Calories.** Even before protein, if you don't get enough calories, more than what you burn, it's damn hard to grow muscle. But even though the "eat to grow" principle is a Holy Grail, getting enough quality calories continues to be the number one problem for bodybuilders of all ages.

In fact, all the fancy supplements in the world won't do much if you're not eating enough calories... a principle consideration in formulating **Mega Mass® 2000 and 4000.** **Mega Mass®** delivers the calories, carbohydrates, and protein necessary to support protein synthesis while keeping muscle protein catabolism at bay!*

Before or after training or at times when eating a whole food meal isn't in the cards. **Mega Mass® 2000 and 4000** have a wide range of vitamins and minerals as well as calories from carbs and milk protein derived essential and non-essential amino acids to ensure you are getting what you need to keep improving, which is perfect for the hard gainer or the busy athlete!* In fact, Science is just catching-up to what Weider Muscle Technology has been telling everyone for years, supplementing calories, carbs and protein (providing a full range of essential amino acids) before and after training helps promote protein synthesis, especially for hard gainers.*

Recently published research indicates that supplementing carbs and essential amino acids prior to and after training may increase the protein synthesis potential of your muscles!*. In other words, providing carbs and essential amino acids before and after training not only helps the muscle replete nutrients like protein and glycogen as well as repairing muscle damaged during intense exercise, but also gives long-term muscle gains a head-start.*

Call it what you like, "tools of the trade" or "standard issue", **Mega Mass®** is used by athletes around the world because **Mega Mass®** helps you to turn hard work into rock hard muscle!



Mega Mass® 2000 and 4000 both come in three delicious flavors: Chocolate, Vanilla and Strawberry.

FOR MORE
INFORMATION CALL:
1-800-435-3948

AVAILABLE AT
  **Fred Meyer** **Osco Drug**
AND OTHER FINE RETAILERS.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

1. Tipton KD et al. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. Am J Physiol Endocrinol Metab, 2001 Aug, 281(2):E197-206.

USPF Can American Bench Press
16 FEB 03 - Manchester, NH (KG)

Men Junior	C. Laird	142.5
C. Laird	142.5	T. Adams 127.5
K. Gauthier	122.5	100 kg
Men Submaster	F. Schuetz	202.5!
J. Morrison	150*	J. Dowst 200*
B. Cote	172.5*	B. Cote 172.5
Mens Open	T. Daigneault	130
82.5 kg		
J. Morrison	150*	

! - Denotes Best Lifter. * - Denotes State Record.
Referees - Brian Farmer, Jamie Fellows, Laura Tourtelot, Announcer - Rocco Boulay, Expeditor - Krista Martineau Venue - Ramada Inn. Special Thanks go out to Krista Martineau, Brain Farmer, Rocco Boulay, Jamie Fellows, Carole Kuchinsky, Bill Dugay, Laura Tourtelot, Scott Martel, Vicky, and everyone else for all of their help. Also, our sponsors: House of Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true New England Powerlifting check out USPF Region I website: www.AmericanPowerlifting.com (Thanks to Nutrition 101 for providing these meet results.)



Best Lifter Frank Schuetz with Laura Tourelot, promoter of Granite State Bodybuilding Championships, during the USPF Can American BP (Photograph was courtesy of Nutrition 101)

NASA High School Champs

27 MAR 03 - Oklahoma City, OK

PS	Curl	BP	DL	TOT
wj-sr				
170				
Candice Artym	42.5	77.5	155	275
127				
Mandy Hughes	32.5	67.5	107.5	207.5
138				
Elissa Rice	25	50	110	185
shw				
Alicia Strickland	32.5	77.5	120	230
127				
Caroline Kaufman	27.5	47.5	85	160
127				
Rebecca Andrews	22.5	42.5	90	155
187				
Kellie Casad	25	47.5	122.5	195
170				
Jennifer Sihole	25	45	82.5	152.5
shw				
Dean Gard	30	45	117.5	192.5
wf-so				
119				
Jeni Glasco	30	55	125	210
shw				
Tamara Walter	37.5	57.5	147.5	242.5
170				
Sarah Smith	25	42.5	77.5	145
jr-sr				
119				
Ricky Weeks	42.5	82.5	125	250
fr-so				
119				
Andrew Wright	42.5	75	132.5	250
119				
Bryce Hartman	32.5	47.5	102.5	182.5
119				
Steve Ellefsen	25	35	90	150

170	Stephen Klien	65	100	190	355
170	Scott Torrance	50	102.5	167.5	320
fr-so	Pat Moore	47.5	107.5	155	310
170	Zack Jones	32.5	80	145	257.5
187	Tra Brown	55	102.5	207.5	365
187	Kyle Lawson	60	110	195	365
187	Roy Jackson	57.5	105	167.5	330
187	Joseph Houriah	52.5	92.5	167.5	312.5
jr-sr	Tad Peters	55	0	0	55
187	Brian Casad	57.5	147.5	245	450
205	Austin Wilson	50	117.5	190	357.5
fr-so	Javier Deleon	55	87.5	210	352.5
205	Sam Souther	67.5	162.5	217.5	447.5
227	Donovan Pierson	55	122.5	195	372.5
jr-sr	Chuck Rohr	57.5	135	172.5	365
250	Greg Muslow	67.5	112.5	195	375
280	Kyle Stoabs	27.5	42.5	70	140
fr-so	Tim Horton	50	82.5	142.5	275
280	Kaleb Stoabs	32.5	65	92.5	190
280	Levi Christman	52.5	122.5	165	340
jr-sr	Ross Collins	57.5	102.5	202.5	362.5
315	Jeremiah Snyder	55	117.5	147.5	320
shw	Men Open	SQ	BP	DL	TOT
119	Ryan Ballard	150	97.5	152.5	400
119	James Williams	107.5	50	142.5	300
119	James May	67.5	35	75	177.5
119	Daniel Alexander	105	57.5	105	267.5
127	Kamell Warren	105	57.5	105	267.5
138	Kevin Turner	147.5	87.5	162.5	397.5
138	Andrew Alexander	137.5	77.5	115	330
154	Shane Metcalf	157.5	97.5	177.5	432.5
170	Andrew Dixon	210	117.5	200	527.5
170	David Mardaniou	202.5	117.5	172.5	492.5
170	Rickey Perryman	172.5	110	172.5	455
170	J.J. Gilly	160	92.5	185	437.5
170	Pat Moore	142.5	107.5	155	405

137.5	95	155	387.5		
187	Brandon Flowers	217.5	110	200	527.5
187	Luke Graves	160	82.5	170	412.5
205	Kenny Linker	227.5	110	227.5	565
205	Luke Woods	160	102.5	142.5	405
227	Corey Walstron	215	112.5	227.5	555
227	Cody Harmon	195	92.5	205	492.5
227	David Denham	182.5	105	182.5	470
227	Randy Leftwich	167.5	92.5	167.5	427.5
250	Buke Mardaniou	240	155	240	635
250	Austin Bishop	165	80	162.5	407.5
280	Cody Adams	262.5	152.5	220	635
280	James Cheeseman	245	140	232.5	617.5
280	Adam Sosa	227.5	122.5	235	585
280	Wilson Vann	217.5	102.5	220	540
280	Levi Christman	115	122.5	165	402.5
315	Nick Harris	202.5	132.5	170	505
315	Ed Robison	207.5	160		
shw	Todd Mikkelsen	197.5	125	180	502.5
jr-sr	Dave Douglas	147.5	80	170	397.5
127	Charles Watson	127.5	75	135	337.5
138	Chad Dyer	155	97.5	170	422.5
138	Steve Main	130	90	160	380
154	Natchez Metcalf	177.5	122.5	242.5	542.5
154	Joshua Williams	177.5	117.5	182.5	477.5
154	Derek Biddle	107.5			
170	Jim Ferre	207.5	142.5	237.5	587.5
187	Leonard Summers	238.5	125	227.5	591
187	Mike Mackey	207.5	152.5	217.5	577.5
205	Tad Peters	105			
205	Curtis Rust jr	245	155	225	625
205	Brian Casad	217.5	147.5	245	610
205	Joshua Berner	210	142.5	225	577.5
205	Michael Fulton	210	132.5	215	557.5
205	E. Drummond	205	120	227.5	552.5
205	Adam Rogers	200	130	200	530
227	Sam Souther	160	162.5	217.5	540
250	Matt Kaffenbarger	245	152.5	200	597.5
250	Seth Mikulich	212.5	137.5	217.5	567.5
250	Chuck Rohr	180	135	172.5	487.5
250	Jay McAlester	190	105	185	480
280	Brent Bennett	265	147.5	250	662.5
315	William Frazier	247.5	137.5	227.5	612.5
shw	Joshua Lee	232.5	152.5	265	650
shw	Kyle Daniels	195	137.5	195	527.5
wf-so	Kaycie Goff	37.5	30	62.5	130
101	Jeni Glasco	92.5	55	125	272.5
138	Amanda Watson	70	47.5	82.5	200
shw	Tamara Walter	165	57.5	147.5	370
wj-sr	Melaney Watson	47.5	32.5	75	155
110	Kristin Tom	127.5	62.5	127.5	317.5
119	Katie Oswalt	95	55	117.5	267.5
127	Vanessa Berryhill	90	42.5	100	232.5
138	Ronnie Melancon	127.5	77.5	137.5	342.5
138	Stephanie Burns	112.5	50	140	302.5
138	Elissa Rice	80	50	110	240
154	Lauren Burton	112.5	57.5	115	285
154	Amber Crittenden	77.5	47.5	115	240
170	Nicole Pennington	87.5			
170	Trinity Camp	105	47.5	97.5	250
187	Jennifer Sthole	77.5	45	82.5	205
187	J. Fernandez	165	92.5	150	407.5
187	Kellie Casad	80	47.5	122.5	250
shw	Jeri Shephard	195	82.5	175	452.5
shw	Alicia Strickland	105	77.5	120	302.5
shw	Dean Gard	45	117.5		
shw					

210	Ben Hein	137.5	95	155	387.5
187	Brandon Flowers	217.5	110	200	527.5
187	Luke Graves	160	82.5	170	412.5
205	Kenny Linker	227.5	110	227.5	565
205	Luke Woods	160	102.5	142.5	405
227	Corey Walstron	215	112.5	227.5	555
227	Cody Harmon	195	92.5	205	492.5
227	David Denham	182.5	105	182.5	470
227	Randy Leftwich	167.5	92.5	167.5	427.5
250	Buke Mardaniou	240	155	240	635
250	Austin Bishop	165	80	162.5	407.5
280	Cody Adams	262.5	152.5	220	635
280	James Cheeseman	245	140	232.5	617.5
280	Adam Sosa	227.5	122.5	235	585
280	Wilson Vann	217.5	102.5	220	540
280	Levi Christman	115	122.5	165	402.5
315	Nick Harris	202.5	132.5	170	505
315	Ed Robison	207.5	160		
shw	Todd Mikkelsen	197.5	125	180	502.5
jr-sr	Dave Douglas	147.5	80	170	397.5
127	Charles Watson	127.5	75	135	337.5
138	Chad Dyer	155	97.5	170	422.5
138	Steve Main	130	90	160	380
154	Natchez Metcalf	177.5	122.5	242.5	542.5
154	Joshua Williams	177.5	117.5	182.5	477.5
154	Derek Biddle	107.5			
170	Jim Ferre	207.5	142.5	237.5	587.5
187	Leonard Summers	238.5	125	227.5	591
187	Mike Mackey	207.5	152.5	217.5	577.5
205	Tad Peters	105			
205	Curtis Rust jr	245	155	225	625
205	Brian Casad	217.5	147.5	245	610
205	Joshua Berner	210	142.5	225	577.5
205	Michael Fulton	210	132.5	215	557.5
205	E. Drummond	205	120	227.5	552.5
205	Adam Rogers	200	130	200	530
227	Sam Souther	160	162.5	217.5	540
250	Matt Kaffenbarger	245	152.5	200	597.5
250	Seth Mikulich	212.5	137.5	217.5	567.5
250	Chuck Rohr	180	135	172.5	487.5
250	Jay McAlester	190	105	185	480
280	Brent Bennett	265	147.5	250	662.5
315	William Frazier	247.5	137.5	227.5	612.5
shw	Joshua Lee	232.5	152.5	265	650
shw	Kyle Daniels	195	137.5	195	527.5
wf-so	Kaycie Goff	37.5	30	62.5	130
101	Jeni Glasco	92.5	55	125	272.5
138	Amanda Watson	70	47.5	82.5	200
shw	Tamara Walter	165	57.5	147.5	370
wj-sr	Melaney Watson	47.5	32.5	75	155
110	Kristin Tom	127.			

House of Pain



H.O.P. Water Proof Iron Wear (\$18)
is the coolest new technical fabric for hardcore workouts! Soft cotton on the inside for comfort, with moisture-wicking synthetic fibers on the outside for your toughest training! If you're serious, you'll need one of these - and they rule in extended cardio.

*Sizes M-4X, 2 colors, only \$18 (add \$2 for 3X and 4X)!
For a limited time you can get any 2 for \$33 (+S/H)!*

NEW T-SHIRT DESIGNS!
Not even in our catalog yet!

Put a little variety on your back!



BONUS:
PICK ANY 2
GET A FREE
H.O.P. Hand Towel!

(888) 463-7246

or order online: www.houseofpain.com

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

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, APA Vicksburg Open PL, BP, DL (Mississippi), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

9 AUG, APF N. Texas Championships (Dallas, TX - men, women - open/ below class I, masters, submasters, jr. - single lift divisions) MetroFlex Gym, 817-465-9331, www.metroflexgym.com, hardbodyhunter@attbi.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@squatmail.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, 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, USPF International Cup BP (Ramada Inn Convention Center) Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com

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

15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

16 AUG, Gerry Furst OC Health Club 911 Remembrance BP, 61st St + Bay, Ocean City, MD 21842, 410-723-2323

16 AUG, NASA Colorado Grand (PL, BP, PS - Denver, CO), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 AUG (new contact), Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Gus Rethwisch, 503-762-5066, 503-901-1622

16 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, 15427 Brandy Rd., Culpeper, VA 22701, 434-985-3932

16 AUG, 19th Iowa State Fair BP/DL & 13th Law Enforcement & Fire State

Fair BP/DL, Jeff Baird, 6804 Starview St., Des Moines, IA 50320, 515-953-6833, bairdzz@aol.com

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, 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, 13th AAPF/APF YMCA Snake River PL, BP, DL (Idaho Falls, ID) 208-520-8773, 523-0600

17 AUG, USAPL Front Range Fort Lift, Stephen Harms, 2301 S. City Rd. 3E, Ft. Collins, CO 80525, 970-484-9130

17 AUG, USAPL Iowa State + Hawkeye Open, Bryan Getchell, 2729 Chambers, Sioux City, IA 51104, 712-258-4965

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 PL/BP, Jim Wold, 145 Hardy Ct #S-C, Gulfport, MS 39507, 228-860-6795

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, ABA 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 Cummerow, david_cummerow@yahoo.com

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

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

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

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

23,24 AUG, USAPL Bench Press

Coming Events

Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

24 AUG (NEW DATE), 13th annual Endless Summer BP contest, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

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, APA Midwestern US BP+DL (Burlington, IA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

30 AUG, APA Labor Day Weekend Bash (Blue Springs, MO - PL, Push-Lift, Single BP & DL) Rodney Wood, 417-256-2297, rodwood@weighttrainersunited.com

30 AUG (NEW DATE), 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

30 AUG, APF No Limits BP & DL Meet (Hempstead, NY) Chris Taylor, 516-822-6660 or 631-471-5551, pmind2body@aol.com

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, USPF Northeastern Open BP, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com

AUG, (middle Aug. tentative) The Central USA Strongman Challenge (Platinum Level); Contact Jefferson Meadors; 773-704-6047 or jeffersonmeadors@aol.com

6 SEP (NEW DATE), WNPFL Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPFL, Box 142347, Fayetteville, GA 30214, unpf@aol.com, 770-996-3418

6 SEP, Body Conditioning BP (Men + Women), Body Conditioning, 1379 Industrial Park Dr., Edmore, MI, 48829

6 SEP, 100% Raw Virginia State BP (Chesapeake Holiday Inn), Paul Bossi, 252-338-6920

6 SEP, USAPL Twin Cities Open, Brad Madvig, 12430 Porcupine Ct., Eden Prairie, MN 55344, 612-619-5178

6 SEP, APF Georgia State, Jon Grove, 770-422-1226

6 SEP, Saratoga YMCA BP, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000,

Huge Iron Powerlifting Schedule

- 8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
 - 9-6-03, APF Georgia State
 - 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in Atlanta (Daytona Beach, FL)
 - 09-27-03 WPO Bench Bash for Cash (Orlando, FL)
 - 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL)
 - 11-8-9-03 WPO Finals (Atlanta, GA)
 - 12-6+7-03 APF Southern States Powerlifting Championship (Daytona, FL)
 - 3-5+6-04 WPO Super Open Finals, (Arnold Classic - Columbus, OH)
- Call 386-426-8648 or E-mail us
hugeiron@logicalcity.com
or write us at Box 1277, Edgewater, FL 32132

www.geocities.com/
muscleworkspowrteam

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) 386-426-8648 or email hugeiron@logicalcity.com

6,7 SEP, NPA Natural Nationals BP, DL, PL (drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, fitlifedb@cs.com

6,7 SEP, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordova, CA, (near Sacramento), Jody Woods, 916-485-3808

7 SEP, PPL S. Carolina Drug Free PL, BP, DL, IronMan, Muscle Factory, 4631-A Aiken-Augusta Hwy, N. Augusta, SC 29841, 803-593-1709

7 SEP, WNPFL Ohio Valley, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-7792-6670

13 SEP, Tennessee Regional, PL'ing, BP & Power Sports, Nashville, TN, Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK, 73068

13 SEP, APA BP + DL Nationals (Kennewick, WA), Scott Taylor,

THE HARDCORE

What's The Difference?

\$2595⁰⁰ + SH&H



3/16" Solid Construction
Full 5' I.D. Base
New Easier To Use Rack In/Out Adjustment Handles
New One Hand Rack Release Lever With Safety Stop
An Improved Leverage Handle To Close Rack
An 11 Ton Jack With Easy To Use Release Handle
New One Piece Machined Bar Saddle

By Lifters For Lifters

Lewiston (207) 225-5070 Maine
RUSS BARLOW CHRISTOPHER WIERS SCOTT BLANCHARD

Box 27204, El Jobean, FL 33927,
941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

13 SEP, SPFL Tennessee State Open/
Closed BP, Jesse Rodgers, 1326
Koblan Dr., Hixson, TN 37343, 423-

876-8410

13 SEP, Saxonburg Strength Fest
(Saxonburg, PA) Strongman Contest,
Therapeutic Muscle Specialists, 724-
265-1500, muscle@nauticom.net

13 SEP, AAU Pennsylvania Champi-

onships & Atlantic Regional
Open (Guerin Rec. Ctr.) Bap-
tist Nupieri, 215-755-9477,
powergurul@aol.com

13 SEP, Atlantis Strong-
est Cop in America Con-
test (open to all law en-
forcement and correctional
officers - Assabet
Vocational High School,
Marlboro, MA) Addison
Redfield, 508-886-4959
or Rotary Club, Box 651,
Northboro, MA 01532.

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

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

13,14 SEP (NEW
DATES), North American
Powerlifting Champions-
hips, Capri Center, Red
Deer, Alta, Bruce Greig,
Box 4, Okotoks, Alta-

TIS1A4, Can. P. 403-938-3067,
F: 403-938-0489, www.CPC-
powerlifting.com

14 SEP, 5th Annual Deadlift on the
River, Jon Smoker, 30907 CR 16,
Elkhart, IN 46516, 574-674-6683

14 SEP, "United We Stand" BP
(proceeds to the Red Cross for victims
of 9-11-2001. 20" American Flag
Trophies, 1st-5th, all divisions) Charles
Venturella, 718 Mabel St., New Castle,
PA 16101, 724-654-4117

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

20 SEP, Oklahoma Grand, PL'ing,
BP & Power Sports, Lexington, OK,
(S. of Norman, Ok) Rich Peters,
Phone - 405-527-8513, E-
mail SQBPD@aol.com, P.O. Box
735, Noble, OK, 73068

20 SEP, Steel City Classic Bench for
Cash (Greater Pittsburgh Masonic
Center - Benefits Steel City Demolay
- Guest Appearance Gregg Valentino
- World's Biggest Arms)
www.smokingjoe.tu

20 SEP, Lynch Mob Shirtless BP
(Circleville, OH) John Weaver, 740-
477-6847, or Jon Elick,
antman517@aol.com

20 SEP (NEW DATE), Iron Boy
Bench Press Classic, Winston-Salem,
NC, keith@ironboyenterprises.com,
h t t p : / /
www.houseofpaynepowerlifting.com,
336-766-3347

20 SEP, 5th Sci-Fit Bench Press, Joe
or Jamey, 2055 Eisenhower Parkway,
Macon, GA 31206, 478-750-7005

20 SEP, APF Maine State Push Pull
(formula - all classes) Russ Barlow, 175
Kennebec Trail, Turner, ME 04282,
207-225-5070

20 SEP, NASA New Mexico Regionals
(PL, PS, BP) Mike Adelman, Box
44582, Rio Rancho, NM 87174, 505-
301-3887, powerlifter@surfbest.net

20 SEP, NASA Bartlesville Drug Free
(Bartlesville, OK) Jim Duree, 5619
Pawnee Ave., Kansas City, KS 66106,

9 1 3 - 5 9 6 - 7 3 2 6 ,
JDuree7086@aol.com

20 SEP, Claude Youngren Memorial
BP/DL, Mike Raya, 2921 N. Univer-
sity 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:
buildogstrengthsports@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 POWERLIFT-
ING/BP/DL NATIONALS, Son
Light Power, 122 W. Sale St.,
Tuscola, IL. 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

~ COMING on Nov. 1st ~

1:00 PM at Paxton Center School (Route 31 in Paxton)

THE ATLANTIS STRONGEST MAN IN NEW ENGLAND CONTEST

Hosted and Judged by the
"Strongest Man in the World"
BILL KAZMAIER



5 EVENTS 5 CASH PRIZES

- | | |
|------------------------------|---------------|
| 1. Trap Bar Deadlift | 1st. \$500.00 |
| 2. Bench Press | 2nd. \$300.00 |
| 3. Standing Jerk Press | 3rd. \$200.00 |
| 4. Chin Up with Most Weight | 4th. \$100.00 |
| 5. Thomas Inch Dumbbell Lift | 5th. \$50.00 |

RULES: All New Pound for Pound Division Added

- The placings in each event will be determined by a one rep max with the maximum weight.
- Overall winners will be determined by a grand total of weight from all five events.
- No super suits, bench shirts, erector suits or straps will be allowed.
- Lifting belts and chalk will be allowed.
- Each contestant must pay a Fifty Dollar entree FEE

Tickets are \$10.00 in Advance
or \$15.00 at the Door.
Call: 508-885-3686

(To Benefit the Paxton Fire Department)

14 SEP, "United We Stand" BP
(proceeds to the Red Cross for victims
of 9-11-2001. 20" American Flag
Trophies, 1st-5th, all divisions) Charles
Venturella, 718 Mabel St., New Castle,
PA 16101, 724-654-4117

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

20 SEP, Oklahoma Grand, PL'ing,
BP & Power Sports, Lexington, OK,
(S. of Norman, Ok) Rich Peters,
Phone - 405-527-8513, E-
mail SQBPD@aol.com, P.O. Box
735, Noble, OK, 73068

20 SEP, Steel City Classic Bench for
Cash (Greater Pittsburgh Masonic
Center - Benefits Steel City Demolay
- Guest Appearance Gregg Valentino
- World's Biggest Arms)
www.smokingjoe.tu

20 SEP, Lynch Mob Shirtless BP
(Circleville, OH) John Weaver, 740-
477-6847, or Jon Elick,
antman517@aol.com

20 SEP (NEW DATE), Iron Boy
Bench Press Classic, Winston-Salem,
NC, keith@ironboyenterprises.com,
h t t p : / /
www.houseofpaynepowerlifting.com,
336-766-3347

20 SEP, 5th Sci-Fit Bench Press, Joe
or Jamey, 2055 Eisenhower Parkway,
Macon, GA 31206, 478-750-7005

20 SEP, APF Maine State Push Pull
(formula - all classes) Russ Barlow, 175
Kennebec Trail, Turner, ME 04282,
207-225-5070

20 SEP, NASA New Mexico Regionals
(PL, PS, BP) Mike Adelman, Box
44582, Rio Rancho, NM 87174, 505-
301-3887, powerlifter@surfbest.net

20 SEP, NASA Bartlesville Drug Free
(Bartlesville, OK) Jim Duree, 5619
Pawnee Ave., Kansas City, KS 66106,

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 Champion-
ship, Arlington Convention
Center, Arlington, Texas,
817-268-3488, David
Newingham, Kirk Stroud
27 SEP, 100% Raw Na-
tional BP Champion-
ships (Gold's Gym,
Southern Pines, NC),
Paul Bossi, 252-338-
6920

27 SEP, Push/Pull on the River 3
(\$1500 cash giveaway) Reed Bueche,
1104 W. Main, New Roads, LA 70760,
225-638-9922

27 SEP (NEW DATE & LOCA-
TION), WPO Bench Bash for Cash
(Orlando, FL) Huge Iron Pro-
ductions, hugeiron@logicalcity.com,
www.worldpowerlifting.org

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-
wpa.com

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

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

28 SEP, WNPFL Upstate NY II (Water-
loo, 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 Strong-
man Championships; Myrtle Beach,
SC; Contact Brian Holt 719 Reef Rd.
Myrtle Beach, SC 29588; 843-267-
9631 or SCSuperStrength@aol.com

4 OCT, WNPFL Ralph Peace
Memorial Bench! Deadlift &
Powercurl in Greenville, SC, 770-
996-3418, WNPFL@AOL.COM OR
WNPF, PO BOX 142347,
FAYETTEVILLE, GA. 30214

4 OCT (NEW DATE), USPF Florida
State PL & BP (Jackson Springs Rec.
Ctr.), Bill Beekley, 4215 Carmen St.,
Tampa, FL 33609, 813-289-3063

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

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!



NO MIDDLEMAN!

Free 48 Page WHOLESALE Catalog
fully describing our 50 one-of-a-kind
Bodybuilding supplements formulas
that produce results!

CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE

Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0803
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

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

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

11 OCT (NEW DATE), NASS E.
Coast Strongman (Oceana NAS, VA
Beach, VA - Men (Lt/Hvy) & Women)
Gayle Schroeder, strength@exis.net,
7 5 7 - 4 8 1 - 6 9 6 3 ,
www.powerandstrength.com,
www.nastrongman.com

11 OCT, SPFL Georgia State BP
(Dalton, GA - Open/Closed/Raw),
Jesse Rodgers, 1326 Koblan Dr.,
Hixson, TN 37343, 423-876-8410,
www.southernpowerlifting.com

11 OCT (NEW DATE), NASA KY
Regional PL, BP, PS (Hester's Family
Fitness - Louisville, KY) Greg and
Susan Van Hoose, Rt. 1 Box 166,
Ravenswood, WV 26164, 304-273-
2283, gvh1@wirefire.com

11 OCT (corrected phone #), USPF
Central California Powerlifting, Bench
Press & Deadlift Championship -
Bakersfield, Entry Form -
www.powerliftingca.com, Lisa
Denison, 661-664-7724,
PWRLFTRS@msn.com

11 OCT, APA Palmetto Push-Pull
(Rock Hill, SC) John Demchak, 803-
4 9 3 - 2 7 6 0 ,
meets@carolinastrength.com,
www.carolinastrength.com

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

12 OCT, 3rd annual Fall Classic,
John or Kayleen Blackstone, Muscle

Canada is proud to announce that the IPF
World Masters Powerlifting Championships
will be held in Regina, Saskatchewan, Canada.
What follows is the procedure which should be
followed in booking guestrooms for the Power-
lifting Championships October 5 - 12, 2003 1)
All room bookings / reservations for partici-
pants and/or spectators for the event must be
made directly with the hotel. 2) Rooms booked
through Ramada Central Reservations or other
third party sources which incur booking fees /
commissions will not be included in the calcu-
lations for the rebate to be paid to the Commit-
tee. Participants will not be able to access /

receive the special rate (\$115.00) through these sources. 3) Reservations can be made through our toll free
number in North America - 800 667 6500, by telephone direct - 306 569 1666, by fax - 306 352 6339, or by
e-mail - regina@saskramada.com . 4) The contact for room reservations at the hotel is Linda Fuh - Front Office
Manager. In her absence inquiries should be directed to Amy Cuthill - Reservations Clerk. It is recommended
that reservation requests by telephone be made during normal business hours, 9:00 AM to 5:00 PM, Monday
to Friday. Contacts: Wayne Cormier, SPA President, Chairperson and Co-meet Director, Phone: 1-306-446-
1330, Fax: 1-306-445-2829, Cell: 1-306-441-3199, email: wocormier@sasktel.net. Jeff Butt, CPU President,
Co-meet Director, Phone: 1-306-694-5262, Email: buttspa@hotmail.com. We would like to thank our
sponsors: Inzer Advance Designs, The Ramada Hotel- Regina, Budweiser, Challenger Graphix , Powerlifting
USA, Saskatchewan Powerlifting Association, ER Equipment, Ivanko, Murray Chev Olds-Saskatchewan,
Diamond Limousine. Sincerely, Wayne and Tricia Cormier



Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840
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 Championships, (PL, BP, DL, IronMan), Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 706-790-3806, Pythongym@aol.com

18 OCT, WABDL Night of Champions BP + DL, All American Gym, 309 W. Main St, Lakeland, FL 33801, Ken@kensnellpower.com, 863-687-6268

18 OCT, Walker's Gym Bench Press Classic (open & raw: women, men, teen, masters, police, military, firefighters - 2 platforms, 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

18 OCT, 2nd annual Boardwalk Gym Fall BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com, or the gym at 507-452-7133

18 OCT, Body Factory Full Power Challenge/Bench, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsajparr@fast.net

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, Joe Average Seminar, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsajparr@fast.net

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, WNPFL World Championships & World Strongman Championships, WNPFL, Box 142347, Fayetteville, GA 30214, wnpfl@aol.com, 770-996-3418

25 OCT, APA Nationals PL, BP, DL (Bristol, VA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

25 OCT, The Fitness Max Fall BP (Tupelo, MS) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com or the gym @ 662-842-0297

25 OCT, 21st Raw ADAU Central PA

Strongest Cop in America Contest

September 13, 2003

Open to all Police and Correctional Officers

Top 10 Contestants qualify for Strongest Man in America 2004

Assabet Vocational High School Gym
 Marlborough, Massachusetts
 1:00 PM

5 Events

1. Trap Bar Deadlift
2. Bench Press
3. Standing Jerk Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

Cash Prizes

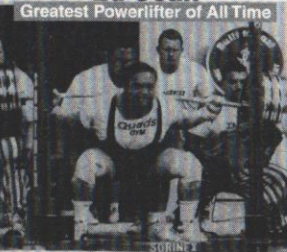
- 1st. \$500.00
- 2nd. \$300.00
- 3rd. \$200.00
- 4th. \$100.00
- 5th. \$ 50.00

Rules:

1. Placings in each event determined by a one rep max with the maximum weight.
2. Overall winners determined by a grand total weight from all five events.
3. No super suits, bench shirts, erector suits or straps will be allowed.
4. Lifting belts and chalk will be allowed.
5. Entry fee fifty dollars (\$50.00) per contestant.

Hosted and Judged by...

Ed Coan



Greatest Powerlifter of All Time

Tickets: \$10.00 in advance
 \$15.00 at the door

Call: 508-886-4959
 Ask for Addison for Information & Entry Forms
 E-mail: mercedestv@earthlink.net

To Benefit the Northborough Rotary Club

Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pik.itup.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) 386-426-8648 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
31 OCT - 1 NOV, INSA/INSAA World Championship, Plano Convention Center, Plano, Texas, 817-282-1011, David Newingham, Kirk Stroud
31 OCT, 1 & 2 NOV, AAU Richmond International Championships, VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, aaupower@aol.com, fax 804-266-8908, or aausports.org
31 OCT - 2 NOV, AAU World Full Power Championships - (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, fax: 804-266-8908
1 NOV, SPF Strongest Man in the South BP Tournament (Chatta-

nooga, TN), Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

1 NOV, 2nd annual Atlantis Strongest Man in New England (Paxton, MA - trap bar DL, BP, standing jerk press, chin with wt., Thomas Inch DB lift - 5 cash prizes, proceeds to Paxton Fire Dept. - hosted & judged by Bill Kazmaier) Bruce, Jeff, or Todd, 508-885-3686 (CORRECTED PHONE NUMBER)

1 NOV, 3rd Annual Maryland State Police Strongman Contest (Silver Level); Easton, MD; Contact Graham Bartholomew; 301-893-8290 (after 8pm) or grahambo1@mindspring.com
1 NOV, APF Texas Cup (Austin) - 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

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

1,2 NOV, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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

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

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

8 NOV, Fred Pfister Push and Pull (all divisions and age groups) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, Ray Dunn, 413-499-1217

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

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

8,9 NOV, NASA Iowa Regional Championships, PL'ing, BP & Power Sports, Des Moines, IA, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

8,9 NOV, WPO Finals (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org

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

9 NOV, ADAU Connecticut State PL & BP, Robert 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, chailfit@ndfc.net or echaillet@aol.com



IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

November 14 - 16, 2003
 Radisson Penn Harris Hotel
 Harrisburg, Pennsylvania

Sponsored by:
 Chaillet's Private Fitness

Want to Know More?
 www.ipapower.com
 (717) 495-0024
 chailfit@ndfc.net
 Echaillet@aol.com

15 NOV, WNPFL Florida State Bench! Deadlift! Powercurl! on November 15, 2003 in Tampa, FL. Meet Director- Brian Burritt, 15910 lahinch Circle, Odessa, FL 33556 813792-1316

15 NOV, James B. LaRusso Memorial Bench Press Meet, Muscle World Gym, 401 W. Hand Ave., Cape May Court House, NJ 08210, (trophies and cash prizes) 609-465-4723

15 NOV, APF Oregon Record Breakers, PL w/ monolith, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, bbgym.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, USAPL Ohio PL & BP (men's & women's open & raw, men's master, men's masters raw, men's teen, men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King, 440-439-5464

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, SPF Southeastern PL + BP, Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

22 NOV, 100% Raw World Championships (Elizabeth City, NC), Paul Bossi, 252-338-6920

22 NOV, NASA W. Texas Regional (PL, BP, PS - Lubbock, TX), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

22 NOV, USAPL Idaho State PL & Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

22 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, 113 Linden, Whitman, MA 02382, 781-447-6714

PERSONALIZED Powerlifting Training

Courses Designed by PL USA writer
 Doug Daniels and
 WDFPF World Bench Champ Jim Vrabel.

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:
 1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course, not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - \$13.95, 2 courses - \$25.00, 3 courses (BEST DEAL) - \$30.00. Send Check or Money Order.
 Payable to:

STRENGTH INK, INC.
 DEPT. PL-K Box 1974
 Highland, IN 46322

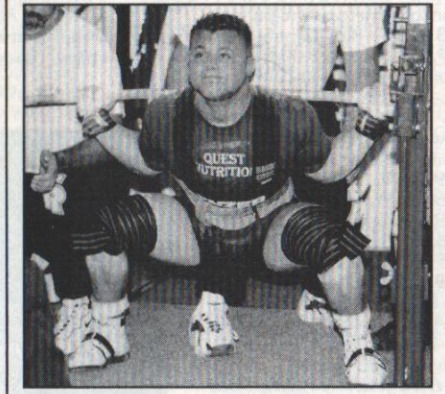
Foreign orders add \$2.00 per order
 Will mail out questionnaire with each order

QUEST NUTRITION

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

Wade Hooper

- Multi IPF World Champion -



Wade's favorite Quest Products: Synergy, Hardcore, and Pyruvate

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

Call for informative brochure!!

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

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

QUEST NUTRITION
 3000 Mattison St. NW
 Duluth, GA 30096

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, NASA Kansas Regional (PL, BP, PS - Salina, KS), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.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 (NEW DATE), USBF Maryland State Bench Press Championships (Raw & Assisted) & Battle of Baltimore Armwrestling, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, brian@usbf.net

6 DEC, SPF Strongest Bench in the South (Open, Masters, Grandmasters, Women, Junior, Teen) Powerhouse Gym, 7035 Lee Hwy, Chattanooga, TN, Jesse Rodgers, 423-876-8410

6 DEC, USAPL Blacksmith Open PL/BP, Mike Overdeer, 124 W. Van Buren, Columbia City, IN 46725, 260-248-4889

6 DEC, USBF Ironman Open & Dumbarton 2-Man Deadlift, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, brian@usbf.net

6 DEC (new address), USAPL New York State Bench - Deadlift Championships, Bruce Swanson, 15 Palisades Rd., Patterson, NY 12563, 845-279-2346, http://www.geocities.com/bruceSwan500/index.html

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, 3rd Toys for Tots Christmas BP, (New Oxford Gym Inc., 400 Lincoln Way East, New Oxford, PA, 717-624-8570, all wt. classes, all age groups) Glenn Murphy Jr, BOX 1013, Westminster, MD 21158

The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232

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

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

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

6,7 DEC, AAU World Bench Press, Deadlift and Push Pull Championships, Laughlin, Nevada, (meet

THE RIGHT WAY TO TRAIN WITH DUMBBELLS.

POWER HOOKS Fits all dumbbell sizes and styles. Holds up to 1000 lbs.

Provides a safer, more intense workout.

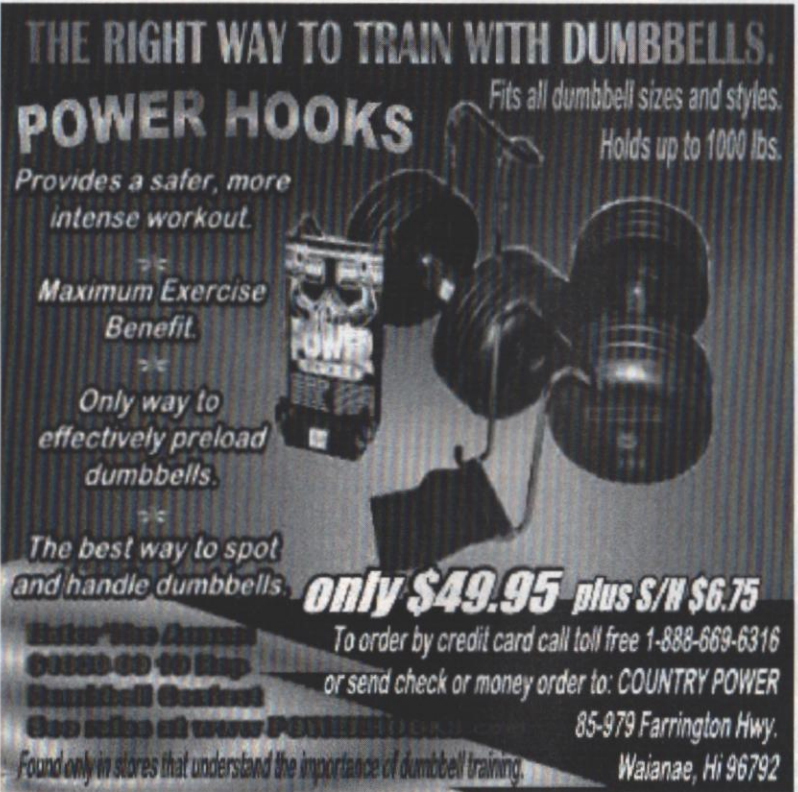
Maximum Exercise Benefit.

Only way to effectively preload dumbbells.

The best way to spot and handle dumbbells.

only \$49.95 plus S/N \$6.75

To order by credit card call toll free 1-888-669-6316 or send check or money order to: COUNTRY POWER 85-979 Farrington Hwy. Waianae, HI 96792



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) 386-426-8648 or email hugeiron@logicalcity.com

7 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728, joemusclehead@cs.com

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

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

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

9-14 DEC, WABDL Drug Tested Worlds (Riviera Hotel, Las Vegas,

NV) Gus Rethwisch, 503-762-5066

13 DEC, 16th Elkhart BP, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

13 DEC, WNPf Sarge McCray Bench, Deadlift & Powercurl and Ironman Nationals in Bordentown, NJ, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

13 DEC, USAPL POLICE & FIRE NATIONALS (Omaha, NE), Tim Anderson, 402-427-8085, timanderson@hunte.net, www.nebraskapowerlifting.com

13 DEC, NASA Missouri Regional, Carthage, MO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

21 FEB, WNPf 2ND TENNESSEE POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - CLEVELAND, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

22 FEB, 12th WNPf GEORGIA NATURAL POWERLIFTING, BENCH, DEADLIFT & POWERCURL CHAMPIONSHIPS - ATLANTA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH) Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicalcity.com

6 MAR, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

6 MAR, WNPf NEW JERSEY POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - EDISON, NEW JERSEY, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

7 MAR, WNPf PENNSYLVANIA POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL, PHILADELPHIA, PA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

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

19-21 MAR 04 (NEW DATE), USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

20 MAR, WNPf 1ST COLLEGIATE NATIONALS & 4TH RALPH PEACE MEMORIAL CAROLINA Bench/Deadlift, Powercurl-GREENVILLE, SC, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

20 MAR, ADAU 41st Great Lakes

20 DEC, 1st Bench Press Classic,

Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 601-377-5852

31 JAN, WNPf DELAWARE/ MARYLAND STATE POWERLIFTING, BENCH, POWERCURL & WNPf DEADLIFT NATIONAL CHAMPIONSHIPS-NEWARK, DE, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

JAN, PPL Augusta Open (drug free, BP, DL, Ironman, Full Power) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

14,15 FEB, Natural National Powerlifting, Bench Only & Power Sports Championship, OKC, OK, Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

21 FEB, WNPf 2ND TENNESSEE POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - CLEVELAND, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

22 FEB, 12th WNPf GEORGIA NATURAL POWERLIFTING, BENCH, DEADLIFT & POWERCURL CHAMPIONSHIPS - ATLANTA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH) Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicalcity.com

6 MAR, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

6 MAR, WNPf NEW JERSEY POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - EDISON, NEW JERSEY, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

7 MAR, WNPf PENNSYLVANIA POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL, PHILADELPHIA, PA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

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

19-21 MAR 04 (NEW DATE), USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

20 MAR, WNPf 1ST COLLEGIATE NATIONALS & 4TH RALPH PEACE MEMORIAL CAROLINA Bench/Deadlift, Powercurl-GREENVILLE, SC, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

20 MAR, ADAU 41st Great Lakes

20 DEC, 1st Bench Press Classic,

20 DEC, 1st Bench Press Classic,

20 DEC, 1st Bench Press Classic,

20 DEC, 1st Bench Press Classic,

20 DEC, 1st Bench Press Classic,

FROM A SATISFIED MEET ADVERTISER: "Thank you for advertising our event in your great magazine. Approximately 1/3 of our out of town lifters saw the ad and called us. We will be submitting another ad in the next few months. Once again, thank you very much."

(Open + All Ages - Men + Women) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

27 MAR, APC Georgia State Open, PL + BP, LB Baker, 770-725-6684, www.irondawg.com

MAR, Carolina Full Powermeet, Monroe, 704-283-5587

MAR, Bench Press Nationals (Ohio, Phoenix, Nashville/Denver) Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

MAR, Power Sports Nationals (Ohio, Nashville, Phoenix or Denver) Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

3 APR, WNPf 2ND ALABAMA NATURAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS-MONTGOMERY, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

3,4 APR, High School Nationals, Powerlifting & Power Sports, OKC, OK, Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

10 APR, Capital of Michigan Power & Bench Press Classic (all age & wt. classes - teen, open, master, police/firefighter classes & team) Lansing Community College, Physical Fitness & Wellness Dept., Jeff Buchin, or Lynn Savage @ 517-483-1227

17 APR, WNPf NATIONAL BENCH PRESS AND POWER CURL CHAMPIONSHIPS-ATLANTIC CITY, NJ, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

APR, USAPL Collegiate Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

1,2 MAY, WNPf 4TH PAN-AMERICAN POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL NATIONALS & WNPf HIGH SCHOOL NATIONALS-STUART OR WEST PALM BEACH, FLORIDA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

23 MAY, WNPf YOUTH-TEEN-JUNIOR NATIONALS POWERLIFTING, BENCH, DEADLIFT, SQUAT, PHILADELPHIA, PA, AND WNPf STRONGMAN NATIONAL CHAMPIONSHIP, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

MAY, USAPL Masters Nationals, Tom North, 2025 E. Shady Grove #2, Irving, TX 75060, 972-721-0200

5,6 JUN, NASA Nationals (Biltmore Hotel, OKC, OK) Nasa, Box 735, Noble, OK, 73068, www.nasa-sports.com

5,6 JUN, Masters / Sub Masters

5,6 JUN, Masters / Sub Masters

Nationals PL'ing, BP & Power Sports Championship, Oklahoma City, OK Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

12-13 JUN, ADAU Nationals, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

13 JUN, WNPf MEN'S USA CHAMPIONSHIPS & WOMEN'S NATIONAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL NATIONALS - ATLANTA AND USA STRONGMAN CHAMPIONSHIPS, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

13 JUN, WNPf ELITE NATIONALS & SUBMASTERS & MASTERS NATIONAL CHAMPIONSHIP POWERLIFTING, BENCH, DEADLIFT, SQUAT, PHILADELPHIA, PA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

JUN, U.S.A. PL'ing, BP & Power Sports Championship, Springfield, OH, Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

24,25 JUL, Grand Nationals (NC),

24,25 JUL, Grand Nationals (NC),

24,25 JUL, Grand Nationals (NC),

PL'ing, BP & Power Sports, Hickory, NC., Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

18 JUL, WNPf RAW NATIONALS & AMERICAN CUP POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL- EDISON, NJ AND WNPf AMERICAN STRONGMAN CHAMPIONSHIPS, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586

21,22 AUG, WNPf BATTLE OF THE COUNTRIES POWERLIFTING, BENCH, DEADLIFT CHAMPIONSHIPS FLORIDA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, OK., Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068

11 SEP, WNPf LIFETIME DRUG FREE NATIONAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL & POLICE/FIRE/MILITARY NATIONALS AND LIFETIME DRUG FREE NATIONAL STRONGMAN & POLICE/FIRE/MILITARY NATIONAL STRONGMAN BORDENTOWN, NJ

18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20 SEP, WNPf South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

25 SEP, 2nd ANNUAL WNPf

25 SEP, 2nd ANNUAL WNPf

25 SEP, 2nd ANNUAL WNPf

SOUTH GEORGIA BENCH/ DEADLIFT & POWERCURL CHAMPIONSHIPS, FITZGERALD, GA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

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

28-31 OCT, WNPf WORLD POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS STRONGEST MAN IN THE WNPf WORLD CHAMPIONSHIPS- EDISON, NEW JERSEY, 770-996-3418, WNPf@AOL.COM OR WNPf, POBOX 142347, FAYETTEVILLE, GA. 30214

20 NOV, WNPf POWERFEST 2004 DRUG FREE BENCH PRESS, DEADLIFT & POWERCURL-ATLANTA, GA, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

18 DEC, WNPf IRONMAN NATIONALS (Bench/Deadlift combined) & SARGE MCCRAY BENCH, DEADLIFT & POWERCURL- BORDENTOWN, NJ, 770-996-3418, WNPf@AOL.COM OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214

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.

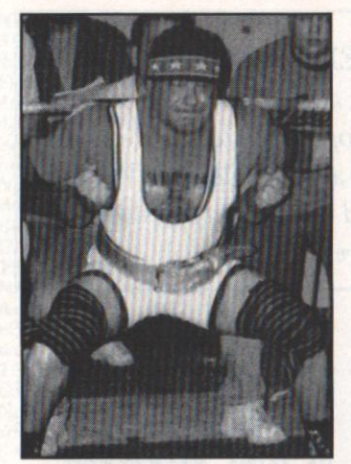
P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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

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

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

Iron House Classic 12,13 APR 03 - Newark, OH							
BENCH	AM	DL	TOT				
PRO	242						
165	Master						
Open	Dan Williams						
Fred Boldt	540						
Ron Maynard	220						
Junior	Ed Clark	525					
Chris Berry	500						
Open	Tom Hypes	475					
Jeff Adams	580						
Todd Seiple	560						
Chris Smith	555						
Mark Burroughs	550						
Bill Giammarco	550						
Craig Scott	550						
Powerlifting	SQ	BP	DL	TOT			
AM	114						
Open/Master	Gary Zeolla	305	195	350	850		
123	Junior	Travis Wilburn	375				
PRO	132	Open	A. Weisberger	505	330	465	1300
AM	165	Open	Mark Freeman	530	400	500	1430
Mark Freeman	540	350	485	1375			
Tim Sherbondy	570						
Jim Rooney	570						
PRO	Teen	Adam Rouan	500	275	480	1255	
AM	181	Junior	David Revels	500	305	550	1405
Master	PRO	Rick Hamsher	470	325	500	1295	
Teen	SHW	Justin Smith	380	260	470	1110	
198	AM	Master	John Scott	600	275	530	1405
Open	PRO	J. Alessandro	750	400	590	1740	
Ryan Barks	705	335	545	1585			
Open	SHW	Adrian Griffin	580	425	550	1555	
Evan Simon	500	365	495	1360			
Submaster	AM	Michael Gugino	630	470	610	1710	
PRO	220	Master	Chris French	680	315	615	1610
AM	Open	Matt Ladewski	660	380	675	1715	
D. McQueen	700	405	570	1675			
SubMaster							



Mike Hill with an 805 squat at pro 198. (by Iron House Gym)

E. Alexander	480	350	455	1285			
Teen	H. Severson	450	240	550	1240		
PRO	SHW	Open	K. Sizemore	625	315	500	1440
148	Open	Doug Heath	635	420	500	1555	
181	Open	F. Wamsngans	670	270	620	1560	
198	Open	D. Blankenship	770	515	640	1925	
Lance Mosley	750	500	665	1915			
Mike Hill	805	475	630	1910			
John Brown	665	515	520	1700			
Joe Jester	680	520	500	1700			
Rob McNutt	550	480	540	1570			
Grant Lanning	550	410	605	1565			
AM	220	Master	Paul Sutphin	710	365	540	1615
Sam Glover	460	305	420	1185			
PRO	Open	Jason Adams	700	440	600	1740	
Ryan Porter	675	420	630	1725			
Josh Murphy	650	405	580	1635			
AM	242	Master	John Black	745	335	575	1655
S. McKimmie	600	450	550	1600			
PRO	D. Shoemaker	490	410	520	1420		
AM	Open	Todd Fellure	675	500	700	1875	
Mitch Warnes	550	430	500	1480			
James Williams	795		475				
Teen	Zach Cole	700	420	630	1750		
PRO	SHW	Teen	Kevin Deweese	860	530	710	2100
Jim Wendler	925	575	600	2100			
N. Johnston	750	555	700	2005			
Ed Owens	800	500	700	2000			
Dr. Dave	775	575	600	1950			
Open	Brad Saunders	700	535	625	1860		
Matt Rhodes	650	455	605	1710			
Tony Desantis	600	400	600	1600			
Bob Youngs	850		680				
Dan Dague	770						
AM	Mark Watts	665	530	530	1725		
PRO	308	Open	Dave Barno	960	570	800	2330
Dave Tate	860	560	630	2050			
Jim Heinz	725	455	530	1710			
AM	Submaster	Jeff Yoder	620	420	620	1660	
SHW	Junior	Chris Moore	815	500	620	1935	
Chris Moore	815	500	620	1935			
Master	Larry Smith	545	295	435	1275		
PRO	Open	Matt Smith	970	650	850	2470	
Mike Ruggiera	1015	390	810	2455			
Bill Hays	805	495	755	2055			
AM	T. Greninger	710	465	660	1835		
PRO	750	Open	Josh Gutridge	750			

records were shattered throughout the weekend. The Saturday morning session featured Amateur, Master, Submaster, Junior, and Teen lifters through the 220 lb. weight class as well as the women lifters. In the 114 Open Master Men's class Gary Zeolla set several world records finishing 9 for 9 with an 850 total. The 165 Open Amateur class featured 2 lifters with Tim Sherbondy taking second with a 1375 total and Mark Freeman taking first with 1430. Michael Gugino won the 198 Submaster Amateur class with a 1710 total, which included a nice 470 bench and 610 deadlift. Joseph Alessandro dominated the 198 Open Amateur with a big 1740 total including a huge 750 squat. Joseph was off a bit on the bench or his total would have been over 1800. Iron House lifter Ryan Barks finished in second in the 198 Open Amateur at his first meet with a 1585 total that included an easy 705 squat and Adrian Griffin was a close third with a 1555 total. Matt Ladewski had an impressive day in the 220 Open Amateur with a 1715 total including a 675 world record deadlift and just missed 700 on a fourth attempt. Big Tim Harold posted an impressive 1935 total as a teenage SHW. Despite all of impressive lifts by the men, the morning session belonged to the women of Westside Barbell. Karen Sizemore went 6 for 6 in the squat and deadlift including a world record 625 squat on her way to an impressive 1440 total. Amy Weisberger stole the show by shattering records on each lift as well as breaking the total record as she went a perfect 9 for 9 for the day in the 132 class. She set the squat record with 505, bench record with 330, deadlift record with 465 and total record with a huge 1300 total which earned her elite status in the men's division! Amy is a Powerlifting machine out-totalling most of the men in her weight class and as Louie Simmons said of Amy's accomplishments "Come get some." The afternoon session featured the Open Pro lifters from 148 through 220. Doug Heath totaled 1550 to win the 148s and Fabian Wamsngans finished with 1560 to win the 181s. The 198 class was loaded with great lifters including three of the top 198-ers in the country - Mike Hill, Lance Mosley, and Dan Blankenship. Mike Hill was the early favorite after a huge 805 squat but Lance and Dan would close the gap in the bench leaving only 35 lbs between all 3 lifters going into the deads. Dan opened with an easy 640 but took a big jump to 700 and missed twice, leaving the door open for Mike and Lance. Mike was able to pull 630 but no more and had to settle for third as Lance jumped into second with a successful 665 pull and tried 680 on his third for the win. The end result was Dan winning with 1925, Lance in second with 1915, and Mike in third with 1910. Dan also took the Best Lifter Sword among the lightweights. Look for these guys, and the return of Brent Tracey, to battle on in future meets. The 220 Open Pro division featured another close battle with Jason Adams taking first with a 1740 total. Iron House lifters Ryan Porter and Josh Murphy took second and third with Ryan finishing with 1725 and Josh finishing with 1635. Both Ryan and Josh struggled on the day but we expect both to bounce back and put up big numbers at the IPA Worlds in August. In the bench only division 165 lb. Fred Boldt of Westside Barbell benched a huge 540 and just missed a 570 world-record. Fred had some major shirt problems, blowing out two shirts on the day but we're expecting him to destroy this record at the Iron House Push/Pull and Bench for Cash on July 26th in Zanesville. Jeff "Gritter" Adams won the 220 Open Pro class with 580. Todd Seiple was also strong in the 220 Open Pros with a 560 for second and Chris Smith was close behind with 555 for third. ChickenHawk (the Gorilla Killa) was also impressive in the bench with 550 at 215 body-weight. Iron House lifter Curt Luburgh took the 275 class for the second straight year with a big 630 bench and just missed 650 on a third attempt. Sunday was set for the big boys! Eskil Thomasson, the cursing Swede from Westside Barbell, took the top spot in the 242 Open Pro class with a 2000 total, which included a big 840 squat. Ed Rectenwald went 8 for 9 totaling 1920, including a big 570 bench, to finish second behind Eskil and a strong Jim Laird finished third with 1890. Pete Pritneau from Black's Gym was impressive in the 275 Master class with a 1900 world record total as he won the class and set new world records in each lift. The 275 Open Pro class was a battle from start to finish with a total of 11 competitors, 5 of which totaled 2000 or better. J.L. Holdsworth was impressive on every lift (825, 630, & 705) posting a 2160 total to win the class. Kevin Deweese and Jim Wendler each totaled 2100 with Kevin taking second by virtue of lighter body-weight. Kevin and Jim are great squatters with Kevin squatting 860 and Jim posting a 925 squat. The 20-year-old Nate Johnston of Westside also had a great day with a 2005 total and finished the day strong with a 700 deadlift. Iron House lifter Ed Owens, the Big Booty Daddy, showed some heart with an 800 squat and 2000 total. Dave Barno owned the 308 Open Pro class by posting a monster 2330 total which featured a 960 squat and 800 pull. Dave Tate finished in second with a 2050 total while Jim Heinz captured third with a 1710 total. In the Super Heavyweight Open Pro division Matt Smith and Mike Ruggiera of Westside Barbell put on a powerlifting clinic. These two guys are not only world-class athletes they are world class individuals displaying professionalism and sportsmanship from start to finish. Enough ass

AAU Arkansas Row PL & BP 17 MAY 03 - Conway, AR					
BENCH	198	40-44	40-44		
Women	Richie Zuber	242			
105	220				
35-39	Charles Lee	413*			
Tracy Russell	72				
181	242				
16-17	Daren Walters	352			
Khary Monroe	236*	50-54			
220	242				
18-19	Mike Strain	402			
Jake Pruitt	275	220			
Open	55-59				
198	Leon McLean	347			
Richie Zuber	242	242			
220	60-64				
Neil Robinson	396	Jim Turner	314		
319	165				
Carl Causin	462	70-74			
275	Harold Hager	203\$			
35-39	Lee McRae	407			
Women	SQ	BP	DL	TOT	
165					
16-17	Kayla Ibarra	110	88	159	357
105					
18-19	Emily Newell	104*	77*	154*	330*
148					
20-23	Aimee Brinkley	165*	104	187*	446
MEN	114				
12-13	Jake Thomas	88	61	154	303
14-15					
165	Sage Pruett	253	187	303	743
242	Blake Shaw	341	214	385	942
16-17					
165	Zach Race	402*	264	369	1025
Stuart Thomas	220	170	330	721	
181					
Nathan Kendrick	363	281*	418	1063	
Ryan Collins	358	281	402	1041	
242					
Issaac Cobb	297	479			
220	Ken Jordan	358*	225*	325	908
20-23					
Daniel Davis	363	292	490*	1119	

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-800-AAU-USA.

AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

Adult Athletes in the Following Sports: Regular Fee 20.00 "AB" Fee 23.50
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports: 20.00 25.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports: Not Available 25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes 20.00 Not Available
Adult Powerlifting Athletes 30.00 35.00

MEMBERSHIP CHECK ONE: Athlete ___ Coach ___ Official ___ Volunteer ___

AAU National Headquarters c/o The Walt Disney World Resort PO Box 10,000 Lake Buena Vista, FL 32830

SPORT CODE _____ ASSOCIATION CODE _____

MEMBERSHIP CATEGORY ONE: Youth Program ___ Adult Program ___ Added Benefit ___ Yes ___ No

Club No. _____ Club Name _____ E-Mail _____

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

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

Member's Signature _____ Parent/Guardian Signature _____

USAPL IBI Women's Challenge 19 OCT 02 - Lynnwood, WA

Open	SQ	BP	DL	TOT 97
220				
Terry Tucker	457	341	633	1432
319+				
Arthur Reid	407	518		
35-39				
R. Churchward	330	145	340	815
148				
Angela Iverson	140	85	155	380
Machelle Collier	240	120	295	655
Lea Brown	255	155	245	655
198+				
Kireen Ellis	400	240	440	1080
Sheri Wyatt	340	235	385	960

Masters 40-44 165
Dee Backiel 215 115 245 575
198
Jill Arrow 390 205 385 980
Master 45-49
165
Leah Smith 275 405 255 660
Master 55-59 165
Dana Backiel 225 120 280 625
Teen 16-17 198
B. Buck-Wood 265 155 260 680
Teen 18-19 148
Q. Underwood 260 140 310 710
(Thanks to USAPL for providing the meet results.)

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

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

Sign if above answers are correct. Parents sign if under 18 years. Date _____

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

Crepinsek Strength Equipment

831-637-0797

Call For Other Products & Models

Safety Power Squat Bar \$362

Optional Rack Handles \$32

Weapons of Champions

Combo Bar \$385

Sumo Rack 1/2 Adjustment Pictured with Full Beam Safety Power Hook Custom Sizing Available \$Call

NO Back Stress Shoulder Pain Knee Pain Spotter

WWW.1500LB.COM

Factory Direct/Shipping Included
Crepinsek 130 Barnheisel Rd
Hollister, CA 95023
USA

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS presents:

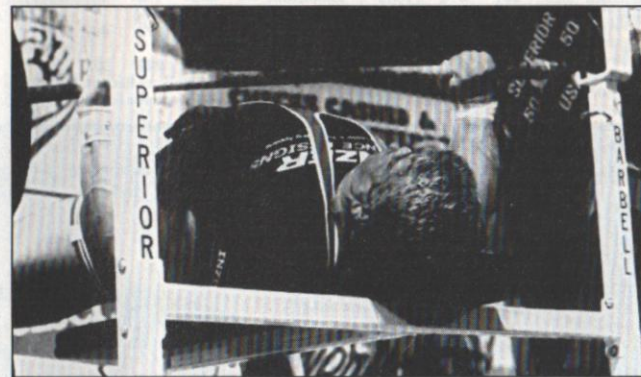
The Inzer HEAVY DUTY Series Blast Shirts

High Performance Heavy Duty
 * extended power support range
 * new arm lock design
 * extra tricep support
 * extra reinforced construction
 * guaranteed more results than any other shirt
 * recommended for experienced powerlifters only

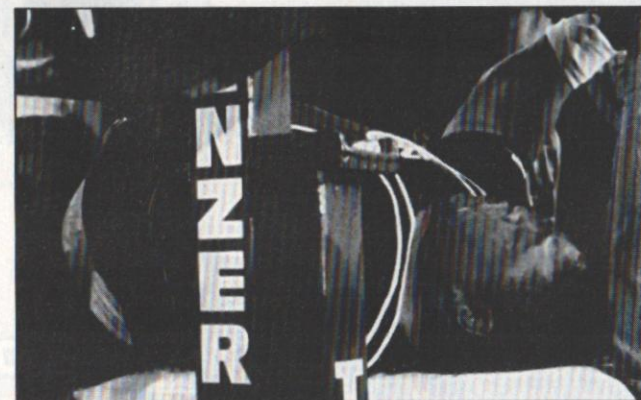
Extra High Performance Heavy Duty
 * extra extended power support range
 * new arm lock design
 * more tricep support
 * extra reinforced construction
 * guaranteed more support and power than anything ever available before now
 An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty
 * tight tough fit
 * strong support off chest
 * extra comfort built in
 * great immediate results

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Name _____
 Address _____
 phone _____
 Qty. _____ Color _____

____ Heavy Duty Blast Shirt \$58
 ____ High Performance Heavy Duty \$77
 ____ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
 chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue
 MC VISA DVR COD CHECK add \$6.00 S&H

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

More Items Available
from

INZER
ADVANCE DESIGNS
The World Leader In Powerlifting Apparel

800-222-6897
903-236-4012

- Inzer Advance Designs T-shirts** — 2 color logo
 Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
 S, M, L, XL, XXL, XXXL, XXXXL
- Tank Tops** — 2 color logo \$10.00
- Wrestling Singlets** — Black, Navy Blue, Royal Blue, Red
 S, M, L, XL, XXL \$28.00
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$33.00
- Wrist Wraps** — full length with velcro and thumb loop \$9.95
- Wrist Wraps** — heavy duty, full length with velcro and thumb loop \$17.00

COMPETITION BELTS Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

- 10 cm x 13 mm • 6 rows of stitching \$68.00
 10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee \$70.00
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
 1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS (limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

WNPF Delaware Championships
25 JAN 03 - Dayton, OH

POWER CURL	Open Raw	425	410	285	445	1140
148	McIntyre-BL	425	480	415	550	1445
Open	Open Raw		460	315	425	1200
Fleming	40-49	440	242			
165	Plummer	440	405	350*	405	1160
50-59	Lifetime		275			
Lane	Plummer	440	300	260	385	945
DEADLIFT	50-59 Raw	250	13-16			
60	Davis	250	Andrews	300	260	385
9-10 Raw	242		Lifetime Raw	515	320	565
Gattinella	17-19	100*	Fearheller	40-49		
148	Buckley	260	Brinton-BL	625	500*	600
9-10 Raw	40-49	170*	Sandersen	450	320	430
148	Gismonde	340	BL - Best Lifter. * - American Record. (by Troy Ford.)			
Taylor	40-49 Raw	310				
165	Hicks	310				
50-59	Lifetime Raw					
Lane	Hicks	310				
BENCH	275					
165	40-49					
50-59 Raw	Sullivan	405				
Lane	SHW	250				
181	Open Raw					
Lifetime	Edwards	500				
Gattinella	Lifetime Raw	360				
220	Edwards	500				
Open						
Handlin		420				
Powerlifting	SQ	BP	DL	TOT		
Women						
148						
17-19						
LACH		215	120	265*	600	
40-49 Raw						
Spano		145	90	260	495	
Men						
114						
11-12 Raw		250*	110*	305*	605*	
McClosky						
123						
13-16						
LaGravenis		225	125	285	635	
D'Anton		190	115	220	525	
Trigo		145	85	225	455	
132						
13-16						
McGrath		250	170	290	710	
Puglisi		240	150	305	695	
148						
Brown		315	200	365	880	
Parisi		225	175	285	685	
Open						
Romanelli		385	315	440	1140	
165						
13-16						
Bathrick		285	190	330	705	
Open Raw						
Romberger		455	360	575	1380	
17-19						
Wong		400	205	370	975	
198						
13-16						
Colonna		225	155	245	625	
40-49 Raw						
Calina		475*	255	495	1225*	
Novice Raw						
Meldofsky		325	200			
220						
17-19						

WNPF Alabama State
22 MAR 03 - Montgomery, AL

SQUAT	BENCH				
242	Women				
13-16	165				
Dees	Lifetime Raw	425			
Novice	Hamilton	140			
Dees	Men	425			
POWER CURL	165				
275	17-19				
Open	Griffin				
Alexander	150				
SHW	Open				
Open	Hicks				
Blankenship	165				
DEADLIFT	50-59 Raw				
165	Pittman	325			
17-19	220				
Griffin	Lifetime	405			
198	Woods-BL	525			
Lifetime	Martin	415			
Ray	Open	635\$			
Open	Woods	525			
Ray	Martin	415			
220	242				
Lifetime	Pierce	475			
Woods	40-49	475*			
242	13-16				
13-16	Novice	450			
Dees	Darty	405			
275	Dees	450			
Novice	Novice				
40-49	Snyder	340			
Davidson	Dennis	650*			
Open	SHW				
Alexander	Open	550			
Powerlifting	BP				
SQ	DL	TOT			
165					
40-49	Endress	300			
Men	165				
Lifetime	Dunklin	500	175	460	1135
Novice	Novice				
McCormick	350	225	450	1025	
17-19					

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

LOUIE SIMMONS'
REVERSE HYPER
MACHINE



Roller Hyper
\$1590.00*

Pro Hyper
\$1225.00*

Standard Hyper
\$825.00*

*Shipping Included

Patent #5356359

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

Lucas	345	205	335	885				
198								
Lifetime Raw								
Ray	425	315	635\$	1375				
Open Raw								
Ray	425	315	635	1375				
220								
Novice								
Radford	500	400	450	1350				
Lifetime								
Radford	500	400	450	1350				
50-59								
Open Raw								
Caisser	365	255	405	1025				
BL - Best Lifter. * - American Record. S - Submaster								
American Record. (Thanks to Troy Ford for results.)								
Dees	425	250	450	1125				
Novice								

USAPL Badger Open

10 MAY 03 - Whitewater, WI

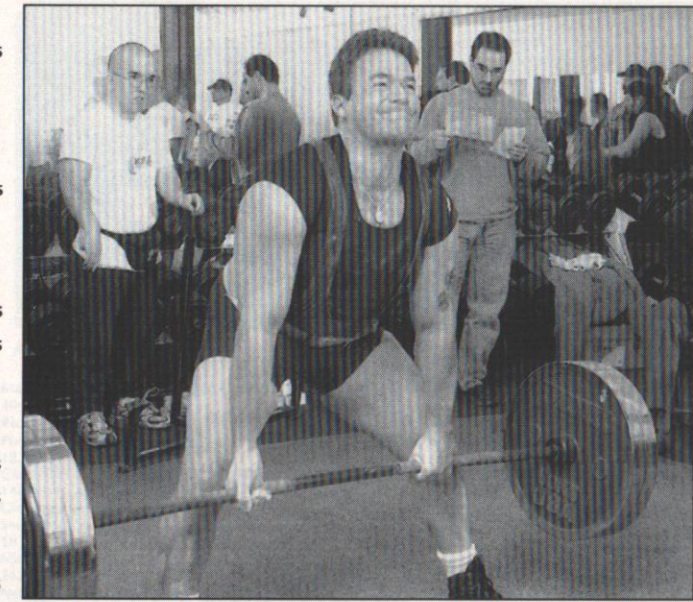
165	SQ	BP	DL	TOT
Lance Kirchner	545	465	525	1535
Joshua Riemer	400	265	470	1135
181				
John Maccanelli	525	365	600	1490
Dustin Stampf	470	280	560	1310
198				
Luke Titel	535	360	600	1495
Jessie Betzinger	560	320	525	1405
David Impola	430	345	500	1275
220				
Ryan Stills	710	420	680	1810
Brendan Luedtke	580	350	630	1560
Ron Burmeister	530	415	540	1485
242				
Joe Nault	605	440	635	1680
Matt Gunville	650	405	550	1605
Philip Diamond	545	430	575	1550
Nick Selk	545	430	525	1500
Tom Smith	440	335	500	1275
275				
Scott Schoen	660	485	710	1855
Scott Ward	670	505	600	1775
Luke Peters	460	300	520	1280
SHW				
Josh Erickson	405	260	385	1050
Eric Allen	270	450	720	
Tim Uecker				
Women				
Sarah Lind	300	170	330	800
Ashley Servi	200	90	230	520
Tricia Schutte	275	175	290	740
Stacy Langer	205	115	250	570
Karen Metzner	365	225	395	985
Jill Schooley	245	95	270	610
Tonya Dilley	275	155	265	695

(Thanks to USAPL for providing these meet results)

USAPL Iron Man & Record Breakers
15 MAR 03 - Chesterland, OH

BENCH	Kenneth Bogush	137.5
Open Men	Julius Pellegrino	
148	SubMasters	
Michael Santiago	Dane Robinson	200
Chris Apistar	Charles Neal	200
Jose Mammisa	Ironman Deadlift	
181	Open Men	
Shane Adjibade	148	
198	Chris Apistar	187.5
George Weber	Michael Santiago	185
Tim Jones	Joseph Cammisia	165
220	181	
Rich Kruszely	Shane Adjibade	270
Jeff Brennan	195	
242	Robert Cutting	250
Lou Saviano	Tim Jones	222.5
Daniel Beggs	220	
Jason Louder	Fred Vogel	172.5
275	David Sneed	
Kevin Hebert	232.5	
Robert Norris	225	
Juniors Formula	Ray Lopez	290
Mike Ciupinski	Wlodek Lesiak	210
Teens Formula	Juniors Formula	
Justin Rogers	Anthony Cassiere	247.5
Ryan McDonough	Teen Formula	
A. Panzarelli	Ryan McDonough	207.5
Women Formula	Justin Roger	195
Disa Hatfield	Women Formula	
Beverly Salerno	Beverly Salerno	110
Lite	Lite	
Ellen Stein	80	
Masters	Ellen Stein	177.5
Robert Norris	B. Mergenthaler	120
Michael Makofsky	Jeff Jacobs	227.5
Daniel Beggs	Ray Lopez	290
Ricky Greenspan	K. Ksepka	290
Robert Hurley	Steve Dabrin	192.5
Marty Winnick	Kenneth Bogush	192.5
130	Daniel Beggs	

The USAPL Ironman Bench Press/Deadlift Record Breakers took place on March 15th at Pro Fitness in Rockaway, NJ. The turnout was good and so was the lifting. The women kicked things off in the Bench Press with Ellen Stein setting records every time she took the platform. Disa Hatfield and Beverly Salerno also lifted very well. Mike Ciupinski won the Juniors class with a nice 418 at a body weight of 168. Justin Rogers won the Teen class, Dan Robinson won the Submasters and Robert Norris won the Masters Class. Michael Santiago won the 148 Open with a nice 297. Chane Adjibade won the 181s with a 380. The 198s were won by George Weber with a lift of 391 and Rich Kruszely won the 220s with a 441 press. Big Lou Saviano came down from New York to hit a personal best 551 to win the 242s and the Best Lifter in the Bench. Kevin Hebert won the 275s with a nice 512 bench. The Deadlift started with the women. Ellen Stein set another record with her very impressive 391 at 123. Becky Mergenthaler lifted in her first meet and the 18 year old pulled a very nice 264. Jeff Jacobs won the Master Class, Ryan McDonough won the teens and Anthony Cassiere won the Juniors Class. It was close in the 148s with Chris Apistar winning with a 413 pull. The 181s were won by Shane Adjibade with an impressive 595 and Robert Cutting ended with winner at 198 with a 551. Fred Vogel pulled 380 to win the 220s class. David Cooper came up from Maryland, pulled an impressive 716 and won the 242s. Ray Lopez took



Robert Cutting, at the Pro Fitness Rockaway Record Breakers, with a 250 kg deadlift in the 198 lb. class (Photo provided by R. Cutting)

2nd in the 242s with a very nice 639. Of note, the Record Breakers saw Ellen Stein, even with a token squat, set 4 American Records. Anthony Cassiere, Beverly Salerno, and Justin Rogers all set State Records. Thanks goes out to all the spotters, loaders and referees for making the meet run smoothly. (Thanks to USAPL for providing these meet results)

USAPL Tiger Invitational
15 FEB 03 - Baton Rouge, LA

Women	SQ	BP	DL	TOT
105				
Teen 18-19				
Jennifer Prejean	220	115	280	615
Junior 20-23				
Jordan Callais	145	75	145	365
123				
Junior 20-23				
Evelyn Schuwert	220	90	230	540
132				
Junior 20-23				
Staci Dencausse	240	135	295	670
148				
Teen 14-15				
Kate Savole	250	125	80	655
Junior 20-23				

Dr. Mark's Columbus BP Classic
03 MAY 03 - Columbus, OH

114	Greg Tarr	500	
Amber Salsbury	75	Doug Dudash	485
132	Joe Decaminada	425	
Tyler Smith	215	Scott Prozy	375
148	Andy Bohlander	315	
Daniel Ramey	135	242	
165	Paul Vargo	450	
Joey Shiuely	370	Dan Librman	385
Jon Krouse	260	Tony Gruber	315
Larry Floridi	235	275	
Eric Case	185	Jeff Peshek	610
181	Edgil Weaver	560	
Andy Furnas	440	Bob Howell	295
Jon Elick	430	SHW	
198	Jerry Obradovic	680	
Bill Giammarco	500	Blaise Karlovic	620
Don Shiuely	360	Paul Key	585
220	Adam Baker	350	
Steve Conner	625	Michael White	250
	Gary Goodrick		

Overall Lifter - Steve Conner (220 lbs. Div.) - Awarded \$1000 Cash and the Big Joe's Sword. Youngest Outstanding Lifter - Tyler Smith. Highschool Overall Lifter - Andy Bohlander. Appreciation Award, Host of Contest/Hospitality - Mike Ferguson. Most Improved Lifter from 2002 Classic - Steve Conner - 525 to 625. The contest was a great success and extremely competitive in nature. The overall winner was a battle between heavy weight Jerry O'Bradovic and Steve Conner, who was the returning champion from the 220 division last year. Steve Conner captured the 220 division again with a press of 625 at a weight of 215 providing him with a 349.5 overall, utilizing the Schwartz formula. Westside Barbell Sensation, Jerry O'Bradovic, weighed in at 293 with the best lift of 680 lbs., putting his Schwartz formula percentage at 347.82. A Special thanks Karen Knutson who was our Director of sales and Judges, Don Knutson, Attorney Paul Travis, Attorney Eric Johnson and Hector Ramos. Several sponsors were on hand including the Navy, Army, Nutritional Forum and Karin's Xtreme Power Wear. (Thanks to Dr. Mark Matvey.)

USPF New Hampshire/New England US Open/US Women's Nationals
27 APR 03 - Manchester, NH (KG)

NH State BP	T. Trov	160		
Jr Men	Submaster			
(16-17)	Jeff Morrison	152.5		
181	Master Men 40+			
J. Merrow	120	P. Sussman	185	
(20-23)	Master 50+			
181	B. Frost	155*		
F. Coolbroth	110	Open		
1981b	165			
K. Putnam	172.5*	K. Odell	145	
T. Troy	160	181		
Submaster Men	Joe Bistany	162.5		
Jeff Morrison	152.5*	J. Ferland	152.5	
Joe Percuoco	142.5*	Jeff Morrison	152.5	
Open 181	198			
Joe Bistany	162.5	Harold Kemp	177.5	
J. Ferland	157.5	S. Blum	115	
B. Kobrenski	155	308		
Jeff Morrison	152.5	B. Tucker	217.5	
220	New England Deadlift			
Mike Ahem	197.5	Mens Open		
H. Preston	195	198		
P. Sussman	185	Harold Kemp	237.5*	
308	US Open BP			
Joe Percuoco	142.5*	Men		
Master Men 40+	Submaster			
P. Sussman	185	Jeff Morrison	152.5	
N. Giroux	150	Joe Percuoco	142.5	
Master 50+	Master 40+			
B. Frost	155*	J. Bourgault	222.5	
NH Deadlift	217.5	M. Hall	240	
Junior Men	217.5	A. Hall	240	
Fred Coolbroth	175*	P. Bennett	97.5	
Open Men	Open 181			
181	T. Troy	160		
B. Kobrenski	287.5*	Jeff Morrison	152.5	
220	198			
Mike Ahem	272.5*	Harold Kemp	177.5	
New England BP	Guest			
Junior	T. Higgins	275		
181	US Open Deadlift			
J. Merrow	120	Mens Open		
(20-23)	165			
165	C. Rogers	207.5		
K. Odell	145	198		
K. Putnam	172.5	Harold Kemp	237.5	
220	Mike Ahem	272.5*		
State Champs	SQ	BP	DL	Tot
Women				
Master 40+	62.5*	47.5*	92.5*	202.5*
D. Keley				
Master 50+				
S. McKinlay	132.5*	82.5*	132.5*	347.5*
Men				
Junior				
(16-17)				
181				



Dr. Mark's Columbus BP Classic - ABOVE: (Front row, kneeling left to right) Andy Furnas, Daniel Ramey, Jonathan Krouse, Tyler Smith, Larry Floridi, John Elick, Amber Salsbury (behind Amber, kneeling) Jerry O'Bradovic (2nd Row, Standing from left to right) Joey Shiuely, Edgil Weaver, Don Shiuely, Andy Bohlander, Doug Dudash, Blaise Karlovic, Greg Tarr, Steve Conner, Paul Key, Bill Giammarco, Karen Knutson (Director of Sales), Tony Gruber, Dr. Mark Matvey (Meet promoter), Jeff Peshek, Paul Vargo, Dan Liberman. **BELOW - (left to right) Dr. Mark Matvey (Meet Director of Sales), Steve Conner, and Karen Knutson (Meet Director of Sales)** (Photos courtesy of Mark Matvey)



J. Merrow	185	120	207.5	512.5	C. Rogers	185	117.5	207.5	510
181					J. Ferland	200	157.5	220	577.5
James Simons	222.5	160*	245	627.5	275				
(18-19)					J. Bourgault	287.5	222.5	282.5	792.5
J. Bourgault	225	122.5	227.5	575	SHW				
N. Dascoulias	225	127.5*			T. Saunders	430	232.5	295	957.5
4th					US Open Champs				
J. Dube	190	110	205	505	Master Men 40+				
(20-23)					Jose Goncalves	227.5	137.5	227.5	592.5
198					Mens Open				
198					165				
Harold Kemp	237.5*				C. Rogers	185	117.5	207.5	510
US Open BP					181				
Men					M. Comier	242.5	162.5	242.5	647.5
Master 40+	185	185	197.5*	567.5	275				
Submaster	125	105	192.5	412.5	J. Bourgault	287.5	222.5	282.5	792.5
Jeff Morrison	152.5				Womens Sr. Nationals				
Joe Percuoco	142.5				165				
Open					K. Cooper	115*	67.5	135*	317.5*
Master 40+					181b				
Master 50+					S. McKinlay!	132.5	82.5	132.5*	347.5
B. Frost	155*				USPF Junior/ Collegiate Nationals				
NH Deadlift					(16-17)				
Junior Men					181				
Fred Coolbroth	175*				J. Merrow	185	120	207.5	512.5
Open Men					275				
181					James Simons	222.5	160*	245	627.5
B. Kobrenski	287.5*				(18-19)				
220					181				
Mike Ahem	272.5*				N. Dascoulias	225	122.5	227.5	575
New England BP					198				
Junior					J. Dube	190	110	205	505
181					(20-23)				
J. Merrow	120				220				
(20-23)					K. Odell	197.5	145	200	542.5
165					220				
K. Odell	145				M. Taschuk	305	185	295	785
K. Putnam	172.5				242				
220					B. King	205	150	215	570
State Champs					220				
Women					M. Taschuk	305	185	295	785
Master 40+					1- Denotes Best Lifter. * - Denotes State Record. S - American Record. 19 year old Katie Cooper had a great day breaking not only every junior NH				
D. Keley									
Master 50+									
S. McKinlay									
Men									
Junior									
(16-17)									
181									

record, but all of the womens open, too! Some of the womens open records were more than five years old! Sonja McKinley had a great day, breaking all NH State open and masters records, but then went on to American Records in the womens 55-59yr, 181 division! Sonja's opening squat of 117/86 broke the current record of 107.5. set back in 6/21/86 by Gwen Patillo! She wasn't done! She ended with a big 132.5 kg., beating the record by 25 kg! That's a significant margin to beat an American record by in an organization that's over 25 years old! Opening bench of 67.5 beat Gwen's 65 kg. She finished with 82.5 kg. beating the old record by 17.5 kg. Sonja was nice enough to allow Gwens deadlift record to stay at 145 kg, but her 347.5 total, well, shattered Gwens 317.5 total record, too ... Goes to show the kind of coaching IPF competitor Tom Weeks offers! Referees - Brian Farmer, Jamie Fellos, Laura Tourtelot, Announcer - Rocco Boulay, Expeditor - Krista Martineau Venue - Ramada Inn. Special Thanks go out to Krista Martineau, Brian Farmer, Rocco Boulay, Jamie Fellos, Carole Kuchinsky, Bill Dugay, Laura Tourtelot, Scott Martel, Vicki, and everyone else for all of their help. Also, our sponsors: House of Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true New England Powerlifting check out USPF Region I website: www.AmericanPowerlifting.com (Dave Follansbee, Region I Chair) (Nutrition 101.)

USAPL Maine State
12 APR 03 - Rockland, ME

BENCH	Robert Mealey	380		
Women's Open	Steve Fournier	285		
Darcy McQuade	140	Men Teen		
Tia Fournier	115	Darrick Trask	270	
Pam Morong	115	Justin Wolcott	275	
Women Submaster	Men Submaster			
Darcy McQuade	140	Dave McKnight	355	
Men Open	Rob Porter	325		
Ben Bruno	480	Mens Masters		
Robert Rockwell	415	Al Stork	440	
Albert Stork	440	Doug Morong	365	
Doug Morong	365	Mens Grandmasters		
	Lynn Athard	410		
Men Open	SQ	BP	DL	TOT
132				
Richard DelGallo	355	205	385	945
Ryan Urso	260	265	360	855
148				
Mike Petrarca	400	285	450	1135
165				
Sean Dicaldo	540	350	600	1490
Tom Stewart	395	250	470	1115
Anthony Williams	335	295	470	1100
Toby Pond	230	225	345	800
198				
Mike Campbell	560	400	570	1530
Mike Laliberte	590	400	540	1530
Bill Fitzjurs	385	300	465	1150
Ken Fitzjurs	325	300	385	1010
220				
Rene Moyer	500	365	520	1385
Dave McKnight	475	355	525	1355
Garrett Chabot	445	335	490	1270
Wayne Fitzjurs	355	340	425	1120
Dave Jackson	335	255	350	940
242				
Joe Moses	600	385	600	1585
Joe Peters	550	410	575	1535
Jamie Guay	535	380	475	1390
James Krajewski	450	380	460	1290
Rob Porter	400	325	450	1175
275				
Sam Tyler	650	460	590	1700*
Mike Chapman	405	375	405	1185
SHW				
Walter Sabine	650	375	570	1595
Dan Wiswell	600	365	625	1590
Men Teen				
Darrick Trask	320	270	395	985
Grant Bailey	315	305	365	985
Jeremy Clark	250	165	370	785
Nathan LaPlant	250	215	370	835
Jason Cilley	230	240	315	785
Men Juniors				
Mike Campbell	560	400	570	1530
Joe Peters	550	410	575	1535
Men Submasters				
Dave McKnight	475	355	525	1035
Rob Porter	400	325	450	1175
Men Masters				
Dan Wiswell	600	365	625	1590
Mens Grandmasters				
Hal MulHolland	500	385	600	1485
Richard DelGallo	355	205	385	945
Tom Stewart	395	250	470	1115
Bob Ayers	175	125	320	620
Jack Carr	200	225	285	710
Women Open				
Sheila Sullivan	280	135	300	715
Pam Morong	200	115	275	590
Johon Clough	155	90	255	500
Kati Homes	240	95	275	610
Women Teen				
Kati Homes	240	95	275	610
(Thanks to USAPL for providing these meet results)				

Central Wisconsin Bench Press
03 MAY 03 - Friendship, WI

Masters I Men	123	Kevin Steffen	140
220	132		
Mike True	345	132	
275	Ekaehai Steinhoist	225	
Steve Fronk	430	Matt Buck	165
308	148		
Jeff Brust	500	Dan Peirstoff	225
Master II Men	Doug Reeb	225	
165	Nick Buck	220	
Bob Goldsmith	240	165	
SHW	Rob Hanley	280	
Don Janson	450	Brad DeForest	250
Tom Nelson	375	Jim Ironside	195
Master III Men	181		
Chris Roffler	190	Arin Ellingson	230
Open Men	198		
148	Mike Powers	280	
William Bacon	245	Mike Johnson	275
165	Sean Anderson	270	
Dave Thompson	365	Ryan Madlon	245
198	220		
Brad Hanemann	425	A. Baumgartner	280
Erik Jacobs	300	Patrick Klund	280
220	Steve Kotowski	275	
Jamie Swears	540	Tyler Wentz	255
Eric Leverance	405	242	
275	Kyle McMartin	350	
Sean Coffey	465	A. Baumgartner	315
Sub Master Men	Eli Silas	290	
242	275		
Darin Weltzien	400	Derek Liggett	330
Teen Men	Nate Bula	290	
114	Teen Women		
Jack Anderson	95	148	
	Jessica Weideman	125	

Best Lifters: Teen - Kyle McMartin. Open - Jamie Zweirs. Submasters/Master I - Jeff Brust. Masters II/Masters III - Don Janson. Team Results: Madison West - 162. A-F High - 156. Oseola - 152. This is the 6th Annual Central Wisconsin Bench Press Contest. The numbers were down from last year 52 to 38 this year due to another contest in the area and opening day of fishing. We had a great meet anyway. It is held at our high school and all the money made goes into buying new equipment for the high school weight room. First of all would like to thank all the volunteers with out them the contest would not have made it to the 6th Annual. We gave out 4 best lifter awards. We had 3 high schools enter as a team. I am looking forward to next years contest and hope to get more lifters. (Thanks to John Easterly, Meet Director for results.)

W.N.P.F. UPSTATE NEW YORK
02 MAR 03 - WATERLOO, NY

BENCH Assisted	John Lattimer	315*	
148 Novice Female	Michael Krol	295	
Michelle Vetula	180	Mark Schoeder	200*
Men	242		
148 17-19	Lifetime		
James Zobel	205*	R. Murray	425
181	Paul Miller	410	
13-16	Natural		
Kyle Smith	255*	R. Murray	425
Novice	275*	242 40-49	
Stefan Glover	275*	Steve Rogers	350
50-59	275 60-69		
John Hopf	290*	Olin Hennaman	335
198 50-59	SHW		
Vince Peterson	305*	Lifetime	
220	Jeff Lewis	500	
17-19			

9th Midwest Bench Press & Deadlift
05 APR 03 - Green Bay, WI

Women Bench	David Balthazor	520
Tricia Schutte	Darin Heyerdahl	465
Marissa Gannon	275 Police & Fire	
Cathy Adrian	Jamie Zynda	370
Bonnie Turner	Ben Giffin	345
132	SHW	
Joshua Myers	Rusly Campshure	340
148	Submaster 35-39	
Dennis Feld	198 & Under	
Tim Aldag	Tim Aldag	275
Juan Garcia	220 & Over	
Dave Aldag	Steve Ettner	415
165	TOdd Depner	410
D. Constantineau	Master 40+	
Al McCredie	198 & Under	
PJ Ganiner	Dennis Feld	275
Jeremy Memmrich	Matt Waller	330
181	Al McCredie	315
Mark Menor	Jon DeCleene	325
Erik Alholm	Theo Muir	315
Kevin Lindsley	Dave Aldag	245
Jim Overland	220 & Over	
Justin Majewski	David Balthazor	520
Quincy Koltz	Ken Ganter	325
Mitch Clark	Jim O'Neil	325
181 Police & Fire	Joe Rodriguez	315
Mark Menor	Women	
Erik Alholm	Tricia Schutte	300
Quincy Koltz	Bonnie Turner	250
Jamies Knowles	Marissa Gannon	235
198	148	
Andy Adrian	Chirs Majewski	480
Fred Popp	165	
C. Dunham	D. Constantineau	475
Matt Bowling	Brady Anderson	465
David Impala	181	
Jon DeCleene	Erik Alholm	560
198 Police & Fire	David Anderson	490
Andy Adrian	Quincy Koltz	480
Fred Popp	198	
220	Tom Conklin	600
Mike Cimicud	220	
Mike Fleming	Tristan Neely	600
David Cimicud	Tom Laning	575
Tristan Neely	Neil Hakilla	555
220 Police & Fire	David Cimicud	540
Mike Fleming	Mike Cimicud	525
242	Steve Bowers	520
Nick Maltson	242	
Joe Nault	Matt Gunville	585
Steve Ettner	198 & Under	
Todd Depner	Tom Conklin	600
242	David Anderson	535
Aaron Pynenberg	220 & Over	
Steve Henry	Pete Ulic	480
275	Jim Glanding	445
Scott Lade	665	

Best Lifter: Bench - 198 & Under - Andy Adrian, 220 & Over - Scott Lade, Deadlift - 198 & Under - Erik Alholme, 220 & Over - Tristan Neely, 9Thanks to Dave Balthazor of Beyond Fitness for the results.)

USAPL Michigan State HS/Teen
03 MAY 03 - Bangor, MI

Women	SQ	BP	DL	TOT
114				
14-15				
Megan Bruschart	215	105	215	530
123				
16-17				
Carly Nogle	290	165	370	860
132				
14-15				
Molly Dennany	340	195	325	860
16-17				
Sarah Daul	205	125	195	525
148				
14-15				
Mallie Metzler	185	110	280	575
16-17				
Cythia Hughes	205	150	300	655
181				
16-17				
Tiffeni Bayer	315	140	330	785
198				
14-15				
Bonica Brown	330	155	340	825
SHW				
16-17				
Shea Wallus	335	245	335	915
Men				
114				
14-15				
Tyler Melvin	130	85	150	365
16-17				
Bryan Prescott	240	145	275	660
123				
14-15				
Jon Smoker	115	70	200	385
132				
14-15				
F. Andrade	185	235	420	
Josh Vyverman	270	185	335	790
Jess McDonald	165	100	195	460
148				



Competitors at the 9th Midwest BP/DL (left to right) Erik Alholm, Tom Conklin, Scott Lade, David Balthazor (Photos-Beyond Fitness.)

14-15	Jamie Lamberty	335	205	380	920
	Richard Portugal	295	200	340	835
16-17	Jason Thomas	350	225	375	950
	Aaron Austin	105	100	145	350
	Vinnie Niedoliwka	500	320	525	1345
	Ryan Everett	200			200
16-15	Brandon Shull	220	165	325	710
	Justing Tuinstra	360	225	360	945
	Alvaro Zarco	190	170		360
16-17	Eric Gargus	260	135	300	695
	Daniel Lefert	440	290	490	1220
	Jeffery Cook	225	220	325	770
	Derek Teal	340	260	425	1025
18-19	Ryan Berkebica	225	95	330	650
16-17	Ray Porter	345	225	465	1035
	Matt Cumming	300	165	400	865
	Cory Saltzman	545	320	585	1450
	Dustin Cornell	385	345	400	1130
	Steve Patton	315	190	355	860
	Danny Simpson	255	185	335	775
18-19	Ryan Keathly	505	350	535	1390
14-15	Josh Meyers	300	160	345	805
	David Torusic	185	135	275	595
16-17	Dustin Gordon	330	235	425	990
	Mark Mazurek	375	245	450	1070
18-19	Dustin Teter	225	225	360	810
14-15	David Riddle	175		210	385
16-17	BJ Anderson	315	165	405	885
	Brandon Clark	470	375	390	1235
	Patrick Morrison	175	155	320	650
14-15	Justin Howard	405	225	440	1070
	Kyle Falkenstein	350	225	375	950
	D. Bungardner	145	175	280	600
	Jon Anderson	205	165	255	625
16-17	Jason Wolfe	430	245	475	1150
	Mike Fain	255	205	305	765
16-17	Taylor Bardin	315	135	325	775
	Ken Flakenstein	475	275	435	1185
	Frank Lietke	575	245	640	1460
	Nick King	405			405
	Shawn Moore	285	230	345	860
14-15	Jeremy Sierra	305	190	275	770
	Ricardo Alcaraz	225	175	315	715
	Joel Froeliep	375	195	355	925
18-19	Jamie Llerena	350	275	405	1030
Team Results:	Women: Plainwell -69, Port Nor. -12, Clim, Scot -12, Briton -9, Jr Varsity: Bangor -65 pts, Plainwell -38, Men: Plainwell -111, Bangor -89, Watervliet -22, Portage Northern -16, Gran Ledge -12, Walled Lake Central -12, Ewart -9, Homer -8, Haslett -5, Covert -3, Best Lifters: Heavy - Frank Lietke, Shea Wallus (F), Light - Vinnie Niedoliwka, Molly Dennany (F), Overal - Cory Saltzman, Carly Nogle (F), Teenage - Vinnie Niedoliwka, Molly Dennany (F), Squal - Frank Lietke, Molly Dennany				

(F) Bench - Brandon Clark, Shae Wallus (F), Deadlift - Cory Saltzman, Bonica Brown (F), State Records: Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, Frank Lietke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL - Results)

USAPL Rocky Mountain States & Bill's "Bad Cat" Bench Press
17 MAY 03 - Pocatello, ID

BENCH	242
WOMEN	Anderson 365
Open	Wolf 350
148	Berger 320
Compton	150 275
SHW	Watson 460
Crossland	260 319
Master	Schermerhorn 605
148	Herd 370
60-64	Teen
Compton	150 165
SHW	18-19
40-44	Myers 265
Crossland	260 319
MEN	198
Open	45-49
148	Clayton 365
Myers	265 242
165	40-44
Davis	295* 320
Parke	290 45-49
Myers	265 350
181	50-54
Brady Barnes	340 365
198	319
Clayton	365 50-54
	Herd 370*
Powerlifting	SQ
WOMEN	DL
Open	TOT
148	
Cowgill	235 135 280 650
165	
William	275* 180* 335* 790*
Schwan	160 85 215 460
198	
Oxford	335 215 400 970
SHW	
Crossland	
Master	
165	
40-44	
Schwan	160 85 215 460
198	
40-44	
Oxford	335 215 400 970
SHW	
40-44	
Crossland	
MEN	
Open	
148	
Myers	375 265 445* 1085*
165	
McCarthy	530 300 510 1340
460	330 525 1315
Stephens	430 300 525 1255
Phillips	415 265 400 1080
Haynes	350 285 430 1065
Myers	285 265 410 960
181	
Travis	545 335 660 1540
Sanchez	520 320 575 1415
Hudson	520 295 500 1315
Bourquin	375 260 465 1100

Montana State High School BP
03 MAY 03 - Anaconda, Montana

Girls	Nick Luzzo	230	
Class I	Dan McFarland	215	
Class II	Eric Makelky	195	
Jill Kuzma	130	181	
Cassie Brownell	105	181	
Boys	Nate Dusek	285	
123	Teedy Arts240		
Greg Smith	175	Chase Rambo 225	
Justin Jones	120	189	
140	Tyler Thomas	290	
Jake Hemphill	280	Scott Bear 275	
Marcus Thomas	250	198	
Zachary Styren	180	T. Kolodejchuk 290	
Brandon Duffy	170	Joe Kirscher 285	
148	Aaron Green	270	
Lee Weis	265	220	
Dustin Barnes	230	Matt Piedalue 300	
James Kaiser	210	Derrick Budd 285	
156	Tim King	275	
Mark Messer	250	Pete Lorello 27	
Matt Paul	195	Chris Ludwig 265	
165	Carson Hanley	250	
David Ahmed	260	Jim Verlanic 240	
Eric Gates	235	Ryan Eamon 240	
Dustin Gomand	230	HVY WT	
173	Ian Hall	400	
Jess Ernberger	240	RUs Raymond 375	
Dan Alexander	240	Bob Kinyon 260	
Dante Coppock	230	Lance Doornbos 245	
Best Lifter under 165 pounds:	Jake Hemphill. Best Lifter over 165 pounds:	Ian Hall. Most Improved Lifter: Derick Budd. Most weight Lifted: Ian Hall. Judges: Ed Dulaney, Jon Canavan, Terry Wilkinson. Head Scorer: Ron Hanson, Assistant Scorer: Frank Moreni. Spotters: Spanky Sanders, Dave Galle, Jim Solan, Weigh In: Todd Schmidt, Mark Sweeney, Dan Dolan. Score Board: Safron Marchion, Candice. Announcer: Dennis McKenna. 43 lifters competed in the fourteenth annual Montana State High School Bench Press contest held in Anaconda at the Memorial Gym on May 4th. Jake Hemphill broke the 148 pound class record twice. Ian Hall made a significant attempt to break the heavy-weight class record of 420 pounds but fell a little short. Greg Smith repeated as champion in the 123 pound class. (Thanks to Chris Marchion - results.)	

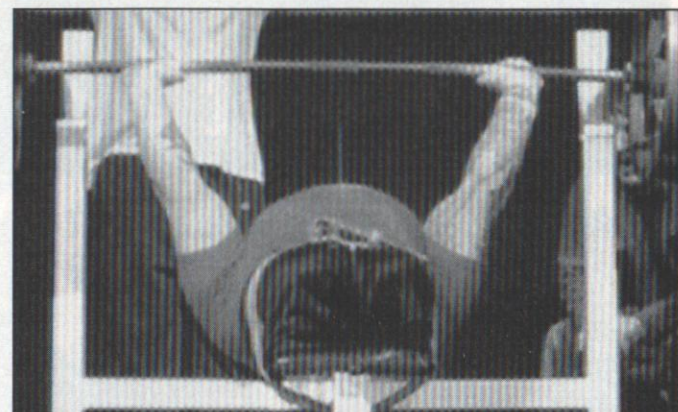
NASA Missouri State Championship
29 MAR 03 - (kg)

Power Sports	205	Rocky Artym	142.5	
bphs	170	Bench Only		
Alan Harper	97.5	m2		
bpm1	205	227		
205	Leon McLean	167.5		
Dale Franklin	147.5	sm2		
youth	227	Mike Hutchins	125	
Devin Peters	52.5	nat		
sqhs	187	170		
Justin Thomas	115	sm2	145	
sqmp	170	Shawn Wingerl	145	
Power Sports	Curl	BP	DL	TOT
hs				
187				
Roy Jackson	57.5	105	162.5	325
hs				
227				
Mando Ramos	52.5	112.5	195	360
hs				
315				
Ross Collins	55	102.5	197.5	355
int				
227				
Jeremy Johnson	57.5	157.5	105	320
40-44				
154				
Bill Anderson	62.5	110	175	347.5
mp				
170				
Gary Hughes	50	87.5	140	277.5
mp				
205				
Rocky Artym	65	117.5	185	367.5
nat				
315				
Oliver	500	390*	500	1390
Nielsen	430	280	470	1180
242				
45-49				
Wolf	470	350	500	1320
50-54				
Anderson	615*	365	500	1480
275				
40-44				
Schultz	625*	425*	650*	1700*
* - State Record. Bench Placement by Formula: Women - Crossland, Compton, Men - Schermerhorn, Watson, Clayton, Barnes, Anderson. Powerlifting Placement by Formula: Women - Division I - Cowgill, Division II - Oxford, William Schwan, Men - Teenage - Wild, Myers, Men - Master - Engelbert, Schultz, McCarthy, Anderson, Lukens. Best Overall - Women - Oxford, Men - Travis, Team - Bullet Gym - Missoula MT, Fitness Inc - Pocatello, ID. (Thanks to USAPL for providing meet results.)				
Montana State High School BP				
03 MAY 03 - Anaconda, Montana				
Girls	Nick Luzzo	230		
Class I	Dan McFarland	215		
Class II	Eric Makelky	195		
Jill Kuzma	130	181		
Cassie Brownell	105	181		
Boys	Nate Dusek	285		
123	Teedy Arts240			
Greg Smith	175	Chase Rambo 225		
Justin Jones	120	189		
140	Tyler Thomas	290		
Jake Hemphill	280	Scott Bear 275		
Marcus Thomas	250	198		
Zachary Styren	180	T. Kolodejchuk 290		
Brandon Duffy	170	Joe Kirscher 285		
148	Aaron Green	270		
Lee Weis	265	220		
Dustin Barnes	230	Matt Piedalue 300		
James Kaiser	210	Derrick Budd 285		
156	Tim King	275		
Mark Messer	250	Pete Lorello 27		
Matt Paul	195	Chris Ludwig 265		
165	Carson Hanley	250		
David Ahmed	260	Jim Verlanic 240		
Eric Gates	235	Ryan Eamon 240		
Dustin Gomand	230	HVY WT		
173	Ian Hall	400		
Jess Ernberger	240	RUs Raymond 375		
Dan Alexander	240	Bob Kinyon 260		
Dante Coppock	230	Lance Doornbos 245		
Best Lifter under 165 pounds:	Jake Hemphill. Best Lifter over 165 pounds:	Ian Hall. Most Improved Lifter: Derick Budd. Most weight Lifted: Ian Hall. Judges: Ed Dulaney, Jon Canavan, Terry Wilkinson. Head Scorer: Ron Hanson, Assistant Scorer: Frank Moreni. Spotters: Spanky Sanders, Dave Galle, Jim Solan, Weigh In: Todd Schmidt, Mark Sweeney, Dan Dolan. Score Board: Safron Marchion, Candice. Announcer: Dennis McKenna. 43 lifters competed in the fourteenth annual Montana State High School Bench Press contest held in Anaconda at the Memorial Gym on May 4th. Jake Hemphill broke the 148 pound class record twice. Ian Hall made a significant attempt to break the heavy-weight class record of 420 pounds but fell a little short. Greg Smith repeated as champion in the 1		

Pro-Fitness Raw With a Pause
22 FEB 03 - Shelby, NC

TEEN	Tony Elmore	335	
Eric Spicer	265	Travis Watts	335
Kyle Travis	275	198 OPEN	
SUBMASTERS	Dan Pearson	480	
Curtis Rabon	480	Solon Logan	390
John Raines	415	Greg Satterfield	340
Nate Ingram	425	220 OPEN	
MASTERS	Orlo Helmer	430	
Ron Hillman	390	John Raines	415
Y. Frank Sumner	285	Kevin Kallay	415
Charles Littlejohn	370	242 OPEN	
148 OPEN	Kevin Dowd	500	
Carlos Murdock	280	Les Wardlow	455
Brandon O'Neil	255	Dan Scott	85
Mickey Cook	245	275 OPEN	
165 OPEN	Michael Belk	525	
Tony McClain	315	Jomo Rankin	500
Cliff Freeman	295	Chad Bailey	48
Ernest Watkins	275	SHW	
181 OPEN	Chuck Harris	575	
Darron Glenn	365	Eddie Klutts	485
		Curtis Rabon	480

What a meet! Although it was raining like crazy, it did not keep the crowd or the participants from coming to this meet. Fifty-five entries for the first annual meet. Starting with the Masters I (35-45), Curtis Rabon won with his opener at 480 lbs and Nate Ingram got 3rd with 425 lbs and had a lot more in him! Masters II (46-over) was won by Pro Fitness' own 49 year old Ron Hillman with 390 lbs. At 210 lbs, he looks huge! A very charismatic "Yogi" Frank Sumner finished 2nd by Schwartz and Charles Littlejohn, owner of "His Place Gym" in nearby Lincolnport got 3rd at 370 lbs. Tony McClain won the 165's with a strong 315 lbs. 181 had Darron Glenn from Gastonia winning with 365, edging out Tony Elmore and Travis Watts at 335 with Tony getting 2nd by formula. 198's, what can I say? Dan Pearson who trains at Pro-Fitness and Old School Gym posted what I believe to be the best lift of the meet. 480 lbs at 192. Just missing 510, he lost his groove! He pauses 500 in training every week! Two-twenty's had Orlo Helmer at 430 lbs barely beating John Raines and Kevin Kallay of Fitness Connection, both at 415 lbs. The 242 class was a fun one to watch too. First place went to Kevin Dowd from Asheville benching 500 lbs with ease. Kevin is strong. When he puts a shirt on - RUN! Second went to Les Wardlow at 455 lbs who looks a lot bigger than 242 lbs. Michael Belk from Charlotte smoked 525 lbs to win the 275 class with Jomo Rankin second at 500 lbs and Chad Bailey 3rd at 485 lbs. "Legendary" Chuck Harris from Clark's Total Fitness in Mooresville easily won the SHW class. Chuckle opened with 575 and gave 590 a good fide twice. If he hadn't warmed-up with 515x4, 525x1, and 545x1, 600 would have been a forgone conclusion. My buddy Eddie Klutts finished second with 485 lbs. Eddie has smoked 570 with a shirt so look for him to do 600 in the near future, maybe more! I would like to say that this meet was a show of strength! The judging was harder than most powerlifting meets. The bar had to be motionless on the chest, one second pause, then "GO" command - VERY TOUGH! I believe if someone tells you they can bench X - amount of weight, they should be able to lay down and do it! Period. Raw. Thanks so much to everyone who helped with this meet. Josh Lowery and Michael Eckerd for loading and unloading those 100's all day long. Thanks to Allen Davis - Pastor and Landmark Baptist Church. Thank you Mike Lambert and Powerlifting USA for helping promote this meet. (Thanks to Tim Brittain for providing these results.)



Dan Pearson locking out 480 pounds at 192 bodyweight during the 1st Annual Pro-Fitness BP. Dan was born without legs. (Pro-Fitness.)

165	Keith Odell	290	275	350	990
	Mike Cimpinski	55	395	55	505
	Mike Macri	550			
	181				
	Nick Zabowski	455	315	510	1280
	Joe Lostrito	405	340	430	1175
	Bob Kont	430	280	425	1135
	Mike Remillard	300	275	405	980
	Steve Dick	250	155	420	840
	Juan Collazo	198			
	Ray Dunn	450	320	500	1270
	Don Johnson	420	265	480	1165
	4th				500*
	Robert Remillard	300	265	470	1035
	Marty Sheehan	220			
	Jeff Caylor	475	425	560	1460
	Dave Eddy	400	420	475	1295
	Rafeal Matos	410	345	500	1255
	Alan Blond	385	365	500	1250
	John Porumba	600	475	625	1700
	Frank Tisco	670	450	770*	1890
	Tom Kristoff	670	450	770*	1890
	Hank Sargent	550	405	575	1530
	Dennis Holder	425	275		
	Don Lefevre	450	275		
					(Thanks to USAPL for providing these meet results.)

USAPL South Dakota State
26 APR 03 - Sioux Falls, SD

BENCH	Master 60-69	181	209
Women	Jerry Ochs		
Teen 16-17	181		
Carl Payne	143	Mark Shane	352
Kimberly Person	94	Curt Marchiando	325
Teen 18-19	115	William Kliche	325
Janeil Hoffman	115	Kenny Leisinger	236
Open	165	Jerry Ochs	209
Paula Rippel	165	198	
MEN	165	198	
Teen 16-17	165	198	
Jeff Blindauer	435	Max Rippel	391
Brendan Hurley	242	220	
Jon Christensen	214	Stuart Junker	380
Master 40-49	281	Brain Hunhoff	281
Michael	413	Tim Anderson	562
Stuart Junker	380	242	
Tim Driscoll	369	Brad Slining	435
Kevin Mcknight	325	Michael Bridge	413
Brian Hunhoff	281	Kevin Mcknight	325
Master 50-59	275		
Gregory Hunter	264	Dale Pearce	380
Kenny Leisinger	236	275+	
Harlan Payne	198	Jonathan Leo	496
	198	J. Daugherty	198

USAPL Sioux City Open
03 MAR 03 - Sioux City, IA

BENCH	Theresa Goergen	159		
132 M Women	198 Teen Men			
Terril Shepard	126	Brain Jarecki	281	
181 Open men	181	Brain Preisendorf	281	
Mark Shane	325	220 M Men		
198 M Men	198	Gene Goerden	264	
Rick Easton	275	Lyle Olson	209	
198+ Teen Women	220	Open Men		
Tamera Waller	104	Tim Anderson	540	
198+ Open Women	275	Open		
Jamie Strickler	407			
123	SQ	BP	DL	TOT
Teen Women				
Lacey Bantz	170	104	231	507
Brittini Kallemeyn	159	104	209	473
Open Women				
Karlynn Eslick	259	126	286	672
Teen Men				
Nick Willwerth	203	115	253	573
148				
M. Women				
Rita Carlsson	220	121	319	661
M. Men				
Jim Balomenos	314	198	435	947
Teen Men				
Cody Mau	248	176	402	826
Cody Clearwater	264	170	319	755
Open Men				
Todd Schmidt	209	253	297	760
165				
M. Men				
Jerry Ochs	303	198	352	854
Open Men				
Richard Davis	446	358*	457	1262
198				
Teen Men				
Brain Jarecki	479	281	473	1234
Brain Preisendorf	374	281	429	1085
Teen Women				
Tamera Waller	253	104	303	661
M. Men				
Ken Mulholland	496	314	556	1366
Open Men				
Rick Ochs	451	303	508	1262

USAPL Albany Strength
08 MAR 03 - Albany, NY

BENCH	198			
Women	Dave Bellanca	415		
114 Teen	Masters			
Monica Albizu	130	181		
Geraghty, Faydra	155	Pat Carroll	350	
Men	319			
Barrett Heacock	215	Fred Dini	510	
181	242			
Robert Woloven	215	Pete Brahm	305	
M. Geraghty	440	Geoff Plante	510	
Special Olympic	SQ	BP	DL	TOT
181				
Diesel Decamp	250	150	300	700
Women				
114				
Donna McBurney	210	140	265	615
148				
Mary Moutray	180	115	230	525
132				
Danielle Moore	305*	165	320	790
156				
Emily Sovek	250	175	325	750
Men				
132 Raw				
Mario Forte	220	180	380	780
145 Raw				
Bill Balfourt	255	240	300	795

220	Corey Rutherford	253	170	358	781
Open	Dave Berger	523	429	518	1471
242					
Teen	Alex Neukirch	435	236	446	1118
Open	Brad Leisinger	529	385	584	1499
275					
Open	Jamie Strickler	551	407	512	1471
Joe Kunzman	540	341	523	1405	
Master	Joe Kunzman	540	341	523	1405
SHW					
Open	Steve Logan	628	457	644	1730
Steven Wass	529	391	551	1471	
					(Thanks to USAPL for providing these meet results.)

USAPL Pennsylvania BP (kg)
05 APR 03 - Greater Scranton, PA

WOMEN	181	Rick Dalmis	95
Open	132	Teen 16-17	148
Phyllis Courman	72.5	Ryan Mousseau	72.5
148	148	Teen 18-19	148
Ellen Yuscavage	52.5	Loren Mangino	155
181	165		
Liz Gallagher	72.5	Tim Lewis	120
198+	181		
Vicki Marcionis	122.5	Stephen Baronski	180
Master 45-49	C. Paolucci	165	
132	132	Collegiate	148
Phyllis Courman	72.5	Loren Mangino	155
MEN	181		
Open	132	Stephen Baronski	180
198	198	Junior 20-23	165
Jim Kavarna	102.5	Doug Katz	137.5
148	181		
Loren Mangino	155	Brian Kiser	165
Gary Tetter	137.5	220	
165	165	John Shemansik	195
William Kelly	125	Master 40-44	198
Patrick Kerr	115	Bob Payelka	137.5
Bob Legg	100	242	
181	181	Russ Sith	190
S. Baronski	180	Billy Grippo	170
198	198	Master 45-49	132
D. Swackhammer	187.5	Jim Kavarns	102.5
Rob Baum	170	220	
Fred Garvey	140	Clyde Ryc	120
220	220	Master 50-54	165
Jeffrey Hughes	167.5	Russ Burnett	130
242	242	Bob Legg	100
David Harris	200	181	
Dan Ratchford	165	A. Scopelitti	127.5
SHW	242		
Niko Hulslander	272.5	David Harris	200
Police and Fire	165	Victor Holloway	200
Russ Burnett	130	Master 55-59	165
Bob Legg	100	Keffrey Fremont	120
SHW	100	SHW	
Thomas McCarthy	145	Master 60-65	165
High School	132	Peter Hubbard	107.5
Aaron Heydt	97.5	275	
165	165	Brian Donnelly	142.5
Brandon Krajnak	92.5	Out Of State	242
Teen 14-15	148	Charles Buck	165
Tim Kunkel	102.5	275	
165	165	Sean Culnan	250
Bill Evans	72.5	SHW	
		Kevin Johnson	227.5

Best Team - Jim Thorpe High School. Best Male - Dennis Huslander. Best Open Male - Dennis Huslander. Best out of State - Sean Culnan. Best Female - Vicki Marcionis. Best Teen - Loren Mangino. Best Collegiate - Steve Baronski. (USAPL)

Kosciusko Community Center BP
15 MAR 03 - Milwaukee, WI

MALES	JIM WIDMAR	425	
UNDER 18 YEARS	JASON KUCIK	450	
TAYLOR ROSE	310	PAULCARREON	405
NICK DOBSON	240	MATT BUCHTA	350
J. CONTRERAS	250	JUSTIN JONES	355
G.McCORMICK	205	TOM SCHIMEL	350
JAMES BYER	110	JOE SPAHN	215
160 LBS & UNDER	Master		
AL KNAPINSKI	355	35-44 YEARS OLD	
R.VONAPHOVTH	290	AL KNAPINSKI	355
MATT LAN IGAN	235	TED KRUEGER	355
E. DO SANTIAGO	245	LUKE STERN	415
161 - 180 LBS	PAULCARREON	405	
MIKE IMMEEKUS	380	R. FLORES	365
J. POVENTUD	365	M. HOPKINS	325
C. RODRIGUEZ	320	DAN BUSCH	225
P. McCORMACK	325	45-54 YEARS OLD	
ART ANDERSON	315	DAVID LEMUS	350
LEO GUILLERMO	225	55 YEARS & OLDER	
181 LBS & OVER	D. THOMPSON	340	
JOSH SPARKS	470	L. RAY MILLER	185
		H. ROBINSON	135
			(Thanks to Elizabeth Weiss for providing results.)

NASA Illinois/ Indiana Champs
31 MAY 03 - Flora, IL

BENCH PRESS	227	Dan Goble	425	
Pure	205	187		
Chris Gallick	10	Masters 2	260	
Masters 1		Steve Moskowicz		
FEMALE	SQ	BP	DL	TOT
127-Pure				
Angie Casbon	230	120	250	600
139-Teenage				
Jordan Wathan	160	75	225	460
154-High School				
Dawn Dassel	215	115	230	560
MALE				
139				
Eric White	275	165	350	760
170				
Teenage				
Robbie Bute	305	205	340	850
High School				
Jock Barron	340	200	380	920
Masters Pure				
Richard Sears	360	220	335	915
187				
Pure				
Tony Masian	580	365	565	1510
205				
High School				
Dylan McGee	340	210	380	920
Junior				
Alan Hill	480	330	500	1310
227				
Teenage				
Shane Sexton	340	185	350	875
Pure				
Steve Richardson	640	360	595	1595
Sub-Masters 11				
Steve Richardson	640	360	595	1595
Sub-Masters Pure				
Tom Nuzum	535	335	565	1435
POWER SPORTS	Curl	BP	DL	TOT
YOUTH -91.5				
Justin Phillips	55	100	215	370
HIGH SCHOOL				
Female-127				
Jayne Belcher	50	70	195	315
Male-250				
Tommy Schaefer	55	100	215	370
JUNIOR				
187				
Shandan Curtis	125	295	420	840
250				
David Riley	155	280	430	865
NOVICE				
170				

**NASA Ohio Bench Press
11 JAN 03 - W. Liberty, OH**

WOMENS	James Sparks	112.5
110	M1	
HSP	Alan Zimmerman	132.5
PS		
Valerie Pendleton	M5	35
119	Alan Zimmerman	132.5
205		
Teen	Katie Oswalt	52.5
HSP	Dusty Roberts	100
205		
Erin Lawson	HSP	27.5
Teen	Tyson Gantz	97.5
Brandy Ludwig	95	47.5
PN	Bubba Horsley	80
Megan Scholl	Heath Alty	55
138	Jr	
Teen	Mike Connor	137.5
Brian Pence	125	35
154	PS	
Jr	Luke Erlinger	105
Ellen Allman	PN	45
170	Roger Lyons	85
Jr	Keith Ankeney	150
187	M1	
HSP	Dave Hopkins	80
Jenna Wasserman	M5	80
187	Dave Hopkins	
HSP	227	57.5
Courtnee Differ	HSP	57.5
SHW		
Jr	Curtis Wolpert	115
Lacie Harper	Richard Douglas	52.5
Pure	Kyle Etgen	12.5
Roberta Collins	Nate Lowe	177.5
119	Dustin Gantz	85
MENS	INT	
119	John Kuhns	155
HSP	PSM1	
Joel Krabill	65	
Jayce Watson	55	
Teen	Mike Williams	150
Jon Wagner	50	
Jr	Tyler Alexander	142.5
Chris Deck	92.5	
127	PS	
HSP	Robert Coots	192.5
Dave Douglas	80	
187	M1	
Jake Hemminger	Dan Goble	75
Teen	M2	
Josh Lloyd	75	
Jr	Mike Brown	
Charles Watson	67.5	
138	SM2	
HSP	Doug Price	215
Mike Roach	110	
Justin Taught	70	
Brian Poulton	52	
M2	Charles Workman	127.5
Bill Parker	M4	90
PS	Herb Yakel	125
Tim Gunderson	PSM5	85
SM1	Tom Boyer	162.5
154	250	
HSP	Teen	
Matt Bailey	110	
Brian Newman	72.5	
Matt Short	67.5	
Bobby Alig	60	
John Weber	55	
Aaron Quilton	55	
M1	Danny Canter	185
Joseph Yu	142.5	
SM1	Les Boyer	182.5
Mike Cameron	145	
170	Teal Davis	177.5
HSP	W. Isaac Thomas	217.5
Jeff Rood	107.5	
Mitch Cromes	90	
Mike Willis	87.5	
Teen	280	
Reggie Johnson	110	
INT	Matt Lavelle	125
Frank Newbill	162.5	
PN	Jim Cheseman	135
Ron Maynard	Jr	
Pure	Joshua Short	162.5
Ed McCriston	152.5	
PS	Dick Ledford	177.5
Daren Sea	112.5	
SM2	Jeff Baker	207.5
Ed McCriston	157.5	
187	Pure	
HSP	Jeff Peshek	260
Adam Bailey	115	
Josh Cosner	110	
Greg Shaffer	102.5	
Phil Hiding	70	
Teen	Paul Bryant	185
Jason Waldren	117.5	
Jr	Jon Klotz	197.5
SM2		
Adam Roberts	147.5	
PS	Jeff Peshek	260
Jeff Daniel	125	
SMP	Palmo Aract	225
James Sparks	M1	180
PSM2	David Mason	180
Larry Donahue	125	
SM1	Larry Porter	132.5
	315	

**USAPL Nation's Capital Cup
17 MAY 03 - Vienna, VA**

Teen	Pat Barton	97.5
M1	Mike Giese	182.5
HSP	SHW	
Tim Lamb	117.5	
HSP	BJ Miller	137.5
Jay Montgomery	215	
Steve Williams	182.5	
Eric Wiessinger	157.5	
PN	John Lovallen	247.5
Steve Williams	182.5	
SMP		
Dennis Herron	230	

The Ohio State Bench Press Championships were held January 11, 2003, at the West Liberty-Salem High School, with 136 entries. The youngest being 13 and the oldest being 70, a fine Masters 4 lifter from Springfield, Ohio, Herb Yakel. This meet is done as a fundraiser for the lifting program at West Liberty-Salem School and to send our lifters to different high school meets. At this years meet, the open team trophy went to the Big Three Barbell Club from Millersport, Ohio. This is a fine group of men and women, who have won the team contest every year. Their team coach/captain is Gary Matheny, a very good master lifter. Gary could not compete this year due to a knee injury. The Northeastern Jets' won the high school girl's team contest and the Northeastern boys won the boy's team. With long time friend, Gary Scholl, as their coach. The West Liberty-Salem boy's team took second. Senior, Jenna Wasserman from Northeastern High School took this years best lifter award. Frank Newbill won the lightweight men's award and Jeff Peshek won the men's heavy weight award. First time lifter, Roberta Collins from Sandusky, Ohio, highlighted this years contest. She benched an amazing 391 pounds, without the aid of a bench shirt. I spoke with Roberta's mom, who now says she has a bench shirt from Inzer and hopes to bench at the Arnold Classic in Columbus, Ohio. Look for big things from this young lady, who is also an Olympic disc thrower. These events would not be possible without help from the following people. My brother Carl, who loaded and spotted all day. Marc Bailey who also loaded and spotted. Mike Hess, Ned Bailey, and all the kids on the WL-S lifting team for helping set up and tear down. My wife, Larenda, my mom, Ruth Cordial, Judy, Bill, Bethany and Kyle Kizer, my daughters Mara and Kaleigh, and Jayne Kaufman, Kendra and Jennifer Hunt for the help with food. Diana Baumgardner for her fine job announcing the event for the first time. Marcia Bailey for her help selling T-Shirts. Coach Smith, Coach Baumgardner, Coach McGill, Coach Hager, and all the people at WL-S for allowing us to do this meet. Thanks to our fine NASA judges, Jeff Briner, Mike Boettcher, Brad Bishop, and Ray Sickles. These guys were judging all day and did a great job. Thanks to all! We could not do this and raise the money we do, without the help of great sponsors. Inzer Advanced Designs helped our team greatly with their donation. Thanks Peter Thom and John Inzer. H & R Block, Mrs. Helen Detwiler, who has been a great supporter of our program for the last three years. Bobby Fisher Distributing, Mike Boettcher, providing the Stewarts soft drinks every year. A.P. Technoglass, Big Orange Shoe Shop, Champaign National Bank, Peoples Savings Bank, Urbana, Peoples Savings and Loan, West Liberty, Liberty Chiropractic, Slate Farm Insurance, Ron Burns, and Sherry and Ken at All Around Awards for the trophies. We are planning next year's event already. It will be the second Saturday in January, at the same time and place. Once again thanks to everyone involved and most of all, thanks to the lifters. Without you we cannot do what we do!! (Thanks to Spanky for providing the meet results.)



Roberta Collins Benching, Mike Boettcher Head Judge at the NASA Ohio Bench Press in West Liberty, OH (Photo courtesy D. Cordial)

40-44	Tab Asselin	415	320	515	1250
John Dressler	430	330	490	1250	
50-54	Ernest Burt	500	255	485	1240
55-59	TJ Fleming	440	180	400	1020
Ron Marks	300	200	520	1020	
Dennis Reamy	325	185	405	915	
70-74	E. McCulloch	145	145	145	435
198	Open				
M. DelSignore	600	375	525	1500	
Sonny Johnson	500	355	510	1365	
Chris Hession	400	340	385	1125	
40-44	Thomas Endicott	265*	242	420	
41h	275*				
45-49	Sonny Johnson	500	355	510	1365
Henry Smith	410	275	430	1115	
50-54	Paul Miller	160*	242	340	
submaster men	E. McCulloch	375	360	550	1285
20	Pat Aulicino	225*	275	500	
Teen	Marlon Williams	425	340	510	1275
Open	225				
Chris Turner	605	430	640	1675	
Tim Henriques	535	390	675	1600	
40-44	Ken Tuohy	465	320	525	1310
50-54	Mark Wynn	380	242	520	1070
master men 40-44	165				
David Miner	240	235	265	750	
41h	250				
181	Open				
Dave Royhab	600	365	615	1580	
Dan Johnston	475	370	520	1365	
Lloyd Harrod	385	260	425	1070	
40-44	Guy Loretta	520	420	500	1440
55-59	Lloyd Harrod	385	260	425	1070
275	Open				
Stuart Dean	440	375	500	1315	
50-54	Ron Beach	225	385	225	835
319+	Open				
Ken Ryder	255	530	255	1040	
40-44	Ken Ryder	255	530	255	1040
SHW	Open				
Warren Stokes	535	385	450	1370	
40-44	John James	570	350	655	1575
Guest Lifter	Terrance Brooks	655	350	700	1705

**USAPL Dave Martin Memorial
19 APR 03 - Bloomington, IN**

Master 50-54	SQ	BP	DL	TOT
Michelle Kell	170*	126*	281*	579*
Open				
165				
Les Nelson	159	165*	270	595*
114				
Dan Payne	209	137	253	601
Junior	123			
Jeremy Goodman	270*	165*	402*	838*
Open				
David Bracken	556	358	501	1416
Master				
165				
Doug Humphrey	143	143	143	430
Open				
181				
Phil Gutwein	501	325	617	1444
Junior 181				
Michael Coats	451	352*	551	1356
Master 181				
Eugene Hall	203	170	325	700
Open				
198				
Mike Woody	507	143	584	1235
220				
Bruce Thomas	143	143	143	430
Teen 242				
Patrick Parker	429*	264*	512*	1207*
Master				
242				
John Thomas	143	143	319	606
Open Bench 242				
Mike Brown		413		413
Master 275				
Tom Smith	573	507*	606	1687
275+				
Timothy Mooney	143	143	143	430

Best Female Lifter - Les Nelson. Best Male Lifter - David Bracken. Best Master Lifter - Tom Smith. Proceeds donated to the Indiana Bone Marrow + Transplant Foundation in memory of David Martin. (Thanks to USAPL for providing meet results.)

**SLP BROAD RIPPLE WINTER BP/DL
18 JAN 03 - INDIANAPOLIS, IN**

BENCH	novice men		
teenage women 16-17	220		
165	Albert Weathers	365	
Ashley Hyre	135*	4th	385
41h	145*	police & fire	
open women			
123	Joe Hyre		360
D. Vermillion	65*	open men	
165			
Ashley Hyre	135*	Michael Sweeney	225
41h	145*	181	
teenage men 13-15		Ron Palmer	450
165			
Thomas Endicott	265*	Joe Principata	420
41h	275*		
181		Dennis Smith	500
Paul Miller	160*	Shawn Jones	455
submaster men		Andrew Shaffer	340
123		Jeff Beaton	500
Joe Antrim	225*	308	
Teen		William Beach	
Dewayne Toombs	240	DEADLIFT	
41h	255	teenage men 13-15	
220			
Chris Hootman	405	181	
242		Paul Miller	270*
Mark Wynn	380	41h	330*
50-54		teenage men 16-17	
165			
David Miner	240	Kyle Ehmke	250*
41h	250	41h	325*
181		submaster men	
Tracy Conner	465*	198	
242		Dewayne Toombs	300
M. Wigglesworth	475*	220	
275		Chris Hootman	630*
Ted Lobdell	365	242	
master men 45-49		Mark Wynn	545*
220		police & fire	
Tom Boyer	410*	275	
242		Joe Hyre	455*
Jim Helsley	475	open men	
master men 65-69			
220		165	
Gaylord Good	300	Michael Sweeney	315
master men 70-74		41h	350
220		181	
Allen Glass	250	Ron Palmer	650
		Andrew Shaffer	440



Broad Ripple Best Lifters ... Ron Palmer (DL) and Tracy Conner (BP)

USA PARALYMPICS POWERLIFTING

"The Road to Athens 2004"

We are looking to recruit persons with disabilities who are interested in competing in Paralympic powerlifting competition both nationally and internationally. Men and women with spinal cord injury, Cerebral Palsy and Les Autres are all eligible to compete in paralympic bench press competition. Powerlifting is the worlds fastest growing Paralympic sport. 109 countries on five continents participate in IPC Powerlifting sanctioned Paralympic competition. Lifters who are interested will receive coaching at home, at training camps and competitions.

For more information contact:

Ned Norton

USA Paralympics Powerlifting

Ph/fx (518) 765-5033

Email: warriorsonwheels@yahoo.com

**A Cold Day In ... Tuscola BP/DL
25 JAN 03 - Tuscola, IL**

BENCH PRESS	4th	345	
junior women	DEADLIFT		
148	teenage women 13-15		
Peter VanHorn	300*	148	
41h	130*	Amy Lawless	180*
open women		41h	200*
123		master men 45-49	
Bernadette Just	120	275	
teenage men 18-19		Merl Lawless	450
198		master men 50-54	
Matt Bell	340	181	
submaster men		Richard Carlson	350
123		198	
Laura Brammier	125*	Neil Polonus	350
41h	310*	open men	
master men 50-54		242	
181		Brian Slavenas	455
Richard Carlson	290	41h	470
open men			
242			
Brian Slavenas		330	

*Son Light Power Illinois state record. Bench - Best Lifter - PETER VANHORN. Deadlift - Best Lifter - BRIAN SLAVENAS. The SLP Cold Day In...Tuscola Bench Press/Deadlift Championship was held January 25, 2003 at the gym. We had a much smaller turnout than usual but we all had a great time, mostly new lifters, and several personal records set. Thanks to my son Joey, Jonathan Williams and Rob Mann for all their help. In the bench press event first-time competitor Laura Brammier did well, taking the junior women's 123 class while setting the state record for that class. Laura finished with 130. In the open women's division 123 winner Bernadette Just finished with 120. This was Bernadette's first competition also. Matt Bell came to try out his new "Phenom" shirt, struggling on the day but "setting" the shirt better with each lift. Matt finished with a personal best 340 and the win at teenage 18-19/198. Still another first-timer was Peter VanHorn. Peter came down from Chicago to take the title at submaster 148. Peter finished with 300 for his third attempt but came back with a successful fourth of 310 to set the Illinois state record there. Peter also won best lifter honors for the bench competition. In the master 50-54 division Richard Carlson came on so close with that magical '300', just missing the lockout at the very top. Richard then settled with his second attempt of 290, which was a new personal record for him at 181. Brian Slavenas looked strong in his first outing, consistently hitting each attempt, finishing with a personal best 345 fourth attempt. In the deadlift competition first-time puller Amy Lawless did a fantastic job, making all four of her attempts to finish with a new Illinois state record 200 and the title at 13-15/148. Amy, who is a Highland Games competitor, is going to be a good one. Amy's father, Merl, also had a great day, finishing with a personal best 450 for the title at 45-49/275. In the master men's 50-54 division Richard Carlson entered his first deadlift competition, taking the title at 181 with a personal best 350. Neil Polonus looked strong at 50-54/198 finishing with 350 and the win there. Neil and Merl will be the host of the 2003 World Highland Games to be held in Springfield, Illinois on May 17. For information on this event call Merl at 217-787-2918. Our final competitor in the deadlift event was Brian Slavenas. Using an overhand grip Brian pulled a personal best 455 before coming back with a successful fourth of 470. At a bodyweight of 240 Brian won both the open 242 class and the best lifter award for the deadlift competition. Thanks again to everyone who participated. (Results - Dr. Darrell Latch)

Cold Day Best Lifters: Brian Slavenas (DL) and Peter Van Horn (BP-rt.)





Membership Application
AMERICAN POWERLIFTING FEDERATION



PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

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

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

MAKE CHECK PAYABLE TO: **A.P.F. Headquarters**
62 S. BROADWAY
AURORA, IL 60605 (630) 892-1491

IF UNDER 18 HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.

SIGNATURE X

APF Junior Nationals (kg)
15 MAR 03 - Boston, MA

Men Open	SQ	BP	DL	TOT
132				
Evan Goulas	125	70	150	345
148				
Tim Bonczar	147.5	125	182.5	455
165				
Charlie Kanavas	235	152.5	250	637.5
181				
Mike Maxwell	350	200	267.5	817.5
198				
Greg Brochu	217.5	160	220	597.5
215				
Mike Hill	352.5	217.5	282.5	852.5
232				
George Sotirakos	287.5	220	265	772.5
248				
198 Bench				
RJ Purcell		197.5		197.5
198				
Mike Danforth	347.5	192.5	282.5	822.5
220				
Scott Rowe	332.5	235	265	832.5
242				
Rob Trundy	297.5	212.5	272.5	782.5
258				
Phil Halliwell	297.5	217.5	272.5	787.5
308				
Tim Lane	312.5	172.5	277.5	762.5
308 Bench				
Vin Dizenzo		302.5		302.5
318				
SHW				
Billy Mimnaugh	387.5	275	322.5	985

ROBERT TONINI	625	455	545	1625
(242/APF)				
STEVE SMITH	710	475	650	1835
(275/APF)				
V. COLICCI	65	480	145	690
(308/APF)				
M. RAWLINS	155	145	710	1010

Ryan Nagele	195	112.5	225	532.5
B. Beikmann	200	92.5	215	507.5
Dustin Miller	165	120	210	495
L. Quebedeaux	185	107.5	200	492.5

Alex Reid	222.5	130	247.5	600
Teen 16-17				
Craig Weiler	207.5	137.5	215	560
Dustin Greer	165	175	192.5	560

USAPL Men's Teen/Jr Nationals

31 MAY - 1 JUN 03 - Baton Rouge, LA	Male	SQ	BP	DL	TOT
52 kg					
Teen 14-15					
Tyler Baines	117	72.5	117.5	307.5	
Teen 16-17					
John Conner	105	60	147.5	312.5	
Teen 18-19					
Jeremy Scroggs	177.5	105	222.5	505	
56 kg					
Teen 14-15					
Dan Nitzken	110	65	137.5	312.5	
Teen 16-17					
Joshua Roberts	130	80	165	375	
A. Blessinger	137.5	207.5	145	552.5	
Teen 18-19					
Gilbert Montes	165	110	215	490	
Mike Hafenbrack	177.5	105	192.5	475	
60 kg					
Teen 14-15					
Brad Deville	145	80	170	395	
Russell Johnston	135	70	147.5	352.5	
Teen 16-17					
Daniel Brignac	157.5	75	160	392.5	
David Norris	147.5	82.5	150	380	
Teen 18-19					
Aaron Phillips	180	105	185	470	
Nick Trzaskus	172.5	90	182.5	445	
Charlie Blessinger	157.5	102.5	167.5	427.5	
67.5 kg					
Teen 14-15					
Jordan Shontz	142.5	77.5	155	375	
Teen 16-17					
Jon Norwood	190	125	177.5	492.5	
Glenn France	190	85	192.5	467.5	
Greg Anders	170	95	192.5	457.5	
Will Schemp	147.5	82.5	172.5	402.5	
R. Calderone					
Teen 18-19					
Caleb Williams	272.5	172.5	255	700	
Manuel Ruiz	187.5	110	247.5	545	
Loren Mangino	160	150	210	520	
75 kg Teen 16-17					
Adam Nagele	195	100	192.5	487.5	
Zac Meihau	175	115	190	480	
Bill McCafferty	162.5	102.5	187.5	452.5	
Teen 18-19					
William Lubeck	222.5	147.5	252.5	622.5	

APF/APF Iron Island Holiday Classic
07 DEC 02 - Oceanside, NY

Women (148/APF)	SQ	BP	DL	TOT
A.CUIDA	325	150	300	775
(148/APF MASTER)				
K.CAGGIANO	340	200	325	865
(181/APF)				
S. MENDELSON	400	235	315	950
MEN (148/APF)				
V. CENTAURO	460	280	505	1245
(165/APF TEEN)				
MATT MULKEEN	265	165	400	830
(165/APF TEEN)				
ED DERUS	205	275*	370	850
(165/APF)				
K. MANNING	550	330	490	1340
(181/APF)				
JOSE CABRERA	155	410	145	710
(181/APF MASTER)				
RON FREEMAN	245	170	350	765
(181/APF)				
JUSTIN ENES	355	250	540	1145
(181/APF)				
DAVE KIRCHEN	640	455	505	1600
(198/APF)				
VIN COFIELD	405	350	460	1215
(220/APF TEEN)				
SKY DERIVAL	65	255	315	635
(220/APF MASTER)				
TIM CLIFFORD	325	225	410	960
(220/APF MASTER)				
ROB STARK	400	315	425	1140
(220/APF)				
MIKE FELITO	440	305	445	1190
(242/APF)				

David Starkey	205	112.5	220	537.5
Brendon Hurley	177.5	115	220	512.5
Matt Hafenbrack	167.5	115	195	477.5
Ray Porter				
Kenny Higdon	190			
Teen 18-19				
Ryan Keathley	260	162.5	262.5	685
Nick Luiz	202.5	130	237.5	570
Blake Dedas	200	127.5	227.5	555
90 kg Teen 14-15				
Travis Cecil	195	117.5	207.5	520
Teen 16-17				
Jeff Eberenz	235	132.5	222.5	590
Levi Jungbluth	215	135	227.5	577.5
Mark Mozurek	170	97.5	190	457.5
Teen 18-19				
Derek Baker	262.5	377.5	265	670
100 kgs Teen 14-15				
Joseph Tronzo	245	155	245	645
Nathan McGee	187.5	110	192.5	490
Teen 16-17				
Kevin Beranek	242.5	135	255	632.5
Shawn Stanislav	232.5	147.5	240	620
Daniel Eads	237.5	115	230	582.5
Lucas Southard	205	115	205	525
Bryan Cardenas	242.5			
110 Teen 14-15				
Zac Taylor	210	142.5	212.5	565
Teen 16-17				
Joshua Wheeler	285	172.5	255	712.5
Nick Rasmussen	265	152.5	282.5	700
J. Cunningham	262.5	177.5	240	680
Dominic Possa	260	135	215	610
Alex Neukirch	190	117.5	215	522.5
Jason Wolfe	195	112.5	215	522.5
114 kg				
Teen 16-17				
Daunte Cozart	247.5	150	287.5	685
125 kg Teen 14-15				
Alex Reid	222.5	130	247.5	600

Southeastern Police and Fire JUN 03 - Birmingham, AL

Bench Press	198
Women	Open
132	Brian Gardner
50+	30-39
Pat Fields	125 Alan Abercrombie
Men	40-49
148	Gregory Abbot
Open	Pleas Parker
Marcus Huseth	205* 220
50+	30-39
John Candler Jr.	45 Robert Dorsey
165	50+
Open	Ted Butler
Teen 18-19	370*
Torrey Downs	255 242
50+	30-39
William Sharp	235* Keith Roland
181	275
30-39	30-39
Shaun Massey	245 Robert Molay
	40-49
	Clift Bell
	385

The SE Police and Fire Championships are held every June in Birmingham, AL. The games are open to any sworn police officer or fireman either active or retired. There are many events including powerlifting and bench press. The attendance was down but many new records were established and are indicated above with an *. Billy Sharp at age 69 continues to amaze everyone with his longevity. He did a 235 bench for a new record. The 198 40-49 division was very hard fought with a policeman winning out over a fireman. They carried on a rivalry that had reverse results last year with Pleas Parker winning by bodyweight that year. Robert Molay, had an outstanding 510 at 275 lbs. There were seven lifters in the powerlifting with several new records, but I do not have the powerlifting results at this time. The SE Police and Fire Championships are the best bargain in an entry fee of \$30 that includes a t-shirt and free hospitality each night with free food and beverages. The winners of each event receive a beautiful medal and a baseball hat that reads gold medal winner. Second and third place receive medals. A record setter gets a new watch that says SE Police and Fire record holder on the face. Again this is open to police and fire that live in any state. Results and info can be found at the web site at www.championships.org.

APA Eastern US Open PL 05 APR 03 - Ft. Washington, MD

BENCH	50-59
Women Open 97	George Wilson
Kimberly Reed	100 148 Open
Junior	Rick Brenner
Jay Kostlo	385 165 Open
Submaster	Jose McLennan
Dan Levesque	405 198 Open
John Baker	300 Rick Perconte
40-49	Tim Jacob
Rick Perconte	465 220 Open
Milton Cross	440 Milton cross
Robert Wyman	355* Jay Koslo
James Brooks	350 Marvin Boyd
Tom Lewis	242 Open
John Baker	300

Powerlifting	SQ	BP	DL	TOT
Women Open 132				
Stephanie Kotso	220	130	260	610
Women 198 Teen				
Nilema Baldwin	215	125	305	645
Women Master				
Kathi Muttart	190	100	220	510
S. Washington	195	125	235	555
Brandon Kesse	430	280	425	1135
Josh Short	650	420		
Submaster				
Dan Levesque	550	405	525	1480
Len Rutecki	450	315	460	1215
C. Richardson	275			
123 Sub Teen				
Daniel Duncan	65	60	120	245
165 Teen				
Cedric Wilson	460	275	470	1205
181 Open				
Derek Czadzeck	475	300	475	1250
198 Open				
Len Rutecki	450	315	460	1215
220 open				
Henry Gerad	705	455	700	1860
242 Teen				
C. Richardson	225	195	365	785
Open				
Jimmy Marvel	625	375	570	1570
Terry Bumgarner	600	385	580	1565
275 Open				
Jack Lancaster	410	295	450	1155
308 Open				
Josh Short	650	420		
SHW Open				
Lou D'Amrosio	700	460	570	1730
Bill duncan	565	275	535	1375

California Signs & Products

BANNERS - FLAGS - A-FRAMES

DIMENSIONAL LETTERS - MAGNETICS

TRADE SHOW BANNER SIGN SPECIAL!

3'X8' \$85.

12"X18" / 2(PC'S) MAGNETIC TRUCK SIGNS \$49.

PRICES SUBJECT TO CHANGE WITHOUT NOTICE/ADD \$10. FOR HANDLING & COD TAG

(800) 659-5007

ILLEGAL? NOT YET...



\$49.95 Reg. \$79.99

Pharmaceutical Grade
100mg 1-Testosterone
100mg 4-Androstenediol

CHECK US OUT ON THE WEB

Creatine 500gr \$12
Creatine 1100gr \$21
Glutamine 500gr \$24
Glutamine 1000gr \$42
3lb Whey Protein \$24
Thermogenic \$14.95
GH Agent \$49.95
Test Enhancer \$22.50
Pre-Workout \$27.95
Stimulant
Sexual Performance \$15

MAXIMUS NUTRITION

640 Kane Ct - Oviedo, FL 32765
1.800.550.6997
ASK FOR TIM EXT.10

Outstanding Lifters: Heavyweight (Power) - Henry Garard. Teen - Cedric Wilson. Light weight (Bench) - Rick Brenner. Heavyweight (bench) - Rick Perconte. Special thanks to Trent Dashiell for providing the mono lift and his teammates who were a tremendous help in this meet. I'd also like to especially thank Sherwin Pagtukhan for all his assistance, and out spotters/loaders and referee's who put in a very busy day and did a great job. Several records were set at this event. The even drew lifters from Ohio, Tennessee, Penn, Virginia, and Maryland as well as spectators who came from New Jersey, New York and other locations. The event was very well run and time efficient. Meet time was approximately 5 hours. I'd also like to especially thank World Gym for providing a last minute meet site to save the day. The event was booked at a high school and the day before the event the high school canceled due to school activities shutdowns related to the

New! COOL CAPS

from... **INZER**
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!



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

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

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

IRONWRAPS Z

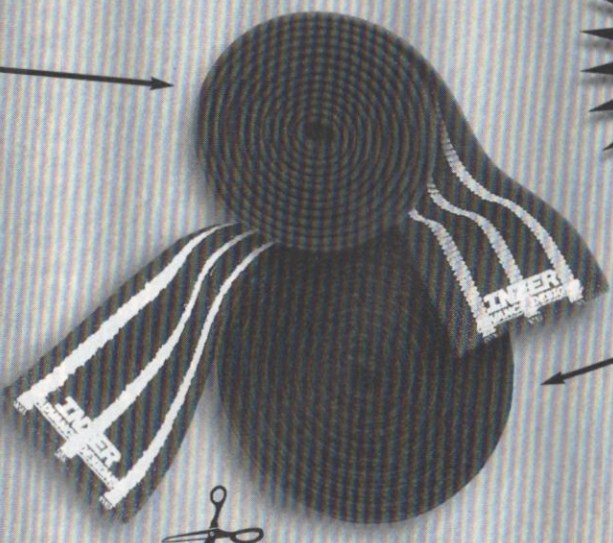
VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

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

Patrick Hall

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



Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
e-mail _____
Qty. _____
_____ Denim Cap (A) \$16 _____
_____ Twill Cap B C \$12 _____
_____ Ironwraps A \$22 _____
_____ Ironwraps Z \$22 _____
_____ 2 pair \$40 _____
Shipping \$5.50 _____
Total _____

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

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



IRONWRAPS A ENGINEERED FOR:

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

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

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

4th Annual West LaFayette Classic 09 MAR 03 - West Lafayette, OH

BENCH	Raw Masters	315	250	375	940
148	Sean Massey	700	515	635	1850
Teen 13-16	Masters				
Casey Warren	Mark Bryan	230	133	230	590
Raw Open	Open				
Eric Hinton	Steve Connor	275	105	300	680
165	Chris Crabtree	320	145		
Raw Open	JASON McCONNELL				
Jerry Evans	DEADLIFT				
Open	148				
Stephen Higgins	Teen 13-16	295	225	345	865
John Montgomery	Casey Warren	235	125	300	660
181	165				
Masters	Open				
Rick Williamson	Nick Harstine	415	245	425	1085
Open	181				
Jay Dotson	Open	400	255	440	1095
198	181				
Submasters	Steve Jones	275	105	300	680
David Casasanta	198	130	145		
Raw Open	Submasters				
Jim Wilson	David Casasanta	250	250	385	
Masters	Open	425	465		
Gary Combs	Keith McNeish	480	275	470	1125
Open	Chris Crabtree	BP	DL	TOT	
Gary Combs	JASON McCONNELL	165			
200	220	305	360	665	
Submasters	Submaster				
Bob Dotson	Jeff Morgan	133	230	360	
Raw	275				
Open	Submaster				
Kevin Copeland	Bob Fleming	148			
Sean Massey	310				
	Drex Welch	665			

USAPL St. X National Qualifier 05 MAY 03 - Louisville, KY

Teen	SQ	BP	DL	TOT
114				
14-15				
Tyler Baines	215	150	230	595
16-17				
Chris Bray	215	150	225	590



West LaFayette Classic-(Center)-John Blackstone-Meet Director. Best Lifter-R- Steve Connor - BP, -L- Keith McNeish - DL (Muscle Bound)

USAPL Nebraska State & Longhorn 26 APR 03 - Burwell, NE

BENCH	Erin Crapo	133			
Open	165				
Ryan Hart	260				
Randy Worden	305				
181	181				
Bryan Keim	315				
198	220				
Eric Mallagh	320				
220	242				
John Probasco	242				
242	Jeff Hart	250			
Greg Wurst	350				
F105	198				
Open	Bryan Jarecki	275			
123	SQ	BP	DL	TOT	
Chris Sayers	200	175	340	715	
132					
Cruz Borer	240	160	330	730	
148					
Sterling Stinson	460	290	500	1250	
Jon Jaeschke	350	150	380	880	
Cory Maw	290	165	390	845	
181					
Bryan Kelm	475	315	470	1260	
Seth Holcomb	435	195	520	1150	
Chris Jaeschke	385	165	440	990	
Justin Inra	300	220	370	890	
198					
Zach Houdek	330	230	425	985	
220					
Jon Myrick	385	250	375	1010	
242					
Allen Roelfs	390	280	450	1120	
	123				
16-17					
Dan Nitzken	270	145	315	730	
Josh Roberts	250	165	315	730	
A. Blessinger	275	150	305	730	
132					
16-17					
David Norris	315	170	315	800	
18-19					
Nick Trzaskus	355	215	360	930	
Charlie Blessinger	345	220	340	905	
148					
14-15					
Jordan Shontz	290	180	355	825	
16-17					
Will Schemp	365	190	370	925	
Zac Meihaus	385	250	360	995	
Bill McCafferty	345	225	425	995	
181					
14-15					
Paul Belshoff	360	210	355	925	
Clay Wade	380	230	315	925	
16-17					
Kenny Higdon	400	330	340	1070	
Tom Brangers	360	230			
18-19					
Blake Dedas	450	285	400	1135	
Jon Beinelein	395	230	425	1050	
198					
14-15					
Travis Cecil	380	240	405	1025	
16-17					
Adam Bisig	345	285	380	1010	
14-15					
Bryan Cardenas	475	285	375	1135	
Nathan McGee	360	235	380	975	

16-17					
Marc Tawfik	420	225	365	1010	
242					
14-15					
Zac Taylor	415	295	400	1110	
275					
16-17					
Craig Weiler	485	295	410	1190	
Dustin Greer	395	380	415	1190	

ADAU Power Day 26 APR 03 - Bigler, PA

BENCH	Cory Rideout	415*			
Women	4th	430*			
132	Ron Scandle	405			
Carol Koch	100*	Deadlift			
165	Women				
S. Meyer	105	132			
Youth	90*	195*			
88	165				
Philip Hartman	97	305*			
97	4th	315*			
John Harris	75*	HW			
Mens	114	Tammy Bukousky	275*		
114					
Chris Bloom	145*	88			
4th	150*	Phillip Hartman	170*		
123	4th	175*			
Tim Tullio	135*	Men			
148	114				
Jared Minns	160*	Chris Bloom	277*		
165	4th	285*			
Mark Skal	300	123			
181	181	Timothy Tullio	230*		
Tim Cole	330	148			
Tony Sikorski	240*	Jared Minns	340*		
James Monk	220	165			
198	Mark Skal	470			
Craig Senz	325	198			
Dan Karayeanes	275	Craig Senz	500		
Jack Herbein	240*	Jack Herbein	460*		
David Flanders	190	David Flanders	450*		
220	Kent Strohecker	365			
John Kuhar	400*	220			
Bill Simanovich	345	Bill Simanovich	645		
Buck Sisko	340	Robert Loy	535*		
Scott Vragovich	275	4th	560*		
242	Scott Vragovich	415			
George Whitaker	400	242			
Jim McElwee	390	Charles Dissinger	470*		
David Showers	365	A. Campiere	415*		
A. Campiere	355	275			
Charles Dissinger	320*	Darryl Crans	475*		
4th	330*	4th	485*		
275	Chris Martin	405			
James Lewis	450*	319			
Mike Norris	370	Cory Rideout	700		
Daryl Crans	270	SHW			
319	Pete Zimmerman	520*			
R. D'Antonio	435				

6th Annual Newman Bench Press 17 MAY 03 - Sterling, IL

Woman's Open	Kelly Fritts	125
Body Weight <td>Maggie Pappocia</td> <td>75</td>	Maggie Pappocia	75
Christine Hoyle	Mary Hughes	60
A. Strohmann	High School Boys	148
Lisa Boehm	85	
Men's Open	Sean Nicholson*	275
148	Jake Pascnall	160
Alex Georgianis	Garret Gripp	145
165	165	
Robert Ybarra	Andrew Harrison	215
Corey Fredericks	Aaron Wolf	210
Corey Conderman	Sean Hopkins	205
181	181	
Mike Louck*	Eric Murphy	260
Rich Guy	Mark Shaw	260
198	Taylor Walrath	255
Ryan Stephenitch	340	
220	Aaron Harrison	280
Eddie Alaniz	Scott Meyer	250
242	Luke Pro	245
Rob Leyundo	540	
Randy Biggiam	440	
John Wires	405	
275	Derek Poci	250
Matt Fredricks	335	
Men's Sub-Masters	Chris Hartman	320
Body Weight	Nathan Grimes	315
Herman Warren	Dustin Seeley	215
360	275	
Men's - Masters	Seth Nelson	315
Bob McDonald	James Ellis	275
High School Girls	Aaron Hanson	190

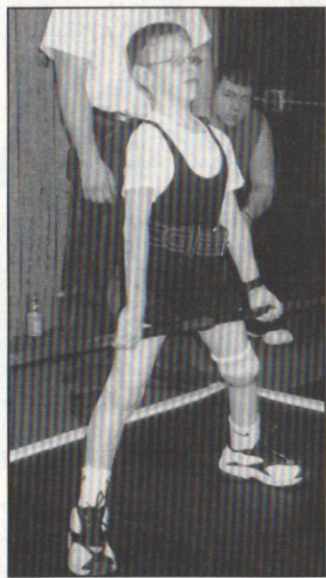
South Charleston High School BP 07 JUN 03 - South Charleston, WV

148 Teen 13-14	Dustin Vincent	490
Adam Runyon	242 Junior	
Teen 15-16	Tim Hayner	330
Anthony Green	Open	
165	Ron Harbert	525
Masters 60+	Master 40-44	
Ken Samples	Rick Perkins	370
181 SubMaster	Law Fire Master 50-54	
Stephen Johns	Jim Rubenstein	325
Open	SubMaster	
A. Kwita Kowski	David Shelton	350
198 Master 55-59	275 Open	
Bud Samples	John Haynes	480
SubMaster	SHW	
Mark Quinn	Open	
Open	Brian Siders	650
Darren Carney	Teen 14-15	
220 Open	Jeff Johnson	240

The 1st Annual SCHS Football Boosters Bench Press Meet was short on participants yet high in quality. The Boosters appreciate all the participants and a special thank you to the Holley Strength System Team for their

NASA Illinois High School Champs
08 FEB 03 - Flora, IL.

BENCH PRESS		DEADLIFT	
Women	Women	Women	Women
170	170	Natalie Ploff	285
Natalie Ploff	170	Natalie Ploff	285
Powerlifting	SQ	BP	DL
Youth 72			TOT
Kody Payne	50	47.5	95
Junior High Division			192.5
154			
Paul Green	130	95	185
170			410
Robbie Bute	200	165	305
227			670*
Shane Sexton	200	150	245
High School			595
119			
Lucas Matson	157.5	155	220
138			532.5
Dustin Bedel	225	145	325
Jacob Maffett	235	115	305
Jamison Mostley	155	110	280
Dustin Givens	165	105	250
Justin Watkins	155	100	245
154.3			500
Trevor Hopt	285	160	315
Weylin Harris	235	135	300
170			670
Courtney Yockey	455	195	455
Random Neal	360	225	400
187			985
N. Messamore	225	140	300
205			665
Andrew Harrison	260	165	350
Joel Schaumburg	250	145	335
Josh Denham	170	85	230
227			485
Nathan Grimes	420	280	455
Sean Stevens	320	200	350
Neal Ploff	255	160	335
Zachary Langhoff	200	120	270
280			590
Kenny Hayes	415	245	445
POWER SPORTS	Curl	BP	DL
Youth 72			TOT
Kody Payne	30	47.5	95
252			172.5
Levi Eastin	62.5	115	215
170			392.5
Robbie Bute	90	165	305
227			560
Shane Sexton	80	150	245
Myles Lewis	75	115	235
Jr. High 154			475
Tyson Wyman	75	160	185
High School 119			420
Lucas Matson	72.5	155	220
170.8			447.5
Random Neal	105	225	400
227			730
David Denham	100	215	320
			635



Youth lifter Kody Payne made all three of his deadlifts and 11 of 12 lifts on the day at the NASA IL Championships. Kody wears a prosthetic device on his left leg as a result of a lawn mower incident when he was younger. Kody was given no special consideration in his lifts (photos-The Gym)

The fourth annual Natural Athlete Strength Association's Illinois High School Championships packed the house at The Gym with 28 high school athletes pushing up some serious iron. Something new for 2003 was the addition of Youth Lifters and a Junior High Division. Kody Payne was the youngest and lightest of all the lifters at 10-years of age and 72 pounds. Kody, who already competes in karate, football, basketball and baseball, decided to add powerlifting and came close to posting a perfect day. Because of NASA Youth judging, Kody received "Fives" on all three curl attempts. He was awarded 14 out of 15 points on his first two squats, but failed to get any votes on his third try. He picked up 15 points on two bench press attempts, but earned just seven points on his final lift of 47.5 pounds. Judging varied on deadlifts with 15 points on his opening deadlift, but just 10 points on two "fives" and a zero the second lift, then two "fours" and a "one" on his 95-pound attempt. Also lifting in the Youth Division was 252 pound 11-year-old Junior League Football champion Levi Eastin. Levi hit a 15 on a 62.5-pound curl and earned a 14 on a 115-pound bench before being red-lighted on a 150 final attempt. The following Monday, Levi did 150 for a triple. Levi's day went down hill after he picked up 15 points on a 215-pound opening deadlift when he was called for hitching on two attempts at 225 pounds. The home gym was also represented by five junior high lifters with 158-pound Robbie Bute leading the way. Robbie posted a perfect day, going 12-for-12 when he competed in both curls and the full meet. Robbie had plenty left in each lift, finishing with a best curl of 90 pounds, a 200 pound squat, 165-pound bench press and a 305 deadlift. His day's work in his first meet earned him the Outstanding Lifter trophy for the Junior High Division. The Outstanding Lifter for the High School Division wasn't awarded on any formula, but rather simply to the high school lifter with the heaviest total. Taking home the Outstanding Lifter trophy was Colfax High School lifter Nathan Grimes with an excellent day's work. Nathan made eight of nine lifts, missing only his opening bench press on his way to setting state records in squats (420) and the bench press (280). Nathan also led the Colfax Mustang powerlifters to the team title. Had a formula been used, Olney senior Courtney Yockey would have won the Outstanding Lifter. Courtney turned in the day's heaviest squat at 455 pounds and shared top honors in deadlifts with Nathan at 455 pounds. He gave a 500-pound attempt a great ride, but was called for a couple of rules violations. Courtney, a nominee for Teenage Athlete of the Year, was using the meet as a training session for the Natural Nationals. Courtney's teammate at Olney, senior Kenny Hayes, posted a state record in the 280 division for squats at 415 pounds and deadlifts at 445 pounds. Kenny matched Courtney's total of 1105 - the day's second heaviest total. Lawrenceville High School sophomore David Denham turned in a successful



Division 1-bound basketball player Laura Cooper from Flora High School stopped in long enough to bury three strong squat attempts following a three-hour practice before the meet. Laura will be playing for Southern Illinois University this coming year.

opening curl of 100 pounds. David failed to curl 110 on his second attempt, then did curl it on the third try, but called for a rule's infraction. David competed in the meet, despite being in the middle of his high school basketball season. Eldorado senior Random Neal posted excellent numbers, including the day's best Power Sports lifts of 360 in squats, 120 in curls, 225 in bench and 400 in deadlifts. Trevor Hopt, from Colfax High School, set state records in the 154-pound class for squats, 285; bench, 160; deadlifts, 315; and total, 760. Anchor's Jacob Maffett turned in a personal best squat of 235 pounds. Saybrook's Natalie Ploff came back from a disappointing day in squats to set a state record 170 pound bench press. But, what made this meet a success was what has made it successful since its inception - the youthful energy of the lifters. When Courtney Yockey stepped onto the platform to attempt his 500 pound deadlift, every lifter and spectator was cheering him on to succeed. Help continued to be abundant with Alan Hill, Brian Lane, David Riley and Jason Sanders serving as the primary spotting/loading team with Mitch Gill running the Monolift, Danny Gill serving as a back spotter, Cheri Gill running the results. Diana Gill announcing, Kay Lamb and Jim Conley recording the meet and Neoma Gill taking care of admissions. High School lifters, April Smith and Bethany Schwanger - both Athlete of the Year nominees - judging with former Referee of the Year recipients Frank Smith and Erin Maxwell watching them. Dr. Frank Hettiger continued to volunteer as a judge. The Fifth Annual NASA Illinois State High School Powerlifting Championships will be in February 2004. The next local meet in Flora will be May 31 for the NASA Illinois/Indiana Championships. The annual NASA Tri-State Championships will be combined with the NASA Teenage/ Junior/ Intermediate Championships on July 26. (Thanks to The Gym for results.)

Chickahominy YMCA BP Classic
26 APR 03 - Sandston, VA

Women	Raw T 18-19	Raw T 18-19	Raw T 18-19
132	Nickolas	285*	
Open	Raw 45-49 & Open	350*	
Raw	Elena Scarbrough		
M 55-59	Raw Open	250	
Brenda Felton	Jason Slater	250	
181	Assited Open	345	
Open	Raw M 55-59	305*	
Raw	Donna Pegram	190*	
M 45-49	Raw M 45-49	205*	
Betty Odom	Raw 45-49 & Open	350*	
SHW	Craig Perry		
Open	Raw M 45-49	275	
Regina Williams	Raw M 70-74	275*	
MEN	Morris Skelton	242	
114	Raw M 40-44	370*	
Raw	T16-17	148	
Wincent Navarre	185*	Chester Bednar	260
148	William VanSickle	260	
Raw Open	Raw M 45-49	340	
Curtis Lawyer	Assited M 40-44/Open	535*	
Teen 16-17	Assited M 55-59	400*	
Eddie Shradler	Assited M 55-59	400*	
Assited Open	Dale Taylor	165	
Scott Zerbe	Mike Nickols	250	
365*	Raw Open	385*	
Assited Open	Chris Christian	500*	
Chris Lawyer	Darnel Thompson	300*	
Raw Open	Bud Drummond	170*	
Aron Pegram	Raw M 50-54	240	
Raw M 45-49	Lawrence Ashley	280	
Steve Foster	Raw M 65-70	250	
181	Joe Delulio	250	
Raw Open	T 16-17	185	
Chris Gregory	David Robinson	285*	
Raw Open	SHW	250*	
Brad Coutru	Assited M 45-49	510*	
Raw M 45-49	Jack Cox	190	
Dana Smith	Guest Lifter	155	
198	JR Hunt	160*	
Raw J 20-23	Mens Master (formula)	190	
Mike Chenault	147.5*	190	
Raw Open	230 S. Courtemache	215	
Ryan Botts	230 S. Courtemache	215	
Assited Open	M. loannou	162.5*	
R. Jackson	385	315	
Assited Open	David Stanley	315	
Raw M 45-49	Assited M 50-54/Open	425*	
James Hannah	Carroll Thornton	425*	
220			

* - Record. The event was well attended with 48 competitors, both males and females. Although most were local, some drove from as far away as Pennsylvania. The Participants ranged in age from 16-71 years and included a father/son team and two sets of twin brothers. This was the third year the event was held and 25 course records were set. Some of the notable performances include four participants that lifted double their body weight. Four participants lifted 500 pounds and over. The crowd cheered as they lifted. Proceeds from the Bench Press Classic will provide scholarships to

opening camp along with financial assistance for members of the community to participate in YMCA programs that otherwise could not be afforded. The event was sponsored by Iron House Gym, Mason Insurance Agency, Mike's Olympic Gym, The Weight Room and Women of Steel. (P. Battle.)

USPF ECC BP/DL
17 MAY 02 - Buffalo, NY

Women 105	Matthew Rydelek	495
Michele Bertoli	130*	450
148	Jeff Cuyler	450
Anita Ramsey	Wayne Carroll	405
165	George Arthur	350
Brook Fineis	Matt Schimpf	330
210	275	
Master	Joe Wnuk	375
Brenda Kelly	308	
Teen Men 14-15	Dave Lehmann	315
215	Deadlift OPEN 105	
16-17	Michele Bertoli	310*
Shane Allen	165	
325	Brooke Fineis	385*
16-17	285	
Kyle Reisdorf	MASTER 165	220*
Sub-Masters	Brenda Kelly	220*
Tom Schmidt	Men -Teen 14-15	370
505*	Eric Denk	370
Trent Drake	Darryl Marks	340
355	Paul Tout	
Jeff Linton	SubMASTERS	480
Masters	Trent Drake	480
Enzo Jekov	435	
MASTERS	Warren Kelly	475*
365	Juan Collazo	475*
365	James Carioti	450
265	275*	500
275*	David Vokes	500
4th	OPEN 148	460
Juan Collazo	320*	
John Stellrecht	365	
Maurice Harting	Andre Jackson	460
460	165	
Wayne Carroll	405	
Bill Farnham	360	
Larry Huff Sr	360	
198	Sean Hailey	570
John Herbein	260	
David Vokes	280	
OPEN 148	Josh Pierce	500
James Greene	415	
Andre Jackson	320	
220	Larry Huff Jr	600
165	570	
James Dosselt	305	
Steve Coppola	540	
Bill Farnham	300	
Terry Phillips	420	
198	242	
Craig Perry	470	
Matt Rydelek	655	
James Greene	360	
George Arthur	650	
320	Jeff Cuyler	630
220	Matt Schimpf	500
Gary Larson	475	
275	James Cox	615
Steve Coppola	242	
Joe Wnuk	510	

* - NY State Record. The 2nd Annual USPF Bench and Deadlift competition sponsored by the Eric Community College football team was held at the college May 17th. The event welcomed 36 lifters in the bench and 25 in the deadlift. Five state records were set in the bench. Michele Bertoli (130), Master Lifter, Brenda Kelly (135), Sub-Master, Tom Schmidt (505), Master Lifters, Phil Portnoy (275) and Juan Collazo (320). Four state records were set in the deadlift, Michele Bertoli (310), Brooke Fineis (385), Brenda Kelly (220), Master Lifters, 66-yr. old, 198 Juan Collazo did (475). The Outstanding Lifter for both events was 198 Sean Hailey with lifts of 470 in bench and 570 in deadlift. The coaches and players of the Eric Community College football team under the direction of the head coach Dennis Greene ran a smooth and fast paced event. T shirts, snacks and protein drinks helped to keep the generous number of spectators happy. Dennis Greene and his staff wishes to thank all those that participated and hopes to see everyone next year. (Thanks to Elizabeth Wuest for providing results.)

USPF Pan American Bench Press
23 Nov 02 - Newmarket, NH (KG)

Women	82.5kg/181 lb.	162.5
56kg/123 lb.	M. loannou	162.5
Open	C. Brien	160
S. Bowles	55*	147.5*
Junior (20-23)	90kg/198 lb.	190
S. Bowles	55*	190
Men Sub (formula)	L. Berges	155
C. Brien	160*	155
J. Morrison	147.5*	190
Mens Master (formula)	125kg/275 lb.	215
B. Tucker	230 S. Courtemache	215
M. loannou	162.5*	SHW
Mens Open	B. Tucker	230

* - Denotes State Record. Referees - Brian Farmer, Jamie Fellows, Laura Tourtelot, Dave Follansbee. Announcer - Rocco Boulay. Venue - Great Bay Athletic Club. Special Thanks go out to Brian Farmer, Rocco Boulay, Jamie Fellows, Carole Kuchinsky, Bill Dugay, Laura Tourtelot, and everyone else for all of their help. Also, our sponsors: NUTRITION 101, USA Bodybuilding.com, Champion Barbell Club. Remember, to see what's happening in true New England powerlifting check out our USPF Region 1 website: www.AmericanPowerlifting.com See ya all next year! (Thanks to Dave Follansbee, Region 1 Chair.)

LCF Baddest Bench Competition
27 APR 03 - Limon, CO

165	275*	220	365*
Michael Greene	275*	Tim Cassius	365*
Toang Pham	265	Masters	
Raul Martinez	245	165	
181	Andrew Dorrance	310*	
Patricio Duran	360*	181	
Preston Hill	305	Dennis Germany	275
198	220		
Damon Keys	325	Michael Coleman	315
David Vieyra	280	Derrick Martin	225

* - Denotes a new Facility Record. Best Overall Lifter: Patricio Duran. Best Overall Lifter Masters: Andrew Dorrance. We started the summer off with a real bang here at LCF. Our annual baddest Bench Competition went extremely well. Big Thanks to Vince Rivera for coordination yet another great event! Thanks also to all the guys who worked the meet and made it all possible. Great Judging, and spotting, and the photography was awesome! Thanks Big Steve! The lifting kicked off at 8:00 am, and the competition moved along at a very fast pace. The camaraderie and support amongst the lifters can't be beaten. The atmosphere was absolutely electric. Every lifter put forth his best effort and left his all on the platform. Patricio "Wee-Man" Duran stole the show hands down. Opening at 1 pound over double his bodyweight, he powered it up near effortlessly! He then smoked a 360 pound second lift, calling for a mind boggling 382.5 for his third lift! (He only weighs 168 pounds!) The stubborn iron won out on this occasion, he controlled the weight nicely to his chest, but after about 2 inches of pushing, hit a wall! His valiant effort was awarded with applause from all in attendance. Great lifting Wee Man! I expect him to break the 400 pound barrier in the not so distant future! Congratulations to all the lifter! 7 records were broke, 3 in the 1m, and 4 in the overall total! Great lifting you guys! We again would like to send a very special Thank you to our Recreation Supervisor LL Joffe for her commitment and support to the Facility Powerlifting Program! Her recognition of the life changing aspects of Powerlifting, and dedication to the betterment of the program is what makes the LCF Powerlifting Program the best! Thanks to Mr. Lambert and Powerlifting USA for publishing our results and for their time and commitment to the greatest sport of all time. Hail to Powerlifting! (Thanks to Big Mac for these results.)

USAPL Viking Open
03 MAY 03 - Chicago, IL

Women	SQ	BP	DL	TOT
148	142.5	82.5	160	385
R. Welding	102.5	60	125	287.5
K. Melander	160	110	155	425
UNL				
S. Hallen	160	110	155	425
Teen (14-15)				
148	100	75	127.5	302.5
J. Maldonado				
(16-17)				
198	175	115	205	495
W. Rosa				
220	187.5	150*	197.5	535
V. Shubinel	150	112.5	192.5	455
M. Aponte				
275	205	145	195	545
B. Wrezinski				
(18-19)				
181	147.5	112.5	212.5	472.5
C. Watson				
198				
A. Delreal				
242	165	140	195	545
M. Brown				
Junior				
165	182.5	105	182.5	470
A. Maldonado				
198	207.5	160	210	577.5
R. Dillon				
242	295	205	272.5	772.5
S. Kouymanis				
40-44	350	235	305	890
Lance Bravard				
45-49	187.5	147.5*	165	500

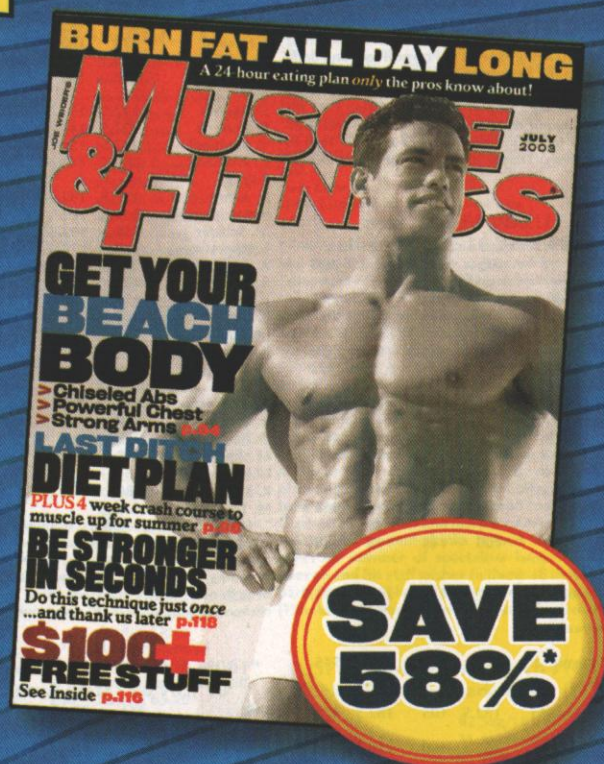
GET THE ALL NEW

MUSCLE & FITNESS

FOR ONLY \$29.97!

5 More Reasons to Subscribe:

- 1 **FREE** step-by-step training pullouts
- 2 More of the muscle-building features you count on
- 3 Real tips and strategies to fuel your active lifestyle
- 4 Hot new design with quicker navigation
- 5 Plus: **FREE GIFT**—Your own exclusive Training Guide**



Subscribe today!

800-340-8954

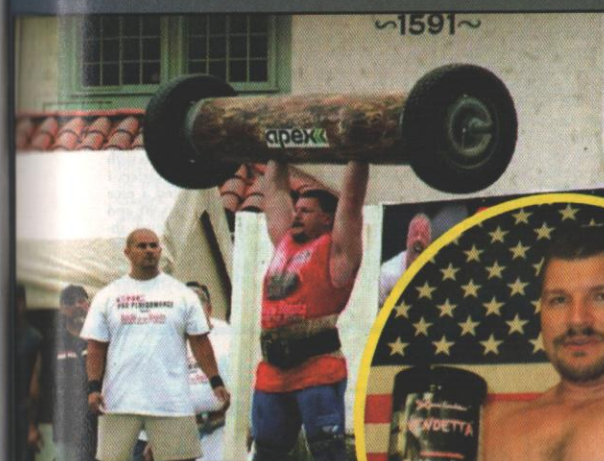
Refer to code: VDMY63PL

or visit: www.muscle-fitnessinfo.com

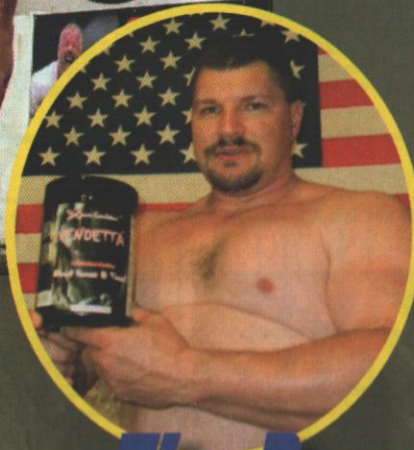
*Savings off the cover price. **With your paid subscription.

NEW LOOK • HOT FEATURES • ULTIMATE VALUE

THE STRONGEST ATHLETES
IN THE WORLD RELY UPON...



GILLINGHAM



COAN

The Power of Science

FOR STRENGTH, MASS, & RECOVERY!

XTREME FORMULATIONS™
Forever changing the way the game is played!

- BCAA's
- EAA's
- Micellar Casein
- Pre-Workout
- Post-Workout
- Total Recovery!



Take Your Training To Levels You Never Imagined Possible!

Dealer Inquiries Welcome

UNLEASH THE POWER OF SCIENCE IN YOUR BODY

To order visit our website at: WWW.XTREMIFORMULATIONS.COM or call us at 1.877.VENETTA

(article continued from page 7)

Teen WR). He was even better than that here! He lost his opener (573) to depth. Up to 589.7 for a good lift breaking his own WR. BP - all three good: 374, 396, and finally 407.9, breaking his own WR. In the DL, he pulled 451.9, then 485, before missing 501. So he broke his own WR twice with 1449.5 and finally 1482.6. That's great. What a brilliant future this young man has in powerlifting. I'm sure his coach Rick is quite proud of him.

165 - Hayward Blake, 17, another rising teen star, who is a computer technician from Alameda, CA had high expectations coming in. Rightfully so, having established 3 CA State records as a 181er in FEB with 573 SQ, 386 BP and 1422 TOT. He dropped bodyweight to compete here. His 578 was a robust opener; but he sat too deep, and couldn't recover. Repeat - miss again. Next he jumped to a huge 628. Hayward is not even slightly intimidated by the barbell. Alas, he missed. No matter! He'll be back - bigger, stronger and smarter in accord - and will get his starter on the board! The oldest man in the meet was John Upton, 80, a retiree (also from Las Vegas). He had the crowd rooting for him. He SQed 209 (3rd), then smashed two WPC 80-84 age group WRs with 220 and 231.4. How many guys his age

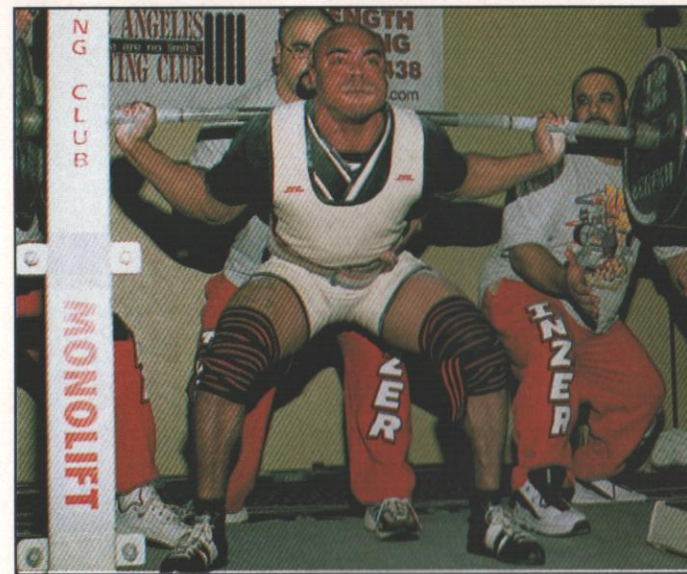


Nick Hatch ... a Senior National Open Champion at age seventeen!

still lift weights, let alone lift such poundages? He also pulled a 303 DL for a 744 TOT, a WR also. In 3rd place and claimant to the bronze medal (all the medals were really outstanding this year) was Brian Strickland, 33, from Lakeland, FL. Brian was in the thick of action, but missed key lifts which possibly could have won the whole thing (on lighter bodyweight). He got a 600.7 SQ start, after almost getting stuck. He got pinned with 622, then missed 3rd also. He made a 385.8 BP, but not 402 despite two spirited tries. Best DL was 589.7 for 1576.3.

Taking 2nd was Brian Tincher, 33, of Altamonte Springs, FL. SQ 578, BP - a great 451.9 (got all 3), DL 562.1 for 1592.8. Winning his first Senior National Title was Daniel Petrillo, 23, of Whippany, NJ. He SQed 567.7 with no problem, but 622.8 twice proved to be too heavy. BP - it's his specialty. His 462.9 3rd, I believe, is a new WPC Jr. WR. He's 23 and that exceeds the former record of 440.9 by RSA's Downing. DL: two good ones (600.7), pass 3rd. TOT - 740 kg (1631.4). 181 - this was the final class of Saturday's lifting. Fabian Wamb-

sgans, 56, a grizzled, do-or-die sorta guy fell out of contention but not as he usually does. This veteran warrior is a physical therapist from Dearborn, MI who doesn't know the meaning of the word *quit!* He appeared to be headed down the ole SQ bomb trail, when he started at a huge 672.4 and missed his depth twice. On his final try he sank it - just enough to stay in the battle. That's a new 55-59 WPC WR as well. Plagued for years with upper body injuries, Fabian got a good 2nd BP. On to the DL. His 600.7 opener hardly seemed too much, considering what he's done in recent years. Coming up he suddenly dropped it and grasped the inside of his right arm in pain. Torn bicep. He flew back to MI to have it repaired surgically. This left Sean Baker, 32, a rehab equipment manager from Tulsa, OK to take home the silver medal. He made a solitary success in each of the three lifts: 584 SQ, 314 BP and 562 DL for a 1460.5 TOT. Retaining the Seniors title he'd won just a year ago was Ron Palmer, 30, from Indianapolis, IN. He took up PL seriously only 2 years ago and zoomed from relative obscurity to become one of the greatest lifters in the World today. He's nicknamed "Lionheart" for his unrelenting pursuit of greatness. You can't keep Ron out off the platform. He showed up as a guest lifter at the National Masters in Daytona one



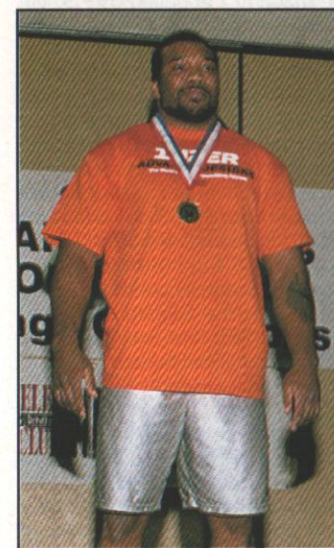
Ron Palmer -- possessed with what it takes to win, again and again

month before this meet. Scaling 177, he went 804 SQ, 501 BP and 694 DL there to become only the 5th man in History to hit the one ton total (907.5/2000.6) following in the footsteps of such great ones as Bell, Bridges, Coan, and Gaugler. He was ready to kick his afterburners up one notch hotter here: SQ - a 705 opener was followed by too high of an increase to 804. He'd got by with this same huge jump in FL. What would happen here was scary. His rack height was one notch lower than he'd asked for. The weight wasn't balanced. He always walks it back out of the Monolift. Without warning, he lost his balance and pitched forward ending up face down on the platform. When he was helped to his feet and left the platform walking of his own accord we were all greatly relieved. Most would have been satisfied to be content with their opener. Ron wanted to prove he could come back and do it even after his mishap. That's exactly what he did, taking the same huge load (804) down and back up

good enough to please the judges. On to the BP. He opened with 462.9 - a toy - and went straight to 512, a near miss, but made the PR on a final try. He'd hurt his back somewhat during his SQ mishap, and was slightly off pulling his best: 644, followed by 672 for a 1989 TOT. He wanted 705, going for 2022 to move into 4th over Gaugler's 2017, on the all-time list. He couldn't do it this time, but had repeated as a men's champ from last year, something only two other guys in the whole competition were able to pull off.

Sunday: 198 - two men entered at 198. James Kegrice, 37, a teacher and gym owner from San Diego, CA was carrying the bar too far down his back, and couldn't sink his SQs low enough or straighten up sufficiently. 677 - no, 677 - no and 710.9 - no. Defending champ Michael Coe, 32, of Indianapolis, IN has a brutish looking upper body and has a very friendly personality. Everybody likes Mike. Coe was only denied one lift all day - his 788 final attempt SQ (ruled high). This came after he manhandled his 705.4 opener and hit a nifty 766 (PR) on his 2nd attempt. Mike shows much improved technique since last year. He BPe'd perfectly - all 3 (473.9), likewise so in DL (600.7) to give Mike an 1840.86.

220 - The heavier weight classes were flooded with entries! Nine came to lift here. Last year's champ, Travis Mash, 39, operates a World Gym in Asheville, NC. He failed to satisfy the judges depthwise on any of his SQ attempts - twice with 887.4, and a final effort with 903.9. Mark Plescia, 32, a roofer from, New Milford, NJ, was eliminated in the SQ also; twice with 733.6, and on his final try at 777.1. Brent Oertel, 20, of Indianapolis, IN had depth problems on his first two with 705.4. He sank his final lift and popped up like a jack-in-the box. Shoulder problems inhibited his BP:

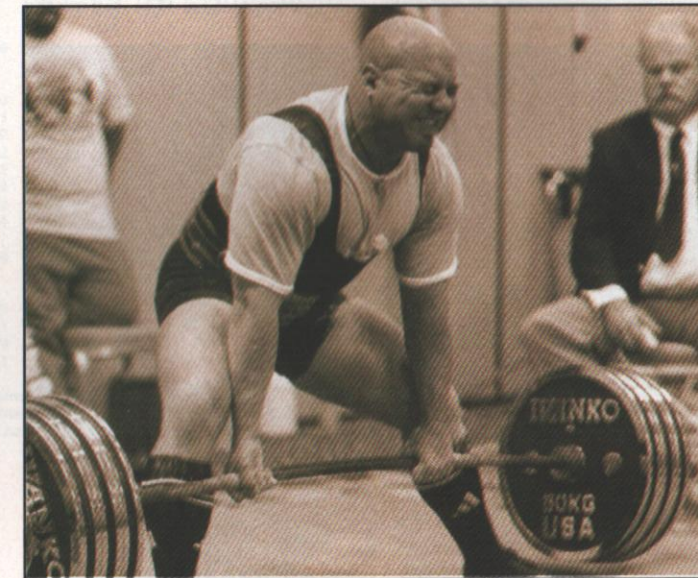


Michael Coe took thw 198 class.

402 was good. His 429 was up easily, but denied for a minor technicality. He increased to 440.9, but missed the groove. Once he's over his injury 500 is a done deal. Since taking up heavy lifting Brent has grown by leaps and bounds. Two years ago he weighed only 150 lbs. Last year he weighed 242 and won the Junior World Title in Helsinki. Brent has no idea how strong he really is, and proved that in the DL. He ripped up all 3 laughably EZ. His final lift of 650.3 gave him a very impressive 1758.18 TOT. Finishing in 6th place was George Pessell, 44, an Inventory Operations Manager from Foothill Ranch, CA. Always calm and collected, George SQed 650.3 - no problem, but got stopped twice with 705.4. He fared better in BP, perfect picks (all 3 good) to 451.9! Pessell pulled 661.3 (2nd) - for an 800 kg. TOT (1763.69). A hardcore guy, Joe Avigliano, 43, strength coach and elite trainer from Burbank, CA orchestrated the great meet we had this weekend. The countless hours that go into helping his lifters takes a toll on his own lifting. It's nigh impossible to lift in a meet that you are running, but Joe pulled it off, and to make it more challenging, he dropped some 25 lbs. or so to make the 220s. SQ - 760.6 opener, difficult but good. Further increases to 788.1 and 804.6 were not there. BP - first two good (402). Change from poly to double denim. He wanted 440.9, but his shirt went "rip-p-p" at touchdown. DL - 617.3, difficult (coming in with a strained back), and 644 twice wouldn't go. TOT 1780.2 with a PR SQ increase (60 lbs.) and TOT PR by 60 also, at this bw. James Griggs, 32, a registered nurse, from Tulsa, OK, did himself proud in his first Seniors. He made a 705.4 SQ on a final try; got 2 benches (413.4) and ditto 2 DLs (683.4), TOT -1802.27. Jason Burnell, 37, believes that vari-

ety is the spice of life. He likes the experience of competing in many top organizations. Jason got his cage rattled on his 2nd attempt squat, catapulting himself (a la Palmer) forward and ending up face down on the platform attempting 749.6. With a bit of the eye of the tiger, or rather I should say the Lionheart in him, Burnell returned not only to challenge that 749 on his final attempt but make it! He finished out the meet nailing all his BPs (473.9), and making two good DLs as well (650.3) to TOT 850 kg (1873.9). Not bad after getting pancaked! Benjamin Hill, 28, a P.T. from Ketchum, ID, faced gut check time, needing his final SQ with 760.6 to avoid elimination. He got it! Following his missed 2nd BP, Hill increased 11 to 462.9. He pulled 650.3 opener. When he saw that Burnell made the same weight on his 2nd round, he took 655.8, to maneuver himself 5 in front and into 2nd place. After Jason missed his 683 final pull, Hill pulled out all the stops and attempted 710.9, missed it, but it didn't matter - TOT - 1879.5! The new champ in this category turned out to be Michael Roberts, only 23, from North Canton, OH. Mike commenced with a hefty 755 squat - good lift. He took a leap of faith straight to 804.6 - too much twice. His BP put him in front. A 551.1 is very impressive in itself. His next two were monster attempts - 622.8. He missed both but obviously has no fear of big weights. He opened with a strong 705.4 DL to win the class by a whopping 132 lb. margin (2011.71). Another giant jump to 749.6 didn't go, and he passed his 3rd. With only 3 successful lifts in 8 attempts he won by a landslide.

242 - defending champ Jose Garcia from Aurora, IL was present but decided to save himself for the WPO Semi-Finals later this year and lend support to his teammate



Michael Roberts only made 3 good lifts, and still went 2000+ @ 220

The Gold Standard in Grippers

Captains of Crush® grippers pack industrial strength in a hand-sized package: They weigh less than a pound, but they challenge the world's strongest men. These state-of-the-art hand grippers begin where others end.

If you are new to grip training, begin your quest with our Trainer—substantially tougher than a sporting goods store gripper, there is nothing wimpy about it. Next up is our No. 1, which is tough enough to defy most men who lift weights the first time they try to close it. When you can close our No. 2 gripper, you have left the realm of ordinary hand strength and have a grip you can be proud of, and you will be ready to face the big meat: our No. 3 and No. 4. Close either of these grippers under official conditions* and we'll certify you, making you a member of a very exclusive club and giving you bragging rights in the grip world.

For over 15 years, we have pioneered new territory in the gripper world, defining new limits of toughness, sophistication and precision.

Captains of Crush: the gold standard in grippers.

Captains of Crush grippers: US\$19.95 each plus \$6.00 S&H for one in the US (\$7 S&H for 2, \$9 for 3 or 4, \$10 for all 5). For quick and easy on-line shopping or to request a catalog, visit us at www.ironmind.com.

IRONMIND

Stronger minds, stronger bodies™

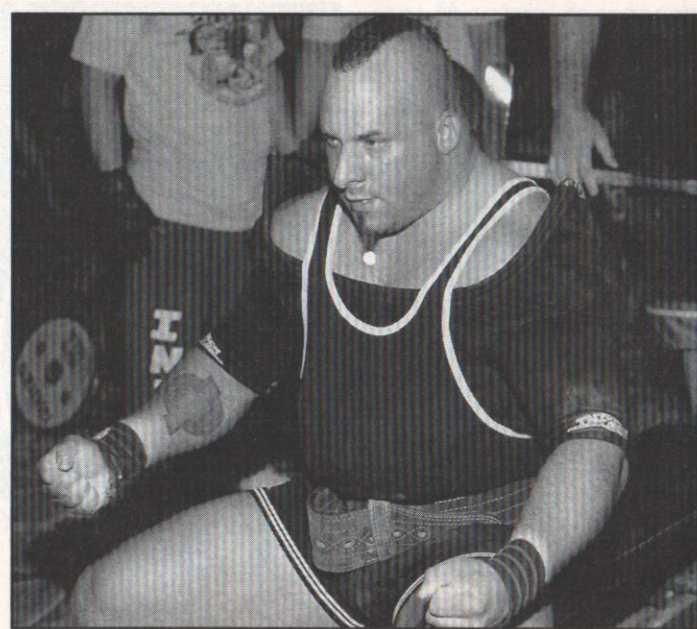
IronMind Enterprises, Inc., P O Box 1228, Nevada City, CA 95959 USA
Web site: www.ironmind.com; e-mail: sales@ironmind.com;
tel: 530-265-6725; fax: 530-265-4876

*Enjoy surfing our site www.ironmind.com or go directly to http://www.ironmind.com/faq_grippers.shtml if you're in a hurry to see the rules.



Noel Levario in the 275s. The 242s were a packed class of 12. Only one man failed to finish. James Solomine, 37, an electrician from New Haven, CT got no squats (804). Patrick Wilson, 28, a graduate student out of Stockbridge, GA went 744 SQ (2nd), 523 BP (Opener) & 633 DL (2nd) for 1901.48 - 11th place. You can't believe how tough this class was. Morgan Bugbee, 24, went well in excess of APF Elite, putting an astounding 226 lbs. on his TOT in 7 short months yet finished only in 10th place. Morgan made all 9 attempts. With his ultra wide SQ stance he broke the AWPC WR with every attempt: 772.7, 810.1, and an incredible 826.7! All his lifts were power personified (deep too). BP (462.9), DL (688.9), and his TOT - 897.5 kg (1978.6) was also a AWPC WR. Morgan got drug tested afterwards to make everything bona fide! Morgan trains as hard as anyone I've ever seen, yet he's very agile. He weighed in light (234.1) and still had a pair of 29 inch thighs. In 9th position was Matt Kroczaleski, 30, a pharmacist from Grand Ledge, MI. Only 232 today, he did his best ever lifting here, but not without taking a nasty spill. In the same manner as Palmer and Burnell before him, he lost his 826.7 opener and got flapped, face down on the platform. Seems like the PL Guardian angel was protecting all these guys as he returned unscathed to conquer this weight on his 2nd attempt, later missing 837. BP - 518 (all 3 for Matt); DL - only 1 pull - 666. He waived his other two tugs. TOT 2011.71 - a personal best! Kevin Thomas, 34, of Kennesaw, GA missed a 766 opener, then leapt big to 815.6 - and nailed it good! His 832 try was just too high. He topped out at a 518.1 BP and pulled 694.4, twice failing to raise 722. A TOT of 2028.25 gave him 8th. In 7th place was Zachary Passman, 27, a top notch performer from L.A.L.C. He owns his own cleaning service co.

Zach finished 4th at 275 last year, but came down one weight class to compete here. Passman is a real crowd pleaser with his intensity, psyche, and platform charisma. Following his rejected 760.6 opener (called for depth), Zach stormed back to nail a good 788.1 PR. He made 804.6 (what he came to do on his 3rd!), but alas the judges denied it! BP - everything was grooved perfectly (all 3) 529! DL - a snappy 722, 2nd round lift gave him a big 2039.3 TOT. This set him up for a final go at 744. Surprisingly, it came up easily, but suddenly his grip popped loose near completion. Zdenek Voprada, 28, a salesman, lifts for the Big Iron Gym in Omaha, NE. He's originally from the Czech Republic. He too was 275 last year, in 5th - one notch below Passman, but Zdenek SQed 810 here improving by 27, and BPed huge (545.6) compared to 490 last year, DL - 683 - good. He got reds for supporting the bar on his thighs with a 699 3rd for no lift. TOT - 2039.27 same as Passman, but he was 6th because he was a mere 100 gram lighter in bwt. In 5th was Clay Castile, 33, from the North GA Barbell Club. He finished 3rd in this class last year with 2000.6, and was much improved here but ended up 2 placings lower due to the influx of talent in this year's lineup. He's a big SQer: both 832 and 865 were solid, but 903 was no lift for depth. BP - best was 523 (2nd). He took 1 DL - 705.4. It was slow and hard, so wisely passed his remaining two. TOT 2094.4 - 5th place finish. Powerhouse Raymond Pierce, 31, a surveillance technician from Arlington, TX surveyed his competition, and then gave it all he had. He salvaged his 848.7 2nd attempt SQ (got stuck) for a successful lift on his final try. Ray was hot-hot-hot in BP, with three mighty strokes topped out at 567.7, the highest in this class. Pierce crouched and pulled 710.9 for 2127.4 TOT, but missed



Ron Dayton was intensely focused at every stage of the competition.

getting bronze when he failed 744 on his last try. Only 22 lb. separated the top 3 men. The bronze medalion adorned the neck of Jason Patrick, 31, a school teacher from Yorkville, IL. He looked impressive in all events: SQ - no misses (881.9), BP - 518 (2nd). In the DL Jason pulled double duty. Following his relatively easier 710.9 opener, he was mistakenly given 826.7 which never cleared the floor in two tries. He'd actually called for 337.5 (744), not 375 (826). He got attempts 2 and 3 over again, lifting both 744, then a fine 771.6 - TOT 2149.5 plus getting a little isometric workout as a bonus. Last year's runner-up Brian Weston, 34, came in as one of the lightest (232.5). This never seemed to hinder his strength. He repeated his 854.4 missed opener. After making that lift official, he got 2W for a huge 903.9. BP - 518, but missed 534. All DLs up - 738.6, TOT - 2160.5. Paul Urchik, 43, an auto worker from Southgate, MI proved his heavy metal mastery. He SQ'ed gingerly so as not to re-injure his bad leg. He methodically inched 903.9 into locked finish, a 2nd attempt repeat, good! Scaling 236.66 he benched perfectly (567.7) a big PR for Paul. DL - despite his grip slippage problems, he got yet another big title with 699.9 for a 2171.5 TOT. Subsequent tries with 711 and 722 popped from his grasp.

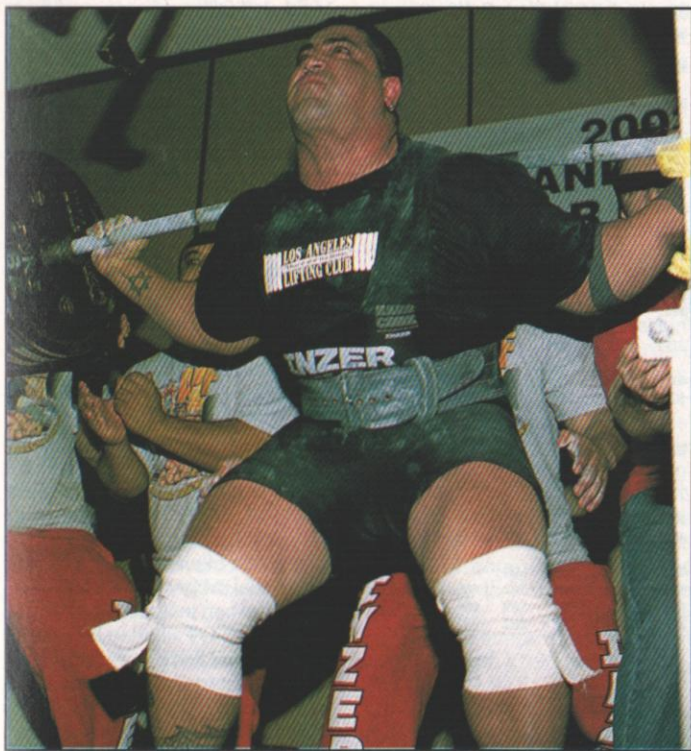
275 - another jam packed class- 11 contesting! Robert Bove, 25, a Fairfield, CT teacher couldn't come up thrice with 848.8 - score zero! Brian Meek, 57, a Corona, CA lawyer dunked 793.6, then tried and came up with a huge 55-59 WPC WR 865.3. No lift - not low enough. Brian was in a carefree mood and played a game called "Look, Ma, I can't touch my chest, cause my shirt's too tight." He tested his absolute limit with three futile

pulled 672.4 (2nd). He couldn't get 727.6 past his knees, TOT - 2188.08. The battle for the title was between Philip Story, 38, a Palm Coast, FL mechanic and Ronald Dayton, 28, a welder from Bridgeport, CT. The two were complete opposites. Story is tall, with a calm manner. His distinguishing characteristic is a big moustache. Dayton was a crowd pleaser with his wild aggressiveness and mohawk haircut. Story is far stronger than he appears. The lightest man in the class @ 255, he worked up to a big 854.14 PR 3rd. Dayton strained every fiber of his being to finish 881.9, for a good lift. He was spent, so passed his last. Dayton nailed a great 551.1 3rd following a 501.6 opener and 2nd round miss with 529.1. Story opened at a big 600.7, missed a bigger 633.8, then came back and grooved it perfectly. Subtotals showed Story with the advantage 1488 to 1433 for Dayton. You'd think a 55 lb. deficit would just about nail the lid shut on Dayton's chances to win. Story took 705.4 and 744.1, and got them both. Next, he took 760.6 for the long haul but stalled, TOT 2232.18 a PR by 44 for Phil. What could Dayton do? He erupted like a volcano, yanked up 749.6, then a huge 804.6 for the outright win. Then came the icing on his victory cake - 815.6 - he pulled it up with great effort, held it, and then prompted the crowd, asking: "Who's the man?" Well, Dayton is, of course, 2254.22 TOT!

308 - another gigantic class, loaded with some big name talent. Three of the 11 fell by the wayside. John Ewing, 22, a construction worker out of Livonia, MI almost recovered with an 832.2 opener. 2nd attempt - couldn't fully straighten - missed again. The next fatality was Jay Rhyme, 31, of Marietta, GA. He lost both 903.9 then 942.4, with depth problems, then lost his balance before he could commence a do-or die 970. Only 25, Aaron Ross from National City, CA, came in looking fit at 308. 1st attempt SQ - 815.6 - good lift. His 843.2 looked okay to me also, but the judges said no. He took a PR equalling 881.9 (a wt. he handled weighing 350) deep, but lost balance coming up. He'd benched 606 in practice, and used the same shirt here. Neither 600.7, 644.8, nor 650.3 could he get to his chest. He even passed out trying so hard. Among the finishers, Michael Olmo, came in 8th. He's a union pipefitter from Trumbull, CT. At 289.46 bodyweight, he dunked three big ones in his specialty lift - 881.9, 931.4 and finally a tough fought huge 953.5. It was a slow gutbuster that earned him 3W. Mike's bubble burst when he injured himself warming up in BP. He took a token try to assure staying in the meet, then made two futile tries when shirted up. Both 551.1 and 584.2 wouldn't go. He managed to

APF Senior Nationals - 7,8 June 2003 - Universal City, California

WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
105 lb. class											
Theresa Bostrom	253	281	303	126	137	137	407	214	231	236	644
148 lb. class											
Melissa Ortega	429	440	485	275	286	303	727	429	451	468	1179
Sonji Baldwin	325	374	418	203	236	259	677	325	374	407	1085
Kathy Caggiano	330	363	380	203	225	242	606	303	347	380	953
165 lb. class											
Kara Bohigian	501	529	551	325	352	363	914	473	501	518	1416
Julia Scanlon	490	540	551	330	352	352	892	446	479	501	1372
Joyce Tackill	374	385	413	281	303	314	716	374	385	402	1102
Lisa Denison	380	413	418	176	187	187	595	358	391	407	986
Kim Packer	363	396	424	154	170	181	578	319	352	369	931
181 lb. class											
Jill Mills	518	545	573	347	363	363	936	485	529	540	1477
Annie Rivieccio	457	507	540	314	336	347	887	424	451	473	1361
Krista Ford	457	512	551	203	231	242	793	457	512	551	1344
198 lb. class											
S. Mendelson	424	457	484	136	253	275	733	319	352	402	1085
SHW											
Becca Swanson	705	749	771	374	396	402	1151	589	611	622	1774
220 lb. class											
123 lb. class											
Robert Leoni	363	402	402	198	214	231	578	402	429	451	1030
132 lb. class											
Nori Kawasaki	275	308	314	198	214	225	540	341	374	402	942
148 lb. class											
Nick Hatch	573	589	606	374	396	407	997	451	485	501	1482
Vince Centauro	462	507	567	186	314	325	777	462	507	523	1300
165 lb. class											
Daniel Petrillo	567	617	617	435	435	462	1030	573	600	---	1631
Brian Tincher	545	578	606	413	429	451	1030	529	562	606	1592
Brian Strickland	600	622	622	385	402	402	986	562	589	606	1576
John Upton	159	209	209	203	220	231	440	248	282	303	744
Hayward Blake	578	578	628								
181 lb. class											
Ron Palmer	705	804	804	462	512	512	1317	644	672	705	1989
Sean Paker	584	628	628	314	363	---	898	562	562	600	1459
F. Wambogans	672	672	672	264	264	308	936	600			
198 lb. class											
Michael Cox	705	766	788	402	462	473	1240	551	584	600	1840
James Kegrice	307	710	710								
220 lb. class											
Michael Roberts	755	804	804	551	551	622	1306	705	749	---	2011
Benjamin Hill	722	760	760	435	451	462	1223	650	655	710	1878
Jason Burnell	705	749	749	418	451	473	1223	606	650	683	1873
James Griggs	672	705	705	391	413	424	1118	639	683	699	1802
Joe Avigliano	760	788	804	374	402	440	1162	617	644	644	1780
George Pessell	650	705	705	424	440	451	1102	628	661	683	1763
Brent Oertel	705	705	705	402	429	440	1107	589	622	650	1857
Travis Massh	887	887	903								
Mark Plescia	738	738	777								
242 lb. class											
Paul Urchick	865	903	903	540	556	567	1471	699	740	722	2171
Brian Weston	854	854	903	501	518	534	1421	699	722	738	2160
Jason Patrick	826	865	881	417	512	529	1377	722	738	771	2149
Raymond Pierce	777	848	848	523	551	567	1416	655	710	744	2127
Clay Castile	821	865	903	507	523	545	1388	705	---	---	2094
Zdenek Voprada	760	810	821	507	529	545	1355	661	683	699	2039
Zach Passman	760	788	804	485	512	529	1317	688	722	744	2039
Kevin Thomas	766	815	832	501	518	---	1333	694	722	722	2028
Matt Kroczaleski	826	826	837	473	501	518	1344	666	---	---	2011
Morgan Bugbee	771	810	826	429	451	462	1289	639	655	688	1978
Patrick Watson	722	744	760	523	562	562	1267	684	633	644	1901
James Solomine	804	804	804								
275 lb. class											
Ronald Dayton	843	881	---	501	529	551	1432	749	804	821	2254
Philip Story	804	804	854	600	633	633	1488	705	744	760	2232
Noel Levario	843	914	931	540	589	600	1515	622	672	727	2188
James Grandick	804	826	854	534	551	562	1388	677	705	716	2094
Christian Taylor	705	755	804	589	622	639	1427	600	633	677	2061
Michael Lanier	777	832	---	534	545	584	1361	600	699	738	2061
Rocky Tilson	722	766	766	413	413	424	1146	606	633	---	1752
Zach Hudak	402	---	---	403	---	---	1003	727	788	788	1730
Milo Mills	727	782	793	545	---	---	1273				
Brian Meek	793	865	---	523	556	578		727	788	788	
Robert Bove	848	848	848								
308 lb. class											
Oan Basson	970	1019	1019	611	644	672	1692	655	710	---	2403
Joshua Bryant	821	903	920	573	611	622	1526	704	749	777	2276
Ted Forbes	848	903	903	479	507	507	1410	600	699	699	2110
Matt Ludwig	843	903	925	424	462	479	1383	573	628	661	2044
Paul Leonard	771	810	854	407	429	440	1251	650	705	749	2000
Mark Swank	716	771	804	468	534	551	1322	628	683	683	1951
Toby Levers	755	804	804	462	462	462	1218	705	---	---	1923
Michael Olmo	881	931	953	137	551	584	1091	683	716	738	1807
Jay Rhyme	903	942	970								
Aaron Ross	821	843	881	600	644	650					
John Ewing	832	832	832								
SHW											



Basson gambled, and won, in the squat and broke the 2400 barrier.

the judges said go lower. Nitty-gritty time. His final lift was a solid success. He not only stayed alive, but had his first Senior WR. Joe had him go for 472.5 (1041.7) on an extra attempt. He went even deeper this time, but finished too strongly, lost his balance at completion, and took a step backwards before receiving the signal to rack. On to the BP - Oan seemed to get his adrenaline flowing. First - 611.7, then 644.8 (a PR) and finally a huge 672.4 - executed easily and strong. Oh yes, this lift gave him the 2nd World Record of the day, bettering the former mark (639.4) set by Richard Coates (USA) back in DEC '98. Joe felt Oan had more in him, thus a 4th attempt with 312.5 (688.9) was ordered. He rammed it within a scant inch of completion. A cramp in both Oan's leg and back caused him to move a foot. Oan's DL looked crisp and strong. He smoked 655.8 - an opener. Next came a PR 710.9. He pulled it up easily with no trace of the problem of locking out he'd had in the past. Oan had more in him, but coach said save it for another time. He'd achieved his goal - TOT - 1090 kg. - 2403.03 lbs. Oan became only the 20th man in the entire History of PL to crash the 2400 barrier and becomes the youngest man ever to do so at 25! A prophecy has been fulfilled. The Next Big Thing has arrived. With two absolute WRs to prove his worth how could he be denied a WPC World Title?

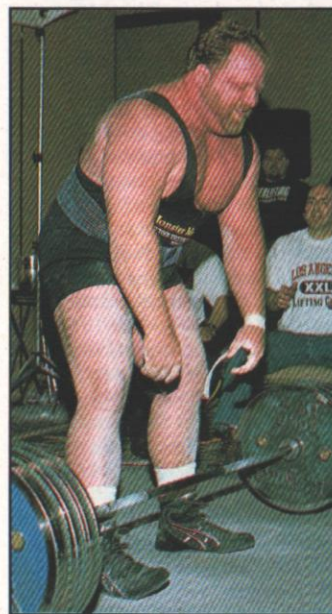
SHW - compared to the other classes the Super turnout was light. Despite that we had the two strongest USA Supers in PL History going for the gold. The distinct pos-

sibility that we could have the heaviest SQ, DL, and total in the History of PL could come to pass when these two behemoths locked horns. I'm talking about Garry Frank, 36, from Baton Rouge, LA - indisputably the strongest PLer in the entire history of our sport. His absolute aggregate is a hundred and five pounds more than any other man has done. At 371.2 and 6'4", Garry is about as imposing a sight as you can imagine. He was defending National Champ and has a big goal first and foremost in his mind - to achieve the impossible - a 1225 kilogram total (2700.662 lbs.) Garry's best official competition lifts of: 462.5 (1019.63) SQ, 335 kg. BP (738.6), and 422.5 (931.4) deadlift add up to a mind-boggling 1220 kg. (2689.64). If he could put all his eggs together in the same basket at the same time breaking the 2700 barrier could be a done deal. Would this be the day? Brent Mikesell, 35, a 330.6 lb. 6'1" inch schoolteacher from Spokane, WA would provide the closest challenge. Brent, on MAR 22 this year, made the biggest official SQ in PL History 500.5 kg. (1103.4). (Editor's Note: since then moved up to 1107) This surpassed the 500 kg. (1102.3) previous ultimate maximum done by the 265 lb. Steve Goggins three weeks earlier at the WPO Finals and Arnold Classic in Columbus, OH. Executing this historic SQ lift Mikesell also amassed a TOT of 1135 kg. (2502.2), becoming only the 2nd American SHW besides Frank to crash the 2500 barrier, and becoming the 4th man to do so (preceding him were both Goggins and SHW Bolton of GBR each with 1150 (2535.3) achieved

also at the WPO Finals on MAR 1st). Let's profile the others. Edward Russ, 35, a personal trainer from E. Patchogue, NY, ended up in 4th. Only a tragic mishap prevented him from winning the silver medal. He impressed us last year with a deep 970 SQ and a 2132 TOT. He was back and in action here weighing in at 371.14. He's short and looks as wide as he is tall. This, incidentally, was only his 5th ever PL meet. SQ opener - 909.4 was deep. He popped up as easily as a cork in a rain barrel. He went straight to 1008.6 and took it rock bottom and sprang right up. This makes him the 29th man in the history PL to smash the thousand lb. barrier. Ed wasn't done yet and ordered up 477.5 kg. (1052.7). This would rank right behind Mikesell and Goggins as the 3rd highest SQ in History. Ed took it down - as deep as before - then started the ascent. Suddenly, his right knee turned in and he buckled and became the 4th lifter in this competition to get pancaked face down on the platform. This was a worse scenario than the others. A blown patella tendon - perish the thought - can end a career. Well, he did some damage for sure, but was able to hobble off stage with assistance. He got cut out of his canvas suit, and sat down with an ice bag applied to the swollen knee. "He's done" we all thought. That is until Russ hobbled out again and continued on. He put up a 551.1 BP, and would've got his 584.2 final lift except he moved a foot. Obviously in pain he came out with both knees wrapped tight. It was obvious he was going to push himself and do as much as he possibly could. He DLed first 137 (just to get a total), then tested himself more with 451.9 (which gave him a 2011.7 TOT). He tried 644.8 gamely, but could get it only half way and had to drop it. Russ gets the Glossbrenner Golden Globes Award. Anyone else would've have thrown in the towel. Is this guy Mister Hardcore or what! We want him healed, back, and ready next year. You can't BUST RUSS cause he's TOUGH!! Earning the bronze medal was Aaron Lawrence, a high school business teacher hailing from Sudlersville, MD. It took him 3 attempts to secure his 771.6 SQ opener and stay alive. He BPed 551.1, but missed twice with 573.2. Aaron made all 3 pulls (727.6). This gave him a 2050.03 TOT. In second place was Chad Aichs. He's 31 and a driver from Sparks, NV, a real up and comer. At 331.7, he opened with a 903.9 SQ, lost his balance recovering, but came back and got it! He tried, but missed, 931.4 on his last chance. He missed, then made, 551.1 (3W), but failed 578.7 on a final try. His 705.4 DL opener gave him a big 2160.53 TOT, and with it the silver medal. Chad growls like a bear with a deep guttural AGGGUHHH!! Despite "hulking out", his 749.6 2nd

attempt was turned down for a slight nudge. The same weight got out in front on his 3rd, denying Chad that 1000 kg. (2204.6 lb.) TOT. I am very sorry to say that Garry Frank did not get a single SQ approved and was eliminated from competition. He handled lifts of 964.6, then 981.1, and a final (1014.1). On his 3rd lift Frank gets lower! Is our anxiousness over. No, the judges bombed him. I believe that this was a rude wake-up call. A sleeping giant has been aroused. The next time you see him you might be shellshocked at what lifts he may have in store. Everyone loves the big guy and wants to see him rewrite the record books again! After years of trying, Brent Mikesell became Senior National Champ. Even though not at his best here, Brent still has an aura of awesome power about him. He took all his SQs deep, like no other Super can - 953.5, 1014.3, and finally 1036.1. It's below his best, but more than anyone else could muster among the behemoths. He started in the BP with a bird-weight (always does this) 451.9, then followed with 589.7, but missed a PR 611.7 on his final go. DL - 710.9 - clinched the title, then 777.1 was easy. Whoops, he tore a callous trying to get 804.7. He was obviously frustrated. So what does he do? "I can pull it anyway!" he exclaimed. Somebody tossed him a lifting strap, and he fumbled around trying to get it on, finally did, and missed the lift (on the second rep!) again anyway! What was that all about Brent?

That concluded a tremendous championship thanks to Joe and LALC. (I've already given all the credits). Palmer edged out Basson (928.673 to 918.870) for Best Lifter Men. Becca Swanson won the Women's award with a 1090.775 rating. LA Lifting Club took home the team award.



Brent M missed, even with a strap

ONE STOP DISCOUNT CENTER

UNBEATABLE PRICES & QUALITY

SERVING INDUSTRY SINCE 1974



LEATHER PADDED ANKLE STRAP - \$14.95



POWER LIFTING GLOVES WITH WRIST WRAPS - \$29.95 (M, L, XL & XXL)



LEATHER DIP BELT \$24.95



POWER LIFT KNEE WRAPS #GR-8659 \$24.95



1/2" thick top quality Leather POWER LIFTING BELT \$34.95



LEATHER HEAD GEAR \$24.95



COMPETITION BENCH WITH SPOTTER STAND (C-PRO95202 & SS-B) \$289

4"X2" Steel Tube
Deluxe Padding
6000 lb. Capacity



WIDE BASE MONSTER RACK C-PRO92600-84 \$1195

STRONGEST EVER BUILT



LIFTING CHAINS

THICK BARS FOR BIG STRONG HANDS

High Grade Steel Knurled, Chrome Plated & Professionally Finished

C-0125 - FAT OLYMPIC DUMBBELL BAR \$49.95

C-0130 - FAT DUMBBELL BAR-24" \$29.95

C-0120 - FAT WRIST LEVERAGE BAR \$24.95

Great to Build Massive Wrists

Junior Chain 30lb/pr-\$139
Medium Chain 44lb/pr-\$159
Heavy Chain 60lb/pr-\$209



FAT BAR \$69.95

1 7/8" DIA. DEEP KNURLED PIPE FOR COMFORTABLE LIFTING - BLACK COATED



SAFETY SQUAT OLYMPIC BAR \$199.95



SQUAT CAMBERED OLYMPIC BAR \$129.95



8510 POWER RACK SYSTEM \$399

Adjustable Multi-purpose Bars designed to mount at any height!

Removable Oly/Std. Plate Holder (designed to mount at any height)

1" Dia Solid Chrome Plated Steel Pins
Holes Spaced every 2" for Progressive Lifting
Heavy Duty "J" Hooks
Front Chin up Bars
1000 lb. Load Capacity



TITAN POWER CAGE \$299

3" SQ. TUBE
48" X 48" X 76"H

DEAD LIFT PLATFORM - 6' X 8' - 3" H \$649



MEGA TRAP/HIP BAR \$189

SHOWN WITH 9 X 45 LB. PLATES ON EACH SIDE
Plates costs extra



PLYO BOXES

Solid Non-Skid Ribbed Rubber Top

6, 12, 18, 24, 30, 36 & 42"

6" - \$47.95; 12" - \$54.95
18" - \$69.95; 24" - \$84.95
30" - \$94.95; 36" - \$109.95 & 42" - \$129.95
BUY COMPLETE SET AND SAVE EVEN MORE!!

BENCHES, CALF MACHINES, DUMBBELL RACKS, LAT MACHINES, PLATE HOLDERS, POWER RACKS, SMITH MACHINES, PLATES, HEX DUBELLS, WEIGHT SETS, AND MORE!!

160 Home St., Elmira, NY 14904
Tel: 800-446-1833; Fax: 607-733-1010

1550 Jefferson Rd. "Bowl-A-Roll Plaza"
Henrietta, Rochester, NY-14623. 585-424-5180

New York Barbell of Elmira, Inc.

Email: info@newyorkbarbells.com Web: www.newyorkbarbells.com

UNCLASSIFIED ADS

\$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable **accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere. **PDA 104** Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

Ivanko Olympic Plates: Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. Weightlifters Warehouse, 1-800-621-9550

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Frantz Sports Ctr for all your powerlifting needs. Call 1-630-892-1491

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 147 DaBill Pl., Lima, OH 45805, 419-229-5346

Insane prices -- Complete Supplements has them on: Dymatize, Beverly Intl., SAN, Sci-Fit, LaBrada, Betastatin, Biotest, Champion, Cytodyne, E.A.S., Muscletech, next Proteins, Optimum Nutrition, Scitec, Syntrax, Twinlab, VPX, and many more! We will not be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or toll free at 1-866-276-7877, or visit our website at Completesupplements.com. Be prepared for huge savings!

Texas Power Bar by MAC Barbell \$235.00 plus shipping. Weightlifters Warehouse 1-800-621-9550

The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding,

Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book hardbound books in stock - \$65 plus \$4 s/h). Send orders for **MUSCLETOWN USA** payable to **PL USA**, Box 467, Camarillo, CA 93011.

SAVEMONEY-ILLINOISLIFTERS
LOW PRICES-BRAND NAMES
SHOP-SCHUETT'S-PALATINE
Supplements-Vits/Mins-Weights
226 N. Hicks Place 1-847-359-9808
SAVE 20% On Min. \$20 Purchase

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in Feb/97 edition of *PLUSA*, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again FOREVER!

APC National Championships
21 JUN 03 - Marietta, GA

BENCH	Master Men 40-44	Open	Men 90	Greg Gordon
Michael Rubio	205	45-49	90	175
Kevin Brown	115	50-54	100	140
Chad Justice	135	140+	140	205
M. Rodriguez	310	140	140	140
Junior	Matt Day	222.5	75	13-15
Jabali Brown	160	75	160	93.5
Michael Rubio	205	18-19	82.5	182.5
				S. Faulkner
Men	SQ	BP	DL	TOT
82.5				
Mike Lockley	197.5	155	265	617.5
Brantley Waites				
Eddie Pitts	237.5	182.5	237.5	657.5
Jeremy Sisler	182.5	125	195	502.5
Rick Donahue	295			
110				
Jeff Green	305	160	300	765
Stephen Parkhurst				
125				
Jay Floyd	290	165	265	720
Chris Savage	287.5	170	275	732.5
Men Submaster				
Paul Lathrop	142.5	125	192.5	460
Earl York	237.5	192.5	237.5	667.5
Andy Fowler	212.5	145	210	657.5
Teenage				
75				
Roland McNeil	175	93.5	170	438.5
Women Open				
52				
M. Kirkland	145	80	155	380
Open				
Master Men 40-44				
90				
Ted Carter	172.5	137.5	235	545
60-64				
90				

James Rouse	277.5	177.5	262.5	717.5
Junior				
75				
Jabali Brown				
Men				
90				
M. Wotaszak	150	155	187.5	492.5
125				
Eric Smith				
2003 American Powerlifting Committee (APC) National Championships The inaugural American Powerlifting Committee (APC) National Powerlifting Championships was held in Marietta, GA on June 21, 2003. The day went quickly and smoothly, thanks to flawless spotting/loading and a good scoring table staff. Enormous thanks go to our spotter/loaders Doug Riemer, Mark Phillips, Kenneth Johnson, Ben Howard and Josh Gill, who loaded the bar with lightning speed and precision and spotted every lifter with an eagle eye. AWPC International judges Mark Vickers, Eric Stoker and Ed Angstrom were fair and consistent. As lifters themselves, they know what they want to see in judges. Finally, the meet doesn't run without a scoring table, and this table did a great job. Thanks to Becky Riemer, Carol Angstrom and her daughters for their hard work. In the open men's category, Mike Lockley won the 82.5 K class, despite a rocky start, getting his opening 197.5 squat and 155K bench before going 3 for 3 in the deadlift, with a 265K. Also in the 82.5 class, Brantley Waites couldn't get his 320K squat low enough to suit the judges. In the 90K class, Eddie Pitts took a 237.5K second attempt squat, a 182.5 bench and a 237.5K deadlift and won first place. Kevin Brown couldn't get his 235K squat past the judges. Light 100 kg lifter Jeremy Sisler got a 182.5 squat, settled for his opening 125K bench and a 195 second attempt deadlift to win his class. His 90K competitor Rick Donahue couldn't please the judges with his 320K squat. In the 110 kg class, and Alabama State Champ in several federations, Jeff Green went 3 for 3 in the squat with a 305K, 2 for 3 in the bench with a 160K bench, and an opening deadlift of 300K, which was good enough to earn him a best lifter trophy. 110K lifter Stephen Parkhurst was another lifter with a depth problem that day, and couldn't get his 330K opening squat passed. 125K lifter Jay Floyd went 8 for 9, with a 290K squat, 165K bench and 265K deadlift. 140K lifter Chris Savage had a great 3 for 3 squat, ending with a 287.5, an opening 170K bench and a second attempt 275K deadlift. In the open women's category, we had just one lifter, but she is one of the best there is, Margaret Kirkland. Lifting in the 52K class (and without a belt!) Margaret went 8 for 9 with a 145K squat, 80K bench and 155K deadlift. In the Submaster Men's category, 82.5K lifter Paul Lathrop had a day of hits and misses, getting second attempts on all three lifts, 142.5K, 125K and 192.5K. In the 90K class, Earl York had a perfect 9 day, squatting 237.5K, benching 192.5 and deadlifting 237.5 and got himself a best lifter trophy. Andy Fowler, the taller half of team Fowler (but probably not for long) did a 212.5K squat, going so deep he nearly reached the basement. He followed this with a 3 for 3 bench ending with a 145K, and a second attempt 210K deadlift, passing on a third. In the Master Men Category, 90K, 40-44, Ted Carter did some great lifting with a 3 for 3 172.5K squat, second attempt 137.5K bench, then let it rip with a 235K second attempt deadlift. 140K Master 45-49 lifter Ray Pelis started off by settling for his opening 227.5K squat, but got his stride going with a 3 for 3 215K bench and a second attempt 275K deadlift. Master 60-64, 90K lifter Jim Rouse had a good day, if not one of his greater days, getting a 277.5K squat, 177.5K bench and 262.5K deadlift. In the teenage category, 15 year old Roland McNeil squat 175K, then set AWPC world records with a 93.5K bench and 182.5K deadlift. In the Junior category, 75K raw lifter Jabali Brown couldn't get his 175K squat passed by the judges, but went on to complete the bench meet. 90K lifter				

Michael Wotaszak got his second attempt 150K squat, an opening 155K bench, but hit his stride in the deadlift going 3 for 3 and pulling 187.5K. 125K junior lifter Eric Smith injured his knee on his second attempt 295K squat and was forced to pass on the rest of the meet. In the bench meet, 90K lifter Kevin Brown did not have his best day, but walked away with an opening 115K bench. Michael Rubio, lifting as both an open and a junior lifter, set a GA state AAPF junior record with his second attempt 205K. 140K lifter Chad Justice didn't have everything working this day, and couldn't make his 305K. 140K+ lifter Miguel Rodriguez couldn't get past his opener, which was still a whopping 310K, winning him a best lifter trophy. In the junior category 75K raw lifter Jabali Brown got his opening 160K. 90K junior Michael Rubio set a state and national AAPF record with his second 205K lift. 15 year old 75K lifter Roland McNeil also set a AAPF world record with his second attempt 93.5K. Likewise, 18 year old 82.5K lifter Steven Faulkner set an AWPC world record with his second attempt 182.5K. Football coach and submaster Matt Day made his trip from Kentucky worthwhile by going 3 for 3 ending with a 222.5K, and looking like he could do more. Master 40-44 125K lifter Greg Gordon has seen better bench days and couldn't get his 272.5 past the judges. Master 45-49 90K lifter Ronnie Baker had his best day since his bicep surgery, going 3 for 3 with a 175K. Master 50-54 100 kg lifter Van Howah made only his 205K opener, but it was enough to win him an AWPC world record. This meet is dedicated to the memory of our friend Dick Reno, who pioneered powerlifting in the state of Georgia (Nadine Baker)

1st Cutting Edge Winter Classic
01 MAR 03 - Albany, NY

Female	SQ	BP	DL	TOT
Youth				
148				
Rachael Mayer	155*	95*	207*	457*
4th	170*	100*	225*	
Master (50-54)				
123				
S. McCallion	155*	82*	200*	437*
4th	170*	87*	215*	
Special Olympics				
123				
Chris Vooyo	169	132	202	503
4th	177*	144*	216*	
114				
Youth (10)				
Nick Marozzie	45*	35*	70*	150*
4th	50*	42*	90*	
Teen (14-15)				
Jason Pincheon	70*	50*	160*	280*
4th	83*		172*	
148				
Teen (14-15)				
C. Taylor	85*	85*	155*	325*
4th	100*	95*	180*	
165				
Teen (14-15)				
Paul Hognestad	182*	51*	257*	
4th	192*			
181				
Teen (12-13)				
S. Cardinal	125	133*	255*	513*
4th	145	146*	300*	
S. Hognestad	125	113	210	448*
4th	150*	122	240	
Teen (16-17)				
S. Whinnery	177*	155*	290*	622*
4th	200*		350*	
Teen (18-19)				
Erich Minnear	260*	200*	300*	760*
4th	270*			
198				
Submaster				
J.C. McCashion	270*	190*	360*	820*
4th	300*		390*	
Open				
181				
Pete Lowe	411	320	517	1248
4th				532

3 special features highlighted this inaugural meet. 1. Weights could be chosen to the nearest pound. 2. Lifters could choose between 3 types of bars (Okie, Trap, or Sumo bar). 3. All lifters were granted out of contest 4ths, if wanted. (Cutting Edge)

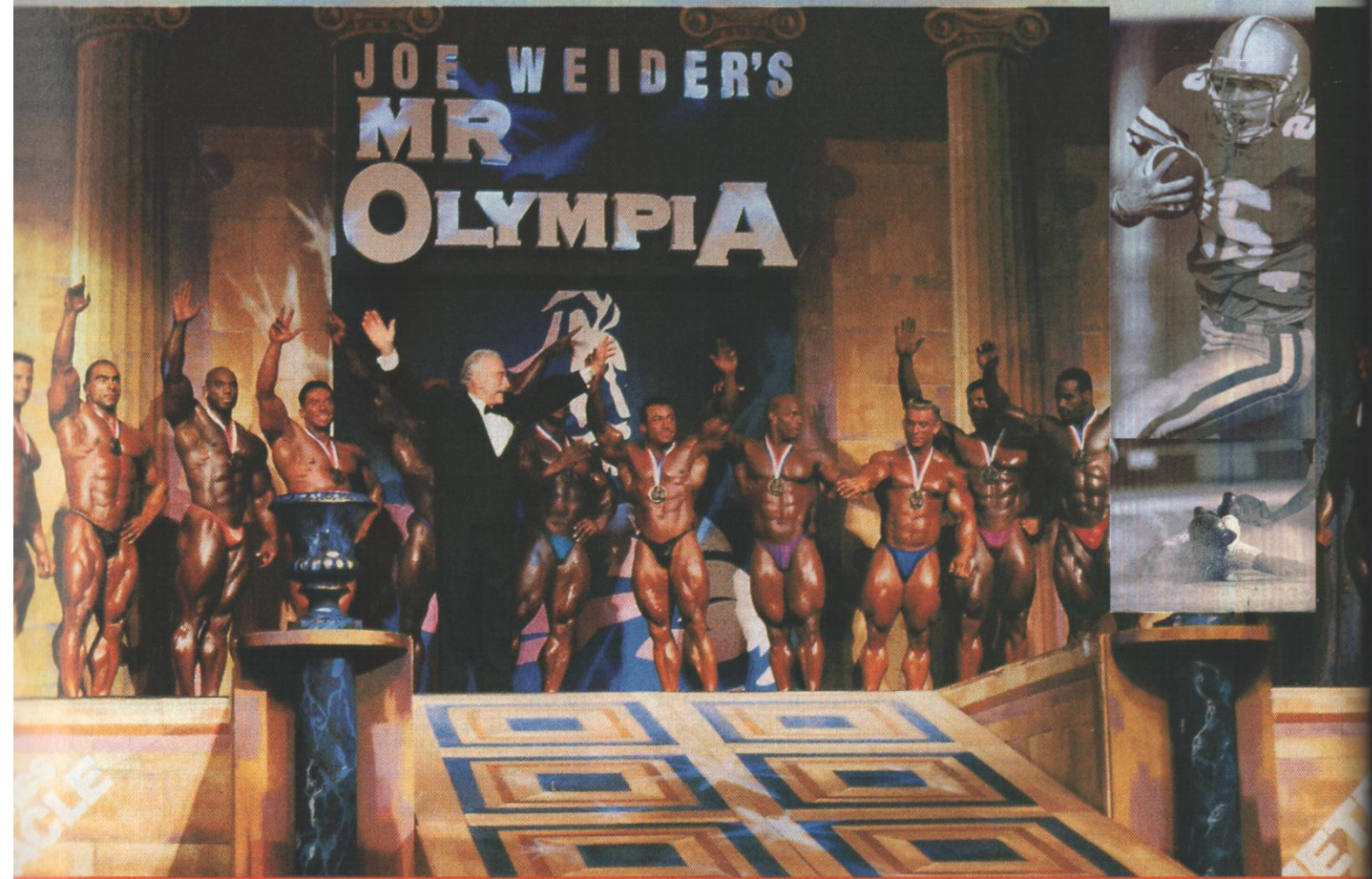
TOP 100 For standard 114 lb./52 kg. USA lifters in results received from May/2002 thru April/2003

SQUAT	BENCH	DEADLIFT	TOTAL
1 435 Gainer, E. 11/13/02	303 Pham, H. 8/24/02	508 Gainer, E. 7/12/02	1229 Gainer, E. 11/13/02
2 420 Hunt, T. 3/22/03	292 Gainer, E. 7/12/02	485 Holloway, 9/14/02	1091 Holloway, 9/14/02
3 405 Parrish, S. 2/1/03	260 Carey, P. 8/10/02	473 Scroggs, 9/14/02	1063 Scroggs, 9/14/02
4 402 Holloway, 9/14/02	245 Roberson, R. 8/28/02	429 Jackson, G. 11/14/02	965 Drummond, J. 5/4/02
5 395 Khang, P. 5/4/02	242 Scroggs, 9/14/02	420 Drummond, J. 5/4/02	964 Maile, J. 3/29/03
6 375 Stephen, C. 3/22/03	240 Faraone, J. 8/10/02	410 Ona, J. 11/30/02	960 Khang, P. 5/4/02
7 375 Cuellar, R. 3/22/03	235 Hunt, T. 3/22/03	405 Kerr, D. 5/4/02	960 Stephen, C. 3/22/03
8 375 Roberson, T. 3/22/03	220 Hrenchir, A. 8/11/02	402 Hafenbrack, 9/28/02	942 Hartwig, S. 5/29/02
9 369 Hartwig, S. 1/24/03	220 Levandusky, 12/8/02	400 Williams, K. 12/7/02	940 Parrish, S. 8/24/02
10 363 Maile, J. 3/29/03	220 Stephen, C. 3/22/03	390 Mason, A. 3/22/03	936 Hafenbrack, M. 9/28/02
11 360 Kerr, D. 5/4/02	220 Frasnullo, S. 3/22/03	385 Robinson, R. 8/28/02	935 Hunt, T. 3/22/03
12 355 Drummond, J. 5/4/02	215 Do, T. 3/22/03	385 Rivera, A. 3/22/03	930 Frasnullo, S. 3/22/03
13 350 Brubaker, D. 3/22/03	214 Hartwig, S. 5/29/02	385 Maile, J. 3/29/03	925 Kerr, D. 5/4/02
14 350 Lee, W. 3/22/03	214 Huneycutt, 10/25/02	380 Parrish, S. 8/24/02	920 Mason, A. 3/22/03
15 347 Scroggs, 9/14/02	214 Maile, J. 3/29/03	375 Khang, P. 5/4/02	910 Cuellar, R. 3/22/03
16 347 Hafenbrack, 9/28/02	210 Barbier, M. 11/30/02	375 Barbier, M. 11/30/02	905 Sismosouk, A. 3/22/03
17 347 Morell, A. 10/26/02	210 Mason, A. 3/22/03	375 Frasnullo, S. 3/22/03	903 Morell, A. 10/26/02
18 340 Sismosouk, A. 3/22/03	209 Morell, A. 10/26/02	369 Hartwig, S. 5/29/02	900 Brubaker, D. 3/22/03
19 335 Frasnullo, S. 3/22/03	205 Sismosouk, A. 3/22/03	365 Stephen, C. 3/22/03	890 Ona, J. 11/30/02
20 330 Rivera, A. 3/22/03	205 Real, L. 3/22/03	365 Cuellar, R. 3/22/03	890 Roberson, T. 3/22/03
21 330 Real, L. 3/22/03	203 Holloway, 9/14/02	360 Sismosouk, A. 3/22/03	880 Rivera, A. 3/22/03
22 325 Myers, Q. 3/22/03	200 Brubaker, D. 3/22/03	360 Myers, Q. 3/22/03	875 Lee, W. 3/22/03
23 320 Mason, A. 3/22/03	198 Macy, J. 11/14/02	360 Stein, K. 3/22/03	865 Real, L. 3/22/03
24 320 Cross, T. 3/14/03	195 Furneaux, J. 6/8/02	355 Shine, M. 4/03	855 Robinson, R. 8/28/02
25 319 Nogle, C. 1/24/03	192 Arndt, D. 11/14/02	353 Nogle, C. 1/24/03	855 Barbier, M. 11/30/02
26 319 Silvas, A. 3/29/03	192 Hafenbrack, M. 3/1/03	350 Brubaker, D. 3/22/03	855 Myers, Q. 3/22/03
27 315 Ona, J. 11/30/02	190 Drummond, J. 5/4/02	350 Hinojosa, A. 3/22/03	845 Do, T. 3/22/03
28 315 Do, T. 3/22/03	190 Khang, P. 5/4/02	350 Vega, L. 3/22/03	837 Nogle, C. 1/24/03
29 315 Hinojosa, A. 3/22/03	190 Loza, J. 3/22/03	347 Morell, A. 10/28/02	830 Hinojosa, A. 3/22/03
30 315 Garcia, D. 3/22/03	185 Nam, P. 6/1/02	341 Pulchny, P. 8/10/02	825 Shine, M. 4/03
31 314 Kirkland, M. 5/11/02	185 Ullman, 3/1/03	340 Lee, W. 3/22/03	815 Cross, T. 3/14/03
32 308 Soto, L. 3/29/03	185 Lee, W. 3/22/03	335 Roberson, T. 3/22/03	810 Steim, K. 3/22/03
33 303 Pulchny, P. 8/10/02	185 Navarro, V. 4/26/03	330 Blunschi, R. 10/26/02	810 Garcia, D. 3/22/03
34 300 Hollier, J. 11/30/02	181 Hollis, J. 1/24/03	330 Real, L. 3/22/03	810 Silvas, A. 3/29/03
35 300 Shine, M. 4/15/03	181 Grubbs, C. 1/24/03	330 McCloskey, A. 4/13/03	804 Pulchny, P. 8/10/02
36 300 Stein, K. 3/22/03	181 Awalt, A. 1/24/03	325 Frailey, 6/1/02	788 Soto, L. 3/29/03
37 300 Calverley, C. 3/22/03	180 Cross, T. 3/14/03	325 Meyer, J. 6/14/02	785 Williams, K. 12/7/02
38 297 Grubbs, C. 1/24/03	180 Shine, M. 3/15/03	325 Martinez, M. 10/19/02	780 Nam, P. 6/1/02
39 295 Tankersley, H. 3/14/03	180 Roberson, T. 3/22/03	325 Dahl, K. 3/14/03	780 Corral, R. 3/22/03
40 295 Corral, R. 3/22/03	176 Silvas, A. 3/29/03	325 Garcia, D. 3/22/03	777 Hollier, J. 1/24/03
41 290 Wilson, A. 3/14/03	176 Spencer, H. 3/29/03	325 Corral, R. 3/22/03	771 Grubbs, C. 1/24/03
42 285 Meyer, W. 3/14/03	175 Parrish, S. 6/15/02	325 Loza, J. 3/22/03	770 Vega, L. 3/22/03
43 285 Williams, S. 3/14/03	175 Hughes, J. 9/28/02	322 Baqui, C. 5/4/02	765 Meyer, W. 3/14/03
44 281 Tom, K. 4/26/03	175 Meyer, W. 3/14/03	320 Nam, P. 6/1/02	760 Kirkland, M. 5/11/02
45 280 Awalt, A. 11/30/02	175 Shuttleworth, 4/26/03	320 Kees, J. 12/7/02	760 Loza, J. 3/22/03
46 280 Vega, L. 3/22/03	170 Womack, J. 5/18/02	320 Nick, S. 3/14/03	760 Calverley, C. 3/22/03
47 275 Nam, P. 6/1/02	170 Cuellar, R. 3/22/03	315 Mills	

This Is My World!

SIXTY YEARS OF EXCELLENCE

JOE WEIDER'S
MR
OLYMPIA



Joe Weider

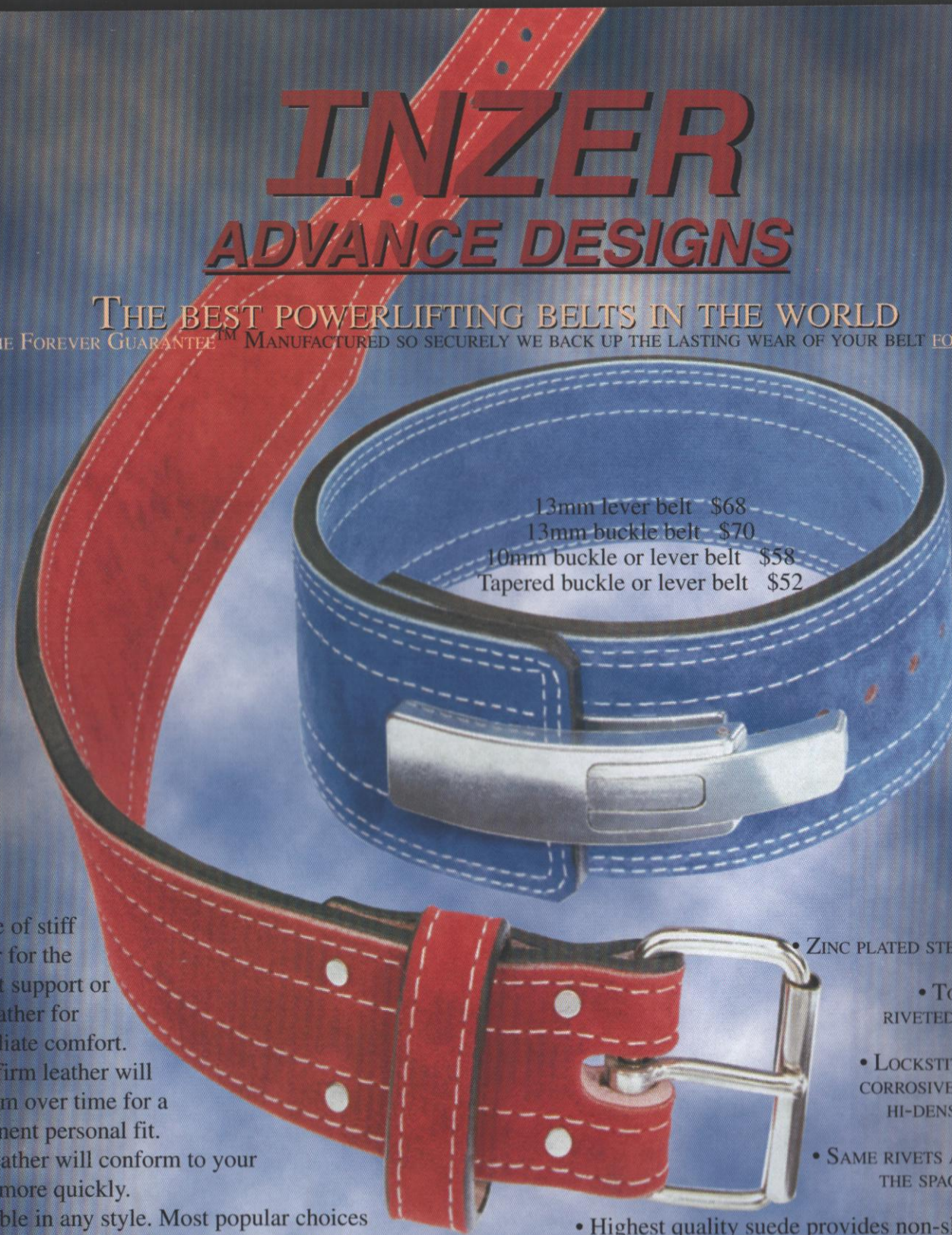
Trainer of Champions since 1936



225-A1

INZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

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

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

INZER

WE MAKE POWER GEAR A SCIENCE

1-800-222-6897

