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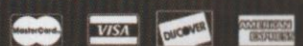
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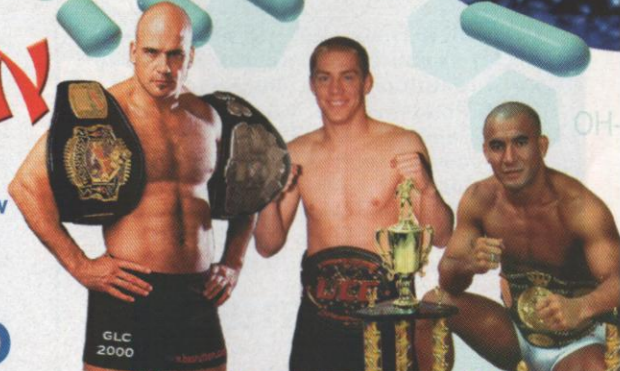


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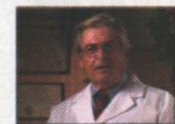
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MUSCLE MENU

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ON THE COVER Gene Rychlak Jr. (photo by Ned Low)

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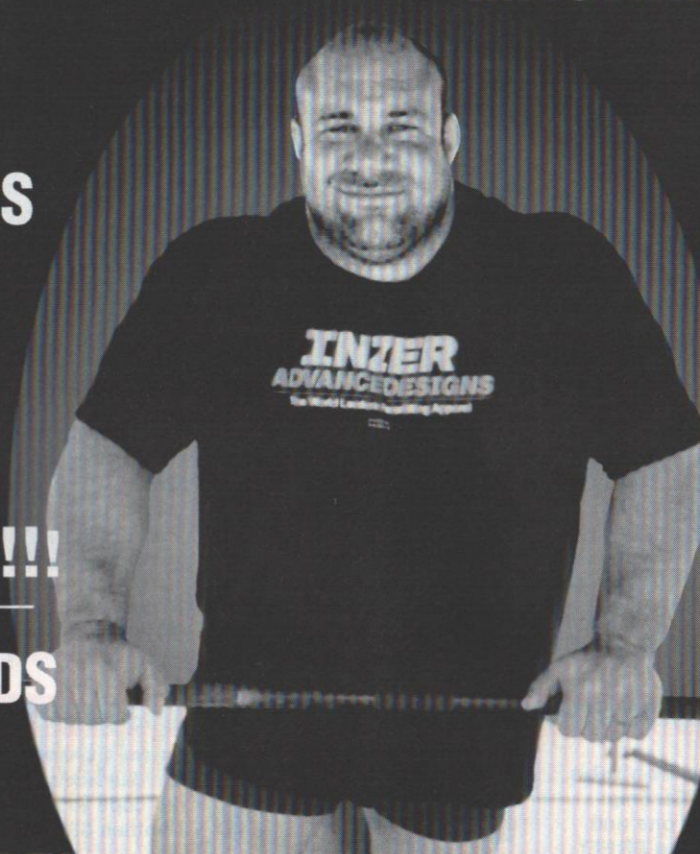
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Promoted by Wendy and Bruce Greig and under the auspices of the C.P.C. (Canadian Powerlifting Congress); this year's North American Championships was a rousing success. The event was held at the Calgary Stampede Center in Calgary, Alberta, Canada. This was the same location as the 1999 WPC World Championships and is where this year's WPC Worlds will be held at the end of November. A Greig staged promotion is always a perfect event and this one was no exception. Last year's facility in Red Deer was spacious, but was about an hour and a half drive away. In view of the fact that this event was a WPC and WPO qualifying event, I was expecting a deluge of Americans to showcase their talent, but I'm embarrassed to say that only 10 USA lifters made the trip north of the border, half of them came representing the Los Angeles Lifting Club from Southern California. The Aviglianos appreciate Bruce's promotional skills bringing several of their up and coming trainees to taste PL competition for the first time. This time everyone from Bruce's Back Alley Gym worked like troopers, helping in every aspect including the set up and teardown. Calgary is one of the top 3 cleanest cities in the world No graffiti anywhere. Referee, Technical Director, and Computer result tabulator Gordon Santee flew up from California to offer his expertise. Wendy

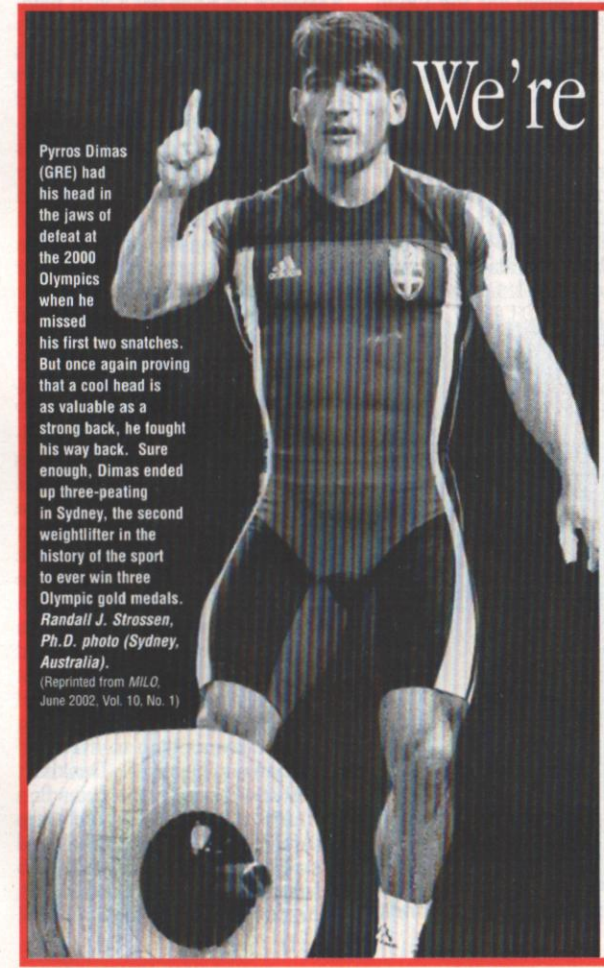
WPC North Americans as told to Powerlifting USA by Herb Glossbrenner



Igor Shestakov with the new All Time Record squat of 804 lbs. in the Middleweight class. (Photograph courtesy of Herb Glossbrenner.)

Greig's daughter Wendy did a superb job as emcee. Bruce himself had squatted 909 at age 50 last year, but was debilitated by injuries this year, noticeably limping in sciatic misery; a few days away from having his long disabled shoulder

crash. He can look forward to many more WPC World Master Records. Women - fourteen women geared up for action Saturday morning. Last year's heroine Nance Avigliano was on hand to assist Joe with their lifters. She'd inspired many of the girls up here lifting for the first time this day with her spectacular performance in 2002. Retired from Powerlifting, she has set her eyes on another prize: making the Winter Olympic Games in the Women's downhill 'Skeleton.' It's like the luge, careening headfirst and bellydown at incredible speeds. We all wish Nance the best in her newest challenging endeavor! At 114, and perhaps in her first meet, Butenko trained - Russtan born Natalis Frolov, 24, went 9 for 9 - displaying poise and solid looking technique. Her well balanced lifts of 286, 154, 264 - TOT 705 earned her the outstanding lifter award for Open Women. Luzia Montens, 40, won the 123 class, age group 40-44, in her first meet. Pigtales gave her a fresh 'country girl' look. Wendy Greig, 45 @123, entered her new age group with a bang. Proof positive was her nifty 358 SQ, the best I've ever seen her do. Her back was feeling gimpy, but she still pulled 336 for an 848 TOT. Lora Greco, 48, suffered double indignation. She's a hero to a lot, but zeroed in the squat. Later she had to explain to LALC's Jason Greco that they shared the same 2nd



Pyrrhos Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating 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)

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Natalia Frolova Best Woman Lifter

family name, but were Indians of different tribes. Karen Watson, 34, looked sharp and improved her total 66 lbs. since last year, for submaster gold @132. Cindy Irving, 40, and Bernice Green, 46, looked good in their first competition, both as 132ers. Cindy pulled up 236 to win her age bracket. Bernice Green was recruited by Nance to take up PL, after she observed last year. This bodybuilder, a composite of Melanie Diamond's face with Nance-like muscles and long flowing blond hair took the suggestion to heart and looked sharp; 308 198 308 for 815 in her platform debut. She's found that PL is more physical and less political. Michele Nuefeld, 22, @148 is young and hungry. She's GOT SQUAT and proved it. First 341, then a big 396.8 for 3W and a new Canadian Record. Suffering a Nance flashback, she took a crazy insane 99 lb. jump to 496. We'd say she dared to do it, but today she barely moved it. She BP'ed 143, pulled 358 (2nd), and gave 402 a tug - TOT 898. Shari Spencer, 34, proved she is the right type for spikes! Her new hairdo looked real sharp, if you know what I mean. Her lifting was much improved; 104 lbs better TOT than last year. SQ: 385.8, miss 413.4. BP - a big 242.5. (even tried 259) a CPC Women's National record. Her 363.8 DL gave her a 992 TOT. Shari Weighed 155.4 and claimed 75 kg. Submaster honors. Kate McLean, 41, won the 40-44, 165 lb. class gold. Northern Californian Nicolai Meador, 36, was USA's rep here. Adopted by the L.A. Lifting Club, she's been doing Joe's program and did her first ever PL meet here. At 176 lbs, she was overly cautious and came in well under the 181 limit. She went 8/9, with a 363 SQ, 192 BP. She got 203 up, but seasawed it for her only miss. Anatomically constructed for DLing, she fulfilled her destiny... 3 pulls; final 402.3. Impressive! Total 959. A couple of new faces got their feet wet: Donalie Dolan, 34, and Linda Belencuck, 45, won their age groups unopposed with new inspiration to continue. Linda hosed up a big 396 SQ, not knowing her own

strength which brought "ohs" and "ahs" from the impressed audience. Leslie Miller, 54 is a raw-boned farm girl grown up. Hard chores help develop her natural strength. Her exuberant personality is contagious. Her big 3rd attempt 429.9 SQ was like a paperweight. I'm told she's done over 500 in the gym. Whether it be plucking chickens, milking cows, or hoisting iron, Leslie is always "the best she can be!"

Also on Saturday AM, the Teenage and Junior Men lifted in Flight A with the submaster women. That afternoon all submaster and master men competed. Sunday was reserved for Open Men, 275, 308 and Super. The afternoon session saw all the Men's Open lighter classes through 242. For EZ reading I'll continue covering all the men's competition by individual bodyweight classes, covering all the divisions.

MEN 132 - Gary Bobrovitz, 51, didn't make the 375.9 WPC WR SQ he tried, but hammered home a great 249.1 BP, which was a new WR. His 44 lb. jump after his DL opener (270 to 314) was too much. His 855.4 TOT could be over 900, and include a gold medal, with hard work up until the Worlds. Gary Reichard, 43, was the only 148 class lifter of the whole meet, but he was very strong: SQ-573.2, BP-292.1 and DL-507, TOT-1372.4 - fine lifting. His giant frog-leap to 562 in the DL didn't move. Rabble rouser Vince Graham, 39, was a hot potato at 165. His TOT was a big 1642.4, which not only included a big 639.4 SQ but a CPC record 402.3 bench, and a great 600.7 DL. Which brings us to the meet's best lifter for open men! Soviet born Igor Shestakov, now residing in Canada, is holder of the All-Time World's best SQ @ 181 with an 848.8 done at this meet last year. He increased that this Spring at the CPC Nationals to 854.4. He wanted to have the all time best squat in two bodyweight classes, so he subjected himself to the laborious task of reducing down to 165. He did it the hard way - sitting in the sauna. Russians are tougher than the average bear, and Igor made



LALC Team top row, l-r, Joe Avigliano, Butch Pierson, Brad Bartos, Shay Aubichon, Jason Greco. Bottom row, Nicolai Meador, Nance Avigliano, and Brian Meek. (all photographs by Herb Glossbrenner)

this a one-time shot to immortalize himself in PL History. Coming in at 163.8, his smart coach Andrey Butenko wouldn't allow Igor's heart to overrule his head. Compensating for an expected loss of strength due to dehydration and weight reduction his first attempt was still an awesome 350 kg. (771.6). No middleweight had ever started with this much (even in the WPO, which has a 48 hr weigh in!) No question depthwise. He took it low and struggled up. Next he would try to exceed one of the oldest records in PL; that being the 362.9 kg. (800 lb.) lift done by PL legend Rickey Crain seven years earlier at the IPA Nationals in MD. Clad in his 'Frantz canvas' suit, he took 804.6, and went slow and controlled to the hole. It clearly was below the parallel plane. Standing up was an ever so slow struggle, but, Igor did it. It was a lift of indisputable credibility, a new WPC World Record that exceeded the official WPC Open Men's 165 WR from the '96 APF Nationals where USA's Jay Rosciglione dunked 766. Igor had tapped his well nearly dry, but still he tried 815.6 on his 3rd attempt, reaching good depth, but he stayed there. BP - a 385.8 opener was good, then he did a miss-make with 396.8. For Shestakov, his sumo DL is hit or miss. He made a 617.4 opener (1818.8 TOT), but missed twice w/ 661.4. We'll see Igor back up to 181, where he belongs, to go against Ron "Lionheart" Palmer for the Open Men's WPC World Title. Can a Russian bear gobble up a Hoosier Lion? We will see which beast will feast?

181- Tyler Tessler, 18, has choir-boy look of soft innocence. I told him he'd be up a couple of weight classes with big improvement when I saw him at the 2002 meet. Last year at 148 he did 402 181 391. This day he posted big time lifts of 562 SQ, 314 BP, and 501 DL (could've pulled lots more) TOT 1377.9. That is an increase of over 400 lbs. in one short year. Cody Young did well in the Juniors while Archie Uly, 47, tacked a lot of iron on his total, up to

1306 from the 1162 he did last year, in the same 181 category. Ken Allen 181 33-39 top honors with a 1411 TOT on 2nd attempts. Roy Mitchell improved his total a whopping 99 lbs. since last year. He's 74, and that is remarkable. David Hanson, 28, got 2nd place to James Slyk, 41, in the 181 Open Men's division.

198 - Jordan Judge, 20, was yet another inspired competitor. He won last year with 518 242 523 for 1284. He sat deep with his canvas suit with 633.8, and was happy as can be when they passed it. He zapped his 2nd BP (347.2), then made a giant leap of faith to 413.4 which was real close. His DL (501.5) declined since last year, and he waived his 3rd. TOT - 1482.6 - a gain of 198.4. Andrew Fisher, 39, took bronze in a 3 man lift-off in the submaster division with a 1262 TOT. Runner-up, in his first contest, was Shea Aubichon, who qualified himself for the "A" Team at L.A.L.C. Shea is married with children and has only been seriously training powerlifting for a little over a year. He has a grueling job working as an electrical lineman, on graveyard shift. Yet this tenacious young man never misses a workout and follows Joe Avigliano's program religiously. He showed great promise with his 8-9 performance: 628 SQ, 567.7 DL and a 1554 TOT, making him a new holder of L.A. Club records. His 352 BP was also a personal best. In a year or so Shea will reach Elite. Brian Johnson, a seasoned performer, sports a ponytail twice as long as Shea's adornment. Brian made a great 722 SQ, 325 BP and 617 DL for 1664.5 and the gold. Winning the 45-49s and 60-64s with 992 and 1383 sums respectively were John Ashby, 48, and Birchmans Pereira, 61. Jason Zalewski, going it alone, made a nice 661.4 SQ, but left the open title vacant when he failed all his benches.

220 - Redhead Randy Etsell did his last meet as a submaster, as he will be 40 by the upcoming Worlds; 738 SQ, 418 BP, and 666 DL for 1824 TOT. He missed tries with a 451 BP and also attempted to pull 699! Fellow countryman Trevor Andrus earned runner-up silver with a 1697 TOT which included a CPC National Record 462.9 BP. Dale Fuller, 42, Norm Lambert, 52, and Wayne Ferris, 58, all lifted in different age brackets solo for uncontested golds. Daniel Feddema, 34, came down a weight category yet still duplicated the fine 1929 TOT he'd made last year @ 242 for a new CPC record aggregate. Sporting tattooed big arms and responding to the audience chants of "Danimal", "Danimal", Dan started out setting a Canadian mark with a 799.1 SQ (and came up with a big 837 - not passed) and popped yet another with a 545.6 BP. A new recruit Tim Ironside, 29, @208 looked great doing 683, 413,



Skip Sandberg with a WR 617 DL

578, for 1675.

242- Chris Harker, 23, claimed the Junior accolades. Marc Berthuiame, 35, distanced himself from Shane Parker via his 628.4 SQ, winning his age group in a romp. Brent Stradeski, 40, (231.4) posted an impressive 727.5 CPC National Record SQ. Duane Fuss, 46, was a bit off the pace of last year: 722 SQ, 485 BP, 617 DL for 1824 TOT. He easily won his 45-49 bracket. Runner up was Butch Pierson, 48, another new recruit from L.A. Lifting Club. The 242 Open was a real fight - of neophytes. An LALC duo of Jason Greco, 29, from Burbank, CA, and Brad Bartos, 32, from San Diego, CA, were engaged in their first ever PL meet. Bartos rose to the occasion, nabbing huge PRs in both Squat (628.4) and BP (407.9). After his 562 DL slipped from his grasp, and he got a royal ragging from his teammates. I stuck up for him explaining that he was just trying to imitate his hero Brent Mikesell whom he'd met for the first time here. Jason Greco is LALC's resident court jester. What Jason lacks in poise he makes up with noise. He showcased his genetic superiority here; SQ 727.5 (3rd - good for more), and a 485 BP. DL opener - 551.1 (effortless). Second attempt 600.7 - looked hard, completed, but up and down for no lift. Then it was discovered the bar had been misloaded to 650.3. So, he got his 2nd attempt over with the right weight (600.7). He made it and went on to make a gutsy 622.7 on a final attempt - TOT 1835.3.

275 - Scott Cummins was off and running. At 19 and 261, he's a big boy with a bright future, if he can get his DL moving. Scott squatted 606.2 and made a 4th attempt 409 BP for an AWPB WR. Matt Hrycha, 40, was the surprise gold medal winner when projected winner Tom Brooks, 44, pulled up lame. Tom negotiated his 677.9 2nd attempt SQ no prob-

lem. Setting up for his final lift of 733, he aborted the lift and dropped out. Hrycha coasted to the finish line after pulling a big 661.4 2nd passing his final lift. Other recipients of the spectacular 5" gold medals that Bruce offered here were; Alex Nita, 45, and Jerry O'Connor, 56, in their respective age brackets. Colin Bonneau, 55, was runner up to Jerry busting the CPC BP record with a powerfully punched 474! Colin lays claim to being the World's Strongest Church Organist. Bonneau saved his best for the bench only competition. We'll cover that later. Always a showstopper, USA's Skip Sandberg, now 63, is the World's best in his 60-64 age group. He weighed in at 246.3, barely over the 242 limit. Skip wanted to add some more WRs to his vast collection. He remembered too late (after leaving the stage without being checked) that his 600.7 was a WR. He also delivered a WPC WR DL as well as a record 1636.9 TOT following his modest (for him) 418.9 BP. Zach Hudak, 23, the Pittsburgh Powerhouse, had equilibrium problems setting up. When he finally walked his 815.6 out, he was denied it due to depth. A unhappy camper, he quickly apologized for his outburst and was allowed to BP and DL. He made a 589.7 BP opener, well off his best of 625. On his 2nd try he pulled 760.6 easily, but got over zealous trying 804.6. He'd had high expectations and was very disappointed. There is a 2300 TOT in him, sooner than you might think.

308- Adam Blassetti, 23, 282.5 nabbed the Junior Division gold with a 1609.3 TOT. Pat Mallough, 46, dunked all 3 good - 727.5! He also was impressive with a 705.4 DL. Pat had no choice but to take a token BP (132.31), the minimum requirement to carry him through, due to injury. Brian Meek, 57, lifted twice; first winning the Masters 308. In the Open competition we got a full dis-

play of his brilliance; an 815.6 SQ at 281 bodyweight and age 57 is awesome. He also blasted up a 551 BP like a rocket, even though it was an inch or so from touching his chest. The Open Division saw Tim Griffin, 28, pick his attempts wisely, going 8-9 and scoring 1890.4 for 5th place. In 4th place was Jim Thompson, 35. Last year he was shy of his goal to break 2000. This year he looked impressive with an 826.7 SQ (no misses). Ditto the BP, with perfect weight selections (534.6). DL - 705, a 2nd, missing only his 722 final effort - TOT 2066. At 6'6" from Billings, MT (USA) at 293.8 he still has room to pack more muscle on his frame. It was nip and tuck for the silver medal between Tom Fannon (aka Williams) of USA and Canadian David Gratton. Fannon, now 32, returned to the platform last year at this meet getting 4th @ 275 with 2017. David Gratton, 31, @282.5 has a legacy to live up to. It's a genetic hookup that goes back 50 years. David's maternal great grandfather, Gerald Gratton, was a world class weightlifter. Gerald died in 1963, eight years before his namesake would be born. The elder Gratton was 5th @ 165 in the 1948 Olympic Games in London with a triple of 270.1 press, 248 snatch, and 341 clean and jerk. Back to the action here, both men were hot to squat. Both succeeded with an 876.4 SQ. Gratton worked up to it on a 3rd to take a bodyweight lead into the bench. Fannon made it on a 2nd attempt after a titanic struggle to come up. Caught up in the moment, Tommy tried 903.9, but quickly aborted the effort. Gratton deliberately pressed, in turn, 540, 562, and



David Gratton (Canada) has quite an impressive Iron Game pedigree.

finally 584.2. Fannon got a ragged looking 589.7 opener and twice tried 633.8 - too heavy. Gratton lifted all 3 DLs (661.4). Fannon first elevated 639.4, then tried 688.9. The 308 winner was a big surprise. It marked the return of Allen Meehan, now 30. The former WPC Open Men's WPC WR holder in the SQ (1010.8) had been sidelined for some time with what many believed to be career ending injuries. He came back with a vengeance here: SQ - 837, and 926 were good lifts. Up to 1003. He got stuck in the hole. In the bench, Al was obviously improved - 595.2. DL - 650, then 688.9, before missing 716.4. - TOT 2221.1. Al looks like a shoe-in to win his first WPC World Title with Israel's Oan Basson waiting for the WPO Superfinals next February.

Superheavies - the Canadian supers had improved dramatically. Three of the four of them did better than ever. Tyler Spearin, 31, (395 lbs) took 3 tries to get his 661.4 SQ passed, then zeroed in the bench. Den Desjarlias, 39, 344.5 had a very good day; 749.6 SQ, as he only took 1 attempt. Len's 534.6 BP, 664.7 DL, and 1948.9 were a triplicate of AWPB World Records for submasters. Bill Baker, 28, (336.5) came through with the best lifting I've seen him do; SQ-771.6, BP - 468.4, DL - 666.9, TOT-1907. Mags Schultz, 27 (363.1) had the best performance of his lifetime. He broke the 2000 barrier for the first time. His final SQ (804.6) was a beauty - 3W. He blasted 573.2 BP right up and gave 600.7 a spirited try. His flawless DLing was capped off with 661.4 for 2039.3. The prime time player was Brent Mikesell, 36, a teacher from Spokane, WA (USA). Brent loves to come to Bruce's meets and always thrills the crowd with his incredible squatting prowess. Brent is unquestionably the strongest dunker the World has ever seen. He holds claim to the TOP SQUAT of all time (1107.8) and is one of only 4 men in history who've TOT over 2500 - best 1140 kg/2513.2 on June 28, this year at APF West Coast Open in Newport, OR. He'd hoped to increase all his best lifts and total here. A few days beforehand, a monkey wrench was thrown into the works. A vehicular accident occurred when a guy ran a red light and hit Brent. His massive chest and ribcage was bruised from the steering wheel contact. He'd also whacked his cranium pretty hard against the windshield. Brent was not about to throw in the towel. He'd prepared hard for this competition, and came to give it his all. He opened with 1003 took it down and up. It looked uncomfortable. Up to 1058.2. He took it plenty deep, looking much stronger. Seems like he was just getting warmed up. This the 20th time he'd done over

(article continued on page 82)

INTERVIEW

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

(In mid-September Powerlifting USA's Ned Low got to spend some time talking to Gene Rychlak, who's had an amazing 2003, with an 815 bench, and a 1005 lb. squat. Gene was very articulate in assessing his powerlifting career; here are excerpts from the interview.)

Ned Low: How did you get into powerlifting?
Gene Rychlak: I've been training for 20 years. About 15 years ago I was training at a local YMCA, and they were shutting down for two weeks in the summer, so we needed a replacement. We ended up at a hardcore gym half an hour away, and to me it was a "mecca." When the Y reopened, all the other guys want back to it, but I stayed at the hardcore gym.

NL: What do you most enjoy about powerlifting and what keeps you competing?

GR: The quest of doing better. I'm never satisfied. Nothing's ever good enough. I want to be Number One.

NL: What are you proudest of in powerlifting?

GR: The combination of my 1000 plus squat and 800 bench.

NL: What are your PRs?
GR: 1005 squat, 815 bench, and a 2300 total.

And a 715 deadlift.

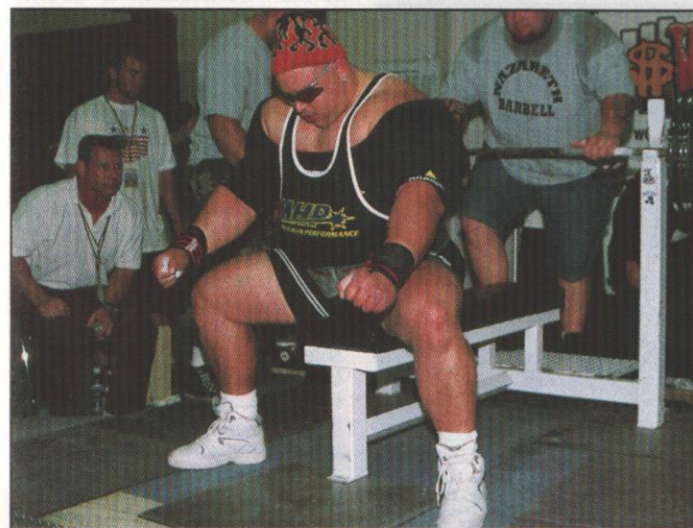
NL: What are your future goals?

GR: Benching 900, having the highest subtotal ever (beating Garry Frank's 1746), the highest total (Garry's 2640) And

Gene Rychlak Jr. interviewed for PL USA by Ned Low



Gene Rychlak Jr. Represents MHP now and will be going for 876 again in the bench at the IPA Senior Nationals



Gene went for it at the Bench Bash for Cash, jumping from 804 all the way to 876, trying to break Mendelson's All Time Bench Press Record

being the first guy to bench 800 in a full meet.

NL: Who would you like to thank?

GR: John Inzer, Gerard Dente of MHP, Bob Nagle and 5th St Powerhouse Gym in Reading, training partners Kyle Millheiser and Mark Hoffman, and my MHP teammate Joe Mazza.

NL: What are your training routines?

GR: It's a hybrid of the West-side System. I've utilized bands for two years, and my bench jumped from 585 to 815.

NL: How often do you train.

GR: We're on a 10 day program. For example 3 days on, one off, 4 on, one off; there are no regular days of the week.

NL: How has your training changed over the years?

GR: I used to do progressive overloads, pyramids, and percentages, and had set days. I don't do any of that now.

NL: Any tips for lifters?

GR: Open your mind. Seek out experienced lifters, to help you avoid overtraining and mistakes. Open your mind.

NL: Tell us about your meet directing.

GR: This year, and next year, I'll put on six meets, some sanctioned, some unsanctioned.

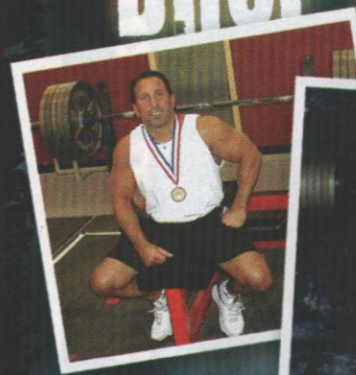
NL: What's the best contact information for you?

GR: www.rychlakpowersystem.com, is under construction right now, and should be ready soon.

NL: Gene, thanks very much for your time.

GR: Thank you.

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Joe Mazza

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Gene Rychlak

815 lb. Bench Press -
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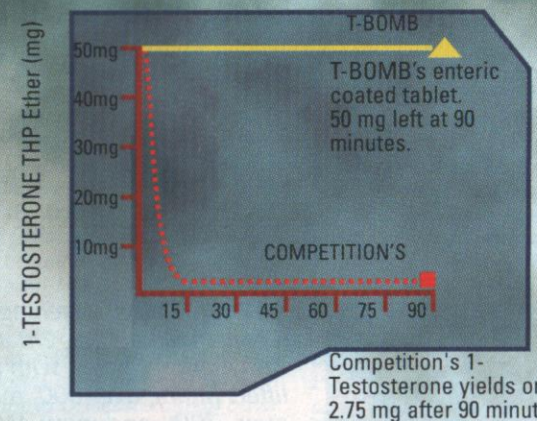
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WPO Bench Bash for Cash



Benching with a Prosthetic Arm Mike Hummel amazed many.

WPO Bench Bash for Cash - 27 SEP 03 - Orlando, FL

Lightweight Class	Bodyweight	Lift	Status
Markus Schick	74.15	272.5	World Record
Joe Mazza	74.25	245	
Brian Schwab	67.50	205	
Gerardo Perez	73.75	205	
Matthew Guthrie	66.35	150	
Middleweight Class			
Scott Albano	99.85	292.5	
John Wardell	101.8	292.5	
Rene Imesch	95.60	277.5	
Rick Lawrence	99.95	275	
Brad Kelley	99.85	267.5	
Dewayne Nealy	89.70	262.5	
Greg Savino	82.25	255	
Christopher Smith	99.95	255	
Frank Caminita III	82.40	250	
Bart Kelley	99.95	242.5	
Craig Schmalz	82.40	237.5	
Stephen Hartlaub	89.65	235	
Heavyweight Class			
Shawn Lattimer	178.25	367.5	World Record
Gene Rychlak Jr.	158.10	365	
Dan Kovacs	139.12	340	
Brian Riley	141.15	340	
Joel Toranzo	134.90	337.5	
Miguel Rodriguez	154.60	330	
Bill Crawford	124.80	328	World Record
Bill Carpenter	109.80	327.5	World Record
Beau Moore	152.45	327.5	
Ben White	123.15	322.5	
Vincent Dizenzo	140.45	322.5	
Sebastian Burns	130.25	322.5	
Michael Hummel	112.30	282.5	
Bart Quinn	132.85	277.5	



Dan Kovacs hit a big bench.

An INCREDIBLE benching extravaganza, at the Orlando Convention Center, with two lifters hitting over 800, many over 700, and new WPO World Records by Marcus Schick, Shawn Lattimer, Crawford, and Carpenter. Rychlak went for Mendelson's all time record after making 804 by trying again at the IPA Nationals. Albano and Wardell tied and had identical bodyweights at the weigh-in, with the placing decided by a subsequent re-weigh. See interviews with Rychlak, Lattimer, and Schick elsewhere in this issue.

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INTERVIEW

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

Shawn Lattimer interviewed for PL USA by Troy Ford

Troy Ford: Please give the Powerlifting world some information about yourself?

Shawn Lattimer: My name is Shawn Lattimer. In the WNPF I'm often known as "Big Tiny". A lot of people just call me "Latt". I'm 6'2", and I weigh anywhere from 360 to 400 depending on time of year and my cardio level. I live in Southern NJ with my wife Laray and my bulldog Brock. I'm a mechanical engineer at a chemical manufacturing plant. I have a Bachelor's Degree in Mechanical Engineering from Drexel University, in Philadelphia, PA. I'm a Super heavy weight lifter, and I usually lift in the Lifetime Drug Free Open Class. I am also a member of Bill Crawford's Metal Militia.

TF: When did you start competing in the sport of powerlifting and the WNPF?

SL: My first competition was an un-sanctioned touch and go bench meet. A few guys at my gym talked me into going. I was instantly hooked. I went to a few similar meets from 1997 to 1999. I probably did 2 or 3 meets raw, and then I bought a poly bench shirt and did a few more competitions. I first lifted in the WNPF in the summer of 1999. I lifted there for a while, and then kind of faded out for a year to try my hand at strongman competitions. I came back to the WNPF in late 2001. I became most active in the WNPF in 2002. I now officiate both Powerlifting and Strongman for the WNPF as well as competing in the Bench. I decided to compete in the WNPF for several reasons. First is the fact that the WNPF has probably the strictest judging in Powerlifting. If your lifts pass in the WNPF, they will pass practically anywhere. Secondly, I prefer to lift in a drug free federation. I like the level playing field. Third, they have many meets in my area throughout the year, so I can compete with a minimum of travel.



Shawn Lattimer went from the WNPF to the WPO in amazing fashion, winning the 2003 Bench Bash for Cash with an 810 bench as a Superheavyweight. (Steve Notaras photograph)

Last, but certainly not least, they run a well organized, fun, family style meet, and most of the lifters are a big group of friends. I really look forward to seeing all of my friends at WNPF meets.

TF: What are your best lifts?

SL: My best gym and meet lifts are: Bench - 810 in a double denim shirt in the WPO, 9/27/03; Raw bench - around 600. I have done 550 raw in competition in the WNPF. Squat - about 600 raw in the gym. This is not my specialty, and I have never squatted in competition. Deadlift - my best gym dead is 605 raw. Once again, I have never deadlifted in competition.

TF: Do you hold any national or world titles?

SL: I am the 2002 WNPF World Champion. I hold several American and NJ State records in the WNPF. I was the first lifter in the WNPF to bench 700 lbs. I also currently hold the WPO Heavyweight record, and I am the 2003 WPO Bench Bash for Cash Heavyweight Champion.

TF: How do you feel about drug testing and drug usage in the sport?

SL: Drug testing is definitely a good thing for Powerlifting. I prefer to have the option to play on a level field, where I can be reasonably certain that the person next to me isn't on any kind of chemical assistance. I have lifted in one non-tested meet, and that was fun as well. In fact, I have no personal issue or problem with anyone who uses steroids or other aids, as long as they are honest. My only problem is when someone who uses tries to tell others that they are drug free. If you are drug free, lift anywhere. If you are not, please only lift in non-tested meets. It's only fair to everyone else.

TF: Do you follow a special diet or supplement program?

SL: I don't really follow any kind of diet. I don't use any supplements besides glucosamine, chondroitin, and MSM for my joints. In general, I try to get in some protein at every meal, and limit my junk food intake. My biggest prob-

lem is that I love ice cream. I'm also a big steak eater, and I love potatoes. I'm a naturally big guy, so I don't focus on my diet much. I really don't need to gain size,

and being overweight is not an issue at superheavyweight.

TF: What are your goals in the sport?

SL: My biggest goal right now is to eclipse the highest bench ever performed as a drug free lifter. I want to be the first person to bench 900 lbs., or at least break Scot Mendelson's current record. I'll be lifting in the WNPF worlds at the end of October, and I would like to set a PR and a WNPF World Record there. Also, I am currently qualified for the WPO meet at the 2004 Arnold Classic, and I would certainly like to win against that level of competition.

TF: What are your interests outside of the sport?

SL: Outside of Powerlifting, I actually have a bunch of hobbies. I spend a lot of time

working on cars. I do most of my own repairs, and I do some customizing and modifying as well. I also install car stereo systems, and I am a bit of an audiophile. I read a lot, mostly horror and sci-fi novels. Also, I'm a movie buff, and I like action, horror, suspense, and sci-fi films. Other than that, I spend time with my wife and my dog. I am planning to purchase a Harley before the spring, so I'll soon have a new hobby as well.

TF: Any final comments?

SL: I want to thank my wife Laray for her support; she actually loves to see me compete. I have to thank Bill Crawford and the Metal Militia for teaching me a better way to bench. I also want to thank Karin Klein for making my equipment and helping me out so much. I want to thank the WNPF for giving me a place to compete, and a place to meet literally hundreds of great friends. And, I want to thank Powerlifting USA, for continuing to help advance what I consider to be the greatest sport around.

INTERVIEW

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

Interview with Germany's Markus Schick shortly after his historical 600lb bench at 165. For PL USA by Thomas Klose, Germany

Markus Schick interviewed for PL USA by Thomas Klose

Thomas Klose: Congratulations, Markus. 3 years ago I interviewed you for PL USA. Then you mentioned that a 600 lb. bench would be a dream for you? Now this mark is history with your performance at the WPO Bench for Cash. How do you feel right now?

Markus Schick: I am extremely happy and still can't believe what happened at the "Bench Bash for Cash". My dream has come true - to be the lightest athlete in history who made the 600lb barrier.

TK: What was your overall impression at the meet, with all those 700lb + lifts etc.?

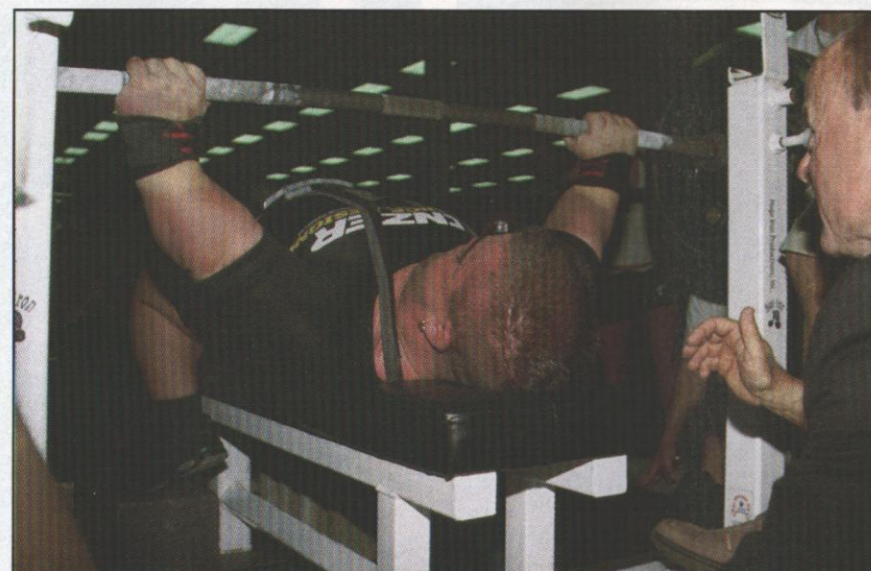
MS: This was an incredible competition, unique in its outcome. 12 athletes pressed a least 700 lbs., 2 did more than 800 lbs. And there was one nearly good attempt with 876 lbs. This competition made history.

TK: Looks like jet lag etc. isn't that much of a problem for you. How do you manage those short trips to the USA from Frankfurt, Germany?

MS: Concerning the travel to the USA the "jet lag" has never been a problem, because I arrive in the evening. I stay awake for a few hours and then go to bed. Going back to Germany is a bigger problem. I arrive in the morning there, when it is night time in the US. But I don't mind, as the competition is over.

TK: What was your feeling in the days before the meet. Had you planned to break the 600 barrier?

MS: I was a bit nervous, as always. I didn't know how non-adjustable bench racks would affect my performance. My training had gone very well, but I did not think for one moment that I would break the barrier at



Markus Schick benched 600 lbs. at the Bench Bash for Cash (courtesy Steven Notaras)

that time.

TK: I know that you traveled alone. Who actually handled you in Orlando?

MS: I had two extremely good coaches in Orlando that made this day and this success possible for me. Mario Flueckiger from Switzerland, who also coached Rene Imesch, handed the bar to me on the stage and eliminated the problem with those fixed racks completely. My second coach was my best friend and training partner Gunda Fiona von Bachhaus, who supported me mentally in our workouts and led me to this success in Florida. I dedicate my victory and this special day to her.

TK: What training routine did you use for the meet preparation?

MS: I used the 3x3 method of Mieczyslaw Szafranski and Stefan Korte which I modified to my needs with band and chain work and some lockouts in the Smith machine.

TK: Can you give us a short overview of your last week's training poundages

MS: Until about 4 weeks be-

fore the "Bench Bash for Cash" I trained without a shirt. My highest load was a solid single with 230 kg. (507 lbs.) and 4 reps with 200 kg. (440 lbs.) all without the use of a shirt. My best single with a shirt was 265 kg. (584 lbs.)

TK: What kind of shirt did you wear?

MS: I wear the double layered INZER Phenom with Velcro.

TK: Any thoughts of changing to the more radical fabrics?

MS: I got some tips from Bill Crawford, and because of that I will try to change to a denim style shirt. I hope to compete in a denim shirt at next year's Arnold Classics with Bill's help.

TK: Could you take advantage of the 48 hour weigh-in rule?

MS: I do not get any advantage from the 48 hour weigh-in. My weight is pretty much the same at about 74 kg. (163 lbs.). I weighed this at the weigh-in and on competition day.

TK: Would you consider bulking up to, let's say 175 lbs., dehydrate for the weigh in, then get the weight on again?

MS: To be honest, I am not convinced about this idea. I

think the risk of injury would increase due to the dehydration. I am not willing to play with my health. I feel good and strong enough with my current bodyweight.

TK: With Fred Boldt and Joe Mazza you face a new challenge at next year's Arnold. You have met them both. What do you think about your toughest competitors? How will they influence your next training cycle?

MS: The "Arnold Classic" 2004 will be one of the toughest events of all time. A real thriller. All 3 categories are close. Fred and Joe are exceptional athletes, who will make my life hard there. It will be a tough fight between us three and August Clark Jr. could be a factor too. This will push my motivation, hopefully to a new record or personal best. Guys, this will be a hot battle.

TK: I know this is an old question, but what are your future goals now?

MS: I think a unique 4 times bodyweight bench at 70 kg. (154 lb.) could be within reach. There are goals left for the future. Right now, my next step is to break the 181 lb. All time record of Dave Waterman at 600 lbs. I would be the only one to own 3 all time marks in three different weight classes. I will go for it in December at approximately 77kg. (169 lbs.)

TK: Any final comments?

MS: I would like to say thank you very much to my sponsor INZER ADVANCE DESIGNS for years of incredible support and the best equipment in the world. To my training buddies and especially Gundy Fiona von Bachhaus. You are always there for me and build me up when I am down. You are part of my success and I thank you all. My thanks to Mike Lambert's Powerlifting USA magazine, for featuring me so well in the magazine over the years.

TK: Markus, it was a pleasure to interview you. Good luck and all the best for the future.

The Nutrition Breakthrough Behind



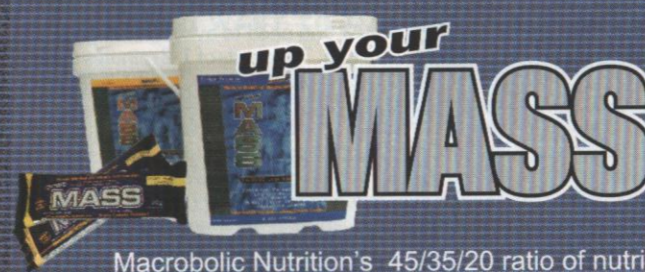
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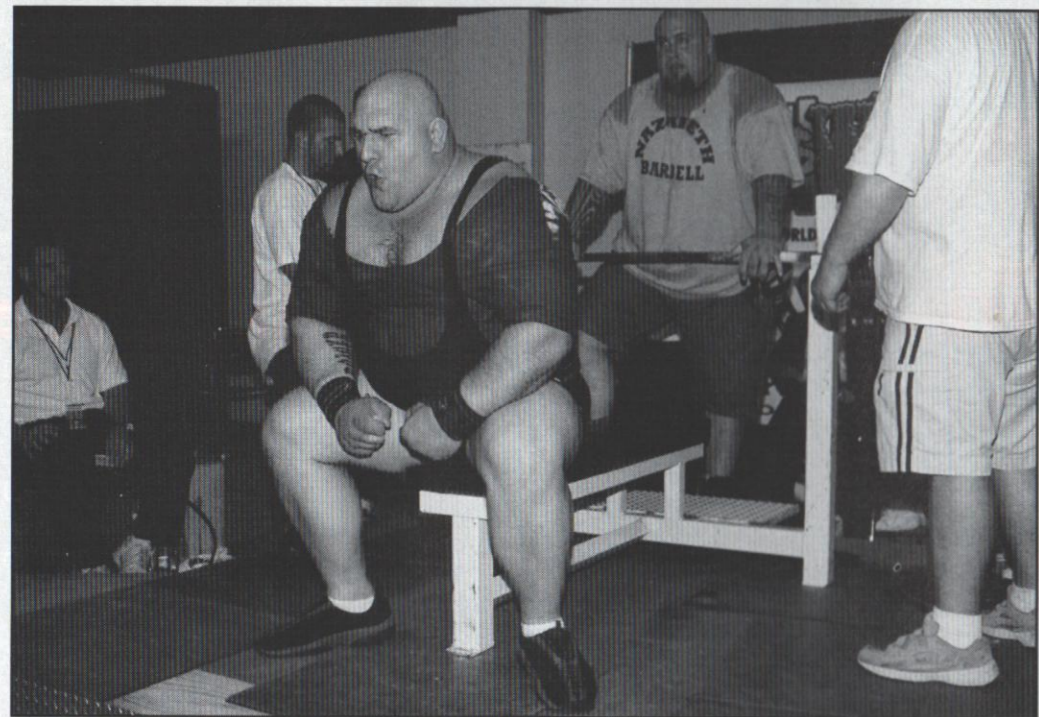
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Shawn Lattimer Bench Workout



Shawn Lattimer benched 700 - drug tested - at the WNPJ New Jersey Championships. (Notaras photo)

This workout is for benchers. It's great for anybody who wants to bench better, and move more weight. I have seen several individuals make 20 to 30 pound increases in 10 weeks or less. That is regardless of whether you are a full meet lifter or a bench specialist. Of course, I'm a bench specialist, so I would be hard pressed to give you a great workout idea for squatting and deadlifting.

Before getting to the meat of the workout, I have one basic item to address. As a bench specialist, I have two basic rules, which combined with the right bench workout, will help any benchner:

Rule #1 - Do squats. Even if you never plan to compete in squats, or never wear shorts in your lifetime, etc. Squatting builds a lot of back and hip muscles that play directly into benching, and the natural anabolic effects of squatting have been documented for years.

Rule #2 - Do deadlifts. Same as Rule #1, the deadlift works many muscles that help with bench. This is especially important if you have a

big arch, you will need strong back muscles to maintain the arch.

I don't mean that you have to perform a grueling workout for legs twice a week. Work them at least every week. Deadlifts can be done once a week, or some people seem to do well every other week. You can use any program you like, but try to keep it moderately heavy - work in some heavy triples or doubles if you like. If you are already working your squats and deads, or you are a full meet lifter, you are already ahead of the game.

The workout I will describe below is designed for a competitive benchner of any weight class or experience, who uses a bench shirt. It doesn't matter what kind of shirt, although I highly recommend checking the rules of your federation and buying the highest performance shirt they will allow.

I will warn you now, this workout is intense, and will leave most people worn out and tired. Many people need some time to become accustomed to the work volume used. For the first week or so, some lifters may

have to use lighter weights in order to make it through the whole workout. Whatever you do, don't sell yourself short and skip anything. It will simply take time to increase your work capacity. I have workout partners ranging from new competitors at 17 years old to veteran competitors in their 40s using this workout with great success. This workout can be used in 8 to 12 week cycles, depending on the lifter's preference. I typically compete 4 times per year, so 10 week cycles usually work out best for me. Also, don't be afraid to take 1 or 2 weeks off during the cycle. When your body says you need time off, skip the heavy day. Some lifters actually take every 4th week off to rest.

You will need some basic equipment for this workout, including either an adjustable squat rack, a power cage, or some ingenuity. Boards for the board press can be found fairly cheaply. Some decent dumbbells and a cable machine are helpful for assistance exercises, but they are not a requirement.

The workout requires two days per week. One day is a heavy day using the bench shirt, and the other day is an assistance day where all work is performed raw. The days should be separated as much as possible in the week. I have found that a Tuesday heavy day and a Saturday assistance day work best for my schedule. Some people prefer Tuesday and Friday or Monday and Friday. You should pick a schedule and stick with it as much as possible.

Tuesday - heavy day: Full range flat bench press - Use the widest legal grip you are comfortable with. Warm-up: Use light weights for 3 to 4 sets of 6 to 10 reps. For example, a person who can bench 400 lbs. with a shirt might want to warm-up as follows: Bar x 10, 135x10, 155x8, 185x8.

Start out with a medium weight that you can do 8 reps without tremendous difficulty. I find that 50% of my raw max is a good starting point. Increase by percentages of your raw max as shown. The percentages I am showing are not set in stone; adjust them however you need to avoid training to failure. Take rests of 1-2 minutes or more between sets. 50%x8, 60%x6, 65%x3, 70%x1.

Put on the bench shirt — percentages used now will be related to your shirt max. This can be confusing, because I am changing reference points. It works better due to the fact that your shirt bench will increase much faster than your raw bench. Therefore, you need to treat them like two entirely different exercises when looking at the percentages. 75%x3, 80%x2, 85%x1, 90%x1, 95%x1.

If you are an advanced lifter or you are peaking for a competition add the following: 100%x1, Max single — make an attempt at a PR. If you set a PR, repeat the max single for a higher PR attempt - 75%x2. Bench Shirt off.

Rack lockouts - Rack lockouts use a squat rack or power rack with adjustable safety pins. The pins should be adjusted to allow about a 3" range of motion. Some people set up a bench in the power rack. I prefer to do these lying on the floor in the power rack. Percentages here relate to your shirt max. Use a slightly narrow grip, approximately 2" narrower than your competition grip. When performing rack lock-

outs, press the bar, hold for a 1 count, and drop the bar back to the pins. Do not try to lower the bar slowly. The negative portion of rack lockouts can cause injuries. 75%x5, 80%x3, 85%x3, 95%x2, 100%x2.

Depending on your level of experience, and where your weak points are, the last two sets may be impossible when you start out. If you cannot do the last two sets, repeat the 85%x3. Over time, you will become strong enough to finish these sets.

Floor press - Floor press requires lying on the floor near a low rack or inside of the power rack. The bar is lowered until the elbows touch the floor, the pressed back up. The percentages used here are percentages of your raw max. 50%x5, 60%x3, 65%x3.

The floor press is great for people like me who have a weak spot in their bench about 4-6" below lockout. If you have never done a floor press before, choose slightly lower weights until you are used to this exercise.

Saturday - assistance day: Warm-up in the same manner as on the heavy day workout. All weights on this day are percentages of your raw max. Close grips - Use as close of a grip as you can use and still maintain bar control. 40%x8, 50%x6, 55%x5.

Board press - Use a slightly nar-

row grip, approximately 2" narrower than your competition grip. I use several sets of boards made from stacks of 2x6 lumber. I have 2 through 5 boards. Some people with longer arms may want to use a 6 board. The board limits your range of motion, allowing you to target the weakest areas of the bench motion. I usually use each board for 2 to 3 weeks and then progress to the next board. For example, start week 1 with the 2 board, week 3 with the three board, week 5 with the 4 board, etc. The percentages I am giving are a ballpark for the 4 or 5 board. Different board heights will require adjusting weights appropriately. Advanced lifters may require weights well in excess of their raw max for this exercise. 80%x5, 90%x4, 95%x3, 100%x2.

Incline Bench Press - If I am feeling good at this point in the workout, I will do some incline press with a slightly narrow grip. This works a little more of the triceps and is a good exercise to finish the bench with. This can be done with dumbbells or a barbell. I prefer a barbell for all exercises, as it most closely simulates the competition movement.

Triceps - In general, it is good to include at least two extra triceps movements on this day. I typically do a mixture of the following exercises: Cable pushdowns, weighted

dips, overhead dumbbell skull crushers, JM presses, and lying triceps extensions. I mix and match these exercises from week to week. Pick two exercises and do the following as heavy as possible: First Exercise: 3 sets of 6-8 reps, as heavy as possible. Second Exercise: 3 to 4 sets of 6 reps, as heavy as possible.

As with any routine, each individual will require some tailoring of the percentages to match the weights and exercises to his or her ability. It is not uncommon for a person's raw bench to decrease while on this program. One of the major benefits to this program is the fact that training regularly with the bench shirt greatly improves your comfort and ability in the shirt.

As you progress through this workout, you will start to see increases by the third or fourth week. By week 10, you should have set several PRs. The constant heavy work and high volume of shirted singles tends to really help prepare you for a meet.

If you are preparing for a meet on this program, you should keep a couple things in mind. First, it is always a good idea to cut out some assistance movements as you near a meet. I tend to cut out the assistance day altogether 2 or three workouts before the meet. I always take 10 days off before a meet to rest. The recovery actually makes you stronger than the workouts

would have.

Finally, I must admit that not every workout works for everyone. Different people respond differently. I can customize a workout for anyone, and I have done so in the past. If you are a raw lifter and would like some help with a program, or if you are a novice or master lifter who needs a less aggressive workout, I can help you. I can develop a bench workout for anyone who wants to increase his or her bench. I charge \$30 to develop an individual bench workout. The workout I give you is more detailed than what is above, and will include actual weights for each exercise based on the information you give me. I take information from the lifter, such as age, weight class, experience level, and what you have tried in the past, and your goals, to develop both short and long term workout programs. If you can videotape your workouts, I can also critique and make recommendations on form, analyze your strengths and weaknesses, and further customize routines for a small fee. Additionally, if you are in the Southern NJ/Philadelphia area or would like to visit the area, I can do one on one coaching for bench press. If you are interested, please contact me by e-mail at slattimer@yahoo.com.

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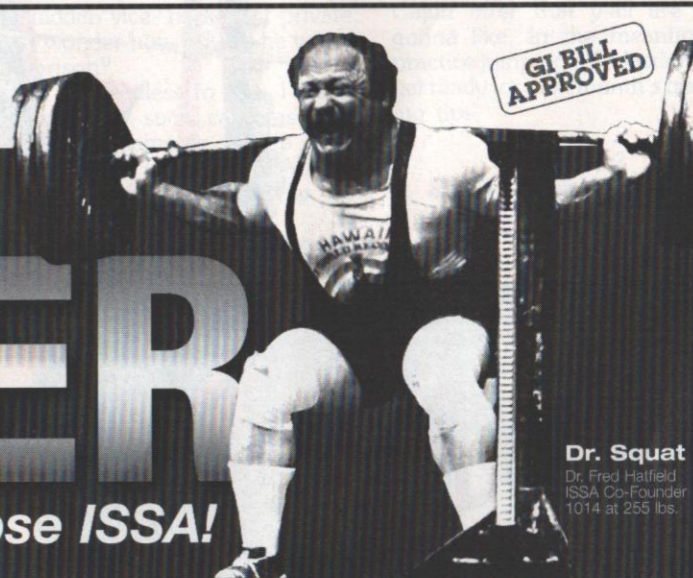
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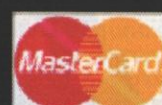
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Sometimes you have to shift gears and move on. This month, I had written an article about "Iron Rocks Barbell" in Warsaw, Indiana. This gym was so

HARD CORE GYM #26 Gym Death and Privacy as told to PL USA by Rick Brewer, of House of Pain



Iron Rocks Barbell Club: Front Row from left to right - Jason Engle, Chris Shaw, Jayson Harreld, Rob Butler, Back Row from left to right - Rob Marshall, Chris Owens, Terry Golden, and Jamie Bowers (Rick Brewer)

hardcore that it was private! Minimum lifting requirements had to be met to join, so there were only 16 members. Although I loved the twisted exclusivity, they went out of business- so we had to kill that article. (I guess the lesson is that you have to allow enough members to pay the light bill.)

Anyway, let's raise our glass to the former "Iron Rocks Barbell" and help those displaced powerlifters find new training homes. Now, let's shift gears and move on.

Speaking of new training environments, how about those

prison yards? Are they great, or what?

About 15 years ago, I trained with a guy named "Hal". That was his real name, and he went to jail for this- so I better not mention his last name. Hal had plenty of free time, so he started working at a local gym part-time. It was not the gym where we trained, but he liked it because it had a tanning bed. Unfortunately, the police determined that he had hidden a video camera in the tanning booth to record all the pretty girls undressing to tan. As you can guess, that resulted in his

incarceration- and I had to find a new workout partner. Hal lost his job. I never guessed his hidden vice- he kept it private. I wonder how private he was in prison?

Needless to say, I disapprove of such cameras. The hidden cameras in the bathrooms at HOUSE OF PAIN are for security purposes only. Seriously.

A gym that really prizes its

privacy is the Covert Gym. A few people referred me to this place, but it was really hard to track down the owner. I finally got him on the phone, and he told me that several members were under federal indictment for various reasons. He broadly hinted that spooks/spies trained there, and assured me that they were NOT accepting any new members. They had no sign, and no real strategy for economic survival as far as I could tell. Of course, they didn't want any photos taken, and the location was secret.

Kind of hard to verify, with all the makings of a practical joke. Maybe they exist, maybe they don't. Thankfully, I've seen all of the old Mission Impossible episodes, and both of the far-fetched movies. Plus, I've seen many other spy movies- and I even read a lot of spy books when I was younger. So I did a little research.

I can't tell you where we got these photos, and I can't tell you who these lifters are. It's top secret how strong they are, and don't try to call because they have no phone.

On casual Friday, they get to wear clown masks.

Next month, we look at a Cajun lifter that y'all are all gonna like. In the meantime, practice jumping off a ladder- to get ready for next month's training tips.

Comments?
Rick@houseofpain.com
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Inside the former twisted exclusivity of Iron Rocks Barbell Club



The top secret Covert Gym displaying some of its finest members

The 21st IPF Junior World Championship was held in Koscian, Poland on September 9-14, 2003. The venue was a large gymnasium, and for most of the week it was a standing room only crowd. Hosting the championships was a very significant event in Koscian. The meet director and staff met every detail, and received a great deal of support from the town itself.

Most of TEAM USA arrived at the Motel 2000 late Monday night. The hotel was in the small town of Steszew, about 25 minutes by bus from the venue. The trip was uneventful, except for some of the team who arrived from the southern states whose luggage didn't arrive until the first day of lifting.

The championships kicked off with an opening ceremony that included a parade with a marching band that included athletes, coaches, and town officials. After a short speech by the town mayor, the competition was quickly underway.

The 44 kg. class was won by Iryna Trubulina of Ukraine with a 350 kg. total. This was a tight contest with Sanna Apuli of Finland, who pulled for the win on her final attempt and missed. Erin Dickey of the USA rounded out the class in 5th. Erin has been working hard on her lifting technique and is showing improvement in many areas. With even more experience, she will continue to contend for the U.S. at both the Junior and Open level.

The 48 kg. class had only 4 lifters, but it was one of the best battles of the meet, with Jennifer Maile of the USA up against Oksana Dmytruk of Ukraine. Oksana lead at subtotal, but Jen had nailed 3 good squats and was only back by 15 kg. It takes more than that at the subtotal to top Jen. There is no better weapon in tight competition than a big pull, and after an easy 170 kg. second attempt, she hauled in 2.5 kg. more for the win with room to spare. Jen was happy to repeat as Jr. World champion, and the USA women had their first medal of the competition, a gold.

At 52 kg, Olena Dmytruk of Ukraine, the twin sister of Oksana at 48, ran away with the gold medal with 435 kg, a 20 kg. margin. Inna Tairova of Russia was in 2nd, followed closely by Ashley Awalt of the USA. This was Ashley's first international competition, and she performed very well. After 3 good squats ending at 152.5, she made 2 benches and was still in the hunt to place very well. After a small jump on her second deadlift, she made a jump on her 3rd that would have placed her in 2nd. Ashley missed, but earned the US women medal

IPF JUNIOR WORLDS as told to PL USA by Mike O'Donnell



Jessica Watkins brought home gold in a big way

margin of victory, 100 kg. This was also the Russian team's first gold medal of the competition. Lifters for team USA in the class were Codi Grubbs and Alyssa Hitchcock. Codi, from Louisiana Tech, moved up from the 52s and did very well at her first competition in her new class, earning silver overall while winning a 3 way tie for this spot at 377.5 kg, with Agnieszka Leszczynska of Poland and Denisse Molina of Ecuador at the same total. After earning that silver, Codi was a true team player, helping several of her teammates backstage. Alyssa had to drop several kilos to make the 56 kg. limit. It took it's toll on her strength level, but she was able to finish 6th. This class was heavily contested, and Alyssa was only 10 kg. from the same total that won 2nd place. Alyssa is

number two and the bronze overall with a 7/9 day. Look for Ashley to improve steadily and contend for a spot on the Women's Open team in the future.

The 56 kg. class was won by last year's 3rd place finisher, Kira Pavlovskaya of Russia. Kira exhibited pure dominance in breaking Inna Filimonova's JWR squat with 188.5 kg, and had a very large

tall for this class, and is considering staying up a class in the future. Alyssa was a member of last year's Sub-Junior team to Taiwan as well.

The 60 kg. class was won by Natalya Barybina at 510 kg. total, in a perfect day for the Russian lifter. It looked like a battle for second place between Aigul Gaiullina of Kazakhstan and Anastasya Sukhacheva of Russia, last year's

champion in this class. Sukhacheva couldn't get a deadlift in and was out of the competition. That left Aigul with silver and lifted Robin Niederkorn of the USA into the bronze. Robin put 35 kg. on her total from last year with a 6/9 day. This is Robin's 3rd Junior Worlds, and she is accompanied by her father Bob who is very supportive of her lifting. Robin is much stronger than her lifts show. She has made some progress with her lifting gear, and with some changes to her training, Robin could total in the 500 kg. range soon.

The 67.5 class saw what looked like a tight battle between last years winner, Lesya Guminska, and Zhanna Ivanova, both of the Ukraine. Zhanna is the daughter of many time Ukrainian champion Larysa Ivanova. The matchup didn't last very long, however, as Lesya couldn't get a bench in. She started at 120 kg, missed, then mysteriously jumped 5 kg, and couldn't push the weight. This left the door wide open for Ivanova, who hit some big lifts on her way to a 562.5 total and 2nd in the best lifter competition with 584.8 Wilkes points. Zhanna is bound for the Ukraine's open women's team.

This is one of the reasons that the Junior Championships is an exciting competition, because every year future open lifters are showcased, and many go on to become open champions. The silver was awarded to Mandeep Kaur of India, who finished 117.5 kg. behind Ivanova, probably the largest margin of victory of the competition. The USA lifter in this class, Jan Morello of Louisiana State University, had a very solid 8/9 day in her first international meet, finishing with 422.5 kg. Jan moved up to the 67.5 class recently and showed steady improvement. With time and continued consistency, look for her in the medals at

sistency, look for her in the medals at this championships in the future.

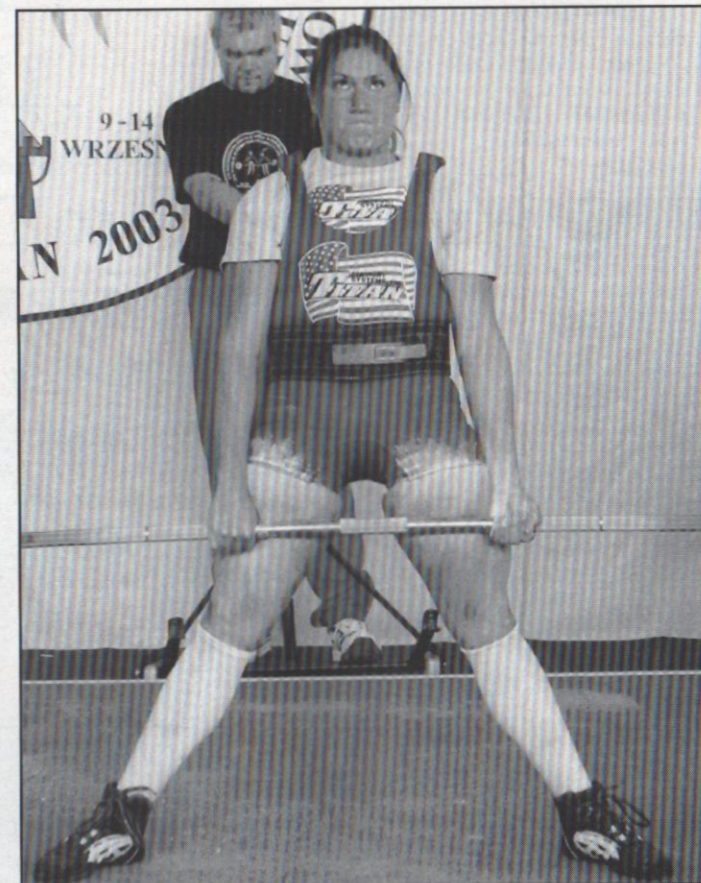
At 75 kg, Yuliya Zaugolova of Russia ran away with the victory by 80 kg. over Yana Petrenko of the Ukraine. Yuliya hit an open world record squat for this class at 255.5 kg., along with the gold medal bench and deadlift to give her the best female lifter of the meet at 607 Wilkes Points. This was an incredible performance for the Russian, and we may see Yuliya on Russia's Women's Open team before long. Following Petrenko in 3rd was the USA's Kimmie Everett. This Louisiana Tech lifter has made excellent progress over the last year, ending up with 487.5 kg. on an 8/9 day. Kimmie was also the 75 kg. lifter for the USA Women's Open team. With further progress and solid performances, she will continue to be a fixture on both teams in the future.

The 82.5 kg. class saw the USA women earn their second gold medal of the competition. Jessica Watkins was tops in the class, finishing her Junior career in style. Alexandra Murashova of Russia was the runner up, with Tatyana Kudryavtseva of Kazakhstan at bronze. Murashova started the day with a JWR squat of 252.5 kg. Jess motored through 3 good squats as well, ending at 240 kg, a personal best. The tide turned in the bench press when the USA lifter rammmed up 3 good benches, ending at 142.5. The Russian was only able to manage her opening attempt of 120 kg. This put Jessica ahead by 10 kg. going into the deadlift. She managed to outpull all others in the class by 12.5 kg, giving her a 30 kg. margin of victory. With the meet over, Jessica wanted a 4th attempt at a JWR deadlift of 237.5 kg. The bar was loaded after a quick pause and she setup to pull, only to stall at near completion. This lift and much more will come soon. All of Jessica's lifts were women's Ameri-

can records as well. Jessica has been progressing quickly the last few years, and look for more to come. This class was relatively deep as well, with 4th and 5th place tying at 562.5 kg, a total that would have won this competition in past years.

The 90 kg. class saw the dominance of Yulia Kurina of Russia. This is Yulia's 5th time to participate on the Russian Junior team, and she didn't disappoint. Known for her squat, she came up with an open world record of 270 kg. with some room to spare. After a PR 135 kg. bench, she pulled a deadlift well under her PR, 210 kg. This gave Yulia a 55 kg. win over Ganna Lytvyn of Ukraine. Following the Ukrainian with Bronze was Anna Sliwinska of Poland with a 520 kg. total. The American lifter in this class was Danielle Miller of Louisiana. Danielle had some early miscues in the squat, but got things together to total 390 kg. in her first Junior Worlds. This level of competition is a big step from lifting at home, and this experience will definitely pay off for Danielle.

The 90+ class saw one of the tighter battles of the competition between Valeria Scheglova of Russia and Viktoriya Olenytsa of Ukraine. In the end, missed lifts cost the Ukrainian, and a Russian lead at subtotal caused Olenytsa to make some big jumps in the deadlift, pulling with a great effort but missing. This gave the Russian women their final gold medal, with Ukraine in 2nd, and steadily improving Hildeborg Huggdal of Norway the bronze medal. The lifter for team USA in this class was Amy Robertson of Indiana. Unfortunately Amy suffered a back injury in the final weeks before the competition and couldn't lift. She still opted to make the trip and was a great support for the team, and made many friends in the process.



Kimmie Everett pulled her way into a bronze medal in the 75 kg. class

The men's competition began Thursday afternoon with the conclusion of the women's lifting. At 52 kg, Sergey Fedosienko of Russia was victorious by a margin of 100 kg. over Jeremy Scruggs of the USA. The Russian was also the best male lifter of the competition, with a world class 608 Wilkes Points. Look for Fedosienko's results in the future, including the Men's Open World Championships in Denmark later this year. After he was done compet-

ing, Sergey was seen by many to be bench pressing much more than he made in the competition while trying on a new bench shirt. Jeremy Scruggs of the USA team had a 6/9 day for 2nd place, while making an excellent total of 517.5. With more experience and some gear updates, Jeremy will be making some nice progress in the future. Jeremy also received silver medals in all three lifts.

The 56 kg. class saw the USA win gold, with Damario "Doc" Holloway victorious by a comfortable margin with a 585 kg. total. Doc would have squatted more, but bar placement issues caused him to miss his 2nd attempt. Doc also just missed a big JWR deadlift attempt of 257.5 kg. In 2nd was Mitsumoni Koga of Japan at 527.5 kg. Kuat Sarbalayev of Kazakhstan won bronze with 515 kg.

At 60 kg, Alexander Zolov was another dominant member of the Russian team, totaling an eye popping 690 kg. en route to the gold. World records of 260.5 and 180 kg. in the squat and bench, respectively were the foundation for this big total. In a surprise 2nd, Ryun Laniec of Canada totaled 525 kg. to nail down this spot. He missed a few attempts early, but got it together in the deadlift to secure this spot. Grzegorz Kepczynski of Poland won bronze with 520 kg. There was no Ameri-

(article continued on page 70)



WOMEN'S TEAM USA at the IPF Junior World Championships... (photos courtesy of Dr. Larry Maile)



Mykalo Artsimovych of the powerful Ukraine team, with his 320 kg. squat. He finished in sixth place.

NOTHING IS IMPOSSIBLE ... NOTHING! I've learned that there is no limit to human or athletic potential. We are unlimited possibilities. - Judd Biasiotto

When I was a freshman in high school, my science teacher Herbert Gross gave our class a good two hour lecture on why it is impossible for a bumblebee to fly. He presented an overwhelming amount of scientific evidence that clearly indicated that from an aerodynamic standpoint the bumblebee is not structurally designed for space flight. In brief, he said that the bumblebee's body is too massive, it's wings are too small and it's basic physiology is counterproductive for aviation. In fact, he said the bumblebee's anatomy defies the science of matter and motion. Aerodynamically, it is impossible for the bumblebee to travel by air. "No way the thing can fly," he said. "It is impossible. He would never get off the ground." Of course, I had to ask, if it is impossible aerodynamically for the bumblebee to fly, why does he fly? To which my teacher responded, "That's simple, the bumblebee doesn't know the first thing about the principles of mathematics, physics and aerodynamics. He flies because he doesn't know any better."

That stuck with me for a long time. Do you know what I have found over the years? Most of the people that I have met who have made the seemingly impossible possible were too dumb to realize that what they did was impossible. Like the bumblebee, they did the impossible because they didn't know any better.

The truth is that we are limitless. We have the power to do what ever we want to do. Nothing is beyond the scope of man. There is nothing that is hopeless, nothing that is impossible, and there are no boundaries for man. Just look at what we have achieved in the last millennium. It is astonishing! We have literally gone from throwing stones to launching laser rockets, from crawling on our hands and knees to walking on the moon, from yelling at our neighbors to worldwide telecommunication ... it is awesome what we have accomplished. And we are just in the embryonic stage of our devel-

Dr. JUDD

Things to Think About Bees, Trees, and Frogs

as told to PL USA by Judd Biasiotto Ph.D.



Kali Bogias (Canada) would not quit her quest to be a world champ

opment. Believe me in the next millennium we will go into the stars, into new galaxies, into the heavens. You just wait and see.

NEVER GIVE UP ... NEVER! " Life has two rules: Number 1 - Never quit!; Number 2, Always remember rule Number 1." - Duke Ellington

When I was in first grade, my teacher told me a story about two frogs that jumped into a deep pale full of cream. The pale was so deep that the frogs were unable to jump back out. It didn't take them long to realize that they would most likely drown. The one frog that was a real pessimist surveyed the situation and said, "This is hopeless. There is no way we can get out of here. We are going to drown." The other frog that was a perpetual optimist said, "I can't get out, but I won't give in. I'll swim around until my strength is spent. Then I'll die satisfied knowing that I

had done my very best to survive." The pessimistic frog swam a little longer; then he said, "This is useless," and with that last despairing cry, he gave up and disappeared under the cream. The optimistic frog refused to give in though; he swam around and around for hours. Then he noticed something the cream was starting to get thicker. The more he swam the thicker it got until finally the cream turned into butter. Once on top of the butter the frog was able to easily hop out of the pale. Through his persistence he survived.

When my teacher first told me that story I didn't get the point. I was too worried about the frog that gave up and died. I was devastated about that poor frog. Then about three years later it finally dawned on me. I know I'm a little slow, but I did get the point. If the frog hadn't given up, he would have survived along with his buddy. In fact, if he hadn't given up, it would have been a lot easier on his buddy. Two frogs could have

churned that cream into cheese a lot faster. See how I eventually put that all together.

Like the optimistic frog you have to continue to persevere when things look the darkest. If you're going to overcome adversity, you have to develop a mental toughness. A mindset that says, "I refuse to give up, no matter how bad things are. I refuse to quit!" When everything seems to be going wrong, that's when you have to get really tough mentally. You have to believe that you can still achieve your goals provided you persist. If you start thinking it's hopeless, you're finished ... you're the next frog buried in cream. You have to believe in yourself.

PATIENCE IS A VIRTUE "Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison

In the Far East, there is a tree called a Chinese Bamboo. It's a magnificent, tall, woody plant. Its grandeur and beauty are astounding. A full-grown Chinese Bamboo easily stands over one hundred feet. Amazingly, the tree seldom grows more than three or four feet the first four years after it's planted. During the first four years, the people water and fertilize the tree with seemingly little results. Then in the fifth year, within a span of five weeks, the tree grows ninety feet in height. Is that incredible or what? Of course, the reflective question is did the tree grow ninety feet in five weeks or five years? The Chinese will tell you straight away that it grows ninety feet in five years. Why? Because they know that if they fail to water or fertilize the tree any time during those five years, it will die.

The same thing happens in life all the time. You work like crazy to make gains, but the results you get are at best negligible. It's as if your effort is totally fruitless. Then all of a sudden everything seems to fall in place, and the next thing you know you're making enormous gains. This is the way it invariably happens in powerlifting. You work like hell for years, and then all of a sudden everything falls into place and the next thing you know - you are a hundred feet tall!

Judd Biasiotto Ph.D.

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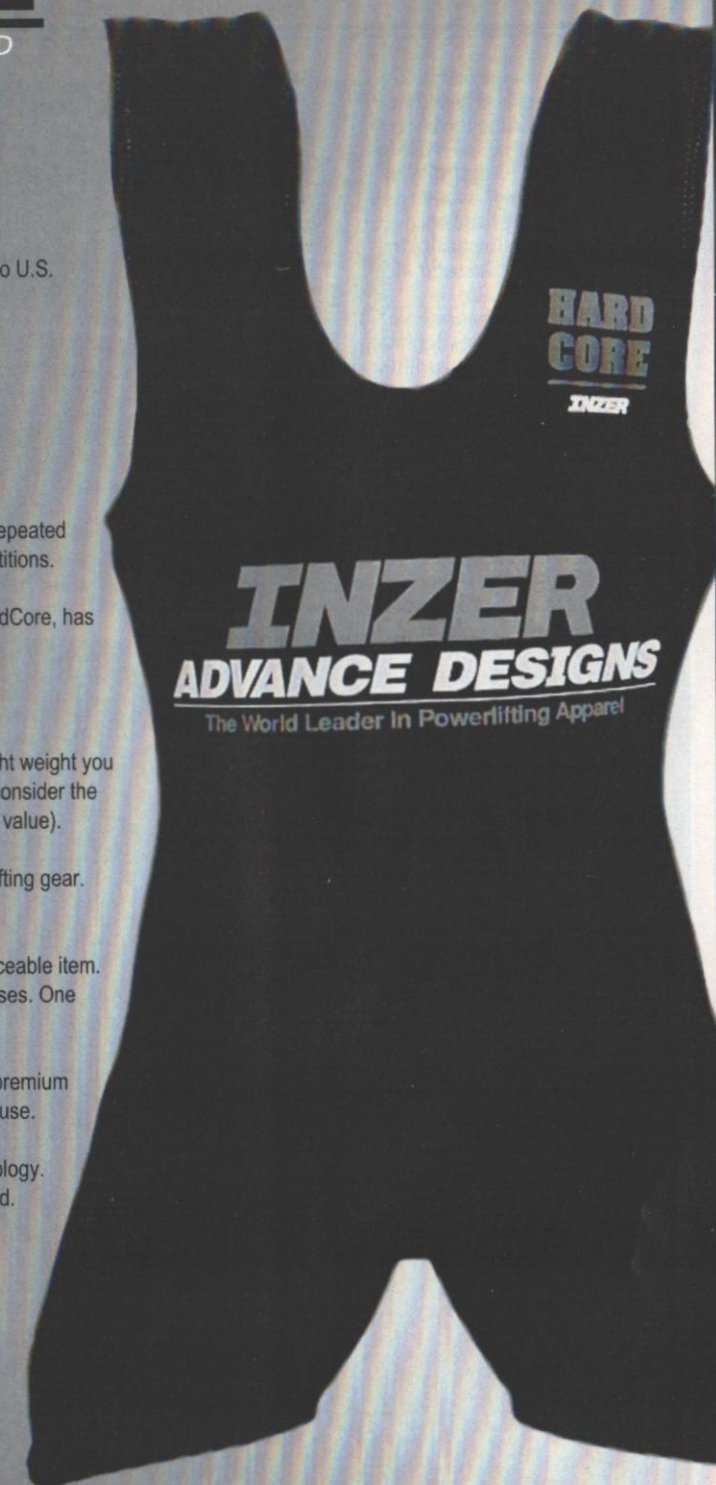
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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STRAIGHT BAR TALK

Powerlifting Commentary
by LEE ZIMMERMAN

I have been subscribing to *PL USA* for 11 years and have been a competitive powerlifter for 10 years. I have competed in the ADFPA, ANPPC, AAU, APF, and the WNPF. The bulk of my lifting has been done in the WNPF, where I also occasionally serve as a judge. I also am a meet director for local JCC meets twice a year.

I believe Dr. Judd has been a bit off the mark in his articles depicting the degradation of powerlifting, which has occurred over the years. He has let the individual off way too easy, while laying the majority of the blame at the feet of the various organizations. I am glad there are so many organizations to choose from. I choose to lift in the WNPF because the organization is and always has been incredibly supportive of its lifters. The staff from the top on down

The Disturbing State of Powerlifting

knows the lifters personally when they arrive to compete on their platform. It is this "personal touch" that has kept me competing there through the years.

I tend to agree with Louie Simmons on the subject of equipment. I will always seek to compete for an organization that allows the use of the gear I choose to employ. The IPA would also appeal to me for this reason. The degradation of powerlifting can be traced to the millions of categories a lifter can enter at a meet so that he/she can ensure a first place finish and a trophy. The lifter can enter the lifetime drug-free submaster police/fire division if he doesn't want to merely enter the drug-free open and compete *mano*

a mano against the young lions coming up. Better yet, the lifter can enter the lifetime drug-free/raw/equipped/submaster/police/fire/natural divisions. This way, he/she might win one of these divisions, and be tagged as the national champ.

One of my training partners, Dan Petrilli, who competes in Olympic Weightlifting finds all this quite amusing. In, weightlifting, there may be just one organization, but there is also a limited number of divisions the athlete may enter. Somehow, I can't see Louie Simmons entering the Supermaster/equipped/division so he could avoid competing against a younger lifter. How many "Nationals" does each organization hold a year? The watering down of the

sport can also be attributed to the excessive number of "named meets" an organization holds per year. (Place name here — Regionals, Nationals, World's etc...) Further watering down the sport is the increasing number of children competing. How can this sport expect to gain respect and credibility when it allows 7 year olds on the competitive platform? This is allowed simply for the profit of meet directors. The number of organizations available to the lifter has not watered down the sport of powerlifting, the lifter who is in pursuit of finishing first rather than hit a PR has watered it down. I can't tell you how often I see the same lifter finish first doing the same exact number he/she has been lifting for years because he/she can enter divisions void of competition. I wouldn't care if I finished 10th as long as I can PR. I believe it is the Counting Crows who once sang "It's better to be better than to be anything". I wholeheartedly agree. We live in an age where the emphasis is on finishing first rather than improving one's performance. Many lifters I have seen at meets would rather finish first than, let's say, 8th with a tremendous improvement in their numbers. The lifter that has not finished first should be immensely proud of his improvement. This is the sign of an athlete hungry to improve. In choosing an organization, I would choose an organization that allows the use of gear I choose to wear. I would also hope that this organization would be progressive in keeping up with the changes in gear. I'm not saying I should be allowed to wear a quadruple-ply aluminum reinforced shirt, but is there really any harm in allowing wraps or an open back shirt? Troy Ford, Lester Fields, and the consistent officiating enforced by the late Ralph Peace have kept me competing in the WNPF for years. The lifters in this organization have always been helpful to anyone in the warm-up room needing help with shirts, wraps, etc. Choose an organization that is not only user friendly, but also supportive of you the athlete. Also, look in the mirror and ask yourself, "Is finishing first the most important reason I compete? Is this why I spend countless hours training?" Good luck, train hard, and hit some PRs

The first thing is to monitor your form on your lifts. This goes for everything; your dynamic, max effort and accessory/supplementary training. I hear from many people that their elbows bother them when doing dynamic bench training. There are several ways to combat the pain. One easy way is to make sure you are not using bands every week. Cycling them is the best way to avoid the pain; do not use them for more than 3 weeks at a time. Also, when performing your benches on this day, make sure to separate the reps. What I mean by this is concentrate on performing each rep perfectly. Don't rush through the set just to do it. Pause at the top for a second or more and do another perfect rep. I have found that when I do this, my elbow pain has gone away and my bench form has gotten better. Too many times people are so concerned with trying to get their set done

Lee Zimmerman
"From the Basement"
Philadelphia, Pennsylvania



Back in the Early Days the USPF was the only organization in the USA and (at one point) it had membership of over 9000, national meets sometimes had over 20 entries in a single weight class, and USA lifters (like Mike Bridges, above) were virtually completely dominant at the IPF World Championships.

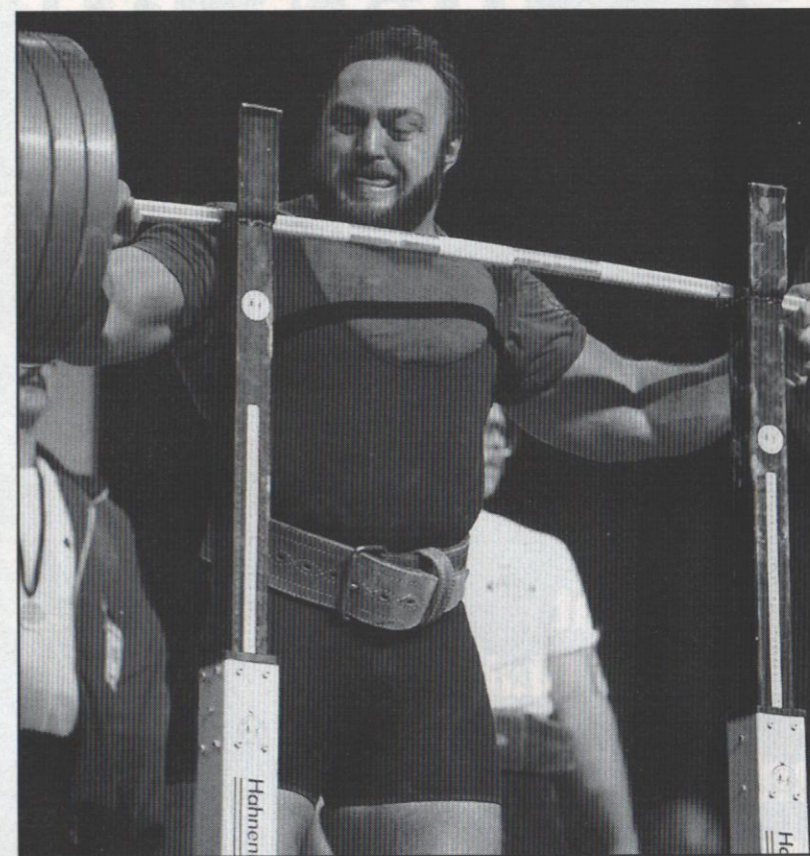
FORCE TRAINING

by Jim Wendler and
EliteFitnessSystems

Question: For the past couple months, my elbows and shoulders seem to hurt so much that I can barely lift without taking a tub full of *IBUPROFEN*. I know this is unhealthy, so I can't do this forever. I have scheduled an appointment with an ART specialist, but is there anything else I can do, especially with my training, that can help cure this problem? Please help because the pain is really limiting my training and my progress.

Answer: Having sore elbows and/or shoulders seems to be a recurring theme among all strength athletes. Besides the usual therapy of going to a chiropractor, ice, traction, an ART specialist, *IBUPROFEN*, etc. there are a number of things that you can do in your training that can help alleviate elbow and shoulder pain.

The first thing is to monitor your form on your lifts. This goes for everything; your dynamic, max effort and accessory/supplementary training. I hear from many people that their elbows bother them when doing dynamic bench training. There are several ways to combat the pain. One easy way is to make sure you are not using bands every week. Cycling them is the best way to avoid the pain; do not use them for more than 3 weeks at a time. Also, when performing your benches on this day, make sure to separate the reps. What I mean by this is concentrate on performing each rep perfectly. Don't rush through the set just to do it. Pause at the top for a second or more and do another perfect rep. I have found that when I do this, my elbow pain has gone away and my bench form has gotten better. Too many times people are so concerned with trying to get their set done



Bill Kazmaier was so big that simply fitting into the apparatus caused some pain.

in 3 seconds that their form is awful. This does not mean that the set is done slowly. It means the set is done explosively and with good form.

The same concept can be used when doing your accessory and supplemental lifts. I've watched many people perform their triceps extensions and rows with sloppy, fast form. These lifts, especially the extensions, seem to give people the worst elbow pain. But if you watch them lift, they rarely perform them with strict form and use momentum and body-english to move the bar/dumbbells. When using better form, you will initially use less weight, but you will build up to your former weights in time. Also, because you will be using less weight, it should give your body a chance to heal. Having said that, use common sense. If a certain exercise does give you pain, stop doing it and find an alternative. Remember that there are countless exercises

that you can do and it is up to you to find out which ones work. Obviously if what you are doing is causing you pain, it probably isn't working for you.

I've also found that using the Safety Squat Bar and the Cambered Bar for my max effort squat/deadlift workouts have done wonders for my shoulder health. By using these bars, you are not putting your shoulders into a position of a static external rotation. This is what happens when you are squatting or doing good mornings with a straight bar. I have not done any max effort work squatting or good mornings with a straight bar for almost a year and my shoulders and elbows have thanked me. If you have any questions on what exercises that these bars are used for, visit the Exercise Index at EliteFTS.com.

For dynamic squat work, I've found that the 8 foot squat

bar is the best solution. Because of the extra foot of the bar, one is able to take a wider grip on the bar. This is great for the larger lifter and someone that has very poor shoulder flexibility. Also, by taking a wider grip, this will eliminate biceps tendonitis which plagues many lifters. If this does not work for you, you can always perform several weeks of dynamic squat work with the Safety Squat Bar and/or the Cambered Squat Bar to help take your shoulders out of the lift entirely. I don't know if you can do this throughout an entire squat cycle. The jury is still out on that. But if you are not able to squat with a straight bar, at least you will be able to train effectively and optimally on this day. This is much better than doing nothing and going backwards. Both of these bars can be purchased at EliteFTS.com.

I would also like to point out that I believe that having proper sleep and a (somewhat) nutritional diet can help your pain. I have found that using essential fatty acids and getting enough rest has helped my body recover.

I hope I have given you some ideas on how to improve your training and speed up your recovery process. I have used the above ideas for some time and have found that my elbow and shoulder pain has almost completely gone away. When I do begin to hurt, I re-examine my lifting and it's easy to see what needs to be altered. Remember that if you are always hurt or injured, there is no way that you will be able to perform at your best on the platform.

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

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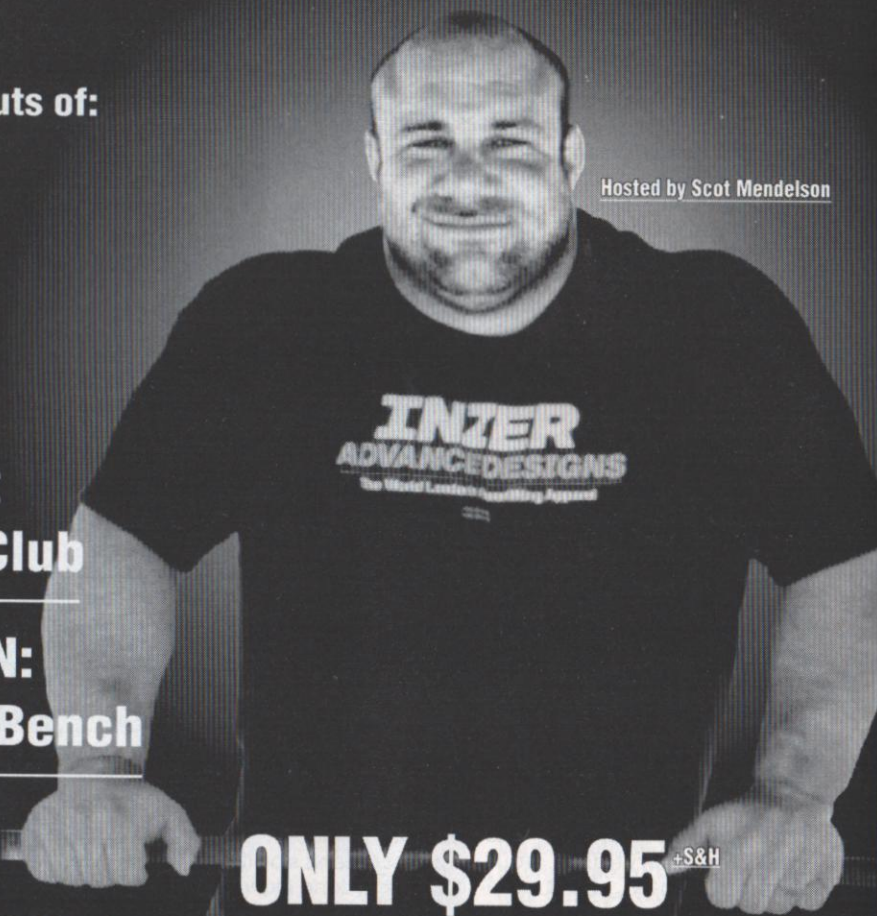
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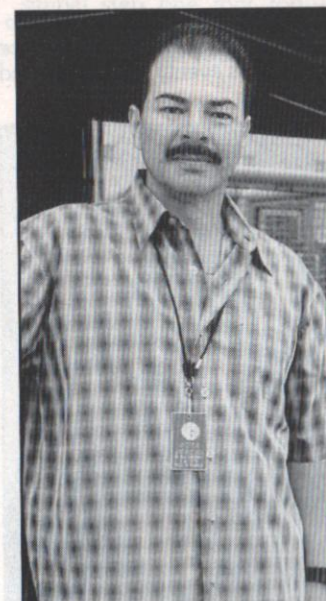
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It may be November already, but out here in Southern California it's still beach weather. And POW!ER SCENE made it to Venice's Muscle Beach for that famed locale's last meet of the season.

Earlier this year Muscle Beach was the setting for Scot Mendelson's world record 875 lb. bench. Well, the APF West Coast BP Championships didn't have any 800 (or 700) lb. benches, but it had the usual sand, sun, surf, and sightseers that POW!ER SCENE has covered for many years.



Victor Jauregui... Sr. Rec. Director @ Venice's Muscle Beach.

This year there's a new staff at Muscle Beach, and we met up with Senior Rec. Director Victor Jauregui (who grew up in Venice) and meet expediter Jemma Santos. Along with meet director Kevin Meskew, announcer Chuck LaMantia, and the rest of the staff, they did an excellent job.



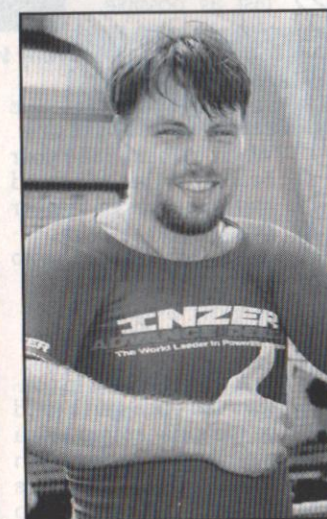
Jemma Santos... Meet Expediter

POW!ER SCENE



Hung Pham ... hit a 314 at 114

The lifters did an excellent job, too. 114 lb. lifter Hung Pham hit a 314, nearly tripling his bodyweight. Narbe Mansourian hit a 347 at 147, and 51 year old Johnnie Walker popped a 358 at 191. Ian Chapman, who trains in the San Diego area at Kegrice Physique, drove up the night before, and then, at 198, drove up a 407 bench. Ian told us he's been lifting (bench meets only) for ten years, and the 407 is his PR.



Ian Chapman ... got a PR ... 407

Near Muscle Beach is Venice's L.A. Urban Fitness store, where we get our protein powder. LAUF recently hosted one of its frequent Saturday

events, and we caught up with owner George Salem and the owner of sexyswimwear.com, Colleen Kelly, who had two models on hand displaying the



Colleen Kelly & George Salem (N. Low)

and keep enjoying the world's strongest sport. Still in L.A., but not anywhere near the beach, is the reigning Bench Press Champion of the World, Scot Mendelson. Scot is still retired, but who knows what the future will hold. Scot is currently doing some phone based personal training for clients; for info call him on his cell, 818-399-0905.

We were at Scot's home gym, where he runs his FIT personal training business, for a video shoot for POW!ERLIFTER VIDEO's new Special Edition video. "BENCH PRESS KINGS". Scot is both the host of the video and one of the big benchers in it who takes us through their bench workouts.

POW!ERLIFTER VIDEO has taken the

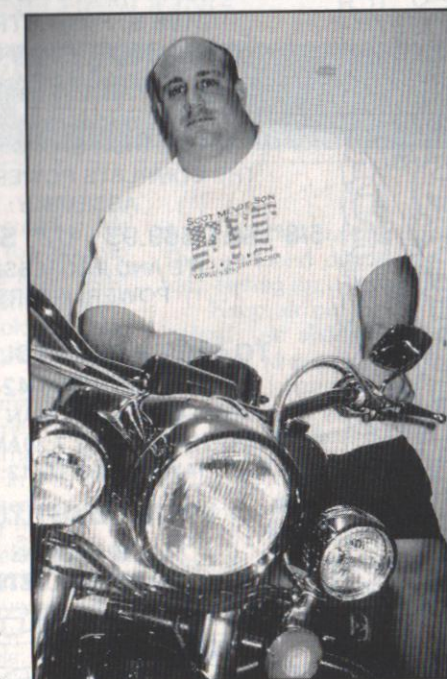
bench workout footage of star lifters Ryan Kennelly, Scot Mendelson, and Josh Bryant, combined that with Anthony Clark's bench training, added in a visit to Louie Simmons at the Westside Barbell Club, and topped it off with the upclose footage of Scot's 875 lb. world record bench. The video is only \$29.95 (plus s&h), and it's available by calling toll-free 1-800-227-2355 (or see the ad in PL USA).

POW!ERLIFTER VIDEO also has a Special Offer currently on, where you can get "BENCH PRESS KINGS" FREE, when you subscribe to POW!ERLIFTER VIDEO, which comes out four times a year and covers the power-lifting world. That's the same 800 number, and POW!ERLIFTER VIDEO lets you cancel any-time.

Finally, from across the US in Pennsylvania, Gene Rychlak spoke to POW!ER SCENE, and he's going for some big numbers in upcoming meets. We'll have more about what Gene's up to in next month's column.

"til then, stay strong,

NED LOW

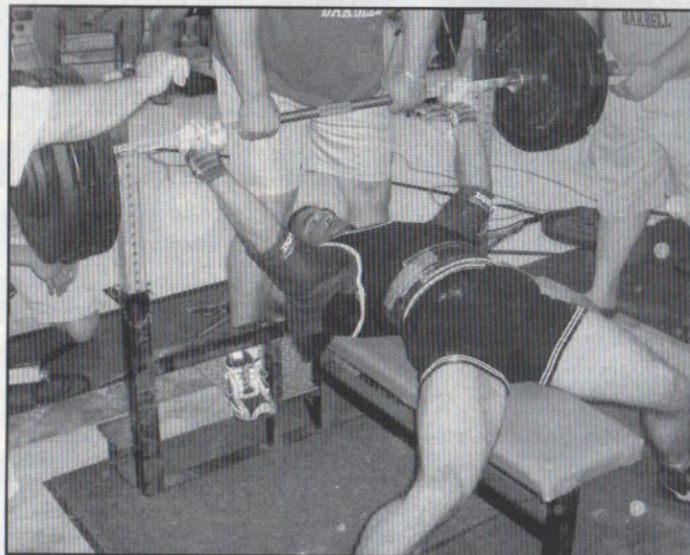


Scot Mendelson ... in his home gym - F.I.T.

When striving for proper technique, our intentions are to lift the most weight in contest situations. Proper technique is not intended to produce a championship physique, but rather a world record performance.

Bench Press

For training, use three different grips. Alternate from index finger just touching the smooth part of the bar to a grip that is 2 inches wider, to a grip



Fred Boldt has made gigantic gains in the bench press after training under Louie Simmon's eye and practicing the "Westside" lifting form.

TRAINING

MASTERING TECHNIQUE

as told to Powerlifting USA by Louie Simmons

where the little finger is in contact with the power ring. Take

the bar out of the rack by yourself, pulling the shoulder blades together and gripping the bar as tight as possible. Next, pull the bar off the rack as if doing a pull-over. This activates the lats properly. Pull the bar straight above the point on the chest where you want to make contact with the bar. Lower the bar quickly in a straight line. Press the bar straight up and a little toward the feet; this is the shortest distance to press and eliminates the shoulder the lift, instead of rotating the bar back over the face, possibly causing pec and rotator injuries. Never intentionally press the bar over the face.

Hold your breath for up to 5 reps. Holding the breath defines heavy training. Take as much air in as possible before lifting the bar from the rack. Lower the bar as fast as possible, stop the bar eccentrically as fast as possible, and reverse to the concentric phase as fast possible. When training, raise your head as the bar is lowered and keep eyes on the bar throughout the movement. Use either a thumb or thumbless grip.

Contest Technique

Your technique in contests without a shirt should be the same exempt use a wider grip. In contests with a bench shirt, always use a thumb grip. Your grip should be maximum. Use a lift-off. As the bar is lowered, first raise the head, then the shoulders as if doing a sit-up. This will enable you to bring the bar lower on the body

without it rolling out of your hands. Raising the shoulders will allow you to wear a tighter shirt. Once the press command is given, slam your head and shoulders back down on the bench for stability. Keep the feet out in front of, and press down on the heels to ensure that your butt the bench. A longer torso is more advantageous for bench pressing; therefore avoid shortening the torso by arching the lower back. In addition, an extreme arch can cause injury.

Squat

First, take air into the abdominal section and chest. Place the hands evenly on the bar, and



Amy Weisberger - super squat technique

arch the back to take the bar out of the rack. Don't push with the legs; this will cause you to bend or hunch the back. Hands should be wide enough to avoid bicep tendonitis. Pull the elbows forward by contracting the shoulder blades together. The thumbs should be around the bar. The feet should be pointed as straight as possible. Lifters with large waistlines may have to point their feet out slightly in order to break parallel. Your stance should be as wide as possible, provided that your flexibility is good. This utilizes more squatting muscles.

To descend, push your glutes out to the rear. Push the knees and feet out to sides. Raise the chest and push the traps into the bar as you descend until you break parallel.

To ascend, first push the traps into the bar by arching the back. Don't push with the feet first, which may cause the bar to shift forward and the squat will turn into a good morning. This is nonproductive and dangerous. Again push out on the feet and knees, and push the abs into your power belt. This provides the most economical path to completion of the lift.

If a Monolift is not available, to take the bar out of squat stands, first step back with one foot, then the other, to achieve a fairly even stance. To return, simply step one foot forward and then the other, and lower the bar into the rack.

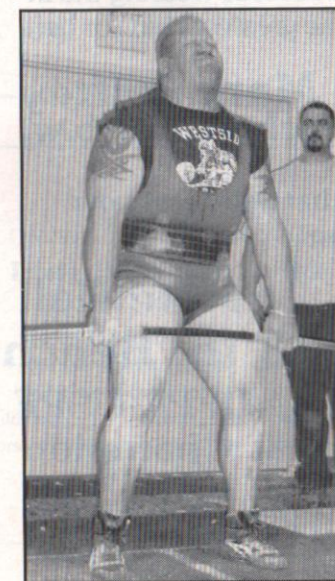
Box Squatting

When box squatting, the procedure is identical to the competition squat except you are sitting on a box. To sit on the box, push your knees out to the sides and your glutes out to the rear. This means that your shins will be past perpendicular, allowing the hamstrings, hips, and glutes to be stretched maximally. Sit fully on the box, Relax the hip muscles momentarily, and then flex to come up, just like a competition squat. Push the traps into the bar first, while pushing the feet out to the sides and come up to completion.

Remember to push your feet out to the sides on both the eccentric and concentric phases of the lift.

Deadlift

When using the conven-



Matt Smith's already big deadlift has been moving up very steadily.

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tional style of deadlifting, center the bar over the joint of the big toe or closer. However, if you get too close to the bar, it may swing forward when you pull upward, causing difficulty in locking-out. The shoulder joints must be behind or over the bar to start. Pull slightly toward the center of the body to keep the bar close to the legs, and always push the feet out to the sides. For most lifters, pointing the feet out provides a stronger start, because of greater leg drive. Pointing the feet straight enables a strong finish, due to increased hip rotation.

The back position can vary due to the wide variety of body structures. Most lifters arch their

lower back while rounding the upper back, but not too much to straighten out. The head position can vary from looking straight ahead to looking downward about 6 feet in front of the bar.

The most common hand grip is the standard reverse grip. Some use an overhand hook grip, arms hanging in a straight line. As you get bigger, you may have to use a wider grip.

When using the sumo style of deadlifting, the width of your stance depends on your flexibility. The longer your legs, the wider stance possible. Keep the hips as high as possible, providing your back is in proper position. Pull yourself slightly lower

than your best starting position. Then rebound out of the bottom, setting up a stretch reflex.

Keep air out of the lungs. Instead, use abdominal breathing. This keeps the torso short for better leverage.

Keep in mind that body structure can dictate what style is best for you. However, the information above will work for the majority. At Westside we have 21 members who have benched 600 or more, 32 who have squatted 800 or more, and 7 who have deadlifted 800 or more.

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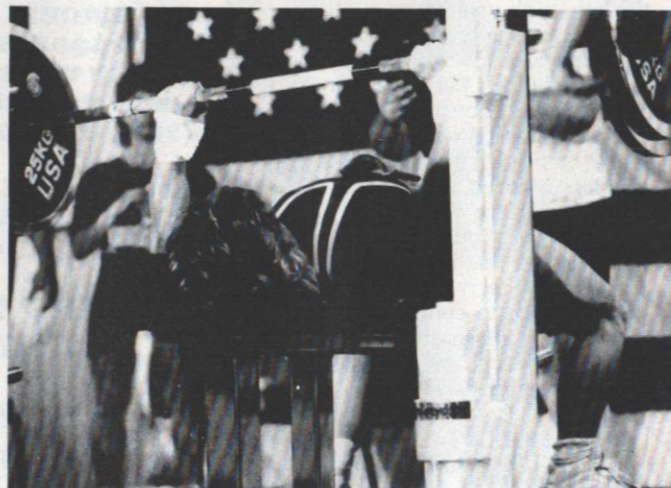
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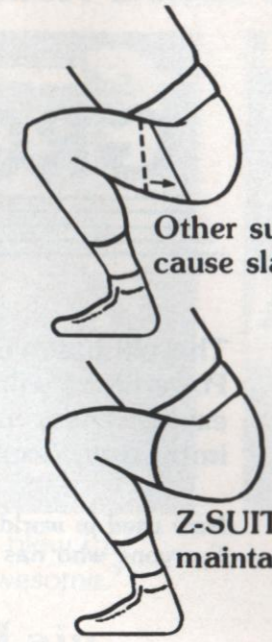
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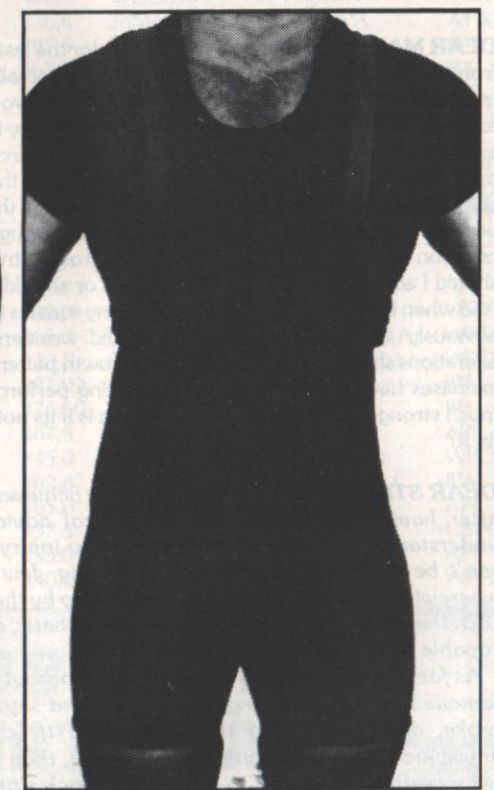
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Ask the Doctor

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've been a powerlifter for the last 5 years. I suffered from a L5-S1 herniated disc in high school football, top Doctors told me that I'd never be able to be physical again, It would be hard for me to workout or anything with consistency due to my injury. Well thanks to great information from you as well as other sources, I've have made my gains quicker than expected. This year I won the state championships and ranked in the top 100 list in PL USA. In the gym I've already beat my old numbers and keep getting strong through proper exercise, nutrition and rest. My only concern is that from a structural standpoint, should I add any supplemental exercises or should I still workout like I did when I squatted only 320, because my squat is twice that now and obviously that style of working out did wonders, but would any alterations shock me into a whole new growth pattern? I see how many exercises have sprouted up, and are being performed by individuals much stronger than myself. The question is if its not broke do you still fix it?

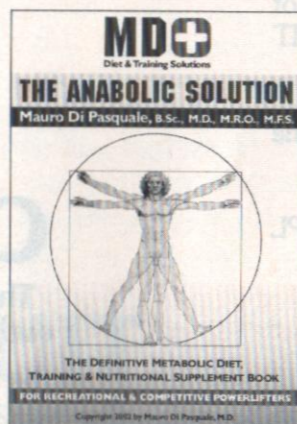
DEAR STEVE: I commend you on your achievements, especially after having so much negative medical advice. You have to understand that while there is almost no injury or problem that can't be overcome by intelligent training, few people lack the wherewithal to make it happen. Doctors go by the numbers and as such their advice is geared to what the pathetic, average person is capable of doing.

As far as changing your routines and workout style, I think the famous theological saying that you quoted says it all. If it's not broke, don't fix it. On the other hand if you're not getting anywhere and your training has staled out, then that's the time to try something different to see if it can kick start you again. For most of my competitive career I basically worked out the same way, with some rather minor variations, although at times, especially at the beginning, I did try almost everything under the sun to find out what worked best for me. As far as new exercises, there basically aren't any, just variations on the old ones. In fact a lot of these new exercises were done by others decades ago and have simply been reintroduced. It's basically a variation of the "back to the future" theme. Success in powerlifting (and in anything else for that matter) is measured by determination, drive and consistency. Mix in some common sense and a yearning to learn and apply as much as you can about training and nutrition, and you've got a powerful brew. And it sounds like you're cooking along just fine. **MAURO**

DEAR MAURO: I tried the GH boost last night and I had very active dreams so to speak, what does this indicate?

DEAR TOM: Thanks I added some specific ingredients in the new GHboost, including niacin and acetyl-L-carnitine (ALCAR). The changes, along with the rest of the formula, does more than just increase GH and IGF-I levels. GHboost also has significant neuroprotective and neurotrophic effects on brain function, mentation, cognition, and energy levels. You're going through

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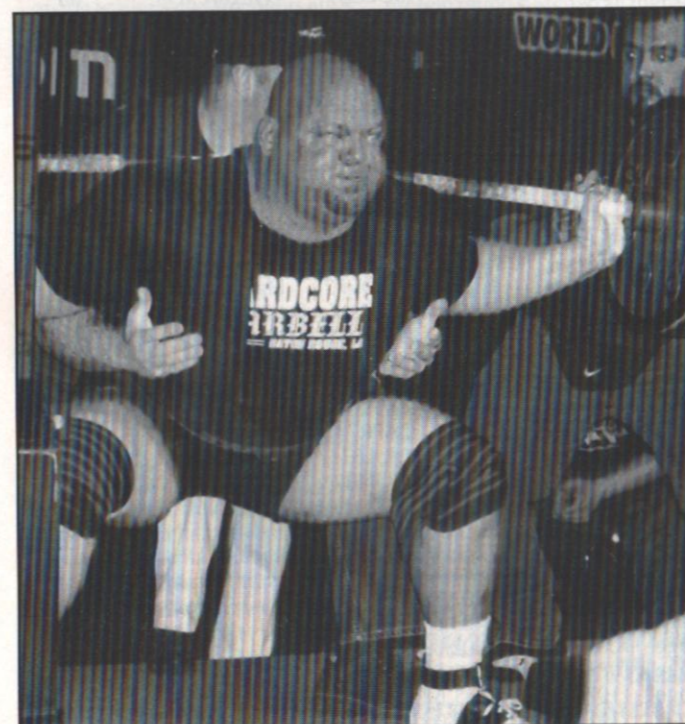
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some of the initial changes in cerebral metabolism which can result, among other things, in an increase in dream and their intensity. That aspect should settle down within a week or so as you continue to use it. Here's what someone else had to say when they used GHboost.

The new formula is interesting. I definitely notice a difference in concentration... felt smarter. The down side is I have less patience for stupidity. It also has a greater affect on energy levels and as I wrote you before it took me a week to adjust to it so I can take it before bed. The first week it kept me wired. **MAURO**

Cole's Club - All -Time Highest Total (Multiple Performances) by Herb Glossbrenner

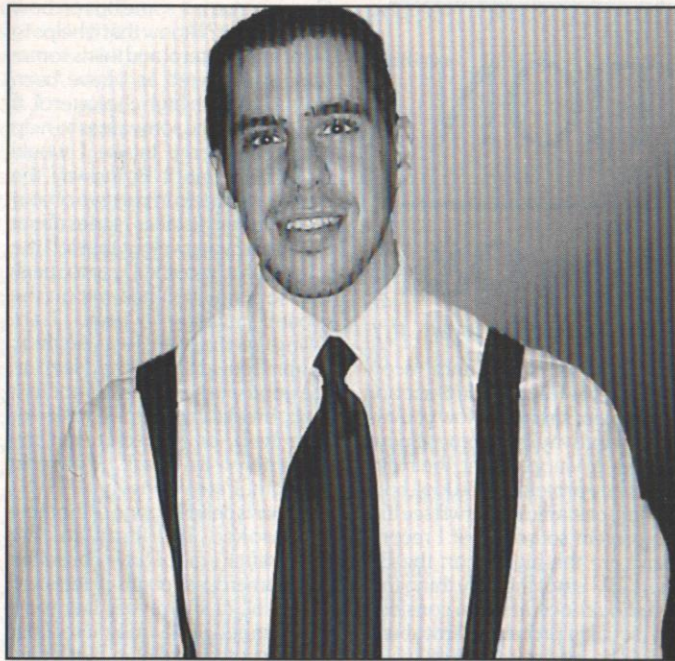
Rank	TOT/kg	TOT/lb	LIFTER	YOB/NAT	BWT	SQ	BP	DL	DATE	LOCATION	FED
1	1212.5	2673.08	Frank, Garry	64USA		460.0	342.5	410.0	18OCT03	Gautier, MS	APF
2	1197.5	2640.03	Frank		164.60	460.0	327.5	410.0	16JUN02	York, PA	APF
3	1182.5	2606.97	Frank		170.15	457.5	332.5	392.5	01DEC01	Daytona, FL	APF
4	1180.0	2601.45	Frank		170.10	455.0	335.0	390.0	24JUN01	Daytona, FL	APF
5	1162.5	2562.87	Frank		166.05	435.0	305.0	422.5	09NOV02	New Orleans, LA	WPO
6	1151.0	2537.52	Bolton, Andrew	70GBR	148.00	455.0	272.5	423.0	01MAR03	Columbus, OH	WPO
7	1150.0	2535.32	Frank		170.10	440.0	315.0	395.0	24FEB01	Daytona, FL	APF
8	1150.0	2535.32	Goggins, Steven	63USA	120.45	500.0	250.0	400.0	01MAR03	Columbus, OH	WPO
9	1150.0	2535.32	Frank		163.80	465.0	292.5	392.5	15MAR03	Jacksonville, FL	APF
10	1140.0	2513.27	Mikesell, Brent	67USA	151.49	502.5	272.5	365.0	28JUN03	Newport, OR	APF
11	1135.5	2503.34	Mikesell		149.50	500.5	275.0	360.0	22MAR03	Red Deer, ALB, CAN	WPC
12	1133.98	2500.00	Frank		170.00	426.38	303.91	403.7	03DEC00	Burbank, CA	APF
13	1128.0	2486.81	Bolton		149.00	440.0	268.0	420.0	28JUL02	Bourmenouth, GBR	WPC
14	1120.37	2470.00	Smith, Matthew	74USA	152.18	439.98	294.83	385.55	13APR03	Newark, OH	IPA
15	1120.0	2469.18	Frank		169.80	427.5	295.0	397.5	19NOV00	Las Vegas, NV	WPC
16	1119.5	2468.08	Turtiainen, Ano	67FIN	124.40	456.0	272.5	391.0	12AUG01	Orlando, FL	WPO
17	1117.5	2463.67	Coan, Edward	63USA	108.80	455.0	260.0	402.5	17DEC98	Las Vegas, NV	USPF
18	1115.84	2460.00	Clark, Anthony	66USA	151.27	460.4	328.8	326.6	28MAR93	Lancaster, PA	WPA
19	1115.0	2458.15	Pasanella, David	62USA	124.80	467.5	260.0	387.5	28MAY89	Honolulu, HI	APF
20	1113.57	2455.00	Ruggiera, Michael	67USA	157.85	460.40	285.76	367.41	13APR03	Newark, OR	IPA
21	1112.5	2452.64	Frank		167.30	412.5	307.5	392.5	11JUN00	Warren, MI	APF
22	1110.0	2447.13	Turtiainen		130.70	470.0	250.0	390.0	01MAR03	Columbus, OH	WPO
23	1109.03	2445.00	Smith		152.10	430.91	303.91	374.21	18NOV01	Columbus, OH	IPA
24	1107.5	2441.62	Coan		110.00	462.5	260.0	382.5	09NOV02	Dallas, TX	USPF
25	1103.0	2431.69	Goggins		116.00	460.5	260.0	382.5	09NOV02	New Orleans, LA	WPO
26	1102.5	2430.60	Wilson, O.D.	55USA	172.40	454.5	250.5	387.5	29JAN89	Long Beach, CA	USPF
27	1102.5	2430.60	Badenhorst, Gerrit	62RSA	138.50	450.0	250.0	402.5	14OCT90	Pescara, ITA	WPC
28	1102.5	2430.60	Mikesell		151.50	475.0	272.5	355.0	29JUN02	Newport, OR	APF
29	1101.1	2427.5	Ware, John	60USA	155.58	447.92	272.16	381.02	29JAN89	Galesburg, IL	APF
30	1100.0	2425.08	Kazmaier, William	64USA	149.69	420.0	300.0	380.0	31JAN81	Columbus, GA	USPF
31	1101.0	2425.08	Thompson, Donald	65USA	156.95	447.5	287.5	365.0	09NOV02	New Orleans, LA	WPO
32	1098.0	2420.68	Bolton		150.95	410.0	267.5	420.5	09NOV02	New Orleans, LA	WPO
33	1097.69	2420.00	Frank		166.47	421.84	294.84	281.02	25JUN99	York, PA	IPA
34	1097.69	2420.00	Kovacs, Daniel	70USA	144.70	415.0	306.20	376.50	19NOV00	York, PA	IPA
35	1097.5	2419.57	Goggins		117.02	455.0	255.0	387.5	24JUN01	Daytona, FL	APF
36	1097.5	2419.57	Childress, Paul	71USA	139.00	462.5	290.0	345.0	01MAR03	Columbus, OH	WPO
37	1095.42	2415.00	Kovacs		145.10	430.91	301.64	362.87	23NOV97	Washington, D.C.	IPA
38	1092.5	2408.55	Fasanella		125.00	462.5	265.0	365.0	08APR88	Honolulu, HI	APF
39	1092.5	2408.55	Clark		155.00	435.0	320.0	337.5	09OCT93	Shawnee, OK	USPF
40	1092.5	2408.55	Smith		156.90	435.0	302.5	355.0	16JUN02	York, PA	APF
41	1091.0	2405.24	Moore, Beau	65USA	149.50	422.5	328.5	340.0	01MAR03	Columbus, OH	WPO



Garry Frank just broke his own All Time Total Record with 1014, 755, 903, 2673 at Joe Ladnier's 1st Annual APF Mississippi State Meet on only 4/8 attempts, coming up with an 1102 Squat, which would have put him way over 2700, but unfortunately that lift was not passed



Ed Coan receiving the Best Lifter Award at the 1999 USPF SR Nationals from Bill Kazmaier. Ed is the only lifter on the list under 100 kilos.



Anthony Ricciuto ... this is the Man Behind x-tremepower.com

powerlifter's plans is rolled oats. Oatmeal, as you may call it, is an excellent source of complex carbs, but it also provides a very good source of fiber. Another very good source of fiber is the many different high fiber cold cereals that are now available. Bran flakes and All Bran are very good sources of fiber and should be included in the powerlifter's meal plan. Not only is the increased fiber going to help bring down your cholesterol level, but it is also going to help prevent another health problem that plagues so many American men and that's colon cancer. If you are not getting enough fiber in your diet then you are setting yourself up for an increased rate of getting colon cancer in latter years. In regards to your cholesterol problem there are many other natural things that you can do to help bring it under control without resorting to drugs. In the near future I will be doing a series on "Cholesterol and the Powerlifter" so keep your eyes peeled to learn some very valuable information that can do more for you than just increase your total ... it can also save your life. All in all, get your fiber up as it will not only help your powerlifting ambitions but your health as well.

Q: You talk a lot about nutrition plan customization? What is that exactly and how do you go about designing a program for strength athletes? I know that you work with a lot of top powerlifters and strongmen like Garry Frank and Glen Ross so what has to take place so that you can design their program? I am really interested in knowing more about how you go about putting different nutrition plans together. If you don't mind letting me in on some of your secrets here that

would be great. Sincerely, Bill Watson

A: Ah ... Trying to get some of my secrets from me are you? Just joking! When I talk about a customized nutritional plan there are many things that have to go into it. The first thing that I have to do is perform a nutritional and supplementation analysis. It is from this analysis that I can start the program design. This includes knowing what the person's training schedule or cycle is like, their current maxes, and when their next competition is. This way I know if the program is for the off season or pre-contest. Next I need to have an array of medical information presented to me to help me understand more about what conditions that I may be working with. If someone has high blood pressure or suffers from diabetes, I will need to know this information before I can start designing the program. I will also have to know what kinds of drugs or medication they are currently taking, as well as any allergies that they may have. I prefer my clients to have blood work done not only so I can see if they have elevated cholesterol or triglyceride levels, but also to understand their insulin sensitivity level and thyroid function. These are two very important factors when designing a meal plan. Next I will also conduct some physical diagnostics which include body measurements and composition testing. This will let me know how much bodyfat they are currently holding as well as a reading for their lean tissue mass and water content. This way I can see how their composition is changing as the program goes along. Not only is this a benefit for those looking to lose a few pounds of fat, but it is an important monitoring tool to

make sure that you are not catabolizing any lean tissue when you plan to go down a weight class. I would need to know about their past injuries and health ailments. Of course, I will have to know what your current and future goals may be. Whether it's to lose fat, gain weight, improve overall health, or to focus on a health condition like decreasing your blood pressure. Your current or past use of nutritional supplements is another area of focus that must be considered as well. Another area of concern is whether the athlete is drug free or pharmaceutically assisted. This in itself plays a huge role in the design of the program since each of them has different considerations that must be met within the program.

For the drug free athlete, preventing catabolism will be an area that must be focused on more than someone that is on the gear. Another aspect to look at is nutritional and supplementation needs to keep the pharmaceutically assisted strength athlete healthy. Focusing on cleansing the blood, liver and kidneys is something that all assisted athletes must do to keep them healthy, especially as they get older. There are many factors that go into designing a customized nutrition and supplementation program for powerlifters. It's not as simple as running off a couple meal plans and dumping them off to everyone that wants to work with you. It takes a lot more than that, especially when you start working with National and World Class athletes who have to constantly improve to stay at the top of their game. These are some, but not all, of the things that go into designing a meal plan for strength athletes. I guess it's a little more complicated than just telling you to eat your vegetables and take your vitamins. I hope that I shed some light on just a few of the things that must be considered when designing a customized nutrition plan for strength athletes.

Q: I would first like to tell you how much I liked your Power Nutrition Column in the February issue of *Powerlifting USA*. That one guy who claimed he was as strong as an ox was a little whacked out if you ask me. Is this guy for real? Did he ever get back to you on the wager that you offered him? I really like how you put him in his place when you told him that women in the 132 pound class were out-lifting him. Ha ... this guy is a joke. Do you have to deal with a lot of bozos like this? My question is in regards to your web site X-treme Power. Where the hell is it? I have been checking back every month and it's still not there? Could you give me the heads up on what's going on? Yours truly, Vito Macci

A: Hey, Vito, it's nice to hear from you. Yes, I do get some really funny e-mail from time to time from some

of the readers. I just learn to take it with a grain of salt. Actually, I find it quite amusing, as those who usually try to put down my theories to improve powerlifter's performance with specific nutrition protocols don't have a clue of what they are talking about. They are just purely shooting out their opinion with no educational background in the nutritional science fields. They also have no real experience working with a true professional that specializes in working with strength athletes for program design. I do see my fair share of these "Bozos" as you mentioned, but it's cool as I like the attention they give to the topic. The aspect of "Nutrition for Powerlifters" has really taken off like never before over the last year and a half. I am very happy to have been leading the front on getting powerlifters educated on what they need to do to take their total to the next level. In regards to the wager I offered him, of course he didn't accept it. Deep down he knows that I am right with what I was saying, since I have proven myself with the many top powerlifters that I do work with. If he decides to change his mind on the wager, then he knows where to find me.

In regards to the Web site at www.X-tremePower.com I have to apologize. First off, this wasn't going to be a personal nutrition site. The purpose of this site was to provide a monthly internet magazine for all strength athletes including powerlifters, weightlifters, bodybuilders, and strongman to provide their input from a multitude of different areas. The purpose of X-treme Power would be an online magazine that covers all the strength sports. There are a couple reasons why it has been so delayed. The first is the fact that on two occasions some of my writers sent me some nasty viruses. It was actually the second virus that actually destroyed my computer. The several months of sweat and tears that I put into it all went down the drain. Talk about frustration, I was about to flip when it happened the second time.

I am also working on a couple of projects right now as we speak that will be very interesting for powerlifters. I will let you in on these secrets shortly. X-treme Power at the present time is still a go, it's just going to be delayed for some time until the other projects have been completed. I apologize again for getting you excited and not keeping you updated in regards to the site. Thanks for writing and if you need anything let me know.

If you have any questions feel free to e-mail and I will try to personally get back to you. If I don't get back to you then chances are you will see them in print very shortly in an upcoming edition of the Power Nutrition Column. I can always be reached at:

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Louie Simmons

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By far the most popular lift at any gym is the bench press. Even the non-power competitor most likely has a bigger bench as his top lifting goal. However, too many lifters are unknowingly holding their progress back by using too narrow a bench grip width with the most common grip somewhere around shoulder width. Most of the time the reason for using a narrow grip is lack of proper coaching and knowledge. Many lifters started using such a grip because their first barbell set came with instructions to basic exercises that told them to bench with a "shoulder width grip" and they never looked any farther. With time, even this grip produced results and lifter grew comfortable with it and saw no need to change. But, there eventually comes a time when progress in the bench suddenly halts or slows down. All too often the lifter looks for a new routine or supplement when potentially the solution may be a technique change involving grip width.

Most powerlifting organizations allow the width a lifter's hands to be up to 81 centimeters apart. This is usually indicated on power bars by the two rings on the knurling. A lifter should try to use every bit of that limit he can to maximize his results. How to get there is the challenge.

Simply put, by benching with such a narrow width grip, the lifter is not using the



PAT CASEY ... the first man to bench 600, shows his bench grip width. (Charles)

full potential of his pec muscles, instead relying on the much smaller and weaker triceps to carry the load. I say potential, because if the lifter doesn't approach widening his bench grip correctly, his bench will actually drop. Generally the wider the grip, the more involvement of the chest or pectorals. If a lifter has trained for an extended length of time with a shoulder width grip, he has not placed enough demand on his pecs to develop them to a high strength level. Several elite benchers I have known over the years have told me they used a narrower grip early in their careers. Later they caught on and moved their grip out and became some of the greatest benchers in history. They stopped relying on their tricep power and made use of more of their upper body musculature, with most of the contribution coming from the pectorals. But there is still another advantage to using a wider grip that I will explain shortly.

The best way to strengthen the pecs is to gradually increase your bench grip over a period of time. Even a small change in width, such as one finger's width farther out on each side, could alter the involve-

STARTIN' OUT

A special section dedicated to the beginning lifter

Bench Grip Width

as told to Powerlifting USA by Doug Daniels

with the max legal width grip. Some lifters may be meant to be close grip benchers but I think they're in the small minority. Even those lifters can benefit from a 12 weeks of benching with a wider than normal grip. A more powerful chest is a plus no matter what width grip or style you choose and using a wider grip in training is a great method to develop it. Train the bench with your normal grip width the last 4-6 weeks in preparation for the meet. You can include one down set with a wider grip to build and maintain pec power.

I mentioned earlier that there is another benefit of using a wider grip; you will now have to push the bar up a shorter distance. It's just pure physics and common sense. The less distance you have to press the weight, the more you can lift even with the same amount of strength.

Using a wider grip will work your triceps hard. You can include a few sets of close grips after your benches for additional tricep work. Close grips, shoulder grip width (no narrower), are the exercise of preference for many big benchers for triceps power. Even if you have no intention or desire to widen your grip, a few sets of wider grip benches in your training cycle will add variety and hopefully new pounds on your bench. The off-season is the best time to try widening your grip out, but at the meet, use the method that will yield the best results.

When looking for ways to increase your strength, look farther than just a new routine or supplement, look at your technique too. Widening out your bench grip either for competition or as assistance work may help you get past sticking points in your training. If you still have room to go out, resume the same method on your next cycle. Combine more upper body power dedicated to the lift and a reduced distance to press the bar to lockout and you have a lifting scenario that is easy to get a grip on.

Doug Daniel's
Web address:
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ment of the pecs and change the mechanics of the lift. Don't expect to immediately take your grip out from shoulder width to the 81 centimeter competition limit and pack 50% on your bench. This would raise your chances of injury as your shoulders, chest, wrists, tendons and ligaments need to be slowly introduced to the different stresses a wider grip will produce.

Let's use a 12-week off-season training cycle to show how a lifter could work on widening his grip. On week 1-3, take your grip out 1 finger's width more than normal on each side. You may not be able to get the same number of reps you would normally get with your usual grip because of the reasons I explained earlier, but stick with it. If you get at least 90% of your reps on weeks 1-3, take your grip out an additional finger's width for weeks 4-6. If not, stay at that width for 1-2 more weeks then move out. Two finger's width may not sound like much, but remember it's actually 4 finger widths as you went out 2 fingers on each side. Depending on your finger width, that can be 2-4 inches. Increase another finger width for the next 3 weeks. Continue up to the

12th week.

Now it's time for evaluate your status. If you're at or close to your usual strength level with an increased grip width, continue to use that grip. If you're lower, take it back in 1 or 2 fingers and start again. If you're still down after another 3-6 weeks, go back to normal grip. You should be stronger using your old grip than before because of stronger pecs. Don't continue to bench wider and lift less just because that Daniels guy said you're supposed to. If you get your grip out even 2 to 3 fingers in those 12 weeks, consider this venture a smashing success. Be careful not to go out too far because the wider you go, the more stress on your shoulders, etc. Obviously, a 5-foot tall lifter would be extremely hard pressed to go to the 81 centimeter-inch limit; size does matter in his case. Bigger lifters should try to get wide enough so your index is straddling the knurling to fully stretch the limit.

If you are already using a legal 81 centimeter grip, you cannot go any wider than the legal width in competition, but training with a wider grip can strengthen the pecs which can add up to a bigger bench

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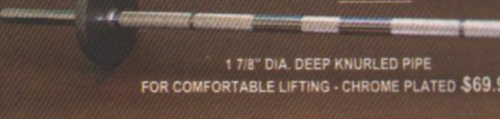
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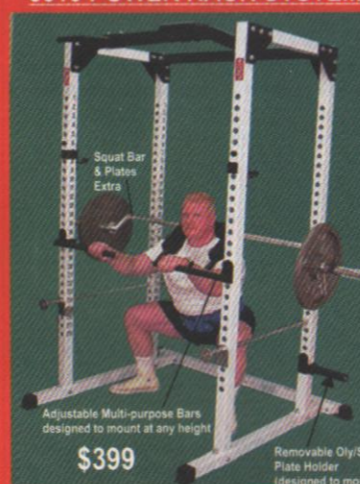


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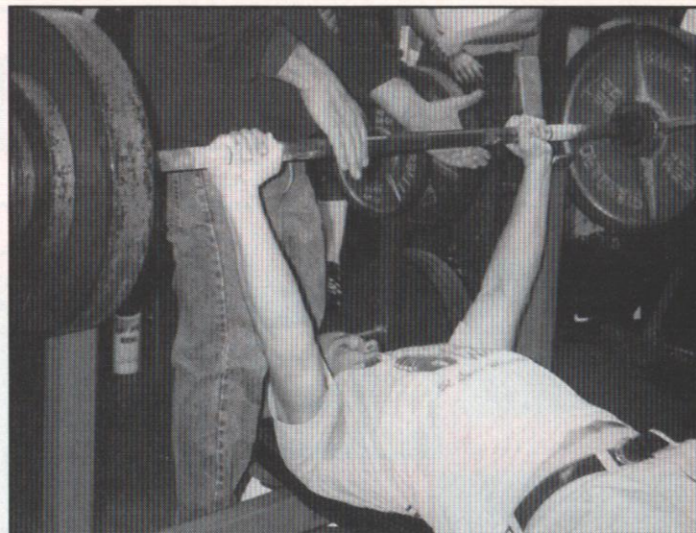
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USA 'RAW' BP WINTER NAT'S
16 FEB 03 - Tuscola, Illinois

teenage men 13-15	4th	330*
165	police & fire	
G. McCormick	185	165
teenage men 16-17	Brian Roberson	280*
165	4th	290*
Dave Hodson	310	181
4th	Lee Roy Banks	415
submaster men	198	
165	Ron Kaczenasz	380*
Al Knapinski	335*	220
4th	345*	350*
275	4th	355*
David Cunie	430	242
novice men	Bryan Stanton	350
308	275	
Jeff Vining	525*	535*
master men 40-49	open men	165
181		
Greg LaCombe	305	335
4th	315	345
master men 50-59	198	
181	Jose Mireles	365
Mike McNairy	265	242
4th	285	450
198	4th	460
W. Strosnider	385	275
master men 60-69	Scott McKelvey	380
242	308	
James McGuire	325*	535*
	4th	550*

won his second title of the day at 165 with his 335 third and 345 fourth personal best. Jose Mireles and Jesse Garza came down again from Michigan to get new prs, and returned home with just that, winning their respective weight classes at 198 and 220. Jose finished with a personal best 365 for the win at 198 while Jesse got prs with his third attempt at 450 and his fourth of 460. Great to have these two lifters back. Scott McKelvey, another Wally Strosnider protege, finished with a personal best 380 for the win at 275. Our biggest lift of the day came from 308 winner Jason Hoover. Weighing in at a light 277 Jason finished with 535 but came back with a strong 550 fourth attempt. Both were new national marks for Jason. This was one of the best competitions we have had at the gym; the energy was just great, with everyone yelling for every other lifter; a lot of new personal records set, and just a fun meet for everyone. The group of police & fire lifters that came down from Michigan, Wally's gang from St. Louis, Missouri and Lee Roy made it all so special. At the awards ceremony Wally was awarded a special plaque in appreciation for all he has done for the sport. Thanks again to everyone. See you all again April 5 for the Spring Nationals. (Latch)



Dave Hodson with a Personal Record of 320 pounds (Darrell Latch.)

*USA 'RAW' Bench Press Federation national record. Best Lifter - RICARDO DIXON. The 2003 USA 'RAW' Bench Press Federation Winter Nationals were held at Son Light Power Gym in Tuscola, Illinois on February 16. Thanks to all the lifters and their families who braved the snowy and icy weather to compete in this annual event. Thanks to all my helpers, Linda Middleton, Joey Latch, Dustin Kearns, Johnathan Williams and Rob Mann for doing such a great job loading, spotting and judging. In the teenage men's 13-15 age group, fourteen year old Garrett McCormick got in just his opener of 185 for the win at 165. A second and third attempt at 205 failed just short of lockout. Garrett did, however, set a new Wisconsin state record for his class. Our other teenage lifter was Dave Hodson, who finished with a personal best 320 on his fourth attempt, taking the title at 16-17/165. Al Knapinski came down from Wisconsin for the title and national record at submaster 165 and did just that in true style. Finishing with a 335 third followed by a 345 fourth attempt, both were new personal as well as new national records for Al. Also at submaster was 275 winner David Currie. Coming all the way from Michigan, David finished the day with a personal best 430. In the master men's 40-49 division Greg LaCombe got two new prs with his win at 181, making 305 for his third attempt, then getting success with a fourth of 315. Mike McNairy won at 50-59/181 with 265, but followed up with a fourth of 285. Wally Strosnider won again at 50-59/198 with a strong 385. Newcomer James "Rocky" McGuire looked impressive with his win at 60-69/242. The sixty-two year old finished with new personal and national marks at 325 followed by a great 330 fourth attempt. In the police & fire division Brian Roberson had a great day, taking the title at 165 and setting the national mark there. Brian finished with 280, but came back with a successful fourth to up his record to 290. These were also new personal records for Brian. Lee Roy Banks was in great form, yelling at and helping everyone who lifted while also taking the 181 class. Lee Roy loves to compete and is one of the greatest motivators in the sport. Maybe he was being extra good because his mother was there watching? At 198 it was Ron "Sully" Kaczenasz for the title with 380. This broke the existing national record and also gave Ron a new personal mark. Greg Kolhoff also set a new national record with his win at 220. Greg finished with a 350 third, followed by a fourth of 355. Bryan Stanton had been struggling with a minor pec injury but still managed to tie his own personal best of 350 with his win at 242. At 275 it was all Ricardo Dixon, finishing with a new national record of 535 and receiving the best lifter award for the competition. Weighing in at just 265, 535 ain't too bad a lift raw! In the novice men's division, first-time lifter Jeff Vining broke the national record at 308 with 525. In the open division Al Knapinski

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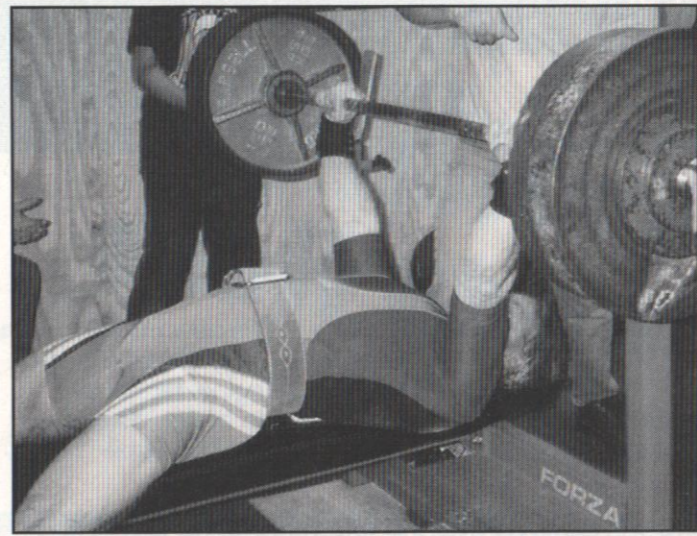
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Dana Rosenzweig with a National Record of 470 (Dr. Darrell Latch)

SLP CENTRAL USA PL CHAMPS
15 FEB 03 - Tuscola, Illinois

BENCH PRESS	198			
submaster men	Jerry Hine	380		
275	275			
Otha Boyd, Jr.	450	Matt Castleman	415	
308	4th	435		
G. Messenger	480	308		
master men 40-44	Mark Rose	575		
242	308			
Mark Aydt	420	Matt Organ	525	
master men 45-49	DEADLIFT			
198	master men 45-49			
D. Rosenzweig	450	198		
4th	470	Steve Vollmer	525	
198	master men 60-64			
Robert Kuhn	370	165		
242	M.Montgomery	460		
R. Zirkelbach	360	open men		
275	275			
Bob Walker	open men	Matt Castleman	575	
open men	308			
Steve Barr	335	4th	580	
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master men 45-49	198	335	490	1290
C. Gabbert	475	325	490	1290
4th		335	1300	
220				

Brian Sullivan 365 285 350 1000
4th 300 1015
open men 148
Jim Dinaso 330 245 405 980
4th 350 425 1020
242
Ed Clark 550 580
308
Dustin Minks 225 550
4th 580
Bench - Best Lifter - MARK ROSE. The Son Light Power Central USA Powerlifting Championship was held February 15, 2003 at Son Light Power Gym in Tuscola, Illinois. This meet occurred during the worst weather of the year but still several hardy lifters came from miles away to lift their best. And the best many did as we saw several new personal marks established, especially in the bench press competition. In the full meet we had a small showing but again with some great personal and national records set. At master men 45-49/198 Claude "Skip" Gaddert had a great day with all new personal records in the squat, bench and total. Skip finished with a great 475 squat, then moved to a 325 then a 335 fourth attempt in the bench press. A 490 pull gave Skip a new pr total of 1300. Brian Sullivan got all new prs in every lift while setting the national record in the bench at 45-49/220. Brian finished with a 365 squat, 285 bench and a 350 deadlift for a 1000 total. A fourth in the bench at 300 gave Brian a 1015 record total. The best lifter of the full meet was Jim Dinaso who took the open title at 148. Jim not only set all new personal marks on the day but he broke all of the existing national records also. Jim had a 330 squat followed by a solid 350, a 245 bench and a 405 deadlift for a 980 total. Jim's successful fourth pull of 425 upped his record setting total to 1020. In the open 242 class Ed Clark failed to get his opening squat of 750 in but finished the meet with a 550 bench and a 580 pull. Dustin Minks also had a tough time with his opening squat, failing with 750 on his final attempt. Dustin benched 225 and pulled 550 followed with a 580 fourth attempt. In the bench press event Rev. Otha Boyd, Jr. set a new national record at submaster 275 finishing with a personal best 450. Gary Messenger also got a new national record, along with an Illinois state record at submaster 308 with 480. Mark Aydt won at 40-44/242 with 420, just not quite in the groove yet. At 45-49/198 it was Dana Rosenzweig with a 450 third followed by a 470 pr fourth for a new national record there. Robert Kuhn, a world class arm wrestler, finished second at 198 with 370. Robert Zirkelbach got a new pr, just missing a fourth with 375. Two-time world champion Bob Walker failed with his opener at 45-49/275 three times. Progressively getting heavier with each attempt, Bob finished with a 620 attempt. In the open division Steve Barr won with 335 at 165. Jerry Hine got a pr of 380 with his win at 198. Matt Castleman broke the national record at 275 with 415, followed by a 435 fourth. Matt's final attempt was also a new personal record. Mark Rose had his best meet ever with a 575 second attempt, coming within inches of locking out 600! Mark set a new Illinois state record as well as posting a new national record at 308. Second place at 308 went to Matt Organ who finished with 525. In the deadlift competition Steve Vollmer returned to the lifting platform with a 525 pull for the win at 45-49/198. Martin Montgomery pulled a great national record with 460 at 60-64/165, just missing a personal best 480. Matt Castleman set a national record at 275 open, finishing with 575 as a guest lifter. Dustin Minks bombed out of the full meet but took the open 308 title with 550. He followed that with a 580 national record pull fourth attempt. At the awards ceremony two greats of Illinois powerlifting were honored for their lifting and training careers and for the many lives they have touched over the years. Bob Walker is a two-time world bench press champion, a past gym owner, trainer and promoter from Southern Illinois. Also from Southern Illinois is current gym owner and trainer, Steve Hutkowski, another nationally-ranked powerlifter. Both were given beautiful plaques to honor all they have given to the sport. Thanks to everyone who helped out; Linda Middleton, Joey Latch and Rob Mann for judging, Joey, Rob, Dustin Kearns & Jon Williams for spotting/loading. (Latch.)

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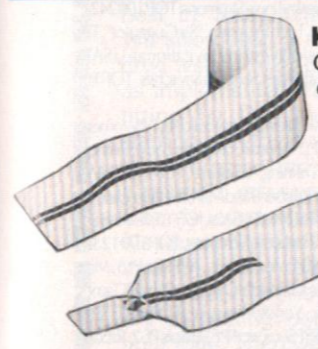
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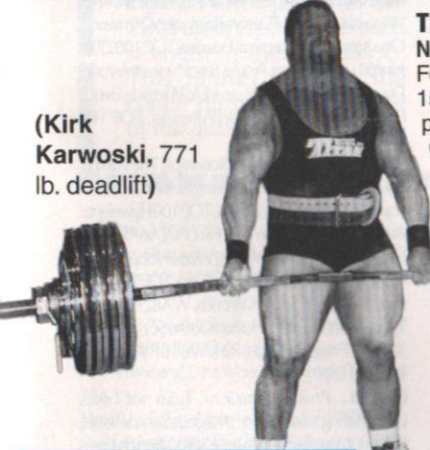
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Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hemia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20132s
May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20148s
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 SH-Ws, ADFPA TOP 20181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20220s
Nov/94... WDFPF Worlds, Goodwill Games, IsPLa Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20275s
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European J's Women, 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 Reinhold, 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 Jr.s., 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 SH-W
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s
Dec/95... Walter Thomas Interview, IPF World

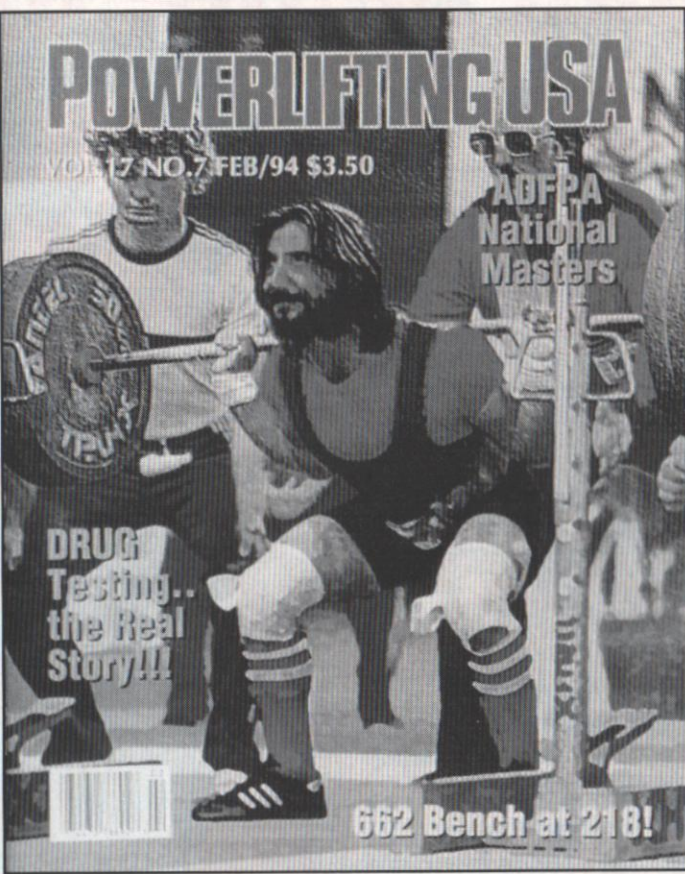
Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/MPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice
Jul/96... AAU Men's, USPF Jr.s., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/ Jr./Masters, IPA World Cup, TOP 100 132s
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glosbrenner "Respond to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s
Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tipson Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USAPL Decline, John Ford Pt. 2, TOP 100 242s
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pynvate, 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 SH-W
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 Ltwts
Nov/97... U.S. Strongest Man Contest, World's FAST-EST Bench Presser, Rick Caugler 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 Phillipi 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, Emie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPCWDFPF Split, TOP 100 SH-Ws
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visitto 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 to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts, TOP 100 Flyweights
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 Chairs, 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/Why?, 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 SH-Ws
Aug/99... the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith-Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s
Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S. TOP 100 220s
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 SH-Ws
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, Pre-Meet Checklist, How to Do the SQ - by Louie S., Emie 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 Louis Simmons, TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s

Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/ BP
Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275s
Jun/01... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SH-Ws
Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerto, 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 Cosello Jr. Interview 700

Nov/01... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
Dec/01... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
Feb/02... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ano Tuurainen 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 SH-Ws



BACK ISSUE OF THE MONTH ... you can still get the FEB '94 edition of PL USA, and many others, for \$5 postpaid (see details below, and ask about our price break(s) when you order more than one issue!)

ers of all time - Greg Warr. Doug Parrish, the rugged ADFPA 181 pounder, was interviewed by Bob Gaynor. Greg Reshel, of Power Excel, explored the Bench Press

Pyramid Training Program Alternatives. Emie Frantz gave his views on the resignation of WPC President Kieron Stanley. Doug Daniels elucidated on Deadlift

Performance Tips and Derek Cope talked about "The Front Knuckles Pull" Ken Snell described his experience training and competing after a brand new kind of hernia surgery. The WDFPF World Bench Press Championships from Zakopane, Poland were covered by Jumpin' Jersey Joe Pyra. On the TOP 100 for the 181 lb. class the top spots were taken by Tony Kamand's 845 squat, Joe Sherman's 565 bench press, Bill Cavalier's 733 deadlift, and Kamand's 1860 total. Elsewhere on the list, Keith Kanemoto was 80th in the squat with 595, Paul Bossi was 95th in the bench with 400, Fabian Wambsgans was 85th in the deadlift with 595, and photographer Brian Baertlein was 98th in the total with 1490. Gordon Santee won the 165s at the USPF California State Meet with 490 275 529 1294. Chuck Vogelpohl won the APF Ohio State meet at 242 with 770 490 740 2000. Tom Manno won the OBPf Arizona Bench meet with 470 in the 275s. Sean Culnan was 2nd at SHW in the ADFPA New York State meet with 735 485 680 1900 to Pete Gisondi's 735 460 710 1905. TOP ADFPA 114s were Keith Bourque's 446 squat and Doan Nguyen's 259 446 1140.

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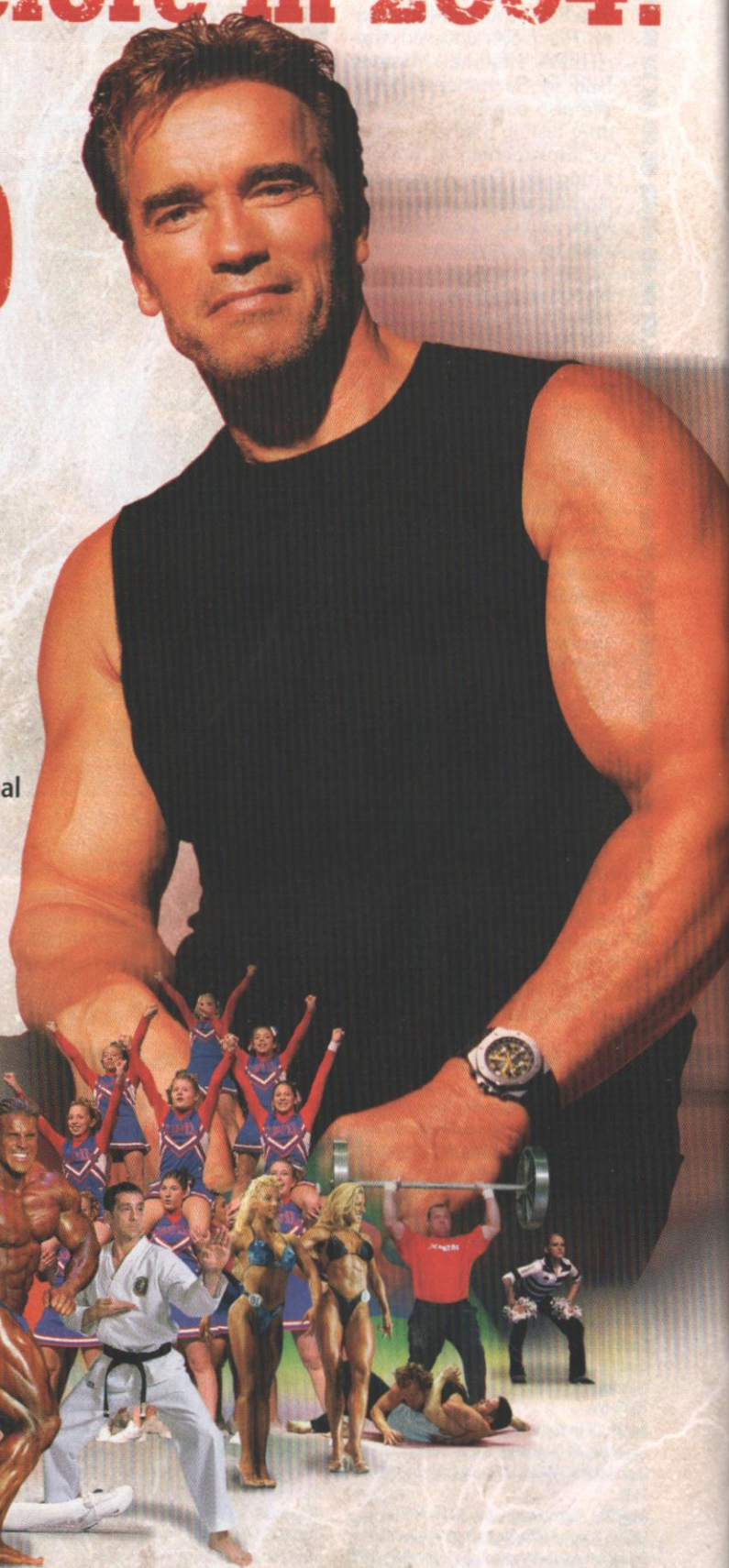
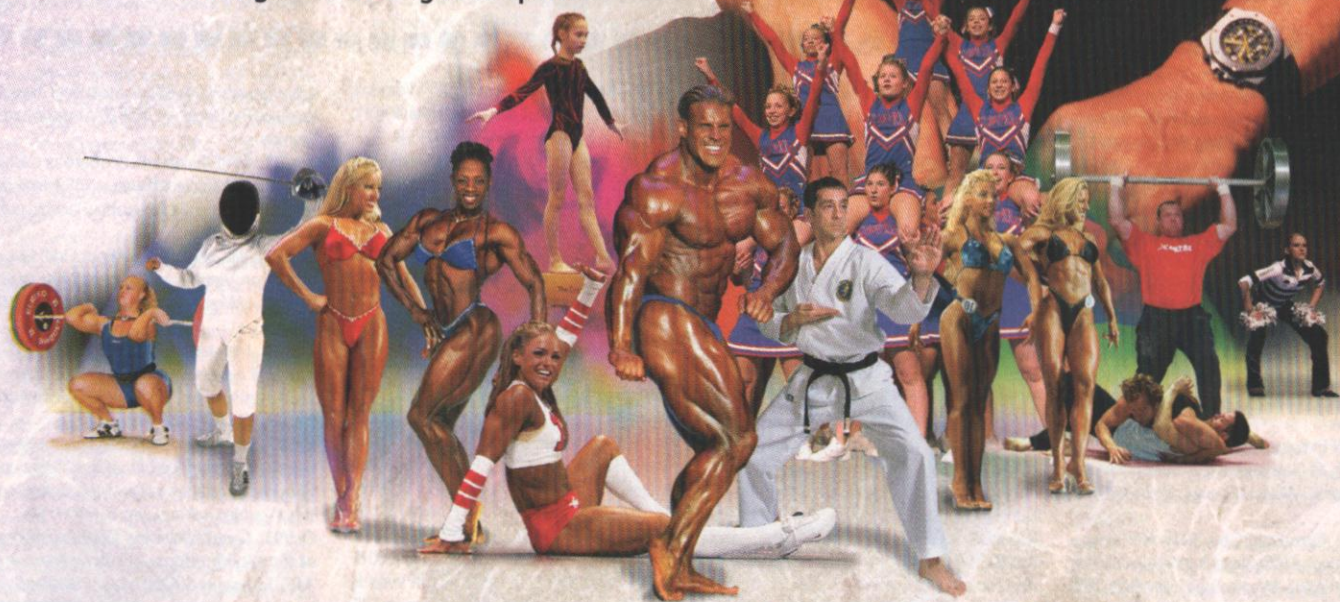


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MEET DIRECTORS... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain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

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

15 NOV, USAPL Anchorage Fall Classic, Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99526, 907-345-7996

15 NOV, USAPL University Cup Challenge (Collegiate, Guest Lifters) Nicholls State Powerlifting, Box 2032, Thibodaux, LA 70310, 985-446-0654 (h), 448-4811 (o)

15 NOV, NASA Arizona Regional PL/BP/PS (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 NOV, USPF Texas Cup (Round Rock, TX) Texas USPF, 4025 Duval #2333, Austin, TX, 78759, 512-835-5303, TBr9356258@aol.com, www.texasuspf.net

15 NOV, 100% Raw BP + DL Meet, John James, 5666 Chapel Run Rd., Centreville, VA 20120, 703-803-9178

15 NOV, USAPL Southern California PL + BP (Escondido, CA) www.usapl-ca.org, Justin Maille, mailleja@Imardiv.usmc.mic, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

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

15 NOV, USAPL Fall Brawl/SCI Rockview (Men 18 yrs and Older - No Entry Fee) Tommy A. Petersman, Activities Dept., SCI Rockview, Box A Rt 26, Bellefonte, PA 16823, 814-355-4874 ext 229, Tommy or Edward Schnars

15 NOV, AAPF Drug Free Tom Foley BP + DL Classic, Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501

15 NOV, USAPL Dakota Open, Nicole Royals, 1419 Jupiter Ct., Rapid City, SD 57701, 605-718-9292

15 NOV, USAPL Maryland State, Mark Daniel, 9413 Squire Ct., Laurel, MD 20723, 301-317-5572, mdaniel55@comcast.net

15 NOV, APF Big Iron Open + Nebraska State (Omaha, NE) Rick or Becca 402-392-2446, www.beccaswanson.com

15 NOV, Central USA PL Meet (Cape Girardeau, MO) Rick Fowler, 618-451-4737, www.usaplnationals.com

15 NOV, WNPFL Florida State Bench, Deadlift, Powercurl Tampa, FL Meet Director- Brian Burritt, 15910 Lahinch Circle, Odessa, FL 33556-813-792-1316

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, PLw/monolift, 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, USPF Deadlift Nationals + Push/Pull Nationals (Manchester, NH) Jamie Fellows, 603-279-0758, or fellows03220@yahoo.com

16 NOV, ADAU Connecticut State PL + BP, Robert DeLavega, Powerhouse Gym, 71 Commerce Dr. Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.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, (new location) SLP NATIONAL 'RAW' POWERLIFTING/BP/DL NATIONALS (Jefferson City, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, North Idaho BP/DL (Coeur D'Alene, ID) Roger Neff, 208-964-0194, www.hitestevents.com, cash prizes

22 NOV, NASA Illinois Regional (PL, BP, PS - Chicago, IL) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

22 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burselon Rd, Austin, TX 78744, 512-385-5420

22 NOV, WNPFL Bench Prss & DL Iron Man Nationals (Atlanta, GA) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPFL@aol.com

22 NOV, SPFL 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

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 Kevz580@aol.com

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

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

23 NOV, Iron Mike's BP + DL, (Clarion Hotel, Toledo, OH), 419-841-4653

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, Raw Power Push/Pull, Lou @ Gym Warriors Gym, 3 First Ave., Peabody, MA 01960, 978-538-3910

29 NOV, IPA Push/Pull "War on the Floor" (Albany, NY - Amateur/Professional) IPA New York Chairman Hank

Coming Events

Sargent, 518-885-4074 (No Calls after 9 pm)

29 NOV, NASA Kansas Regional (PL, BP, PS - Salina, KS), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

29, 30 NOV, USAPL American Open (Philadelphia, PA) Robt. Keller, 3625 College Ave #316, Ft. Lauderdale, FL 33314, 945-262-6709, rhk@verizon.net

4-7 DEC, IPF World BP (Trencin, Slovakia)

5-7 DEC, World Powerlifting Committee World Championships (Vienna, Austria) www.americanpowerliftingcommittee.com, LBBaker 770-725-6684, 770-713-3080 (Cell)

6 DEC, YMCA Midwest Championships (PL, P/P, BP, DL) Jared Beard, 611 N. Hancock St., Ottumwa, IA 52501, 641-684-6571

6 DEC, USAPL Arizona State PL, Rich Wenner, 35437N, Ghost Rider St., Queen Creek, AZ 85242, 480-965-6349, rich.wenner@asu.edu

6 DEC, Physathlon Rudolph's Run, Will Shipley, Box 750, Madison, TN 37116, gordon.haller@gambro.com, 615-201-3335 (beeper 10-4 wk day)

6 DEC, USAPL Maryland State BP (and Deadlift Division), Brian Price, Bel Air

Athletic Club, 658 Boulton St., Bel Air, MD 21014, bprice@wellbridge.com

6 DEC, APA Maine Barbenders BP + DL Classic (Broadway Health + Fitness) Garrett Chabot, 113 Main St., Lincoln, ME, 04457, barbell265@hotmail.com

6 DEC, 20th Southeastern Cup PL + BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988(D), 3989(N), bduke@alltel.net

6 DEC (NEW DATE), USBF Maryland State Bench Press (raw & assisted), Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

6 DEC, 5th Immaculate Heart of Mary Holiday Bench Press, Ron DeAmicis, 6531 New Rd, Youngstown, OH 44515, 330-792-6670

6 DEC, NASA Novice Nationals PL + PS (Springfield, OH) Gary Scholl, GSar2950@aol.com

6 DEC, APF PA Christmas Classic PL/BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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, SPFL 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, Co-

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lumbia 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/brucewan500/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 (2 yr age groups)/ Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 1-800-378-6460

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

6 DEC, 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.virginiapl.com

6 DEC, AAPF State Meet + APF Tri Cities Open (Springlake Middle School) Andy Briggs/Martin Howard, 15296 Millhouse Ct., Grand Haven, MI 49417, 616-844-6350, lifthuy1@yahoo.com

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

6-7 DEC, APF Southern States (Daytona, FL) 386-426-8648 or email hugeiron@logicalcity.com

7 DEC, Ohio Open BP + DL, Power Station Gym, 1821 S. University Blvd., Middletown, OH, 513-825-3604, www.ruetherproductions.com

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

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

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

7 DEC, AAV North Carolina State (Pre-Teen, Teen, Open, Submaster, Master) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, 704-289-4940, fax 704-289-2266, jfhowie@carolina.rr.com

9-14 DEC, WABDL Drug Tested Worlds (Riviera Hotel, Las Vegas, NV) Gus Rethwis, 503-762-5066

12 DEC, NASA Missouri Regional (PL, BP, PS - Carthage, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDFL@aol.com

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13 DEC, Golden Bear Bench Press (Barron, WI) Steve Frank, 203 W. Messenger St #8, Rice Lake, WI 54868, 715-736-7560

13 DEC, USAPL Illinois State BP (Men, Women, Masters, Junior, Teen) B+W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

13 DEC, AAPF State Meet + APF Tri Cities Open (Springlake Middle School) Andy Briggs/Martin Howard, 15296 Millhouse Ct., Grand Haven, MI 49417, 616-844-6350, lifthuy1@yahoo.com

13 DEC, River Valley Classic BP, John Comerkeski, 113 Hloran Dr., Breesport, NY 14216, 607-739-7322

13 DEC, APA Southeast America BP + DL (Piedmont, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

13 DEC, IPA Holiday PL + BP, Competitive Edge, 33501 - A Lake Rd, Avon Lake, OH, 44012, 440-930-2272

13 DEC, American Family Bench Battle (Rich, VA - raw and assisted, teen, open, master, both male and female) Ben Bowman, 804-327-9096 after 6pm

13 DEC, 5th Bench Shootout (Men, Women, Teen, Jr, Sub, Masters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

13 DEC, USPF Powerhouse Gym BP (mission Viejo, CA) Charles LaMantia, 15213 Santa Gertrudes W 103, La Mirada, CA 90638, 714-994-5198

13 DEC, 16th Elkhart BP, Jon Smoker, 30907 CR16, 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@AOL.COM

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

13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

13 DEC, Christmas BP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapl.com

13,14 DEC (NEW DATES), 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

14 DEC, APA Nutmeg State Open BP + DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

14 DEC, USAPL Midwest Senior States (Omaha, NE - open to all lifters) Tim Anderson, 402-427-8085, timanderson@hunte.net, www.nebraskapowerlifting.com

14 DEC, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 DEC, USPF RMAC 6th Ever Push/Pull, Rocky Mountain Athletic Center, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

20 DEC, North Coast Push Pull (Freemont, OH) Rob Twining, 330-334-0557

20 DEC, (corrected phone number) 1st Bench Press Classic, Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 610-377-5852

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

10 JAN, Ultimate Fitness BP, Ultimate Fitness, 1640 Livingston Rd., Hudson, WI 54016, 715-381-0326, KLparker@presenter.com

10 JAN, Ohio State Bench Press (W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

10 JAN, USAPL NorCal Winter Classic (Diablo Barbell, Concord, CA), Rob Meulenberg, 925-803-5029, rwmeulenberg@hotmail.com

17 JAN, White's Truck Stop/YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapl.com

17 JAN, APA/TMSPA Patriot Challenge, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, powerlifter@angelfire.com

19 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

24 JAN, SLPHESTER'S FAMILY FITNESS WINTER BP/DL CLASSIC (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 JAN, APA Maryland State Open, High School, Teenage Powerlifting and State BP + DL Championships (Prince Frederick, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

25 JAN (New Date), WNPF PENNSYLVANIA/DELAWARE/MARYLAND STATE POWERLIFTING, BENCH, POWERCURL & WNPF DEADLIFT NATIONAL CHAMPIONSHIPS (Philadelphia, PA), 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

31 JAN, SLP A COLD DAY IN... TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

31 JAN, 1 FEB, USAPL Women's Nationals (Double Tree Hotel, Omaha, NE) James C. Hart, Box 82264, Lincoln, NE 68501, 402-470-3672, jmsrt@aol.com, fax 402-470-3684, 402-470-3672 after 9 PM CST or before 8 AM CST

1 FEB, 13th Annual Winter BP Classic + DL (Fit Stop, Granger, IN) Anson Wood, 574-903-4586, info@enormous.biz

7 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP (Waupaca, WI.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 FEB, SPF Tenn. St. Open Push/Pull and the Tenn. St. Bench Press (touch 'n go), Powerhouse Gym, Hixson Pike, Chattanooga, TN, Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

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

29 FEB, The Beast in the East BP (All Wt. Classes/Div. - Taylor, PA) Joe Moe, 570-562-3642, moeeynj@netill.com

5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH)

Championships Touch 'n Go (teen, women, masters, men) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105

14 FEB, SCI Rockview USAPL St. Valentine's Day Massacre (Men 18 and Older, No Entry Fee) Tommy A. Peterman, Activities Dept, SCIRockview, Box Art. 26, Bellefonte, PA 16823, 814-355-4874, Fort 229, Tommy Peterman or Edward Schnars

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

15 FEB, USPF Can-Am BP (Ramada Inn Convention Ctr, Men + Women Open, Jr., Masters, Collegiate, Unlimited Equipment - Cash Prizes) Nutrition 101, 865 Second St, Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com

21 FEB, IPA 1st Annual CandyAzz BP/DL, Sandi or Zane McCaslin, Box 137, Fultonville, NY 12072, 518-858-7002, candyazz@ironasyllum.com, fax 518-858-8810

21 FEB, SLP CENTRAL USA OPEN POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 FEB (new date), WNPF 2ND ALABAMA NATURAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS-MONTGOMERY, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

21 FEB, 3rd Fitness Connection Tomah Winter BP (Tomah, WI), DWG Productions, 2018 Jackson St., La Crosse, WI 54601, 608-787-5693 or 608-372-3883 (gym)

21 FEB, USAPL South Dakota PL + BP, Jeff Blindaue, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

21 FEB, NASA Power Sports Nationals, (RAW) SQ, BP, SC, DL (Nashville, TN) Rich Peters, Phone - 405-527-8513, E-mail SQBPDFL@aol.com, P.O. Box 735, Noble, OK. 73068

21 FEB, APA/TMSPA Texas State, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, powerlifter@angelfire.com

22 FEB, 12th WNPF GEORGIA NATURAL POWERLIFTING, BENCH, DEADLIFT & POWERCURL CHAMPIONSHIPS - ATLANTA or FITZGERALD, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

28 FEB, 5th NASA High School Championships (B.P., P.S.) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413, 1-8PM M-F, lessmitty@bspeedy.com

28 FEB, AAV North Carolina State (Greensboro, NC) Kings Gym at Triad, 2250 336-622-3886

28 FEB, APF California State (Sacramento Red Lion Inn) Al Garcia, 916-482-2868

29 FEB, The Beast in the East BP (All Wt. Classes/Div. - Taylor, PA) Joe Moe, 570-562-3642, moeeynj@netill.com

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, SLP TENNESSEE OPEN BP/DL CHAMPIONSHIPS (Clarksville, TN.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 MAR, WNPF NEW JERSEY + NEW YORK POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - EDISON, NEW JERSEY, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

6 MAR, SPF North Carolina State Open/Closed/Raw BP (Touch and Go) Best Western Motel (Hendersonville, NC) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

6 MAR, Old Diminion BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapl.com

6 MAR, Atlantic State Open (Full Power - Men, Women, Teen, Jr, Sub, Masters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

7 MAR, WNPF LIFETIME DRUG FREE NATIONALS POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL, PHILADELPHIA, PA, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

7 MAR, New Jersey Drug Free High School Meet, Health Quest of Hunterdon, 310 Rte. 31 N., Flemington, NJ 08822, Faith Cust, 908-782-4009 ext 246

13 MAR, USAPL Battle of the Great Lakes VII (PL, BP - Men + Women - Open, Jr., Master, Grandmaster, Great Grandmasters, High School I + II, raw - Cleveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608(h), 330-908-6199 ext 5261 (w), gary.kanaga@novodniaschools.org

13 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 1135 Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

14 MAR, USAPL Florida State, Vincent Lombardi, 1065 Cresson Ridge Ln., Brandon, FL 33510, 813-685-3498

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, SLP HEATH CLIFTON MEMORIAL BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 MAR, PPL Drug Free Spring Classic (BP, DL, Ironman, PL) JPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

20 MAR, USAPL West Virginia Open PL/BP (Bluefield, WV), John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapl.com

3,4 APR, IPA Iron House Classic PL + BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com

3,4 APR, Power Palooza 6 PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Roversford, PA 19468, 610-948-7823

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

4 APR (new date), WNPF 2ND TENNESSEE POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS - CLEVELAND, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

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

10 APR, USAPL 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, PPL Drug Free Spring Classic (N. Augusta, SC - BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

17 APR, WNPF NATIONAL BENCH PRESS AND POWER CURL CHAMPIONSHIPS-ATLANTICCTCY, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF@AOL.COM

22-25 APR, IPF World Bench Master/Banovce Nad Bebravou, Slovakia

24 APR, SLP PRIMITIVE FITNESS BP/DL CHAMPIONSHIP (Crestwood, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 APR, NASA Wisconsin State, Bob Vitier, 837 Norman Dr., Stoughton, WI 53589, 608-205-9885

APR, AAU Qualifier (Burlington, NC) Dr. Jeffrey Noah, 336-229-5573

APR, USAPL California State PL + BP (Napa, CA) www.usapl-ca.org, Jason Burnell, 510-364-0197, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

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

1 MAY, SLP MICHIGAN OPEN BP/DL CHAMPIONSHIP (Holland, MI.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-

Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
7-9 MAY, APF Teen, JR, Submaster, Master Nationals, (Ohama, NE) Rick or Becca, 402-392-2446
8 MAY, SLP CROSS COUNTY PULL BP/DL CHAMPIONSHIP (Mattoon, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
8 MAY, 22nd USAPL Viking Open (Men, Women, Masters, Jr., Teen) B+W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
8 MAY, APA/TMSPA Summer Bash, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com
9 MAY, USAPL Cissill Classic @ the STL Fitness Festival, Harold Gaines, 2109 Butterfield Ct, Maryland Hts, MD 63043, 314-275-7069
15 MAY, 3rd USPF Open BP + DL (Sponsored by Eric CC Football Team - Buffalo, NY - Open, Women, Teen, Submaster, Masters) Dennis Green, 716-851-1898
15 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
15 MAY, SCI Rockview USAPL May Melee (Men 18+ - No Entry Fee) Tommy A. Peterman, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 ext 229, Tommy Peterman or Edward Schnars
22 MAY (new date), WNPF RAW NATIONALS & POLICE/FIRE/MILITARY NATIONALS + POWERFEST, POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL- EDISON, NJ, 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
29 MAY, Super Bench 2004, (Men, Women, Teen, Jr, Sub-Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
MAY, USAPL Masters Nationals, Tom North, 2025 E. Shady Grove #2, Irving, TX 75060, 972-721-0200
3-6 JUN, IPF World Women's (Cahors, France)
4 JUN, USAPL Pete Lanzi Memorial II (BP + DL, Men + Women, Open, Jr., Master, Grandmaster, Great Grand Masters, High School I + II, Raw - Cleveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608(h), 330-908-6199 ext 5261(w), gary.kanaga@novodniaschools.org



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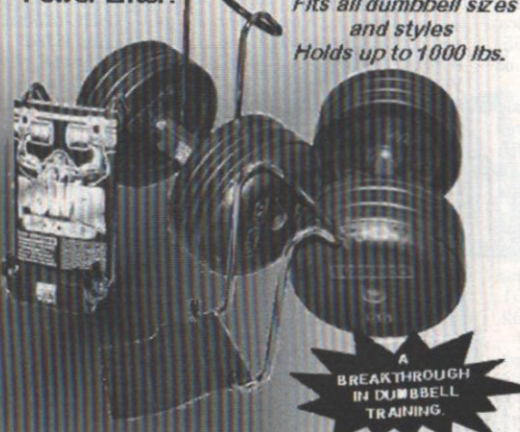
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4-6 JUN, AAU National BP + DL (Sheraton, Charlotte, NC in conjunction with the NCAA Summer Sports Games) Kingsgym@triad.rr.com, 336-622-3886

5 JUN, SLP WISCONSIN OPEN BP/DL CHAMPIONSHIP (Waupaca, WI.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 JUN, USAPL "Raw" Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

5, 6 JUN, APF Senior Nationals, Gary Frank (Baton Rouge, LA)
5, 6 JUN, NASA 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

10 JUN, Independence BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

12 JUN, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
12-13 JUN, ADAU Nationals, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

13 JUN (new date), WNPF ELITE NATIONALS & WNPF NORTH AMERICANS & NATIONAL CHAMPIONSHIP POWERLIFTING, BENCH, DEADLIFT, SQUAT-PHILADELPHIA, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214
18 JUN, PPL Drug Free Georgia State

(BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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

26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26, 27 JUN (new date), 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

JUN, NASA 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

JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

3 JUL, Iowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

10 JUL, Independence BP/Curl - Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com

10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

11 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, 2nd APA Iron Bash At the Beach (Mattanawcock Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

24, 25 JUL, NASA Grand Nationals, 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

31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Monolift) The Gym, 112 W. North Ave., Florida, IL 62839, 618-662-3413 1-8PM M-F, lesmitty@bsspeedy.com

JUL, NASA Western States Nationals (PL, BP, PS - Mesa, AZ) Rich Peters, Phone - 405-527-8513. E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK. 73068
JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586
6-8 AUG (new date), 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

7 AUG, Eastern USA BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

8 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, WI.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

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

15 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 AUG, SLP INDIANA STATE FAIR BP/DL CHAMPIONSHIP (Indianapolis, In.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP (Louis-

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."

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

28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

AUG, AWPC World PL + BP (IL - All competitors must qualify at AAFP Nationals) Ernie Frantz
4 SEP, SLP DUQUOIN STATE FAIR BP/DL CHAMPIONSHIP (DuQuoin, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)
11 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 SEP, WNPF LIFETIME AMERICAN CUP POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL & POLICE/FIRE/MILITARY NATIONALS, ATLANTA, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

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

30 OCT, SLP TENNESSEE STATE BP/DL CHAMPIONSHIP (Clarksville, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

2 OCT, SLP FALL BENCH PRESS/DEADLIFT CLASSIC (Mattoon, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

1-5 DEC, IPF World Bench Press (Cleveland, OH)
4 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 DEC (new date), 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

5 DEC, SLP NORTHERN ILLINOIS OPEN BP/DL CHAMPIONSHIP (Mechesney Park, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 DEC (new date), 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

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

9-14 NOV, IPF World Men's (Capetown, SA)
13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

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

20 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

1-5 DEC, IPF World Bench Press (Cleveland, OH)
4 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 DEC (new date), 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

5 DEC, SLP NORTHERN ILLINOIS OPEN BP/DL CHAMPIONSHIP (Mechesney Park, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 DEC (new date), 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

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

18 DEC, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY 05, USAPL Men's Masters Nationals (Palm Springs, CA)
www.usapl-ca.gov, Lance Slaughter, 3100-995-0047, lanceoslaughter@yahoo.com

16 JUL 05, World Games
2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rhk@verizon.net

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

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

SLP BIG BENCH AT THE FRENCH
01 JUN 02 - Memphis, TN

BENCH PRESS			
submaster men	Eddie Akins	455	
open men			
Dale Jones	440*	148	
M. Tumminello	395	165	
Shettlesworth	270	181	
master men 40-44	Billy Papish	350	
165	181		
Joe Dowell	375*	Richard Beach	315
4th	385*	220	
master men 60-64	M. Whitworth	385	
275	Robert Gray	330	
Jimmy Duckett	335*	242	
police & fire	Ray Roswold	470*	
148	M. Mitchell	365	
Jason Parish	250*	275	
DEADLIFT	Anthony Gwin	450	
submaster men	master men 60-64	275	
220	Shettlesworth	405*	
220	open men		
Robert Gray	325	165	
master men 45-49	Glen Thomas	430*	
148	2-man		
Ricky Fowler	385	198	
	Fowler/Akins	765*	



Dr. Darrell Latch & Jimmy Duckett (Photos by Dr. Darrel Latch.)

state record lift of 250. In the open division, Jason continued to dominate at 148, setting the record there also. Glen Thomas had some real tough problems with his new bench shirt, finally using a much larger one and finishing with just his opener of 325. This was, however, good enough to establish the state record at 165. At 181 it was Billy Papish for the win with a solid 350 over second place finisher Richard Beach, who ended with 315. Matt Whitworth also had shirt problems, finishing under 400 for the first time in two years with 385 to take the open 220's. Second place at 220 went to Robert Gray who finished with 330. Best lifter Ray Roswold won at 242 with a new Tennessee state record lift of 470, which he made on his second attempt. A third with 500 failed at lockout, but is a definite future lift! Second place at 242 went to Michael Mitchell who finished with his opener of 365. The most excited lifter of the competition was Anthony Gwin, winner at 275. This was Anthony's first competition and he did great, psyching up like a madman to finish with a new personal record of 450. In the deadlift competition Marty Shettlesworth won the submaster 220 class with a new Tennessee state record pull of 405. Robert Gray finished second, pulling just his opener of 325. Ricky Fowler, current state record holder at master 45-49/148, won that class with an easy 385 opener. Lifting partner Eddie Akins, who is the state record holder at 45-49/242, also won his class with an easy 455 pull. Up next was Jimmy Duckett who won again at 60-64/275, setting his second state record of the day there with 365. (I guess it's easy to win your class and set state records when you're so old there just isn't any other living lifters in your class!) Best lifter Glen Thomas only got in his opener here to, but finished with a new state record of 430 to take the open 165 class. In the two-man event the team of Ricky Fowler and Eddie Akins pulled a new state record at 198 with 765. Thanks

BENCH ONLY			
40-49	Cunningham	501*	
WOMEN			
11-12	LUSTER	148*	123
165	50-59		
50-59 RAW	CALAIS	275*	
143*	132		
LIFETIME RAW	40-49 RAW		
171	LEWIS	220*	
CURTIN	159	148	
MEN	40-49		
80	MORRIS	264	
9-10	MORRIS	264	
LUSTER	BOMB	114	
114	11-12 RAW		
CURTIN	66	132	
132	13-16		
SMITH	148*	114	
148	11-12 RAW		
60-69 RAW	CURTIN	137	
PADGETT	148	132	
165	13-16		
TURNER	341	148	
SMITH	231	148	
LIFETIME RAW	PORTER	220	
181	LIFETIME RAW		
MOSES	242	352*	
OPEN	MARSH	440	
LIFETIME	GARDNER	358	
OPEN	MARSH	440	
WILLIAMS	341	198	
NOVICE RAW	LAMPKIN	363	
WYNNE	231	GARDNER	518
50-59 RAW	PITTMAN	374*	
220	LIFETIME		
MOORE	441	PADGETT	672
FEARS	341	OPEN	672
PADGETT	341	40-49	
LIFETIME RAW	LEBLANC	611*	
MITCHELL	380	SQUAT ONLY	
FRADY	369	WOMEN	
LASITER	363	165	
242	50-59 RAW		
40-49 RAW	ROBY	209*	
FLYNN	391	275	
275	OPEN RAW		
LIFETIME	CAWLEY	600	
CAWLEY	600	GODDARD	600*
40-49	SHW		
CAWLEY	600	LIFETIME	
SEARCHY	600	POWER CURL	
WOMEN	165		
LIFETIME RAW	WATTS - BL	457	
WATTS	457	OPEN	
MORRIS	209	70	
NOVICE	143	264	
MORRIS	209*	617*	
165	LIFETIME RAW		
ROBY	209	137	
NOVICE RAW		226	
		556	



SLP Best Lifter-DL - Glen Thomas

BP - Best Lifter - RAY ROSWOLD. DL - Best Lifter - GLEN THOMAS. * Son Light Power Tennessee state record. The Son Light Power Big Bench at the French Bench Press/Deadlift Championship was held June 1, 2002 at the French Riviera Spa in Memphis, Tennessee. A special thanks to the owner and to Glen Thomas for all his help putting this event together. In the bench press competition it was Dale Jones the winner at submaster 220, finishing with 440 for the win. This was also a new Tennessee state record for Dale, who weighed in at just 211, finishing with the second best overall lift of the day. Taking second place at submaster 220 was Mike Tumminello, who finished with 395. Marty Shettlesworth was third with 270, which was a new personal record for him. At master 40-44/165 it was Joe Dowell for the win. Joe had a great day, finishing with a 375 third, followed by a 385 state record fourth attempt. This was also a new personal best for Joe. Our second master lifter was the notorious Jimmy Duckett, aka "Jimbo", winner of the 60-64/275 class. Getting fatter with each new competition, Jimmy also seems to be getting stronger. Finishing here with a personal best 335, he also set the Tennessee state record for his class. In the police & fire division Jason Parish won at 148 with a new

ROBY	209*	137*	226*	556*
SHW				
40-49 RAW				
MCGEE	126	110	303	540
MEN				
80				
9-10 RAW				
LUSTER	143*	126*	203*	474*
181				
17-19 RAW				
PI	270	220	330	821
LIFETIME				
SESLE	534	303	507	1344
198				
LIFETIME				
EDWARDS	600	418	567	1587
LIFETIME RAW				
VILCHEZ	259	176	341	777
40-49				
ATKINS	474	352	501	1327
LANGENFELD	325	253	374	954
40-49 RAW				
HOUSWORTH	402	292	369	1063
220				
OPEN				
DWYER-BL	661	369	650	1680
GORDON				
40-49 RAW				
FULMER - BL	523	358*	545	1427
DANIELS	402	281	501	1184
242				
LIFETIME				
LEWIS	507	325	584	1416
LIFETIME RAW				
CHAMBLISS	402	248	451	1102
SHW				
17-19 RAW				
MARAIA	315	209	402	925
40-49 RAW				
TURLEY	600*	391*	567*	1559*
OPEN				
INGRAM	639	468	639	1746
40-49				
INGRAM	639	468	639	1746
* - WNPf AMERICAN RECORD, BL - BEST LIFTER, TEAM CHAMPS- BENCH PRESS EASTSIDE GYM, DEADLIFT- DOG PACK POWER TEAM. SECOND PLACE- BENCH PRESS ENDUNAMOO POWER TEAM THIS was the first meet where many and I do mean many attempts were good lifts. There were more good attempts than bad at this meet. Congratulations to all lifters in this meet. We had a few lifters that bombed due to heavy openers. Some people won their first best lifter award in the WNPf, congrats to those lifters. We had two lifters 600 and over in the bench. Adrian Luster trained two weeks and hit a 606 bench at super and Buddy Cawley hit 600 in the 275 class. Tee Meyers hit a 744 deadlift and had at least 760 in him at 187 pounds and 46 yrs. of age. Lynnne Whidden from Florida had her best day totaling 733 pounds weighing 119. Kim Phillips from TN. totaled 612 lbs. weighing 105. Kris Johnson had a personal best total 804 lbs. Angie McGee from FL. totaled 540 lbs. for a personal best. Steve Atkins came from TX to total 1327 in the masters over 40, 198 class. Jeff Dwyer from TN. made a best 220 total of 1680 lbs. James Fulmer from AL set a new American bench press record in the masters 40-49 raw division. Larry Turley from GA totaled 1559 in the masters raw SHW division. Big Jim Ingram weighed in at 295 lbs. and had a good day with a 1747 total. Ruth Ann Calais posted new records in the masters over 50, 123 class. Erika Luster and her brother Jason Luster put in outstanding performances in their classes. Patty Morris did very well along with Barbara Roby in their second full meet with the WNPf. Marianne Hamilton benched 171 raw in the 165 division. Dina Curtin hit personal best of 159 in the bench and 325 in the deadlift. Devin Smith set a new American record in the 132 raw division. Tommy Curtin lifting in his first meet weighing 107 benched 66 lbs. and deadlifted 137 lbs. Jake the Hammer Padgett won the over 60 division in both the bench and deadlift. Shawn Smith came back to the WNPf after a 7 year absence with a 584 lb. deadlift. Darren Gardner posted personal best of 358 and 518. Jonathan Moore hit 441 in the 220 lifetime division. Ron Fears hit 341 in the masters over 50 division. Gene Mitchell, Mark Frady and Tim Lasiter went at it again in the lifetime open raw 220 class. This will always be a battle between these three men. They are so close in numbers anyone could win. Rick Padgett tried 705 pounds in the deadlift and missed it again. One day Rick will pull 700+ pounds.				

AAU VA Powerlifting East Coast				
07 JUN 03 - Richmond, VA				
Raw	SQ	BP	DL	TOT
123				
Teenage (16-17)				
Brett Mehlman	67.5	57.5	87.5	212.5
165				
Lifetime I Masters (40-44)				
Robert Barth	135	117.5	177.5	430
165				
Teenage (16-17)				
Chris Balance	145	92.5	185	422.5
181				
Open				
Nick Mercorelli	205	165	220	590
198				
Junior (20-23)				
Hollingsworth	162.5	122.5	212.5	497.5
220				
Masters (40-44)				
Bruce Solomon	205	157.5	275	637.5
220				
Masters (55-59)				
James Michael	145	115	185	445
220				
Sub Masters (35-39)				
R. McMillan	197.5	115	205	517.5
242				
Teenage (16-17)				
Micah Greene	230	162.5	272.5	665
242				
Teenage (18-19)				
Tyrell Jenkins	190	145	240	575
275				
Masters (55-59)				
Ray Cross	190.5	138.5	208.5	537.5
319				
Open				
Buddy Mabe	137.5	110	185	432.5
Assisted				
Youth (12-13)				
Tanjelo Bonner	115	57.5	120	292.5
123				
Teenage (16-17)				
Brett Mehlman	67.5	57.5	87.5	212.5
220				
Masters (40-44)				
Chip Hasty				
220				
Open				
Chip Hasty				
Raw Women				
105				
Michelle Caton	52.5	30	62.5	145
148				
Open				
J. Markham	62.5	52.5	87.5	202.5
165				
Masters (45-49)				
Genny Caton	90	62.5	117.5	270
BEST LIFTERS EAST COAST REGIONAL CHAMPIONSHIPS - BEST MALE RAW OPEN LIFTER - NICK MERCORELLI. BEST MALE MASTER RAW LIFTER - RAY CROSS. BEST FEMALE OPEN RAW LIFTER - JESSICA MARKHAM. BEST FEMALE MASTER RAW LIFTER - GENNY CATON. (Thanks to Barbara Beasley for providing the meet results.)				

APA Houston Record Breakers				
26 JUL 03 - Houston, TX				
Bench Press	SQ	BP	DL	TOT
John Williamson				480
Masters 40-44				
Marc LeBlanc	275t			
220's				
Daniel Andre	290			
220's				
Masters 50-54				
S. Rosenberg	335t			685t
275's				
Open				
Master 45-49				
Master 45-49				
TJ Rackley	320			540t
Teen 18-19				
275's				
Caleb Rowton	505t			
Open				
Submasters 33-39				
TJ Rackley	575			
Men 114's				

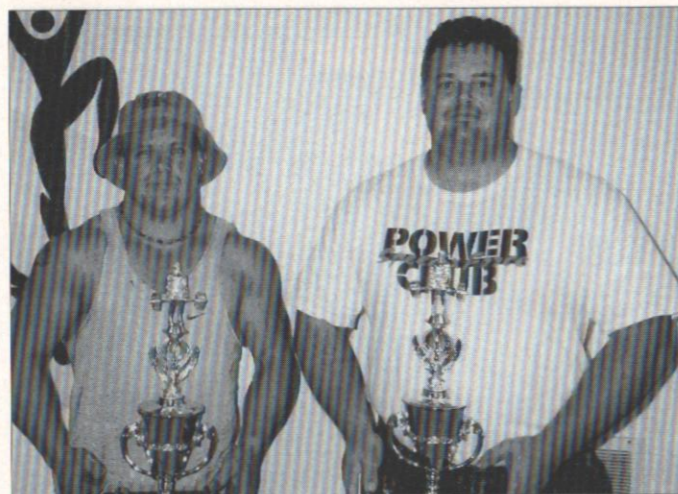


AAU East Coast Regionals - Buddy Mabe 319 Open (Barb Beasley)

Teen 13-15				
A. Mitchell	145	100	210	455
148's				
Teen 13-15				
Gary Cooper	175	170t	275	620
148's				
Junior 20-23				
Aaron Muntz	375	205	350	930
Teen 16-17				
J. Rodriguez	315	220t	315	850
165's				
Open				
N. Gutierrez	450	275	425	1150
181's				
Junior 20-23				
James Evans	450t	275	435	1160t
198's				
Master 50-54				
Brian Kline	530t			
220's				
Open				
Josh Ash	565	405	685t	1655
181's				
Junior 20-23				
James Welch	500	275	425	1200
198's				
Teen 18-19				
J. Suggs	575a	345t	505a	1425a
Submaster 33-39				
Brian Propst	450t	330	510	1290t
242's				

SLP National "Raw" Powerlifting
28 SEP 02 - Rolla, MO

SQUAT				
submaster men	220	W. Strosnider	365*	
220	4th		375*	
Jon Heisinger	490*	220		
4th	500*	Ken Russell	360	
BENCH PRESS				
teenage men 18-19	275	Don Schaffer	330*	
308	4th	420*	340*	
Steve Birdsong	405*	open men		
4th	275	165		
junior men		165		
148		181		
J. Montgomery	215*	Mike Beanland	325*	
198		181		
C. J. Watson	385*	Jamie Proctor	375	
220		198		
James Edgar	370			
275				
submaster men				
220		Ted Belt	170	
308				
Mark Runyon	380*	Martin Lincoln	400	
4th	390*	4th	405*	
master men 40-44		shw		
165		Cash Bliss	380*	
Ronnie Porter	310*	DEADLIFT		
275		submaster men		
Dave Roberts	400	220		
181				
Jon Heisinger	500*			
4th	530*			
Bill Harris	275*	open men		
198		shw		
Curt Poling, Sr.	265	Cash Bliss	650*	
Powerlifting	SQ	BP	DL	TOT
teenage women 13-15				
123				
Alicia Roberts	115*	105*	200*	420*
open women				
123				
S. Wood	120	70	200*	390
165			210*	400
teenage men 16-17				
165				
Jon Harvey	250	225	335	810
4th			350	825
teenage men 18-19				
198				
Reis Wright	460*	325*	490*	1275*
4th			500*	1285*
242				
Joseph Cox	335	250	365	950
4th			385	970
junior men				
165				
Jeremy Perkins	305*	265*	380*	950*
4th			400*	970*
220				
Ed Croney	290*	225*	385*	900*
4th			400*	915*
submaster men				
198				
Brian Shephard	370*	280*	435*	1085*
220				
Mark Runyon	470*	380*	500*	1350*
4th			390*	1385*
308				
Steven Albert	600*	415*	550*	1565*
4th			425*	1575*
master men 40-44				
165				
Tim Fletcher	440	290	440*	1170
master men 45-49				
308				
Ed Finnell	470*	385	505*	1360*
master men 50-54				
148				
M. VanDeMark	230*	215*	355*	800*
novice men				
242				
D. Davis	440*	325	435	1200
4th		350*		1225
open men 308				
Steven Albert	600*	415*	550*	1565*
4th			425*	1575*
BP - Best Lifter - JAMIE PROCTOR. PL - Best Lifter - STEVEN ALBERT. * Son Light Power national "raw" record The third annual Son Light Power National "Raw" Powerlifting Championship was held September 28, 2002 at Vessel's Fitness in Rolla, Missouri. Thanks again to owners Mark and Peggy Chirban for the use of the building and to Don Schaffer and Dave Roberts for all their efforts organizing this event. Also a big thanks to the spotters and loaders, Larry Mazzeo, Bruce Courtney, Rick Hope and Joe Turnbough and to Jenni Hushaw and Tonya Campbell for their help at the table. In the powerlifting competition Alicia Roberts returned for her second national title in three				



Best Lifter (l-r) Jamie Proctor (BP) - Steven Albert (DL) (Darrel Latch)

years. Alicia set all new national records for the teenage 13-15/123 class with a 115 squat, 105 bench and her first 200 deadlift for a great 420 total. Stephanie Wood was lifting in her first competition where she won the open women's 123 title. Stephanie had a good day, finishing with a 120 squat, making just her opening bench of 70, then pulling a strong 210 fourth attempt national record deadlift for a 400 total. Jon Harvey won the teenage men's 16-17/165 class with a solid 825 total. Jon got a 250 personal record squat, followed by a 225 bench. A 335 deadlift along with a personal record 350 fourth attempt pull gave Jon his best total to date. Reis Wright again showed his tenacity as he seemed to get stronger with each new attempt. Finishing with a 460 squat, a 325 bench, a 490 pull (followed by a great pr 500 fourth) and a 1285 total Reis set all new national marks for the 18-19/198 class. At 242 it was Joseph Cox for the win, finishing with a 950 total. Joseph got a 335 squat, 250 bench and a 365 deadlift, which was followed by a 385 pull, bringing his total up to 970. We had two great lifters in the junior men's division, both of which set all new national records for their respective classes. At 165 it was Jeremy Perkins for the title, finishing with a 305 squat, 265 bench and a 380 deadlift for a great 950 total. Jeremy raised that total by twenty pounds with his successful fourth attempt deadlift of 400. Also pulling a record 400 deadlift for his fourth attempt was 220 winner Eric Croney. Together with a 290 squat and a 225 bench press Eric finished with a 915 total. Brian Shepard took the submaster 198 title, again setting all new national records in the process. With a 370 squat, a 280 bench and a 435 deadlift, Brian finished with a solid 1085 total. Mark Runyon did the same with all new national records at submaster 220. Starting with a 470 squat, Mark came back with a big 390 fourth attempt bench. A fourth in the squat with 495 and a 500 pull gave Mark his 1385 record-setting total. Steve Albert, who also guest lifted in the open division, set all new marks at submaster 308. Steve got the biggest squat of the day with 600, followed by a 415 bench and a 550 deadlift for a 1565 total. After coming back with a successful 425 bench Steven finished with a great national record total of 1575. In the master 40-44 division 165 winner Tim Fletcher finished the day with a new national record pull of 440, which he got on his second attempt after his final 460 failed at lockout. Tim's 440 squat and 290 bench gave him a 1170 total which equaled his own national mark for that class. Ed Finnell broke his own squat record with his 470 second attempt, followed by a 385 bench. Also breaking the deadlift record with a pull of 505 gave Ed a national record total of 1360. Michael VanDeMark had a great day at 148, setting all new records for the master 50-54 division. Mike finished with a 230 squat, 215 bench and a 355 deadlift for a 800 total. In

Henry Knight Memorial BP+DL
26 JUL 03 - Galt, CA

BENCH		Master (45-49)	
MEN Open 181 lbs.	275 lbs.	B. McCormick	340
242 lbs.		M. Knight	(260)
J. Anderson	455	605*	
275 lbs.		DEADLIFT	
M. Knight	605*	MEN Youth (7)	
		88 lbs. (Raw)	
		D. Knight (80)	105*

*Personal Record. The Henry J. Knight Memorial BP/DL Classic was held on Saturday, July 26, 2003, at the Dungeon Gym, in Galt, CA. Henry Knight would have been 79 years old on July 24, 2003, but passed away on March 22, 2003. He was diagnosed with ALS (Lou Gehrig's Disease) about 3 months before his death. Henry was the head football coach at Chicago's Benedictine University, as well as at various high schools in the state of Florida, in the 1960's and '70's. He was a retired Air Force Captain, insurance salesman, loving husband, father, grandfather and friend, he will be greatly missed. The first lifter of the day was Bob McCormick of Sacramento, who hit a PR 340 bench, in the 181 class. Next up, also from Sacramento, in the 242 class, John Anderson benched 455, and just missed at 500. Next up was 45 year old, Mike Knight, who weighed in at a light 260 lbs., getting his psych from the picture of his dad he placed in front of the bench, and the sound of Mariah Carey and Boyz II Men the background singing "One Sweet Day" - Blasted his "opener" and new PR - 605!!! He dedicated his lift to his dad. 605 at 45 - and drug-free. And last, but not least, the only deadlifter of the day, 7 year old, David Knight, weighed in at a muscular 60 lbs., and dead lifted a huge PR 1051bs. RAW! Congratulations Big Dave. Once again, Mike Knight would like to thank INZER Advanced Designs for the double-denim bench shirt. And I'd like to thank the spotters, loaders, and judges, Joe Weiss, Darryl Skeva, and Kurt Heath. (results courtesy Kurt Heath.)

POWER PEOPLE



Ernie Fleischer has been powerlifting for 20 years. On June 7th in Richmond Va. he won his division in the 65-69 181 class with a 385 squat, 270 bench press, 450 deadlift and 1105 total. All World Records. Ernie is also a member of the Ducks Gym in Simpsonville, SC. (Fleischer.)

SLP Wisconsin State BP/DL
22 SEP 02 - Burlington, WI

BENCH PRESS		open men	
teen women 16-17	165	Tony Kubiak	335
148		165	
Dana Harvey	125*	Kelly Peterman	300
teen women 18-19	105	198	
Ashley Servi	100*	Craig Eiting	455*
teenage men 16-17	148	198	
Cal Servi	170*	Shawn Smith	360
165		4th	370
Erik Naselius	255	198	
181		Brian Jonas	300
A. Dahlstrom	235	220	
shw		M. Amboya	455
Santiago Garza	400*	220	
teenage men 18-19	123	Joe Cozza	450
123		4th	465
Keith Koch	140*	220	
198		Jim Widmar	430
Joel Meulemans	300*	220	
junior men		Dana Pitel	360
165		220	
Evan Hagen	285*	Jamie Zwiers	242
220		242	
A. Mickelson	470*	Dave Walker	550*
submaster men		242	
165		Shawn Becker	500
Tony Kubiak	335*	308	
198		Ray Flint	500
Andy Jensen	365	team	
220		Wisconsin Rapids -	
Tony Bauer	320	Power Team	
220		DEADLIFT	
Mark Hinton	300	open women	
242		97	
Paul Carreon	430	M. Johnson	275*
master men 40-44		teenage men 16-17	
220		181	
Paul Jansen	315	Kyle Kroll	350*
275		teenage men 18-19	
Chris Wellbank	360	123	
master men 45-49		123	
165		Keith Koch	230
Dave Parker	300	4th	250*
198		220	
R. Hudzinski	255	H. Severson	580
220		junior men	
Joe Cozza	450	165	
4th		Evan Hagen	430*
308		master men 40-44	
Ray Harvey	475*	181	
master men 50-54		Hugh Perone	475
198		220	
D. Mickelson	255	Michael True	515
242		4th	525
Jeff Eiting	515*	master men 45-49	
4th		165	
shw	525*	Miguel Castro	630*
Don Jansen	460*	198	
4th		R. Hudzinski	415
480*		master men 80-84	
police & fire		165	
148		Bob Stephan	345
Brian Bending	285*	open men	
242		165	
Dave Walker	550*	L. Hernandez	510*
242		275	
Shawn Becker	500	John Duginski	620

BP - Best Lifters - lightweight - TONY KUBIAK, heavyweight - DAVE WALKER. DL - Best Lifter - MIGUEL CASTRO. * Son Light Power Wisconsin state record The 2002 Son Light Power Wisconsin State Bench Press/Deadlift Championship was once again held in Burlington. Thanks to host David Walker and his team from Ironhouse Gym for all their help in setting up and helping with the competition. In the bench press competition we had two new young lady lifters, both of which walked away with new state records. At teenage 16-17/148 Dana Harvey got all three of her attempts to finish with a strong 125. Ashley Servi missed her second attempt with 100, but came back to get it on her third for the title at 18-19/105. Brother Cal Servi set the state record at 16-17/148 with 170, just missing a fourth with 180. Erik Naselius went three for three and captured the title at 16-17/165 with 235. Training partner Andrew Dahlstrom won at 181 with 225, after missing his final attempt with a personal best 240. Big Santiago Garza avenged his loss at the state fair to Eddie Saenz by breaking the existing record at 16-17/shw with his first ever 400 bench! Keith Koch broke his own state record at 18-19/123 with his 140 final attempt and Joel Meulemans won his first title at 18-19/198 with a new



Best Lifters - Miguel Castro, Tony Kubiak, Dave Walker (Dr. Latch)

state record of 300. Evan Hagen broke the state record at junior 165 with 285 while Aaron Mickelson broke his own state record at junior 220 with a personal best 470. Tony Kubiak won the best lifter award for the lighter lifters with his victory at submaster 165, finishing with 335. Andy Jensen won at 198, making just his opener of 365. Tony Bauer won at 220 with his final attempt of 320 while Mark Hinton was second with 300. At submaster 242 it was Paul Carreon for the win with 430 after missing a pr final attempt with 450. In the master 40-44 division Paul Jansen won at 220 with 315 while Chris Wellbank took the title at 275 with his opener of 360. Dave Parker won at 45-49/165 with a solid 300 while Randy Hudzinski won at 198 with 255. Joe Cozza struggled with his opener at 220, but finished strong with 450 followed by a 465 fourth attempt for the win. Ray Harvey look strong at 45-49/308, taking the title and setting the state record there with 475. In the 50-54 division Dave Parker won at 198 with a personal best 255. Jeff Eiting took the 50-54/242 class by storm as he finished with a 515 third followed by an even stronger 525 state record fourth! Don Jansen was just as impressive at shw, making 460 on his third and coming back with a successful 480 Wisconsin state record fourth attempt. In the police & fire division Brian Bending set the record at 148 with his 285 second attempt. Dave Walker won at 242 with a new state record of 550, which he made on his final attempt after missing that weight for his second. Shawn Becker was second at 242 with 500, making just his opener, after missing 515 twice. The strength is there, Shawn, just technic and working more with your shirt and you'll give Dave a run for his money! In the open division Tony Kubiak won his second title of the day at 165, making just his opener of 335. Kelly Peterman was second at 165 with 300. Craig Eiting finished with 455, then called and made a fourth with 475, to break the state record at 198 and give him the win there. Shawn Smith was second with 360, followed by a 370 personal record fourth, in this, his first competition. Brian Jonas was third with 300. At 220 we had a full house of five lifters. Jamie Zwiers opened with 500, which would have given him the win, but failed to lock it out on all three of his attempts. The winner then was Mike Amboya who finished with 455, after Joe Cozza, who was struggling with his opener of 450, settled with that weight. Jim Widmar was third with 430 while Dana Pitel finished fourth with his opener of 360. Best lifter in the heavy classes, Dave Walker, finished with a state record 550, after failing with a personal best 565 fourth, for the title at 242. Shawn Becker was second with his opener of 500. Training partner Ray Flint won at 308 with his opener of 500, also experiencing some technic problems. In the deadlift competition the Mighty Might, the one who, if she turned sideways could hide behind a broomstick, the 97 pound wonder herself, Michelle Johnson won the open women's 97 class with a new state record of 275! Kyle Kroll set the state record at 16-17/181 with 350 and the win there. Keith Koch won his second title of the day at 18-19/123 and his second state record with a great 250 fourth attempt. Heath Severson,

one of the truly great young pullers from Wisconsin, won at 18-19/220 with a solid 580, just missing his final with a new state record of 590. Evan Hagen won his second title of the day at junior 165 with his 430 state record final pull. Hugh Perone is back after hernia surgery of last year and doing well. Hugh finished with a strong 475 after missing his final attempt with 505 for the title at 40-44/181. Michael True had a great day with his win at 40-44/220, setting two new personal records with his 515 third and 525 fourth attempts. Miguel Castro, definitely one of the greatest master pullers of all time at 165, finished the day with 630 for the win at 45-49/165. At bodyweight of only 160 that's just ten pounds away from a four-times bodyweight lift! Amazing! Randy Hudzinski won at 45-49/198 with 415 taking his second title of the day. Another amazing lifter is eighty-one year old Bob Stephan, who finished the day with 345, after giving a run at the state record he holds with a 365 final attempt. Close, but just short of lockout. Luis Hernandez broke his own state record at 165 open with a strong 510 third attempt while John Duginski won at 275 with his opening pull of 620. The best lifter award went to Miguel Castro and the team award went to the Wisconsin Rapids Power Team with members, Ray Flint, Shawn Becker and Andy Jensen. Thanks again to Dave Walker and crew, and to my son Joey and Mike Strom who helped out with the bench and to Dave Mickelson and Tom Glembin who helped with the deadlifts. See you all next year! (Thanks to Darrel Latch for results.)



97lb Michelle Johnson's SR 275!

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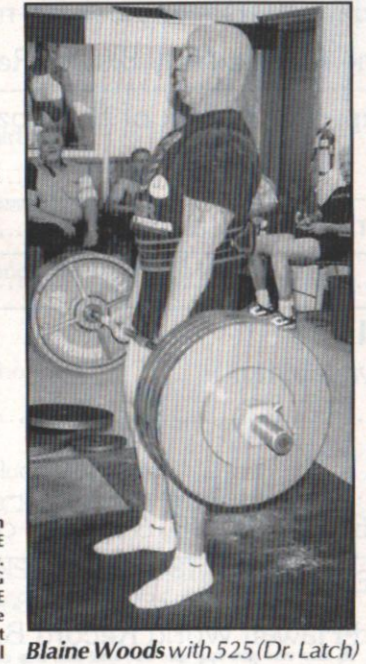
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SLP POWERHOUSE OPEN BP/DL
01 FEB 03 - Naperville, IL

Bench	Greg Guntharp	380	
teen women 18-19	220		
132	Craig Hansen	475	
Nicky Marchio	100*	465	
sub women 198	Billy Halbisen	430	
L. Laplante	150*	390	
master W 50-54	Dan Morris	370	
165	242		
A. Roggenbuck	100	565	
open women 198	Dave Babulak	455	
L. Laplante	150	405	
teenage men 13-15	Aaron Walker	350	
97	Mark Phillips	335	
Matt Cavallaris	85*	275	
teenage men 16-17	Pete Kletz	565	
181	Scott Vickery	535	
S. D'Agostin	220	500	
teenage men 18-19	Phil Thomason	450	
148	308		
Jake Stefanski	280	450	
DEADLIFT	teen women 13-15/ 97	80*	
Jason Ohms	242	105	
Rick Weiss	315	120*	
shw	Taren Lee	120*	
Tony Binder	sub women 198	250*	
junior men 148	L. Laplante	250*	
Ogie Hasan	180	198	
165	198		
Nick DeLuise	400*	250	
181	teen men 13-15/ 97	181	
Chuck Wolf	365	155*	
198	Matt Cavallaris	155*	
Robert Casey	450	181	
Tom Dillon	365	400	
Rob Seton	315	400	
220	teenage men 18-19	181	
Dane Bogal	230	445	
submaster men	Doug Machak	445	
165	shw		
Steve Herring	330	445*	
198	Tony Binder	445*	
Pete Beebe	380	335*	
220	Chuck Coleman	335*	
148	148		
Craig Hansen	475	350*	
John Righeimer	315	198	
242	Ogie Hasan	350*	
Rich Galford	415	425	
275	Rob Dillon	425	
Scott Vickery	535	490*	
Rick Breier	415	450	
master men 40-44	submaster men		
242	Joe Imburgia	460	
T. Bartolomei	465	440	
Joe Lipuma	405	275	
master men 45-49	John Righeimer	440	
181	275		
Dave D'Agostin	230	640*	
198	Scott Vickery	640*	
Joe McDonald	355	198	
220	master men 40-44		
Bernie Ferro	410	470	
Ray Hamilton	405	710	
275	Joe McDonald	710	
M. O'Brien	420	525	
master men 50-54	Ray Hamilton	525	
181	master men 50-54		
R. Carlson	280	480	
220	S. Mahalik	480	
M. Scarpino	330	198	
S. Mihalik	240	450	
police & fire 198	Eric Bruno	450	
Lee Roy Banks	400	710	
Eric Bruno	280	165	
220	Mike Geiger	710	
Alex Jones	420	open	
Shane Miller	425	198	
242	John Kistler	415	
Rob Luyando	565*	181	
T. Harrison	525	440*	
open 148	Greg Zweig	640*	
Otis Anderson	280	Chris Rzany	550
181	Pat McCusker	505	
Tommie Gentry	410	Michael Munch	475
Chris Rzany	260	475	
Kevin Farley	470	220	
D. Hammer	440	530	
man-woman/ 132	Scott Vickery	525	
Taylor D'Agostin/Taren Lee	245*	525	
2-man/18-19/ 165			
Jake Stefanski/Doug Machak	900*		

states. A special thanks to the staff at Powerhouse Gym and to others who helped make this competition a success. In the bench press event Nicky Marchio only got in her opener of 100, but that was good enough for the win at 18-19/132 and a new Illinois state record there. This was Nicky's first competition. Lauren Laplante tied the existing state record at submaster/198 with 150, taking also the open women's class. Lifting in her first competition, Adrienne Roggenbuck got her first official 100 bench and the win at 50-54/165. In the teenage men's division ten year old Matt Cavallaris set the state record at 13-15/97 with a solid 85. Spencer D'Agostin won at 16-17/181 with a personal best 220 while Jake Stefanski took the title at 18-19/148 with his second attempt of 280. Jake holds the state record for this class with 300. At 220 Jason Ohms failed to get in his opener of 355 while Rick Weiss won at 242 with his final attempt of 315. Tony Binder also had some problems, failing with 340 three times. In the junior men's division first-time competitor Ogie Hasan won at 148 with 180, while Nick DeLuise took the title at 165 with 400, which established a new state record there. Nick also won best lifter honors among the lighter lifters. Chuck Wolf had a good day in his early lifting career, going three for three and finishing with 365 for the win at 181. At 198 it was Robert Casey taking the title with 450 over Rob Dillon at 365 and Tom Sefton who finished with 315. Dane Bogal won at 220 with 230. The submaster division found Steve Herring taking the win at 165 with 330, which was a new personal record for him. Pete Beebe won at 198 with 380 while Craig Hansen captured the title at 220 with 475. John Righeimer was second at 220 with 315. At 242 Rich Galford won with 415 and a prefect day of lifting. Scott Vickery came all the way from Ohio to take the title at 275, making just his opener of 535 after failing with his final attempt at 605. Second place at 275 went to Rick Breier who finished with 415. Tony Bartolomei took the master men's 40-44/242 title over Joe Lipuma 465 to 405. Joe only got in his opener of 405 after two misses with 450 which would have tied Tony's opener. At 45-49 Dave D'Agostin won at 181 with 230, then helped load and spot for the remainder of the competition. Thanks for your help, Dave. Taking the win at 198 was Indiana's Joe McDonald who finished with 355. In a close one, Bernie Ferro edged out Ray Hamilton for the title at 220. Bernie finished with his third attempt of 410 to Ray's opener of 405. Mike O'Brien also only got in his opener of 420, but still took the title at 275. Richard Carlson continues his struggle to 300, finishing here with his opener of 280 after failing with 290 twice. At 220 it was Michael Scarpino with 330 over Dr. Stephan Mahalik, who finished with 240. In the police



Blaine Woods with 525 (Dr. Latch)

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& fire division Lee Roy Banks won at 198 with his opener of 400 while Eric Bruno was second with 280. Alex Jones returned to competition after a two year layoff, taking the title at 220 and breaking the existing state record there with a personal best 465. Alex now owns the state police & fire records at both 198 and 220! Shane Miller was second at 220 with 425. Taking the title at 242, as well as the best lifter title for the heavier classes, was Rob Luyando. Rob got in all three of his attempts to finish with a new Illinois state record of 565. Tommy Harrison finished second to Rob with his 525 second attempt. In the open division Otis "Baby Oil" Anderson won at 148 with his opener of 280. Tommie Gentry took the title at 181 with 410 over Chris Rzany who finished with 260. At 198 it was Kevin Farley with a personal best 470. Doug Hammer was second with 440 after missing his final attempt of 470 for the tie and win by bodyweight. Third place at 198 went to first-timer Greg Guntharp who finished with 380. Taking his second title of the day at 220 was submaster winner Craig Hansen with his strong 475. Second place went to Wisconsin's Bob Houghton, who finished with a personal best 465. Billy Halbisen was third with 430 followed by Jesse Morris at 390 and Dan Morris with 370. Rob Luyando won his second title of the day at 242, finishing here with 565. Second place at 242 went to Dave Babulak with 455 followed by Joe Lipuma's 405. Fourth place went to Aaron Walker, who only got his opener of 350, and Mark Phillips, who did the same with 335 for fifth. Pete Kletz, another great open lifter, won at 275 with a strong 560 and room for more. Scott Vickery was second with 535 followed by Bret Schmickel's 500. Fourth place went to Phil Thomason who finished with his opener of 450. At 308 it was Tim O'Malley for the win with 450, this being his first official competition. In the deadlift competition it was eight year old Taylor Lee for the teenage women's title at 13-15/97. Lifting in her first competition, Taylor finished with a state record 80 for the win. Old pro sister Taren Lee, 2002 Wisconsin State Fair champion, won at 13-15/105 with 120. This too was a new Illinois state record for the eleven year old lifter. Lauren Laplante won her third and fourth titles of the day with her wins at submaster and open women/198. Lauren finished with a personal best 250 which broke the state record for the submaster division. In the teenage men's division Matt Cavallaris won his second title of the day at 13-15/97. Spencer D'Agostin won his second title of the day at 16-17/220 with a strong 400 pull. At 18-19/181 it was Doug Machak with 445 while Tony Binder pulled the same at shw. This gave Tony the state record for that class. At junior 123 Chuck Coleman set the state record with 335 while Ogie Hasan did the same at 148 with 350. Rob Dillon was the winner at 198, finishing a perfect day in the bench and deadlift with 425. Jason Ohms got the win at 220 and a new state record with his 490 final pull over Dane Bogal, who finished with 450. Joe Imburgia took the submaster 220 title with 460 over an ever-improving John Righeimer, who pulled a personal best third attempt of 440. At 275 a tired Scott Vickery failed three times with his opener of 680. Master 40-44/181 winner Greg Zweig pulled a great 640 state record for the win there. At 45-49/198 Joe McDonald won with 470. Bernie Ferro set the state record at 45-49/220 with his final pull of 610 to once again finish ahead of Ray Hamilton. Ray's best pull was 525. Dr. Stephan Mahalik won at 50-54/220 with an easy 480 while Richard Lee won at 65-69/165 with 205. Eric Bruno won at police & fire 198 with 450 and Mike Geiger pulled a meet-high 710 for the win at 275. In the open division John Kistler won at 165 with 415. Greg Zweig won his second deadlift title of the day with his 640 pull at 181. Chris Rzany was second with 450. Patrick McCusker took the title at 198 with 505 while first-time competitor Michael Munch finished second with 475. At 220 it was Dan Morris with 530 over Joel Tuckerman who finished with 450. Mark Phillips won at 242 with his opener of 570, missing 620 twice. In the man-women pull we had a young team of Taylor D'Agostin and Taren Lee. The two set the state record for the 132 class with 245. The two-man team of Jake Stefanski and Doug Machak who set the state record at 165 with 900. Thanks to all who helped with the meet and especially my son Joey, Dorothy Andrews and the staff at Powerhouse Gym. (Latch)

SLP CHAIN O'LAKES BP/DL
08 FEB 03 - WAUPACA, WI

Bench	Steve Kaminski	405
teen women 16-17	308	
114	James Schaub	375*
Melissa Falks	155*	220
114	police & fire	
Jennifer Braun	105	450*
teen women 18-19	275	
105	J. Klarkowski	450*
Jessy Amdt	90	165
master women 40-44	Jamie Kuffel	485*
123	open men	
Jane Damrau	115	330
master women 45-49	Dave Parker	320
148	Kelly Peterman	310
Laurie Larrison	95*	181
master women 50-54	John Sturn	315
114	220	
L. Johnson	65*	520*
teenage men 13-15	Jamie Zwiers	530*
148	4th	
Ben Coenen	185	275
teenage men 16-17	Jeff Reed	275
132	DEADLIFT	
Ben Moore	145	114
198	Jennifer Brown	205*
Sean Anderson	240	open women
teenage men 18-19	97	
165	M. Johnson	265
Jon Baumann	265*	181
junior men	148	300*
148	Wanda Jensen	300*
Jon Beaudry	340*	148
181	Jake Mountjoy	325
Evan Hagen	340	198
198	Sean Anderson	410
Pete Bowen	390*	181
198	junior men	
B. Hanneman	385	455*
submaster men	Evan Hagen	455*
198	submaster men	
Andrew Jensen	405*	275
275	Terry Wilson	405
Dan LeClair	405	master men 45-49
198	198	
G. Eigenberger	315	610*
275	C. Williams	610*
Jeff Reed	308	165
308	Bob Goldsmith	440*
Wojciechowski	425*	198
master men 45-49	165	
165	Willard Lee	205
Dave Parker	320*	205
master men 50-54	148	70-74
148	Bob Heiner	290*
Bob Heiner	290*	198
198	Peter Jensen	360*
Jim Verhagen	285	master men
242	80-84	
Jeff Eiting	500	165
4th	530*	335
master men	open men	
155-59	97	145*
Willard Lee	170	165
master men	70-74	600*
170	Gary Reichert	600*
198	181	
Peter Jensen	225	450
police & fire	45-49	198
45-49	198	
198	Lowell Beede	600
* Son Light Power Wisconsin state record.		



72 year old Peter Jensen with State Record 360 (Dr. Darrel Latch)

the best lifter award among the ladies. In the teenage men's division Ben Coenen won at 13-15/148 with 185. Ben Moore won at 16-17/132 with 145 while Sean Anderson finished with 240 for the title at 198. This was the first competition for Ben. Jon Baumann set the state record at 18-19/165 with his 265 second attempt, after missing his final attempt with a personal best 280. Jon Beaudry broke the state record at junior/148 with a strong 340, which was also a new personal best for Jon. At 181 it was Evan Hagen with his opener of 340. In a close one at 198, Pete Bowen came out on top with a state record 390 final attempt. Brad Hanneman was second with 385, making just his opening attempt after missing twice at 405. In the submaster division Andrew Jensen got a new state record at 198 with 405. Dan LeClair also got 405 with his opener and the win at 275. At 40-44/198 Gerald Eigenberger only got in his opener of 315, but Jeff Reed failed to get his opener of 485 at 275. Big John Wojciechowski broke his own state record at 308 with a solid final attempt of 440. Dave Parker broke the existing state record at 45-49/165 with his final attempt of 320. Bob Heiner continues to move closer to that magical '300', finishing here with a new state record and personal best 290 for the win at 50-54/148. Jim Verhagen took the title at 198 with 285, making just his opener, but 242 winner Jeff Eiting went all the way, finishing with a state record fourth attempt of 530. At 55-59 Willard Lee won at 165 with 170 while Peter Jensen won again at 70-74/198 with 225. In the police & fire division master lifter Steve Kaminski broke his own state record at 45-

99/198 with 405 while newcomer James Schaub broke the record at 308 with 375. John Klarkowski broke the open state record at 220 with 450 as training partner Jamie Kuffel broke the record at 275 with a personal best 485. In the open division Jeremy Hemmrich won at 165 with 330. Dave Parker was second with 320 while Kelly Peterman was third with 310. Kelly then came back with a personal best 320 fourth attempt. In his first competition, John Sturn took the open 181 title with 315. Best lifter of the competition, Jamie Zweirs, had a great day, finishing with a new state record of 520 @ 220. Taking a fourth attempt, Jamie upped that record to 530, which was also a new personal record for him. Jeff Reed was also registered for the open division, where he failed to get his opener at 275. In the deadlift competition Jennifer Braun won at 16-17/114, finishing with a new state record of 205. State record holder at open 97, Michelle Johnson, won that class with her opener of 265. Wanda Jensen broke the open state record at 181 with her second pull of 300. This was also a new personal record for Wanda. Jake Mountjoy continues to improve as he captured the title at 16-17/148 with a personal best 325. Sean Anderson took his second title of the day with his win at 16-17/198, finishing with 410. Evan Hagen broke the state record at junior 181 with his great 455 second pull and Terry Wilson, lifting in his first meet, broke the state record at submaster 275 with 405. In the master's division it was Charles Williams and his 610 opener for the win at 45-49/198. Charles' back had cramped up on him after his opener, spoiling any chance for that elusive '700' he was looking for. Charles also captured the open title at 198, setting new state records for both classes. At 50-54/165 Bob Goldsmith broke the state record there with a personal best 440. Tom Schetter set the record at 50-54/198, finishing with 480. At 55-59/165 it was Willard Lee, who pulled 205 for the win. Seventy-two year old Peter Jensen broke his own state record at 70-74/198 with a great 360 final attempt while eighty-one year young Bob Stephan won at 80-84/165 with 335. Bob is the current state record holder for that class. In the open division ten year old Tyler Johnson improved on his state record at 97, pulling a personal best 140 final attempt. Tyler then came back with a successful fourth of 145. Best lifter Gary Reichert pulled a great 600 @ 165 for the win before attempting a four-times body-weight pull of 645, weighing just 161. Coming within inches of lockout while the crowd went wild, Gary certainly had the strength, just not the groove on that pull. Amazing! Club owner Tim Lencki pulled an easy 450 for the title at 181 and Lowell Beede won at 220 with another great 600 pull. Thanks again to Tim, Janet, Bob and my son Joey for all their help. Thanks also to Big Tony Scrivens for helping Joey load and spot. See you all again this coming July! (Dr. Darrell Latch.)

Keystone Barbell Club BP/DL
10 MAY 03 - Pittsburgh, PA

BENCH	Sean Veratti	425
181	Joe Castle	385
308	308	
Tom Sherbondy	330	560
198	Dean Romano	560
Cole Dworek	560	220
220	220	
Dan Mansfield	370	625
Jeff Crispin	370	220
242	Dan Mansfield	535
Jeff Holt	515	242
242	Jeff Holt	610
THIS MEET WAS A GOOD EXAMPLE OF POWERLIFTING CAMARADERIE. THE MEET WAS SCHEDULED TO BE AT THE MON VALLEY FITNESS CENTER AND WAS CANCELED AT THE LAST MINUTE BECAUSE THEY WOULDN'T BE ENOUGH MONEY MADE (LOW ENTRY NUMBERS) IN MY OPINION, YOU DON'T CANCEL MEETS AT THE LAST MINUTE!!!!!! PEOPLE TRAIN HARD AND LONG FOR MEETS AND THEN TO BE TOLD 2 DAYS BEFORE A MEET THAT IS CANCELED IS PLAIN BS. AFTER HAVE A BRIEF MEETING WITH SOME OF THE LIFTERS, JIM HOLT VOLUNTEERED HIS KEYSTONE BARBELL CLUB AS THE SETTING FOR THE MEET. JIM CALLED ME AND ASKED ME TO JUDGE, I CANNOT BELIEVE HOW NICE OF A SET UP THE VENUE AND MEET WERE. LOUD MUSIC, GOOD FOOD, BIG LIFTS, AND LOTS OF FUN. NOW ON TO THE LIFTING: THE 181'S SAW TOM SHERBONDY BENCH AN IMPRESSIVE 330. AND NOW INTRODUCING THE FUTURE OF THE 198'S: COLE DWOREK! COLE CAME OUT AND BLEW UP A MASSIVE 560 AND JUST MISSED 580 BY A HAIR COLE WAS ONE OF MY HANDLERS AND WE USED TO SMACK THE HELL OUT OF EACH OTHER GETTING PSYCHED UP!!!! TODAY WAS MY TURN. FUNNY LITTLE SIDE NOTE ABOUT COLE ONE YEAR AT A NATIONAL MEET I WAS GETTING READY TO LIFT AND I YELLED TO COLE "BELT" WHICH MEANS CLOSE MY LEVER BELT! WELL, COLE THOUGHT I MENT BELT ME. SO I TOOK ABOUT 10 GOOD SMACKS BEFORE HE REALIZED I MENT LOCK MY LEVER BELT. COLE IS A SUPER STRONG AND INTENSE BENCHER; EXPECT BIG THINGS FROM HIM IN 04. GOOD JOB BROWNSTONE!!! JEFF HOLT BENCHED A NICE 515 AT 242. DEAN ROMANO, ANOTHER HANDLER OF MINE, BENCHED A BIG 560 AND JUST MISSED 580. HE WILL BENCH 600 VERY SOON DEAN WEIGHED IN AT 295 WITH ROOM TO SPARE AT 308. IN THE DEADLIFT JEFF CRISPINI PULLED A MASSIVE 625 AT 220 FOR THE OVERALL DEADLIFT CROWN. COLE DWOREK WON THE OVERALL BENCH CROWN WITH 560 AT 198. GREAT LIFTING BY ALL LOOK FOR MEETS FROM THEM IN THE FALL AND KEITH MCNEISH AND MYSELF ARE RUNNING ANOTHER APF BENCH DEAD IN THE FALL ALSO. STAY STRONG!!!! (THANKS TO JAMIE HARRIS FOR PROVIDING THESE MEET RESULTS.)		

Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants and chain are 14k gold. Options for chain length are 18" to 20" with 1.5 mm rope chain.

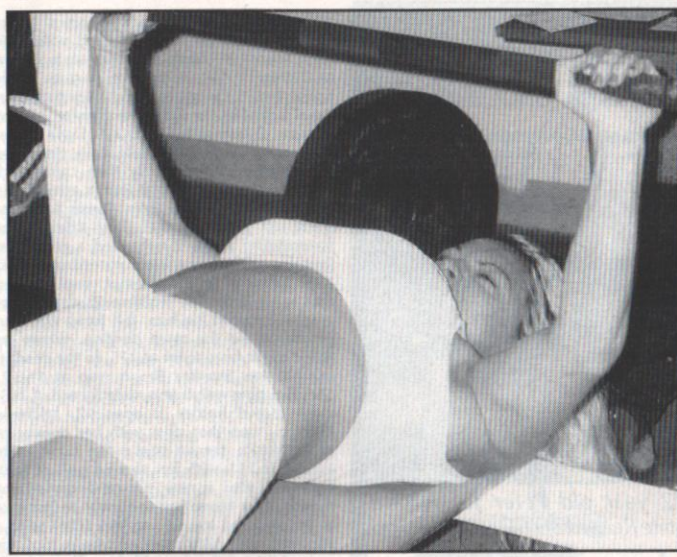
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20"	Silver \$110	20"	Silver \$130	20"	Silver \$150	20"	Silver \$80
Pendant	\$140	Pendant	\$165	Pendant	\$200	Pendant	\$70
	\$70		\$90		\$100		\$50

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SLP Memphis Open BP/DL
12 APR 02 - Memphis, TN

BENCH PRESS	198			
open women	Billy Papish	390		
165	220			
A. McCrery	200*	Quion Brock	405	
teenage men 16-17	242			
181	Billy Burditt	355		
Ryan Acuff	315*	275		
junior men	Lee Green	500		
165	275			
Jarrod Williams	270*	Anthony Gwin	425	
198	275			
Ben White	355*	Cody Newman	420	
198	308			
James Smith	335	R. D. Lunsford	465	
198	4th		475	
Drew Hunt	310	DEADLIFT		
220		teenage men 13-15		
Anthony Halpin	365*	148		
submaster men	Derek Toles	300*		
220	teenage men 16-17			
M. Tumminello	465*	181		
220	Ryan Acuff	425*		
Shettlesworth	275	4th	450*	
master men 40-44		junior men		
181	198			
Kurt Howerton	330	Paul Prather	515*	
308	220			
R. D. Lunsford	465*	John Prather	635*	
4th	475*	4th		
shw	660*			
Ollie Walker	405*	submaster men		
4th	440*	220		
master men 45-49	Shettlesworth	385		
242	master men 45-49			
Eddie Akins	385	148		
police & fire	Ricky Fowler	385		
148	220			
Jason Parish	255*	Joe Bill Morton	530*	
198	242			
Edward Toles	340*	Eddie Akins	485*	
4th	350*	police & fire		
308	275			
R.D. Lunsford	465*	Tommie Jones	500*	
4th	475*	open men		
shw	165			
John Harper	400*	Glen Thomas	475*	
open men	2-man/junior/220			
165	Prather/Prather	1005*		
Glen Thomas	380	2-man/45-49/198		
198	Fowler/Akins	750*		
Ricky Coggins	465*			

Team champions Memphis Police Department * - Son Light Power Tennessee state record. BP - Best Lifter - RICKY COGGINS. DL - Best Lifter - JOHN PRATHER. The Son Light Power Memphis Open Bench Press/Deadlift Championship was held at Powerhouse Gym in Memphis, Tennessee on July 12, 2003. Thanks to owner Kevin Swannigan for hosting this event and to everyone who helped with the competition. In the bench press competition Andrea McCrery, lifting 'raw', won the open women's 165 class with a great 200 personal best and new Tennessee state record! Great job, girl! In the 16-17 teenage division 181 winner Ryan Acuff broke the state record there with his 315 second attempt. Jarrod Williams got his state record in the junior men's 165 class with his 270 opener while Ben White won at junior 198 with his 355 opener. This was also a new state record for Ben. Second place at 198 went to James Smith, who finished with 335 while third place went to Drew Hunt and his 310 second attempt. Taking the 220 class was J. Anthony Halpin who finished with a state record 365. At submaster 220 it was Michael Tumminello with a new state record of 465 while Marty Shettlesworth settled with second at 275. First-time competitor Kurt Howerton won at 40-44/181 with 330, just missing a final attempt with a personal best 340. R. D. Lunsford came back strong on his final attempt of 465 and an even stronger fourth of 475 to break his own state record at 40-44/308. The sweetheart of the competition, Big "O" Walker (Mr. Sandbagger) finally had to put forth a little effort when we made him go for a fourth of 440. His third was an easy state record of 405, but we were a little tired of his laid-back attitude, so we made him work for that 440, which he did, upping his own state record to a respectable level! At 45-49/242 Eddie Akins finished with an easy 385, with 400 looking a sure thing, but Eddie decided to save it for the deadlift. In the police & fire division Jason Parish broke his own state record with



Andrea McCrery locks out SLP TN SR 200 @ open 165 (Dr. Latch)

his second attempt of 255. Edward Toles had a little trouble getting started but finished strong with a 340 third followed by a 350 state record fourth for the win at 198. R. D. Lunsford broke the state record again at police & fire 308, finishing with 475 and Big John Harper made his lifting debut with a new state record of 400 at shw. In the open division Glen Thomas dropped down to the 165 class for the last time, ending with 380 for the win. Best lifter Ricky Coggins finished the day at 465, breaking the existing state record at 198. Billy Papish was second at 198, getting a new personal best on his final attempt with 390. Quion Brock won at 220 with 405 while Billy Burditt took the 242's with 355. In the 275 class Lee Green got his first official 500 bench, which he made on his third attempt. Anthony Gwin was second with 425 and Cody Newman third with 420. R. D. Lunsford captured his third title of the day with his win at 308. In the deadlift competition Derek Toles in his first meet, pulled a 300 state record, taking the 13-15/148 class. At 16-17/181 Ryan Acuff won his second title of the day with two new state records, a 425 third followed by a 450 fourth attempt. In the junior division brothers Paul and John Prather both got new state records, Paul at 198 and John at 220. Paul pulled a 515 on his final attempt while John finished with 635. Pushing him a little further John came back with a great personal best 660 with perfect form for the win and best lifter title. Marty Shettlesworth won at submaster 220 with 385 finishing with a perfect nine for nine day of lifting. At master men 45-49 it was Ricky Fowler with 385, followed by Joe Bill Morton, who won at 220 with a new state record of 530. Eddie Akins broke his own state record at 242 with his 485 final pull. In the police & fire division Tommie Jones broke the existing record at 275 with an easy 500. Glen Thomas pulled a great state record 475 for

John Prather w/a SLP SR 660 lb.



2003 Oxman Classic III (kg)
4,5 APR 03 - Denver, CO

75					
Female					
14-15					
J. Eisenschenk	70	60	110	240	
60					
Male					
Matt Matovina	107.5	72.5	135	315	
60					
Frank Tezak	95	77.5	95	267.5	
60					
Josh Trask	80	47.5	112.5	240	
67.5					
Michael John	142.5	90	145	377.5	
Pat Kowalsky	120	82.5	137.5	340	
100					
Zack Davis	152.5	102.5	195	450	
100					
J. Richardson	155	87.5	162.5	405	
110					
Sean Casper	167.5	77.5	202.5	447.5	
Jack Ries	125	115	190	430	
Jay Palmere	137.5	72.5	147.5	357.5	
60					
Male					
Daniel Yarmon	112.5	70	145	327.5	
Andrew Howell	115	57.5	137.5	310	
67.5					
Drew Hummel	147.5	80	180	407.5	
75					
Chris Snow	112.5	102.5	170	385	
82.5					
Josh Ingold.	175	122.5	200	497.5	
Mike Sell	167.5	110	205	482.5	
90					
Chad Singleton	167.5	100	220	487.5	
100					
John Janey	200	100	210	510	
Dominic Taylor	137.5	107.5	172.5	417.5	
110					
D. Eisenchenk	197.5	135	245	577.5	
D. Gremeyer	215	115	242.5	572.5	
Mike Dionisio	177.5	125	197.5	500	
90					
Female					
Amanda Kelly	87.5	35	117.5	240	
56					
Male 18-19					
Timothy Brown	87.5	75	145	307.5	
75					
Zach Ballard	205	97.5	210	512.5	
82.5					
Chase Beinke	175	120	210	505	
Pat Snow	167.5	100	207.5	475	
Jay Clark	147.5	110	182.5	440	
100					
Nick Wingo	227.5	162.5	250	640	
125					
Zack Ballard	250	162.5	265	677.5	
Men's Junior					
Justin Ruiz	227.5	137.5	205	570	
56					
Open Female					
56					
Jeanne Harms	87.5	60	110	257.5	
60					
Rosa Maes	120	70	142.5	332.5	
82.5					
C. Armstrong	115	85	127.5	327.5	
56					
Master's Female					
C. Anderson	97.5	57.5	112.5	267.5	
Jeanne Harms	87.5	60	110	257.5	
52					
Special Olympians					
Edward Cordova	47.5	47.5	95		
60					
Troy Kibe	137.5	107.5	145	380	
90					
Jerry Handley	155	85	197.5	437.5	
125					
Pat McGarrigue	180	122.5	200	502.5	
75					
Men's Master's					
Bob Beamer	170	137.5	200	507.5	
82.5					
Steve Harms	162.5	127.5	177.5	467.5	
90					
Jeff Miller	172.5	155	187.5	515	
110					
Bill Oliver	145	155	205	505	
125					
Mark Sampson	205	147.5	205	557.5	
Bench Only					
Female Open					
C. Armstrong	85		85		
242					
Men's Master's					
Steve Harms	127.5		127.5		
(Thanks to USAPL for providing the results.)					

WNPF Natural Northeastern Meet
15 MAR 03 - Edison, NJ

SQUAT ONLY					
148					
LIFETIME RAW					325
ALAS	405				
181					245
40-49					165
MANZO	405*				17-19
220					CUSTODIO
LIFETIME					250
VALENTI	475				CALIGURI
LIFETIME RAW					340
JOHNSON	525				LIFETIME
40-49					KING
HENSEN	550				LIFETIME RAW
90					280
LIFETIME					NOVICE RAW
MALTEZOS	630				280
OPEN					198
MALTEZOS	630				17-19 RAW
275					295
LIFETIME					TEMPRANO
KIEFER	540				40-49
DEADLIFT ONLY					435*
123					GREEN
LIFETIME					LIFETIME RAW
DAVIS	320*				435
220					GREEN
Male					
165					LIFETIME
LIFETIME					MINEY
CALIGURI	440				OPEN RAW
KING	380				LEVERS
40-49					315
LEONARD	485				40-49 RAW
198					GRANOZIO
LIFETIME					50-59 RAW
CAFFRE	500				TEMPRANO
OPEN					330
LONG-E	600				242
220					LIFETIME
JOHNSON	525				MALTEZOS-BL
LEVERS	450				505
50-59					OPEN
DUSENBURY	540				OPEN RAW
275					315
LIFETIME					TAYLOR
BELLE	430				40-49 RAW
BENCH ONLY					315
123					TAYLOR
40-49					SHW
DAVIS	170*				LIFETIME RAW
132					EDWARDS
OPEN RAW					500
TEMPRANO	85				POWERCURL
MEN					181
114					OPEN
LIFETIME					SANNICANDRO
ULLMAN	185				125
POWERLIFTING					198
WOMEN					40-49
80					DAVIS
9-11 RAW					170*
SULLIVAN	60	35	75	170	132
148					OPEN RAW
LIFETIME RAW					TEMPRANO
HOMICH	260*	135*	300	695	85
165					MEN
Open					114
Curtin	85*				LIFETIME
MEN					ULLMAN
165					185
Open					POWERLIFTING
Greer	140				80
17-19					9-11 RAW
Dover	130*				SULLIVAN
181					148
Open					LIFETIME RAW
Stevens	140				HOMICH
220					165
50-59					40-49
Caterisano	155				MCCLEAN
Crain	145				MEN
275					148
50-59					LIFETIME RAW
Bizzell	180*				ALAS-BL
DEADLIFT					405
148					325
40-49					430
OPEN					1160
BAOTISTA	350	290	435	1075	165
198					LIFETIME
OPEN					BELLE
WARSHANY	530	395	500	1425	400
LONG	600				240
LIFETIME RAW					505
CAFFREY	450	300	500	1250	114*5
MINCY	350	280	500	1130	275
220					230
17-19 RAW					505
DENARDO	420	330	450	1200	930
OPEN					1300
LEVERS					225
40-49					450
POPE	450	360	570	1380	975
ZNACZKO	350	190	325	865	
NOVICE					
GORMAN	385	350	455	1210	
242					
13-16					
TAYLOR	275	180	400	855	
OPEN RAW					

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

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SLP Superman Classic BP/DL
14 JUN 02 - Metropolis, IL

BENCH PRESS		242	
teen women 18-19	David Anguish 465	275	
165	Randy Richey 135	275	
A. J. Smith 115*	master men 45-49	220	
181	220	275	
C. Phelps 140	Thomas Adams 480*	275	
master	master men 50-54	365	
women 40-44	148	275	
Denice Smith 115*	Jeff Welker 340	275	
148	master men 55-59	340	
Denice Smith 115*	220	275	
women 45-49	220	275	
L. Skaggs 65*	Butch Adams 445*	275	
open women	275	275	
181	Don Stevens 380	275	
Michelle Davis 150*	police/fire/sub	275	
teenage men 13-15	198	275	
114	Chad Hillard 460*	275	
David Walton 120	police & fire/open	275	
148	220	275	
Brian Hagene 225	Lance Hillard 500*	275	
148	open men	275	
J. Hovenstine 120	165	275	
teenage men 16-17	Justin Perkins 380	275	
165	Steve Barr 365	275	
A. Moorman 210	Chad Krumrey 320	275	
181	198	275	
Andrew Groff 155	Ricky Coggins 450	275	
220	220	275	
James Moon 275	Stacy McIntyre 520	275	
242	(4th) 540*	275	
N. Spears 400*	242	275	
(4th) 415*	Keith Parrish 575	275	
teenage men 18-19	242	275	
220	Ed Clark	275	
Matt Houser 425*	275	275	
junior men	Mark Austin 530	275	
132	308	275	
Grant Rogers 295*	R. Washburn 525	275	
148	Matt Organ 500	275	
Derek Perkins 300	DEADLIFT	275	
Jerry Amsbury 265	master women 40-44	275	
220	123	275	
Bobby Boothe 460*	Sherry Stevens 200*	275	
Doug Key 375	teenage men 16-17	275	
Mike Smith 245	242	275	
submaster men	N. Spears 520*	275	
165	(4th) 545*	275	
Russell Davis 255	teenage men 18-19	275	
(4th) 265	220	275	
220	Matt Houser 505	275	
Steve White 420	junior men	275	
308	275	275	
John Stephens 570*	B. Williamson 605*	275	
master men 40-44	master men 40-44	275	
165	220	275	
James Amsbury 275	David Darnell 425	275	
181	open men	275	
Mike Reid 400	165	275	
198	Jay Sikes 365	275	
Ronnie Ozburn 450	242	275	
(4th) 465*	Ed Clark 550	275	
198	team champions	275	
Bruce Stevens 400	Phelps Power Team	275	



Best Lifters - Brandon Williamson pulled 605 sr at Junior 275 & Keith Parrish benched 575 @ 223 (Photo provided by Dr. Darrell Latch)

finished with 120, tying his own state record there. At 13-15/148 it was Brian Hagene with 225 over James "Rooster Boy" Hovenstine, who finished with 120. In the 16-17 division Andrew Moorman won at 165 with 210 while Andrew Groff took the 181 title with 155. James Moon captured the title at 220 with 275 as Nicholas Spears set the Illinois state record at 242 with his 400 final attempt. Nick then returned with a successful fourth of 415 to raise the record even higher. Our final teenage competitor was Matt Houser, who finished with a new state record of 425 for the 18-19/220 class. In the junior men's division Grant Rogers nailed a

strong 295 at 132! Derek Perkins won at 148 with 300 over Jerry Amsbury, who finished with his opener of 265. At 220 we had a full class with three competitors. Taking the title with a new state record of 460 was Bobby Boothe. Second place went to Doug Key with 375, followed by Mike Smith with 245. In the submaster division Russell Davis won at 165 with 255, followed by a strong pr 265 fourth. 220 winner Steve White finished with 420 while John Stephens broke the state record at 308 with a solid 570. This was also a new personal best for John who came close with 600 on his final attempt! In the master men's 40-44 division James Amsbury

won at 165 with 275. Mike Reid won at 181 with his first 400 while Ronnie Ozburn took the title at 198 with 450, then followed with a 465 state record fourth. Bruce Stevens was second at 198 with his opener of 400. David Anguish gave a run at 500 on his final attempt, but settled with his opener of 465 for the win at 242. Then at 275 was Randy Richey. Randy opened with 135 (since he was so busy helping John Stephens get ready for his record-setting 570 @ submaster 308,... you know setting his shirt, lifting off for him.. generally babying John...he didn't have time to warm up!) From there Randy went to 540 but couldn't find the groove. But compared to John's single attempt opener of 530, Randy felt he could easily triple his opener! Thomas Adams broke the existing state record at 45-49/220 with a strong 480 second attempt, just missing 505 for his last two attempts. At 50-54/275 Jeff Welker got an easy win when Bob Walker was injured with his warmup of 530 and was forced to withdraw. Jeff finished with 365 while John White finished second with a personal best 340. Butch Adams broke the state record at 55-59/275 with a personal best 445 while Don Stevens finished second with a solid 380. In the police & fire division Chad Hillard won at submaster 198 with 460 while brother Lance won at 220 open with 500. Both were new state records for their respective classes. In the open division Justin Perkins won at 165 with a personal best 380. Second place at 165 went to Steve Barr with 365, followed by Chad Krumrey with 320, which was also a new pr for him. At 198 it was Ricky Coggins with 450, just missing 500 on his final attempt. Stacy McIntyre looked strong at 220 with 520 followed by a fourth attempt with 540 which tied the current state record. Keith Parrish came for a big one at 242, just missing 600 for his final attempt, then coming close with a 615 fourth. Keith then settled with his second attempt of 575 for the win. Ed Clark came also looking for the magical "600" but failed to get his opener in. At 275 it was Mark Austin for the win with a personal best 530. Robert Washburn won at 308 with his 525 second attempt while Matt Organ failed with 545 twice to finished with his 500 opener for second place. The best lifter title went to Keith Parrish who posted his 575 at a 223 bodyweight. In the deadlift competition master women's 40-44 competitor Sherry Stevens won at 123 with 200, setting the Illinois state record there. Nicholas Spears won his second title of the day at 16-17/242 with 520, following that with a great 545 fourth attempt. Both were new state records for his class. Matt Houser pulled a solid 505 for the win at 18-19/220 while Brandon Williamson finished with 605 for the junior 275 title. Brandon also broke the existing state record there, taking the best lifter honors as well. David Darnell posted a new pr with his win at 40-44/220 with 425. In the open division Jay Sikes got a new pr with 365 while Ed Clark won at 242 with his 550 opener. The team title went to Phelps Power Team consisting of Bob Walker, Ed Clark, Mike Smith, Matt Houser, Chad Krumrey, Christina Phelps, Andrew Groff, Dave Walton, Michelle Davis, A. J. Smith and Denice Smith. Thanks to all who helped out especially my son Joey, Lance Shadrick and Chad Krumrey for loading and spotting. See you all again next year! (by Dr. Darrell Latch.)

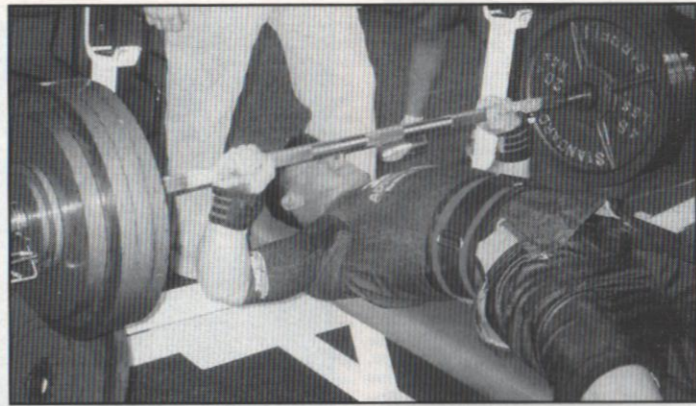
SLP Mid South Open BP
03 MAY 03 - Paducah, Kentucky

junior men		open men	
181	280	165	385
Shawn Cofield	280	Justin Perkins	385
308	181	308	325
Butch Adams	415	Greg Bridges	325
		198	
		Wesley Morefield	405

The Son Light Power Mid-South Open Bench Press Championship was quite a letdown after having sixty competitors here in February. With only five lifters we still had a good competition, with two of the competitors setting new personal records. Thanks once again to Gold's Gym owner Dan Walker for hosting this event and to Butch Adams for his continued work to support powerlifting in the Southern Illinois and Western Kentucky region. Shawn Cofield won the junior 181 class with a strong 280, just missing a final attempt with a personal best 300. This was Shawn's second competition ever, and his first title. In the master 55-59/308 class Kentucky state record-holder Butch Adams felt the results of a loss of weight, making just his first two attempts to end up with 415. In the open division Justin Perkins won at 165, getting a new personal record on his third attempt of 385. Weighing in at just 160, Justin even came close with a fourth attempt of 400! At 181 it was Greg Bridges with an easy 325 for the win. Competing for the first time, Wesley Morefield took the title at 198, finishing with a personal best 405. Thanks to those who competed and to the few spectators who cheered on the lifters. Thanks also to Wesley Morefield, Tadd Phelps and to my son Joey for their help loading, spotting and judging (Darrell Latch.)

USPF High School Championships
15 MAR 03 - South Charleston, WV

114/ F Soph			
BP	DL	TOT	
Carrie Brezenski	60*	165*	225*
123 F Soph			
Chelsea Speggan	100*	170	270*
Carrie Miller	65	175*	240*
132 F JR			



Justin Perkins with near miss with 400 @ 165 in Paducah (Dr. Latch)

148 Sr			
80*	190*	270*	
Leah Craver	195	335	350
148 F Sr			
Misty Clark	115*	275*	390*
Bethany Lilly	75	205	280
198 F Fr			
Alicia Boardman	90*	220*	310*
HW F Soph			
Crystal Ray	100*	205*	305*
Boys / 114 Fr			
Jonathan Day	80*	175*	255*
165 Jr			
Eric Titlow	175	300	475
165 Jr			
Justin Antoine	195	385	580
165 Sr			
Matt Pickens	250*	320	570
181 Fr			
Anthony Ellington	170	275	445
Richard Rose	135	275	410
Mitchell Johnson	120	250	370
132 Soph			
Michael Peak	135	265	400
148 Fr			
Adam Runyon	160*	260	420
148 Soph			
Chris Demaria	125	330*	455
Sean Summerfield	150	270	420
148 Jr			
Jason Brooks	195	335	530
Brandon Riffe	175	325	500

148 Sr			
195	335	350	
Kevin Hamm	200	410	610
165 Soph			
John Harbison	180	390	570
Cayce Prunesti	170	360	530
Derrick Jones	170	355	525
Daniel Lester	170	305	475
Eric Titlow	175	300	475
165 Jr			
Justin Antoine	195	385	580
165 Sr			
Matt Pickens	250*	320	570
181 Fr			
Adam Parkulo	155	415*	570*
181 Soph			
Jason Bennett	230*	400	630*
Nate Carroll	210	395	605
Cody Clay	185	335	520
Dustin Robinson	135	265	365
181 Jr			
Elliott Griggs	355*	430*	785*
Chris Brown	215	410	625
198 Fr			
Austin Peters	230*	390*	620*
198 Soph			

Justin Shrewsbury	210*	430*	640*
JC Wellman	180	410	590
198 Jr.			
Jeremy Smith	180	410	590
Curtis Campbell	200		200
220 Fr			
Trey Smith	230*	370	600*
Andrew Ford	180	370	550
220 Soph			
Justin Thompson	185	380	565
Erik Jones	185	355	540
Noah Walters	175	350	525
220 Jr			
Derrick Bandy	255*	435*	690*
Nate Wilson	195	390	585
242 Soph			
Michael Hill	215*	380*	595*
Chris Boardman	190	335	525
Justin Rogers	180	345	525
242 Jr			
Charles Baptiste	300*	520*	820*
242 Sr			
Brandon Davis	185	350	535
Morgan Sears	300	400	700
275 Fr			
Josh Snyder	240*	435*	675*
275 Soph			
Jacob Bostic	235	450*	685
Tyler McGraw	270*	420	690*
Chris Mason	180	355	535
Todd Garlow	165	365	530
275 Jr			
Josh Williams	225	350	575
Mikel Jones	225	425	650
Levi Riffle	265	445	710
308 Soph			
Nate Williams	235*	500*	735*
308 Jr			
Doug Legursky	300*	485*	785*
Joe Wickline	250	435	685
308 Sr			
Darren Wilburn	285	505*	790*
SHW Fr			
Jeff Johnson	225*	425*	650*
SHW Soph			
Jay Estill	175*	450*	625*
SHW Jr			
Chris Overbaugh	325*	465*	790*

* - Record, Outstanding lifters - Light - Elliott Griggs, Heavy-C. Baptiste. (John Messinger)

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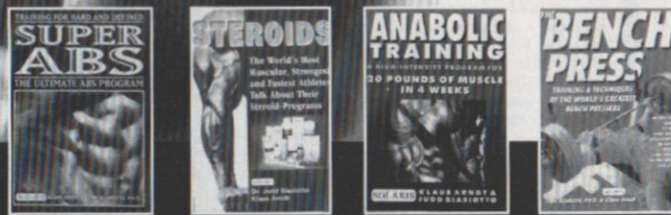
David Darnell with a PR of 425

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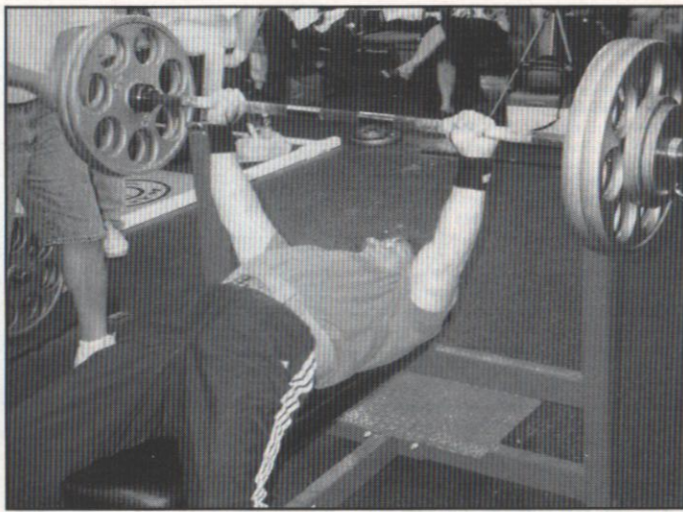
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SLP Southeast Iowa BP/DL
04 MAY 03 - Coralville, Iowa

BENCH PRESS			
open men			
123	198	H. Sullivan	430
L. Brammeier	130*	4th	460*
4th	135*	198	
teenage men 18-19			
165	Doug Tomman	365	
B. Millage	340*	Eddie Mendez	360
4th	350*	C. Den Beste	305
submaster men			
181	242	Linus Fedler	325
Kurt Hook	335*	275	
4th	345*	Paul Harris	550*
198	308	Bill Berry	400*
Eddie Mendez	360	4th	425*
master men 40-44			
275	DEADLIFT		
Mike Den Beste	355*	submaster men	
Jim Schrader	340	181	
master men 45-49			
181	Kurt Hook	550*	
Jon Sikkema	330*	275	
4th	350*	Mike Den Beste	575*
242	Dr. Jim Schrader		
Kurt Haines	405	555	
275	master men 45-49		
Cozy Cozine	465	181	
4th	485*	Jon Sikkema	505*
shw	police & fire		
Loren Betzer	340	198	
4th	350*	Bryan Purches	405
master men 60-64			
198	242	Joe Duerr	505*
Gene May	255*	Linus Fedler	400
4th	265*	open men	
police & fire			
198	220	Shawn Walsh	500
Eddie Mendez	360	C. Den Beste	475
242	242		
Linus Fedler	325*	Linus Fedler	400*

* Son Light Power Iowa state record. Bench - Best Lifter - PAUL HARRIS. Deadlift - Best Lifter - KURT HOOK. The Son Light Power Southeast Iowa Bench Press/Deadlift Championships were held May 4, 2003 at Gold's Gym in Coralville. Thanks to owner Brian Allen for once again hosting this event and

to the lifters and spectators that came to participate. In the bench press event Laura Brammeier won the ladies junior 123 class with style, making 130 on her final attempt, then 135 for a fourth. Both were new state and personal records. Teenage 18-19/165 winner Brandon Millage also got all four of his attempts in, finishing with a new state record of 350. This was also a new personal record for Brandon. Kurt Hook won at submaster 181 with 335, followed by 345 for a fourth, both new state records. Eddie Mendez took his first title of the day with a win at submaster 198, finishing with 360, which tied his own state record there. At 40-44/275 it was Mike Den Beste for the win over Dr. Jim Schrader 355 to 340. Mike finished with a new state record of 355 while Jim settled with his second attempt of 340, after missing his final attempt with 365. Jon Sikkema returned to competition, after several years off, taking the title at 45-49/181 with 330, followed by a 350 fourth attempt. Both were new lowa state records. Kurt Haines, fresh off his win at the USA "RAW" Nationals, took the title at 242 with a solid raw lift of 405. At 275 it was state record-holder Cozy Cozine with 465. Cozy then returned with a successful fourth of 485 to break his current state record by five pounds. Loren Betzer came back from Leavenworth, Kansas to reclaim his title at shw. Finishing with 340 Loren returned with a new state record of 350 on his fourth attempt. Our oldest competitor of the day was 60-64/198 winner Gene May. Showing his experience, Gene methodically worked through his attempts, finishing with a fourth of 265 to establish a new lowa state record there. In the police & fire division Eddie Mendez won his second title of the day, again tying his own state there at 198 with 360. Linus Fedler broke his state record at 242 with his final attempt of 325. In the open division Holland Sullivan was nursing a sore shoulder, but it didn't seem to slow him down as he worked his way to a new state record at 198 with his 460 fourth attempt, after finishing with 430. Second place at 198 went



Sixty-four year old Gene May w/ Iowa state record 265 @ 198(Latch)

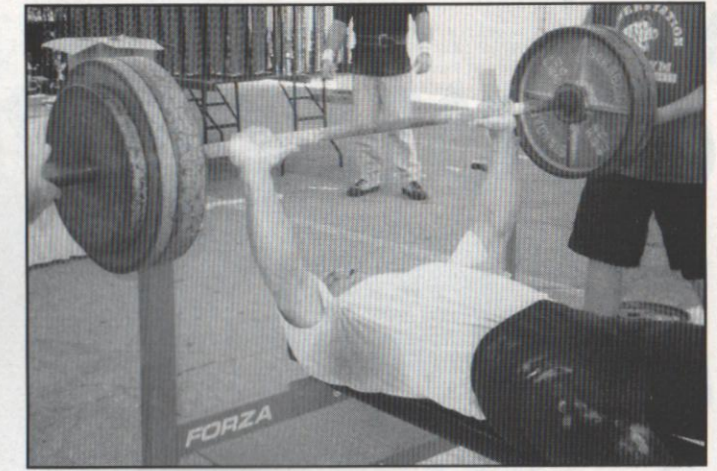
to Doug Tomman with 365 then Eddie Mendez, who finished with 360. First-time competitor Curtis Den Beste won at 220 with 305. Linus Fedler captured his second title of the day with his 325 at 242. Best lifter Paul Harris got a great personal best and lowa state record with his 550 final attempt. Then at 308 it was newcomer Bill Berry with a new state record of 425. In the deadlift competition Kurt Hook won his second title of the day, also setting his second state record with a great long 550 pull at submaster 181. Kurt weighed in at just 178, giving him the best lifter honors for the deadlift. Mike Den Beste and Jim Schrader went at it again in the deadlift; Mike taking the title once again. Jim finished with 555 while Mike won with a new state record of 575 for the 40-44/275 class. Jon Sikkema got his second title and second state record

at 45-49/198 with a great 505 fourth attempt pull. This after missing that same weight for his third attempt. Bryan Purches won at police & fire 198 with 405 while Joe Duerr won at 242 over Linus Fedler 505 to 400. This was a new lowa state record for Joe. In the open division Shawn Walsh won at 220 with 500 while Curtis Den Beste finished second with 475. This was both Curtis and Shawn's first competition. At 242 it was Linus Fedler with 400, taking the title in three of the four events he entered. Thanks to Jim and Brett Tangeman, Holland Sullivan and my son Joey for all their help loading, spotting and judging. Also thanks again to the lifters and the great crowd of spectators who cheered everyone on and made this our bestest and funnest competition to date in lowa. See you all again October 5 for the SLP Iowa State Championships. (Dr. Latch.)

SLP Ohio State Fair BP/DL
03 AUG 02 - Columbus, OH

BENCH			
165			
Submaster women	Jacob Williams	410*	
105	Michael May	190	
Melanie Gibson	105*	181	
Master Women 45-49			
148	Jon Elick	420*	
4th	430*		
M. Ferguson	225*	TR Russo	410
4th	245*	G. Thompson	300
Open Women			
M. Ferguson	225*	Chris Crabtree	420
4th	245*	Bob Maurer	395
Teen Men 13-15			
132	Dave Perrino	390	
Matt Shortland	115	242	
Teen 16-17	Chad Shortland	620*	
181	Paul Vargo	570	
Tony Esselman	220*	Mark Zingaro	520
Teen 18-19	Tom Hypes	425	
148	Jeffery Eaton	410	
Ryan Vivelo	260	275	
Chris Keefer	215	Jeff Peshek	625*
165	Drex Welch	590	
Steven Schwab	260*	Kent Burgess	525
181	Harold Mobley	500	
DEADLIFT			
Darryl Jordan	320*	A. Thompson	355
D. Weinandy	250	DEADLIFT	
SHW	132	Teen 13-15	
Tim Harold	450*	132	
4th	500*	Matt Shortland	275*
Junior Men			
148	4th	290*	
Jay Zurlinden	265	Zac Jenkins	400*
220	181	Teen 16-17	
Steve Snyder	370	181	
Submaster Men	165	Tom Esselman	350*
165	4th	360*	
Mark Hess	300	Teen 18-19	
181	165	165	
Lee Wilcoxon	390	Steven Schwab	350*
Brian Seitz	320	181	
242	Darryl Jordan	480	
Jeff Ritzler	460	220	
Keith Koval	280	R. Anderson	375*
4th	400*	4th	
Master Men 40-44			
181	148	junior men	
Steve Watts	415	148	
198	Jay Zurlinden	360*	
Harold Longs	325	4th	
242	165	370*	
Wigglesworth	435*	John Stranko	475*
Rusty Dixon	315	220	
Master Men 45-49			
181	165	Isaac Walker	550*
S. Welsheimer	250*	Sub Men	
198	181	165	
Gary Combs	420*	Mark Hess	480*
242	181	480*	
Tom Boyer	405*	Brian Seitz	535*
4th	415*	275	
275	Master 40-44	635*	
Kent Burgess	525*	242	
308	Rusty Dixon	450	
Mike Giese	385*	Master Men 45-49	
4th	390*	415*	
Master 60-64		275	
198	Jeff King	635*	
W. Smallwood	385	Master Men 70-74	
220	220	500*	
John Ayers	250	Chuck North	
4th	260	148	
Master Men 65-69		148	
198	Dave Kelhoffer	410*	
C. Workman	280*	165	
police & fire	181	Jacob Williams	315
Gary Combs	420*	181	
242	198	Brian Seitz	535
Mike Ferguson	405	Eric Felts	610*
4th	420*	242	
Open Men		Chad Shortland	675*
148	275	275	
Chris Collins	385*	Stan Gilbert	635*
148	280	Chris Vachio	530
Dave Kelhoffer	280		
2 Man/198			
TomHypes/ Dave Kelhoffer	805*		

Susie for her help judging. In the bench press event Melanie Gibson, state record holder for the submaster 97 class, moved up to the 105's for the win and a new Ohio state record of 105. Marcia Ferguson broke both of her state records at master 45-49/148 and open 148 with her solid lifting. The nationally ranked bodybuilder finished with 225 before making a strong 245 fourth attempt. At 13-15/132 Matt Shortland took the win, finishing with 115. Tony Esselman set the record at 16-17/181 with 220. Ryan Vivelo won at 18-19/148 over Chris Keefer 260 to 215 for the victory there. Steven Schwab took the 18-19/165 class with 260, tying the Ohio state record. Darryl Jordan broke the state record at 181 with 320, taking that class over Dave Weinandy, who finished with 250. Then at shw it was Big Tim Harold, who really put on a show. The eighteen year old finished with 450 before becoming one of the few teenagers ever to bench 500, which he did for a fourth attempt. Congratulations, Tim. In the junior men's division Jay Zurlinden retained his title at 148 with 265 while Steve Snyder won at 220 with 370. Mark Hess took the title at submaster 165 with a solid 300 while state record holder Lee Wilcoxon moved up to 181 for the victory there with 390. Brian Seitz was second at 181 with 320. Jeff Ritzler won at submaster 242 with 460 after missing his final attempt with a state record 505 attempt. Second place at 242 went to Keith Koval, who finished with his opener of 280. In the master 40-44 division Steve Watts won at 181 with 415, while Harold Longs took the 198 class with 325. Mike Wigglesworth broke his own state record at 40-44/242 with a solid 435, taking the win over Rusty Dixon who finished with 315. At 45-49/181 Steve Welsheimer set the state record with his final attempt of 250. Gary Combs came all the way from West Virginia to claim the title at 45-49/198 while also reclaiming his state record there with 420. Tom Boyer moved up to the 45-49/242 class, taking the win and setting the Ohio state record with his fourth attempt of 415. Kent Burgess won at 45-49/275 with a great 525 final attempt, leaving another fifteen pounds on the platform. Reclaiming his state record at 45-49/308 with a 385 third and a 390 fourth attempt was winner Mike Giese. At master 60-64/198 it was Wayne Smallwood retaking his title with 385. 220 winner John Ayers posted lifts of 250 followed by a fourth at 260. Charles Workman had a great day, taking the 65-69/198 class with a new state record of 280. In the police & fire division, Gary Combs won his second title of the day at 198, setting the state record there with 420. Mike Ferguson, the "hardest working competitor of the meet", got a great 420 fourth attempt at 242 for the win and a new state record. In the open division, best lightweight lifter Chris Collins benched a strong 385 @ 146 for the win and state record at 148. Dave Kelhoffer was second at 148 with 280. Jacob Williams broke his own state record at 165, taking the title over Michael May 410 to 190. Jacob just missed the overall title by .2 points. This was Michael's first competition. Jon Elick set the state record at 181 with his win there, finishing with a 420 third and a 430 fourth attempt. Past record holder T. R. Russo finished second with 410. Gabe Thompson was third with 300. At 198 it was Chris Crabtree for the win, finishing with 420. Bob Maurer was second at 198 with 395, followed by Dave Perrino at 390. Chad Shortland set a state record at 242 with his win there, also taking the best lifter title for the heavier lifters. Second place at 242 was past record holder Paul Vargo, who finished with 570, just missing a personal best 580. Mark Zingaro was third with 520 while Tom Hypes got a new pr with 425 for fourth. Fifth place went to Jeffery Eaton, who finished with 410. Jeff Peshek retained his title at 275 with his great 625 personal record opener. This was also a new state record for Jeff. Drex Welch was second with 590, while Kent Burgess finished third at 525. Harold Mobley got his first 500 bench with his fourth place finish and Antonio Thompson was fifth with 355. In the deadlift competition Matt Shortland won his second title of the day at teenage 13-15/132, finishing with 275, followed by a 290 fourth. Both were new state records for Matt. Zac Jenkins won at 165, setting the state record there with 400. Tony Esselman won at 16-



Mike Ferguson locks out state record 420 @ P & F 242 (Dr. Latch.)

17/181, setting the record with his third(350) and fourth (360) attempts. In the 18-19/165 class Steven Schwab got a new pr and state record with 350. Darryl Jordan came close to a state record at 18-19/181 with his final attempt of 505 after pulling 480 for the win. Richard Anderson set the record at 18-19/220 with a third attempt of 375, followed by a fourth of 400. Jay Zurlinden finished a great day of lifting by pulling two new state records at junior 148, making a 360 third and 370 fourth attempts. John Stranko won at junior 165, finishing with a state record of 475. Isaac Walker also set a state record with his win at junior 220, pulling just his opener of 550. In the submaster division, Mark Hess won at 165 with a state record 480 pull. Brian Seitz also got a state record with his win at 181, finishing with 535 and the best lifter trophy for the lighter classes. Master 40-44/242 winner Rusty Dixon pulled a clean 450 there. At 45-49/242 it was Tom Boyer for his second win and second state record of the day, finishing with 415. Jeff King also got a state record with his win at 45-49/275, pulling a great 635. Up next was the seventy year old wonder Chuck North. Coming to lift, Chuck pulled three great state records to finish with 500 for the win at 70-74/220. Wow! In the open division Dave Kelhoffer won at 148, breaking the state record there with 410. Jacob Williams tied his own state record at 165 with his 315 pull. Brian Seitz won his second deadlift title of the day with 535 @ 181. At 198 it was Eric Felts, pulling a state record 610 for the win. Eric now holds the Ohio state record in both the 181's and 198's. Chad Shortland won his second title of the day and his second best lifter award with his 675 pull at 242. Stan Gilbert won at 275, setting the state record there with 635. Chris Vachio was second with 530. In the 2-man event the team of Tom Hypes and Dave Kelhoffer pulled a state record 805 for the title at 198. Thanks again to the lifters and spectators for their support and again to all who helped with the competition. This event was dedicated to the memory of Vince Soto who passed away in 1999. Vince was a champion powerlifter, judge and personal trainer who touched the lives of many people over a very short lifetime. It is in that same spirit we come together each year to compete and celebrate his life. Thank you. See you all next year! (Thanks to Dr. Latch for providing results.)

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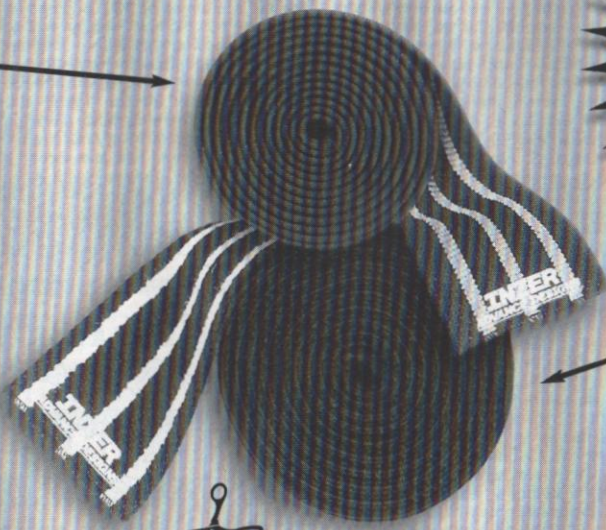
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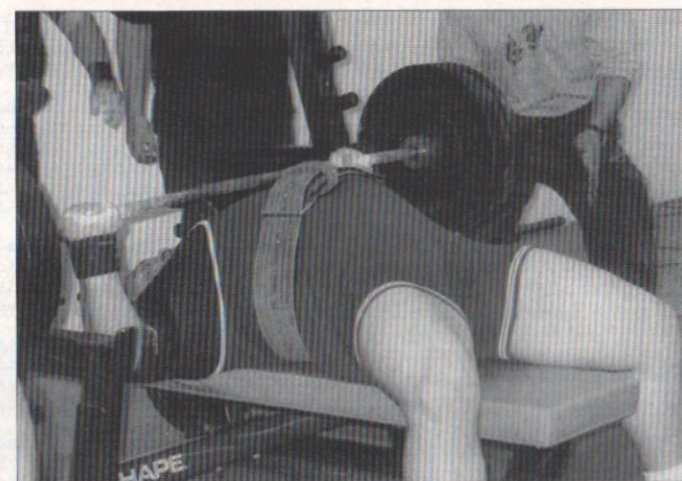
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WABDL National Teen & Law/Fire 26 APR 03 - Salt Lake City, UT

BENCH	4th	154*
Class 1 Men	DEADLIFT	
242	Class 1 Men	
Daivd Joyner 374	242	
Mike Blankenship	Mike Blakenship	468
Jr M 20-25	Jr M 20-25	
275	275	
Todd Cowley 402*	Todd Cowley	611
Law/Fire Master 40-47	4th	622*
275	Law/Fire 40-47	
Ken Eyre 413*	Ken Eyre	523
309	309	
Daivd Marchant 556	David Marchant	
Law/Fire Open	Law/Fire Open	
181	242	
Darren Carr 363*	Mike Blakenship	468*
242	Tim Prince	551*
Tim Prince 402*	275	
Mike Blankenship	Carl Wimmer	600
275	Todd Cowley	611
Carl Wimmer 402	4th	622*
Todd Cowley 402	Law/Fire Submaster	
Law/Fire Submaster	181	
220	Darren Carr	424
Rodger Broome 385*	220	
242	Rodger Broome	584*
Rick Mayo 374*	275	
David Joyner 374	Lance Davis	540*
275	Sub 34-39	
Lance Davis 330*	Lance Davis	540
Sub M 34-39	Teen M 13-15	
Lance Davis 330	97	
Teen M 13-15	Hyrum Marchant	148*
97	105	
Hyrum Marchant 55*	Sarkis Karapetyan	288!
105	132	
Sarkis Karapetyan 132*	Bryant Watson	275*
132	165	
Bryant Watson 170	Joseph Marchant	303
4th	187*	314*
165	Teen M 16-19	
Joseph Marchant 154*	123	
Teen M 16-19	Akop Karapetyan	297
123	4th	308*
Akop Karapetyan 176*	148	
148	Mike Thomas	325
Mike Thomas 148	4th	354*
Jordan Jones 225*	Giovanni Ozaine	407*
165	165	
Thomas Horne 115	Hieu Tran	308
Hieu Tran 181	Tyler Kitchen	402
Ryan Webster 231	Ryan Webster	407
4th	236*	413
181	Kyle Durr	437*
Conor Larson 275*	181	
198	Conor Larson	358
Tatum Drecksell 220	Jordan Peterson	418*
220	198	
Devin Tidwell 292	Obadiah Bennett	407
242	Tatum Drecksell	413
Kaleb Crafts 402*	4th	440*
Teen W 16-19	242	
148	Kaleb Crafts	523*
Madison Klint 132*	Teen W 16-19	
198	123	
Selita Nonu 143	Megan Bennett	192*

! - World Record. * - State Record. The Meet Directors were Randy and Dave Marchant who also are the Utah State Chairmen. This is always a great meet. They flew me in to help judge and MC the meet. Always a great city to visit. In the bench in Junior Todd Cowley set a Utah Record with 402 at 275. In Law/Fire Master Ken Eyre set a Utah Record with 413. In Law/Fire Open Darren Carr set a Utah Record at 181 with a 363 bench. In Law/Fire Open 242 Tim Prince set a Utah Record with 402. In Law/Fire Submaster Rodger Broome set a Utah Record with 385 and at 242 Rick Mayo set a Utah Record with 374. At 275 another Law/Fire Submaster Bench Record was set with 330. In Teen 13-15 97 Hyrum Marchant set a Utah Record with 55 at 105. Sarkis Karapetyan set a Utah Record with 132. At 132 Bryant Watson set a Utah Record with 187. At 165 Joseph Marchant set a Utah Record with 154. In Teen 16-19 Akop Karapetyan set a record with 176. At 148 Jordan Jones put up 225 for a Utah Record. At 165 Ryan Webster set a Utah Record with 236. At 181 Conor Larsen put up 275 for a state record. At 242 Kaleb Crafts set a Utah Record with 402. In Teen Women 16-19 148 Madison Klint set a Utah Record with 132. At 198 Selita Nonu set a Utah Record with 154. In the deadlift Todd Cowley pulled a 622 Utah Record in Junior 275. In Law/Fire Open 242 Tim Prince pulled a nice 551 Utah Record. In Law/Fire Submaster 220 Rodger Broome hauled in 584 for a Utah Record and Lance Davis pulled 540 for a Utah Record at 275. In Teen 13-15 97 Hyrum Marchant reeled in 148 for a Utah Record. At 105 Sarkis Karapetyan set a World Record deadlift with 288. At 132 Bryant Watson set a Utah Record with 275. At 165 Joseph Marchant who is Big Dave Marchant's son set a Utah Record with 314. Its touching to see how Dave encourages both his sons Hyrum and Joseph to great heights. He's very proud of them. In Teen 16-19 at 123 Akop Karapetyan pulled a Utah Record 308. At 148 Giovanni Ozaine set a Utah Record with 407. At 165 Kyle Durr pulled a big 437 for a Utah Record. At 181 Jordan Peterson pulled 418



Dave Marchant's 556 bench at the WABDL Nat's (Gus Rethwisch)

for a Utah Record. At 198 Tatum Drecksell pulled 440 for a record. At 242 Kaleb Crafts had the biggest pull for Teenages with a 523 Utah Record. In Teen Women 16-19 123 Megan Bennett hauled in a 192 Utah Record. Chad Drecksell was the Coach of West High of Salt Lake City who won the High School Team Title. He did an excellent job of coaching and when his kids weren't lifting he did a great job of judging. Bud Davis was also a Judge and Gus Rethwisch was the MC. The other Judge was Dennis Shock. It was a fun meet and its always a pleasure to go to Salt Lake City. Great People. (Thanks to Gus Rethwisch.)

APA Iron Bash at the Beach

19 JUL 03 - Lincoln, Maine	
Bench	D. Osgood 405
Women	Open 181
Master	Ryan Mayo 245
E. McLaughlin 110	Open 198
Open 132	R. Rockwell 440
Marie Cannon 165	Doug Morong 370
D. McQuaid 145	Open 220
Open 148	Erik Gordon 250
Brandi Rideout 105	Open 275
Teen 13-15	Mark Clevette 450
Josh Rockwell 205	Deadlift
Teen 18-19	Master
D. Osgood 405	Doug Morong 500
Ben Lawler 215	Teen 18-19
Erik Gordon 250	Ben Lawler 345
Submaster	Women
Scott Drake 440	Open 148
Master	Brandi Rideout 225
Doug Morong 370	Open 242
Open 165	Brent Howard 765

The APA Iron Bash at the Beach was held at beautiful Mattanawcook Lake, Prince Thomas Park, Lincoln, Maine and hosted by Broadway Health & Fitness, 34 West Broadway, Lincoln, Maine. Special thanks to APA Maine State Chairman and the folks at Broad-

way Health & Fitness for providing excellent competition equipment and a great meet staff and all our referee's for doing an outstanding job. Spotting was excellent at this meet with several injuries prevented due to spotters that were very much on the ball. As can be seen by the results, several Maine State records were set at this competition and the lifting quality was outstanding. Brent Howard attempted a massive 805 deadlift after a successful 765 deadlift and teenager Damian Osgood wowed the crowd with a 465 bench press attempt which was almost in the lockout position when the lift stalled and lockout was missed. Osgood only weighed in at 165 pounds and his lifts will definitely put him in the top ratings for teenagers. We are looking at several more APA meets to be held in Maine within the next 6-12 months and look forward to seeing more of Maine's incredible lifters. (Scott Taylor.)

APA California Battle of the Bad

02 AUG 03 - Sacramento, CA	
Bench	Carin Fujisaki 155
Women	Drug Free 181
Drug Free 165	Todd Robinson 240
Carin Fujisaki 155	Open 181
Teenage	Todd Robinson 240
Luis Castillo 345	Deadlift
Men's 40-49	Drug Free 220
Dave Stevens 315	Jason Burnell 600
Todd Robinson 240	Drug Free 242
Women's 40-49	Justin Tyler 425
Powerlifting	BP DL TOT
Drug Free 165	
M. Mendez 430	260 500 1190

Special thanks to Chip Conrad for providing a great venue and for setting up this event. Referee's for the event were Dave

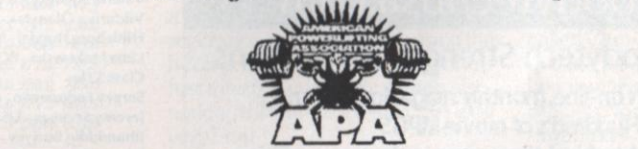
Cummerow, Chip Conrad, Jason Burnell, and Scott Taylor. Judging was excellent. I'd also like to thank Jason Burnell for providing some great squat racks and bar utilized for the competition. Body Tribe Made a great meet site. Body Tribe is a private facility which offers olympic lifting and powerlifting training. We look forward to more events in Sacramento in the near future. (Scott Taylor.)

AAU MO-KAN BP/DL

24 AUG 03 - Pacific, MO			
RAW	BP	DL	TOT
Women			
165			
A. Ollennuking	200		200
198			
Lori Harms	210		210
Men			
165			
Master 40-44			
Jim VanValkenburg	215	325	450
181 Open			
Scott Neumann	300	425	725
198 Open			
Russell Kempen	250	470	720
220 Open			
Carl Tucker	250	375	625
220			
Master 40-44			
Dr. Elletson	325	505	830
319 Open			
Kris Carpenter	365		365
EQUIPPED			
220 Open			
Richard Brown	395	505	900

The 2003 MO-KAN AAU BP-DL Championships were held at X-Treme Fitness on August 24, 2003. Bill White at X-Treme Fitness in Union, MO provided his usually excellent meet site to a small but dedicated group of lifters. All the lifters except 1 lifted in the RAW division. For the women Amork Ollennuking broke her Olympic lifting training to bench a strong 200 lbs. AAU regular Lori Harms had a successful 3rd attempt bench at 210 and looked good for more! For the men Jim VanValkenburg benched 215 and a confidently deadlift at 325. Scott Neumann drove from Kansas City to register a powerful 300 opener in the bench and 425 in the deadlift. Russell Kempen put the torque to a bench of 250 and deadlifted of 470. Belton, MO resident Carl Tucker benched 250 and pulled 375. Chiropractor Dr. Elletson had an impressive RAW bench at 325 and shot up 505 with that healthy back of his. In his first meet, Kris Carpenter, the biggest man in the meet, pushed a powerful 365 on his opener. In the equipped division Richard Brown bagged a 395 bench on his 2nd attempt and pulled a big deadlift of 505. I would like to thank Kurt Richardson and Jeff Lewis for running the table. Bill White, Dennis Kachan for some excellent spotting and "Fitz" and Rob Minrdi for a great job of judging. MO AAU lifters get ready for the state championships this winter! (by Darin Gilley, AAU MO St. Chairman)

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(article continued from page 19)

see a great competition. Squaring off for top honors were Alexander Gromov of Russia and Caleb Williams of the USA. Caleb is from Pennsylvania and is a freshman at College of Wooster in Ohio. The show that these two lifters put on in the squat was one that you don't see every day. The top squat was sure to be a JWR, a mark that both lifters have reached in the past year. Caleb at the North American Cup, and Gromov at the Junior Europeans. In the end, Caleb came away with the record at 305, with Gromov at 302.5. With the speed that both lifters are progressing, the other 67.5s better look out. Gromov is known for his bench press, and ended up with 3 good lifts, and a JWR 197.5. This put the USA in a bit of a hole because Caleb missed his opener at 162.5, then made it easily on his 2nd. A 17.5 kg. jump moved quickly, but the judges turned the lift down due to uneven extension. Caleb was expected to outpull the Russian by a good margin. There is no better weapon at the end of a meet than pulling last in the order. Caleb made his second attempt of 270 kg. easily, and Gromov missed his 3rd at 250. The stage was set for Caleb to pull for the win. Caleb got set and began to pull, only to have the bar stall just after it broke the floor. This day was a case of the stronger lifter missing his mark. It was an outstanding competition, and Caleb is sure to win this class in the future. Placing 3rd in this class was Emmanuel Rodriguez of Venezuela with a very respectable 660 kg. total.

The 75 kg. class was another tight one, with Oleksandr Borysov of Ukraine earning his country their first gold in men's competition, edging out Dmitry Dvornikov of Russia by 7.5 kg. The Russian was leading at subtotal, but the Ukrainian had a bigger pull and made up enough ground for the win. Vladimir Klimov of Kazakhstan took the honors at

bronze with 700 kg.

The 82.5 class saw some very strong lifting, with the Russian tandem of Andrey Belyaev, who will also be lifting on Russia's Men's Open team, and Konstantin Lebedko. Andrey and Konstantin are very even lifters until the deadlift, where Belyaev outpulls his counterpart by 25 kg. or so. This held true here with Belyaev winning with 882.5 kg. also taking 2nd best men's lifter with 597 points. Lebedko was 2nd with 850 kg, and Marcel Lindholm of Finland was 3rd with 772.5. This class was so large it was broken up into two flights. Steve McLawchlin of the USA moved up from the 75 kg. class, but the class change was made at the technical meeting for the competition, so he had to lift in the "B" flight which generally consists of the lifters nominated with lower totals in the class. This meant that Steve would be finished deadlifting before his primary competitors. This gave the Finn the advantage, knowing his mark before he started. Had Steve been lifting in the same flight, the results may have been different. He also completed a flawless 9/9 day at his first international competition. Look for Steve to progress quickly in his new weight class. Another notable in this class was Ron Hernan of Venezuela. Ron took 2nd at 75 last year in Sochi, Russia to Andrey Belyaev. Ron followed the Russian up a class, but had trouble getting depth in the squat. He did look very strong with some big attempts, however.

The 90 kg. class saw some big weights moved. Top honors went to Ivan Shlyakhta of the Ukraine with a big 902.5 kg. total. Ivan is extremely explosive in the squat and deadlift. He had some trouble in the bench missing his first two attempts, but managed to get enough whites on his final attempt to stay in the meet. Michal Wilk of the host country hit a JWR squat of 350.5 that the Ukrainian topped on the next attempt. Wilk took silver overall with 872.5, while his countryman Karol

IPF Junior World Championships (kg) 9th - 14th September 2003, Koscian, Poland. Table with columns for lifters, SQ1, SQ2, SQ3, BP1, BP2, BP3, SUB, DL1, DL2, DL3, TOT.

Table with columns for lifters and their scores in various lifts (Squat, Bench, Deadlift, Total).

deadlift. He had some trouble in the bench missing his first two attempts, but managed to get enough whites on his final attempt to stay in the meet. Michal Wilk of the host country hit a JWR squat of 350.5 that the Ukrainian topped on the next attempt. Wilk took silver overall with 872.5, while his countryman Karol Kopienka took 3rd with 845 kg, which included the gold deadlift of 340 kg. The USA lifter in the class, Matt Goldin, took 5th on a 5/9 day. His main troubles were in the bench, where his weight loss affected the fit of his shirt. A slightly tighter shirt was put on, and Matt did very well. This was Matt's 2nd trip to Jr. Worlds and he will take his experience on to the open category in the future, perhaps at a higher weight class.

At 100 kg, Alexander Butov of Russia took top honors with 920 kg. Butov missed an attempt in each lift, and it appears that this total is not his limit. Dmitry Vorona of Kazakhstan took 2nd with 845, going to his 3rd bench to get one in, and Andreas Hjelmtveit of Norway was 3rd at 835 kg. Andreas edged out Jeremy Hartman of the USA team on his final deadlift. Hartman had a perfect 9/9 day and a PR 832.5 kg. total. Jeremy is another great example of a first time international lifter doing very well. Jeremy will be back and tough to beat in coming years.

The 110 kg. class saw Vladimir Kotkov of Russia come away with the gold and a large margin of victory with his 912.5 kg. total. The Russian missed only his last squat and deadlift. It appeared as if Roman Voroshilin of the Ukraine was the early favorite in this class, but he was unable to complete any of his attempts at his opening squat of 350 kg. His last warmup of 325 appeared difficult and made one wonder if the opener would be lowered. John Brown, another up and coming lifter from Louisiana Tech, stayed in the meet on his 3rd attempt squat, having depth problems on his first two at 305 kg. John was perfect the rest of the meet, finishing in style with an 830 kg. total. He seemed to get better as the meet went on, making a gold medal 330 kg. deadlift look relatively easy. John is also using the hook grip to deadlift. It was John's first international competition also, making the future of team USA look very bright.

The 125 class saw plenty of fireworks between Igor Medvedev of Russia and Yevgeny Yarymbash of the Ukraine. These two lifters tied at a huge 975 kg. Medvedev was the bigger squatter and deadlifter. Yarymbash made up for it with his huge JWR 290.5 bench. He also took a shot at Scott Lade's WR 300 kg. bench on a 4th attempt, but stalled just short of completion. Medvedev hauled in enough for the bodyweight win in the end. It's also worthy of noting that the Russian weighed just over the 110 kg. limit.

He said that he will be representing Russia in the 110 kg. class at the Men's World Championship in Denmark. Taking 3rd with some consistent lifting was Alexander Hoffman of Germany, totaling 882.5 kg, a PR for him.

The 125+ class had Alexey Pankov of Russia bull through 9 good attempts, ending with a 912.5 kg. total. It was clear that Alexey could have pulled much more. He also used the hook grip to deadlift. Jewgenij Kondraschow of Germany didn't make it very easy on the Russian, totaling 900 kg. Oleg Bilichenko of the Ukraine took 3rd at 885 kg. There were two American lifters in this class. Emilio Saldierna decided to move up several weeks out from the contest. According to the nominations, Emilio had a better shot to place higher in this class than to stay at 125. Emilio missed his 3rd squat, a jump to a big 815 that was well within his capabilities. He just lost his balance backward while coming up, the weight was moving very easily. His 350 was a toy. That lift, along with his PR 523 bench would have provided the motivation necessary to pull into the medals. Emilio ended his Junior career with a strong showing. Hopefully he will keep pushing into the open ranks. The other USA lifter in this class is Emilio's Louisiana Tech teammate, Josh Chovanec. Josh is the younger brother of former Jr. World Champion PJ Chovanec. He finished one spot behind his teammate, squatting 315, benching a PR 222.5, and pulling 282.5. Josh is young, progressing quickly, and sure to make his mark on future teams as well.

The final team standings for women at the conclusion of the competition were Russia in first place with 69 points, Ukraine in second with 63 points, with the USA close behind with 57 points. In the men's team competition, Russia took first with a maximum 72 points, followed by Ukraine at 55, with the USA in a very close 3rd again with 53 points. As usual, the competition ended with a closing ceremony and banquet, which was held at a night club called Club Gotham, which was just outside of Koscian. The banquet began with a presentation from IPF officials, thanking the competition organizers for putting together a great event. That was followed by top team and best lifter awards. The presentation was followed by food, drinking, and dancing into the night. The banquet is always the place to make friends from lifters across the world, and this was no exception. Sandra Perron was head coach for the third year, assisted by Trey Cunningham, Greg Simmons, Larry Maile, and Mike O'Donnell. Traveling alternates and helpers were Andre Johnson, Clint Edwards, and James Townsend.

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National Office:

124 West Van Buren
Columbia City, IN 46725
Phone: (260) 248-4889
Fax: (260) 248-4879
Administrator: Barbara Born
Executive Asst: Angie Overdeer
Website:
www.usapowerlifting.com

President: Larry Maile, Ph.D.
Email:
L-MAILE@usapowerlifting.com

Athlete's Representatives (5 total):

Patrick Anderson, D.C.
10 Colony Dr.
Kennesaw, GA 30114
(770) 425-0675

Shawn Cain
1040 192nd Ave.
New Richmond, WI 54017
(715) 246-3560
Email: mmagic@presenter.com

President's Message:

This has been an exciting month for us, with the preparation of our fall international competition schedule, as well as preparing for the coming year of national competition. By the time you receive this, our first USAPL youth competitions will have taken place. As I mentioned in last month's column, the minimum age for participation in USA Powerlifting sanctioned competition has been lowered to 10 years. We look forward to their presence at our first Nationals of the 2004, the Women's Nationals.

Junior World Championships:

Ten women, and ten men, between the ages of 19 and 23 lifted in the 21st IPF World Junior Championships, held in Kosciuszko, Poland the second week in September. Jennifer Maile (48 kg. class), and Jessica Watkins (82.5 kg. class), won Gold, defeating the best in the world. Jessica increased her American Record total to an unbelievable 612.5 kg. (1,351 lbs.). Damario Holloway received the Gold in the Men's 56 kg. class. Caleb Williams set a world Jr. record of 305 kg. (672 lbs.) in the squat. The U.S. Team received a huge number of individual lift and overall medals. Both the men's and women's squads took third in the team standings, behind Russia and Ukraine. Thanks for these excellent performances are due Sandra Peron, Head Coach, and her staff of

Mike O'Donnell, Trey Cunningham, Greg Simmons, James Townsend, and Larry Maile. Please see the article on this competition by Mike O'Donnell, in this issue.

Automatic Membership Renewal:

This month, USA Powerlifting kicks off our automatic renewal of memberships for those who would rather have fees charged to their credit card to avoid any lapse in membership. Forms with a clause to this effect will be sent to members as they begin to expire, starting in October.

Marketing Study:

As planned in at the National Governing Body Meeting this past July, USAPL has retained a marketing consultant, to assist us with such aspects of marketing as increasing awareness of competition, and individual competitors, both locally and nationally. We will also receive guidance on streamlining procedures, fund raising, and improvement of member services. We look forward to continuing the process of professionalizing your federation.

Training Camps:

There are a number of ideas being worked on for training camps for new and accomplished USAPL members, and coaches. Johnny Graham hosted almost 30 high school powerlifting coaches in Killeen, Texas in late August, courtesy of the City of Killeen. Johnny, and the Phantom Warriors Powerlifting Team discussed training, meet production, and powerlifting equipment.

Robert Keller, while hosting the Second Annual American Open Powerlifting Championships, is organizing a seminar for those interested in increasing lifting performance, and those interested in women's lifting issues. Please see information at: <http://mysite.verizon.net/rhk/>.

Paul Fletcher, our Louisiana State Chair, hosted a half-day camp for high school athletes at his gym in Baton Rouge. It was well received, and lifters are interested in attending again. Paul is considering inviting several elite level USAPL athletes to attend next year's event to assist and inspire the young competitors.

Priscilla Ribic is coordinating a three-day training camp in Spokane, Washington to be attended by sev-

eral members of the Women's National Team, and local and state level competitors from the Northwest. This will be a great opportunity for accomplished and developing athletes to share training and competition related information. A bench competition for Spokane area lifters is being considered as well. The camp is planned for the end of December. Please contact Ms. Ribic for further information at: priscilla@littlepowerhouse.com. Participation will be limited.

Club Information:

In our continuing effort to assist networking among USAPL members, we will publish the names and contact information of registered clubs so that athletes may contact each other when traveling.

Next Level Fitness
Rene Moyon
630 Knotty Rd.
Coventry, RI 02816
(401) 934-2040

Nichols State Powerlifting
Jon Magendie
P.O. Box 2032
Thibodaux, LA 70310
(985) 448-4811

Team California
Lance Slaughter
4437 S. Centinella Ave.
Los Angeles, CA 90066
(310) 995-0047

Team Pro-Fitness, New Jersey
Jerry Daly
12 Audubon Dr.
Denville, NJ 07834

Upcoming National Meets:

Last month, the American Open, Women's Nationals, and High School Nationals were highlighted. Please see the USA Powerlifting Coming Events directory on the website: <http://www.usapowerlifting.com/schedule.shtml>. Please also contact the National Office to inquire about directing a state or local level USAPL competition. Please also consider hosting one of the following National meets in 2004, which have not been awarded: Lifetime Drug Free Nationals (usually held in the fall), and Armed Forces Nationals (usually held in March/April).

Collegiate Nationals: This years competition is being held in Omaha, Nebraska, by veteran contest organizer, James Hart. The meet will be the 23rd through 25th of April. The Collegiate Nationals has included more than 200 competitors over the past several years, and is well known for the team rivalries that are con-

tested. The Collegiates is also one of the qualifiers for the Junior National Team.

Men's Nationals: This years Men's Nationals will be held by Paul Fletcher in Baton Rouge, Louisiana July 9-11. Paul hosted the Master's Nationals this year, and did a great job. His competition venue is more than adequate in terms of size, availability of dining and shopping, and in terms of comfort. Paul boasts the largest warmup facility for any national meet, and he packs the house with spectators as well.

Teen/Jr. Nationals: The Teen/Jr. Nationals will be held in Omaha, by Jim Hart June 12-13 (tentative date). The Teen/Jrs. is the final qualifier for the Jr. National Team, and also serves as the National meet for those who are out of high school, but not attending college. Many great performances are seen at this competition, and athletes trying for a world team slot are going all out.

Lifter Profile: Jennifer Maile

Each month, we will try to feature a USAPL member who has distinguished themselves either on or off the platform. This month we feature Jennifer Maile, who at 19, just won her third IPF World Championship.



Jennifer (Jenn) won her first Teenage National Championship at 14, and her first Open title at 16. She won the World Junior Championships in 2000 in Chi Yi, Taiwan, and the Sub-Junior Championship in 2001. Jennifer returned to the Junior ranks this year (the IPF changed age divisions, making her ineligible until turning 19), with a win in Kosciuszko, Poland. Jenn holds 4 Sub-Junior World records, two Jr. World Records, and the Open World Deadlift record.

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- * MULTIPLE NATIONAL RECORD HOLDER
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- * RANKED NO. 1 IN THE WORLD (181 lbs. class)

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

Bench Only Women	220 Open Men
114 M 40-44 Women	Ryan Gerard 440
Donna Arndt 187	220 Master 45-49
132 M 45-49 Women	Paul Wondra 347
Gerrie Shapiro 143	220 Master 60-64
Bench Only Men	R. Ciavarelli 264.5
148 Submaster Men	242 Open Men
Brian Crocker 341.5	Alvin Waldon 462
Joe Drake	Joe Grisso 407
165 Master 60-64	Michael Lohr 374
Jim Merlino 292	242 Natural Men
181 Submaster Men	Alvin Waldon 462
Ken Fasulo 314	242 Submaster Men
198 Teen Men	Scott Hoekstra 473
Josh Mouton 225	242 Master 50-54
198 Open Men	Alvin Waldon 462
James Lee 435	242 Master 55-59
Michael Gray 402	Daniel Smith III 424
198 Submaster Men	275 Master 40-44
Scott Marcinek 446	Daniel Smith 440
198 Master 55-59	Kenneth Scott 424
Ritchie Creevy 314	Chuck McGuire
198 Master 70-74	308 Junior Men
Len Sandberg 209	Josh Bryant 606
4th 214	308 Master 40-44
	Neil Ferone 424.5

Women PL	SQ	BP	DL	TOT
114 Open Women				
S. Kubik 225	132	242.5	600.5	
165 Open Women				
Lisa Denison 385	187	391	964	
198 Open Women				
Disa Hatfield 451	292	363	1107.5	
148 M 45-49 Women				
Sasha Meshkov 264.5	132	308.5	705	
165 M 45-49 Women				
Mary Jacobson 314	231	385	931	
Men PL				
148 Open Men				
S. Somerman 407	170	402	980	
148 Natural				
S. Somerman 407	170	402	980	
148 Master 50-54				
S. Somerman 407	170	402	980	
165 Natural				
Brian Pearson 369	319.5	435	1124	
181 Teen Men				
Aaron Nadal 336	220	358	914	
4th 231				
198 Teen Men				
Adrian Lopez 264.5	154	319.5	738	
198 Open Men				
James Lee 540	435	567.5	1542	
Mike Belluscio 490.5	275.5	501.5	1267.5	
198 Natural Men				
C. Stocking 518	259	507	1284	
Mike Belluscio 490.5	275.5	501.5	1267.5	
Greg Shaver 292	264.5	363	920	



SLP Fall BP/DL Classic - BL - Mike Raya (DL) & Matth Ruff (BP) (Latch)

198 \	Max Higgins	661	396	545.5
Submaster				
Mike Belluscio	490.5	275.5	501.5	
1267.5				
198 Master 40-44				
Tim Deran	457	275.5	501.5	1234
220 Junior Men				
Travis Vassallo	473	341.5	479.5	1294
220 Open Men				
Patrick McNeil	562	391	540	1493
Billy Wayne	529	341.5	562	
1432.5				
Paul Wondra	297.5	347	473	1118
220 Master 40-44				
Michael Womelsdorf	407	303	407	
1117				
Michael Brown	369	281	435	
1085.5				
220 Master 45-49				
Ruben Arredondo	529	380	479.5	
1388				
Paul Wondra	297.5	347	473	1118
242 Open Men				
Steve Silver	661	501.5	699	
1862.5				
R. Meulenberg	628	418	639	1686
275 Teen Men				

198 Submaster 35-39, single lift bench record - 446.25 lbs. Len Sandberg-198 Master 70-74, single lift bench record - 214.75. Alvin Waldon - 242 Master 50-54, single lift bench record-462.75. Daniel Smith III - 242 Master 55-59, single lift bench record-424.25. Josh Bryant-308 Junior 20-23, single lift bench record-606.25. We would like to thank the following people for making this meet a success: Meet Director: Kevin Fisher. Scoretable: Amy Gorton and Breane Musser. Score-board: Shelly Lamb. Expeditor: Dan Lee. Spotters/Loaders: Jake Cunningham, Derek Keller, and Dave Dallmeyer. Referees: Gordon Santee, Bill Ennis, Steve Denison, Ken Wheeler, Jim Merlino, Scott Layman, Lance Slaughter. Announcer: Tim Gramatovich. Setup and breakdown helpers: Tanya Colombana, Scott Ainsworth who built the platform, and Dorothy Littlejohn. T-shirt sales help: Scott Wenz.

SLP Fall Bench Press/Deadlift
05 OCT 02 - Mattoon, IL

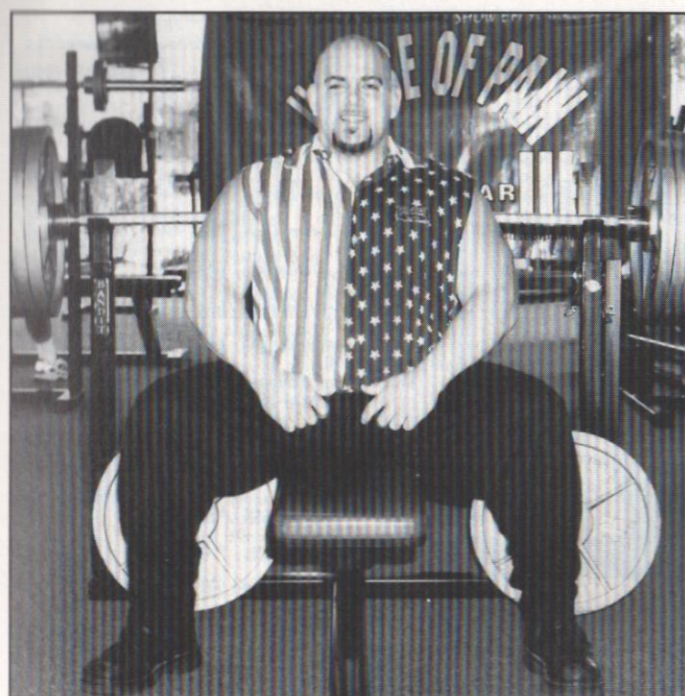
BENCH	open men
teenage men 16-17	148
198	Billy Jeffries 275
Robert Connell 275*	198
teenage men 18-19	Jeremy Long 315
148	4th 325
Billy Duckett 285*	DEADLIFT
junior men	master men 40-44
148	198
Larry Holley 396	JO Ray Moore 314
Randall Ward 407	M40-46
308	220
Mac Sanford 391	D0 Burlingame 363
Jeremy Murrell 518	220
309	Greg Bowen 407
Burt Tyree 473	4th 418
4th 485	220
Rob Ferr 529	R. Womack 407
165	220
Luis Salinas 143	Tony Luce 429
181	259
Colby Bannister 137	Robert Jackson 402
181	259
A. Markham 165	D. Menchaca 473
259	259
Cody Colchado 451	Ken Malone 490
Disabled Men	308
Omar Sanchez 440	David Reece 611
Jr. M20-25	309
132	T. McKinneyD 535
J. Hagendorf 286	Mike Hamby 573
181	M47-53
Chad Bell 336	181
220	Eric Bergman 330
R. Mc Keefer 501	198
Chad Matthews 507	J. Guardado 225
Brad Neal 507	S. Rosenberg 314
4th 512	David Bertier 314
242	
J. Scheible 341	Byron Sanford 330
Eric Wright 562	Nick Dwinell 402
275	
John Erickson 578	Michael Davis 363
4th 600	Sean Finegan 501
Jr. W 20-25	259
148	R. Campbell 308
C. McKeefer 159	275
4th 165	Buddy Wright 336
Jr. W 20-25	275
165	A. Gonzales 446
M. De Veau 220	M54-60
Law/Fire Master	148
Men40-47	T. Feight 192
220	181
Greg Bowen 407	R. Contreras 303
4th 418	198
275	Bob Hochstein 292
R. Bannister 396	198
309	Dan Bell 358
Pete Lattanzi 490	220
Law/Fire Master	Greg Fay 330
Men 48+	220
242	Harold Bodden 336
Johnny Park 424	4th 347
308	242
Larry Prince 374	Johnny Park 424
Law/Fire Master	242
Women 48+	Greg McCoy 457
165	259
C. Luprete 159	Gene Knight 402
Law/Fire Open	308
Men	Paul Rando 292
165	308
Kenneth Cook 374	S. Mandreger 429
198	308
Jeffrey Waters 407	Tom Ekenberg 451
220	M61-67

* - Son Light Power state record . BP - Best Lifter - MATTHEW RUFF. DL - Best Lifter - MIKE RAYA. The nineteenth annual Son Light Power Fall Bench Press/Deadlift Classic was once again held at the Cross County Mall in Mattoon, Illinois on October 5, 2002. Thanks to the Mattoon Mall Association and to manager Mike Witwicki for their continued support of our sport. This year's event was a small one, but a great time was had by all! In the bench press event sixteen year old Robert Connell won the title at 16-17/198, finishing with a great 275, which tied his personal best and broke the existing state record for that class. At 18-19/148 it was Billy Duckett with a great 285 state record lift, weighing in at just 138! In the junior division Matt Ruff looked strong at 148, coming back on a 300 fourth attempt after missing that same weight for his third. This broke the existing record for that class by 55 lbs! Also in the junior division was Big Joe Poorman, who finished with a new state record of 300 for the title at shw. Lifting in the submaster 220 class, first-time competitor Terry Smalley had a good day, finishing with 325 before coming back with a personal best 340 fourth attempt. Loren Betzer returned from Leavenworth, Kansas for the title at 45-49/shw, finishing there with a new state record of 340. In the open division Billy Jeffries got a new personal record of 275 at 148 with his win there. Another first-timer was Jeremy Long who won at 198, getting two new prs on the day with a 320 third and 325 fourth attempt. Best lifter for the bench competition went to Matt Ruff, who finished with 300 @ 147. In the deadlift competition it was Mike Raya for the win at master 40-44/198 and the overall title for the day. Weighing in at just 185 Mike pulled a solid 540 fourth attempt after finishing with 530. James Ewing, the world's strongest Roto-Rooter Man, won again at 45-49/242 with 500. Loren Betzer won his second title of the day at 45-49/shw with 550, setting still another state record there. Our final competitor was sixty-six year old wonder (and I do wonder about him!) Darrel Sidwell who finished the day with 300, taking the title at 65-69/165. Darrel is the state record holder for that class. Thanks to my son D. C. for everything and to Darrel Sidwell, Jeremy Long and Terry Smalley for all their help. See you all again in December! (Results by Dr. Darrell Latch.)

WABDL National BP & DL
6-8 MAR 03 - Houston, TX

Bench	Joe Guerra 479	220	220
Class 1 Men	242	Ken Anderson 451	Dan Kroesch 0
148	Jason Jackson 650	259	242
Danny Dickey 248	275	Jimmy Duckett 325	Patrick Parnell 462
A. Fernandez 275	Larry Holley 396	4th 336	259
S. Mendez 281	308	275	Cody Colchado 451
Samuel Norris 341	Jeremy Murrell 518	Law/Fire Open	259
165	132	Bob Garza	259
C. Hargett 270	Women	M68-74	Kelvin Tatum 479
James Yates 308	132	198	275
Ronnie High 314	Connie Clifton 165	T.C. Lewis	275
Timothy Tyson 352	Law/Fire Sub Men	O	309
Kenneth Cook 374	198	123	Rob Ferr 529
198	James Whitney 440	A. Hrenchir	264
Pablo Arriaga 363	M40-46	275 114	Sub W 34-39
Jose Valtierra 374	132	148	R. Shelly Ellis 121
James Whitney 440	220	Danny Dickey 236	114
220	165	148	Dee Bernal 132
Byron Sanford 330	Marloe Mosley 281	165	TeageM13-15
D. Burlingame 363	181	C. Cederholm 270	Mitchell Ellis 181
Sean Morgan 374	LeeRoy Banks 424	275 114	Clayton Pinson 248
R. Womack 407	198	420 181	4th
Dusty Burns 490	Paul Radmilovid 325	198	Eli Howard 275
Dan Kroesch 242	198	Jeffrey Waters 407	198
B. Runnestrand 380	198	198	D. McKinney 214
Shawn Hartley 385	Fred Stokes 352	John KornIII 556	Benny Farias 303
BrianScott Bell 429	198	220	220
Grover Rollins 440	275	R. McKeefer 501	Ian Ward 214
275	220	220	242
Larry Holley 396	JO Ray Moore 314	Brad Neal 507	Aaron Caudell 314
Randall Ward 407	M40-46	4th 512	TeageM16-19
308	220	220	132
Mac Sanford 391	D0 Burlingame 363	Joe Guerra	C. Johnson 264
Jeremy Murrell 518	220	220	165
309	Greg Bowen 407	Patrick Thomas	C. Cederholm 270
Burt Tyree 473	4th 418	242	Rocco DeSalvo 314
4th 485	220	M. DalMartin 473	A. Scherer 336
Rob Ferr 529	R. Womack 407	242	181
165	220	Jason Jackson 650	Jason Perez 314
Luis Salinas 143	Tony Luce 429	259	S. Herrmann 374
181	259	Steven Ross 485	196
Colby Bannister 137	Robert Jackson 402	Paul Vargo	DuJuan Calvo 270
181	259	275	Teenage W 16-19
A. Markham 165	D. Menchaca 473	Buddy Wright 336	105
259	259	Roman Miranda 462	Lori Hirojosa 82
Cody Colchado 451	Ken Malone 490	Sub M34-39	123
Disabled Men	308	148	Emily Deatrich 154
Omar Sanchez 440	David Reece 611	P. Arcot	264
Jr. M20-25	309	Samuel Norris 341	A. Calvo 154
132	T. McKinneyD 535	181	W
J. Hagendorf 286	Mike Hamby 573	R. Espinoza 303	105
181	M47-53	Don Moser 385	114
Chad Bell 336	181	220	J. ami Frenkel 137
220	Eric Bergman 330	220	Sean Morgan 374
R. Mc Keefer 501	198	220	123
Chad Matthews 507	J. Guardado 225	Ed Wilkinson 534	Susan Rinn 238
Brad Neal 507	S. Rosenberg 314	220	WM40-46
4th 512	David Bertier 314		
242			
J. Scheible 341	Byron Sanford 330		
Eric Wright 562	Nick Dwinell 402		
275			
John Erickson 578	Michael Davis 363		
4th 600	Sean Finegan 501		
Jr. W 20-25	259		
148	R. Campbell 308		
C. McKeefer 159	275		
4th 165	Buddy Wright 336		
Jr. W 20-25	275		
165	A. Gonzales 446		
M. De Veau 220	M54-60		
Law/Fire Master	148		
Men40-47	T. Feight 192		
220	181		
Greg Bowen 407	R. Contreras 303		
4th 418	198		
275	Bob Hochstein 292		
R. Bannister 396	198		
309	Dan Bell 358		
Pete Lattanzi 490	220		
Law/Fire Master	Greg Fay 330		
Men 48+	220		
242	Harold Bodden 336		
Johnny Park 424	4th 347		
308	242		
Larry Prince 374	Johnny Park 424		
Law/Fire Master	242		
Women 48+	Greg McCoy 457		
165	259		
C. Luprete 159	Gene Knight 402		
Law/Fire Open	308		
Men	Paul Rando 292		
165	308		
Kenneth Cook 374	S. Mandreger 429		
198	308		
Jeffrey Waters 407	Tom Ekenberg 451		
220	M61-67		

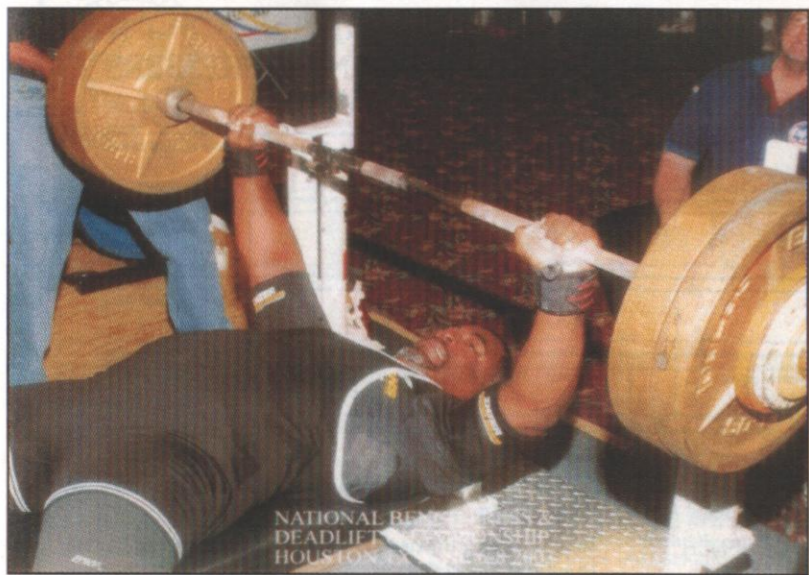
114	Bruce Koch 529	181	181
Selina May 148	275	M. Pettinger 457	Stephen Moore 314
123	R. Bannister 473	198	198
Susan Rinn 238	Law/Fire Open Men	Willis Smith 534	D. McKinney 341
165	161	220	198
Gloria Koepke 181	A. Garcia Jr. 451	C. Youngblood 440	B. Farias 369
165	259	220	Teenage M13-15
C. Crossland 264	Casey Smith 644	D. Burlingame 573	198
WM47-53	132	220	



Paul "Tiny" Meeker guest lifted for a 716 bench in a split neck shirt

He benched 518 for an Oklahoma record. I had a good time at the Clarion Hotel Bar tipping a few with Jeremy, Dusty Burns, Brad Neal, Jason Jackson and Richard McKeefe. They always support WABDL and they all did well at Worlds in Reno last year. At super Rob Ferr set a Louisiana Record with 529. In disabled men Cody Colchado who has impeccable deadlifting and benching form and is blind won the 259# class with 451 and at 308 Omar Sanchez benched a nice 440 at 308. In junior men at 132 Justin Hagendorf set a Texas record with 286. At Junior 220 Chad Mathews and Brad Neal hooked up in a gunfight. Mathews set a Texas record with 507 and Brad Neal of Oklahoma also did 507 but was the lighter man. Brad then went on to bench a World 512 on a 4th. At 242 Eric Wright set a World Record with a huge hunk of steel 562. Both Neal and Wright passed drug tests. At 275 John

John is very intense and he used to play baseball in the Tampa Bay Devil Rays minor league system and threw 94 miles per hour as a pitcher. In junior Women Carrie McKeefe who just recently had a baby set an Oklahoma record at 148 with 165 in the bench. At 165 Melissa De Veace set an Oklahoma record with 220. Melissa is a collegiate wrestler and is ranked 4th in the country in her weight class and wants to wrestle in the next Olympics. In law/fire Master 40-47 at 220 Craig Bowen set a Texas record with 418. At super Pete Lattanzi set a Texas record with 490. In law/fire master 48+ Johnny Park set an Oklahoma Record with 424 at 242. In law/fire open 165 Kenneth Cook set a Texas record with 374. At 242 Jason Jackson put up a huge 650 for a world record and passed his 3rd drug test. At 308 Jeremy Murrell set an Oklahoma record with 518. In law/fire open women Connie



Ken Malone's World Record 490 bench (Photographs courtesy of Gus Rethwisch)

Erickson a former all star high school wrestler and baseball player from Oklahoma city benched 578 on a 3rd and a rocket like 600 at 275 for a world and Oklahoma record.

Clifton in her 1st meet set a Texas record with 165 at 132. In master men 40-46 259 Ken Malone set a World Record with 490 and was close at 501. At 308 David Reece

posed to show up for a booth and Bob Garza the meet director had purchased an Okie deadlift bar that Crain was going to bring. The day before this meet Crain pulled out. In



Thomas McKinney BP'ed a Texas record of 535

Master 61-67 259 Jimmie Duckkett of Oklahoma set a World Record with 402. In open Brandon Cass of Missouri set a World Record at 220 with 782. At 259 Casey Smith set a World Record 644. At 308 Mark Phillips set a Tennessee Record with 617. Mark already holds the submaster record with 661. In teenage men 16-19 114 class George Jackson set a World Record with 435. At 181 Jason Perey set a Texas Record 485. In teen men 13-15 123 class Mitchell Ellis set World Record with 348. At 242 Aaron Caudell set a Texas State Record with 418. At 198 Zach O'Quinn set a Texas record with 396. In Master Women 40-46 165 Gloria Koepke set a Texas record with 396. I want to thank our sponsors Rick Brewer of the House of Pain Bob & Edis Trophies, Twinlab, IronCore Strength Equipment, Inzer Advance Design and shoes for weightlifters by Camelia Luprete. These shoes look very sharp. I want to thank Bob & Edi Garza the meet directors Larry Prince was the MC the judges were Jim Snodgrass, Ken Anderson, Gus Rethwisch, Ted Feight, Charlie Turco. The 2004 WABDL Nationals will be directed by Gus Rethwisch in Portland OR AUG 20,21 at the Sheraton Airport Hotel which is 1/2 mile from the Portland International Airport. Tiny Meeker was a guest lifter and pushed up 716 with a split neck shirt - a very impressive lift. The warm up area and the weight-in area was not up to WABDL Standards for the 2nd year in a row. This year's weigh-ins were finally moved to my room - Bob had some unfortunate problems with Spotter loaders not showing up - one even shaved up on Sunday Jun 8th at 545 pm about an hour after the while meet was over. However, his trophies were excellent. John Tyree's Team Fitness of Duncanville, TX won the team title. (Thanks to Gus Rethwisch for providing this result to Powerlifting USA.)

USAPL Military Nationals (kg)
08 MAR 03 - Houston, TX

Bench	90 kg	Open	90 kg	Open
82.5 kg	Open	Max Ripple	170	
75 kg	Master	Danny Deuter	175	
Mark Feildman	150	100 kg		
82.5 kg	Jim Leitner	140		
Open	110 kg			
James Burdette	177.5	Lloyd Tanner		
Johnnie Martinez	177.5	125 kg		
Junior	Tyrone Wilson	200		
James Steichen	175	125 kg +		
	Kirby Gank	232.5		
52 kg	SQ	BP	DL	TOT
Open				
Sandra Palma	52.5	32.5	75	160
60 kg Open				
Orathay Sivilay	80	55	110	245
Jennifer Fenti	110	65	125	300
Master/Open				
Diane Siveny	115	82.5	140	337.5
67.5 kg Open				
Stacy Milbauer	65	52.5	82.5	200
Kimberly Walford				
82.5 kg				
Paula Rippl	110	70	132.5	312.5
90 kg				
Paulette Calhoun	117.5	100	115	332.5
67.5 kg				
Masters				
Keith James	160	130	210	502.5
Jim Marchio	150	97.5	210	457.5
75 kg Junior/Open				
Trenton Wade	227.5	165	257.5	650
Master				
Chris Darin	210	160	250	620
Open				
Hy B Taylor	142.5	112.5	165	420
82.5 kg Open				
Jym Bourgeault	220	165	260	645
Master				
Carlos Lewis	230	150	245	625
Junior				
James Steichen	230	165	190	595
Open				
Todd Nerlin	190	140	215	545
Danny Hill	182.5	142.5	202.5	527.5
William Brown	182	142	202.5	526.5
90 kg Master				
Ray Baxter	255	172.5	255	682.5
Open				
Jerome Williams	237.5	162.5	252.5	652.5
Master				
Walter Thomas	250	145	250	645
Open				
Max Ripple	230	170	230	630
Master				
Danny Deuter	160	175	180	515
100 kg Open				
Chris Hootman	285	205	282.5	772.5
Junior				
Mario Rojas	260	197.5	265	722.5
Master				
David Georges	227.5			
110 kg Open				
Darrell Evans	310	215	300	825
Ennis White	285	227.5	282.5	795
Master				
Gary Pamplin	272.5	240	245	757.5
Open				
Mark Wynn	255	170	255	680
125 kg Open				
Larry Fenti	297.5	207.5	305	810
Terrance Gauthier	305	210	260	775
125 kg + Open				
Caesar White	282.5	185	255	722.5



The lifters and staff of the 2003 USAPL Military Nationals (This photograph is courtesy of J.D. Carr)

some noise in her next meet. Stacy Milbauer kept her lifts consistent and came away with a gold medal making her the champion. In the 82.5 kg. class Paula Rippl was the only competitor, but that didn't matter, as she went eight for nine earning her 1 gold open and 1 gold in the bench press. The +90 kg. class was all Paulette Calhoun. She had been battling the flu and had no idea if she had any strength to compete. However, she did enough to stay in the meet and earn herself a gold medal. The Men's division 67.5 kg. class consisted of two competitors, Jim Marchio and Keith James, both master lifters, battled head to head. Jim, a full bird Colonel and Commander of the Joint Intelligence Division at Scott Air Force base showed some quality lifting for a young guy and I believe he would be a quality lifter in the 60 kg. class. Keith came away with the gold and a fine bench press to seal his victory. The 75 kg. class offered a mixture of competition. One of which was an upcoming lifter that others need to watch out for, with Trenton Wade taking home 2 gold medals for the junior class and open. He is now posting great numbers and I expect to see those improve over the years. Christopher Darin, a Master lifter, is also posting great numbers. Anytime a master lifter completes a meet, that's a feat itself this days. Chris earned himself a gold medal in the master division. Hy B. Taylor, lifting injured, was impressive enough. I believe he could come up with some fine numbers in this division. The 82.5 kg. class, the largest of all, had a mixture of lifters, including bench press only. The winner in the open division, Jym Bourgeault, posted a fine total for the gold medal. Todd Nerlin, Danny Hill, and William Brown finished in that order respectively. Carlos Lewis was trying to make run at Jym, but pulled his back during the squats. However, he finished with the gold in the master division. Our lone junior, James Steichen, took gold as well and would have placed third in the open division. The bench press competition went down to bodyweight for James Burdette and Johnnie Martinez, both posting 177.5, but James got the gold medal. The 90 kg. class saw Ray Baxter, a master division lifter, come away with the gold over his open opponents. I find this often to be difficult to accomplish, with all the great open lifters in this division. Jerome Williams had only one attempt left in the bench press to allow himself to proceed to the deadlifts and gain a gold in the open division. The Great Walter Thomas was here to lift and displayed that old school magic on the platform. I watch him in amazement. Walter looked good physically and he is one that I looked up to in past. Walter walked away with a gold in the 50 plus division. Max Ripple and Danny Deuter collected some hardware from the open and bench press competition. Both took golds in their respective divisions in the bench press and silver in the open. The 100 kg. class had 3 open lifters and 1 bench presser. Chris Hootman won gold in the open, and Mario Rojas got a gold in the junior division along with the best lifter for the juniors. David Georges couldn't get it going for himself and didn't get past the bench press. He gave everything he had, no quitting. Jim Leitner was the only bench presser in this division and in his first USAPL meet. He did enough to stay in the meet and gain his first gold medal, congratulations. The 110 kg. class had the percentages when it comes to best lifters. Darrell Evans in the open and Gary Pamplin in the masters. Darrell displayed some talent and for starters he will sneak up on you if you are not watching. Gary did a little coasting in this one as well and I was real impressed by his performance. Ennis White and Mark Wynn battle for the second and third place medals. Lloyd Tanner was the only bench presser in this division and couldn't get an attempt in to finish.

The 125 kg. class had two open lifters - Larry Fenti and Terrance Gauthier. Terrance had Larry by 10 kilos going into the deadlifts, but Larry's pulling power was too much for Terrance. They say the meet doesn't start until the bar hits the floor and that's what happened in this division, still some fine lifting from both. Larry was the only lifter in the meet to go 9 for 9. Perfect! Tyrone Wilson the only bench presser and succeeded in getting a gold medal for his performance. The 125 plus class had one open and one bench presser. Caesar White was a chiseled man and very tall. I would make him my personal bodyguard any day. He did what he had to do for a gold. Kirby Gank, the Sailor, pushed out a 232.5 bench press to finish the day in the bench press. By the end of the day when the scores were tallied the Air Force had finally taken the crown away from the Army. The Randolph Air Force Powerlifting Team, coached by the Great Gene Bell, should be proud to take this one home. The Phantom Warriors powerlifting team should also be as proud to have the competition. I am sure Johnny Graham will have them back next year for a battle. I want to thank all lifters for their professional performance and thanks to my spotters and loaders Tony Cardella, Peter Papalco, and Anthony Whitaker - whom everyone in powerlifting recognize as the hardest working people in the building. Expeditors: Dana Deutsch and Ilani Taylor. Announcer and Scoring Table: Hal Hudson, who provides some real fun, and Tom McCullough who was called upon in the last minute. Referees: Lannette Lopez, Johnnie Graham (who gave me the opportunity to host this meet), Walter Thomas, Johnnie Martinez, Tony Hambric, and Gene Bell. Gene Bell was the co-meet director played a monstrous role in helping me coordinate and succeed in this meet. Thanks to my wife Gloria and Son Austin who help at every will. For every Soldier, Airman, Sailor and Marine. I am proud of you and I have no doubts in your abilities to free the World. Sponsors: American Bodybuilders Supplements, Titan, Crain Muscle World. Best Lifters: Diane Siveny (Womens), Mario Rojas (Juniors), Darrell Evans (Open), and Gary Pamplin (Masters). (J.D. Carr provided results)

Britni Pospichal	160	80	205	445
Jessica Sabin	160	85	175	420
Amanda Ottesen				
123				
Stephanie Baer	280	125	295	700
M. Jovanovich	270	110	250	630
Jasmine Brewer	220	110	290	620
Ashley Carter	215	85	300	600
Kristi Lanzi	215	115	270	600
Kristin VanMeter	250	100	250	600
Brenda Verbskay	200	100	290	590
S. Tucci-Wasinger	230	85	265	580
Jill Schooley	230	85	250	565
Emily Dunning	200	85	250	535
Heidi Baumann	200	90	240	530
Cassie Farral	195	90	240	525
H. Schaffenbul	215	80	225	520
Ashley Malueg	175	90	250	515
Lisa Keller	215	100	195	510
Katie Kneisler	160	115	230	505
Paige Linsmeyer	200	80	210	490
Rose Garrett	185	85	205	475
Elizabeth Flory	160	80	230	470
Joann Peterson				
132				
Lindsay Vlachakis	280	120	330	730
Jenny Raab	225	115	315	655
J. Rasmussen	230	120	290	640
L. Chimielski	215	130	285	630
Ashley Cepress	225	125	275	625
Shelley Maatman	250	100	270	620
Shelley Balcer	235	135	250	620
Stefanie Jacobson	225	120	275	620
Sheila Docken	215	130	265	610
Chelsey Schock	240	105	260	605
Desirae Budi	275	95	235	605
Laura Bergh	205	130	250	585
Smantha Miller	215	110	250	575
Staci Wright	200	95	280	575
Beth Miermietz	225	90	255	570
Jessica Carlsness	225	90	245	560
Renea Tridle	220	105	235	560
Adina Weinig	225	80	250	555
Olivia Watson	210	100	245	555
Becky Black	200	90	260	550
Sara Dionne	190	85	260	535
S. Landskron	190	95	250	535
Melissa Theis	180	90	210	480
Lizzie Severson	200	70	200	470
Kaitlyn Jindrick				
142				
Stacy Vlachakis	330	125	325	780
Emily Steck	305	115	295	715
Katie Tyrell	295	120	295	710
Jessica Eake	275	120	265	660
Maranda Revels	280	95	270	645
Mandy Martin	225	110	285	620
Whitney Kearns	225	115	275	615
Annie Sorenson	245	120	250	615
Jessica Bruns	235	105	270	610
Kendra Lorenz	195	130	280	605
A. Brennemman	210	100	255	565
Maria Rutting	200	100	265	565
Lyndi Venglish	220	95	250	565
S. Schutte	180	105	270	555
Tiffany Behnke	205	100	245	550
Kayla Ward	230	90	215	535
Katie Londwell	180	100	255	535
Sarah Albrent	195	95	240	530
N. Christensen	190	95	230	515
Megan Karow	200	100	195	495
Rachel Brooks				
Rachael Shanahan				
153				
Devan Doan	305	180	300	785

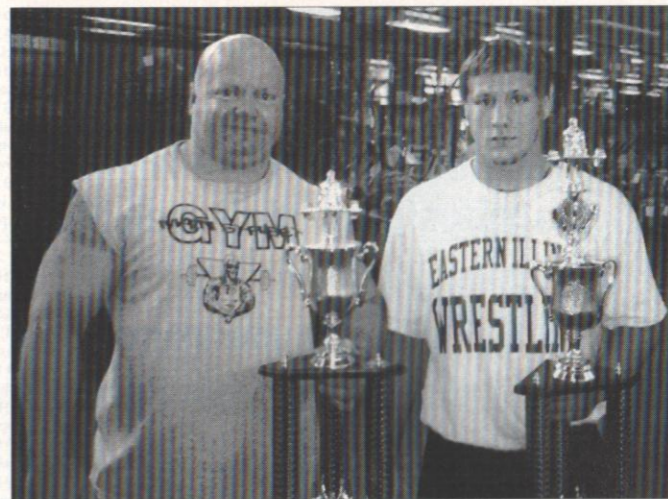
USAPL WI High School PL State
14-15 MAR 03 - Kaukauna, WI

Women	SQ	BP	DL	TOT
97				
Kasey Parker	185	85	215	485
Stevie Cross	180	95	200	475
Chelsey Kincaid	175	85	190	450
Katie Somers	155	65	200	420
Alyssa Wilson	140	60	205	405
Shana Jensen	155	65	170	390
Andi Brey				
105				
Audrey Karbowski	230	100	300	630
Caley Bohn	220	100	255	575
Amey Seebrock	220	85	245	550
Beth Johannes	180	100	250	530
Michelle Weltzien	205	95	230	530
Cala Feranec	155	60	195	410
114				
Stephannie Nick	245	135	320	700
Lauren Houle	260	110	285	655
Rachel Pittman	230	115	275	620
M. Pulvermacher	255	130	255	610
Danni Cross	240	100	260	600
Meg Kaan	205	95	230	530
Angie Dalbec	180	100	230	510
Sarah Casperson	180	80	250	510
Joan McDonah	160	80	235	475
Ashley Weimer	160	80	220	460

Ashley Proctor	300	130	315	745	Matt Reedy	210	90	210	510	C. Weatherston	460	250	475	1185	Nick Christiansen	425	235	500	1160
Ashley Spracky	300	115	305	720	Andrew Baldwin	185	90	200	475	Cole Fritsch	405	245	495	1145	Craig Sipiorski	380	235	530	1145
Ashley Bordeaux	255	110	325	690	123					Mike Seeger	420	195	505	1120	Michael Brook	325	270	500	1095
Jenni Oanes	270	120	280	670	Josh Oliver	345	150	390	885	Matt Brede	390	210	485	1085	Jeremy Taylor	380	250	460	1090
Laura Wisniewski	270	110	275	655	Sam Ledester	300	155	350	805	Jim Crowley	405	255	420	1080	Jason McCauley	425	230	400	1055
Anna Tiry	250	120	275	645	John Miller	300	160	335	795	Rob Hanley	385	270	425	1080	Tyler Wente	350	225	385	960
Jessica Weideman	240	125	265	630	C. Williams	295	155	340	790	Mike Schmelzle	405	220	445	1070	Wade Bemis				
Becky Mueller	235	110	250	595	Anthony Karol	280	190	300	770	Dan Payne	400	215	450	1065	242				
Amy Loging	220	100	260	580	Peter Williquette	245	130	295	670	Leon Lizak	385	205	470	1060	Adam Zucchi	550	315	550	1415
Brooke Carlson	225	95	255	575	Chris Tyrell	260	140	265	655	Matt Grimm	380	215	460	1055	Jason Raupp	480	300	525	1305
Jece Heemeyer	210	100	260	570	Nolan Kopec	255	110	275	640	Danny Stemper	380	255	420	1055	Kody Sweet	420	290	550	1260
Jessica Kempen	205	90	260	555	Jason Bechel					Eric Fischer	405	205	440	1050	Mitch Winn	520	230	470	1220
Rozanne Zahrtz	160	120	270	550	Matt Gamoke					Chris Schumacher	380	200	430	1010	David Fike	485	230	485	1200
Casey Lorenz	205			205	132					Peter Nees	345	240	420	1005	Zach Webber	520	190	475	1185
165					Aaron Phillips	390	215	395	1000	Philip Paulsen	350	215	430	995	David Lysaker	435	235	470	1140
Sarah Lind	280	125	320	725	David Labrie	330	185	430	945	Arin Ellingson	355	225	405	985	Brian Blandin	475	235	425	1135
Erica Murillo	245	160	300	705	Kyle Semerau	300	220	395	915	Nick Bressers	375	190		565	Bob Diehn	440	250	435	1125
Sam Sonnenbreg	275	140	280	695	Nick Slaasted	315	170	425	910	181				Ervin Tuschel	405	250	460	1115	
Kacy Johnston	250	115	300	665	Mike Jadin	300	190	390	880	Ryan Bott	500	260	505	1265	Ben Finer	460	360		820
Kendra Knutson	225	115	310	650	Matt Skalski	305	195	350	850	Ben Farral	485	225	475	1185	Mike Ryun	700	315	600	1615
Josanne Neff	250	100	290	640	Bryan VanDyke	315	175	355	845	Mike Cowan	440	275	470	1185	Barry Hartman	605	330	565	1500
A. Steinberger	230	135	270	635	Andy Brown	315	185	345	845	Kevin Matusak	415	300	460	1175	Donny Sullivan	540	340	460	1340
Christina Parpart	220	100	295	615	Heath Revels	285	160	375	820	Kellen Ginter	445	255	455	1155	Dan Anstett	525	290	500	1315
S. Van Lanen	250	95	265	610	Zach Nankee	330	135	345	810	Vaughn Kubisiak	415	265	445	1125	Ryan Schafner	525	275	465	1265
Chrissy Becker	220	100	290	610	Brandon Olson	255	185	365	805	Sam Pech	420	235	465	1120	Kyle Harvey	500	290	470	1260
Jenna Barrett	260	100	240	600	Mark Chitwood	290	165	345	800	Ryan Madlon	415	215	485	1115	Jim Magee	515	255	450	1220
Ashli Wright	215	90	285	590	Curtis Koch	315	180	300	795	Ryan Bednarowski	415	250	450	1115	Mike Fedie	455	265	455	1175
M. McDougall	210	120	260	590	Travis Ouradnik	295	130	370	795	Geof Daczky	405	225	475	1105	Tom Manena	410	230	475	1115
Heidi Brengengen	230	80	270	580	Chad Puals	275	150	345	770	J. Van Meter	410	220	450	1080	Justin Viste	455		445	
Danielle Perry	250	80	250	580	Chris Langel	275	160	330	765	Shane Stuhr	420	255	405	1080	Jake Burg			445	
Tammy Sol	225	110	245	580	Jake Dunn	275	145	340	760	Tanner Smith	415	170	470	1055	Chris Anderson			450	
Jessica Proctor	225	120	215	560	Russell Johnston	285	160	315	760	Mark Groth	410	175	470	1055	SHW				
Autum Brush	175	105	225	505	Benjamin Stanek	250	160	350	760	Brent Miller	400	215	435	1050	Robert Gotz	625	275	530	1430
Ashley Headrick	185	90	210	485	Frank Jones	245	205	300	750	Kirt Kobay	375	200	465	1040	Jake Switalski	490	350	500	1340
Lacy Strik	260			260	Gideon Stitt	270	130	345	745	Dan Lebakken	405	245	385	1035	Santiago Garza	540	330	460	1330
Stacie Sturtevant	220			220	Aaron Nash					Corey O'Day	365	200	465	1030	Nic Ludwig	525	315	475	1315
Sarah Brook	205			205	142					Dustin Wenger	405	220	375	1000	Ben Suran	550	285	475	1310
181					Jeff Zupan	440	225	480	1145	Jeremy Nelesen	350	210	440	1000	Jason Kobs	525	290	485	1300
Amy Hocutt	340	185	375	900	Steve Mikulecky	370	210	475	1055	198				Mike Salm	545	325	425	1295	
Ellie Kuhl	365	145	320	830	Chad Flug	365	205	465	1035	Derek Brixius	505	300	550	1355	Mitch Snyder	470	260	530	1260
Nicole Ebbe	390	145	285	720	Greg Anders	360	215	425	1000	Brian Bennett	485	265	520	1270	Andy Kemp	440	260	450	1150
Ashley Van Zile	205	125	340	670	Darin Zahrtz	395	195	375	965	Nate Towner	460	270	525	1255	Jason Schaller	515	220	375	1110
Lindsey Lebakken	250	100	310	660	Bill Black	375	205	385	965	Levi Jungbluth	450	265	535	1250	Jered Smiley	540	330		870
Misty Manke	270	120	260	650	Kyle Brady	335	210	380	925	Gary Thompson	435	265	500	1200	Adam Gates	585	280		865
198					Quentin Moller	305	175	435	915	Brad Meccha	440	265	475	1190	Division 2 Girl's Teams: 1st - Necedah - 71, 2nd - GET - 65, 3rd - Phillips - 29, Riverdale - 13, Berlin - 12, Hillsboro - 10, Stratford - 8, Reedsburg - 7, Mauston - 7, Mellen - 5, Tri-County Plainfield - 6, Clear Lake - 4, Bangor - 4, Osceola - 3. Division 1 Girl's Teams: 1st - Neenah - 94, 2nd - Wisconsin Rapids - 75, 3rd - Horlick - 33, Holmen - 30, Superior - 15, Franklin - 15, Kaukauna - 11, Manitowoc - 9, Marinette - 7, Kimberly - 7, Racine Case - 6. 2003 Women's Best Lifters: 1st - Stephanie Nick (Horlick) = 879.48, 2nd - Stacy Vlachakis (Neenah) = 848.72, 3rd - Stephanie Baer (GET) = 844.83. Division 2 Boy's Teams: 1st - GET - 50, 2nd - Necedah - 41, 3rd - Osceola - 17, Mauston - 15, Hortonville - 12, Hillsboro - 11, Riverdale - 9, Reedsburg - 9, Phillips - 8, Marathion - 8, Seymour - 8, Chilton - 8, Bangor - 7, Northland Pines - 7, Mishicot - 5, Wautoma - 4, Durand - 3, Clear Lake - 3, Appleton Xavier - 2, Mukwonago - 2. Division 1 Boy's Teams: 1st - Manitowoc - 73, 2nd - Racine Case - 58, 3rd - Racine Horlick - 50, Wis. Rapids - 39, Mil. Marquette - 38, Holmen - 29, Homestead - 25, Neenah - 24, South Milwaukee - 14, Oconomowoc - 13, Kaukauna - 10, Superior - 10, Sparta - 8, Germantown - 6, GB East - 6, Tomah - 6, Wauwatosa - 6, W - 6, Menasha - 3, Merrill - 1. 2003 Men's Best Lifters: 1st - Mike Ryan (Wis. Rapids) - 935.7, 2nd - Jeff Zupan (Milwaukee Marquette) - 928.7, 3rd - Andy Derks (Hortonville) - 916.5. (Results-USAPL)				

SLP DuQuoin State Fair
30 AUG 03 - DuQuoin, IL

BENCH PRESS	242			
teen women 18-19	Lloyd Edwards	500*		
123	P & F/open men			
Tabitha King	65	165		
(4th)	75	W. Johnson	285	
148		(4th)	300	
A. J. Smith	135*	198		
submaster women	Brent Stanley	325		
181	(4th)	340		
Brenda Phelps	200	220		
master W 40-44	Lance Hillard	505*		
148	308			
Denice Smith	115	Robert Hudnell	530*	
open women	(4th)	(4th)	550*	
181	308			
Michelle Davis	170*	Shannon Deuel	400	
198	open men			
Christine Smith	175*	165		
(4th)	185*	Chad Krumrey	350	
teenage men 16-17	(4th)	365		
181				
Adam Gouge	220	Ryan Monken	325	
(4th)	230	(4th)	340	
teenage men 18-19	220			
Ryan Monken	325	Jason Ozbourn	440	
(4th)	340	242		
198	Ed Clark	605		
Andy Holtkamp	325	308		
junior men	Mark Rose	515		
165	308			
Chris Jordan	325	Matt Organ	515	
submaster men	DEADLIFT			
198	teen women 18-19			
B. Hutchinson	320	123		
242	Tabitha King	155*		
Gerald Portz	280	(4th)	200*	
(4th)	230	junior men		
master men 45-49	165			
242	Chris Jordan	485		
S. Hutkowski	425	P & F/open men		
master men 55-59	165			
181	W. Johnson	425*		
Jerry Wood	390	198		
P & F/sub men	Brent Stanley	515*		
198	(4th)	525*		
Chad Hillard	465*			



SLP DuQuoin State Fair - (above) Best Lifters Ed Clark & Chris Jordan, (below) Ed Clark locks out a PR 605 @ 242 (Photos by Darrel Latch.)



BP - Best Lifter - ED CLARK. Best Lifter - CHRIS JORDAN. * Son Light Power Illinois state record. Hey, we had a great time at the DuQuoin State Fair, there for the Bench Press/Deadlift Championship, located at the Expo Building on August 30, 2003 in DuQuoin, Illinois. Thanks so much to the Special Events ladies for all their help and hospitality and to all the lifters who support this event and allow it to continue to grow. This year we had our biggest turnout ever, with thirty-one lifters. That don't sound like much, but after the first few years when we struggled with 6-8 lifters, that turnout is great! In the bench press event first-time lifter Tabitha King won at teenage women 18-19/123, finishing with 65 then a fourth of 75. A. J. Smith broke the Illinois state record at 18-19/148 with her opener of 135, after missing 155 class with an easy 425. Steve had retired a few years back due to a pec injury, but continues to train several great lifters from his gym, H & B Fitness in Centralia, Illinois. Multi-national and world champion Jerry Wood took the 55-59/181 title, making just his opener of 390, having kind of an off day for him. In the police & fire division, submaster classes, Chad Hillard broke his own state record at 198 with 465. A final attempt at a pr of 500 was close, just failing at lockout. Lloyd Edwards got his first 500 bench with his win at 242, breaking his own state record there. Congratulations, Lloyd! In the open police & fire division new lifter Whipper Johnson won at 165 with 285 followed by a fourth of 300, his first 300! Brent Stanley just kept getting stronger with each attempt, taking the 198 class with 325 and an easy 340 personal best fourth attempt. Lance Hillard broke his own state record at 220 with his 505 second attempt. (Lance is the good-looking one, Chad the smart one of the two brothers!) Robert Hudnell had a great day at 308, finishing with a 530 state record then coming back with a personal best 550 fourth. Shannon Deuel, lifting in his first competition, finished second at 308, but got his first 400 bench! In the open men's division Chad Krumrey had his best day ever with his win at 165. Chad finished with 350 then came back with a personal best 365 fourth attempt. We have a lot of respect for Chad, who has not only made a big change in his body, has also made positive changes in his personal life too. Ryan Monken won his second title of the day with his win at 181, finishing with 340. Jason Ozbourn looked

strong at 220 with his 440 double-body-weight bench there. Ed Clark, fresh off his first official 600 bench at the Illinois State Fair a week ago, got a pr 605 on his second attempt, but couldn't quite lock off a 625 third. Just needed a little stronger lift-off! At 308 once again it was the battle of two work-out partners, Mark Rose and Matt Organ. After the smoke settled both had finished with 515, though Mark weighed in ten pounds less. In the deadlift competition Tabitha King won her second title of the day and garnered her first state record when she pulled her first 200 deadlift on her fourth attempt. Best lifter Chris Jordan pulled 485, twenty pounds under his own state record, for the win at junior 165. Whipper Johnson set the state record in the police & fire 165 class with 425. Our final deadlifter was Brent Stanley, who won at police & fire 198 with a 515 third and 525 fourth attempt. This was also a new personal mark for Brent. Thanks to all who helped out, including my wife Susie, son Joey and Dustin Kerns. See you all next year. (Thanks to Darrell Latch for results.)

BDFPA Single Lift (kg)
06 JUL 03 - Carmarthenshire, Wales

SQUAT		110 - Eq	
58.5 - Eq		M2	
Snr		Derek Cope	257.5
A. Seabright	122.5	BENCH	
75 - Uneq		58.5 - Eq	
M6		Snr	
G. Passmore	105	A. Seabright	85
75 - Eq		60 - Uneq	
T2		M10	
C. Dossantos	130	Ron Cluer	40
82.5 - Uneq		70 - Uneq	
T3		M6	
Julien Mealey	140	Maureen Sage	45
90 - Uneq		75 - Uneq	
M5		T2	
John Jones	120	C. Dossantos	75
100 - Eq		75 - Uneq	
Snr		M6	
Olli Hunter	255	G. Passmore	90
100 - Uneq		75 - Uneq	
Jnr		Snr	
Alasdair Mealey		C. Protheroe	125
110 - Uneq		82.5 - Uneq	
M2		T3	
Brian Mitchell	200	Julien Mealey	105
125 - Uneq		82.5 - Uneq	
Snr		Jnr	
Stephen Fisher		Lee Parkin	107.5
DEADLIFT		82.5 - Eq	
70 - Uneq		Snr	
M6		Mike Joseph	170
Maureen Sage	95	82.5 - Uneq	
75 - Uneq		Snr	
M6		Mike Joseph	180
G. Passmore	125	90 - Uneq	
75 - Uneq		Snr	
T2		Renzo Carullo	150
C. Dossantos	145	90 - Eq	
75 - Eq		Snr	
M1		Martin Green	207.5
G. Troulis	275	100 - Uneq	
82.5 - Uneq		Snr	
Jnr		A. Mealey	105
Lee Parkin	150	100 - Eq	
82.5 - Uneq		Snr	
T3		John Feehan	230
Julien Mealey	182.5	110 - Uneq	
82.5 - Uneq		M5	

ISCI Power Meet
07 JUN 03 - Boise, ID

	SQ	BP	DL	TOT
123 Felter	185	135	245	565
148 Manees	300	165	405	870
White	285	225	355	865
Rasmussen	280	155	345	780
165 Perez	455*	295*	520*	1270*
Partee	245	185	355	785
181 Hepworth	500	300	500	1300
181 Mc Bride	335	245	460	1040
Pruett	265	235	365	865
Carlsen	275	235	315	825
198 Luna	425	275	505	1205
Adermann	355	275	425	1055
Hurley	315	245	455	1015
Sweet	250	225	335	810
220 Shutz	405	295	450	1150
220 Lanier	300	245	455	1000
220 Ulrich	225	235	275	735
275 Bashon	475	325	455	1255
Outstanding lifters				

Class	TOT	Points
1st Perez	165	1270 8.1410256
2nd Hepworth	181	1300 7.51445
3rd Luna	198	1205 6.4784946

* - ISCI Record. Twenty lifters participated in this year's power meet. But today, it was the Martin Perez show. Martin smashed all his previous records set last year. On top of that, he set a new bench recprd which elipse

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the record set by Wayne Kuntz 10 years ago. Martin clearly showed he was and will always be the man to beat. Wonder how Martin stacks up with the Top 100 in the Nation? Kerry Hepworth came into the meet a couple of pounds heavier and a lot stronger, adding 120 lbs. to his total, which included a monster 500 lbs. squat. Karry looked like the most improved lifter of the bunch. The new face of the meet was Luna. He's the training partner of Perez and they both train like animals. Luna impressed the crowd with a 505 lbs. deadlift. Luna is going to be someone that Hepworth and Perez will have to keep a close eye on. This meet would not have happened without the drive and dedi-

cation of all the lifters. Especially Kerry and Martin, who pushed to have the power meet. We'd like to thank all the support staff who made this meet possible. The always dependable Sean Cambron, who has been manning the scores table for approximately 12 years and Berry Searcy. To the loaders and spotters, Ronquillo, Rajos, Moon, Johnson, Hawkings and Crowley, who kept the meet injury free. To the judges Torres, Bizandi, and Varill. To all the guys who helped setup and tear down the lifting platform. And the audience whos excitement and cheering helped pump up the lifters. And a very special thanks to CO Tamez, who backed us up and helped pull this together (by Douglas Austin)

SPF Chattanooga Raw BP/DL 21 JUN 03 - Chattanooga, TN

BENCH PRESS	STEVE BRAZ	405
TEENAGED DIV. 13-16	BOBBY KING	370
R. WIRTEMORE	P. ARWOOD	340
B. PHILLIPS	TODD WELER	300
TEENAGED DIV. 17-19		242
RICK MCCAY	NICK MADDUX	460
COLLEGE DIV. 242	NICKY PEPPERS	410
S. BROWN	JEFF HEISLER	400
COLLEGE DIV. 275	REX HARRISON	325
JR. FLYNN		410
JOHN HILL	JOHN HILL	360
BOUNCER'S DIV.	SUPER HEAVY	
NICK MADDUX	KEVIN CRUMP	430
DARRIN WEBB	REX HARRISON	425
STEVE BRAZ	DEADLIFT	
MENS MASTERS	Teen 13-16	
M. MCROBERTS	R. WIRTEMORE	355
NICK MADDUX	B. PHILLIPS	250
O. JOHNSON	College 275	
STEVE BRAZ	JOHN HILL	525
WOMENS OPEN	Bouncers	
J. BRASSAUX	KEN HARRIS	630
C. STERLING	STEVE BROWN	585
WOMENS MASTERS	Men Masters	
C. STERLING	KEN HARRIS	630
MENS OPEN 148	STEVE BROWN	585
DEXTER TAI	W. TAYLOR	385
K. MCKENNZIE	Mens Open	
181	181	
ADRIAN WOOD	LEE ALLEN	275
MARCUS BELL		220
JAMES DIXON	STEVE BROWN	585
198	SCOTT JENKINS	525
D.HAMILTON	TODD WELER	405
JASON MOLLS		242
220	NICKY PEPPERS	650
M. MCROBERTS	KEN HARRIS	630
EDDIE STERLING	REX HARRISON	500
DARIN WEBB		420
T. SNELLING	PAULLOWE	575
DANAFARROW	JOHN HILL	525

(Thanks to Jesse Rodgers for providing the results.)

AAU Arkansas Powerlifting & BP 30 AUG 03 - Conway, AR

BENCH PRESS	CARL CAUSIN	485		
WOMEN:	RAW 16-17			
123 RAW age 10-11	R. BROWN	225		
T. BROWN	27.5			
198+	RAW 45-49			
RAW age 12-13	THREADGILL	480		
M. BROWN	95	275		
MEN:	RAW 50-54			
165	LARRY BROWN	235		
RAW 14-15	165			
SAGE PRUETT	RAW 55-59	190		
275	STEVE ALLEN	135		
RAW 14-15	220			
BLAKE SHAW	ASSISTED 55-59	185		
148	LEON McLEAN	385!		
RAW Open	198			
N. McLEAN	RAW 60-64	245		
275	KEN JORDAN	205		
ASSISTED OPEN	181			
L. WALICER	ASSISTED 70-74	520		
319	J. BLACKWELL	230		
RAW OPEN				
WOMEN:	SQ	BP	DL	TOT
105				
RAW 35-39				
T. RUSSELL	85	85	125	295
123				
RAW 35-39				
M. BALLANCE	175	145	225	545
MEN:				
165				
RAW 16-17				
S. THOMAS	225	165	375	765
148				
RAW 18-19				
T. PEARL	270	170	385	825
165				
ASSISTED	20-23			
RUM JIN LEE	455	335	500	1290
319				
RAW 35-39				
JOHN CRONE	475	350	575	1400
181				
RAW 45-49				
S. GANN	*230	185	285	685
242				
RAW 55-59				
AL HARRIS	300	275	*425	980

* - 4th Attempt does not count toward total.
! - denotes an American Record. Meet Director-Dan Singleton, head judge-Larry Kye.

SLP Mid-West Raw Powerlifting 13 APR 03 - Jefferson City, Missouri

BENCH PRESS	shw	335		
submaster women	Loren Betzer	open men		
123				
Ellen Krueger	115*	220		
junior men	S. McDaniel	415*		
198	220			
Max Boyd	370*	Brent Redburn 365		
220	308			
B. Griffin	385*	Martin Lincoln 405*		
master men 45-49	DEADLIFT			
181	submaster men			
John Kesler	285*	242		
	Ken Struempf	510*		
master	SQ	BP	DL	TOT
women 60-64				
181				
Buellah Bishop	175*	115*	275*	565*
master women 65-69				
165				
N. Northcutt	100*	95*	175*	370*
open women				
181				
S. Ledgerwood	140	105	200	445
4th	160	225	490	
junior men				
220				
Clayton Smith	430*	320*	405*	1155*
submaster men				
148				
Mark Henley	275*	225*	370*	870*
4th				
master men 40-44				
198				
Brian Shephard	410*	290	450	1150
4th				
master men 50-54				
148				
M. VanDeMark	260*	210*	365*	835*
master men 65-69				
132				
Tom Bishop	205*	160*	310*	675*

novice				
242				
D. Davis	500*	370*	465	1335*
4th				
380*	475	1355*		
master women 60-64				
181				
Buellah Bishop	175*	115*	275*	565*
master				
women 65-69				
165				
N. Northcutt	100*	95*	175*	370*
open women				
181				
S. Ledgerwood	140	105	200	445
4th	160	225	490	
junior men				
220				
Clayton Smith	430*	320*	405*	1155*
submaster men				
148				
Mark Henley	275*	225*	370*	870*
4th				
390*	890*			
master men 40-44				
198				
Brian Shephard	410*	290	450	1150
4th				
480*	1180*			
master men				
50-54				
148				
M. VanDeMark	260*	210*	365*	835*
master men				
65-69				
132				
Tom Bishop	205*	160*	310*	675*
novice				
242				
D. Davis	500*	370*	465	1335*



Lifting partners Tom (66) and Buellah Bishop (64) (Dr. Darrel Latch)

women's 181 class, setting all new personal records along the way. Sarah finished with a 140 squat, returning with a 160 fourth, 105 bench and 200 deadlift for a 445 total. Another fourth in the deadlift with 225 upped that total to 490. Clayton Smith got all new state records at junior 220 with his 430 squat, followed by a strong 320 bench. Making just his opening pull with 405 gave Clayton a solid 1155 total. Mark Henley also set all new state records for his class, submaster 148. Mark got a 275 squat, 225 bench and a 370 deadlift for a 870 total. Mark then came back with a great 390 pull for a 890 total. This was Mark's first competition. Brian Shephard had a great day, taking the title at 40-44/198, breaking the squat and deadlift records there. Brian finished with a 410 squat, 290 bench and a 450 deadlift for a 1150 total. A personal best 480 pull then gave Brian a 1180 total for the class. Michael Van De Mark broke all of his own state records as he retained his title at 50-54/148. Michael upped his squats to 260, his bench to 210 and his deadlift to 365 for a great 835 total. Tom Bishop, husband of Buellah, who like his wife, had a perfect day of lifting, breaking all of the records for his class, 65-69/132. Tom finished with a 205 squat, 160 bench and a 310 pull for a 675 total. Most impressive was Tom's 310 pull at a 130 body-weight at the age of sixty-six! Best lifter for the powerlifting event was novice 242 winner Demetrius Davis. This kid is just begin-

ning to realize his potential as he continues to improve with each new competition. Finishing here with great pr 500 squat, Demetrius got other prs with his 370 and 380 fourth attempt bench. Taking a third attempt with 465, Demetrius came back with 475 for a record setting total of 1355. Demetrius' squat and bench were also new state records. In the bench press competition Ellen Krueger returned to the platform with a win at submaster 123. Ellen finished with a new state record of 115. In the junior men's division Max Boyd won at 198, setting the state record with 370 while Brandon Griffin did the same at 220 with 385. John Kesler broke the state record at 45-49/181 with 285 and Loren Betzer traveled from Leavenworth, Kansas for the title at 45-49/181 with his 335 final attempt. Best lifter of the benchers was 220 winner Shane McDaniel, who finished with a new state record of 415, weighing in at just 208. Brent Redburn was second with 365, which for him was a new personal best. At 308 was national record holder Martin Lincoln, Jr., who matched that record with 405. Our final competitor was in the deadlift competition, Ken Struempf. Ken finished with a new state record there of 510, lifting in his first competition. Thanks again to my son Joey and to the staff at York Fitness for all their help. Thanks also to my trophy girls, Michelle Struempf and Gloria Baker. See you all this fall at the Raw Nationals! (Results - Dr. Darrell Latch.)

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Adult Athletes in the Following Sports:			Not Available	25.00
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Adult Powerlifting Athletes			30.00	35.00

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Parent/Guardian Signature _____

(article continued from page 7)

1000 in official competition. Throwing caution to the four winds, he called for 510 kg. (1124.3). I thought it might be risky business, but Brent looked hard and fit carrying his 329 lbs. of beef. Brent took the load deep - deep - deeper, and then put his 35" thighs to the maximum test, reversing gears and grinding upwards. He stalled about three quarters of the way up. If not for his untimely accident, he may well have made it. BP - opener 573.2 - good lift. It was the most I've seen him start with. Two tries at a PR 611.8 stalled out. His DL looked strong. A 711 starting attempt was a tinker toy. Next one with 771.6 looked easy. He had a 240.3 TOT, but wanted more. Up to 810 for a PR. As has happened many times before, his grip popped

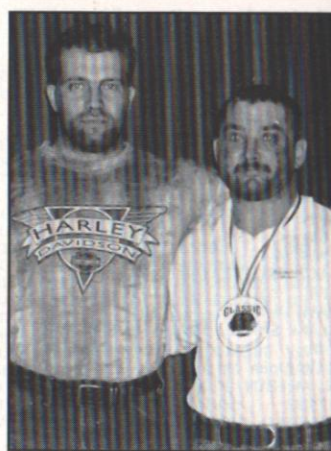
loose before completion. No doubt the strength as there. He'll be at the WPC Worlds in just a couple of months and will challenge the defending



The Left Hand of Brent Mikesell, minus a finger, and with plenty of callouses, can still hold on to nearly 800

champion Peter Tregloan of England who's 45, a giant bull who has a reliable pull.

A few things to say recording a bunch of records established in the Bench Press division. I previously mentioned Colin Bonneau, 55, in the 3 lift competition. He broke the CPC Records for BP three times doing 463, 474, and finally 490.5. Randy Deminick, 51, @ 165 did 374.8 on a 4th for a WPC single lift WR. Jeff Klassan, 34, and Peter Jakobliinsky, 42, upped CPC marks. Pete made 347.2 @ 198 (40-44) and Jeff pressed a big 501.5, same class, but at 33-39. Likewise, Jon Wolbers, 55, hoisted a new mark - 352.7 as a light 198er. It wasn't a record, but Mario Piattelli, 31, pressed 523.6 to capture a win in the 308 open. Last, but not least, Andrey Butenko, 28, powered through a new CPC record weighing



Coach Butenko with Shestakov.

198 - an opening lift of 540.1. He came ever so close to getting the call with 562.1, getting it locked out. Bravo Andrey - 600 or bust, Eh?

Another great meet by Bruce Greig. Thanks to the Aviglianos for bringing their young lifters to launch their careers. CU at the WPC Worlds last week in November. Thanks to all of the Back Alley Gym for giving Bruce, in Arnold's words, "Their fair share!" For now; GAME OVER!

WPC North American PL 13-14 SEP 03 - Calgary, Alberta					
WOMEN	SQ	BP	DL	TOT	
OPEN					
Natalia Frolova	286	154	264	705	
56					
40-44					
Luzia Montens	187	93	236	518	
56					
45-49					
Wendy Greig	358	154	336	848	
56					
45-49					
Lara Greco		121	319		
60					
33-39					
Karen Watson	286	159	264	711	
60					
40-44					
Cindy Irving	192	93	236	523	
60					
45-49					
Bernice Green	286	198	308	815	
67.5					
OPEN					
Mishel Nuefeld	396	143	358	898	
75					
33-39					
Shari Spencer	385	242	363	992	
75					
40-44					
Kate McLean	286	143	308	738	
82					
OPEN					
Nicolai Ilreador	363	192	402	959	
82					
33-39					
Donalie Dolan	286	99	286	672	
90					
45-49					
L. Belencuck	143	396	352	892	
90					
50-54					
Leslie Miller	429	220	352	1003	
MEN					
60					
50-54					
Gary Bobrovitz	336	249	270	855	
67					
OPEN					
Gary Reichart	573	291	507	1372	
75					
33-39					
Vince Grajiam	639	402	600	642	
75					

OPEN					
Igor Shestakov	804	396	61	1818	
82					
18-19					
Tyler Tessler	562	314	501	1377	
82					
20-23					
Cody Young	468	264	451	1184	
82					
33-39					
Ken Allen	523	363	523	1411	
82					
45-49					
Archie Ulry	507	275	523	1306	
82					
70-74					
Roy Mitchell	264	197	341	793	
82.5					
OPEN					
David Hansen	374	325	402	1102	
82.5					
OPEN					
James Slyk	226	203	286	716	
90					
20-23					
Jordan Judge	633	347	501	1482	
90					
33-39					
Brian Johnson	722	325	617	164	
90					
33-39					
Shea Aubichon	628	352	567	1554	
90					
33-39					
Andy Fisher	462	264	534	1262	
90					
45-49					
John Ashby	374	236	380	992	
90					
60-64					
B. Peleila	518	330	534	1383	
90					
OPEN					
Jason Zalewski	661	545			
10					
SPLYLY					
Harold Russel	286	20	358	854	
10					
33-39					
Randy Etsell	738	418	666	1824	
100					
33-39					
Trevol Andrus	661	462	573	1697	
1 Go					
40-44					
Dale Fullel	534	286	407	1229	

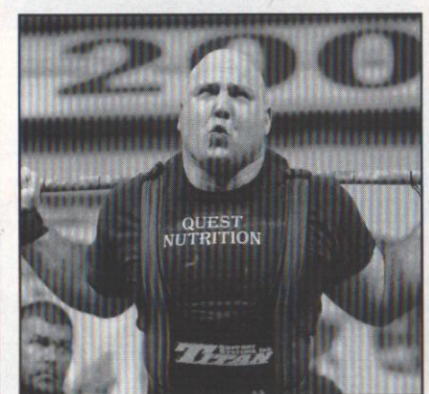
100					
50-54					
Norm Lambert	457	347	540	1344	
100					
55-59					
Wayne Ferris	435	220	374	1030	
10					
OPEN					
Dan Feddema	799	545	584	1929	
10					
OPEN					
Tim Ironside	683	413	578	1675	
110					
20-23					
Chris Harker	440	286	551	1278	
110					
33-39					
M. Berthuinne	628	418	485	1532	
1-10					
33-39					
Shane Parker	501	413	462	1377	
1-10					
40-44					
Len Stradeski	727	236	507	1417	
110					
45-49					
Duane Fuss	722	485	617	1824	
110					
45-49					
Butch PieTson	468	336	468	1273	
110					
OPEN					
Jason Greco	727	485	622	1835	
110					
OPEN					
Brad Bartos	628	409	523	1559	
125					
18-19					
Scott Cummins	606	396	50	150	
125					
40-44					
Matt Hrycha	573	363	661	1598	
125					
40-44					
Tom Brooks	677				
125					
45-49					
Alex Nita	551	374	485	1411	
125					
55-59					
J. O'Connor	600	319	551	1471	
125					
55-59					
Colin Bonneau	385	474	385	1245	
125					
60-64					

Skip Sandberg	60	418	617	1636	
125					
OPEN					
Zach Hudak	589	760			
140					
20-23					
Adam Blassetti	650	418	540	1609	
140					
45-49					
Pat Mallough	727	132	70	1565	
140					
55-59					
Brian Meek	672	418	418	1510	
140					
OPEN					
Al Mehan	925	595	688	2221	
David Gratten	876	584	661	2116	
Thomas Fannon	876	589	639	2105	
Jim Thompson	826	534	705	2066	
Tim Griffin	683	485	722	1890	
Brian Meek	815	440	407	1664	
+140					
33-39					
Len Desjarlias	749	534	664	1948	
+140					
OPEN					
Brent Miksell	1058	573	771	2403	
+140					
OPEN					
Mags Schultz	804	573	661	2039	
+140					
OPEN					
Bill Baker	771	468	666	1907	
+140					
OPEN					
Tyler Spearin	661				
BENCH					
60					
40-44					
P. Jakobliński	347\$				
90					
75					
5559					
Jon Walbers	352\$				
90					
4th					
374!					
75					
33-39					
Jamie Lee	352				
82.5					
OPEN					
Colini Bonneau	490				
140					
OPEN					
David Hansen	347				
90					
33-39					
Mario Piattelli	523				
90					
33-39					
Jeff Klassen	501\$				
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Frolova - Master Women - Leslie Miller.					

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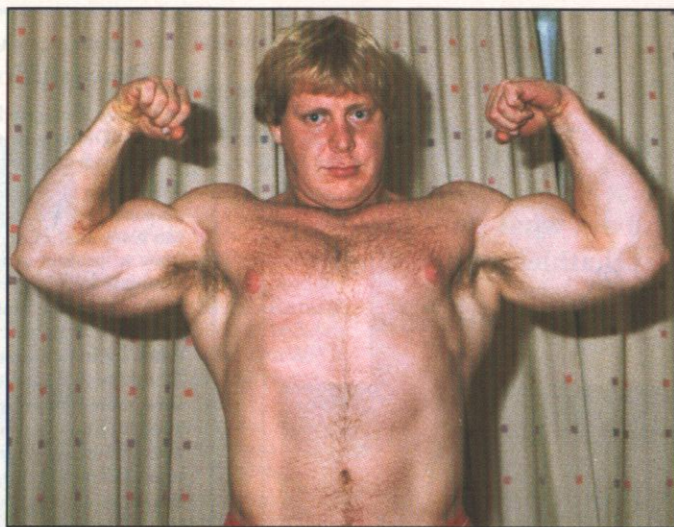
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BICEP IMPLANTS

"Not all men have the genetic makeup to achieve biceps like actor and gubernatorial candidate Arnold Schwarzenegger. Many men try in earnest to get pumped up, but instead get shot down by women who want a man with biceps they can cling to. Cartoon character Popeye gets buff with spinach, and now mortal men can flex their muscles with bicep implants provided courtesy of cosmetic surgery. Dr. Nikolas Chugay is a Long Beach, California cosmetic surgeon and one of only a handful in the nation who perform the procedure to help men instantly buff up their biceps. Dr. Chugay explains that, "bicep augmentation is a cosmetic procedure that creates muscular definition and increased mass/fullness in the upper arm area. This procedure is specifically useful for those men who, even after extensive muscular conditioning can't achieve the upper arm toning they desire. Bicep Implants and Tricep Implants are also recommended for those unique instances when an injury has occurred and muscle mass augmentation is needed to achieve normal balance." About the Procedure and Recovery Time: An incision is made and a soft, solid silicone implant is cut to specifically fit each patient and inserted into the pocket. A very small dressing is placed and the patient can typically see the change immediately after surgery. A compression garment is also worn to speed healing time. During the recovery period, the patient is instructed not to lift his arms for two days after surgery. Dressings are then removed followed by a gentle exercise program within 1-2 weeks to enable a full and comfortable range of motion of the arms. Generally within a week or two, physical use of the upper body muscles may be resumed and within one month, full muscular activity may be recommenced. "There is a reason that Bicep augmentation and tricep augmentation is not widely performed," states Dr. Chugay. "It is a unique operation that requires aesthetic skill; more so, than most people realize. Due to the stress placed on the muscles in the upper arm during common, everyday activities such as lifting, grabbing objects, arm extension/contraction, implants placed in this area will be subjected to intensive movement. Thus, the likelihood of an implant shifting or moving after surgery is a concern. Needless to say, having one's right arm look dramatically different than the left, due to an implant shift, won't generally result



Not In Need of a Bicep Implant ... Steve Wilson had a legendary set of guns, even after tearing both and having them surgically repaired

in the aesthetic 'look' one usually desires." Dr. Chugay points out that, "It's critical for a surgeon successfully pick the proper area of the muscle within the fascia, the implant pocket, so that the implant is assured of not shifting out of place. When sculpted and placed correctly, over time it eventually becomes an integral part of the muscle." Patients should realize that bicep implants are solid, silicone prosthetic devices. So, they must usually be carved, or shaped, before insertion. So, having the expertise to properly shape the implant, a process where the surgeon artfully sculpts the solid silicone device with a scalpel before insertion, so it appears natural yet enhancing, for each individual body type is also critical. Although bicep implants will not make a man physically stronger, it is the fastest way to instantly look like the 6 million dollar man."

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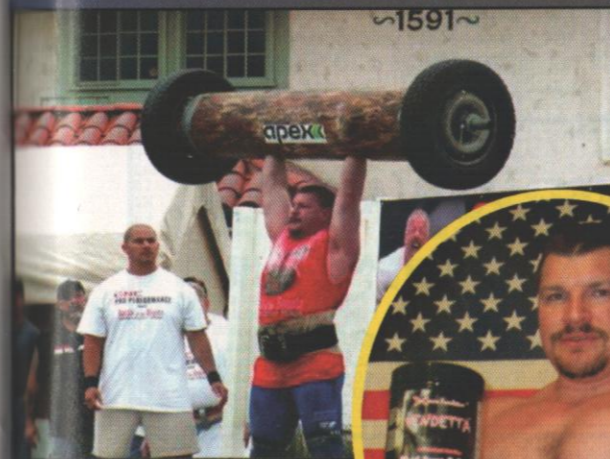
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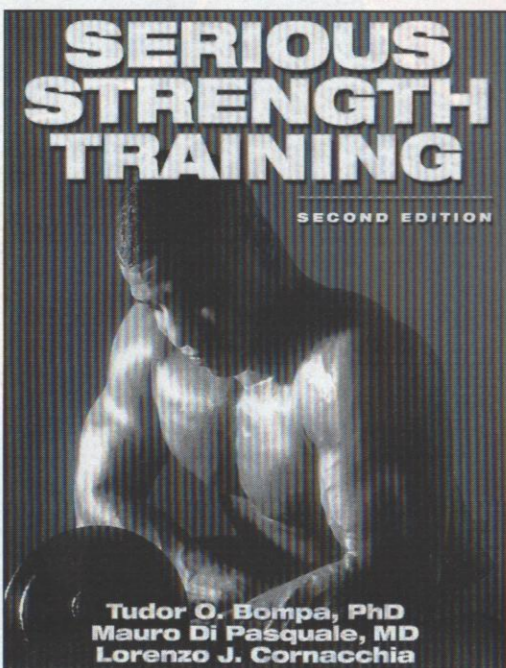
"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in the February 1997 edition of *PLUSA*, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again FOREVER!

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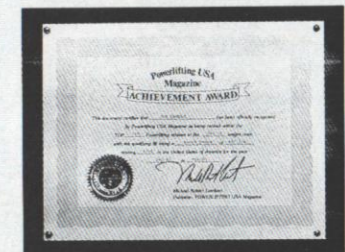
Former IPF World Champion Mauro Di Pasquale MD has provided a major new contribution to this revised 2nd edition of *SERIOUS STRENGTH TRAINING* with co-authors Tudor Bompa (considered the 'father' of periodization training) and kinesiologist (and former NWA wrestler!) Lorenzo Cornacchia. \$19.95 plus \$4 s/h to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

What's Inside: ... detailed theory on how muscles work (in layman's terms), what periodization training is really about, training cycle development theory, recovery practices, maximum athletic nutrition (including the Metabolic Diet!), EMG studies on which movements are safe, exercises demonstrated through great photography (including the Safety Squat Bar). The SIX PHASES OF TRAINING are laid out explicitly: Anatomical Adaptation, Hypertrophy (with entry level program specifications), Mixed Training, Maximum Strength, Muscle Definition, and Transition Training. The glossary is great, references extensive, and in the appendices they have that handy chart to figure your max lift based on the reps you do with a given weight, and the reverse ... a chart to figure your max lift based on the reps you can do with a given training weight.

TOP 100 For standard 148 lb./67.5 kg. USA lifters in results received from Aug/2002 thru July/2003

SQUAT	BENCH	DEADLIFT	TOTAL
1 685 Heath, D. 5/17/03	501 Clark, A. 3/1/03	578 Schwab, B. 11/8/02	1642 Schwab, B. 2/28/03
2 672 Hoerner, T. J. 11/8/02	465 Heath, D. 11/16/02	578 Arias, J. 12/8/02	1600 Heath, D. 5/17/03
3 645 Williams, C. 3/1/03	460 Manfredi, J. 8/10/02	578 Page, G. 7/19/03	1559 Hoerner, T. J. 11/8/02
4 639 Schwab, B. 2/28/03	445 Schwab, B. 7/5/03	573 Hoerner, T. J. 10/25/02	1543 Williams, C. 5/31/03
5 622 Abbey, D. 3/15/03	435 Tom, T. 11/15/02	567 Williams, C. 3/1/03	1537 Abbey, D. 3/15/03
6 600 Layman, S. 10/5/02	424 Slaughter, L. 8/24/02	562 Weinstein, L. 5/2/03	1521 Layman, S. 10/5/02
7 595 Maile, J. 12/28/02	424 Mukite, J. 11/10/02	562 Niedoliwka, V. 7/19/03	1515 Clark, A. 2/28/03
8 589 Hatch, N. 6/7/03	415 Hatch, N. 7/26/03	556 Abbey, D. 3/15/03	1510 Arias, J. 12/8/02
9 567 Arias, J. 12/8/02	405 Myszka, A. 7/5/03	556 Bridges, A. 5/2/03	1482 Hatch, N. 6/7/03
10 567 Clark, A. 2/28/03	402 Evangelista, F. 8/3/03	555 Metcalf, N. 3/22/03	1460 Simmons, G. 7/19/03
11 562 Scisney, K. 7/19/03	402 Knight, E. 5/3/03	551 Kaneshiro, D. 11/15/02	1432 Page, G. 7/19/03
12 551 Simmons, G. 7/19/03	400 Pinkett, T. 3/1/03	551 Simmons, G. 7/19/03	1432 Scisney, K. 7/19/03
13 534 Weinstein, L. 10/10/02	385 Layman, S. 11/2/02	550 Veal, W. 1/11/03	1421 Maile, J. 12/28/02
14 523 Page, G. 5/2/03	385 Wong, P. 7/19/03	550 Reichert, G. 7/26/03	1410 Niedoliwka, V. 7/19/03
15 520 Holmes, I. 18/03	380 Williams, C. 5/31/03	545 Taylor, T. 5/3/03	1405 Weinstein, L. 5/2/03
16 518 Edmondson, 8/17/02	375 Venturilla, C. 4/6/03	545 Ruiz, M. 5/31/03	1395 Wong, P. 11/9/02
17 518 Edmondson, 8/17/02	365 Zerbe, S. 4/26/03	540 Edmondson, D. 8/17/02	1383 Taylor, T. 5/3/03
18 518 Niedoliwka, V. 7/19/03	363 Arias, J. 12/8/02	540 Layman, S. 10/5/02	1372 Bridge, A. 5/2/03
19 515 Kibler, D. 11/2/02	360 Anderson, I. 10/26/02	540 Dunn, N. 6/28/03	1355 Slaughter, L. 5/2/03
20 510 Wilson, 10/5/02	360 Harman, K. 3/29/03	535 Baston, M. 3/22/03	1350 Baston, M. 3/22/03
21 501 Lamando, T. 3/29/03	358 Abbey, D. 3/15/03	534 Maile, J. 12/28/02	1335 Reichert, G. 7/26/03
22 501 Morse, C. 3/29/03	358 Simmons, S. 7/19/03	530 Berryman, A. 3/22/03	1311 Edmondson, D. 8/17/02
23 500 Stefanski, J. 7/19/03	352 Fry, R. 9/28/02	529 Lamando, T. 3/29/03	1310 Wilson, 10/5/02
24 500 Reichert, G. 7/26/03	352 Crocker, B. 11/15/02	525 Wong, P. 11/9/02	1300 Lamando, T. 3/29/03
25 495 Wong, P. 11/9/02	352 Taylor, T. 5/3/03	525 Suedel, J. 4/26/03	1300 Centauro, V. 6/7/03
26 490 Vaughn, A. 11/2/02	352 Judge, T. 5/10/03	523 O'Reilly, B. 10/26/02	1285 Kibler, D. 11/2/02
27 490 Sterling, S. 12/16/02	350 Greer, 8/3/02	523 Centauro, V. 6/7/03	1284 Robinson, M. 4/12/03
28 490 Williams, J. 3/22/03	350 McCoy, B. 8/24/02	523 Scisney, K. 7/19/03	1275 Stefanski, J. 7/19/03
29 485 Puccio, B. 11/23/02	350 Lewis, M. 12/7/02	518 Tanabe, V. 12/7/02	1267 Tipton, C. 8/24/02
30 485 Whigham, A. 3/1/03	350 Reeves, J. 12/28/02	518 Green, C. 3/29/03	1267 Chapear, J. 11/9/02
31 485 Taylor, T. 5/3/03	350 Phanekham, 2/8/03	518 Payne, W. 5/2/03	1262 Whigham, A. 3/1/03
32 480 Charles, R. 11/16/02	350 Chamie, A. 6/21/03	515 Riley, D. 5/17/03	1262 Goins, T. 3/29/03
33 480 Alford, 2/15/03	347 Montague, 11/15/02	512 Whigham, A. 3/1/03	1260 Alford, 2/15/03
34 479 Chapear, J. 11/9/02	347 Stewart, S. 6/7/03	512 Robinson, M. 4/12/03	1256 Payne, W. 5/2/03
35 473 Goins, T. 3/29/03	347 Scisney, K. 7/19/03	512 Chioldo, K. 7/26/03	1255 Veal, W. 1/11/03
36 473 Ribic, P. 1/25/03	345 Rybicki, N. 10/5/02	510 Carter, B. 3/22/03	1255 Holmes, I. 18/03
37 473 Slaughter, L. 5/2/03	341 Hanifen, L. 2/23/03	507 Yost, M. 11/9/02	1255 Hill, A. 3/22/03
38 470 Hill, A. 3/22/03	341 Mangino, L. 4/15/03	507 Rohan, B. 5/2/03	1251 Tanabe, V. 12/7/02
39 468 Tanabe, V. 3/1/03	341 Page, G. 7/19/03	507 Dangerfield, N. 5/10/03	1250 Sterling, S. 12/16/02
40 468 Robinson, M. 4/12/03	341 Santiago, M. 7/26/03	505 Wilson, 10/5/02	1245 Puccio, B. 11/23/02
41 468 Mason, M. 4/26/03	340 Price, B. 8/28/02	501 Tipton, C. 8/24/02	1245 Mailer, 4/20/03
42 468 Bridges, A. 5/2/03	340 Beaudry, J. 2/8/03	501 Lineman, J. 10/26/02	1240 Yost, M. 11/9/02
43 465 Carter, B. 3/22/03	336 Charnic, A. 8/10/02	501 Chapear, J. 11/9/02	1240 Judge, T. 5/10/03
44 462 Green, J. 8/9/02	336 Hoerner, T. 10/25/02	501 Tan, H. 11/23/02	1235 Metcalf, N. 3/22/03
45 462 Randall, P. 10/25/02	335 Dulkes, R. 11/0/02	501 Mateo, J. 2/15/02	1234 Randall, P. 10/25/02
46 462 Centauro, V. 6/7/03	330 Scribner, J. 8/24/02	500 Harrop, J. 12/7/02	1230 Berryman, A. 3/22/03
47 460 Berryman, A. 3/22/03	330 Swift, J. 10/5/02	500 Sterling, S. 12/16/02	1230 Williams, J. 3/22/03
48 460 Braden, D. 3/22/03	330 Ruff, M. 11/2/02	500 Alford, 2/15/03	1229 Morse, C. 3/29/03
49 460 Mailer, 4/20/03	330 Brown, 11/23/03	500 Rodriguez, J. 3/22/03	1225 Chiodo, K. 4/26/03
50 451 Silva, S. 11/9/02	330 Waits, A. 11/30/02	500 Eggers, J. 3/29/03	1223 Tan, H. 5/17/03
51 451 Griffith, P. 3/1/03	330 Strucinski, J. 12/8/02	500 Heath, D. 4/12/03	1220 Carter, B. 3/22/03
52 451 Payne, W. 5/2/03	330 Pacheco, F. 2/22/03	500 Stazer, J. 7/19/03	1215 Dau, D. 3/22/03
53 450 Veal, W. 1/11/03	330 Byrnes, C. 3/9/03	495 Day, K. 3/22/03	1212 Ribic, P. 3/39/03
54 450 Dau, D. 3/22/03	330 Romanelli, B. 4/13/03	490 Kibler, D. 11/2/02	1206 Rohan, B. 5/2/03
55 450 Richard, D. 3/22/03	330 Niedoliwka, V. 7/19/03	490 Montague, B. 11/15/02	1205 Rodriguez, J. 3/22/03
56 450 Urbanczyk, B. 3/22/03	325 Tipton, C. 8/24/02	490 Cortes, R. 11/15/02	1205 Romanelli, B. 4/13/03
57 450 Durst, G. 3/22/03	325 Yost, M. 11/9/02	490 Whitaker, O. 3/1/03	1201 Stinson, S. 3/1/03
58 450 Hilleary, C. 3/22/03	325 Kelhoffer, D. 11/9/02	485 Hoxworth, 8/3/02	1201 Ruiz, M. 5/31/03
59 446 Ward, J. 3/22/03	325 Tyler, 11/23/02	485 Randall, P. 10/25/02	1200 Vaughn, A. 11/2/02
60 446 Judge, T. 5/10/03	325 Albano, T. 12/7/02	485 Jordan, J. 1/18/03	1200 Richard, D. 3/22/03
61 446 Tan, H. 5/17/03	325 Molonero, J. 1/18/03	485 Clark, A. 2/28/03	1196 Green, J. 8/9/02
62 445 Schiffer, E. 3/14/03	325 Bowens, F. 2/7/03	485 Hill, A. 3/22/03	1196 Silva, S. 11/9/02
63 445 Rodriguez, J. 3/22/03	325 Pope, D. 2/15/03	1195 Urbanczyk, B. 3/22/03	1195 Urbanczyk, B. 3/22/03
64 445 Felton, C. 3/22/03	325 Alas, 3/1/03	1190 Jordan, J. 1/18/03	1190 Jordan, J. 1/18/03
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66 440 Piermanttei, 8/24/02	325 Brenner, R. 4/5/03	1185 Cruz, R. 6/14/03	1185 Cruz, R. 6/14/03
67 440 Avigliano, N. 10/23/02	325 Nahorniak, E. 5/31/03	1184 Green, C. 3/29/03	1184 Green, C. 3/29/03
68 440 Shinsato, J. 11/9/02	325 Clark, B. 7/26/03	1180 Charles, R. 11/16/02	1180 Charles, R. 11/16/02
69 440 Stinson, S. 3/1/03	320 Fisher, T. 3/9/03	1180 Lewis, M. 3/29/03	1180 Lewis, M. 3/29/03
70 440 Zupan, J. 3/14/03	320 Douglas, B. 3/29/03	1180 Suedel, J. 4/26/03	1180 Suedel, J. 4/26/03
71 440 Day, K. 3/22/03	320 Jackson, A. 5/17/03	1179 Ortega, M. 6/7/03	1179 Ortega, M. 6/7/03
72 440 Ortega, M. 6/7/03	320 McNeill, F. 6/28/03	1175 Genko, J. 11/16/02	1175 Genko, J. 11/16/02
73 437 Scheffler, M. 10/19/02	319 Edralin, A. 9/28/02	1170 Valdez, J. 3/22/03	1170 Valdez, J. 3/22/03
74 435 Whitaker, O. 3/1/03	319 Bridges, A. 5/2/03	1168 Molonero, J. 12/7/02	1168 Molonero, J. 12/7/02
75 430 Genko, J. 11/16/02	319 Weisberger, A. 6/7/03	1165 Durst, G. 3/22/03	1165 Durst, G. 3/22/03
76 430 Widler, M. 1/18/03	315 Davis, J. 2/22/03	1162 Bowens, F. 8/9/02	1162 Bowens, F. 8/9/02
77 430 Crosby, D. 3/22/03	315 Dennison, L. 3/1/03	1162 Whitaker, O. 3/1/03	1162 Whitaker, O. 3/1/03
78 430 Cruz, R. 6/14/03	315 Anderson, A. 3/15/03	1160 Alas, 3/1/03	1160 Alas, 3/1/03
79 429 Somerman, S. 10/5/02	315 Dau, D. 3/22/03	1160 Crosby, D. 3/22/03	1160 Crosby, D. 3/22/03
80 429 Lepert, D. 11/9/02	315 Soloman, B. 3/22/03	1155 Day, K. 3/22/03	1155 Day, K. 3/22/03
81 429 Bissen, J. 3/1/03	315 Radel, D. 3/29/03	1151 O'Reilly, B. 10/26/02	1151 O'Reilly, B. 10/26/02
82 429 Rendon, R. 3/29/03	315 Marsh, H. 5/3/03	1146 Ward, J. 3/22/03	1146 Ward, J. 3/22/03
83 429 Vasquez, M. 5/17/03	315 Guthrie, M. 6/7/03	1146 Mangino, L. 5/31/03	1146 Mangino, L. 5/31/03
84 425 Valdez, J. 3/22/03	315 Tai, D. 6/21/03	1145 Harrop, J. 12/7/02	1145 Harrop, J. 12/7/02
85 425 Petrarca, M. 5/17/03	315 Hodges, K. 7/19/03	1145 Zupan, J. 3/14/03	1145 Zupan, J. 3/14/03
86 424 Nelson, B. 2/8/03	314 Oswood, J. 10/5/02	1140 Dunn, N. 12/14/02	1140 Dunn, N. 12/14/02
87 424 Wielgos, S. 5/3/03	314 Norris, S. 2/22/03	1140 Mateo, J. 12/15/02	1140 Mateo, J. 12/15/02
88 424 Lofing, M. 5/31/03	314 Goins, T. 3/29/03	1140 Corsi, D. 3/8/03	1140 Corsi, D. 3/8/03
89 420 Stack, T. 2/28/03	314 Weinstein, L. 5/2/03	1140 Nahorniak, E. 4/12/03	1140 Nahorniak, E. 4/12/03
90 420 Gonzales, A. 3/22/03	314 Pellegrino, J. 5/2/03	1140 Mason, M. 4/26/03	1140 Mason, M. 4/26/03
91 418 Bowens, F. 8/9/02	314 Centauro, V. 6/7/03	1135 Petrarca, M. 4/12/03	1135 Petrarca, M. 4/12/03
92 418 Marchard, 9/27/02	314 Haynes, M. 6/28/03	1135 Romello, m. 6/14/03	1135 Romello, m. 6/14/03
93 418 Accardi, R. 10/26/02	314 Chiodo, K. 7/26/03	1129 Carpenter, D. 11/30/02	1129 Carpenter, D. 11/30/02
94 418 Rizza, J. 5/2/03	310 Kubus, M. 8/24/02	1125 Piermanttei, M. 8/24/02	1125 Piermanttei, M. 8/24/02
95 418 Baldwin, S. 6/7/03	310 Kitchens, S. 3/1/03	1125 Riley, D. 5/17/03	1125 Riley, D. 5/17/03
96 418 Baldwin, S. 6/7/03	308 Corsello, J. 11/9/02	1124 Pellegrino, J. 5/2/03	1124 Pellegrino, J. 5/2/03
97 415 Goodlyl, K. 11/30/02	308 Gonzales, E. 11/23/02	1120 Price, B. 8/28/02	1120 Price, B. 8/28/02
98 415 Sheppard, D. 1/11/03	308 Six, J. 3/8/03	1120 Stack, T. 2/28/03	1120 Stack, T. 2/28/03
99 415 Foret, S. 2/8/03	305 Garmany, M. 10/12/02	1118 Accardi, R. 10/26/02	1118 Accardi, R. 10/26/02
100 415 Metcalf, N. 3/22/03	305 Moore, D. 10/19/02	1118 Dangerfield, N. 5/10/03	1118 Dangerfield, N. 5/10/03

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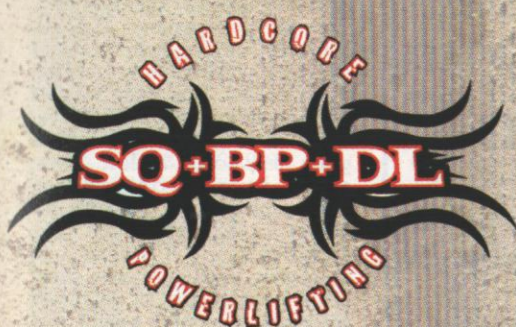
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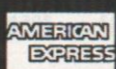
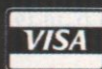
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