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Team USA traveled to Vejle, Denmark for the 2003 IPF Worlds. Denmark in November sounds cold, but it was actually a few degrees warmer when I arrived than it was in Atlanta upon departing. The meet floor was conveniently adjacent to the venue, the Vejle Sports Centre. A large facility, comprised of varying sized halls, the Sports Centre was ideal for a meet of this magnitude. The lifting area was a large elevated platform in the center, with bleachers alongside and floor seating in front. The warm-up room was the largest I have ever witnessed with 8 platforms contain-



Sergey Fedostenko pulls up 523!

**IPF MEN'S WORLDS  
as told to PL USA by Dr. Patrick Anderson**

Ervin expected and he pushed it forward and lost it at the top. Ervin's bombout was a tough start for Team USA and a major disappointment to him personally. As the week progressed, Ervin was looking to the future and contemplating the necessary changes to get back on track. Ervin was accompanied on his trip abroad by his father, Frank Gainer, a very nice man who is

ing Leoko bars and ER equipment just like on the main platform. The final 2 days of lifting were telecast on Danish television in 2 hour blocks. Additionally, Eurosport filmed the competition for broadcast in January.

The 114 lb. class packed some heavy weight depth into powerlifting's smallest of classes. Indiana's Ervin Gainer was Team USA's lead off lifter for the 6th consecutive year. In the squat, Ervin rose successfully with all 3 attempts. A slight dip of the bar on a 446 lb. 2nd attempt received red lights, which led to repeat lifts for a strong 3 white success. Ervin's opening bench at 270 was an awkward lift that struggled to get to his chest and then was pushed back into the rack. The next attempt wasn't much better, with the bar almost ending up on his neck. It was now crisis time and Team USA assistant coach, Sherman Ledford suggested some shirt modifications that would allow Ervin to get the weight to his chest easier. The changes worked, as Ervin was able to bring the final attempt down much smoother. So smooth in fact, that the weight shot up quicker than



50 Year Old Hiro Isagawa got an open IPF World Bench Record.

quite proud of his son and his many accomplishments. Ervin's departure opened the door for some new faces to shine. Great Britain's Patrick Constantinie not only recorded the first 9 of the meet to take 6th place he also received a bronze in the deadlift for his 479. Multi-time Junior World Champ, Dariusz Waszola of Poland, rode a bronze medal 308 lb. bench into 5th place. India's Purush Suresh finished in 4th in all 3 disciplines and that is where his 1218 lb. total landed him as well.

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Pyrex Dimes (GRE) had his head in the jaws of the 2000 Olympics when he lifted his first two snatches. But once again joining that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimes ended up three-peat in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Pyrex Dimes, Australia's Pyrex, (Reprinted from MILQ, June 2002, Vol. 10, No. 1)



**A Last Minute Switch earned Washington medal (K. Hooper)**

opened at 374. That is 3 triple bodyweight plus openers in the bench, and squatting at the most pressure-packed meet on the planet. Kazakov was forced to repeat his opener to get in the meet, while the other two lifters completed their first two attempts successfully. Round 3 was crucial to the final standings as Pavlov made his 5th lift in a row with a solid 396, while his teammate missed at the same weight. The announcement was now made that Hiro Isagawa was calling for 188 kgs, or 414 lbs, to break the existing WR. The lift was smooth and under control, much like Isagawa himself, and the record books were rewritten. Isagawa made two pulls and finished at 1383 lbs, for the bronze. Kazakov's hopes for an upset were dashed when he had to repeat his 2nd attempt with 451 to total 1422 and receive the silver. For the 8th time, Konstantin Pavlov stood atop the podium as powerlifting's Champion of the World at 123. A close miss on a 3rd at 501 kept him from establishing a new total record and left him at 1438. By virtue of his 8 titles, Konstantin is Russia's most successful international powerlifter. Next year, he will be attempting to match Hall of Famers Larry Pacifico and Dan Austin with a 9th crown. He is young, having turned 30 this year, and still making progress. Is a shot at Lamar Gant's 15 titles with even the unflappable Inaba with 17 golds a possibility? Time will tell, but he clearly has the best shot of any active lifter.

The first controversy of the meet was in the 132 lb. class. The intrigue centered around current WR holder Darmin Sutrisno of Indonesia, 2 years ago. Sutrisno blew away the competition at the Worlds in Sotkamo, Finland with a WR of 1565 total. Finishing in 3rd place, 140 lbs. behind Sutrisno, was a Russian named Mikhail Andryukhin. In Sutrisno's absence, Andryukhin won the gold last year with 1510 lbs. This year, Sutrisno opened successfully at a class-high 573, missed a jump to 617, then came back to hit on a 3rd. That is when the furor began to fly. As soon as Sutrisno raked the lift, the Russian head coach, Vladimir Bogachev, approached the head judge and jury table with a protest. Apparently, Sutrisno had worn a brand of wraps that are not IPF approved. He had switched to approved wraps for his 3rd attempt. The debate ensued whether he should be disqualified, even though the error wasn't caught at the time and his 3rd lift was successful. After it was determined that none of the wraps had been stamped during equipment check, Sutrisno was disqualified from the competition.

With Sutrisno's departure, Andryukhin had a clear path to

show the likes of which we have never seen at 52 kg. The 2001 World Champ from Chinese Taipei, Chung Hsing Hui, went 9/9, totaling 1278, including a bronze in the squat and a gold in the deadlift. 8 time World Champ, Andrzej Stanaszek of Poland weighed in at a scant 110 lbs. and hit World Records in both the squat (662) and bench (402). Stanaszek's 319 DL was a PR and gave him a WR total of 1383. On this historic day, it was not enough.

What does it take to beat a man who squats, benches, and totals more than any man in history? What it takes is nothing short of powerlifting immortality, in the name of 21 yr. old Sergey Fedostenko. With machine-like balance and consistency, Sergey steamrolled through 9 attempts to receive a silver medal in each lift. That added up to a gold medal and a 1432 lb. total, smashing his own record of 1366 set in May at the Europeans. In a sport where World Records last for decades and jumps are measured incrementally, a 66 lb. increase in the total record is astounding. This young man has a 1500+ total in his future.... as a 114er!!!!

The smallest class of the meet was a six-pack at 123 lbs. Last year's silver medalist at 123, Shih Wu Liu of Chinese Taipei, only got one opener in the bench and deadlift to finish fourth. The top 3 in this class brought an incredible 15.9 gold medals to the table, including the two most successful 123ers in World Championship history. The ageless wonder, Hiroshi Isagawa, turned 50 this year and had the distinction of being the oldest competitor in the championships. Hiro, the current bench press WR holder at 132 with 425, isn't content to just lift on the same stage as the young studs. He is out to show that, in Japan, age brings not only wisdom but strength. A pair of defending champs from Russia stood in Hiro's path to another title. The clear favorite was the current WR holder and returning champ at 123, Konstantin Pavlov. The defending champ at 114, Revil Kazakov, moved up a class. The 21-yr. old Russian wasn't even born when Isagawa was winning his first World title in 1951.

Pavlov had a rare miss on his opening squat at 540. The lights were in his favor at the time, but were overturned after he left the platform. Meanwhile, Isagawa (440) and Kazakov (562) opened strongly. All 3 lifters completed successful 2nd attempts. Isagawa missed his 3rd and was left with 462. Pavlov hit a conservative 562 with room to spare, while his young teammate dunked 595 for the gold in the squat and an early lead. His specialty, the bench press, was competitive. As was to come, all 3 men

U.S. coaches, lifters and members of the traveling party arose as Henris approached the bar. The anticipation built as he set up in the narrow-stance conventional style, for the first time all day. The bar leapt off the platform with a surprise that he should have pulled this way all along. Then the bar began to slowly rise above the knees and finally it came down to an all-out struggle just shy of lockout. Henris fought through the lift as he completed for a white success. It was extremely exciting to witness and lifted the spirits of the entire team going into Day Two.

As predicted in the preview article, Poland's Jaroslaw Olech was a "lock" at 148. He has been on a roll lately and it continued in Denmark. Along with the Great Eddie Coan, Olech is the only current lifter to hold World Records in both the squat and deadlift. After seeing the posted openers, it was obvious that he intended to break them both on this day. When it comes to squatting, Jaroslaw is a smaller version of our squatter extraordinaire, Rob Wagner. Narrow stance, fairly upright, with a quick descent and tremendous power out of the hole. All of that technique was on display with a 694 opener, which was vaporized to the tune of 3 whites. The squatting lesson by Olech continued with a WR 2nd attempt of 733. Again the lift was a deep 3 white success. The next weight selected was 749, a 7.5 kg. increase and it would take a supreme effort. Olech unracked the weight solidly, but the enormity of the poundage was evident on his face. The descent was perfect with a strong drive out of the hole, then the bar began to stall, but Olech wasn't ready to concede just yet and he raked in the attempters. The bar nudged upward, then hit a 2nd sticking point, and it was not to be. This was a classic confrontation between man and bar, human flesh

and iron. There were no excuses, everything was technically correct, but the weight was just a fraction too much. Olech hit 3 consecutive benches of Sweden, the bench gold with 424. An easy deadlift opener with 661 locked up the overall gold for Olech. He took 688 for his 2nd attempt. It was not an easy lift, but there was some room to spare. A 3rd attempt of 701, to break his own WR, was too much on this day. It might have gone with lighter attempts on the first two, but we will never know for sure. Amit Sehberg of Sweden pulled ahead of Great Britain's Phillip Richardson in the bronze. Lung-Hsing Huang of Chinese Taipei joined his 52 kg. teammate Hui by going 9/9 with a 1598 to finish with the silver. The gold was no surprise, with Olech going 7/9, including gold medals in the squat and deadlift, along with a WR squat and an 1807 LB total. The largest victory margin of the competition, an astounding 209 lbs., pushed Olech to the overall Champion of Champions award with nearly 640 Wilks points.

The 165 lb. class was separated as anticipated. Ten idols were heavy 2nd attempt was 589, slightly less than the 2nd attempt this past summer. The pull was steady, but Wade Spychala in the fifth position. The top 4 was led by the pre-meet favorite and defending champ Viktor Furazhkin of Russia, who came into the meet with a WR 1901 lb. total to his credit. Fellow countryman Viktor Baranov, a 4 time silver medalist, would be in contention along with Oleksandr Kutcher of the Ukraine. Rounding out the lead pack was Team USA's most experienced member, Wade Hooper. Making his 8th Open World team, this former Junior and Open World Champion is in the prime of his career. In July, at the Seniors in South Dakota, Wade buried a WR squat of 727 to take Furazhkin's name off the record books. He followed that up with his first 600 lb. pull in competition. Now it was time for a squat-off between the top two 165 lb. squatters in the IPF. Wade was up first with a strong opener at a conservative 677. Furazhkin finished the first round with an awkward 694 that wasn't as easy as expected. Wade boldly buried 716 lbs. to take the lead while Furazhkin continued to look out of sorts as he missed the same weight. Like a true champion, Viktor made a comeback try at 716 to match Wade and receive the squat silver medal as the heavier lifter. It was now SHOWTIME!!! The bar was loaded to 744 lbs. for Wade Hooper, to top his current record of 75 kgs and add to his early advantage. Wade approached the bar with a Karwoski-style strut, like a master craftsman who is confident in the task at hand. A strong set-up, followed by a textbook descent, led to

he never received a start signal. The lift was strong, but a comeback try was missed outright. Rich was planning on a WR bench and the strength was there, but some technical mistakes slowed him down. Rich finished the meet with a 573 pull to total 1676 and landed in 11th place out of 20. At meet's end, Rich looked like he hadn't slept all week, but it was a learning experience, and he will be a better lifter for it.

Highly touted Sergey Naleykin of Ukraine never got on track. Sergey was awarded the gold medal in the squat courtesy of 749, but that was it as he finished in 4th with 1863. Last year's runner-up, Jan Wegiera of Poland put 15 kgs on his total, but dropped a place into 3rd in the bench. Wegiera left his mark in the year. After opening with a near WR 523, Jan proceeded to break the oldest bench record on the books with 540 and a mammoth 556. Defending champ Dmytro Solovoyov of Ukraine added 30 kgs to his total and came away with a bronze in the squat and a silver in the bench to go with a silver overall via 1912 total. For the 5th time in 6 classes, the Russian National medal ceremony was played during the medal ceremony. Fresh off his Junior World title in September, 20 yr. old Andrey Beljaev, cruised through the meet with a Junior WR squat made their next lift, and then failed on their respective thirds. The trend continued in the benches as both went 3 for 3 with almost the

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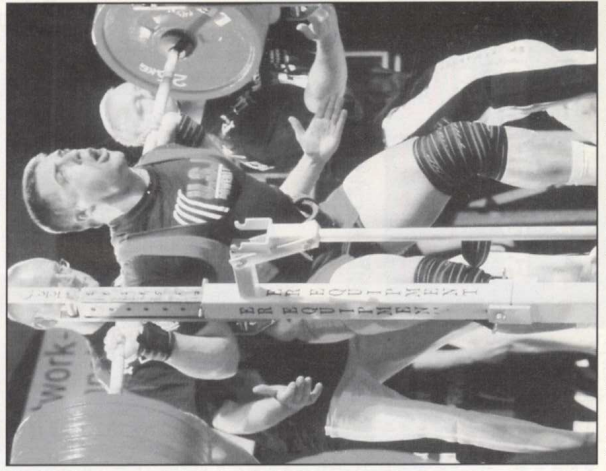
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**Nick Tylutka made a successful Men's Open debut --- 5th @ 220.**

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some attempts ending at World Records. Freydan broke the record first with 567 and then Tarasenko with 573. The dogfight continued with Tarasenko opening at 694 and Freydan moving in front with 711. Tarasenko pulled back ahead with 738 and when Freydan missed his try at 755, the drama seemingly left the building. Tarasenko added some insurance to his lead with 749 and then the 2nd controversy of the week began. Freydan called for 766 to win the gold and pulled it, to the cheers of the Ukrainian contingent. As he was placing the bar down, the Russian coach Bogachev approached the bar and happily signaled that it was misloaded. The weight was checked and, sure enough, it was 760 and not enough for the win. Italy's Daniele Ghirardi was up next with a 771 pull that moved him into the bronze and gave Freydan, per IFF rules, 3 minutes to complete his attempt after Ghirardi. At this point Bogachev began a loud and sustained protest, feeling that only one minute was deserved. As the clock ticked away, Freydan set up and pulled a tough 766 for the win and the upset. The crowd went crazy, and it was powering at it's finest. The joy of Freydan was contrasted with a visible distraught Tarasenko. As an aside, Bogachev's protest went overboard and he was not allowed to return to the venue for the rest of the competition.

The competition at 220 contained two separate battles. The top four battling for medals and the rest of the pack trying to make the top five. In the first group, defending champ Oleksiy Rokochoy of the Ukraine was the odd man out with a 217 total that left him in 4th. Bulgaria's Ivailo Christov won 8/9 to the Rokochoy and got the bronze by 15 lbs. of bodyweight. Finishing in 2nd was Russia's Maxim Barkhatov with 2132. Barkhatov won the bench press gold medal with 573 and even tried to break the WR with 580 on a 4th. Team USA alternate and the current record holder Tony Saccarotte looked on, as the record remained in his name. Long and lean Oleksiy Vishniyskiy of the Ukraine rode an 854 squat to a 2160 total and the gold medal. He even had the audacity to attempt to break one of Ed Coan's Open World Records with an 860 lb. deadlift attempt.

Team USA was fortunate to have two promising lifters make their Open Worlds debut. Seniors Champ, Charr Gahagan and runner-up Nick Tyuluki battled to the final pull in July and a close contest was expected again. The 25 yr. old Tyuluki came out strong with 3 buried squats finishing at 771. "Freak Show", as he is known in Minnesota, is fast becoming a world class squatter and 800+ will fall next time out. Charr hit two squats to score 694, with a close miss on 705. Nick matched his Seniors bench with a 457 that was actually easier than his 2nd attempt. Charr had 457 turned down, but calmly went up to 462 and hit that one with room to spare. Nick opened solely with 699, but 738 seemed to push him more than expected. A miss at 760 was his only blemish on the show. An 8/9 meet with a PR 1967 total gave Nick 5th place in the U.S., no one does it better. The 27 yr. old Gahagan was ready to see how he stacked up against the World's best. After a smoked 733 opener, Charr took the silver medal in the deadlift with 777. This left him with 1935 and a 7th place finish. On a good day, Charr is capable of 2000+ in the total and he will take what he learned this year to help get him there in the months to come. The future of Team USA looks very bright at 220, but equally bright is the competition, as the top 4 were all under 25 years of age.



Gene Rychiak  
WORLD RECORD 900 LB BENCH PRESS  
- 2003 IPA Senior National Championships

**SERIOUS WEIGHT. WORLD RECORDS.**

For Gene Rychiak...the world's strongest benchman who would be the 242 lb. Champion of the World for 2003. One of those 25 genes as inspirational a performance as you will ever see. Representing the U.S., was Tony Harris, a veteran of many national and international competitions. Tony was cautiously optimistic after a strong training cycle, but a left quad injury in July kept him from going all out. On meet day, Tony felt strong and a 744 opener was no problem. A jump to 788 was handled until about 3/4 of the way up, when he lost his balance and then stepped forward. As Tony ascended with 788 for the 2nd time, he screamed out in pain and dumped the bar backwards. This time it was the right quad and Tony fell to the platform in agony. He was carried off the stage and received immediate treatment from the meet's medical staff.

After being checked out by Dr. Bernie Miller and worked on by Art Ryan, a massage therapist who traveled with the team, Tony was able to at least stand. There was still considerable discomfort, but although most of the staff wanted him to consider withdrawing, Tony wanted no part of that. He was able to warm up with some aid on to and off the bench and he opened at a light 473. The lift was solid and 501 was up next to give Tony a personal best at the Worlds. This lift was a little tougher and it was obvious Tony was not using any leg drive. He wanted 525 to exceed his PR and it was moving well off the chest, but without any lower body support, it stalled at lockout. After quickly warming up to 505 in a stiff-legged conventional style, Tony informed me that he had pulled as much as 760 in training this way and felt good for close to that on this day. We decided to open at 507 to get in the meet and then see if the top five would be reachable. After Tony's opener, he stood in 18th place. A sale jump to 633 tested Tony's leg out and moved him into 14th place. He pulled

(this article is continued on page 82)

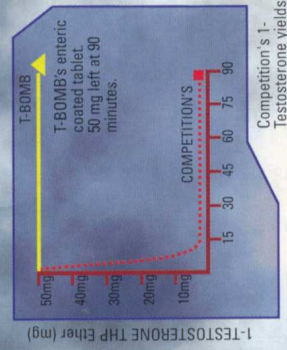
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# World Powerlifting Congress WORLD CHAMPIONSHIPS

## as told to PL USA by Herb Glossbrenner

The APF/WPC owes a great debt of gratitude to Bruce Greig, a premier PL promoter, for volunteering to take on the enormous task, at the instrument of training this year's WPC World Powerlifting and Bench Press Championships. Australia wasn't prepared to host an event of this magnitude and an alternate site was necessary. The Greig's had hosted the highly successful 1999 WPC Worlds in Calgary, and the site was the same Archie Boyce Center in the Stampede theater, not far from downtown Calgary. Bruce also staged the North American cans here only 3 months earlier.

While losing a huge chunk of money out of his own pocket to promote the event, Bruce was short-handed on help as well as judges. Still, he pulled off a great championships made up more than double for quantity. There were many WPC World Records broken; most significant of which were one Women's and two Men's All-Time Squat marks. In two different categories, bench press specialists shattered the 700-barrier. One man broke six. All-Time Records, despite being sick, Truly PL History was made this cold weekend in Calgary, Alberta, Canada. Congrats to one and all whose best efforts captured one of Bruce's incredible giant medals. The PL competition began following the WPC Championships (report on p. 12) on Wed. and started Thursday morning, November 27th.

TEEN MEN: Blake Sumner, 14, OR, son of Master lifter Greg, won gold and launched his PL career in the biggest of meets. Just like dad, he's hooked for life. Cory Skelton, 16, set a good 501 SQ @ 148. TOT 1140. Brandon Clement, 16, and Brian Miller, 17, from USA, battled for 165 honors at 16-17. Brandon edged Kevin for gold 1047 to 1036. Brian Miller, 17, USA, got top honors with an 1151 TOT @ 181. At 198 Tony Ganesh, 17, SQed 622 and TOT 1636 for the win, after setting 3 WPC WR benches with 446, 473, and 485. He's trained by Keith McNeish in PA. From the Big Iron Gym in Omaha, NE, "Box Wonder" Nick Hatch, 18, did 611 407 501 1521 at the State Meet on Nov. 15th as a stunner. In the 148-150 lb bracket, he SQed a 611 WR (2nd), made a 402 BP but stuck on two meat @ 413. He's 473 DL, opened 440, a new WR TOT 1653 (after pulling 600). The biggest and strongest I ever all didn't think his knees were fully



Scott Weech blasts his correctly loaded opener.

locked. Nick had the power and got it almost up on a 3rd and 4th, but his grip slipped before getting the down signal - TOT 1488. Jason Balon, 19, CAN, had twin dunk and pull (462) - TOT 1129 garnered gold. Most impressive was Tyler Tesser, 18, CAN, who obliterated all his bests by a big margin: SQ 633, BP 336, DL 556, TOT 1526. Tyler almost made a mind boggling 699.9 SQ. He's designed for big things. Oh yes, he only weighed 187.5. This kid is an incredibly dedicated young man who gets in to the Back Alley Gym at 5AM just to train with Coach Bruce. The 18-19 220 champ proved to be Todd Kowal, 19, USA. Todd @ 216.9 was very strong with a 644 SQ and 611 DL for a total of 1708. His crowning touch was his 451 BP which set him up for a brand new WR 462 (4th). Best at 275 with no opposition was Scott Curmin, 19, CAN. Weighted 262.5. Scott squatted 611, missed 650. He then ranked two good benches: 424.4 a CAN record in next 440, a new WR TOT 1653 (after pulling 600). The biggest and strongest I ever all didn't think his knees were fully



Nick Hatch did not get this 507 DL passed.

Another CAN lifter, Cindy Irving, came out on top at 132. In the 40-44, 165, it was Kate McLean getting silver. Top honors went to Kim Packer, who got big PRs: 440 SQ and 187 BP. She pulled 341 for a new APF CA record total of 970. At 45-49, Wendy Greig, dunked a CAN record in the 123s (363). It catapulted her to a big win with 859. Lara Greco, her teammate, took silver with a 771 aggregate. At 148, Bernice Green set a record 363 SQ, benched an incredible 248, and pulled 341 for a splendid 959 TOT. Linda Belenczak claimed gold at 198 with a 909 TOT with a fine 396 SQ. At 54 Leslie Miller is a robust lady and dunked an age heavy 1041 for her big win. Winning her first ever Best Lifter award in a long, illustrious career was one and only sweetie-pie extraordinaire - Maris Stenberg. She had one malady after another of brilliance, suspending the 55-59 (just turned 55) age group @ 90 WPC World Records - SQ 424, BP 225, DL 424, TOT 1074. When she was lifting she was playing the harmonica, wearing many hats, firing up the crowd, judging, running meetings, and as APF/WPC recordkeeper - signing forms and second certificates. Maris, what in the world(s) would we do without you. Thanks from everybody for everything on all these wonderful evenings, with many more to come.

JUNIOR MEN (Friday, Nov. 28) Originally this was to be a 50-59 3rd late Thursday, but was postponed because of a couple of missed connections. Jason Balon won his second gold medal, having turned 20, so he lifted again in the juniors, and went for a total of 545 SQ, 253 BP, and a 501 DL. Blasett was hot with a 744 SQ, 457 BP, and 1730 TOT @ 308. He topped runner-up Ossi Huuhanki, who had balanced lifting with 661 A SQ, 474 BP, and 705 DL for an 1840 TOT.

MASTER MEN (Friday, Nov. 28) A big group of 53 in all weight categories made for a long day. It was lifting myself so missed seeing most of it except for the heavier categories. My buddy Gary Bottroutz had his new cameras set to pop 2 WPC SQs, 380, then another 418. His record book assault continued in the 4th with 270 in his loose Inzer shirt. With a tight one he ligo over 300. Gary's 598 TOT was a WR also. He's survived his bout with prostate cancer and has been lifting only a short time. The 148, 40-44 champ is "Buckeye boy" Tim Judage, almost fully

recovered from a horrible auto accident. This multi-time APF Sr. National Open Champ shined here; 485 SQ, 347 BP, 479 DL and benching 435 on the way to a big 1658 TOT. Greg Sumner was almost with his low-increase frame gone, and Doug Peterson long hauled up 545 to leave Greg behind, 1416 to 1355. Roy Mitchell, 74, the second oldest man met nabbed the 70-74 division @ 181 and pulled a 352 DL doing so. At 198 it was the ever smiling Keith McNeish, APF PA State Chairman. At 41, he took 40-44 gold with big lifts: 633 SQ, 380 BP, 650 DL for a 1664 TOT. Marc Caplan did some big time lifting, nailing a huge 755 SQ and a primo 1813 TOT @ 45-49. Birchmann's Pereira was at the right place at the right time and took the title at 55-59. Two pumped up Californians both nabbed gold medals with identical 64 champ. His pal Pete Wilson set a WR SQ - 507. At 220 Randall Estell came in at 212.1 and set some PRs along the way. His 738 SQ and 435 BP set him up for some strong hauls: 639 right off the bat to clinch his first ever WPC World Title, next 672 for 1846, and he watched his 3rd. Trevor Andrus was runner-up with 1107 Randy A.J. Henderson had a great day making a good 1692 TOT. Ohio's winning with an impressive 1736 TOT @ 236.2. Skip Sandberg went on another record breaking spree to win the Outstanding Master Lifter award. It began with his 661 SQ which had the audience freakin' out. He benched 429 and pulled a 628 - TOT - 1719. The 275 class featured the debonair, mustachioed Tom Brooks pulling out a well deserved victory in the 40-44 group. At 265.6 he, he SQed all 3 (771.6) BPed 2 good ones (374.8) When the bar went to the floor, Tom yanked up 617, 683 and finally a falling off his roof. Yet here was making his lifetime best PR 705 - 1851. Matt Hrychka was too far behind to catch Tom, but still got a little incentive DLing with a CAN 's Norman Lambert receiving the coveted bronze. USA's John Burgard staked his claim for gold at 55-59 and cashed in. CAN's Wayne Ferris was runner-up. Robert Bassman of Las Vegas, NV, reclaimed the 220 title he failed to retrieve last year in Helsinki. What about

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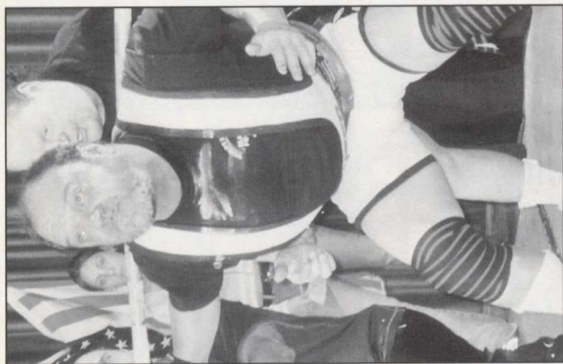
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John Ford with his new World Record 383 kg. squat

demolished it. Up to 914, a WPC 40-44 WR. Then he finished off a huge 936 lift to the judges satisfaction. Can didn't let up. His 589 BP set him up for a new WR 607 lift. 2 days earlier, he had established a 308 single lift WR of 601.8. Kant finished a 3rd attempt, 628 DL, following a missed 2nd, for a huge 2172 TOT (also a WR).

OPEN WOMEN (Saturday, NOV. 29) At 105, Natalya Frolova's coach Andrei Burenko arrived late, just in the nick of time to save her from bombing with her 308 SQ. She finished up the meet to win her first ever World Title. The USA's one-two finishers at the APF Senior Nationals both came and finished exactly in that order: Melissa Ortega, a Jill Mills training partner and pro-athlete from San Antonio, TX, opened at 413, but a giant jump to 507 resulted in 2 misses. However, the spotters were too quick to grab her 3rd attempt, so she got to over and made it. Great benches: Janice 308 - which duplicates Janice Roge's WR established 10 years earlier. Melissa confidently went to a giant 325 to obliterate the WR, but it was not there. In the DL at 435 opener won her title with 1251. 71 more than she did at the Nationals. Then she took a quantum leap to a huge 512.6, and had it above her knees twice. As it was, she only missed Mariah Liggitt's 1994 Open WR TOTAL by 5. In 2nd place was Sonji Baldwin of Norcross, GA. Her lifts of 424 SQ, 231 BP

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# IPA Senior Nationals as told to Powerlifting USA by Mark Kodya

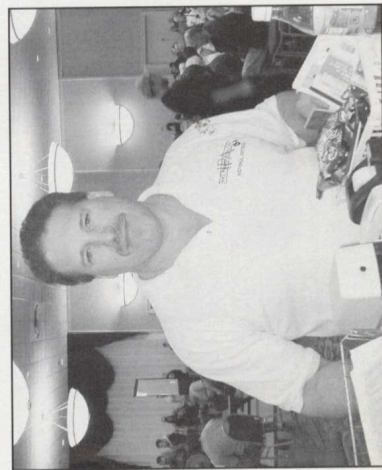


**Brian Crowe - Best Pro Lightwt.**

A first class hotel, the Radisson in Camp Hill, PA, was the venue for what was obviously going to be an equally great meet. Thursday evening, Mark and Ellen Chaillot and their crew of about ten mostly large strong men were busy weighing people in taking openers, entering their IPA cards were up to date, setting up three Monodlifts and benches and a multitude of pit-4 pairs of hundred pound plates and an assortment of the "small stuff". There were enough squat bars, bench bars, and deadlift bars at every station in the warm-up room and on the platform. In fact, there was enough equipment to run two platforms.

Big Gene Rycklak, Jr. was roaming around, lathering his life, helping Mark and Ellen. When asked if he was ready, he replied he would be by Sunday. Indeed, he was, but that story will come later. First, all the full-power meet results and then the bench portion.

Teen Divisions: 14 year old Caleb Wallace, from Indiana, was the lone entry in the 132s and he cruised to a 695 lb. total to cap off a 5/9 day. Joel Terry, 18, from Ohio made only 4 successful attempts, but they were enough for a 1075 lb. total in the 181 class. Like Caleb and all the teens, and many others in the lighter divisions, Joel lifted unopposed. North Tonawanda, NY's Ben Schimpf, 19, made 7 of 8 attempts and these included a 610 lb. world record squat, a 392 1/2 lb. bench for another world record and a 500 lb. deadlift for a 1502 lb. total. Zach Cole, a 19yr-old Ohioan, made but 6/9, but his top efforts of a 750 lb. squat, a 505 lb. bench, a 635 lb. deadlift, and an 1860 lb. total were all IPA World records in the 242lb. division. 18 yr. old Steve Woods, also of Ohio, lifted in the 275 lb. division, and made 3 world record squats, ending with 805, and added



**Meet Director Mark Chaillot posing for a shot at the scorer's table**

Pennsylvania native, was the lone Amateur Master (40-44). He got lifts of a 560 lb. squat, a 375 lb. bench, and a 430 lb. deadlift for a total of 1365 lbs. In the Pro Masters (55-59) division, Fabian Wambegams was one of the top lifters in the country before he started competing and that was 20 years ago. It's not just that he continues to compete, but he keeps putting up lifts that would be big numbers for someone half his age. This 57 yr. old managed just 4 attempts, easily cutting 100 lbs. off his total. He squatted 705, deadlifted 600, and bench 265 for a 1570 lb. total. In the Amateur Master (70-74) division, Gene Hall came out from Indiana to set IPA world records in every lift. His 8/9 performance was a model of consistent performance. Gene, 73, made a 300 squat, a 200 bench, and a 370 deadlift for a 870 lb. total.

The Amateur division of the 198 class was a lot closer than it looks on paper and 1 or 2 more attempts missed or made by any one of 3 competitors could have significantly affected the order of finish. Pennsylvania's Howie Reese made 7 attempts, which ended with a 505 lb. squat, a 320 lb. bench, a 505 lb. deadlift, for a 1375 lb. total. Evan Simon journeyed from Lexington, KY to put together 5 good attempts, which yielded him a 475 lb. squat, a 400 lb. bench, and a 520 lb. deadlift for a 1395 lb. total. Grif made only 4 attempts, but a 555 lb. squat, a 435 lb. bench, and a 600 lb. deadlift - which gave him a total of 1590 lbs. - enough for a victory among the Amateurs. In the Pro division, Colorado native David Kerr made 7 attempts to put together 1500 lb. total. Well, met Sean Hailey, of Niagara Falls, NY, put together some quality lifts in his 6 successful attempts. A 650 lb. deadlift gave him a 1640 lb. total in the Pro Submasters. In the Pro Masters (45-49) division, Ray Miller made 8 of 9 attempts and was ultimately credited with a 400 lb. squat, a 295 lb. bench, a 475 lb. deadlift, for an 1170 lb. total.

In the 220 lb. weight class, Ohio resident Matt Smith made 7 of his 9 attempts and ended with a 620 lb. squat, a 450 lb. bench, and a 605 lb. deadlift for a 1675 lb. total as the lone entrant in the Pro Juniors. Joel Wallace made 9 successful attempts (four of 10), of which 3 were IPA world record squats, the heaviest being a 725 lb. effort. His 405 lb. bench and 580 lb. deadlift rounded out to a 1685 lb. total. In the Pro Masters (40-44) division, Galen Scott, of Ohio, made but 4 attempts, one of which was an IPA world record bench of 600 lbs. His 705 squat and 600 deadlift were enough to give him a 1900 lb. total. One age group up, in the Pro Masters (45-49) division, Christopher

French, of Balden, WV, made 5 attempts, which gave him a 1585 lb. total. Ohio's Sam Glover, Sr. made only 5 attempts, but he was credited with a 400 squat, 305 bench, and 420 deadlift for an 1125 lb. total in the Amateur Masters (60-64) division.

There was one lifter in the Amateur 275 lb. Junior division. Charles Fay cruised through 3 good squats at 700, 750, and 800 lbs. He made 475 in the bench before missing 495, and deadlifted 675, before missing at 715, posting a 1950 lb. total. The Amateur division saw 3 lifters post a total in the Open age category. David Egan made a 640 squat before missing 655 lbs. on his 3rd, while Josh Thompson made a 625 lb. attempt on his 3rd after missing out in front with a big 750 lb. attempt on his 2nd. Jason Wood squatted a 385 lb. bench, and a 500 lb. deadlift for a 1510 lb. total. The Amateur Open division had 4 in addition to Coppola, who finished 4th. Steve Hutzinger, at only 19, did a 660 lb. squat and a 420 lb. bench, and a 600 lb. deadlift for a 1680 lb. total. Mark Fahey, finished 2nd with a total of 1720 lbs. Don Eisenhour squatted 482 1/2 lbs., and deadlifted 655 to register a 1787 1/2 lb. total for the win. The Open Pro division of the 242 lb. weight class had 13 lifters register totals. There was a spirited battle between Todd Brock and Jeff Rock for second place, and it was controversial for the audience and the scorers table to keep the names of Brock and Rock straight. Brock got credit for a 750 lb. squat, a 520 lb. bench, and a 680 lb. deadlift, which gave him a 1950 lb. total. Rock was ahead of Brock after squats with his 801 lb. IPA World record and he managed to stay there, with a 530 lb. bench and 670 lb. deadlift. His 2000 lb. total was enough for second place. Joe Bayles was never in any danger. His 860 lb. squat, 610 lb. bench press, and 760 lb. deadlift gave him 2230 lb. total for the win. Among the Masters divisions, the 40-44 age group of the Pro division



**John Green -- gave 1000 a ride.**

attempts topping out at a 1445 lb. total. Kouf made the long trip worthwhile, as he led from the squats on and never looked back. His 700 Pro Junior division. Brad Ault lifted unopposed and posted a 625 lb. squat, a 385 lb. bench, and a 500 lb. deadlift for a 1510 lb. total. The Amateur Open division had 4 in addition to Coppola, who finished 4th. Steve Hutzinger, at only 19, did a 660 lb. squat and a 420 lb. bench, and a 600 lb. deadlift for a 1680 lb. total. Mark Fahey, finished 2nd with a total of 1720 lbs. Don Eisenhour squatted 482 1/2 lbs., and deadlifted 655 to register a 1787 1/2 lb. total for the win. The Open Pro division of the 242 lb. weight class had 13 lifters register totals. There was a spirited battle between Todd Brock and Jeff Rock for second place, and it was controversial for the audience and the scorers table to keep the names of Brock and Rock straight. Brock got credit for a 750 lb. squat, a 520 lb. bench, and a 680 lb. deadlift, which gave him a 1950 lb. total. Rock was ahead of Brock after squats with his 801 lb. IPA World record and he managed to stay there, with a 530 lb. bench and 670 lb. deadlift. His 2000 lb. total was enough for second place. Joe Bayles was never in any danger. His 860 lb. squat, 610 lb. bench press, and 760 lb. deadlift gave him 2230 lb. total for the win. Among the Masters divisions, the 40-44 age group of the Pro division

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**J.L. Holdsworth - Best Pro Heavywt.**

French, of Balden, WV, made 5 attempts, which gave him a 1585 lb. total. Ohio's Sam Glover, Sr. made only 5 attempts, but he was credited with a 400 squat, 305 bench, and 420 deadlift for an 1125 lb. total in the Amateur Masters (60-64) division.

There was one lifter in the Amateur 275 lb. Junior division. Charles Fay cruised through 3 good squats at 700, 750, and 800 lbs. He made 475 in the bench before missing 495, and deadlifted 675, before missing at 715, posting a 1950 lb. total. The Amateur division saw 3 lifters post a total in the Open age category. David Egan made a 640 squat before missing 655 lbs. on his 3rd, while Josh Thompson made a 625 lb. attempt on his 3rd after missing out in front with a big 750 lb. attempt on his 2nd. Jason Wood squatted a 385 lb. bench, and a 500 lb. deadlift for a 1510 lb. total. The Amateur Open division had 4 in addition to Coppola, who finished 4th. Steve Hutzinger, at only 19, did a 660 lb. squat and a 420 lb. bench, and a 600 lb. deadlift for a 1680 lb. total. Mark Fahey, finished 2nd with a total of 1720 lbs. Don Eisenhour squatted 482 1/2 lbs., and deadlifted 655 to register a 1787 1/2 lb. total for the win. The Open Pro division of the 242 lb. weight class had 13 lifters register totals. There was a spirited battle between Todd Brock and Jeff Rock for second place, and it was controversial for the audience and the scorers table to keep the names of Brock and Rock straight. Brock got credit for a 750 lb. squat, a 520 lb. bench, and a 680 lb. deadlift, which gave him a 1950 lb. total. Rock was ahead of Brock after squats with his 801 lb. IPA World record and he managed to stay there, with a 530 lb. bench and 670 lb. deadlift. His 2000 lb. total was enough for second place. Joe Bayles was never in any danger. His 860 lb. squat, 610 lb. bench press, and 760 lb. deadlift gave him 2230 lb. total for the win. Among the Masters divisions, the 40-44 age group of the Pro division

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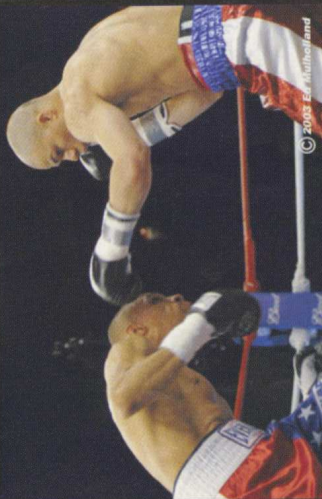
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of Sargent, who passed his 2nd attempt in a strategic move. Green took 720, but missed, leaving him at 2135. Holdsworth made a 730 lb. pull, ensuring at least a 2305 total. Green could not get his 3rd attempt either. Johnston, who weighed 269.6 pounds, did 735 lbs. to total 2140 and bump Green down one spot. Holdsworth's 765 lb. success gave him a 2340 lb. total. Hank Sargent was the last one left to have a chance to change the placing order and he did just that. His 795 lb. IPA Submaster World record gave him his first 2200 lb. total and second place. Hank also was the lone entrant in the Pro Submasters division. The Submasters age group in the Amateur division was host to a tight contest for 2nd through 4th, but the winner was never in doubt. Stephen Bennett opened with 505 in the squat, while Sam Glover and Barry Sturdivant both opened at 525. In the 2nd round, Bennett missed 550, but Sturdivant, 67, and Glover (60) both made their 2nds. Bennett made the 550 on his 3rd, and Sturdivant matched Glover's 600 lb. pull, which Glover was unable to improve on. Mount made 740, 830, and 855 lbs. with the latter being a new IPA World record. In the bench, Glover made 375 before missing 400, and Sturdivant made 415 lbs. Bennett missed 480 on his 1st and 2nd attempts, but narrowly missed bombing by making his 3rd. Mount hit a 2nd attempt with 500 before missing 520. Subtotals were Mount (1355), Bennett (1030), Sturdivant (1015), and Glover (97). Bennett was 1st out in the deadlift with 465 while Glover made up some ground with his 500 and Sturdivant took 525, and missed. Mount's 585 locked up the win. On 2nd attempt, Bennett made 515. Sturdivant made his 525 lb. attempt. Glover pulled the 540 and Mount made 620. Both Glover and Sturdivant missed their 3rds, which would have moved each of them up a spot. Bennett took 535 for yet another success to total 1565 lbs. and pick up 2nd. Mount made 645 to conclude his 8/9 day with an even 2000 lb. total. The Amateur Masters (40-44) had 2 entrants. Benz Tozer and Karl Tillman. Tozer squatted 530, bunched 440, and deadlifted 500 for a total of 1470 lbs. Tillman made an easy 825 lb. 3rd attempt. IPA World record squat, bunched 480, and made only one deadlift (630) to total 1935. Mark Dimituk, 1980 in the 220s, continues to show he is an extremely strong man, able to compete with kids half his age. I had seen Mark about 20 years prior at the very first contest I ever went to, in Syracuse, NY. Mark remains a great lifter, a class act, and an asset

(article continued on page 75)

# The Fastest Way to Increase Speed and Power. Guaranteed.

**The Fastest Welterweight Boxer**  
19-0 (18 KO)



"When Kerm took it the first time, it was ridiculous how he performed. He was like a machine: extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it..."

Joe Pastore, Strength Coach, Team Clinton  
Kermit "Killer" Citrom, 19-0 (18 KO)



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Scott Mendelson, World's #1 Bench-Presser  
9 World Records in Powerlifting



**USED BY 19 WORLD CHAMPIONS, NO PAID TESTIMONIALS AS FEATURED ON FOX SPORTS AND CBS...**

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**110% Guaranteed Results within 60 Minutes of the First Dose**

BodyQUICK™ is used by both world-champion professional athletes and preparing 2004 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose.

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# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NMJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electro-chemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

- 1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are combined, referred to as a single "motor unit".
- 2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.
- 3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.
- 4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.
- 5) The calcium contracts the contractile machinery of the muscle (actin and



Scott Mendelson is a big endorser of BodyQUICK

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater

formance. Specializing, a sports pharmaceutical consulting firm, cites acetylcholine and associated neural cofactors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout by that can be lifted".

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantitative real-world improvement mental athletes are demonstrating with appearing in the competitive circuits, is more impressive than physiological accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological accelerators, now that they are

world records to his credit and states: "BodyQUICK (the only acetylcholine-based neural accelerator currently on the market) helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IFA World Champion, states: "Last year I was able to squat 565 lbs. in a competition. By using [neural acceleration], earlier in this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment and increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the power gap and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before, with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric. Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intrinsically full-life cycle acetylcholine is produced internally.

At the time of this writing, there is only one patent pending and tested (article continued on page 72)

## ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM

muscle fiber recruitment and strength output. This is of particular value when larger and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Inelcion, president of Human Performance Specialists, a sports pharmaceutical consulting firm, cites acetylcholine and associated neural cofactors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout by that can be lifted".

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# Dr. JUDD

## AUSBY ALEXANDER Part 2, as told by Judd Biasiotti Ph.D.

Ausby Alexander is as unpretentious as he is great. Named as one of the best powerlifters of the millennium, retired throughout Europe and the Eastern Bloc countries as a lifting demigod, Alexander is as humble and unassuming as a Franciscan monk. After talking during his lifting career he was the most feared 165 pound lifter in the world or anywhere else for that matter. Refreshingly, he portrays extreme politeness, benevolence, modesty, and thoughtfulness... qualities which are indeed rare among superstars in any sport. Don't be misled though, Ausby Alexander is one of the greatest athletes in the history of all sports.

In Part II of this intriguing interview, Alexander talks about powerlifting equipment, judging, and cheating. Our conversation continues with Alexander's opinion of the plight of powerlifting today.

**Dr. Judd:** After your retirement, did you continue to follow the sport closely?

**Alexander:** Not really! After I retired from powerlifting, I literally divorced myself from the sport for a number of years. I guess you might say it was a defense mechanism, a kind of avoidance technique. It was really difficult walking away knowing in my heart that I never really reached my full potential. So I guess I just coped with that feeling by channeling my energies in a different direction. To be honest, I really didn't know what was going on in powerlifting until my good friend Steve Goggins moved to Atlanta. He rekindled my interest in the sport.

**Dr. Judd:** When you got back into the sport, what did you think?

**Alexander:** Initially, I was shocked by the totals that were being posted. Guys bench pressing 800 pounds and squatting over 1,100 pounds. It was mindboggling. Then Steve showed me the new bench press shirts and squat suits they were using to make those lifts and I understood how they were putting up such big numbers. The equipment that he showed me was made of some type of canvas material that was extremely heavy duty. The gear could literally stand up by itself. Shortly after that, I attended a power meet and I was shocked by all the gear these guys were wearing. This 181er who was lifting in the contest smoked 510 pounds on the bench. His training partner was easy. His training partner told Steve and me that without the shirt his best bench was 440 pounds.

**Dr. Judd:** What did you think of

right back up. I was huge and ripped to the bone. When I competed that day I weighed right at 170 pounds and I was competing in the 148 pound class. I gained twenty pounds back in less than one day. I have to admit I was ripped to shreds, and my bodyfat was relatively nonexistent. I broke several world records that day. That literally revolutionized how lifters started preparing for meets. Guys would bulk up and then drop large amounts of weight right before they competed. I had two days to gain my weight back like they have today. I probably could have lifted in the 48s weighing 200 pounds. I know that sounds like little presumptuous, but that is the type of determination and control I had over my body and soul.

**Dr. Judd:** Well, you always seemed to exude a lot of confidence to me. I don't see that as a negative.

**Alexander:** I had to be confident. I wasn't physically gifted for the sport. I have long arms and I was extremely tall for my weight class. From the time I got into the sport, people were doubting me. I had to believe in myself because no one else seemed to believe in me. I remember at the Senior Nationals I was cramping so bad that I had to be rubbed down with ice. Dr. Ken Lesiner told me, "Ausby, you have to move up, there is no way you can continue in this weight class." I had only been lifting for a couple of years during that time and I didn't want to hear that negative stuff. I felt like I had more to prove. 148 pounds. I told him that I wasn't going to move to another weight class because I had not reached my full potential at 148. I also told him that I felt that I was capable of setting notable world records in that class. His reply was, "NO WAY!" Well, I was determined to prove him wrong, to succeed in what I had set my mind to achieve. A few months later I went to the Hawaii Record Breakers competition. Like I said, I dropped about 25 lbs. in three days for that meet. Prior to weigh-in Mark, looked at me and said "Ausby, you have to move up to another weight class." He was afraid I was pushing my self too hard to make weight. That day I totaled 1703 and broke a number of world records. It was exactly what I saw in my mind all along. I knew I could do it. In fact, I took a fourth attempt with 683 pounds in the squat at the crowd's request and came up fairly easy and I was the last time I competed at 148, but that was the way I wanted to leave that weight class... on my terms.

(Part 3, next month)



**Ausby Was Awesome...**...as a Middleweight

that?

**Alexander:** I feel as long as it's safe and the lifter is happy with the results he is getting, then, hey, I'm happy for him. Things change as time moves on, sometimes for the better, and some times for the worse, so you make the best out of it.

**Dr. Judd:** But don't you think that the use of all this equipment is compromising the integrity of the sport?

**Alexander:** To be honest, I am more concerned about some of the rule changes, the cheating that is going on, and the judging. I am not about the equipment that is being used. For instance, some federations allow two to four day weigh-ins, consequently you have guys lifting in meets who weigh 30 and 40 pounds more than the weight classes that I have been told. And the judging is just as bad in some federations. I have witnessed that firsthand. I actually saw a world record squat passed that was at best a quarter squat and I have seen other lifts that would never have passed when I was lifting. Please don't get me wrong, I like to see people shoot for the stars. I'm really glad to see guys break records and post big totals, but I think there has to be standards if the sport is going to

# WORKOUT of the Month

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

## Wade Hooper's Squat Routine



Wade brought the IPF World Record in the squat back to the United States with his 744 in Denmark

**Week #1:** 135x10, 225x8, 275x5, 325x10x2, 370x8x2. (Use a belt and knee wraps).

**Week #2:** 135x10, 225x8, 275x5, 325x10, 380x8x2, 405x6.

**Week #3:** 135x10, 225x8, 315x5, 380x8, 405x6, 430x4x2.

**Week #4:** 135x10, 225x8, 315x5, 420x5, 430x4x2, 460x3 (use loose suit with straps down).

**Week #5:** 135x10, 225x8, 315x5, 430x4, 460x3, 475x3x2.

**Week #6:** 135x10, 225x8, 315x5, 430x3, 485x3, 500x2, 515x2 (full gear, no assistance workout having more left in you).

work).  
**Meet:** 135x10, 225x8, 315x1, 425x1. 1st attempt: 490. 2nd attempt: 520 (new PR). 3rd attempt: 530 - 540.

Your final squat session should be about 9 days out. This allows your body to rest and recover for the day of the meet. Remember to concentrate on proper technique every time you squat. Make your descent controlled, and explode out of the bottom to completion. Also, never miss a rep, even if you have to reduce the weight. Finish each workout having more left in you.



Wade with his IPF gold medal in the squat. (Kim Hooper photos)

consistent basis. Through the years, I have been fortunate to have had terrific training partners, not mention great lifters in Jeff Douglas, Keith Taylor, and Jennifer Fisher. My success in this sport would not have been as successful without their support.

The following routine is designed for the beginner/intermediate powerlifter. This cycle is based on a lifter who has previously achieved a 500 lb. squat. The lifter should see

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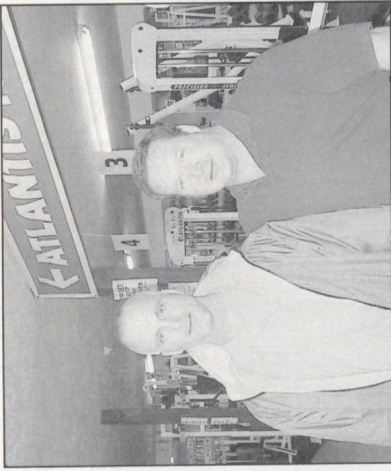
### BODYTECH

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## The Atlantis Foundation A New Voice in Strength as told by Marc Cavigioli, M.Ed. C.S.C.S.



**Bruce Derosier with Ed Coan inside Guaranteed Fitness. (Cavigioli)**

Tucked into the central Massachusetts town of Spencer is a first rate strength training facility. It's owner, Bruce Derosier, wisely chose the public friendly name Guaranteed Fitness Center, but make no mistake, this place has the finest, heavy-duty strength training equipment available.

Guaranteed Fitness Center differs from most other health facilities in that it is owned and operated by a lifter. Derosier is no dilettante. His life-long commitment to the Iron Game began in junior high during a time when "no one" lifted weights. Weathering the castigations of ignorant peers and adults, Bruce forged ahead with his convictions. A young man truly ahead of his time, he not only rigorously trained himself but introduced others to weight training's benefits.

Initially Bruce's passion was bodybuilding and entering his adult years he began promoting professional level NPC bodybuilding shows. There he posted elbows with some of bodybuilding's most prestigious constituents. Rather than becoming further inspired however, Bruce became increasingly disenchanted with the corruption, backstabbing and drug abuse. Yearning for a cleaner pursuit, Bruce turned to the world of strength training and powerlifting. Returning from life in California, the self-taught Derosier opened Guaranteed Fitness.

Today, the 14,000 thousand square foot facility's foundational equipment is the ultra-heavy duty Atlantis line. Guaranteed Fitness Center is head and shoulders above other commercial establishments; certainly it's the best in central Mass. If not the whole state. Go to almost any other facility and you've got to make do with less than ideal equipment. Not at Guaranteed Fitness. This place has it all: dumbbells to 150s, four squat racks, Texas power bars throughout, custom shrug and thick bars, even a replica of the Thomas Inch dumbbell. In addition, Bruce had a custom plate-loaded Thomas Inch training dumbbell made. Guaranteed Fitness also has six cambered bench bars, a custom Atlantis reverse hyper machine and chains are on order. One of the more unusual pieces is a robotic spotter that hands off, spots, then takes the heaviest dumbbells you can handle for, say, dumbbell benches. J.J. Brien of the Allianta Falcons promotes the computerized ProSpot machine. A full complement of circuit and cardio machines rounds out the facility.

Upstairs, Guaranteed Fitness Center holds martial arts classes and at one time Ken Shamrock visited with the idea of opening a Lion's Den. All this machismo hasn't ruined Derosier's nurturing side. Rescuing a mastiff who'd been abused and shot, Bruce gave the defenseless creature a loving home.

rep max tests true brute strength. "Strength-endurance competition also have their place though, in fact we're currently considering a high rep shrug bar deadline meet held in conjunction with Ms. Fitness competition," says Bruce.

Atlantis recruits top names to M.C. meets and offer seminars. None other than Bill Kazmaier and Ed Coan hosted this year's event and are again expected at this April's powerlifting meet. Over the course of various joint business ventures, Kaz has become close to Derosier. Kaz told the author that in many respects they are karmic brothers.

The Foundation has divided parts of the nation into respective sections with Kazmaier planning to run shows in the south and Coan holding down the Midwest. To enable mobility and heighten professionalism the Foundation has purchased Forza platforms, separate competition shrug bars, racks and benches and calibrated York bars and plates. All this is stacked on pallets and transported in a debut, modified trailer.

Performances are filmed and recorded on CD-ROM. Thus far sponsors have included Subway and MetRx and other corporations are being approached. Under Bruce Derosier's direction, the Atlantis Foundation stands to be a new voice in the Iron Game. Interested competitors should check the PL USA calendar, while sponsors can contact him at (508) 885-3686. Marc Cavigioli, M.Ed., C.S.C.S.

## NEW PRODUCT



**The TOP SQUAT** was conceived by bodybuilding legend Dave Draper for the athlete who loves to squat, but who needs an alternate method for holding the bar in place, due to shoulder range of motion limitations. A regular bar is secured inside the apparatus which allows a variety of forward grip and corresponding squat angles, while reducing painful stress on the upper body. For further information contact Dave at [www.davedraper.com](http://www.davedraper.com), 888-466-9185

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THE MOST ADVANCED SQUAT SUIT EVER DEVELOPED

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

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

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

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

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

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

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

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

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

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

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

Does not sag or get baggy in the butt as is known of a competitor's attempt at a premium suit. Only HardCore has Memory6 which retains its shape and power after every use.

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

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

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

A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE

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Ken Tate @ Monster BP



Al Waldon @ Monster BP



Johnnie Walker the BPER



Tyrone Rodgers, Dr. Arnold Nerenberg, C.T. Fletcher

# POWER SCENE

big Gene for the November 2003 PL USA, where he talked about his goal of a 900lb. bench, and traveled to Pennsylvania to videotape his Star Bench Workout for POWERLIFTER VIDEO.

Ever seen 700 x 8 in the bench? Neither had we, but it's in the new POWERLIFTER VIDEO, along with the Paul Leonard jumping deadlift workout, Gene Rychlak's 885 contest bench, a Star Deadlift Workout with Dan Kovacs, plus Joe Mazza, and PL USA's own Mike Lambert, interviewed by the lovely Cea Johnson. For info, call toll-free 1-800-BARBELL (800-227-2355).

Gene is already talking about this plans for the rest of this year, and they include benching at the Arnold Classic in March, and then going after the three lift total record. Way to go, Gene.

Next month, we'll have more on the world's strongest sport, including our upcoming trip to the AAU World Bench Press, Deadlift, and Push Pull Championships, plus the



Marty Geary, Paul Leonard and Charley Kaptur (l-r)

usual coming, goings, and great liftings of the stars of powerlifting. If then, stay strong and healthy, and we wish everyone a Happy New Year and lots of PR's in 2004! NED LOW



Tyrone Rodgers and Dr. Arnold Nerenberg

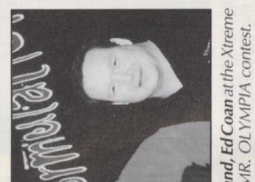
cial Olympics PL team, we're looking forward to that, too). We've read for years of the efforts and contributions made by so many in the PL community to be able to contribute ourselves.

Paul Leonard's garage gym, aka the Yorba Linda Barbell Club, gets going early on Saturday mornings. On our visit, Paul was joined by Marty Geary and professional strongman Charley Kaptur for some serious deadlift training. If you've never seen jumping deadlifts (and we'd never even heard of them), check out P O W E R L I F T E R VIDEO's newest issue (#37) and take a look at them, plus all the other work these guys do - bands, balls, hamstring work, etc. - in the longest ever POWERLIFTER VIDEO segment.

From Paul's gym, it was straight to Sherry Houston's American Eagle Gym for its Monster Bench meet. We got there in time to catch most of the action,

(of Australia) was busy videotaping all the activity. Returning to California, POWER SCENE had the privilege of speaking about the lessons of powerlifting to the Westside (of Los Angeles). Special Olympics powerlifting team, and it was a joy to do so. The spirit of the lifters, the coaches, and the lifters' family members who gather on Monday nights for their PL training day was special. Inzer Advance Designs helped

Rick Brewer with a new House of Pain product. POWER SCENE has been keeping busy since our last column. First, it was a trip to Las Vegas, home of the big Olympia weekend at Mandalay Bay. It's primarily for bodybuilding and fitness competition, but we



Karl Cillingham, Dave Rosland, Ed Coan at the Xtreme Formulations booth at the MR. OLYMPIA contest.



Wayne Gallasch, Clive Jacques, and Tom Lincir

found powerlifting legend Ed Coan on the floor, first visiting the House of Pain booth, and then at the Xtreme Formulations booth, where he and strongman Karl Gillingham were working. Xtreme is sponsoring both of them, and it's great to see that support for the strength sports. Ed is healthy again, and getting back to PL competition. We wish him a successful 2004.

Back at the House of Pain booth, which was incredibly busy, owner Rick Brewer showed us their latest design. Ivanko Barbell had a booth showing their various products, and GMV Productions



Wendy Oshiro and Ivan Hermosura of the Westside Special Olympics.



There are no windows left, as the glass has been broken out many years ago. During the winter, a sheet of plywood is nailed over them and during the summer it is removed and allows for a little ventilation.

As far as equipment is concerned, the gym is equipped with power rack, York bar, Thick bar, Buffalo Bar, lots of plates and dumbbells. A half iron glute machine and assortment of gripping devices round out the gym. An old in-place, plenty of racks and some steel surfaces with chains are available for outdoor work. A small bag of nails for bending are usually on hand.

Sometimes the floor gets covered with oil, dirt, wood chips or metal shavings. Every few months or so, I have to sweep the floor. There is no carpet or mirrors. You can even spit on the floor, it soaks. A small CD player for close to an hour. Louie Simmons was right when he said that bodybuilding magazines have ruined strength training in this country. As true lifters we need to return to our roots. One way to do this, is by the use of Hard Core gym, which combined with hard, heavy, training.

I have not broken any World Records yet, but have medaled in the World Police and Fire Games on two occasions. For me, strength training is a philosophy of life and not simply a passing hobby.

Just as I train alone and sometimes at odd hours due to the constraints of shift work.

Thanks, Bill, for that peek into your primitive world. I know how hard it is to find a training partner when you start playing with your or homes. Congratulations to you and your old school strongman apparatus (visible in photo). But really, you shouldn't have dressed up so much (seriously, we love that demented caveman look - way cool!)

Next time, we'll explore more trend setting clothing choices as we trace the progression of a lifter from "BIG" to "HUGE".

Questions/comments? Rick@houseofpain.com Or HOUSE OF PAIN PO Box 333 Fate, TX 75132

probably no accident that so many good lifters come out of West Texas: Scott Worman, Jim Voronin, Ken Linn, etc.

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## Hard Core Gym #28 Add Hornets to Your SPEED DAY: as told to PL USA by Rick Brewer, of House of Pain

long hair with my fingers. Each time I came up for air, more bees stung me. The surface of the water was covered with bees.

I don't know how many times I was stung. It was impossible to tell. (Our heads swelled up like melons.) I don't know what we were thinking.

What is the point? The bees made us run really fast - running for our lives. What if we incorporated bees, wasps, or hornets into our speed training? Flash forward to present day Michigan, and we'll let Bill Mosher explain what he does:

The recent articles in Powerlifting USA have been very formative and stimulating. Each of the gyms profited illustrate to us what true lifting should encompass. Basic heavy exercises in a single training environment is where honest results. Historically, some of the strongest men in the world train in the most primitive of settings.

This month I decided to send in a profile of my own gym, which I believe can be added to the hard core gym hall of fame.

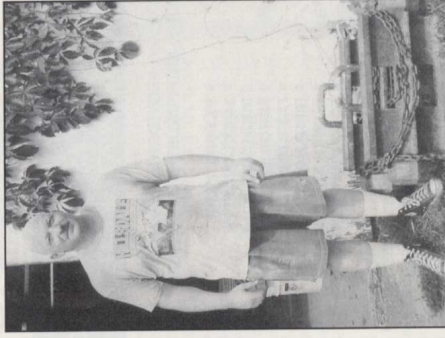
It's located in barn on my brother's farm in Southern Mid-Michigan and all purpose repair facility for the farm. The floor is made of concrete which is for from level. (Like where Whit trained ceiling is plenty high for overhead lifting. (Overhead DB lifting anyone?) A fuel oil stove is used for heat, which works only part of the time. The winter temperatures can be close to zero and the summer can bring temperatures in the 90s. On one occasion, the chimney had been plugged by sparrows who built a nest inside it and the smoke made training difficult on that day.

There are also some hornets in the summer that can be a mixed blessing. When they get close in the middle of a set, they can provide an incentive to finish quickly. (A new style of speed training!) Unorthodox. Training Tip #12: use paintball strings to build speed on speed-day. Wasps, bees, thorns - even rattlesnake venom. It is often said that everything growing in West Texas has to be able to bite you, horns to gore you, or thorns to stick you. It is

frantically combing bees out of my hood and borrowed a stepladder from a friendly lady. Driving back to the boat ramp, we set the ladder right under the mass of bees. Picture the typical scene: families picnicking on the grass, teens listening to music, boaters were loading and unloading their boats from the trailer - and then they see us set the ladder under the bees. Mouths gaped open, as parents grabbed their children and ran.

Panic quilts were quickly rolled up and people hustled away - dropping food as they ran. Boats took off in all directions. Windows were rolled up, and cars scattered. The other teens forgot the joy of music as they burnt rubber leaving the parking lot. All of these people were smarter than us.

We watched all of this in smug amusement as we grabbed our cardboard box (containment device) and walked up to the ladder. The 6' ladder. Since the ladder was still



BILL MOSHER outside of the HARD IRON Gym.

several feet under the hive - we would have to stand on the very top of the ladder to get to the hive with a boat oar. By 'we', I mean 'me'!

At this point, it occurred to me that we were wearing only cut-off jeans, no shoes, no hats. Danger signals flashed, but youthful testosterone to go up the ladder. I carefully climbed onto the very top of the rickety wooden ladder, holding the ladder behind me, holding the boat oar. As the ladder shook under our weight, I realized the box was too small. Way too small. Jimmy reached up with the boat oar and hit the limb.

Exactly as planned, the hive fell straight down into the box. The weight of all those idle bees knocked that it fell down onto the top of the ladder careening wildly off the side. Immediately, the ladder began falling - and all of the excited bees boiled into buzzing flight. We hit the ground hard, and all of the bees locked their frenzied attack mode.

We were covered with bees in a second, and we ran for the water-diving underneath to escape their wrath. Underneath the water, I held my breath as long as possible while frantically combing bees out of my

Last month we heard how a legend of powerlifting (Jesse Kellum) jumped off the roof of his house to build plyometric/rebound strength. In our quest for new training tricks, this month we travel to Horton, MI and add hornets to our repertoire.

First, a little background. Many years ago, when dinosaurs ruled the planet, before Gary Frank was tall size). I went water-skiing. Actually, I went water-skiing almost every day at that time. I'll never forget my first water-skiing. My friend Jimmy and I pulled up to the boat ramp on this day to find a treasure.

It was a huge beehive swarm, right beside the boat ramp. I am not a beekeeper - although I like honey - but these large lumps of know are fascinating! I don't know what causes them to do this, but the entire hive just lands in a basketball sized lump in the middle, and all of the other bees land on her in successive layers until it forms a solid, living, buzzing mass of live bees. It is always a sight to behold, and there it was - right by the boat ramp!

Jimmy's dad kept bees, and we knew just enough to be dangerous. We had heard that you could capture the hive (with the queen intact) by sucking up one of these lumps and transferring to one of the little white bee prisons - so that we could steal the honey, forever, I like honey.

It was about 11-12 off the ground, or about 4' higher than my non-basketball playing self could jump. If we could just get up to the limb, we could grab the hive in a sack or a box! This sounded logical to us at the time. (I can't explain it.)

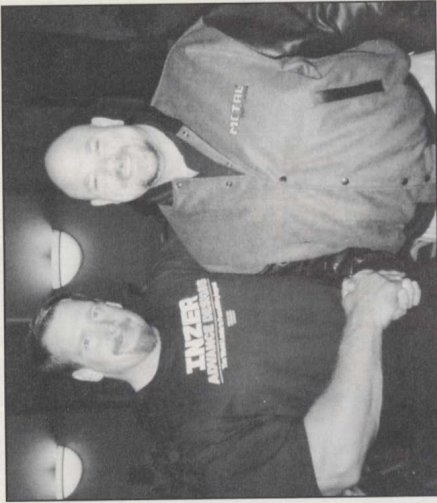
We drove to a nearby neighborhood and borrowed a stepladder from a friendly lady. Driving back to the boat ramp, we set the ladder right under the mass of bees. Picture the typical scene: families picnicking on the grass, teens listening to music, boaters were loading and unloading their boats from the trailer - and then they see us set the ladder under the bees. Mouths gaped open, as parents grabbed their children and ran.

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# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems



**Question:** How do you guys get used to using equipment? I know in a lot of programs, the last several weeks of training is done primarily using bench shirts, squat suits and knee wraps. How do you use bench shirts and squat suits in training?

**Answer:** With the latest advances in powerlifting equipment, it only makes sense that a lifter has to spend time using his equipment. Whether you like it or not, equipment has become a big part of the sport and you can easily get left behind if you are not getting the most out of your equipment. Not only has the equipment gotten better but how to better use the equipment has become an important part of training. This goes for both double-ply and single-ply equipment.

When to use your equipment in

8 weeks of training.

For the squat suit, you can always use it with straps down on dynamic effort squat day. Once you get done with the sets, put the straps up and perform several sets with heavier weight. This will allow you to get you to know the suit; how the bar needs to sit on your back, if it pulls you too far forward or if it pulls your knees in. Many times, lifters will use their full gear (minus the knee wraps) during their heaviest weeks or during their circumscription phase of training. I know of one lifter that used his suit during every week of his training. He was relatively new to squat suits and this allowed him to fine tune his form while still training.

You can also use your suit on max effort day. You can either use a box or free squat. What we use to do is take one week every 6-8 weeks and put the suit on and work up to about 70% of our meet best. This could be done every month in place of a max effort work. For example, you would perform 3 weeks of max effort work followed by one week of using your squat suit. We normally take a week off of heavy max effort work, so using your suit would be a great option on this off week. Working up to 70% of your max is not difficult and would serve the same function as a down week.

However you choose to use your equipment, it is best not to leave anything to chance during a meet. If you go to a meet with subpar equipment and little knowledge on how to use it, you are setting yourself up for failure. You are better off spending part of your training getting to know your equipment and it's intricacies than letting your competition pass you by. With all the information available today and the abundance of resources there is no excuse for you to not know your equipment.

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**Dave Tate of Elite Fitness with Randal Bumgarner at the USPA Nationals**

training is very individual. There is no right way or wrong way; just YOUR way. I will give you several examples of what people across the country have reported to me and how they incorporated it into their training.

For the bench shirt, there are many lifters that use their bench shirt almost every week of training and perform all of their max effort work with it on. This includes performing different board presses (2, 3, 4, and 5 board presses) as well as reverse band presses. If you choose to do this, I would recommend that you increase your low end work (off the chest) with your accessory and supplemental lifts. This would include doing db pressing and cambered bar work.

Another option with the bench shirt is to use it after your dynamic bench workout and using a lighter weight and performing triples. While none of these will touch your chest, it will help you get used to using the shirt and help find the groove. This is a good idea if you remember to keep the weight light and to practice the form.

You could also use the bench shirt during a max effort workout and simply use it as a max effort exercise. This would be repeated every 5 weeks or so. Others use their shirt every week for the last

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## Mabel Rader: Pioneer of Women's Powerlifting

by Michelle James, USAPL Women's Hall of FAME Committee Member



Mabel Rader 50 years in the Iron Game!

not everybody had a conscience. She is an extraordinary lady and has kept a lot of interesting stuff. I just don't see how they'd even feel good about winning by taking drugs like that. How is one going to be able to say who is the strongest when some are doing drug enhancement and others are natural?" She remembers when she became an official for powerlifting that a women's committee was formed and rules were then outlined, but she is not quite sure how she stumbled upon being the first woman official. She credits many others besides herself who helped get the ball rolling in women's powerlifting, including Beverly Francis of Australia, Jan Todd, Joe Zarella, Pat Malone and many others whose names she has forgotten. There were not as many regulations on costume as there are now, but rules none-the-less. And she was present officiating at the first ADPPA Women's Nationals, along with the first women's nationals of the other organizations. Just like today, being a referee was a volunteer job. She explains a t-shirt and hot dogs weren't even a regular custom back then, just a good ole "thank you" and knowing you were helping the sport was enough. Like many, she poured much money into powerlifting, along with weightlifting and physique. She also says "controversy" was always a part of the judging vocabulary, including the infamous squat depth, but she insists she was a fair and strict judge.

I first met Mabel about 6 years ago and it was really quite ironic. I was teaching an aerobics class for the elderly, which she attended. I was also just getting into powerlifting. My husband was already involved and I decided to as well, reluctantly at first. If it weren't for her son, Gene, I would have never known Mabel had been involved in the sport herself. Here I was, explaining to her what powerlifting was and there she was, a true pioneer of the very sport I was talking about. After she found out I was competing in my first meet, she felt the need to come to the YMCA and show me how to bench correctly. She even insisted on giving me a lift off and gave my husband some coaching tips. Ever since then we have been friends and I still see her

almost once a week at church. It was very hard to get her to sit down and talk with me about her involvement (she is very modest), but after much persistence, I was able to interview her and thumb through newspaper clippings, old *Iron Man* magazines, and one of the first *Powerlifting USA* magazines. She has kept a lot of interesting stuff. I just don't see how they'd even feel good about winning by taking drugs like that. How is one going to be able to say who is the strongest when some are doing drug enhancement and others are natural?" She remembers when she became an official for powerlifting that a women's committee was formed and rules were then outlined, but she is not quite sure how she stumbled upon being the first woman official. She credits many others besides herself who helped get the ball rolling in women's powerlifting, including Beverly Francis of Australia, Jan Todd, Joe Zarella, Pat Malone and many others whose names she has forgotten. There were not as many regulations on costume as there are now, but rules none-the-less. And she was present officiating at the first ADPPA Women's Nationals, along with the first women's nationals of the other organizations. Just like today, being a referee was a volunteer job. She explains a t-shirt and hot dogs weren't even a regular custom back then, just a good ole "thank you" and knowing you were helping the sport was enough. Like many, she poured much money into powerlifting, along with weightlifting and physique. She also says "controversy" was always a part of the judging vocabulary, including the infamous squat depth, but she insists she was a fair and strict judge.

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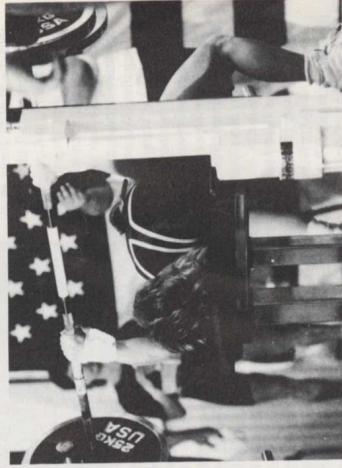


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Forced reps is one of the most popular training methods and it has been used by lifters of all types. Forced reps can take intensity to higher levels, and hopefully increase your size and strength. However, even a good thing can be improved and many lifters stand to gain by re-evaluating their current practices regarding this technique.

First, let's begin with a quick explanation of the forced reps principle. With forced reps, a lifter completes an additional rep (or reps) of an exercise with assistance, usually from a training partner. For example, you may get 3 reps on the bench by yourself, but on the 4th one, you get stuck half way up. Your training partner would then grab the bar and provide just enough help to enable you to complete the rep. Of course, more reps can be done with increasing help from your partner. This method enables a lifter to work past failure, thus adding intensity to the set. The amount of assistance needed to can vary from a slight finger touch at the sticking point to an all-out effort from every lifter in your gym.

Unfortunately, some lifters take forced reps to extremes that are not necessarily effective and may potentially prove to be detrimental to their health and well-being. Let's continue with the above example. Upon failing on the 4th rep, the lifter is able to complete the bench rep with just a little help from his partner, but he continues on for more reps. With each additional rep, his training partner must lift more and more of the weight because of the lifter's rapidly declining strength. This can continue until the assisting partner is lifting almost the entire weight and effectively doing an awkward upright row. This creates a potentially dangerous situation for both lifters. As the lifter tires, he has less and less control of the bar and could easily get hurt. The partner is also at risk as he must upright row the bar from an awkwardly bent forward position, which could result in a muscle pull or back injury. This could even result in not being able to get the bar back in the rack which could spell trouble for both lifters and even other lifters nearby. This could happen at any time so the helper has to be alert and ready to take full control of the bar in the blink of an eye.

Another application of forced reps is using a weight over max to

# STARTIN' OUT

A special section dedicated to the beginning lifter

## FORCED REPS as told to Powerlifting USA by Doug Daniels

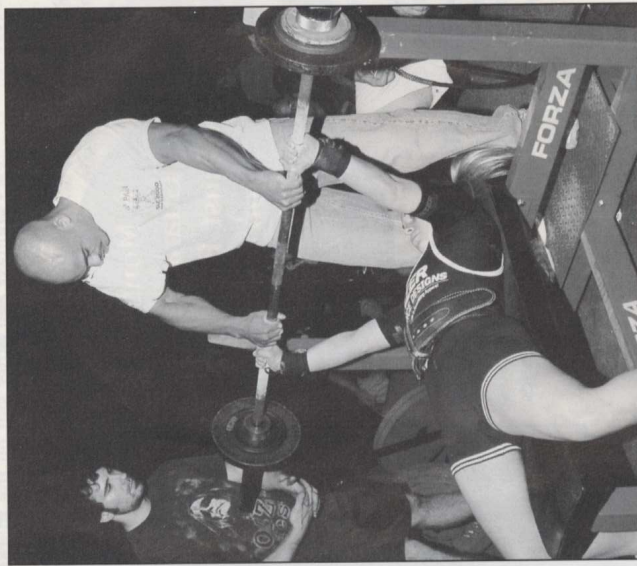
ually working only the top of the lift when using a heavier weight. If you feel you must use a weight over max, a good rule of thumb is more than 10% over max weight on forced rep sets. Using too heavy of a weight for forced reps just increases chance of injury and compromises the execution and the benefits of the set.

Some lifts are great candidates for forced reps - like benches, overhead presses and pull downs. Other lifts like the squat and deadlift just don't fit the scheme well, due to their complexity. Use common sense to determine what lifts you can apply forced reps to. Don't force a lift into the forced reps arena.

Finally, because of the increased intensity involved with forced reps, you must limit their use, so as to not overstress your recuperation. Recuperative ability varies from individual to individual. Some lifters might be able to push the level of intensity harder and longer than others before they overtrain. One to two sets per exercise using forced reps is usually more than adequate. Drop all forced reps training 2 weeks prior to a contest to avoid being overtrained.

If you feel you are not getting the results your efforts deserve, re-evaluate your use of forced reps. When you feel yourself not lifting at least 75% of the weight on a forced rep, stop the set. That could occur after as little as one forced rep or two. Don't try a set or rep with a weight that is too heavy for both of you to get back into the rack. Your safety and the safety of your helpers should be foremost on your mind. If you feel you must use gaiter weights, consider getting an extra helper. If gym members scatter when you do your benches, take another look at the way you are doing forced reps.

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default.htm



A **Forced Rep in the Bench** is almost like the reverse of a handoff, like the one Ron Palmer provided at the WABDL Worlds. He's the new WABDL chair for Indiana

add negative or eccentric resistance. In this example, a 250 max bench load 275 on the bar for a forced rep set. The goal is to lower the bar slowly to get negative resistance and then try to push the weight off the chest and then with a partner's help, finish the rep. What too often occurs is the bar is lowered slowly at the start, but as it nears the midway point of its descent, the weight of the bar overpowers the lifter and it crashes down to his chest. The resulting press or bounce goes about 1 inch up, dies, and comes back down. The helper must then react quickly and upright row the bar to the rack. In reality, the helper did far more actual work than the benchmarker.

my opinion, if the lifter is not lifting at least 75% of the weight, they should stop the set immediately. Continuing after this point greatly raises the potential for injury. There's a guy at my gym that subscribes to this principle, but most gym members try not to be around when he needs help to force some reps, for obvious reasons.

A better scenario of the above example would be use less weight, no more than 100% or perhaps less than max. Using a lower weight allows the lifter to better concentrate on lowering the weight slowly and steadily, from the top to the bottom. This may help develop more power of the chest, in the case of the bench, instead of essen-

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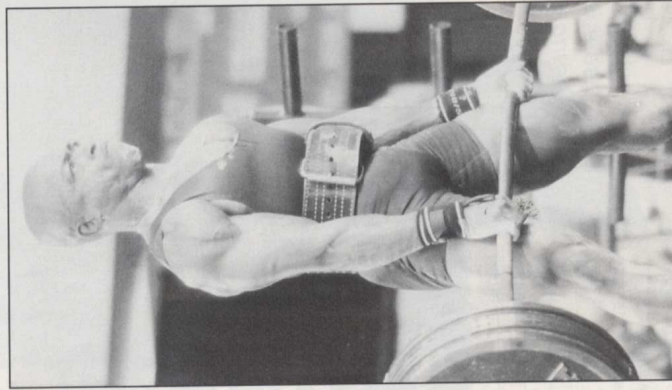
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# NUTRITION

## Power Nutrition Q&A

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

day. Within a month you should have reduced your coffee intake by at least 5 cups. Now we have to give you some healthier alternatives to coffee to do it. One of the best things that you can drink is Green Tea. I know that you may think that it has a little yuppy-like on you here, but that's not the case. Don't worry, I didn't join a yoga class or start putting flowers in my hair just yet, so I think that I am still OK. On a serious note, Green Tea has many good properties and should definitely be part of your Power Nutrition plan. In the near future I will be doing a complete article about Green Tea and the many benefits that it does have for



Hennis Washington III, 2003 IPF Worlds Bronze Medalist, is a client of Anthony Ricciuto at X-tremepower.com

as I can. I have to admit I don't eat many of your ideas to my eating plan, but it's not because I don't think they work, but because I am very lazy. I hate to admit that I have some started taking some supplements that are really helping him to burn fat. He started taking T-3 Cytomet and a syrup called Cytomet. He didn't realize where he got them so I was wondering if he could get them at the local health food store. These things are working! I mean he is dropping tons of fat and he isn't even following a strict nutrition plan. What is your opinion of these supplements and what is the best way to incorporate them in my program? Name withheld

A: Ok, we have some real problems here to start off. Just to let you know those names that you gave are not supplements they are actual drugs. Secondly you cannot get them at the health food store. They are only dispensed upon a prescription from a doctor for a legitimate medical condition. I don't know what kind of friend you have here but he has really misled you into thinking these were some types of natural supplements. These are pharmaceutical drugs. Cytomet also known as T-3 is given to individuals with hypothyroidism which is an under active thyroid disorder. This is a very dangerous drug that should only be used when you have a medical condition and is under full supervision from an endocrinologist. If you use this drug incorrectly you will end up shutting down the body's natural thyroid production for good. This means that your friend will end up having to take this drug the rest of his life just to live normally. Does it sound too good does it? Second, you mentioned your friend was taking a liquid form of clenbuterol. Now, just to let you know the only liquid form of clenbuterol is actually a veterinary use in humans. It is most commonly used for horses that have asthma and breathing conditions. This is another drug that if it is used in the wrong manner can have some serious health problems. I know of one young bodybuilder that decided to use clenbuterol before his competition to get him ripped up. The problem with him as well as many individuals in the sports that are using clenbuterol is that the dose of clenbuterol is a very large dosage of clenbuterol along with ephedrine. This is definitely a no no as it can help set you up for a stroke. Well, he was lucky that he didn't have a stroke, but he was hospitalized due to his chest pain and rapid heart beat. He was on the verge of a heart attack at the ripe age of 23 years old. So, as you can see from this story, both of these thermogenic drugs are very powerful and they

bring it down as fast as possible. I read your column I find many of your articles quite interesting. I am 18 years old and I am looking to drop a lot of bodyfat. I got tested and it was 27%. I know that this is very high and I want to bring it down as fast

Q: I read your column and I want to know how to lose weight. I am 18 years old and I am looking to drop a lot of bodyfat. I got tested and it was 27%. I know that this is very high and I want to bring it down as fast

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

you are now \$50 richer than you were yesterday. You were right and your partner was wrong. I am not just saying that because you were trying to grease my palm in jest, but hydrogenated fats are worse for you than saturated fats. I have given you a quick breakdown of the different fats from worst to best in descending order. Instead of giving me the \$25 just take me out for a sushi dinner the next time you are in Toronto.

#5 - Hydrogenated Fats AKA Trans Fatty Acids - These are the stable oils that have been chemically altered so that it will be solid at room temperature. You can find them in many different foods including baked goods, margarine, crackers, cookies, and processed foods. These are the ones that you really have to watch out for, as they will clog your arteries faster than you can imagine. There are absolutely no health benefits to these fats so try your best to eliminate them from your diet as much as possible.

#4 - Saturated Fats - These are fats that are naturally occurring in animal products. These include meat butter, milk, cottage cheese, and pork. These also have to be monitored in your nutrition plan as over-consuming them can also lead to arteriosclerosis which is the hardening of the arteries. This can lead to heart disease and heart attacks. The main thing here is to monitor your intake, but you won't be concerned that you won't even eat a lean steak. Remember you are powerful. If you can lift in my favor I will give you \$25. Thanks for clearing this up, as I want to show him I know my fats, but I also want to clean out his wallet for his know it all attitude. Sincerely, Vince Sirugo

A: Well, Vince, you are in luck as

Fats - These are one of the healthy fats that should be included in the diet. The main thing to remember here is that these are usually plentiful in the American diet and a few would actually have a deficiency. These are mainly seen in vegetable oils and those products that use them in their processing.

#2 - Omega 9 Monounsaturated Fats - These are also healthy fats and can be found in such foods as natural peanut butter, olive oil, peanut oil and avocados. They have less chance of converting to fat when they are compared to the above fats, since the body processes them in a different manner. When powerlifters are looking to go down a weight class and are following a lower carbohydrate type of plan they should include more of these good fats in their diet.

#1 - Omega 3 Polyunsaturated Fats - These are the number one fats for the powerlifter looking to stay healthy and to improve their performance. What is so important about these fats is that the body cannot manufacture them so that they have to come from an outside source. These fats can be found in different types of fatty fish, like herring and salmon as well as flaxseed oil. Omega 3 fats should be a main staple in the powerlifter's diet as they have many benefits. These include increasing your insulin sensitivity, burning body fat, decreasing your bad cholesterol (LDL), and increasing your omega-3 production. So, pack up your fats because if you're not, your closest competitor will!

Q: I have a question about your Power Nutrition Contest that you are running. I read about it last month in your column and I'm definitely want to get involved. I am a complete mess right now with my nutrition program. I eat way too much fast food and do binge almost nightly on potato chips, cookies or ice cream. I know that you probably won't take someone as bad as me as a client, but if you would I would be very grateful. I have tried numerous times to get on track, but just keep falling off the wagon. I read your column is the first thing that I read every month in PL USA and I can't wait until it comes in. I have made up my mind to get off my ass and do something positive here and know that you are the man with the plan to make it happen. I know that you are only taking the first 30 people who enroll in the contest, so if I have made the deadline please include me in the Nutrition XP3 program. I can't wait to get started! If you give me a chance I will give it all and I know that I will get the best shape of my life with your help. I am not going to lie to you, I am not Gerry Frank or Jesse Hellum but I really want to know if you can include me as it the right time in my life to make

progress and is looking to make a major change in not only their powerlifting performance but their health as well, please feel free to contact me. There are not a lot of spaces left for the first run of this competition, so please contact me as soon as possible if you would like to enter the competition. This will give you the chance to be featured not only in the Powerlifting USA magazine. Not only is this going to change many people's lives in a positive manner, but we are going to have some real fun as well. If you are sick and tired of your current progress in the gym now is the time to make a major change that will get you over your current plateau and take your performance to the next level. For those looking to find out more about the contest, please contact me via email so that we can set up a time for a phone consultation. Lindsay, I am happy to have heard from you, because I know we are going to make some great progress in your powerlifting ambitions but in your overall health and well-being as well.

If you have any questions or are looking to be part of the Nutrition XP3 Power Transformation Contest please feel free to write me at Aricciuto@X-tremepower.com

a major change for the good before it's too late. Thanks for everything. Yours in strength, Lindsay Austin

You are taking the first step toward getting off your behind and making some serious changes with your nutrition plan. I know your current nutritional habits sound a bit appalling, but I am sure that it isn't anything that I haven't seen before. If you are really serious about getting in the best shape of your life, then I will definitely get the job done. I have included you in the contest so please give me a call at your convenience so I can get started on your nutritional analysis. I have received tons of response in regards to the competition, as I seemed to have really sparked some interest in all my loyal readers. The contest is open to all powerlifters. So if you are male or female, a master lifter or teenager, feel free to contact me in regards. Due to the massive response that I received since last month, I will be having several different categories open so that the winner in each division can get published in my column. I will let you know more about this next month. I have received hundreds of email from powerlifters that are in the same boat as you. They have tried to get in shape and take control of their nutrition plan, but they never could get the job done. There will definitely be a lot of tough competition for this contest, as almost all of my entries are just as fucked up and motivated as you are. If anyone else has been sick and tired of their progress and is looking to make a major change in not only their powerlifting performance but their health as well, please feel free to contact me. There are not a lot of spaces left for the first run of this competition, so please contact me as soon as possible if you would like to enter the competition. This will give you the chance to be featured not only in the Powerlifting USA magazine. Not only is this going to change many people's lives in a positive manner, but we are going to have some real fun as well. If you are sick and tired of your current progress in the gym now is the time to make a major change that will get you over your current plateau and take your performance to the next level. For those looking to find out more about the contest, please contact me via email so that we can set up a time for a phone consultation. Lindsay, I am happy to have heard from you, because I know we are going to make some great progress in your powerlifting ambitions but in your overall health and well-being as well.

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Rank	Stupendous Lift-KG	Bench (Most Lift-TBS)	All-Time Best YO/Nat	Multiple Performances	by Herb Glosbrenner	DATE	Location	FED	WORLD
1.	408.23	900.00 (2)	68USA	BWT 22	Harrisburg, PA	16NOV03	Harrisburg, PA	FED	WORLD
2.	401.23	885.00 (3)	68USA	547.82	Pittsburg, PA	08NOV03	Pittsburg, PA	APF	IPA
3.	397.00	875.24 (2)	69USA	157.85	Venice, CA	12JUL03	Venice, CA	APF	APF
4.	381.02	840.00 (2)		139.70	Pittsburg, PA	08NOV03	Pittsburg, PA	APF	APF
5.	377.50	832.24 (1)		139.70	Chicago, IL	12JUL03	Chicago, IL	APF	APF
6.	374.21	825.00 (1)		140.88	Harrisburg, PA	16NOV03	Harrisburg, PA	APF	APF
7.	374.21	825.00 (1)		154.22	Los Angeles, CA	08JUN03	Los Angeles, CA	APF	APF
8.	372.50	821.22 (2)		142.40	Camp Hill, PA	10AUG03	Camp Hill, PA	WPO	WPO
9.	369.68	815.00 (3)		161.21	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
10.	367.50	810.20 (4)	76USA	178.25	Nazareth, PA	07JUN03	Nazareth, PA	IPA	IPA
11.	367.41	810.00 (4)		161.03	Nazareth, PA	08JUN03	Nazareth, PA	IPA	IPA
12.	365.00	804.69 (1)		158.10	Los Angeles, CA	08JUN03	Los Angeles, CA	APF	APF
13.	365.00	804.69 (1)		158.10	Orlando, FL	21SEP03	Orlando, FL	WPO	WPO
14.	365.00	804.69 (1)	74USA	133.81	Las Vegas, NV	13DEC03	Las Vegas, NV	WABDL	WABDL
15.	363.00	800.28 (4)		133.81	Portland, OR	03AUG03	Portland, OR	WABDL	WABDL
16.	362.87	800.00 (3)		178.48	Edison, NJ	26OCT03	Edison, NJ	WDFPF	WDFPF
17.	357.50	788.15 (3)		178.25	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
18.	356.07	785.00 (3)	71USA	126.87	Bellevue, WA	22FEB03	Bellevue, WA	APF	APF
19.	356.07	785.00 (3)		126.87	Pittsburg, PA	08NOV03	Pittsburg, PA	APF	APF
20.	355.50	783.74 (3)		133.81	Portland, OR	03AUG02	Portland, OR	WABDL	WABDL
21.	355.00	782.64 (3)		138.30	New Orleans, LA	10NOV02	New Orleans, LA	WPO	WPO
22.	353.80	780.00 (1)	66USA	168.14	Chicago, IL	22SEP96	Chicago, IL	APF	APF
23.	353.80	780.00 (1)		131.54	Kenneth, WA	25MAY02	Kenneth, WA	APF	APF
24.	351.53	775.00 (4)		153.31	Columbus, OH	02MAR96	Columbus, OH	APF	APF
25.	349.27	770.00 (2)		163.29	Oxon Hill, MD	18NOV95	Oxon Hill, MD	IPA	IPA
26.	348.50	768.31 (4)		135.06	Pasco, WA	04MAY02	Pasco, WA	WABDL	WABDL
27.	347.91	767.00 (1)	69USA	125.00	Caterbury, CT	13DEC03	Caterbury, CT	WPC	WPC
28.	347.50	766.11 (3)		135.30	Red Deer, CAN	17MAR02	Red Deer, CAN	WABDL	WABDL
29.	347.50	766.11 (3)		137.89	Reno, NV	14NOV02	Reno, NV	WABDL	WABDL
30.	347.50	766.11 (2)		135.60	Columbus, OH	01MAR03	Columbus, OH	WPO	WPO
31.	347.50	766.11 (2)		178.25	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
32.	347.00	765.00 (3)		124.28	Kenneth, WA	21DEC02	Kenneth, WA	IPA	IPA
33.	347.00	765.00 (3)		125.00	Kenneth, WA	06SEP03	Kenneth, WA	WPA	WPA
34.	344.73	760.00 (3)	71USA	181.89	Charlottesville, VA	19OCT96	Charlottesville, VA	IPA	IPA
35.	344.73	760.00 (3)		124.28	Queensbury, NY	20APR02	Queensbury, NY	IPA	IPA
36.	344.73	760.00 (2)		161.21	Nazareth, PA	07JUN03	Nazareth, PA	IPA	IPA
37.	344.73	760.00 (2)		186.06	Nazareth, PA	07JUN03	Nazareth, PA	IPA	IPA
38.	342.50	755.08 (3)	68USA	137.05	Columbus, OH	23FEB02	Columbus, OH	WPO	WPO
39.	342.50	755.08 (3)		135.06	Pasco, WA	04MAY02	Pasco, WA	WABDL	WABDL
40.	342.50	755.08 (3)	64USA	173.20	Gautier, MS	18OCT03	Gautier, MS	APF	APF
41.	342.50	755.08 (1)		135.40	Las Vegas, NV	13DEC03	Las Vegas, NV	WABDL	WABDL
42.	342.46	755.00 (1)		163.29	Hill, MD	18NOV95	Hill, MD	IPA	IPA
43.	342.46	755.00 (3)	74USA	172.55	Clawson, MI	18JAN03	Clawson, MI	APF	APF
44.	342.46	755.00 (3)		185.00	Queensbury, NY	19APR03	Queensbury, NY	IPA	IPA
45.	342.46	755.00 (3)		136.08	Post Falls, ID	23NOV03	Post Falls, ID	WPA	WPA
46.	341.00	751.78 (3)	70USA	139.12	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
47.	340.19	750.00 (1)		156.49	Dallas, TX	16SEP95	Dallas, TX	USM	USM
48.	340.19	750.00 (1)		124.28	Oceanside, NY	10FEB01	Oceanside, NY	APF	APF
49.	340.19	750.00 (3)		153.77	Queensbury, NY	21DEC02	Queensbury, NY	IPA	IPA
50.	340.19	750.00 (3)		188.00	Harrisburg, PA	16NOV03	Harrisburg, PA	WABDL	WABDL
51.	340.00	749.57 (2)	USA	134.26	Houston, TX	27JUL02	Houston, TX	WPO	WPO
52.	340.00	749.57 (1)		141.15	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
53.	340.00	749.57 (1)		158.10	Orlando, FL	27SEP03	Orlando, FL	WPO	WPO
54.	337.50	744.06 (2)	USA	137.05	Columbus, OH	23FEB02	Columbus, OH	WPO	WPO
55.	337.50	744.06 (2)		134.90	Pittsburg, PA	27SEP03	Pittsburg, PA	WPO	WPO
56.	335.66	740.00 (3)		161.03	Pittsburg, PA	25MAR95	Pittsburg, PA	IPA	IPA
57.	335.66	740.00 (2)		131.54	Kenneth, WA	25MAY02	Kenneth, WA	APA	APA
58.	335.20	739.00 (2)		135.04	Clinton, MD	04SEP94	Clinton, MD	IPA	IPA
59.	335.00	738.55 (3)		170.10	Daytona, FL	24JUN01	Daytona, FL	APF	APF
60.	335.00	738.55 (3)		133.60	Capetown, RSA	05NOV01	Capetown, RSA	WPC	WPC
61.	335.00	738.55 (3)		132.30	Columbus, OH	23FEB02	Columbus, OH	WPO	WPO
62.	333.50	735.24 (4)	75USA	133.45	Daytona, FL	08SEP01	Daytona, FL	WPO	WPO
63.	333.39	735.00 (2)		124.28	Queensbury, NY	21DEC02	Queensbury, NY	IPA	IPA
64.	333.39	735.00 (2)		135.00	Clawson, MI	18JAN03	Clawson, MI	APF	APF
65.	333.39	735.00 (3)	65USA	125.00	New Roads, LA	26APR03	New Roads, LA	USM	USM
66.	333.39	735.00 (1)		154.22	Kenneth, WA	06SEP03	Kenneth, WA	WPA	WPA
67.	333.28	734.75 (2)		125.00	Auburn, WA	25SEP93	Auburn, WA	USM	USM
68.	332.50	733.04 (4)	64USA	141.00	Chicago, IL	11NOV95	Chicago, IL	APF	APF
69.	332.50	733.04 (4)		128.37	Eugene, OR	03JUN00	Eugene, OR	WABDL	WABDL
70.	332.50	733.04 (3)	71USA	170.15	Daytona, FL	08SEP01	Daytona, FL	WPO	WPO
71.	332.50	733.04 (2)		170.15	Daytona, FL	01DEC01	Daytona, FL	WPO	WPO
72.	332.50	733.04 (1)		133.50	Red Deer, CAN	17MAR02	Red Deer, CAN	WPC	WPC

Rank	Stupendous Lift-KG	Bench (Most Lift-TBS)	All-Time Best YO/Nat	Multiple Performances	by Herb Glosbrenner	DATE	Location	FED	WORLD
73.	332.50	733.04 (2)		733.04	Kennelly	03AUG02	Portland, OR	WABDL	WABDL
74.	332.50	733.04 (2)		149.10	MOORE, BEAU	08NOV03	Atlanta, GA	WPO	WPO
75.	331.22	730.00 (2)		161.03	Harris	25MAR95	Pittsburg, PA	IPA	IPA
76.	331.22	730.00 (4)		124.28	Crawford	10FEB01	Oceanside, NY	APF	APF
77.	331.22	730.00 (3)		132.45	Dizeno	05OCT02	Northampton, MA	APF	APF
78.	331.22	730.00 (4)		172.55	Brandenburg	18JAN03	Clawson, MI	APF	APF
79.	331.22	730.00 (4)		124.74	FIEDLER, ANDREW	19APR03	Queensbury, NY	IPA	IPA
80.	331.22	730.00 (4)		125.00	Miller	05JUL03	Chicago, IL	USM	USM
81.	330.50	728.63 (3)		191.00	PATTERSON, KENNETH	11NOV95	Rosemont, IL	APF	APF
82.	330.00	727.53 (2)		133.81	Tokarski	04JUN95	Rosemont, IL	APF	APF
83.	330.00	727.53 (2)		158.76	TUITA, KIU	23NOV96	Rosemont, IL	APF	APF
84.	330.00	727.53 (3)	USA	143.40	Honolulu, HI	07SEP03	Honolulu, HI	USPF	USPF
85.	330.00	727.53 (3)		154.60	HAMALIANEN, MIKKO	27SEP03	Turku, FIN	WPC	WPC
86.	330.00	727.53 (3)	62USA	174.35	RODRIGUEZ, MIGUEL	08NOV93	Orlando, FL	WPO	WPO
87.	328.85	725.00 (1)		151.28	Frank	174.35	Orlando, FL	WPO	WPO
88.	328.85	725.00 (1)		124.78	Clark	28MAR93	Lancaster, PA	WPO	WPO
89.	328.85	725.00 (2)		131.54	Crawford	06APR02	Queensbury, NY	IPA	IPA
90.	328.85	725.00 (2)		121.11	KOVACS	06APR02	Queensbury, NY	IPA	IPA
91.	328.85	725.00 (2)		153.77	RYCHLAK	10AUG02	Queensbury, NY	IPA	IPA
92.	328.85	725.00 (2)		125.00	RYCHLAK	21DEC02	Queensbury, NY	IPA	IPA
93.	328.50	724.22 (2)		149.50	Crawford	22MAR03	Clayton, NC	IPA	IPA
94.	328.50	724.22 (2)		124.80	Moore	01MAR03	Columbus, OH	WPO	WPO
95.	328.00	723.12 (3)		128.37	Crawford	27SEP03	Orlando, FL	WPO	WPO
96.	328.00	723.12 (3)		152.45	Kennelly	03JUN00	Eugene, OR	WABDL	WABDL
97.	328.00	723.12 (1)		109.00	Moore	27SEP03	Orlando, FL	WPO	WPO
98.	328.00	723.12 (2)		132.45	CARPENTER, WILLIAM	27SEP03	Orlando, FL	WPO	WPO
99.	327.50	722.01 (1)		125.65	LAIN, KENNETH	24NOV90	Malibu, CA	APF	APF
100.	327.50	722.01 (1)		177.80	CHABOT, GLEN	08SEP01	Columbus, OH	WPO	WPO
101.	327.50	722.01 (3)		155.18	Moore	08SEP01	Daytona, FL	WPO	WPO
102.	327.50	722.01 (2)		137.05	Mendelson	23FEB02	Daytona, FL	WPO	WPO
103.	327.50	722.01 (2)		133.70	Kennelly	04MAY02	Columbus, OH	WPO	WPO
104.	327.50	722.01 (2)		164.60	Frank	16JUN02	Pasco, WA	WABDL	WABDL
105.	327.50	722.01 (2)		124.50	ZEMMIN, JOHN	10NOV02	York, PA	APF	APF
106.	327.50	722.01 (1)	73USA	135.60	Kennelly	01MAR03	New Orleans, LA	WPO	WPO

106 performances by 28 lifters. USA - 27, FIN - 1, Most Times - Kennelly (20), Rycklak & Mendelson (12), Crawford & Clark (8), Frank (5), Miller, Moore & Lattimer (4), Harris & Brandenburg (3), Dizenzo, Kovacs, Toranzo & Tokarski (2). With one each: Fruser, Horvath, Fiedler, Patterson, Tuita, Hamalianen, Rodriguez, Burns, Carpenter, Lain, Chabot, Zemmin & Riley. The only non USA lifter on this elite list is Hamalianen (FIN).

## PERSONAL TRAINING CERTIFICATION

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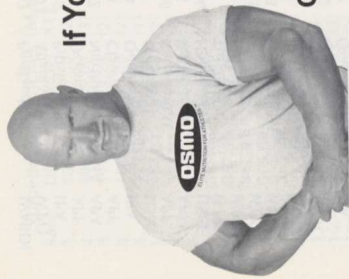


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## CHOOSE A CERTIFICATION WITH POWER CHOOSE ISSA





**Joe Ladtner**  
Strongest Bodybuilder in the World  
661lb Bench 1st Place  
APF Senior Nationals 275lb Class,  
NPC Greater Gulf States Heavyweight &  
Overall Bodybuilding Champion 2001,  
NPC Heart of Dixie Heavyweight and Overall  
Bodybuilding Champion 2001  
2300lb+ Powerlifting Total

Article written by  
**Joe Ladtner**

If you're looking for something new to use that really works - look no further! The patent-pending Methyl Protein™ products by OSMO offer you the most advanced nutritionally correct protein formulas available. So nutritionally correct, that after using them your body might spunk you for "STARVING" it for so long. That's right - you're body is "STARVING" for the Methyl Co-factors found in OSMO's Muscle Machine™ and Methyl Creatine™. Other proteins are formulated without addressing Methylation in the body. (Methylation is an important cellular process necessary for life).

Without properly feeding the "Methylation Machine" in your body's cells - everything slows down - including muscle recovery, metabolism, fat burning, removal of toxins, and even the production of hormones - the most important of which is, of course, **TESTOSTERONE!**

### Science - Not Marketing!

OSMO's Dr. Anthony J. Meduri (Ph. D., Biochemistry, D.Sc., Neuro-Biochemistry, M.B.A., Yale University Graduate, Fellow in the American College of Nutrition, Fellow in the American College of Biochemists, Diplomate in the American College of Clinical Biochemists) is the first scientist to pioneer the process of correctly formulating proteins which include proprietary Methyl co-factors. These Methyl co-factors, when correctly integrated into the right protein sequences, can trigger dormant processes in the body's cells to suddenly **WAKE UP!**

## If You're a "Pretty Boy" More Concerned About Taste Than Results... Don't Read This Ad!

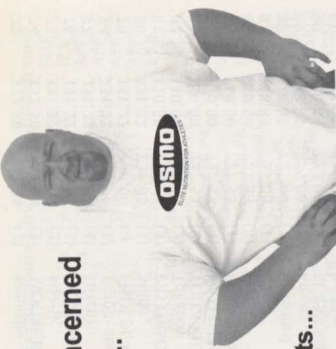
**Why Do the Strongest Men In the World Insist On Using OSMO's Methyl Protein™ Products... Because They Work!!!**



This is great news for you and any other strength athlete who do not realize that they're not really being as productive and efficient as they should be. Manufacturers of other protein powders on the market are more concerned about making taste the biggest selling point of their product. Take it from me, taste alone isn't going to **WAKE UP** dormant or less than optimal processes in your body's cells. If all you care about is taste - you're probably a little **PRETTY BOY** and you don't really know what you're doing when it comes to building a really big, hard, defined, strong, muscular body! In fact - you should stop reading this ad and go comb your hair or something! If on the other hand - you're serious about learning how you can use OSMO's Methyl Protein™ to totally improve your look, your strength, your muscle size, girth, definition and even your cardiovascular conditioning - read on.

### Pull Ahead of Your Competition Like a Freight Train Gone Crazy

You see, when Dr. Meduri PhD, D.Sc., includes the all important Methyl Protein™ cofactors into the protein formulas manufactured by OSMO - you give your body's muscle cells the "STUFF" its pretty much been "DYING" for. By feeding your body OSMO's Methyl Protein™ (called **MUSCLE MACHINE™** and Methyl Creatine™) you'll be giving yourself an almost unfair advantage over anyone else in the gym. You'll gain this competitive advantage by choosing very powerful science and biochemistry over taste. Emphasis on taste rather than science is for pretty boys who are too ignorant to know the difference between science and marketing. Let the "whiney" Pretty Boys brag about their great tasting ice cream fashioned protein powder while you pull ahead of them like a freight train gone crazy! With OSMO Methyl Protein System, leave the competition in the dust.



**Garry Frank**  
Undisputed Strongest Man in the World  
Undisputed Strongest Powerlifter in the World  
2700lb+ Powerlifting Total  
6'3" 384lbs

### Stop Toying With Your Heart and Hormones So that You Can Be Around For a Few More Years

OSMO's Methyl Protein System is awesome since it safely works to immediately improve the natural processes of your body's "METHYLATION" so that now you can build muscle faster, recuperate faster, excrete toxins faster (you'll improve your regularity on this stuff since it doesn't stay trapped in your colon like the other guys "Dead in the Water" sweet tasting protein), improve circulation, transport of nutrients to the cells of the body, move heavier weights, do more reps and do more sets, and Cardio - is a breeze on this stuff. The part I love the most is that my body feels like it did 20 years ago when I was 19 breaking powerlifting records. (I officially squatted over 900lbs at age 19, a World Record). Today at age 39, I want you to know that OSMO's Methyl Protein System is dear to my heart, literally - since it offers me an effective, nutritious way to get stronger, leaner, harder, bigger without resorting to other potentially harmful supplements. You know the supplements I am talking about, the ones that artificially JACK UP your hormone levels (Prohormones) and palpitate my heart (Ephedra). Until OSMO came into my life 2 years ago - I was a slave to these supplements - Yeah sure they work - but if you are like me and starting to worry about your health (I ain't no spring chicken anymore) - tampering with my hormone levels unnaturally and racing my heart with Ephedra is bothersome and probably deadly. I am endorsing OSMO with my heart and soul since OSMO's nutritionally correct Methyl Proteins improve my own body's functionality - so much so that I feel like I am making enough of my own TESTOSTERONE now - that I don't need to screw with it artificially. Ephedra isn't necessary either since the improved functionality of my body at the cellular level (by way of improved Methylation) leaves me feeling more energetic than the freakin' energizer bunny!

## Do You Want To Be A Wrecking Machine In the Gym... Kicking Butt and Taking Names...

If you're still reading this ad - congratulations to you. You definitely are among the elite in both mind and body. You'll become even more so - I promise - once you get on OSMO's Methyl Protein System formulated by the best man in the business - Dr. Meduri PhD Biochemistry, D.Sc. Neurochemistry. I am so confident that OSMO's Methyl Protein System is going to work for you that I want to help you get over any reservations that you might have about investing in the best, most correctly formulated protein system in the world. Here's what you can expect when getting on OSMO's Methyl Protein™ System:

**DAY 1-5 You sleep better at night (deeper sleep means better growth hormone release). Workouts are more productive, you're sweating more because of natural thermogenesis resulting from improved Methylation in the body.**

**DAY 6-10 Your musculature is improving. Very noticeable improvements in muscular definition, size, "tightness", and strength. Cardio is getting easier and even fun. Your mid-drift is leaning out. Workouts are very productive and satisfying. People notice you more.**

**DAY 11- You're a "Wrecking Machine", Kicking Butt and taking names. You "rep-out" with rep ranges you thought were impossible for you. Instead of three sets per exercise you're "getting off" on doing four to five sets. Your metabolism is screaming like a fuel injected jet engine. You sweat like a hog during workouts because you are burning fat. Dramatically improved lean body mass to fat ratios. You're "the Man"! Everyone wants to know "what your takin'".**

### OSMO Offer

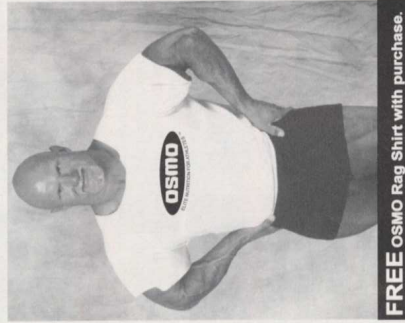
Since you stuck with me this far - I like you and I want to see you do well. It's apparent that you are someone who is serious about proper supplementation and how proper supplementation can serve to improve your strength, size, definition, overall leanness, and muscularity. Since you're serious, I'm serious about making your decision to get on OSMO the easiest decision you've made in a long time.

Here is the OSMO offer which I personally guarantee for you. Buy a 3 week supply of OSMO's Methyl Protein™ System. When you get it - start using it immediately. OSMO's Methyl Protein™ System will arrive to you in a convenient, easy to use package. Use the OSMO's products every single day - **NO INTERRUPTIONS** - and work out hard. Inside your delivery of OSMO's Methyl Protein™ System will be a simple to understand instruction manual on exactly how to use Methyl Protein System.

## No Risk 30 Day Guarantee And OSMO Bonus!

When you buy a 3 week supply of OSMO's Methyl Protein™ system, OSMO will guarantee your satisfaction for 30 days! This means that if after you use the Methyl Protein System, you do not agree that your performance, strength, muscularity, definition and overall look is improved dramatically - simply return the canisters of the system and OSMO will refund 100% of your money - no questions asked.

As an additional bonus - just for trying the OSMO Methyl Protein System - OSMO will give you the awesome OSMO rag shirt you see me wearing here (a \$20.00 value - absolutely free).



## Don't Talk Yourself Out Of It

I am so confident about OSMO's Methyl Protein™ system and how it will help you, that I ain't going to let you talk yourself out of it. That's why I am guaranteeing it - no risk to you. You see I know that OSMO Methyl Protein™ system works. It will work for you and I want to get it in your hands so that you can get off of stuff like potentially harmful prohormones and Ephedra - so that you can feel your body really respond to exercise again, feel and see yourself improving strength, muscularity, definition, hardness and "tightness". I can make this bold guarantee because refunding your money is not even going to be necessary. Quite frankly, I know that you're going to get addicted to OSMO and be calling for more every month. OSMO is what I say it is - safe and effective at building a stronger, harder, leaner more defined you or your money back.



"OSMO Methyl™ Protein gives me everything I need lift heavier and heavier. I love this stuff!"  
-Garry Frank - Strongest Powerlifter in the World - Powerlifting total 2700lbs



"OSMO at its best - Here I am - built like a brick outhouse - hard, muscular, defined and strong as an ox. 4% body fat."  
- Joe Ladtner - Strongest Bodybuilder in the World - Powerlifting total 2300lbs+

## Order Now Toll Free!



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OSMO DISTRIBUTION, LLC,  
2900 W. WILLOW AVE.  
BLOXHAM, MA 01931  
TOLL FREE  
1-888-388-9233  
EXT. 210

QTY	FLAVOR	PRICE	TOTAL
1	one Methyl Protein™ System (3 Week Supply)	\$75	\$75
1	N/A	0	0
BONUS #2 OSMO Rag Shirt (\$20 Value)			

SHIPPING	\$4.99
MASTERCARD VISA AMERICAN EXPRESS DISCOVER	TOTAL \$79.99

EXP \_\_\_\_\_

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- Arnold Strongest Man Contest • Armwrestling Challenge
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- Team National Championships • Bench Press Challenge
- Arnold Olympic Weightlifting Championships
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- Arnold Fencing Classic • Yoga For Sports



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Zip Front Vest & Gym Girl Shorts  
Baseball T-Shirt & Gym Girl Shorts  
Baby Doll Tribal T-Shirt  
Tie Halter Top & Cheer Shorts  
Gym Girl Tank Top & Cheer Shorts  
Sports Bra & Flare Leg Pant

**FEATURED ITEMS:** Zip Front Vest \$20 black, grey, pale blue, purple (s-xl).  
Flare Leg Pants \$26 black, grey, pale blue, purple (s-xl). Triangle Halter Top \$14 black, ash (s-xl).  
Gym Girl Shorts \$15 black, grey, navy (s-xl). Spaghetti Strap Top \$14 black, grey, red, white (s-xl).  
Baseball T-Shirt \$14 assorted color-combos (s-xl). Baby Doll Tribal T-Shirt \$14 white, pink, ash, black (s-xl).  
Tie Halter Top \$14 yellow, white, pink, black, blue (one size). Cheer Shorts w/print on rear \$15 black, grey, red, blue (s-xl).  
Gym Girl Tank \$14 black, red, ash, white (s-xl). Sports Bra \$16 black, ash (s-xl).



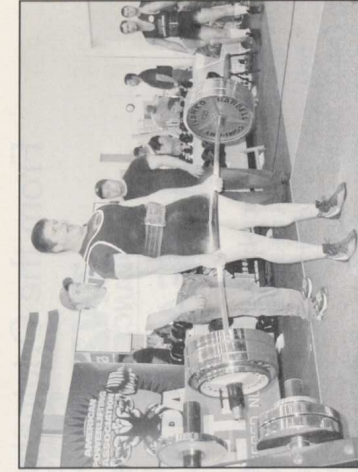












Cory Wazniwski with a WPA Teen record 615 DL (courtesy Slags)



Craig Schmalz with his WPA record 525 pound bench at 181 lbs.

State record with 579 1/2. At 242, Dennis... record. At 250, Eric Koych hit a big 655.7...

WPA Teen record 615 DL (courtesy Slags). Cory Wazniwski, 165 lbs., class won by our Best Heavyweight Lifter, Peter...

Craig Schmalz with his WPA record 525 pound bench at 181 lbs. The 220 lb. class was your support! Results thanks to Donna Slag...

APPLICATION FOR REGISTRATION
American Powerlifting Association
World Powerlifting Alliance

Table with columns: Last Name, First Name, Middle Initial, Today's Date, Street Address, City, State, Zip Code, Telephone Number, E-Mail address, Date of Birth, Sex, Social Security Number, Signature, etc.

APA CT Open Bench Press & Deadlift 22 JUN 03 - Canterbury, CT
WOMEN'S BENCH PRESS: Jonathan Sabre, 70; Jeff Vynalek, 65...

Record lift of 440 @ 172 lbs. I can't wait to see what the boys in the future. The team 18-19...

WPA Teen record 615 DL (courtesy Slags). Cory Wazniwski, 165 lbs., class won by our Best Heavyweight Lifter...

Craig Schmalz with his WPA record 525 pound bench at 181 lbs.



Ryan Snelling's 601 DL at 165!

WPA Teen record 615 DL (courtesy Slags). Cory Wazniwski, 165 lbs., class won by our Best Heavyweight Lifter...

Craig Schmalz with his WPA record 525 pound bench at 181 lbs.

WABDL Midwest Regional 26 JUL 03 - Minneapolis, MN
BENCH Class I Men: Matt Bell, 220; Sean Friday, 198; C. Anderson, 253...

242. David Anderson set a Wisconsin record at 181 with 281. In Master 54-60 Dan...

WPA Teen record 615 DL (courtesy Slags). Cory Wazniwski, 165 lbs., class won by our Best Heavyweight Lifter...

Craig Schmalz with his WPA record 525 pound bench at 181 lbs.

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)
Form with fields for First Name, Initial, Renewal, Club Name, Street Address, City, State, Zip, and registration details.

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ADVANCE DESIGNS  
presents:

## The Inzer HEAVY DUTY Series Blast Shirts

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

- Extra High Performance Heavy Duty
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  - \* extra reinforced construction
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An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

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  - \* great immediate results

HPHD & EHPHD, the secret experimental technology that assisted:



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



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

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Qty. \_\_\_\_\_ Color \_\_\_\_\_

\_\_\_\_\_ Heavy Duty Blast Shirt \$58

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\_\_\_\_\_ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders \_\_\_\_\_

chest \_\_\_\_\_ arm \_\_\_\_\_

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\$8.00

Tank Tops — 2 color logo ..... \$10.00

### Wrestling Singlets — Black, Navy Blue, Royal Blue, Red

S, M, L, XL, XXL ..... \$28.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo ..... \$33.00

Wrist Wraps — full length with velcro and thumb loop ..... \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop ..... \$17.00

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10 cm x 13 mm • 6 rows of stitching ..... \$68.00

10 cm x approximately 10 mm • 4 rows of stitching ..... \$58.00

#### Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller • single or double prong • any color • made in USA • lifetime guarantee ..... \$70.00

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA ..... \$58.00

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality ..... \$29.00

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

1 - 2 oz. block ..... \$2.00

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

Ammonia Caps - Box of 12 ..... \$5.00

### T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design ..... \$10.00

### OFFICIAL MEET T-SHIRTS

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

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

### VIDEOS

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







Steven Burchette set all new national records in the 100 and 200 yard races. He also got all three of his attempts in to finish with 4:55. This was Chris' first competition. Thanks to everyone at York's Fitness and to the open division Archana Hing state the one who won with three lifts, 388, 530, 615 for a total of 1,533. That's a record. (Thanks to DL, Larry for this.)

**SIP Arkansas State State BP + DL**  
11 OCT 03 - Paragould, AR

**BENCH PRESS**  
308 Gregory Taylor 590\*  
men women 45-49 Steve Shultz with second with a 900  
41b Steve Shultz with second with a 900  
41b Steve Shultz with second with a 900  
41b Steve Shultz with second with a 900  
41b Steve Shultz with second with a 900  
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41b Steve Shultz with second with a 900  
41b Steve Shultz with second with a 900



SLP Arkansas Best Lifter Jack Groves got his 1st 600 BP at 221 lbs.

Alan Price won at 16-17/220 with new state records for his third (200) and fourth (300) attempts. Daniel Craig won at 18-19/165 with an easy 260. In the junior men's division every lifter set or broke the existing Arkansas record. Matt Gray with 155 while Enoch Bricker won at 132 with 250. Jeremy Barker took the title at 148 with 245 while Drew Price won at 220 with his 340 third and 360 pr fourth lift. James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525, James Schreck 525

Freddie Beggle 47.5 125 170 342.5  
BS  
Seth Casto 62.5 125 215 402.5  
JF  
Matthew Qualls 122.5 135 317.5  
520  
Chris Johnson 87.5 197.5 277.5 562.5  
m1  
Bill Anderson 62.5 112.5 175 350  
170  
Tal Crim 57.5 107.5 190 355  
m1  
M. Bruders 75 130 190 395  
250  
Neil Hiddins 82.5 170 290 542.5  
m2  
Herb Heald 57.5 120 165 342.5  
154  
Bill Anderson 62.5 112.5 175 350  
mp  
M. Bruders 75 130 190 395  
205  
Rocky Arzym 65 115 180 360  
mp  
Tal Crim 62.5 115 215 392.5  
nat  
Tal Crim 57.5 107.5 190 355  
nov  
Ethan Freeman 62.5 132.5 182.5 377.5  
nov  
Carl Cassin 72.5 215 185 472.5  
nov  
Robert Linder 60 140 207.5 407.5  
p-f  
Jason McDaniel 77.5 137.5 242.5 457.5  
300  
David Bevis 82.5 167.5 222.5 472.5  
p-f  
Bill McClothlin 67.5 137.5 220 425  
280  
Mike Scheffler 60 130 215 405  
pure  
Kevin Evoldson 57.5 112.5 185 355  
138  
J. Crawford 60 92.5 155 307.5  
170  
Bryan Kimble 65 135 192.5 392.5  
170  
Tal Crim 57.5 107.5 190 355  
pure  
Michael Oyer 25 50 80 155  
pure  
Terry Tucker 80 150 285 515  
pure  
Terry Tucker 80 150 285 515  
sm  
Jeff Phillips 67.5 125 227.5 420  
sm  
Terry Tucker 80 150 285 515  
sm  
Bryan Kimble 65 135 192.5 392.5  
sm  
Eric Joseph 60 127.5 182.5 370  
whs  
C. Galligan 30 55 115 200  
whs  
Concance Arzym 40 82.5 158.5 281  
whs  
138  
172  
170  
138

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USPF Mid-Cities Bench Press		19 SEP 03 - Norwalk, CA		
148	Open Men	242	Open Men	325
N. Mann	160	Alvin Waldon	217.5	
Jorge Ortiz	137.5	Steve Williams	215	
Rick Davis	137.5	Master Men 40-49		
181	Open Men	170	Steve Williams	215
181	Open Men	170	B. Long	150
Ruben Lopez	142.5	Master Men 150		
198	Open Men	165	Master Men 50-59	
Johnnie Walker	167.5	Alvin Waldon	217.5	
Art Trubee	157.5	Johnnie Walker	165	
Sean Domarinas	150	Master Men 60+		
<b>Best Lifters: Junior - Sean Domarinas 300</b>				
<b>Light weight (114-198)-Narbu Mansourian</b>				
<b>Open Heavy weight (220-SHW)-Malki Adam, Master - Alvin Waldon. Thanks to: Chuck LaMantia-Co-Meet Director and</b>				
<b>rector and Scorekeeper, Referees: Bill Emms, Jim Merfino, Kevin Awekoo, Lance Slaughter. Teen 17-19, 198 class bench recorder: Sean Domarinas, Master 45-49, 242 class bench recorder: S. Williams, (Steve Dentison).</b>				

## Application for Registration

# UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Club #	(if Renewal)
Y	N	Y	N		

Street Address	City	State	Zip	Club Name

Current USPF Classification	Member Status	U.S. Citizens	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	BP	Y	MM/DD	M	MM/DD	

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

NOTE: 810 SPECIAL FEE APPLIES TO: Special Olympians, High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial \_\_\_\_\_  
Signature \_\_\_\_\_

shw	David Oyler	322.5	185	250	712.5	Amanda Duffy	85	40	97.5	222.5	Men Teen
nat	Rick Chavez	317.5	167.5	247.5	732.5	Micki Scheffer	182.5	112.5	177.5	472.5	Ben Covar
shw	Dustin Askew	60	35	70	165	J. Ransbottom	340	225	317.5	882.5	John Dunlap
nat	Dustin Askew	60	35	70	165	M. Muccheck	195	122.5	215	532.5	Barrett Finch
shw	David Oyler	322.5	185	250	712.5	T. Magierek	120	92.5	120	332.5	Talbot
nat	Rick Chavez	317.5	167.5	247.5	732.5	W. Helmitch	182.5	160	220	562.5	M. Lauritzen
shw	Dustin Askew	60	35	70	165	R. Hargrove	67.5	45	92.5	205	Aaron Winters
nat	Dustin Askew	60	35	70	165	J. Greenberg	145	117.5	182.5	445	Austin Goodson
shw	David Oyler	322.5	185	250	712.5	D. Blanchard	237.5	172.5	242.5	632.5	T. Galligan
nat	Rick Chavez	317.5	167.5	247.5	732.5	M. Muccheck	195	122.5	215	532.5	(thanks to Rich Peters for providing results)
shw	Dustin Askew	60	35	70	165	C. Cookson	295	192.5	267.5	755	USAPL Ozark PL + BP
nat	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	26 JUL 03 - Maryland His., MO
shw	David Oyler	322.5	185	250	712.5	D. Blanchard	237.5	172.5	242.5	632.5	BENCH
nat	Rick Chavez	317.5	167.5	247.5	732.5	M. Muccheck	195	122.5	215	532.5	198
shw	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	150
nat	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	140
shw	David Oyler	322.5	185	250	712.5	D. Blanchard	237.5	172.5	242.5	632.5	130
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nat	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	100
shw	David Oyler	322.5	185	250	712.5	D. Blanchard	237.5	172.5	242.5	632.5	90
nat	Rick Chavez	317.5	167.5	247.5	732.5	M. Muccheck	195	122.5	215	532.5	80
shw	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	70
nat	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	60

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shw	David Oyler	322.5	185	250	712.5	Amanda Duffy	85	40	97.5	222.5	Men Teen
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shw	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	70
nat	Dustin Askew	60	35	70	165	J. Laszley	202.5	130	202.5	535	60

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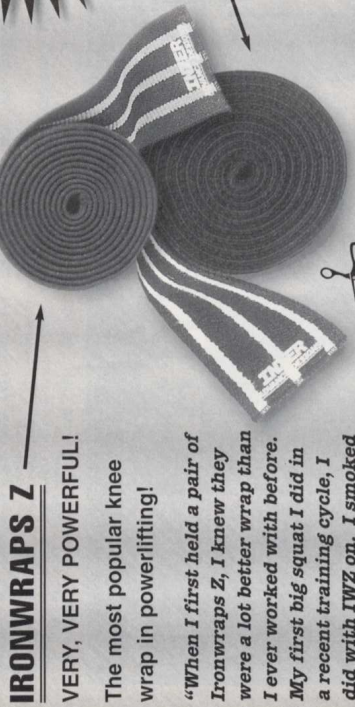
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- C** with two designs to choose from.

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*Patrick Hall*  
Top National Competitor,  
Fireman and C.P.T.

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6th Annual Oneida Iron Cross  
20 JUL 03 - Oneida, NY

Powerlifting	SQ	BP	DL	TOT
women's master raw	105	85	170	360
B. Gunthorpe	315	225	495	965
I. Brown	315	170	315	800
165 men's raw	380	245	450	1075
220 men's raw	245	210	300	755
T. Stevens	415	325	490	1230
I. Brown	500	300	560	1360
T. Gunthorpe	375	275	400	1050
men's master assisted	445	300	535	1240
M. Brown	440	325	305	1070
guest lifter				

M. VanAlstine 620 410 540 1570  
The 6th Annual Oneida Iron Cross Power Meet was held on 7/20/03 and was an un-derstandable success. The meet was held to Powerlifting after five years, lifting in the women's master raw division and did so with a bang. Barb set PR's in each lift and the total with lifts of 105, 85, 170, & 360. Tommy Brown and Jesse Gunthorpe competed in the 165 men's raw division taking 1st place with lifts of 315, 225, and 425 for a 965 total. Gunthorpe took 2nd place with lifts of 315, 170, and 315 for an 800 total. Both of these young lifters set PR's in the meet and the 220 men's raw division taking 1st place with lifts of 245, 210, & 300 for a 755 total. Several of the OICPC and completed for the first time in the 2200 men's raw divi-sion. Stevens's lifts of 245, 210, and 300 for a 755 total were deserving of 1st place in the division and should serve to form a solid foundation for the future. Gunthorpe, Brown, and Tom Gunthorpe going head to head. Lowell took first place with lifts of 415, 325, and 490 for a 1230 total. The senior Brown took 2nd with lifts of 440, 300, and 560 for a 1360 total. Several of Lowell's and Brown's lifts were PR's as well as their respective totals. Gunthorpe took 3rd with lifts of 375, 275, and 400 for a 1050 total. Mike Brown and Mark Koehl made good competitors for Snr. Brown took 1st place with lifts of 425, 290, and 525 for a 1240 total, while Koehl finished 2nd posting lifts of 440, 325, and 305 for a 1070 total. The Oneida Iron Cross was a very successful meet. The OICPC was an Awesome lifting, this time as a guest lifter. Dr. Mark had lifts of 620, 410, and 540 for a 1570 total. It should be noted that Dr. Mark was a guest lifter because he used this meet for training purpose in his quest for the World's Strongest Man. The OICPC is rooting for you. While this con-cludes the narrative for the lifting that took place here, all of it would be for naught if it weren't for the help of the people that lift with us. The OICPC is rooting for you. While this con-cludes the narrative for the lifting that took place here, all of it would be for naught if it weren't for the help of the people that lift with us. The OICPC is rooting for you. While this con-cludes the narrative for the lifting that took place here, all of it would be for naught if it weren't for the help of the people that lift with us.

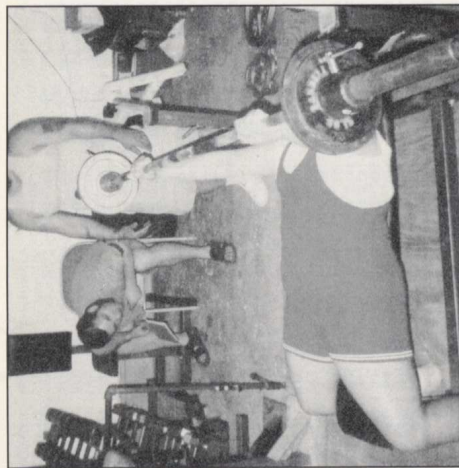
**Barb Gunthorpe with a 85 lb. BP at the Iron Cross meet (Tara Cole)**

Karl Seaton	185	142.5	245	572.5
Dave Byrne	180	131	210	521
Joe Kelly	167.5	130	182.5	480
T3				
S. Fagan	145	105	210	460
Dave Griffin	180	150	200	530
Snr				
M5				
James Rossiter	115	100	140	355
M5				
John West	240	152.5	260	652.5
T3				

Irish Drug Free Championship  
05 APR 03 - Meath, Ireland (kg)

Men - 52 TI	Wayne Cully	70
Women		
515		
Kim O'Brien	42.5	
90+		
Annaburgh Carthy	47.5	
90+		
Antia Mahony	100	100
100		
M. Fitzgerald	165	
Women		
SQ		
DL		
TOT		

World Record, Matt Markwood was awarded best lifter trophy. Congrats to all who participated and special thanks to House of Pain and West Metro Auto for the staff of Fitness Quest and all of the judges and spotters and family members who helped put this all together. (Thanks to Lloyd Hemenway, IFA Chair for MI, for results.)



125				
Inr				
145	175	145	215	535
Snr				
Dave Fitzhenry	270	210	270	750
Eddie Byrne	165	115	225	405
Women				
38.5				
Ola Smith	37.5	85		
70				
Ola O'Neill	37.5	105		
Fiona Loughran	52.5	100		
100				
Tommy Holmes	110	200		
Referees - Marie Crowley, Barry Crowley, Eddy O'Brien, Mark Lane, Rick Mellon, Roy Scott, Anita Mahony, Promoter - Roy Scott, Snr				
Forbes, Lifters Drug Tested - Ann McBrien, Daniel Byrne, Dave Griffin, Loughlin Cannon, Drug Testers - Anita Mahony, Mark Lane, Stephen Moloney (Results by J.Wright.)				

West Metro Auto GM, Bench Bash  
23 AUG 03 - Eau Claire, WI

Master 275	Kip Rubenzer	560
Steve Frank	440	Keith Stellar
I - Strangfeld	405	Aaron Duruse
Teen 308	Noah Blunt	405
Santiago Garza	415	242
Mens Open	M. Markwood	650
John Camerici	440	
Mike Lewis	375	440
198	440	

World Record, Matt Markwood was awarded best lifter trophy. Congrats to all who participated and special thanks to House of Pain and West Metro Auto for the staff of Fitness Quest and all of the judges and spotters and family members who helped put this all together. (Thanks to Lloyd Hemenway, IFA Chair for MI, for results.)

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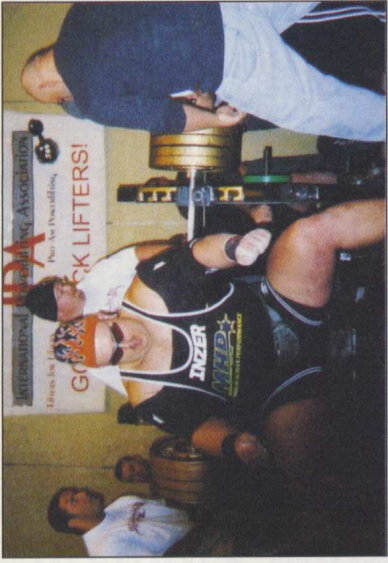




and an 800 lb. deadlift for a 2400 lb. total is going to win the meet. Miller made all 3 deadlifts and his 640 lb. pull gave him 2405 lbs. for the win. He will be over 2600 lbs. in no time, just as Skiver, Ruggiera, and Hutson will all be over 2500 lbs.

The bench press only competition can be summed up in two words: Gene Rychlak. Gene was fresh off a big meet the week before, where he had hit 885 lbs. for a new all-time bench record. Gene was here for one reason only, to bench 900 pounds. He got down to business with 830 lbs. and did it as easy as one can ever imagine. Rather than waste an attempt, Gene went right to the 900 lbs. on his 2nd.

I moved from the scorer's table to right next to one of the side referees. This had a chance of being an historic moment, and I wanted there to be no question in my mind. There is no question, GENE RYCHLAK IS FOR REAL. If you need to be convinced, you have not seen the man lift in person. Gene is the first man ever to bench press 900 pounds, period.

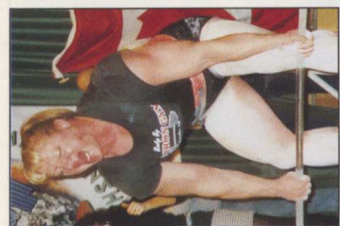


**BIG GENE RYCHLAK JR. - gets ready to drive up 900 pounds! (Randy Bumgarner)**

shoulders at the top. That is a tremendous amount of acceleration. Skiver went to 900 lbs. and did that in the same style as his opener. Miller was up next at 1015 lbs. and it was actually easy. Tony Hutson was getting under the bar to squat 1020 lbs. and his wrap came undone. So he passed on the attempt and called for it on his 3rd. Ruggiera took 1030 lbs. and had balance problems. Skiver again started off the round with a 950 that was turned down, presumably for depth. Tony Hutson took 1020 again, but the depth was not there. Mike Ruggiera, 359 pounds worth of man, came out for 1030 again and he was down and up so fast that he stumbled and lost the lift. Miller took 1115 lbs. down and came about halfway up with it. Ruggiera benched 620 lbs. for an opener, missed 650 twice and had to withdraw because of a back injury. Tony Hutson made

to have an allergic reaction to mold on falling leaves this time of year. Knowing she'd develop upper respiratory distress, her coach Rick Hussey wanted her to lift at the Big Meet on Nov. 15th and set women's all-time +90 kg records. When she might be too far under the weather to do them in Canada, that panned out well, as she SQed an all-time Best of 777 @ 231 bwt., BPed 424, and pulled 622 for 1824. Thus she is the only woman in history to TOT over 1600, 1700, and now 1800! Davila later Rebecca arrived in Calgary sick and spend time in bed. She weighed in at 225.2, and looked powdered, but felt horrible. She was congested and couldn't breathe in the SQ. Twice she missed a 744 opener, but came through with a herculean effort on a do or die try. She seemed to feel better as the meet went on. Her benches were a series of awesomely good lifts. She followed with 3 WR SQ three times and had a lot more in her. She sat deep and popped up like a back in the box with 584.2. On a third, she went low with 600, and stood up like it was good for at least 440! Swanson's final DL of 600 came up strong without strain. TOT 1769. A second attempt of 622 also gave her a new TOT mark (1791). Even sick she wanted to crack the 1800 barrier, so she toted 288 kg (634.9) for an all-time WR DL and WR TOT attempt. She was also successful with 639. What can we expect on a day when she feels good? I think she has a good chance to go over 1900 next year, via 800 SQ, 462 BP, and 650 DL. That's 1912. I actually her coach Rick Hussey talking about her being the first woman to bench 500.

MEN'S OPEN (Saturday, NOV. 29, through 82.5 kg.) Reno Karkuschke added a bit of drama while winning the Men's Open 123 class. Following his 341 SQ opener, he ordered a 33-39 WR



**Becca Swanson beat the bug and the record books (Herb G.)**

433.2. That is a 91.5 lb. increase. He failed with it on 2nd and 3rd attempts. He was stubborn and took it on a 4th, and got it! Reno BPed 242.5 (2nd), but his butt raised while pressing 259! or no lift. He pulled 369 for a 953 winning total. His result might as well have been 1041. If 4th attempts count on the total only in WPO competition, the 165s featured star firefighter Igor Shestakov is a Russian living in Canada who has a talent for squatting; getting the all-time World best @ 181 twice - doing 848 and 854. In Sept. he dropped to 165 and wiped legendary Ripley Dale Crain's 800 from the record slate with a perfectly executed 804. Coach Butenko told me that Igor had trouble getting his bodyweight back up after dropping weight for the North Americans, so he decided to stay down and take one more shot at the Middleweight squat mark. With a bench press to flaunt, Andre Chesnokov tokened in the other lifts, so as to have a chance to beat Jose Perez's long standing record. He made 507, missing 529 twice. The earlier BP competition had declared him. Hardcore Master Gordon Olson wanted to mix up with the big boys. He set a 50-54 WR SQ with 628, but missed a WR DL try. His 1499 TOT is very impressive, considering he makes this class by the most drastic weight reduction methods (15 lbs. at once) Jaikka, Jaakkola claimed silver with a class best 424 BP and 1592 TOT. Shestakov improved his WR SQ, posting a deep 815 on his 2nd attempt following a 771 opener, and passed this 3rd BP - all 3 (585). In the DL, he got 606, then a CAN record 639 for a big result (1840). Wanting more, he took 694 on his final lift. Using sumo style, he had it nearly up, before ripping a callous. At 181 Sean Baker from Tulsa, OK was runner-up @ the APF Sys, and expected to face not only Palmer, but Shestakov as well. Sean had TOT 1460 back in June, but was much better here. He SQed 622,



**Jill Mills is back making history in the annals of Women's Powerlifting**

benched 385, and TOT 1537. The 195 class was very strong with 6 men. Jason Zalewski, with 1598, got his feet wet in World competition. Ertan Johnson improved to SQ 727 and TOT 1681 with pony-tail power. Cory Evans was only 22 behind the leaders after two lifts. His 804 SQ, and 507 BP were outstanding, as was his CAN record TOT of 1912. It's hard to believe that such a result didn't earn Cory a medal, but the top three men all exceeded 907.5 kg (2000), unprecedented in WPC World History! Shaun Frankl, a blossoming star who came out of the woodwork of Omaha, NE, scored big back home two weeks prior hitting 804 540 650 1995 TOT. A team slot was open (APF Seniors camp Michael Cooe stayed home) and Frankl proceeded to the real deal and more than held his own with the strong Finnish duo of Tatu Avola and last year's bronze medalist @ 181, Jukka Mursu. Frankl, whom many compare to legendary Mike Bridges, built up a gutsy 810 2nd round lift. Mursu got 815 on a final effort, coming back from a miss. Big 837 on his best ever lift - a one lift remaining, tried the same 837 miss. Avola wanted to put the competition out of reach, and went to a huge 865 last lift. Too much weight. The three jockeyed for position in the BP. Avola secured 496, and failed 518 twice. Mursu and Frankl made 518 on 2nds. Frankl tried to take the lead, but misgrouned 534 on his final. It couldn't have been much closer going into the DL. Mursu and Avola had 1333 subtotals, with Mursu lighter - 190.4 to Avola's 197.3. Frankl scaled 196.4 and was right on their heels with 1328. The first two lifts are vital, but it's the deadlift that wins the title. Frankl looked strong with 650, then made a PR 677 before a final failure with 699. His 2006 total would have been enough to win last year in Helsinki. Mursu made a total of 705 on his final lift for a great 2039 total, for silver. Avola's 705 opener only tied Mursu. Tatu took 738 to clinch the win. Avola's 2072 is his lifetime best. The 220s had no clear-cut winner projected. Two with high hopes bowed out early. Both Mike Fessenden from Michigan and Daniel "The Animal" Feddema of Canada are two big dunkers. Feddema SQed 804, then failed a quantum leap trying 892 and 903. Then he got injured, failed his 440 BP and dropped out. Fessenden zeroed with 821 in the SQ. Tim Ironside is a newcomer with fiery words. He finished 4th in his first Worlds with a 777 SQ and 1785 TOT. James Griggs of Tulsa, OK captured the bronze medal here with no misses after 6 attempts; 738 SQ, 468 BP, 688 DL. He finally missed his first lift with 694.

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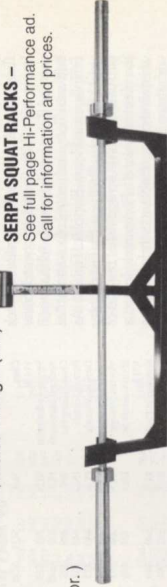
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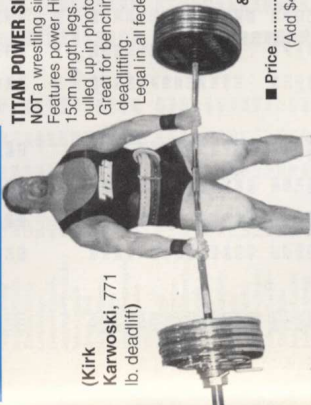
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of the IPF Worlds. Additionally, Team USA has returned to dominance in the SHW division, with 3 golds and 2 silvers in the last 5 years.

After watching Brian lift, it was easy to be impressed. Brian is a very determined and focused young man. While not being boastful, he is very confident in his abilities. He has a tremendous knowledge of the sport and is very aware of the significance of his accomplishments. He didn't want to make his specific goals public, but it is safe to say that he firmly believes that he is a long way from reaching his max in any lift. In Denmark, Brian raised the bar considerably. In future years, he intends to raise it to a level few powerlifters have ever even considered. The team title went to Russia, followed by Ukraine and Poland while Team USA was disappointing 4th. The bombastic hurrahs, but the increasing level of competition is our biggest obstacle. U.S. lifters are getting better each year. In many cases better than ever before, but the competition in most classes is improving along with us.

A trip of this magnitude can't be pulled off without the help of many. First, on behalf of Team USA and its staff we would like to thank INZER and TITAN for supplying the team and shirts. Team USA was led by our Head Coach, USAPL president Dr. Larry Maile. Assistant Coaches



**TEAM USA**... (front row: L-R) Rich Salvagni, Ray Benemerito, Ervin Gainer, Wade Hooper, Dr. Larry Maile, Tony Harris, Nick Tyuluki, Robert Keller; (back row) Art Ryan; (photo credit: Johnnie Graham, Sherman Ledford, Char Galahagan, Brian Siders, Jimi, Tony Cardella, Dr. Pat Anderson; (photograph provided by Hiro Isigawa)

worked long hours each day helping our lifters, as well as many from other countries. We were blessed to have five beautiful and supportive powerlifting wives make the trip. Felicia Washington, Kim Hooper, Brandi Galahagan, Sara Tyuluki and Naeeli Harris. Thanks to all who supported Team USA and we will see you in Cape Town, South Africa next November.

ham and his two sons Karl and Wade, Steve Johnson, Pete Tyuluki and Gary Grain - who ably handled their lifters. A special thanks to USAPL Vice-President Johnny Graham and Pete Alaniz of Titan, who ended up performing a myriad of duties, from keeping score to carrying lifters up the long ramp that led to the platform. Dr. Bernie Miller and massage therapist Art Ryan

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Corrections ... Rick Neurohr's 470 deadlift not listed on the TOP 100 lightweights ranking...

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