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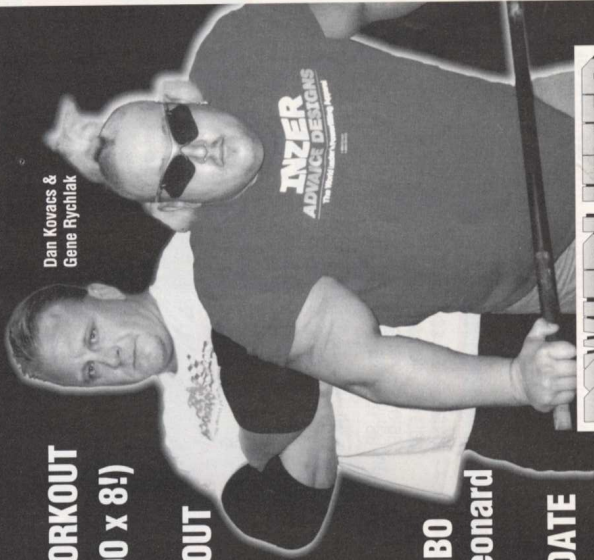
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The 14th annual IPF World Bench Press Championships was held in Trenčín, Slovakia on December 5-7, 2003. Slovakia is a small country, about the size of West Virginia, which is bordered by Poland and Austria. Its weather is much like the Northern U.S., cold and windy with snow on a daily basis. Trenčín is small town in the heart of Slovakia about a 2-hour bus ride from the nearest airport of Vienna, Austria. Although small, Trenčín had a lot to offer its worldwide visitors. The hotel was very accommodating and was located at the base of an 11th century Roman Castle built high on a rock cliff overlooking the entire town. Everything in Trenčín was well within walking distance, including downtown, which had what seemed like a hundred shops, restaurants, bars and clubs. The exchange rate was also very good making the average meal with drinks around three dollars and holiday shopping very affordable, and the U.S. team did plenty of both.

The World Bench Press Champions included well over 200 athletes from 27 countries. Unfortunately, with the current world situation, a few countries and many athletes were not able to participate or get visas to leave their country. However, the best of the best were still able to come and perform. Team

## IPF World Bench Press as told to PL USA by Donovan Thompson

Lalina and Hanna Svahn from Denmark. This weight class also had the first U.S. competitor. Starting it off for Team USA was high schooler Gayle Swanson. She performed very well in her first world experience finishing tenth, getting two attempts and ending with a lift of 126 lbs. Her world experience then became tough when she spent 7 hours and 6 attempts in the drop-



Jill Darling won a Silver Medal for the US Team (Dave Doan)

ing room trying to give a concentrated enough urine sample. Women 52 kg./114 lb. - Irina Krylova from Russia, was upset in a great battle with Sweden's Anna Olsson. Both lifters got all three attempts and finished with 264 lbs., equalling the World Record. However, Olsson was 1/2 pound lighter and won on bodyweight. The Swedish woman broke down in tears over her win over a three time World Champ. Oksana Dnytruk from the Ukraine was off the pace and finished third.

Women 56 kg./123 lb. - Another battle ensued in the 123 lb.

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Pyros Dimas (GRC) had the field in the lead in the 2003 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Spring, the second in Spring, the second history of the sport to ever win three Olympic gold medals. *Photo by Steve Randell J. Szostak, Ph.D., photo (Sydney, Australia).*  
(Reprinted from MILQ, June 2002, Vol. 10, No. 1)

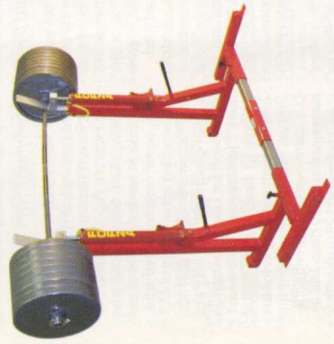


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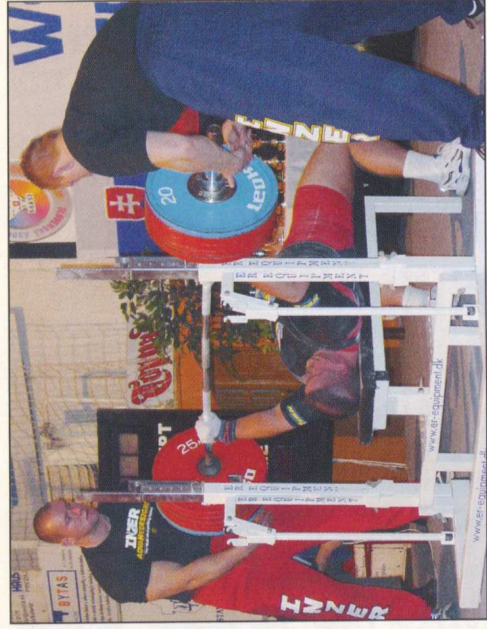


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Dave Doan took three tries at 589 to earn another IPF bronze medal in the 242s

vious World Champions, defending champ, he McAlliffie, from the USA, 2001 champ Yochi Kishimoto from Japan, and 5 time World Champion (moving up from the 181s) Alexey Vorobeyev from Russia. Kishimoto opened with 540 lbs. without difficulty. McAlliffie locked out his opener of 545 lbs., but it was turned down. Vorobeyev crushed 562 lbs. on his opener to take the early lead. Kishimoto jumped to 556 lbs. on his second attempt, but it was too much. Even though McAlliffie missed his opener he matched 2nd attempts with Vorobeyev at 573 lbs. The Russian easily made his attempt and again McAlliffie locked his out, but was turned down by the judges. McAlliffie wanted 600; over 20 pounds more than the world mark, and decided to take it for his third attempt even though he hadn't made a lift yet. This would put the pressure on the rest of the field. Kishimoto didn't bite, but missed his World Record third at 578 lbs. Vorobeyev took the bait and put in a third attempt of 606 lbs. McAlliffie would go first and made it his strongest looking attempt, but he just couldn't lock it out. McAlliffie's bomb secured Vorobeyev's 6th straight Gold, with Kishimoto taking Silver, and Kiril Michailov of Bulgaria slipping in for the Bronze.

Men 100 kg./220 lb. - The 220s had two Americans with a chance at the Gold, Demis Cleri and Tony Succarotte. It would actually be a battle however between World Record holder Laszlo Kupcsik from Hungary and perennial World medalist from the Ukraine Vitaliy Ponomarenko. This competition really started in the warm-up room. All four of the top benchers were warming up on the same bench one-tapping each other's last lift. They then took to the platform and Succarotte opened the lightest with an easy 562 lbs. followed by Cleri who made 589 lbs. lock light with a deliberate and powerful lock out. Kupcsik was next and went right after the World Record on his opener. He was able to lock out the 611 lbs. for the new World Record, but it was obvious that was all he had. Next was Ponomarenko, who raised the Record to 628 lbs. on his opener. With the first two 600 lb. benches in the meet over it was on to the second lifts. Succarotte now decided to

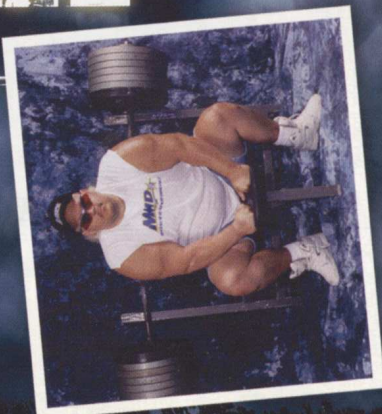
jump into the game and went for 600 lbs. It was not to be and got turned down by the judges. Cleri made his second of 606 lbs. lock pretty easy, but it was called no lift as well. The Hungarian Kupcsik tried 628 and could not come close on his final two attempts. Ponomarenko then missed 639 lbs., but still led going into the final lifts. American Cleri would go first and destroy 618 lbs. which would have given him the Silver, but in what was the raw call of the meet it was turned down 2 to 1 for benching to his abdomen. After Succarotte couldn't lock out 628 lbs., going for the Gold, he would end up fourth with Cleri taking Bronze. Kupcsik had Silver with his opener and with the Gold wrapped up, Ponomarenko went for an amazing 3 times bodyweight, but it wasn't to be.

Men 110 kg./242 lb. - This was the biggest class of the competition with a whopping 22 competitors. American Dave Doan was featured here as the returning Bronze medalist. Although the weight class was very competitive from top to bottom, the top three would separate themselves from the field. Sergiy Malenitsyn from the Ukraine opened with an easy 573 lbs. Next was Doan with 589 lbs., but unfortunately he has made it a habit to miss his opener to add some pressure to his meet. Belarussian Vladzimir Bardzayan easily got 600 lbs. on his opener, putting even more pressure on the competition. On the second attempts, Malenitsyn struggled and missed 595 lbs., Doan again locked out 589, but was turned down for technical problems at the pause, and Bardzayan topped the ante with an impressive 618 lbs. With the pressure firmly on Doan's shoulders he tried 589 lbs. for the third time. Apparently all he needs is a little pressure, because it was his easiest lift of the three and he was temporarily in 2nd. It wouldn't last long, however, with Malenitsyn getting his 595 for the Silver, relegating Doan to a repeat Bronze medal. Bardzayan finished with the Gold and made his final attempt as well of 639 lbs. Men 125 kg./275 lb. - This class was packed with talent. Last year's 242 lb. World Champ,

(this article is continued on page 81)

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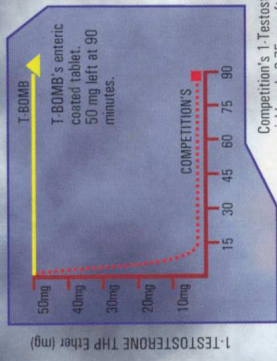
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Matt LaMarque got a 628 BP @ 220 pounds.

McKenzie of New Zealand set a WR 254 without a bench shirt. At 148! Hanns Nagert of Germany set a WR 288 to beat the existing WR holder Larry Vincent of OR who put up 275 for 2nd. Larry's SR is 287. At 165. Athlindo DaSilva of Portugal benched 209 for 2nd and Ron White of WA, who was in a wheelchair for 7 months with a motor neuron disease similar to Lou Gehrig's disease, won the Worlds with 270. Ron saw a Dr. Hussar of Reno, NV and within 2 months he was walking, with the aid of a cane. 2 months later he didn't need the cane and now walks with a slight limp. Dr. Hussar is treating my cousin, who has Lou Gehrig's Disease, and the disease hasn't progressed in 6 months. Dr. Hussar has had great success with M.S. and Lou Gehrig's patients by giving them a combination of antibiotics and bee poison as well as pulling the wisdom teeth. There is a body of evidence that a fungus could be the root cause of many motor neuron diseases. At 181, Ray Skillman of IN set a SR and finished 2nd. At Rudy Lozonan of CA won the WCs - his 4th in a row - with a WR 380. Jerry Ripstein set a lift for a 62 year old man! At 198, Jay Heber is a Naval Academy graduate, finished 3rd with a PA SR 264 and Dale Peck, coached by the legendary Jeff Magruder (639 for 1st and 242) won the WCs with a WA SR 347. At 220 WABDL TX State Chairman Ken Anderson had 407 books in the Worlds with 407. He benched 505 in the gym with a single ply shirt, but hurt his back and was out for 6 months. He has a WC with 385, well short of Ernie Anderson's WR 435. At 259 Ed Aceto of UT was the WC with 402. At WR 275, Dieter Frey of Germany broke Herschel Hogan's WR 474 with a WR 479. Herschel's was the oldest record on the books in WABDL and stood for 6 years. At 308 Manny Herrera of UT set a SR 330 to finish 3rd. Manny is Ted Williams's cousin and I have received pictures of Ted Williams from Manny, that nobody else has. Ted was my idol as a kid and when I was a 240 lb. 1st baseman in the Orioles organization, back in 1970. I had some communication with Ted. Manny found out about my respect for Ted and surprised me at Christmas with these unique pictures of the greatest hitter who ever lived. The WC was Robert O. Smith of Canada, who set a WR 462. Robert is a member of the Screen Actor's Guild and does voice-overs for cartoons and video games. His latest endeavor is voice-over for "the Incredible Hulk" video. At Super, Wayne Hanson of MN set a SR with 308 and won the WCs.

In Master Men bench 68-74; at 148, Robert Cortes of CA tied his SR and won the Worlds. At 165, Andre Garbanit of France was 3rd with 198 and Ron Goodman of CA won the Worlds with a CA SR 231. At 198, Bob Stephens won the Worlds with a CA SR 352. At 181, T. C. Lewis of

(this article is continued on page 73)

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## THE TRAINING

Ed Coan and Bill Kazmaier hosted this year's annual Atlantis Foundation New England's Strongest Man Competition. Who better to represent the strength game than the planet's two best lifters? The following day, Ed spread iron wisdom to dutiful pupils during a relaxed, informative seminar.

Big watching the Severities pseudo-documentary *Pumping Iron*. Inspired, he began training in his basement using a home-gym isometric contraption. His first competitive endeavor was the 1980 Central USA bodybuilding contest. Posing was done in silence at the time. Using a sequence of poses he obtained from Franco Columbo's book *Coming On Strong*, without a tan, he placed twelfth. For Ed, a shy boy, it was a broadening experience. But when he saw Bill Kazmaier performing on network television (remember those days?) he thought, "I want that!" Kaz became Ed's mentor and today his respect for the strength giant is still apparent. When commitment stripped equipment, Ed moved to the Chicago Health Club where he met James Rouse, a 165er with a 479 bench (a long-standing IPF World Record). Rouse gave him pointers after which Coan began finding his own way. On Saturdays he'd go to Emie Frantz's gym, training with guys like Dennis Reed and Bill Seno. "Emie's always been a great guy," he quips and remembers Diane Frantz as a great lifter.

Much has been written about Coan's training system, which remains virtually unchanged since presented in Gallagher's book, *Coan, The Man The Myth The Method*. A detailed analysis of his training would be redundant, nonetheless, Ed repeatedly stressed certain points, making them worth reiteration here.

Unlike in some seminars, Coan stressed a hands-on approach, enabling everyone to squat, bench and deadlift in front of the Master. A man of great focus, Ed's training is very specific to the three competitive lifts with a few particular assistance exercises receiving emphasis. Using traditional periodization, Ed cycles sets and reps. While benches begin with eight reps, he never does sets of more than five reps for either squats or deadlifts, feeling higher reps are not specific enough for those lifts. Training takes place four days per week with squats and deads being executed once per week at opposite ends of the week. Benching is done twice, once heavy and once

## The ED COAN Update as told by Marc Cavigioli M.Ed., C.S.C.s.



**A Hands-On Seminar ... literally ... by Ed Coan as part of the Atlantis Foundation's New England's Strongest Man competition. (Cavigioli)**

so with heavy weight is to court disaster. To achieve razor sharp form and maximize physical output, Coan visualizes exactly how the setup, reps, and racking the weight on completion will feel.

Ed's squat style uses a moderately wide stance, toes pointed out. He emphasizes sitting back on his heels, keeping hips back and knees out during the squat. Keeping the hips back was a point he made over and over.

For the bench presses, elbows are at forty-five degrees from the body in the hole with traps, upper back and glutes tight, lumbar area arched. As the bar descends he raises his solar plexus up to meet it and explodes upward after a brief pause. The entire body should be kept tight like a rubber ball. Repeating meet conditions in training, Ed pauses every single bench press, even warm-ups. Counter to current thinking, Ed raises intra-thoracic pressure by holding his breath while benching. He says that once the lungs release their air, proper posture and tightness is lost. Coan holds his breath even for heavy sets of six.

The big emphasis on deads is to weight with sloppy form, but doing

start with hips held low and back. As bar passes the knees, Coan accelerates the bar as rapidly as possible by thrusting hips forward. This forward acceleration of the hips is a key point for both squat and deadlift.

The gist of the Coan protocol is to emphasize strength while reducing weaknesses. He believes if you're unsure of your weak points, then you haven't gone heavy enough to find them yet.

Assistance work is performed much lighter in order to isolate targeted weak areas. Barbell rows and behind the-neck presses are exceptions to lighter work. He has rowed 529x4 off a block wearing no belt and without touching the floor, and hopes to work up to six hundred for reps. While not a big believer in overhead lifting, he regularly goes over 400 lbs. for sets in behind-the-necks. He also emphasizes good mornings, believing that when combined with barbell rows they are of primary importance for squats and deads. Ed does little work on machines because of his preference to competition lifts as tools.

Four meals per day constitute the Coan diet. He struggles to ingest enough protein and therefore supplements with amino acids from XtremeFormulations.com. In his quest for protein, Ed consumes a variety of meats, believing excess cholesterol can be minimized by eating only high quality cuts. He also takes a multivitamin/mineral supplement as insurance that the 5 getting his micronutrients.

In addition to eating well, recuperation and sufficient sleep are critical. Everyone has their own requirement for sleep and Ed feels one needs to be attuned to one's body to maximize recovery.

When asked about strongman competitions, Ed professed no desire to compete because his short stature would be a distinct disadvantage. Strength developed for strongman competitions is markedly different than for powerlifting, though powerlifters have traditionally dominated such competitions. And since the training is so different, if one aspired to compete in both, the best approach would be to compete in one during the off season of the other, says Ed.

### THE COMEBACK

At the June 2002 Mountaineer Cup Ed set up for a 970 squat placing one leg a bit farther out than usual, and on the descent his knee began to turn in and he was unable to correct it. "It was like standing in front of a train," he said, "and it just snapped". His immediate thought was that he broke his leg. Turning

his right hip inward, he dumped to 970, nothing outrageously heavy ... Just a stupid mistake on my part.

The damage? Snapped patella tendon and minor ACL trauma. Ed is fortunate in that his surgeon is also his cousin, Dr. David Butler. "Dave stitched the two ends of my patellar tendon together, stitched a few other things and sent me to rehab," says Ed. Six and a half months of physical therapy followed using bands, dog-leg leg kicks, leg extensions, leg cuts, stretching, massage and what ever his therapist, Mike Skalenas, recommended. The three of them became creative. Dr. Butler had told him "Listen to Mike. I know what I did on the inside, and you know how to get strong. Put your heads together, don't hurt yourself." Ed thrived under this regimen and feels it significantly reduced recovery time. By November 2002 he took his first squat. A year later, at the 2003 Nov. 15th USPF Texas Cup, Ed squatted 760 wearing only a belt. "It was like a my knee is better."

Through such knee trauma is enough to make most of us cringe, Ed doesn't feel squeamish. So solid is knee, he jokes he should have torn everything in his body and had

fixed all at once! Faith in his doctors is both apparent and crucial to his philosophy.

"After it's fixed, that's it, it's fixed. Anyone is going to be squeamish at first, but you get beyond that through physical therapy. You get beyond it as long as you don't do anything stupid in training. Athletes want to re-injure themselves. If they feel good, they're apt to push too soon. In the early stages there're many little imbalances and it's easy to re-injure yourself. You have patience. You listen to your doctor and therapist. Go above and beyond normal physical therapy, do all the 'little stuff' at home. It all adds up and makes for a better package in the long run." But Ed is not patrolling the rest of us. He too can get impa-

### Proper Form ... is always a concern for Mr. Coan. (Marc Cavigioli)

tient and he thanks friend Mark Phillips, who had two similar knee surgeries, for occasional well-timed guidance. When Ed would want to try something "iffy," Mark would "kind of give me a look and yell at me and that put me in my place."

So what does the future hold for the ultimate powerlifter? Ed's re-

him from having already posted both. By the 2004 Mountaineer Cup, Ed thinks he should be ready for 2500.

His final word? "No matter who you are, there's always someone stronger, and that humbles me in from the strongest powerlifter in history. We wish him great success.



... it's both apparent and crucial to his philosophy.

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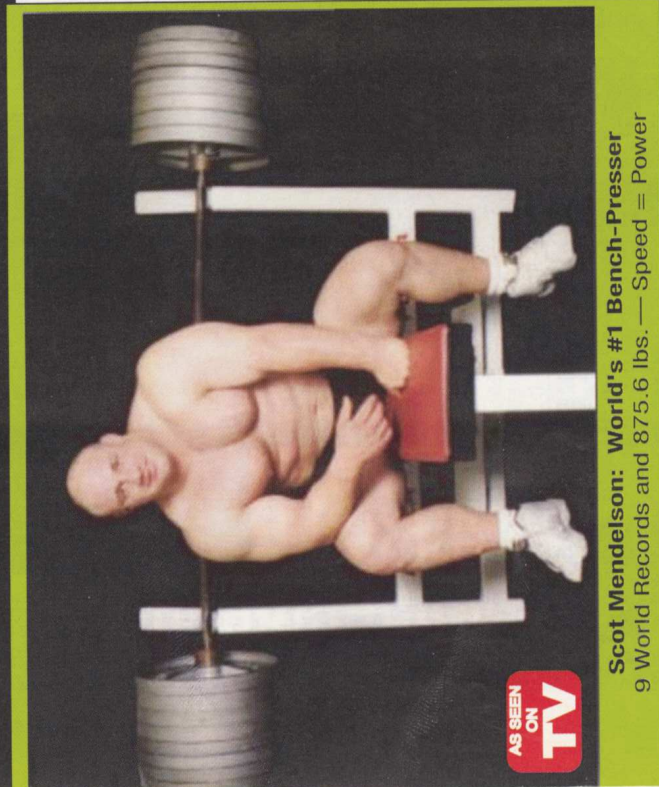
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How do you weigh-in at 165 lbs. and complete 24 hours later at 193 lbs.? How do you increase protein synthesis 3-fold while simultaneously optimizing fat-oxidation? By understanding engineered H2O and its applications in hyperhydration (see below).

Whereas professional athletes analyze their choices of protein (whey concentrate vs. sodium caseinate vs. protein isolate, etc.) and purchase supplements that affect cellular uptake of H2O and volumization (creatine monohydrate), few actually understand the different types of water available and the hydration modifiers that represent next-generation tools for improving oxygen delivery and sports performance.

Rather than thinking of a single "water," athletes must understand the different types of bio-engineered water, the methods that modify their movement, and how both provide the single most effective tools for optimizing thermoregulation (control of body heat), heart-rate, muscle-spindle power output, lactate-acid clearance, and maximal endurance capacity (both aerobic and anaerobic). Can you lower body temperature and decrease heart-rate by using a sweet alcohol? Can you get the equivalent of 1.5 gallons of tap water in a single 16 oz. bottle? With a basic understanding of the new technologies of water, the answer is "yes."

In this two-part article series, we will explain, in practical terms, the necessary science of dehydration, the incredible potential for hyperhydration, and the most effective modifiers and bio-engineered tools for achieving both. This month, we will first examine the fundamentals and most important selections for creating an optimal hydration program.

### What the Top 1% Know: H2O, Arterial Blood Volume, and Oxygen-Binding

By scientifically hydrating and increasing arterial blood plasma volume, you increase blood pH levels (alkaline), increasing the ability of hemoglobin to bind to oxygen. The end result is that proper hydration increases oxygen delivery to body tissue. A 1.5 quart loss of water can result in as much as a 25% decrease in aerobic endurance for this reason. By increasing plasma and cellular hydration you can conversely increase oxygen delivery and uptake, with a subsequent increase in endurance (hy-

## The New Technology of Water: Scientific Hyperhydration, Part I

retention, of water). Mineral water and non-purified water contain solids of various types (e.g., trace minerals, chlorine, MTBE), which slow emptying from the GI tract and decrease H2O's ability to cross the semi-permeable cell membrane, the latter due to diluted water concentration and low osmotic drive. Problem: non-purified water is slow and inefficient in uptake. Pure water corrects the above problems, but is still limited by the average size of its H2O molecule clusters. Protein channels in the cellular membrane, called "aquaporins," only permit single-file influx of water molecules in clusters 3-6 angstroms in diameter. Unfortunately, 50-85% of purified water molecule clusters are 20-30 angstroms in diameter. Thus, while more efficiently assimilated than unpurified water, you may still excrete 50-85% of the purified water you ingest!

### Molecular Micro-Clustering: 1.5 Gallons in 16 oz.?

In review, heart-rate, and nearly every performance metric is dependent on proper plasma and cellular hydration. Unpurified water (most commonly consumed as tap water) and purified water both consist of H2O clusters ranging from 20-30 angstroms in diameter, limiting hydration to 15-50% of the volume of the remainder. For optimal hydration, defined by maximum H2O uptake (% per ml ingested), there is a newer and more effective option: Purified micro-clustered water.

According to Herb Joiner, Bey, one of the developing scientists responsible for the manufacturing process used in the production of Pentaf water, one such brand of micro-clustered water, a single 16.9 ounce bottle of Pentaf water provides the same hydration as 1.5 gallons of tap water. Micro-clusters are produced with one of several filtering processes using high-heat and/or electromagnetics.

Adaptagenix.com ([www.adaptagenix.com](http://www.adaptagenix.com)) has trained Olympic-level athletes unaffected with manufacturing, who, after completing triathlons using micro-clustered purified water, have asserted that their hydration levels (at subsequent endurance), would permit them to immediately complete a second triathlon.

clustered water and were able to individually drink over 70 ounces from one manufacturer (nearly 9 tall glasses of water), with no discomfort or exertion even 5 hours later. Divided by 16 oz. and multiplied by 1.5, we can conclude that the equivalent of approximately 6.56 gallons of tap water was assimilated.

### Make or Buy?

Micro-clustered water can be purchased in bottle form from manufacturers such as Pentaf (water, or one can purchase a portable system, (\$200-1,000 USD) that uses electrolysis to produce a similar small clustering of H2O molecules. Manufacturers include Panasonic of Japan (Panasonic Model PJ-A3AH), where the processes for micro-clustering water were originally developed and tested. For complete details, visit "resources" at [www.adaptagenix.com](http://www.adaptagenix.com).

Some researchers assert that water cannot remain micro-clustered for periods of longer than 2 weeks, and thus recommend using the aforementioned portable machines for the filtering process, rather than the purchase of bottled water that remains at retail placement (not to mention manufacturing inventory and distribution timeline) longer than 2 weeks.

Rather than the suspiciously uniform 8 glasses per day, advanced hydration studies recommend that athletes consume half their lean body weight (LBW) in ounces of water daily, using tap water as a reference. If you have 200 lbs. of Lean Body Mass (LBM), that means 100 oz., or 12.5 glasses of tap water, every 24 hours. If you're awake from 9am to 10pm (13 hours), that equates to one glass of water every 60 minutes. Do yourself a favor and find, or make, 1.5 glasses of micro-clustered water daily instead.

Next month we will cover Part II, "Weight-Class Optimization: Scientific Dehydration and Hyperhydration, where we will explain the optimization of hydration for fat-loss, in addition to hydration modifiers for rapid water-loss and rehydration in elite competitors with weight-classes. For additional resources, see: [www.adaptagenix.com](http://www.adaptagenix.com)

Timothy C. Ferriss has been featured by media world-wide, including Maxim, CBS, and The Philadelphia Inquirer. He is a guest lecturer at Princeton University, a member of the American College of Sports Medicine, and Director of Research at Adaptagenix Applied Biosciences. He can be reached at [tim@bodyquicken.com](mailto:tim@bodyquicken.com) and more articles of his can be found at [www.bodyquicken.com](http://www.bodyquicken.com).

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## Racking to Relieve Low-Back Pain submitted to Powerlifting USA by Jump Stretch, Inc.



Racking Positions: Prone Racking (above), and Single-Leg Racking



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No stranger to the Powerlifting community, Coach Dick Hartzell says, "There are two things about back pain. Either you have it, or you're going to have it!" Hartzell, inventor of the Flex Bands, is determined to relieve that pain through training. His new exercise method called "Racking" is of particular interest to the "big guys," who a chiropractor would have a really hard time trying to adjust.

Case in point, Jeff Peshek, a 40-year-old power lifter from Austintown, Ohio and member of Hartzell's Jump Stretch Fitness Center. A football player in high school and college, Peshek began entering Powerlifting competitions in 1996. At 6 feet tall and 280 lbs., Peshek benched 460 lbs., squatted 550 and dead lifted 510. But in the year 2000, he suffered several herniated discs in his low back as the result of a car accident.

Despite the pain, Peshek struggled and worked his way back into competing. He joined the Jump Stretch gym and worked with the bands in traction procedures to re-hab himself. "When I'm working out there," he says, "Coach Hartzell is always

concerned with how everyone is feeling." Peshek says with a smile, "If you have no time to spare, you better tell Coach you're feeling just fine, because he'll give you however long it takes until your pain is gone!"

Hartzell has shown Peshek various methods of fracturing his joints, including shoulders and low back, but there was always some lingering low-back pain that seemingly couldn't be eliminated...until Coach Hartzell Racked him.

Racking is a form of spinal traction that requires one or two spotters, two Monster Band Back Traction Stations, and a "pipe arrangement" like the one at Jump Stretch. The injured person positions the one pipe station (which is attached to the pipe arrangement) around his lower body, while another station is positioned around his upper torso and around the waist(s) of the spotter(s). This set-up allows traction in varying positions as the spotter(s) help to twist and turn the injured person in an effort to realign ligaments, tendons and muscles and to reduce swelling in the area and it takes just five minutes. "When it's over," says Hartzell, "you feel a difference."

As with many of Hartzell's healing methods, he was his own first "guinea pig." After having some back pain that he just couldn't quite shake using any of his "normal" traction methods, he says, "I asked Carl to just pull me apart and mean in all directions." Carl (LaRosa) is Hartzell's son-in-law and manager

of the Jump Stretch Fitness Center. LaRosa complied, and after that, Hartzell's pain was finally gone.

Next it was LaRosa's turn to be Racked. The USAWA (United States All-Round Weightlifting Association) record holder has been living with back pain for more than 10 years after suffering a back injury while squatting 500 lbs. He had relieved a lot of the pain through stretching and traction, but still had some lingering problems. Racking finally alleviated them. LaRosa, whose back had always felt tight and sore now gets Racked once a week as a preventative method.

So what's the deal? Is this just hearsay, or what? Dr. Thomas A. Thomas, a chiropractic physician with offices in the Jump Stretch facility, explains: "In the past few months I have been working with more athletes and patients who weigh over 300 lbs. and have noticed more difficulty manipulating them due to their size. When discussing this problem with Coach Hartzell, he devised a system for spinal traction that he calls 'Racking.' This form of traction uses the 'Monster' Flex Bands and is very easy to set up and perform. The results have been absolutely astonishing!"

Dr. Thomas continues, "Racking allows you to exert more traction on the spine and affects the spine from the upper thoracic spine to the lumbar spine and down to the sacrum. Within the first few minutes of Racking, the patients notice a decrease in both pain and muscle spasms. After the patient has been Racked, spinal manipulation is much easier to perform and the results last much longer."

According to Hartzell and Thomas, the body operates in "spiral-diagonal planes" and Flex Bands facilitate strength training on every plane and at every angle, enabling you to treat all body parts. Hartzell views back pain as an adjacency to be vanquished. "We aren't going to sit around and wait," says Hartzell, "We're going to attack back pain."

"Surgery is only considered as a last resort," says Dr. Thomas. "The only time I recommend surgery is when there is atrophy of the muscles, a total loss of sensation, foot drop, or a change in bowel habits, which shows that it has affected other organs." He further explains, "A major



Racking - spotted by Bob Cancelli & Tony DeSignore (Photographs are courtesy of Jump Stretch, Inc.) So, how is Jeff Peshek doing, with a major reason being the formation of scar tissue in the area.?" Over time now?

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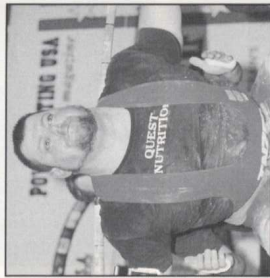
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**Larry McWhorter** former powerlifting, olympic lifting, and kick boxing champion has died at age 47. Profiled by Herb Glessbrenner in the December 1995 issue of *Powerlifting USA*, Larry held the ADEPA Indiana State deadlift record from 1993-2000, and held records in other federations as well. A millwright by trade, he officially pulled 710 lbs. in the 198lb. Class as his personal record. From 1993 to 1995 he also held a World Amateur Kick Boxing title. This issue of *PL USA* is dedicated to Larry.

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# Dr. JUDD

## AUSBY ALEXANDER Part 3, as told by Judd Biasotto Ph.D.



Ausby with his youngest daughter - ASIA

Alexander, in his prime, was arguably the most powerful and efficient lifter in the world. People who witnessed him lift used words like awe, some incredible, extraordinary and other words to describe him. Multiple World Champion Curtis Lesler refers to Alexander as a powerlifting icon. Powerlifting statistician Michael Soong calls him an unorthodox but a lifting machine, a top powerlifting superstar Steve Goggins simply designates him "the greatest of all time." Perhaps the greatest compliment for Alexander through comes from Powerlifting USA publisher Mike Lambert who says, "Ausby Alexander is not only a world class lifter, but a world class human being. Athlete, intellect, all-around great guy. Ausby Alexander is simply in a class by himself." In Part III of this fascinating interview, Alexander talks about his hope for the future of powerlifting, elite performance and his list of the greatest powerlifters of all time. Our conversation continues with how he got into the sport of powerlifting.

**Dr. Judd:** If I remember right, you started your powerlifting career fairly late in life. Why so late and what brought you to powerlifting?

**Alexander:** When I was growing up, I participated in a variety of sporting events, but regardless of how good I was, people were always telling me that I would never be any good because of my height. I knew from that time I was a little boy that I was never going to be six feet tall, but I never accepted the idea that my height was going to keep me from excelling in sports. I knew in my heart that if I put my mind to it I could do whatever I wanted to in life. The fact that throughout my entire life people have tried to dictate what I could or could not do has never set too well with me. I would never listen to that kind of talk. In high school, I played everything, and I did fairly well, prouing to myself and others, that if you believe in yourself nothing is impossible. I had this vision that there was something out there that I could be exceptional at. I mean really exceptional.

**Dr. Judd:** Were you lifting weights at that time?

**Alexander:** I'd worked out with weights since my junior year in high school, but not seriously. My football coaches set up a contest for the team to see who was the strongest player on the team, and what it turned out to be, pound for pound, I had always attributed my strength to the way I was brought up: living on my grandfather's farm, raising cattle, pigs, and working the fields - picking everything from to cotton to peanuts. Actually, I didn't even realize at that

I retired. My New Birth Family has also been there for me since my retirement. I don't know if you have heard of Bishop Eddie L. Long of New Birth; he is a magnificent human being, a very down to earth person. We actually train together on occasion. He is an absolute inspiration to me. Like I said, "I have been blessed."

**Dr. Judd:** Okay, now that you've gotten that out of your system, what do you see as the future of Powerlifting?

**Alexander:** First of all, Powerlifting opened up a lot of doors for me, so I am very thankful. Through powerlifting I had the opportunity to travel worldwide and meet some wonderful people. Consequently, I feel a tremendous responsibility to promote the sport. Although I'm not competing anymore, I still would like to see the general public become more educated about the sport. I would also like to see major sponsorship, more television coverage, and less factionalism in the sport. I would like to see major endorsement, why not? It's a shame because powerlifting has some of the greatest athletes in the world and no one really knows who they are.

**Dr. Judd:** Speaking of the greatest athletes, if we were going to rate the all-time greatest powerlifters, I would definitely have Stanaszek, Gent, Bridges, Pacifico, Coan, Sivokon, Austin, and you would definitely be there too, but that's my list. What would your list look like in rank order, and I will give you a break here. Ausby, you don't have to include yourself.

**Alexander:** That is a difficult question because there are so many great lifters. Let's see... I would say some of the greatest lifters are Lamar Coan, Ed Coan, Gene Bell, Steve Goggins, Dan Austin, Mike Bridges, Fred Hatfield, Larry Pacifico, Bill Kazmaier, and Kirk Karwowski. As far as bench press is not a pure powerlifter, but he would certainly command some type of recognition.

**Dr. Judd:** Is there anything else?

**Alexander:** I personally want to thank you for doing this interview and being patient with me throughout the process. I would also like to mention my children, Mother who is, and always will be, my role model, and the memory of my father Ausby S. Alexander Sr. Last, but certainly not least, I want to thank God for blessing me to have been able to achieve the things that I was able to accomplish. When I speak at various engagements, I tell the people that the key to success is Vision, Determination, and Faith in God. Without God, we are nothing... remember that, Judd.

**Dr. Judd:** Well! Thanks and God bless you, Ausby.

# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

**Question:** How much psyching up should one do to do some of the reverse hyper. All that is going to do is burn you out and lead to a possible over-trained state. Going to failure, both physically and mentally, is not recommended and is one of the many reasons why HIT training fails so often.

**Answer:** I'm still somewhat confused on what kind of supplemental and accessory exercises I should do after my max effort and dynamic effort bench day. Should they change because of the differences in the two days or do they stay relatively the same? Should these exercises be done fast and explosively on dynamic day?

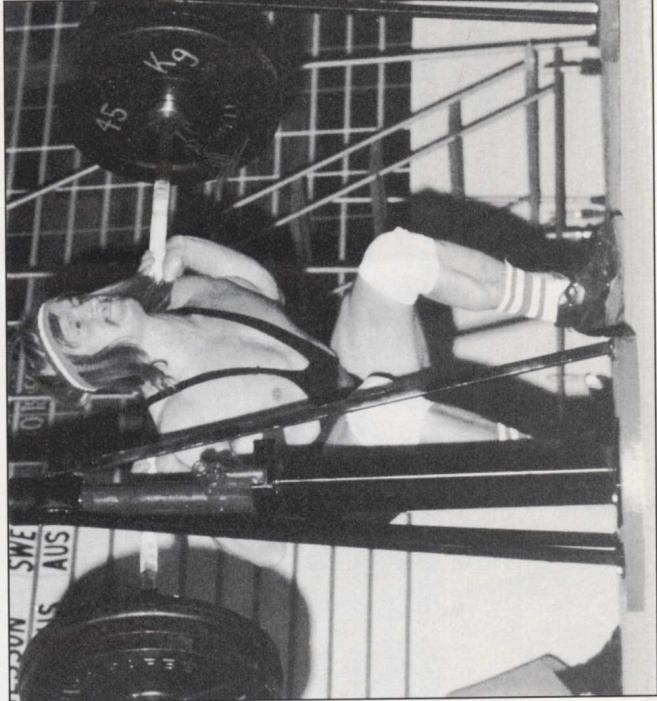
**Answer:** This is one of the most asked questions we get and for good reason. There is not a concrete answer to it.

The one thing that I will tell you is that you do not have to perform your supplemental work explosively on dynamic bench day. For these exercises use a moderate tempo (i.e. control on the way up, control on the way down). I'm not going to give you some kind of time frame like some coaches do; no one follows them anyway.

The biggest mistake that I see people make when choosing what to do after the core exercise is that they are training muscles, not movements. For example, if they are going to train their triceps, then they will do some extensions or pushdowns. But is this going to help their lockout? For some, it may. But more often than not, people just blast their arms hoping that it will carry over to a big bench press.

The best way to see if your supplemental/accessory work is working is if you are progressing up. If you are progressing, then you are doing fine. If you feel beat up, run down and weak then it's time for a change.

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Excessive psyching can lead to problems in the training room and on the competitive lifting platform

What I've realized over the years is that everyone has a different set point. The difficulty lies in figuring out how much you can get worked up before a lift in training and still have plenty in the tank for the rest of the workout and the training week. This may take some time and some practice.

Whatever you do, don't turn your training sessions into meets. There is a good reason why the Bulgarians have a training max and a competition max. They took into account among other things, the mental psyche of a meet versus training.

I think sometimes people have this notion that training needs to a gut busting hour of hell. While the training can be difficult, you should train "optimally," not maximally. For example, after doing max effort work, I can do some heavy but I'm physically tired, but I'll be damned if I'm going to get

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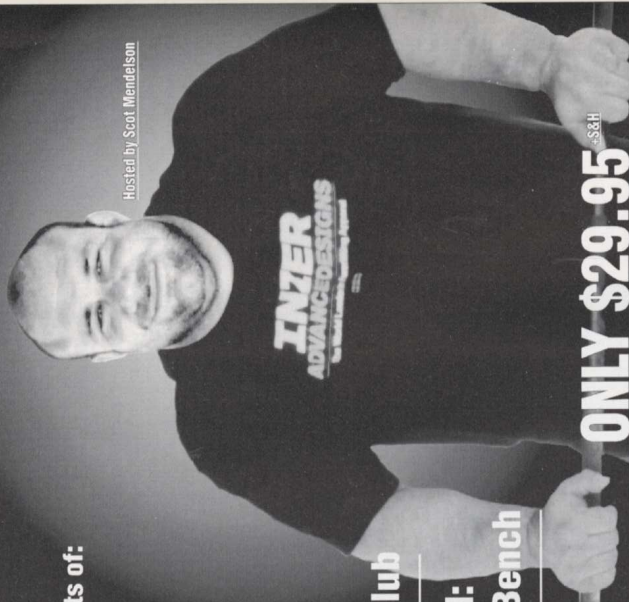
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report on the lifting results, so we'll just cover a little of the other goings on. Canadian lifter Colin Borneau, who's a 500 lb. + bench, got the meet going with his performance of the National Anthem (U.S.) on his "pocket trumpet." Colin says he's "the world's strongest church organist," and we realized that powerlifters are frequently the world's strongest at whatever job they have (especially if they're the only powerlifter in the world who has that job.)



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for 2004, including the USA BP/ DL/ Push Pull on June 19 & 20, and the North Americans on July 31 & August 1. For more info on Martin sneeds, contact him at 909-928-4797. For more info on Mirror Image Sportswear, call 800-756-1216. For info on Michelle Weiss' jewelry, call her at 760-371-7898.

**BENCH WARS: POWER SCENE** recently spoke to bench press world record holder Gene Rychlak, and he's looking for a big

2004 to follow his explosive 2003. Gene has set his sights on the Arnold Classic in early March. Scott Mendelson, until very recently the world record holder in the bench press, is aiming for the Ironman/WPO PL show in Pasadena, CA February 21 & 22, and then it's onto the Arnold for Scott, where he and Gene should be going head to head. That should be a great show.



**Gene Rychlak** is in full-scale training for the '04 Arnold Classic

For those of you who've never been to the Arnold, it's an amazing weekend: March 5, 6 & 7 in Columbus, Ohio, with incredible powerlifting and strongman competition, and many of the world's best weightlifters, bodybuilders, fitness competitors, martial artists, and arm wrestlers, along with a giant convention hall floor of booths.



**Scott Mendelson** is getting fit for the WPO event at the Iron Man Fitness Expo as well as the Arnold

If you're at the Arnold, there's a good chance to see (and maybe meet) powerlifting's top stars. Most of them stop by the Inzer booth at various times during the weekend, so that's a good place to visit.

**POWER SCENE** and **POWERLIFTER VIDEO** will be at the Arnold, so if you do miss it, we'll have reports and video footage for you. In next month, stay strong and healthy, and we'll see you on video. **NED LOW**

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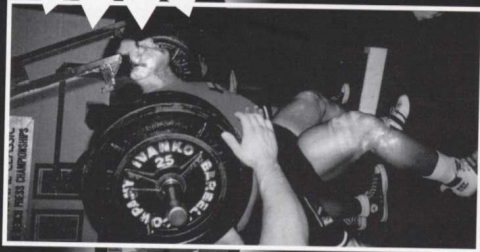
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**POWER SCENE** hit the road again, this time on the four highways it takes to get from Los Angeles to Laughlin, Nevada. Boy, there sure isn't much development the second half of that drive. Anyway, a few minutes into Nevada are the signs for Laughlin, a casino town on the Colorado River, and the site for the AAU/DP, DL, and Push Pull Worlds.



**Martin Drake** preparing to lift.

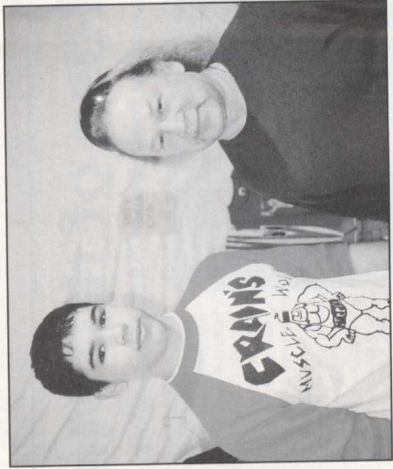
Meet director **Martin Drake** gave **POWER SCENE** a big welcome, and told us the meet had well over 200 lifters, from 31 states, plus outside of the U.S., ranging in age from 4 to 86. Is that a double masters category, when you hit age 80?



**Colin Bonneau** and his "pocket trumpet" (photos by Ned Low)

Martin will be putting in his own report on the lifting results, so we'll just cover a little of the other goings on. Canadian lifter **Colin Bonneau**, who's a 500 lb. + bench, got the meet going with his performance of the National Anthem (U. S.) on his "pocket trumpet." Colin says he's "the world's strongest church organist," and we realized that powerlifters are frequently the world's strongest at whatever job they have (especially if they're the only powerlifter in the world who has that job).

# POWER SCENE



**Rickey Lee Crain** with his father **Rickey Dale Crain** at the AAU Worlds

each of the three lifts, plus one showing a barbell, all available in gold or silver. Michelle's husband **Bill** was busy, helping at the jewelry table, lifting, and judging. We also caught up with AAU Powerlifting chair **Bill DePorter**, and **NASA** head honcho **Rich Peters**, there in the spirit of unity.



**VICTOR HILL** of **Mirror Image** Weiss was showing off her beautiful powerlifting jewelry. She's got powerlifting pendants showing



**Michelle & Bill Weiss** and their fine line of powerlifting jewelry

2004 to follow his explosive 2003. Gene has set his sights on the Arnold Classic in early March. **Scot Mendelson**, until very recently the world record holder in the bench press, is aiming for the Ironman/WPO PL show in Pasadena, CA February 21 & 22, and then it's onto the Arnold for **Scot**, where he and Gene should be a going head to head. That should be a great show.



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**Bill DePorter**...AAU Chairman

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## Rise of the Machines

as told to Powerlifting USA by Doug Daniels

where you workout. At my gym, there is more than you can use in a month, while at other commercial and most home gyms, the selection may be limited. For example, if there is more than one leg press, use the one that feels the best and is the safest. If you can't decide, alternate their use to cover all the bases. Check the machine over each time before you use it. The stack could be loose, the cables could be frayed, etc. If you should find any problems, let a gym instructor know.

Fitting machine training into your routine is the final topic. As I wrote at the start, barbells and dumbbells are your best choice so should be spent using these proven winners. During the off season, your use of machines can be greater than near contest time when their use should be limited. On your light days, you can perform leg presses and leg curls instead of squats. This can reduce lower back wear and tear. For the deadlift, include or alternate lat pulldowns with machine rowing with your back supported. Tricep press downs and machine curls can work your arms to aid your bench press. Strong calves are vital for squat setup and execution and are best worked using machines.

As with any assistance training program, don't overdo it. Don't tax your recuperative abilities by doing too much assistance work. Include a handful of machine exercises to your barbell power routine. The ones I listed previously are good choices to consider. Machines do have a part in any powerlifter's training. They add safety and variety while working your muscles in ways regular barbells can't. As a meet nears, reduce your use of machines as well as with most assistance work. Hopefully, machines will never rise to wipe out humanity, but I strongly feel you can get a rise from their judicious use. Until next time, *hoستا لا ناستا* baby.

Doug Daniels' Web address: [danil12345.com/default.htm](http://www.danil12345.com/default.htm)



Arnold declaring his appreciation for the powerlifters at the '03 Arnold Classic. After attacking the budget problems of California with the machine-like tenacity of the Terminator, will Governor Schwarzenegger be able to say "Ah! I'll Be Back" to witness this year's event?

form to be correct, this working the desired muscle groups more effectively. Of course, it's possible to cheat with machines, such as limiting range of motion or bouncing the weight on the bottom. A major advantage of machines is increased safety. Since most machines have enclosed weight stacks, there is less danger from the

Which machines you use is first determined by what's available

Month before last, we jumped off our houses to build explosive leg strength. My efforts weren't as successful as Jessie Kellum's, but I thought maybe I could jump even higher if I was on skis. Heck, I hit a "meet PR" bench at the WABDL Worlds in Las Vegas - so figured I must be ready for some REALLY ADVANCED TRAINING.

So I went skiing. I think maybe 41 year old people don't bounce as well as younger ones. (That's probably what held me back on my left clavicle collarbone) is broken. I'll have to take a little "break" in my training. So, I have no excuse for not catching up on these articles - including this one about Blue Ridge Barbell in Southwest Virginia. Remember the lesson: house jumping - good; ski jumping - bad.

Ever heard of Roanoke? Scott Chattin says they've built a really good group of powerlifters there, at Blue Ridge Barbell. I'll let him tell it:

"My name is Scott Chattin. I enjoy reading your column every month in PL USA. I think it is one of the best features, and it always makes me want to train harder. (Smart move Scott, several other gyms!) I work out at a hard core powerlifting and strongman gym in Roanoke, which is in southwestern Virginia. We have a very dedicated and hardcore team of powerlifters that compete together in a lot of local meets. Everyone

## HARD CORE GYM #29

Blue Ridge Barbell by Rick Brewer

helps each other out. (Ask them if they can help me, by giving \$500.) We even had a bench meet there in September. Our gym is the only one in its area with powerlifting equipment such as a glute/ham raise, re-verse hyper and monolift. We even have strongman equipment. Virtually every member of the gym competes in either powerlifting or strongman contests. The gym itself is about as hard core and barbell as it gets. It is in an old run down garage with a concrete floor. There is barely enough room to turn around. Anyways, we thought our gym might be a good piece for your column. We enjoy reading your articles and thank you for reading this!"

In true investigative reporting style, I question Scott about the important details of the gym. Here are his shocking answers: "The owner is Lance Loganbill, a competitive powerlifter, in the Top 100 for 220s. Lance has provided the members with a hardcore gym, whereas before he owned it, the gym was at a much bigger building and was a much more commercial place that catered to just about anyone who wanted to work out. We have some pretty good athletes. They are - John James - he totaled 2280 @ 275 several years ago before he had several bad inju-

ries. He is only able to do bench meets now. At one time, he was ranked in the Top 10 in the nation in the 275 class. Andy Shield - he has totaled 1850 @ 275 with a 601 bench press. This was done with only a single ply shirt too. Andy's goal is to bench 700 in a double denim shirt in the near future. Brian Dillard - he has benched 480 @ 198. Rob Taylor - he has to failed over 1800 @ 220 with a 715 squat and 640 deadlift. "Big" Willie Amos - has done numerous strongman competitions and has competed with Johnny Perry.

Sorry, there are no women in our gym. We ran them off because we smell so bad. Lance is a male nurse. I think that's pretty weird for a powerlifter. (Definitely.) Another member used to drive a honeydipper. (What is that?) No one has ever died or been born in the gym to my knowledge. We play nothing but heavy metal in our 50-disc changer. We usually play Pantera, Ministry, Soundgarden, Metallica, or Megadeth.

All of the powerlifters in our gym train Westside style. We even had a Westside seminar there back in June. As far as humorous stories, I've heard that one of our members comes in very late at night

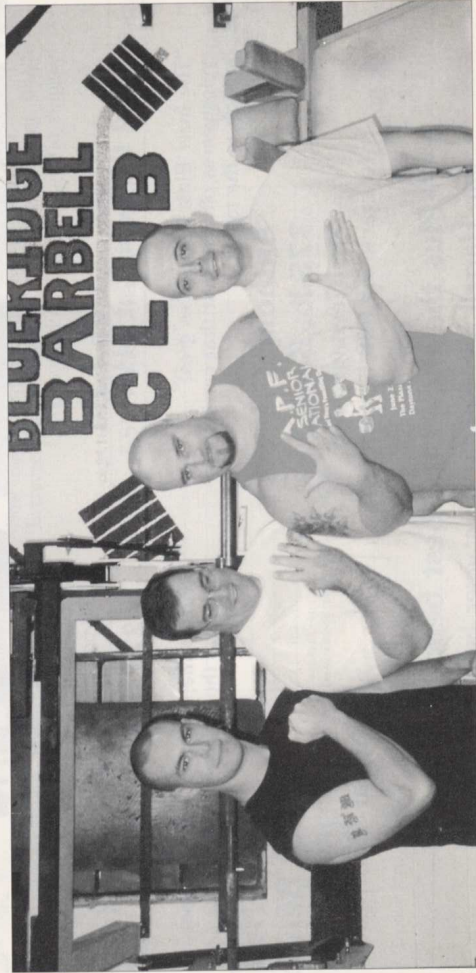
and does a squat workout totally naked!"

Speaking of squatting nastily, I remember a humorous story that Mark Phillips (previously Hard Core Gym alumni) told me in Vegas. We went out to eat on shrimp cocktails, and reminisced about powerlifting meets going back 20 years. He remembered being in the warm-up room of a powerlifting meet 15 years ago, seeing Steve Goggins hit an easy 700# squat in the warm-up room wearing nothing but a jock strap. Obviously, this scary sight traumatized the young Mark - and he carries emotional scars to this day: "The meet was the 1989 A.P.F. Senior Nationals in Columbus, Ohio, July, 22nd & 23rd. Steve placed first in the 242 lb. class totaling 2210. He squatted 870 and missed 931 and 942. He benched 501, 523, and 534. He deadlifted 804 and missed 832 and then 854. He barbell out Bryan Nester, Doug Borden, and Soren Sorenson."

OK. Enough butt-naked honesty in reporting. Until next month, try to find out what a honey-dipper is, and brush up on your Village People history - you'll need it.

Comments? Rick@houseofpain.com

or HOUSE OF PAIN PO Box 333 Fate, TX 75132



Left to Right @ Blue Ridge Barbell: Neal Ward, Andy Shields, James Crowder, Scott Chattin. "We are signing 'ALL FOR LANCE LOGANBILL'"

There will be no "I'll be back's" or Arnold jokes in this article, but besides trying to wipe out all of mankind, machines can definitely add to a powerlifter's success. I'm one of the first to admit that barbell training is the most effective way to build size and strength, but by exploiting the advantages of machines, while balancing against their disadvantages, your results can improve. First, let's explore the pros and cons of machine training and then examine how a competitive lifter can fit machine training into their routines for almost Arnold-like results.

Let's start with the disadvantages of machines. First and foremost, most machines do not work the stabilizing or balancing aspect of muscles since the machine's weights are balanced by the machine's structure. As I have said zillions of times over the years, half the energy expended during a lift is balancing and controlling the bar itself while lowering and lifting it. The second disadvantage is that some machine movements do not resemble barbell movements which could decrease the positive transfer of strength gains to the powerlifts. Lastly, machines fix execution of the movement, not allowing much variance from its designed path.

Fortunately, these disadvantages can be easily turned into advantages by applying them correctly. Machines are very useful when training around an injury because they don't stress injured stabilizing musculature. This may help you keep the strength in an injured region instead of ceasing to train altogether. The second advantage can be turned into a positive too. Working your muscles in different ways can spur increases in size and strength as the muscle is forced to adapt to the new stimulus. This adds variety to your workouts. In addition, some exercises that cannot be performed with barbells can readily be done with machines, like leg curls and calf raises. The last disadvantage again can be turned to an advantage. Fixed execution helps force your lifting



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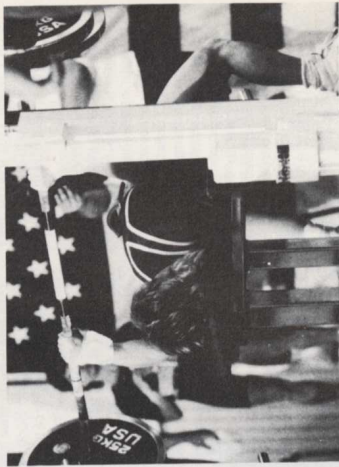


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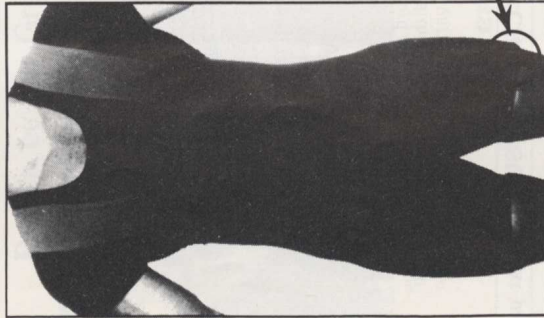
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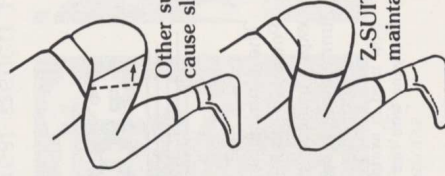
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# Ask the Doctor

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

**DEAR MAURO:** I've been on the diet for three weeks and I've gained ten pounds. I was 200 lbs bodyfat when I started and my waistline is getting larger not smaller. I carry most of my excess fat in my belly and I haven't noticed it getting any smaller. I weighed 182 lbs when I started, now I'm at 190. Should I do more cardio? Right now I do 45 mins, twice a week @ 70% max heart rate and lift weights four times a week. My calorie intake fluctuates between 4000 & 3500 calories per day. On my carb days my calories drop to 2000 to 2500 per day. I need a rest from eating so much during the weekdays. I hate feeling full all the time. What would you suggest. - **Theron**

**DEAR THERON:** It's sounds to me like you should be taking the opposite approach. That is cutting down before you bulk up again in a controlled fashion so that you don't pack on too much bodyfat as your weight increases. In my upcoming abridged *Metabolic Diet and Supplement Guide for Recreational and Competitive Bodybuilders* book, I describe the various training, diet and nutritional supplement phases in much more detail. I included a small part from the book which should prove useful to you. BTW the ebook will be ready in a few week or so and will run for \$19.95 US funds.

Best regards, **Mauro Di Pasquale M.D.**

### Nutrition for the Cutting Phase

Again, we don't change the mechanics of the Metabolic Diet in any phase, at least as far as the carb intakes. It's always 5 days high protein, low followed by 24-48 hours of carb loading. The only thing we change is the amount of calories we eat and as such, since it's important to keep protein levels high and carbs are already low, we have to decrease the amount of fat we eat during the low carb phase and to a lesser extent through the higher carb phase. In the Cutting or Definition Phase we'll be cutting calories as a way of trimming fat off the body. The reason we can do this is quite simple. We've trained our bodies to burn fat as its primary fuel, so as we decrease the caloric intake and dietary fat levels, the body naturally turns to using our body fat as fuel and continues to spare muscle.

### Lower Fat When Adapted

Once fat adapted and you're into a cutting phase the amount of fat in the diet naturally decreases. The body then uses body fat as its primary fuel. Thus lipolysis and oxidation of body fat increases. Protein intake stays the same or increases as a rule of thumb, if you should cut 500 calories a day from your diet the first week. If you were at say 4,000 during the Strength Phase cut it to 3,500 per day during the first week of your cutting. The next week you should drop another 200 to 500 from the daily diet, depending on how many calories you're taking in. For example someone taking in only 2000 calories would only cut down 200 calories. During this time you must measure bodyfat weekly. What you want to do is LOSE 1.5-2 POUNDS OF BODYFAT EACH WEEK. Losing 1.5-2 pounds will insure that you don't lose appreciable lean mass as you cut. If you find at the end of the second week that you've lost less than 1.5 pounds during the week, you'll know you should cut another 200 to 500 calories the next week and continue cutting calories in subsequent weeks, anywhere from 100 to 500 calories until you're at the 1.5 level. Likewise, if you're

losing more than 2 pounds of bodyfat during the week you'll know you've cut too many calories and will need to adjust them upward. And you don't have to make the cuts in specific calorie increments. You can fine tune how many calories you add or subtract in any amount. The usual progression is to make 100 changes 500 calories at a time the first time, and then maybe 100 to 500 calories the next few weeks and then 100 to 200 calories at a time as you get closer to your goal. The important thing to remember here is that it's not calories we're really after. It's variations in calorie count that get that optimum 1.5 to 2 pounds of fat loss. You'll be doing plenty of experimentation in this phase to find the right caloric intake for you. Though the 500 calorie drops we outlined above seem to be a good general starting point, especially for those starting with the higher calorie intakes, you're going to have to find what works best for you. Also the caloric levels you eventually drop to will vary according to your initial caloric intake as well as to your metabolism and how you respond to the calorie cuts. For example, I've dropped some bodybuilders on the diet from a 5,000 calorie a day level to 3,000 in the cutting phase. In a few others, I've taken them as low as 1,500 to see what happens. If they're losing a fair amount of bodyfat (remember the 1.5-2 pound guideline), getting leaner and not losing significant lean body mass I'll leave them at that level until they "lean out". At that point, I'll increase calories gradually to the point that they'll maintain or possibly even lose bodyfat while increasing lean mass again. Bodybuilders who just want to cut up and are starting at a higher bodyfat level can go directly into the Cutting Phase. They should start at a reasonable daily caloric value, usually 15 CALORIES PER POUND OF BODYWEIGHT. Someone weighing 200 lbs at say 17% bodyfat should start at around 3000 calories a day and then follow the instructions above on caloric adjustments needed to maintain the optimum weekly fat loss and minimal loss of muscle mass. Don't start too low. You'll have plenty of time to lose that bodyfat in the right way. If you start too low the lack of food may be more of a problem than the lack of carbs and may sabotage your efforts to stick to the diet through the all-important first week.

### Keys to Success in the Cutting Phase

- 1- Measure bodyfat weekly
- 2- Lose 1.5-2 pounds a week
- 3- Experiment with caloric intake. Cutting 500 per day the first week and 100-500 per day in subsequent weeks is a rough guideline
- 4- Refine your contest preparation
- 5- Experiment with foods

### Experiment With Foods

Basically, the Metabolic Diet's "5-day, 2-day" week is almost like getting a person in shape for a contest every week. In the weekend carb loading part of the diet, you'll find out exactly how many hours you can load up on carbs before you begin to smooth out and lose your contest look. When you get to your "pre-contest" phase you really won't have to make many changes. You'll be doing the same thing you've been doing for the last several weeks in the Cutting Phase. You'll go off the higher fat, high protein diet and carb up to dramatically increase the glycogen and water inside the muscle cell. You want them swollen and big but you'll cut off the carbs before you begin to reservoir extra-cellular water or fat and smooth out. During the Cutting Phase, you'll also want to be refining contest preparation. Play with the kinds of foods you eat on the weekends to see what gives you maximum muscle size. You'll know on Monday morning if what you've been eating is right for you. If it is, you'll be looking good. Muscles will be huge and you'll be cut up with a nice, pronounced vascularity. If you don't look good, you'll know you did something wrong. Go back and rework your diet the next weekend and see if you can get some improvement. That's the beauty of this diet. By the time a contest approaches, you've already perfected your contest diet by practicing it during the Cutting Phase. On the old carb diet, you did this only once. On this diet you do it every week during the "cutting" phase and you become an expert in how to manipulate your body for a contest. Experiment with high and low sugar foods and percentages of fat intake on these weekends. See what they do for you. Treat each weekend as if your contest were imminent. That way you'll know what it takes to come into a contest looking your best. You'll also experience an increase in confidence because you'll know what to expect from your body and how to get it contest ready.

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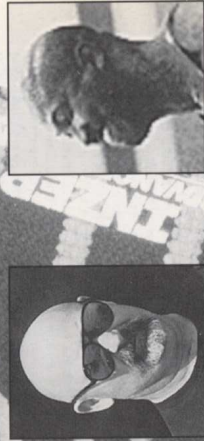
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# NUTRITION

## Power Nutrition Q&A by Anthony Ricciuto, B.Phed C.F.T. S.P.N. S.W.M. F.T.

do. Unless it has a purpose in the plan, then I won't include it in the program that I am designing for my athletes. In the near future I will be doing an article on supplements that I believe are worthwhile for those that I don't recommend. Two things that I do recommend for all healthy powerlifters are a proper protein supplement and multivitamin formula. This should be a staple in all powerlifter's meal plans. The supplements that I do recommend for my private clientele are only those that have been proven by studies in the real world with scientific backing. I don't just jump on the bandwagon of every new supplement that comes out on the shelf that promises to put 50 pounds on your bench in 2 weeks. One of the things that I do perform with my private clientele is to perform a supplement analysis as well. Here I can analyze what supplements that they may have incorporated in and what I should incorporate in and what phases to help them reach their goals. Once the diet is perfect and the base the supplements are incorporated, then all the extra goodies are added. These include such things as nutrient partitioning agents, glucose disposal, amino acids, specific workout formulas, cleansing agents, cell volumizers, alkalizing formulas and a lot more can be incorporated in the powerlifter's nutritional program.

**Q:** I just want to let you know that I really like your column. As soon as I mail your column is the first thing that I read every month. My question is about Omega 3 fats, but always seem to recommend flax oil and fish oil for your clients. Out of the two, which is better? Do they both provide the same nutrient breakdown, or is one better for powerlifters? I was thinking about getting some fish oil, but I don't think that I can manage getting it oil and I don't have a problem, but I think fish oil put me over the top. Any suggestions will be greatly appreciated. Yours in Power, Glen Wienstein

**A:** It's nice to hear from you Glen.

I am glad to hear that you have started to incorporate omega 3 supplements into your nutrition program. In regards to your question, I do recommend fish oil flax oil. Now don't get me wrong - flax oil is an excellent supplement and it is no doubt one of the best sources of Omega 3 fats, but now with concentrated fish oils on the scene I will have to say that flax has now taken the backseat to the mighty fish!

There are many reasons for this. The first reason is the actual conversion rate. I may get a little scientific and geek-like here for a minute, but I will try to put it into layman's terms so that you can understand it better. As you probably already know flax oil is high in Omega 3 fats which is also known as Alpha Linoleic Acid (ALA). Now please don't get this confused with Alpha Lipoic Acid (ALA). The latter ALA is a nutrient partitioning agent that can increase insulin sensitivity and cell volumization. What we have to look at with the Alpha Linoleic Acid is the ratio in which it converts to two main Omega 3 fats. These are known as Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). Now I know these sound like some dinosaur type words here so I will just refer to them as EPA and DHA. These are basically the "King of Omega 3 Fats" so to speak, as they have many different health benefits. The reason why fish oil is superior to flax oil is that the conversion rate of ALA to EPA and DHA. Instead of explaining how the scientific process works through such terms as desaturation, desaturation of enzymes, and pathway conversions, I will just say in plain English that flax's conversion rates don't hold a candle to pure concentrated fish oils. This is to say that flax is junk, but you should know that the fish oil would give you more bang for your buck so to speak. In one study, 5000mg of flax oil with a 57% ALA content converted to a rate of only 5.7mg of EPA and 1.34mg of DHA. Now with the concentrated fish oil that the fish taken out and it is replaced with a sweet lemon and thyme flavoring. This makes it taste much better than any flax oil have ever tried. The product that I am currently using is from a company called Signature Supplements and their concentrated Herring Oil supplement is called Ascertain Nutra.

Sea. If you want to find out more about it you can check their web site at [www.signature-supplements.ca](http://www.signature-supplements.ca). Of all the fish oil products that I have used up to date this is my personal favorite not only for its unbeatable quality, but its taste makes it palatable for even the most finicky powerlifters.

Now one tactic that I usually employ with my clients is that I start them on flax oil at the beginning of the program to slowly incorporate more Omega 3 fats into their plan. As their program progresses and

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puts the competitor directly against himself, the person is now focusing on themselves as their main competition, not the next guy. I also wanted the competition to be one that was different and fun at the same time. Competing in powerlifting is a lot of fun, there is no doubt about that, but at the same time it is very stressful as well. Competition stress is something we all have experienced, along with pre-meet jitters. With this contest there is no stress and worry involved. Yes, it is serious in nature, as with all competitions, but there isn't the stress that is involved with regular powerlifting competitions. I am sorry to hear about your friend's injuries, but tell him not to worry. With the response that I have gotten along with all the positive feedback there is no doubt that I will be running the competition again next year. This will give him the chance to take home some of the prizes as well as getting featured in my column.

Heart disease is a major concern for all powerlifters, especially those in the heavier divisions as well as those above 30 years of age. Let's face the truth for a minute here, most powerlifter's cardiovascular endurance is very poor at best. I will have to give my props to Louie Simmons and Dave Tate for making GPP training a new and popular item for powerlifters. The increased rate of GPP training will no doubt have a very positive affect on your cardiovascular endurance and health. Before Westside made this technique popular how many powerlifters do you know that get on the treadmill or go and run stairs a few times a week to keep the old ticker healthy? Yes, I know, you can't think of any either. I would have to say for the old time powerlifters Kaz impressed me the most as I heard he used to run the stadium steps holding a 45 pound plate. If that isn't enough to get your heart rate up, I don't know what will. Since most powerlifter's diets are too high in sodium and saturated fats, they are at a higher risk in getting such health conditions as heart disease, high blood pressure, and arteriosclerosis - the latter being a hardening and narrowing of the arteries that carry blood to your heart. Combine this with the fact that a lot of powerlifters use stimulants of different kinds before competitions, wear ultra-tight gear, hold their breath around to avoid their cardiovascular training, it all adds up top one thing - constricted artery blood flow to the heart. If you add in a constricted layer of cholesterol sludge in the artery wall along with scar tissue that can form and what do you have? A heart attack just waiting to happen! So, powerlifters must worry about their diets because later in life

Since the competition is one that

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

takes on different phases. I then incorporate the fish oil and take out the flax. The main thing to remember here is that even though flax oil is still a good source of Omega 3s, fish oil is the true king of fats!

**Q:** I have entered your Nutrition XP3 Power Transformation Contest and I am really jacked up to see how well I did. I know this is the first time that you are running this contest and I was wondering if you would be running it again? My training partner had an injury and he couldn't give it 100%, so he decided to sit this one out. This is the first time that I have seen such a contest for powerlifting and I have to say that it really adds a new dimension to our sport. I really like that you are your own competition. For self-improvement I think your contest will do a lot of good for the sport of powerlifting, not only to help people reach new goals with your nutrition programs but also for the health of the lifters. I know of two powerlifters who have had heart attacks in their 50s and this really scared me, thinking that this may happen to me one day. I am so grateful for your column because it has really changed my outlook on how nutrition not only affects my training performance, but also my health and longevity in the sport.

Thanks, Rajesh Talwar  
**A:** Hey Raj, thanks for the kind words. The whole reason behind the Nutrition XP3 Power Transformation Contest is powerlifters aware of how proper nutritional design will not only get them in the best powerlifting shape of their life, but it will also increase their health and longevity in the sport as well. As their program progresses and

As their program progresses and

As their program progresses and

it can really affect your longevity in the sport as well as how long you will stay on this planet. You also have to look at the fact that a lot of lifters now are chemically enhanced. Since steroids are known to increase such things as blood pressure scores and elevate cholesterol levels, this is just adding more gasoline to the fire - to all the above stresses that are put on the heart. Let's not forget those using diuretics that cut out of weight right before the show. They then rehydrate and come in 15-25 pounds heavier the day of the show. Losing and gaining weight so fast also causes stress on the heart. The fact that many are also using potassium-depleting diuretics can also cause many problems since this causes electrolyte controls and regulates your heartbeat. As you can see we are talking about some serious stuff here, and the health of the lifter has to be of greatest importance. For those who are chemically assisted, proper nutrition and cleansing the body of impurities is a must. There is no way around it if you want to keep your health in check! In the near future I will address a series of articles on health in proper working order. My purpose here is not only to take your total and jack it up as much as possible, but I also want to make sure that you keep healthy while doing it as well. Sometimes powerlifters develop a one track mind, where the only thing that matters is a bigger total. The sad reality is a bigger total isn't going to help you if you have a heart attack at the age of 30, and can no longer compete because you didn't take the proper precautions with your diet and chemical enhancement program. I know most of you probably looked at me as some type of "new age" geek when I keep telling you about incorporating your healthy fats and talk about cleansing the body of impurities. For those that know me this is the farthest thing from the truth. I am a diard powerlifter just like you and that is why I have spent years designing programs that will take your performance to new heights but also to make sure that you stay healthy in the process. The main thing here to remember is that the issue of great importance is your health. If you are not healthy you truly can't focus on getting that big total. This is another reason why a lot of lifters contact me for program design - not only to improve their performance, but to make sure that they are keeping their bodies at the optimal health level. Just remember health should always be at the top of your priority list because without it you have nothing!

If you have any questions or comments please contact me at [aricciuto@x-tremepower.com](mailto:aricciuto@x-tremepower.com)

If you have any questions or

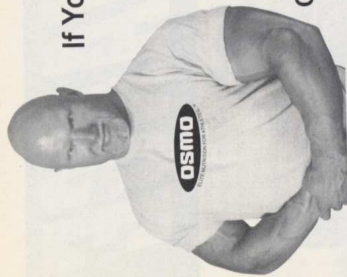
comments please contact me at

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**Joe Ladinier**  
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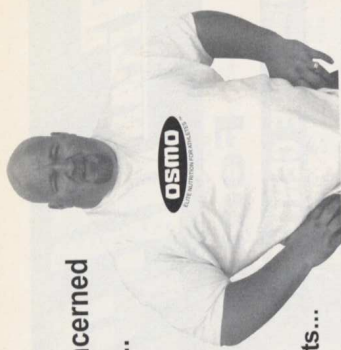
Article written by Joe Ladinier

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 in nutritionally correct protein formulas available. So nutritionally correct, that after using them your body might spank you for "STARVING" it for so long. That's right - you're body is "STARVING" for the Methyl Cofactors 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).

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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 cofactors. These Methyl cofactors, when correctly integrated into the right protein sequences, can trigger dormant processes in the body's cells to suddenly WAKE UP!



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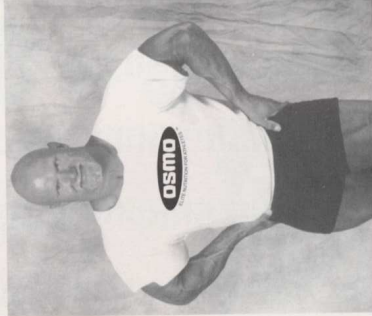
OSMO's Methyl Protein System is awesome since it safely works to immediately improve the natural processes of your body's "METHYLATION" so that now you can build muscle faster, recuperate faster, excrete toxins faster! You'll improve your regularity on this stuff since it doesn't stay trapped in your 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!

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## 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).



FREE OSMO Rag Shirt with purchase.

## Don't Talk Yourself Out Of It

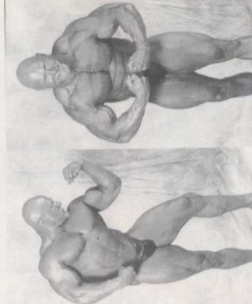
I am so confident about OSMO's Methyl Protein™ system and how it will help you, that I ain't going to let you talk yourself out of it. That's why I am guaranteeing it - no risk to you. You see I know that OSMO Methyl Protein™ system works. It will work for you and I want to get it in your hands so that 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.

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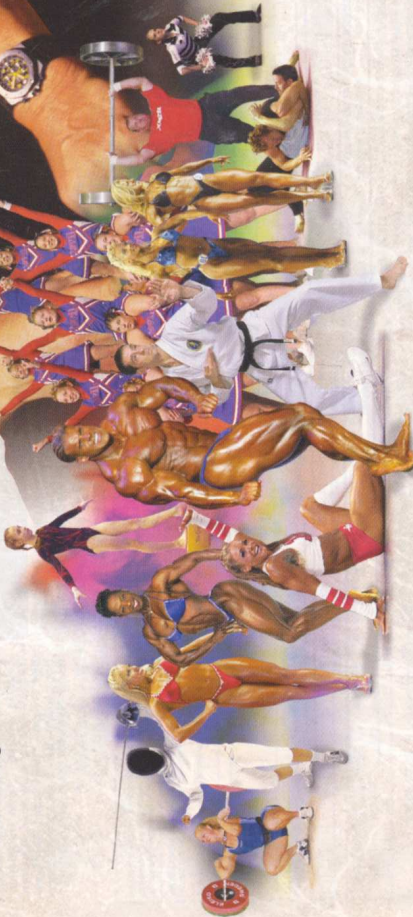
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Jack Wallace... with one of his trophies from the SLP Memphis Open. Where he set two Tennessee State Records: 370 BP & 525 DL - Jr. 198

strong 475 and just missed 510 and 520. In the Women's division Gina Shaler from Vidor, Texas lifting in the teen 16-17's had a great bench, 250 deadlift and a 600 total. Gina walked away with 4 Texas records, 3 American records and 3 World records. In the Junior division, Charly Kelley hit a 290 squat, 105 bench, 290 deadlift and a 605 total ending up with 4 Texas records, 2 American records and 3 World records. By the time the meet had ended 52 Texas records, 10 American records and 11 World records had been set or broken. A very special thanks to Lazer Advance Designs and support of the lifters and coaches. Also a special thanks to Mike Lambert and Powerlifting USA who has been there supporting us all for almost as long as the sport has been around. The great comradery and sportsmanship shown during the great sport of powerlifting. (MCCal laugh)

SLP Memphis Open II BP & DL 27 SEP 03 - Memphis, TN

Table with 2 columns: Weight class and Record. Includes entries for BENCH PRESS, Deadlift, and Total for various categories like Junior men, Senior men, etc.

USAPL Meet in the Street BP 13 SEP 03 - Granite City, IL (kg)

Table with 2 columns: Weight class and Record. Includes entries for Men's 98 Open, Men's 145 Open, etc.

Virginia State Raw & Assisted 07 NOV 03 - Stanardsville, VA

Table with 2 columns: Weight class and Record. Includes entries for Men's 220 Assisted, Men's 275 Assisted, etc.

The meet was a make up from September when Hurricane Isabel crashed Virginia. We held it on a Friday night and had a great time. Thanks to Stanardsville Barbell Club and Fitness center for hosting the show. (Thanks to J. Shiftlett for the meet results)

APA Lonestar Championships 08 NOV 03 - Houston, TX

Table with 2 columns: Weight class and Record. Includes entries for Men's 480 lbs, Men's 510 lbs, etc.

MEMPHIS OPEN III 03-04

Table with 2 columns: Weight class and Record. Includes entries for Men's 440, Men's 510, etc.

FLORIDA STATE RAW 07 NOV 03 - Orlando, FL

Table with 2 columns: Weight class and Record. Includes entries for Men's 275, Men's 320, etc.

TEXAS STATE RAW 07 NOV 03 - Houston, TX

Table with 2 columns: Weight class and Record. Includes entries for Men's 220, Men's 275, etc.

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

TO ALL WABDL LIFTERS who went to the Las Vegas Worlds.

I thank you for the inconvenience of the Worlds being close to Christmas. There were also high school and college final at that time of year. It was a difficult time of year to go to a meet simply put. The scri-

WABDL SCHEDULE OF MEETS - 2004 All meets are Bench Press and Dead Lift Only.

A large grid containing a detailed schedule of WABDL meets for 2004. The grid lists the date, location, and contact information for various regional and national events such as the South, Lansing, MI meet; the Midwest Regional Bench Press and Dead Lift meet; and the Vegas World Championships.

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... 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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### Nasa USA Nationals PI/JP/PS

|                             |                |        |               |     |       |     |       |
|-----------------------------|----------------|--------|---------------|-----|-------|-----|-------|
| 14 JUN 02 - Springfield, OH |                | 227    | Mike Williams | 70  | 157.5 | 205 | 432.5 |
| bpml                        | Ed Schiemme    | 141    | m1            | 170 | 154   | 120 | 185   |
| bpml                        | Oscar Jones    | 238.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Michael Cullen | 227.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | W. De Sarbo    | 227.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Dan Goble      | 192.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Rick Metzger   | 202.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Edwards        | 175    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | S. Muskowitz   | 122.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Greg Keesey    | 202.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Jarred Koplin  | 142.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | John Palumbo   | 110    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Rick Metzger   | 202.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Frank Nowbill  | 155    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | J.T. Hall      | 142.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Nick Sabatino  | 210    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | K. Robbison    | 197.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Leeds Edwards  | 175    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Inna Kuklak    | 120    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Andy Furnas    | 202.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | K. Robbison    | 197.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | S. Harrell     | 182.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | K. Robbison    | 197.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | J.T. Hall      | 237.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Randy Smith    | 175    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ricky Weeks    | 187    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Howard Livisic | 55     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ed Schiemme    | 71     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Jeff Briner    | 67.5   | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Randy Smith    | 175    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ed Schiemme    | 71     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Raul Harrell   | 181.75 | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ed Schiemme    | 71     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Joe Shively    | 85     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | J.T. Hall      | 191.25 | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ed Schiemme    | 71     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | M. McGonagle   | 160    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Russell Dodson | 177.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Frank Ritzer   | 210    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Frank Newbill  | 182.5  | nov           | 205 | 170   | 120 | 185   |
| bpml                        | H. Livisic     | 200    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Katie Dean     | 95     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Ed Schiemme    | 71     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Cyndy Youker   | 67.5   | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Brit Waters    | 165    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Katie Dean     | 138    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Bob Lamb       | 100    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Gregory Kleyn  | 165    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Power Sports   | 230    | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Featherston    | 75     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | J. McWilliams  | 42.5   | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Mike Williams  | 70     | nov           | 205 | 170   | 120 | 185   |
| bpml                        | Bill Parkar    | 50     | nov           | 205 | 170   | 120 | 185   |

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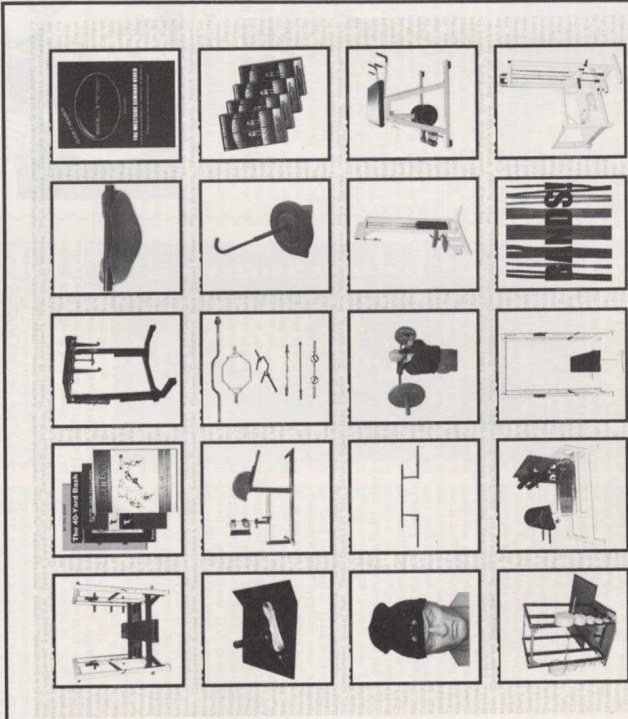
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|-----|-------------------|-------|-------|-------|-------|
| 227 | Rick Kinder       | 260   | 200   | 250   | 710   |
| 227 | Jarred Koplin     | 210   | 142.5 | 210   | 562.5 |
| 227 | M. Haumesser      | 267.5 | 182.5 | 262.5 | 712.5 |
| 227 | Steve Mikoi       | 175   | 125   | 147.5 | 447.5 |
| 227 | H. Livisic        | 220   | 127.5 | 200   | 547.5 |
| 227 | W. De Sarbo       | 237.5 | 122.5 | 227.5 | 597.5 |
| 227 | John Bandy        | 310   | 132.5 | 215   | 562.5 |
| 227 | C. Anstead        | 215   | 132.5 | 215   | 562.5 |
| 227 | Sam Glover        | 197.5 | 135   | 190   | 522.5 |
| 227 | Joseph Huber      | 235   | 150   | 232.5 | 617.5 |
| 227 | W. De Sarbo       | 215   | 167.5 | 210   | 592.5 |
| 227 | M. Haumesser      | 267.5 | 182.5 | 262.5 | 712.5 |
| 227 | W. De Sarbo       | 215   | 167.5 | 210   | 592.5 |
| 227 | John Figg         | 210   | 132.5 | 215   | 555   |
| 227 | Joseph Huber      | 235   | 150   | 232.5 | 617.5 |
| 227 | William McNichols | 150   | 227.5 | 150   | 417.5 |
| 227 | M. Haumesser      | 267.5 | 182.5 | 262.5 | 712.5 |
| 227 | Woody Hawkins     | 237.5 | 187   | 255   | 170   |
| 227 | William McNichols | 150   | 227.5 | 150   | 417.5 |
| 227 | Todd Jackson      | 252.5 | 192.5 | 262.5 | 707.5 |
| 227 | Woody Hawkins     | 237.5 | 187   | 255   | 170   |
| 227 | Harold Mobley     | 277.5 | 175   | 247.5 | 700   |
| 227 | H. Livisic        | 220   | 127.5 | 200   | 547.5 |
| 227 | Jason Murphy      | 237.5 | 180   | 222.5 | 640   |
| 227 | Jason Figg        | 210   | 132.5 | 212.5 | 555   |
| 227 | John Hunt         | 210   | 155   | 197.5 | 562.5 |
| 227 | Todd Jackson      | 252.5 | 192.5 | 262.5 | 707.5 |
| 227 | Scott Marcum      | 350   | 205   | 277.5 | 712.5 |
| 227 | David Clayton     | 272.5 | 170   | 245   | 687.5 |
| 227 | Todd Jackson      | 252.5 | 192.5 | 262.5 | 707.5 |
| 227 | Justin Bilford    | 200   | 112.5 | 205   | 517.5 |
| 227 | Scott Duncan      | 267.5 | 145   | 240   | 652.5 |
| 227 | Women's P/Wing    |       |       |       |       |



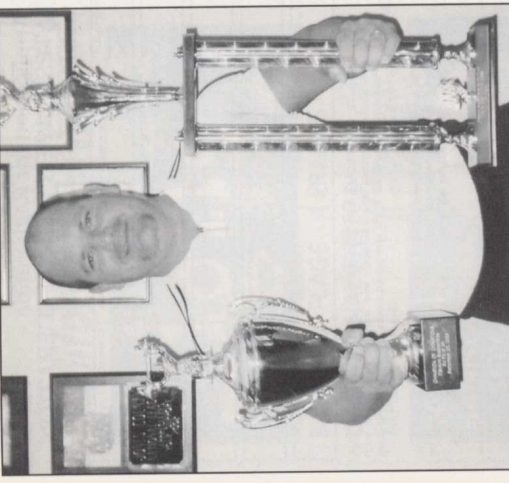
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Stephen Elmoro with his first place trophy and Best Lifter Cup from the Discount Supplements Bench Press meet. (courtesy @Deverville)

Press was a success and had some outstanding lifting. We had two master lifters gunning for the top 20. John Vincent and Tom Cencich and with their lifts they had to say a special thanks to Chris Ortiz for setting up the event and making it possible. Thanks again to all the lifters and looking forward to next year's event 10th annual. (Thanks to Tim Weldon for providing results.)

Table with 2 columns: Name and Weight. Includes entries like WNPF Upstate New York II, Steve Rogers, Mark Harrison, etc.

Table with 2 columns: Name and Weight. Includes entries like 9th Lockheed Martin Bench Press, Women's Light, Women's Heavy, etc.

World Natural Powerlifting Federation (WNPF) Membership Registration. Includes fields for LASTNAME, FIRSTNAME, INT., STREET ADDRESS, CITY, STATE, ZIP, DATE OF BIRTH, AREA CODE, TELEPHONE, CHECK ONE: LIFETIME DRUG/FREE, 5 YRS. MIN., AGE, SEX, REGISTRATION FEE, SPECIAL OLYMPICS, HIGH SCHOOL, ADULTS, SIGNATURE/PARENTS SIGNATURE/FINDER 18, DATE.

Table with 2 columns: Name and Weight. Includes entries like Scott Rowe, Doug Koch, Doug Koch, etc.

Table with 2 columns: Name and Weight. Includes entries like Steve Rogers, Mark Harrison, Power Curl, etc.

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As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Table with 2 columns: Name and Weight. Includes entries like AWPC Worlds PL/BP, 10-12 OCT 03 - Marietta, GA, Bench Men, etc.

Table with 2 columns: Name and Weight. Includes entries like Steve Rogers, Mark Harrison, Power Curl, etc.

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Memberships were held in Marietta, Georgia, USA on October 10, 11, and 12, 2003 in the spacious Grand Ball Room of the Holiday Inn. On Saturday, officials sponsored a lifters and family banquet which was a great way to share new ideas and workout techniques. The competition was intensely heated during the day, the cool evenings offered a relaxed atmosphere. During this time, all who attended shared a...

American Powerlifting Committee (APC) www.americanpowerliftingcommittee.com Bogart, Ga. 30622 P O Box 40

Qualification/Membership: As a condition of membership in UAPC, I agree to abide by all rules, regulations and timing procedures of UAPC. I further agree that the rules, regulations and timing procedures of UAPC are subject to change without notice and that I understand and agree to accept the results of the competition as final. I understand that the results of the competition are subject to appeal to the UAPC National Championships. I further agree that I understand and agree to accept the results of the competition as final. I understand that the results of the competition are subject to appeal to the UAPC National Championships. I further agree that I understand and agree to accept the results of the competition as final.

UAPC Registration Form with fields for Name, Address, City, State, Zip Code, Phone, E-Mail, Date, Parent Initials, and checkboxes for membership status and dues payment.

Membership Prices: (please circle all that apply) • Adult: \$30.00 • High School Division (full year, any meet): \$15.00 • Special Olympian \$10.00 • Youth: \$10.00 • Team (14-19 yrs.): \$10.00 • Masters (40 yrs & up): \$10.00 • Military: \$10.00

Ballintown County Halloween Havoc 18 OCT 03 - Shepherdsville, KY. Results for various weight classes in the 70kg, 80kg, and 90kg categories, listing names like Bryan MacDonald and scores.

Heinz Buhl of Austria showed exceptional strength with his 202.5kg squat and 147.5kg bench. He followed this up with a 272.5kg total. Other lifters mentioned include Bob Weber and Tracie Stark.

Bob Weber of the IronDawg team came in blazing in the 125kg class with a world record squat of 272.5kg and a world record total of 770kg. He also set a world record bench of 213kg.

Tracie Stark continued to amaze everyone with her 190kg world record squat and 127.5kg bench. She finished with a world record total of 317.5kg. Other lifters mentioned include Mark Vickers and Baron Jarostaw.

Baron Jarostaw with a 275kg squat, 170kg bench, and 445kg total. Steve Farhurst with a 210kg squat and 140kg bench. Tracie Stark with a 190kg squat and 127.5kg bench.

Steve Farhurst with a 210kg squat and 140kg bench. Tracie Stark with a 190kg squat and 127.5kg bench. Baron Jarostaw with a 275kg squat, 170kg bench, and 445kg total.



Bryan MacDonald (center) received his Best Lifter award from co-promoters of the Ballintown County YMCA Halloween Havoc Bench Press Meet, Keith Griffice and Brenta Tomlinson. (photograph was provided by K. Griffice)

Mark Vickers of Bogart, Georgia led the way in the 110kg class with a 240kg squat, followed by a 190kg world record squat and 127.5kg bench. She finished with a world record total of 317.5kg.

Baron Jarostaw with a 275kg squat, 170kg bench, and 445kg total. Steve Farhurst with a 210kg squat and 140kg bench. Tracie Stark with a 190kg squat and 127.5kg bench.

Steve Farhurst with a 210kg squat and 140kg bench. Tracie Stark with a 190kg squat and 127.5kg bench. Baron Jarostaw with a 275kg squat, 170kg bench, and 445kg total.

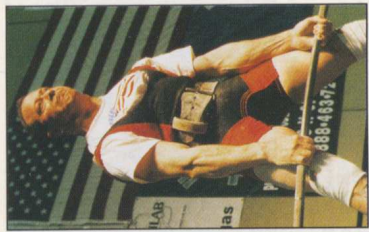
Baron Jarostaw with a 275kg squat, 170kg bench, and 445kg total. Steve Farhurst with a 210kg squat and 140kg bench. Tracie Stark with a 190kg squat and 127.5kg bench.

Large advertisement for Drjudd.net featuring the 'The Art of Being Human' book, 'SUPER ABS' supplement, and 'BENCH PRESS TRAINING' book. Includes contact information for World Class Enterprises.





3 are all World Class lifters. Duane Travis was 3rd with 672. Leamon Woodley of WA was 2nd with a SR 688, and the WC was Tom Eisman of NJ with a huge WR 710 to beat Tony Caprari's WR by 5. Tom is 49 years old and has done 782 in his prime and at his HI WR Breakers Meet he had 800 over his knees on two occasions. He's an old deadline gunslinger who surprised a few people. At 198 there were 10. In 8th place was Matt Ball of IL with a SR 556. In 6th place was Sean Olsen of UT with a SR 578. In 4th place was Anders Wahlund of Sweden with 628. Ernie Mil-Homens of Canada was 3rd with 639. Jeff Ray of AL was 2nd with 655, 6 shy of the SR, Tony Caprari, who holds the WR at 766, hit a 705 on an opener to win. At 220 there were 11 and the quality was excellent. In 5th was Christopher Bogart with a CA SR 672. In 4th was Nicklas Friberg of Sweden with 683. Willy McCoy of NE was 3rd with 710. George Her-ring of GA was 2nd with a 750, which was a Master WR, and the WC was Brandon Cass of MO who did a 771. His WR is 782. This was on the 6th day and the stage had taken a beating with about 1600 attempts and it seemed to affect Brandon



Tom Eisman ... still pulling big.

a SR 293 to win the Worlds. In Master 85+ at 148, Jack Heitzman set a WR with 143 in his first deadline meet ever. At 181, Steven Montrose set a WR with 176. These guys are truly an inspiration. Jack took his shirt off and gave a posing demonstration. He has the body of a 60 year old. In Master 80-84 at 165, Robert Stephen of Wisconsin, who will be 83 in March, set a very impressive WR with 353! At 181, Dr. Donald Dreyer who is 82 and is still a practicing physician shows his patients a picture of him doing a LA. State deadline of 214. They are speechless. At 198 Edwin Free of TN pulled 220 at age 81.

In Open men deadline at 132 in 2nd was Juan Carlos Monoz of Guatemala with a 363 and the WC was Richard Hawthorne of MS who pulled an astounding 580 weighing 125! At 148, Chris Balanga of CA set a SR 501, and the WC was Dean Kaneshiro of HI with a SR 552. At 165, Josk Kuklak of IN set a SR 518 to finish 7th. In 6th place Marchand Fleming of OK set a SR 551. Jeremy Benezara of WA set a personal record of 556 to finish 5th. Monty Hokoana of HI hauled in 573 - 11 shy of his best - to finish 4th. Monty holds the Sweden was 5th with 540. The top

WC ships with a SR 534, only 7 from John Herben's WR. At 220, Robert Andre of North Dakota tied his SR of 479 to win the Gold. That was his 3rd World Title in a row. At 259, Jimmy Duckett of OK set a WR 418 - the 6th WR for him in the last 2 years. At 308, Manuel Herrera of UT set a SR 501, and the WC was Robert O. Smith of Canada broke his WR with 540 to win the Gold and force Manny into Silver. Manny told me he will get the record back by the Summer.

In Master Men 68-74 at 148, Robert Carter at age 73 pulled an unbelievable WR of 493!! At 220, Wilbert Kaimaka of HI set a SR of 369 and the WC was George Blue in 6th with 481 WR on a 3rd and another WR 501 on a 4th. George is 70.

In Master Men Deadline 75-79 at 148, Arthur Whinston, a practicing athlete, was 2nd with 110. Floyd Clifford of UT set a WR of 330 to win the Gold. Floyd is 78. His old WR was a SR of 183. In 2nd was the WR Holder Jim Schall of WA who did Garcia of Guatemala was the WC with the same weight, but he was lighter. At 181, Bill Grubbs of HI set

WHITACKER, A. 320 385 540 1445  
ROSS, J. 450 315 500 1265  
MELANCON, 450 305 475 1230  
MELTON, J. 450 315 500 1265  
BOWMAN, C. 410 225 470 1160  
OWENS, C. 415 260 435 1110  
SARVER, C. 375 265 420 1060  
SCALFANO, J. 345 240 375 960  
MCFFEE, D. 335 435  
FRKAS, A.  
DIALK, 490 365 520 1375  
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CARSON, R. 410 235 455 1070  
CARSE, N. 335 250 460 1040  
NICHOLSON, J. 335 250 460 1040  
MILLER, S. 425 325 630 1520  
ARNOLD, S. 550 350 635 1520  
HOLMES, B. 540 280 585 1405  
COLE, J. 550 300 510 1360  
JARRAU, J. 560 280 505 1345  
LARRICK, B. 470 315 500 1290  
LAWRENCE, M. 470 315 500 1290  
BERSHELL, M. 500 225 500 1225  
WHITE, D. 505 225 500 1225  
DUSSORY, B. 450 300 465 1215  
ELLIOT, P. 425 250 460 1135  
BERTRAND, J. 365 340 425 1100  
BELL, S. 425 300 460 1135  
ROULETTE, S. 340 225 450 1015  
CLAY, J. 475 300 455 1230  
242.  
KOSEROG, C. 525 335 600 1460  
BIZETTE, B. 480 335 490 1305  
WARRICK, J. 410 280 460 1150  
WALP, M. 410 280 460 1150  
HALPHEN, T. 405 285 455 1145  
MARDIS, J.  
275.  
CRESSIONNE 465 340 480 1285  
WAINWRIGHT 450 325 450 1224  
SHW  
SHARON, D. 660 420 550 1630  
SHW  
VAN, J. 570 365 530 1465  
WAMS: 535 405 500 1420  
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|----------------------|--------------|------------------|
| 97                   | BURNETT, E.  | 140 75 180 395   |
| 165                  | TIEMANN, D.  | 280 135 285 700  |
| 160                  | BERTRAM, A.  | 100 100 215 475  |
| 135                  | FORD, K.     | 135 235 235 605  |
| 380                  | SANDERS, A.  | 185 390 955      |
| 355                  | PICOU, L.    | 165 360 880      |
| 325                  | RICHARDSON   | 125 90 255 470   |
| 350                  | LOUER, K.    | 325 340 915      |
| 325                  | SHAW         | 325 335 895      |
| 400                  | JOHNSON, J.  | 270 390 1060     |
| 415                  | ESPERICUETA  | 200 345 960      |
| 320                  | CALHOUN, P.  | 320 210 300 830  |
| 300                  | GIBBENS, M.  | 270 175 340 785  |
| 510                  | LEE, B.      | 510 350 500 1360 |
| 440                  | BROOKS, B.   | 440 280 505 1225 |
| 275                  | BARBER, M.   | 275 215 400 890  |
| 260                  | GRANGER, J.  | 460 275 485 1220 |
| 410                  | FORET, S.    | 470 220 425 1115 |
| 435                  | DUNSON, J.   | 435 235 400 1000 |
| 375                  | OLCIVARY     | 375 290 425 1090 |
| 335                  | MELANCON, S. | 335 210 400 920  |
| 365                  | HOWARD, E.   | 335 170 370 875  |

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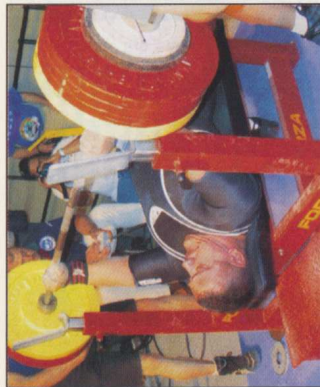
(article continued from page 12)

a CO Record, 358. Paul Silva of AR was set with a SR 391. Ray Hickman of OR was 3rd with 429. In Master Men 75-79, at 165, Robert Formacion won the Worlds with a CA SR 220 and Enrique Garcia of Guatemala was 2nd with CA Set a SR 270 to win. He's only 22 lbs. off Sonny Ronolo's WR, the highest coefficient ever for a bench.

At 220, Eugene Mirandani put up a 236 for the title. In Master Men 80+, Jack Heizenman put up 176 at 148 for the title, 5 off his WR. In open men, Gerardo Memro Jaramillo of Ecuador won at 114 with 275. At 132, Kevin Uten (who back in August broke Greg Watt's WR with 425) had to settle for 413 to win the Worlds. James Lore of GA was 2nd with a SR 314, 6th with a SR 308. In 4th was Michael Santiago of NJ with a SR 369. In 5th was Naime Mansouran with 369, but he was lighter. In 2nd Tom of HI who put up 424. His WR was 435, but along came Darren Matsumoto, who had a 490 and set a WR 628 for the World Title. At 242 he weighed 534 without a shirt. Bob Curon was in 4th with 545, close to a NC Record. In 3rd was Russell Kitani, who has done triple bodyweight. At 165 above were 9. Tom Cenetch was 9th with

### Jim Schermehorn... very impressive, big time benching.

respectable 573. In 2nd was Frank Wakakawa with a HI SR 622 and the WC was Jason Jackson who did an incredible 672. WR. At 259, Thomas Kesting of TN was 8th with a SR 468. Patrick Holloway of AZ was 7th with a SR 485. Mike Camlin of WA was 5th with a SR 529 and Paul Vargo was the WC with a WR 586. Mike Castello of HI was very close twice with 585 and 586. At 275, there were 6. Darren Thompson of ID was 4th with a SR 578. In 5th Erickson was 3rd with an OR SR 606 and 633 on a 4th. Nils Sjodin of Sweden was 2nd with 606



### and Jeff Peshek of OH was the WC with a SR 622.

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In Special Olympians, Greg Gibson of TN bent Ceglia of 3 to win out of a field of 3 with 264. At 198, Nick Ceglia also beat out a field of 3 with a very impressive 440. At 242, Brady Tanner of Kansas pulled a 407 to win the Worlds. In Submaster Men at 148, Mitchell Thomas of HI was 3rd with 292. Michael Haynes of UT was 2nd with a SR 473 and Todd Eggers of Kansas was the WC with a WR 518. At 165, Richard Anderson of AL was 2nd with a SR 385. Monte Hokosano of HI was the WC with a SR 573. At 181, Kenny Reine of UT won the WCship with a SR 540. At 198, Todd Smith of Wisconsin set a 2nd with 573 and Jeff Peay of AL won the Worlds with 655. At 220, Justin Mendoza of AZ was 2nd with U.S. SR 501 and Bobby Aoyagi won the U.S. SR 511. At 242, David Bly of UT was 2nd with a SR 606 and Tom Thoma of WA was 3rd with a SR 633. At 259, Victor Shubert of CA was 4th with a SR 684. In 5th, Lance Davis of HI set a SR 699. In 6th, Shane Veer of UT set a SR 691. At 308, Mark Phillips of TN won over Res Gaudes Jr. of HI with 644 to give Mark probably the best picture of a hero/breaker to Chuck Breston who was part of a hero/breaker Mark. He's sitting on a motorcycle with a shou on and the picture reminds me of a cross between Sonny Barger of The Hells Angels and Sarah Claus. The movie Bad Santa, Chuck was the ultimate bad Santa, if you crossed him, but he was one of the nicest guys I ever met. He could eat and drink with the best of them and was a party unto himself. I miss him, but the picture I gave Mark will be treasured I'm sure. Chuck came

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### Randomlyn Nohara she's only 14!

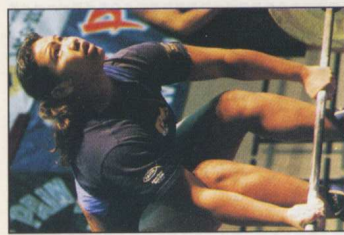
to one of my Hawaii World Record Breaker meets. I was short on help and he helped me sell tickets. One time Kristy McNichol of the TV Sports "Empty Nest" wanted free tickets - Chuck told her to go to hell. She came to me crying, so I told her to like a bear caught in a steel trap. I think everybody in the field heard him. He said, "I can't say the word 'how much do you make a week?'" She wouldn't answer. I said she wouldn't answer. Finally, she said \$125,000 a week, but my business manager invented poorly. Chuck says, "I tell you what I'll do, if you sell tickets for me for 1/2 hour, you can have two free tickets." Kristy McNichol agreed. She got behind the booth and Chuck told her "Don't sign any damn autographs either." She said as she started to walk away, "Where are you going?" Chuck said, "I'm going to have a couple of beers and think about how much trouble I could get into if I made \$125,000 a week!" Back to the lifting. At 114, the submaster super Dean Munsey, who has the best physique of any lifter I ever saw, set an OR SR 705 to win. Dean has competed in Powerlifting and squats 800 and has done very well in strongman contests. In teenage men 13-15, 114, Sarkis Karapetian of UT set a WR 369 to win. At 123, Sandesh Pajkurel of UT set a SR 277 to win the Worlds. At 132, Shane Veer of UT set a SR 277 to win the Worlds. At 132, Shane Veer of UT set a SR 277 to win the Worlds. At 132, Shane Veer of UT set a SR 277 to win the Worlds. At 132, Shane Veer of UT set a SR 277 to win the Worlds.

ledging effort on 551, but he was edged out by Derek Chiodo of MN who set a SR 556 to win gold and to become, along with Kyle, the only brothers in the meet to both win a World Title. At 181, Jason Perez of TX was 3rd with 490, a SR. Curtis Watson of MI was 2nd with 507 and the WC was Daniel Winslow of ID who set a SR 523. At 198, there were 6, but none were a match for Steven Herman of MI who pulled a WR 628 to beat Phil Davis record. David Rodgers of TX was in 2nd, more than 100 lbs. behind. At 220, John Ashley Roberts set an OR Record of 540 to win. Mike Prothman of WA was 2nd with a SR 457. At 242, Jim Pritchett of NV was 2nd with a SR 457 and the WC was Brandon Hutter with a SR 573. At 259, Charlie Proctor did his WR of 457, but did win the World Title with 440. At 308, Nick Heppner pulled huge with a WR 666. Nick holds the 13-15 WRs in both 242 and 275 with 534 and 523 respectively. At Super, Joshua Burgess won unopposed with 424. The WR is 501.

Now moving on to the female deadlifts. In Junior Women at 105, Alexandra Vallejo of CA set a SR with 281 to gain the Gold. At 114, Danna Snow edged Lynda Christpher 264 to 259. At 123, Jill Yamashita of UT pulled a 336 UT SR with beauty and flair, but she was no match for Carol Myers who pulled a WR 414 to beat Valerie Tyree's old Record of 413, a very impressive and no record. At 132, there were 5 and no records. Aline Brisbane of the Pacific Athletic Club was the World Champ with 341, to easily top the Worlds with 407. Her best is 413. At 165, there were 5, in 3rd was Carol Ann Myers of FL with a SR 363. In 2nd was a very athletic and fit looking Candy Weber of TN who set a SR 380 and the WC was Lynn Schubert of HI (she's the PhD). Susan Addison of FL, who has put on 90 lbs. on her deadlift a year ago, led off with a WR 440 at age 47. In 1984, Brock Bouring pulled 414 SR, but he's back. Brock pulled 424 SR to upset Brooke, who was favored to win. In Women's master 40-46, 97, Sandra Stomers pulled a WR 188 to complement her boyfriend George Herrington's WR. At 105, Denise Herrington of CA pulled 248 to take the Worlds. She's the current WR Holder with 260. At 114, Linda Christopherson pulled a CA SR 347 to win and pull within 17 of the WR of 364 set by Susan Gal. At 165, Carol Ann set a CA SR that was broken by Aline Brisbane who did 341 to become World Champ. Jill Deuser was 2nd with 314 and Leticia was 3rd because her 330 was a 4th attempt. At 148, there were 4 contestants and no SRs. Suzanne Heitman won with 325. At 165, Candy Weber of TN pulled a hard fought WR 380. At 181, Pamela Michaels Oleson of WA came in 4th with a SR 259. Alicia Valenzuela of Guatemala was 3rd with 286. The WC was Annette Sozzi Dangel with

In Teen Women 13-15, 123, Juliana Van Kolck set a WR with 231. At 132, Kristy Brown set a CA SR 242. At 165, Nikki Williams, coached by George Herrington, set a WR 289. Nikki and her mother Cheryl are the only mother/daughter team in lifting to set WRs in the same meet. At 198, 14 yr. old Randomlyn Nohara of HI set a WR 363, weighing 6, but none were a match for Steven Herman of MI who pulled a WR 628 to beat Phil Davis record. David Rodgers of TX was in 2nd, more than 100 lbs. behind. At 220, John Ashley Roberts set an OR Record of 540 to win. Mike Prothman of WA was 2nd with a SR 457. At 242, Jim Pritchett of NV was 2nd with a SR 457 and the WC was Brandon Hutter with a SR 573. At 259, Charlie Proctor did his WR of 457, but did win the World Title with 440. At 308, Nick Heppner pulled huge with a WR 666. Nick holds the 13-15 WRs in both 242 and 275 with 534 and 523 respectively. At Super, Joshua Burgess won unopposed with 424. The WR is 501.

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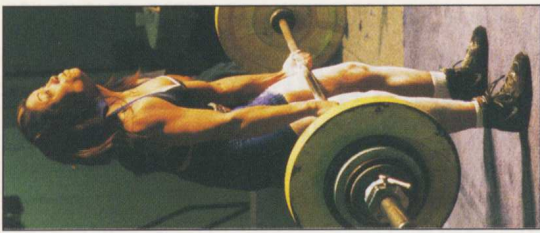
7th Annual WABDL 2000 WB/DL  
9-14 DEC 03 - Las Vegas, NV

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| 275 | Ron Hood        | 545 Keith Kanemoto | 473 Wendell Omura  | 473 Ron Hood     |
| 276 | Bruce Sabbin    | 424 Tony Leach     | 488 Don Ryan       | 474 Joe Guera    |
| 277 | Paul/Fran       | 404 Robert Trumbly | 440 Larry Wood     | 475 Paul/Fran    |
| 278 | Law/Fire Master | 881 Webb           | 368 Robert Trumbly | 476 Tom Carr     |
| 279 | Women 40-47     | 132 Randall Griggs | 429 Richard Hunt   | 477 Steve Ramsey |
| 280 | Women 40-47     | 132 Randall Griggs | 429 Richard Hunt   | 477 Steve Ramsey |
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| 259 | Bud Davis     | 275 Tena M13-15 | 259 Jessica Miller | 259 Lynn Hunter     |
| 260 | Brandon Cass  | 771 Tena M13-15 | 260 Kelly Hunter   | 260 Karla Liska     |
| 261 | Tom Ekenberg  | 651 Dan Tubridy | 261 Keoki Alona    | 261 Lisa Balistrini |
| 262 | M16-67        | Ben Mathison    | 262 Alene Brisbane | 262 Alan Briskman   |
| 263 | Matt Crosby   | 448 259         | 263 Gina Gondotti  | 263 Jennie West     |
| 264 | Eric Kruch    | 644 448         | 264 Victoria Reese | 264 Victoria Reese  |
| 265 | Mike Collins  | 749 181         | 265 Aaron Glavin   | 265 Aaron Glavin    |
| 266 | Phil Adams    | 755 181         | 266 Tim Armstrong  | 266 Tim Armstrong   |
| 267 | Tim Armstrong | 755 181         | 267 Carol Myers    | 267 Carol Myers     |
| 268 | Tim Armstrong | 755 181         | 268 Carol Myers    | 268 Carol Myers     |
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Jill Yamashita ... excellent form.

driving and he put in 170 hours of leading, unloading equipment, errands and he was my chief on the platform. He spotted-loaded for the full 78 hours that the most lasted. Chris Erhardt took a week off from his job to scorekeep. MC, and to do gear check in the weight-in room. He has supported WABDL and me for the last 9 years. He also benched 501 as a teenager and was an all-conference football player in high school. Jocelyn Lombard took a week off from her job. Her leg is still banged up from a motorcycle accident. She came all the way from HI and worked the computer for the screen in the warm-up room. She's a very nice, extremely willing to help lady. She was always helpful in passing out the trophies. Mike Saito, my HI State Chairman checked gear in the weight-in room, and he is also an excellent judge. He has benched 690 at 181 as well. Dr. Don Bell from Aberdeen, WA was the MC Thursday, Friday, & Saturday, and did a great job. Brent Bishop came from Gadsden, AL, and shared computer duties with Jocelyn Konolo and did some scorekeeping and helped out where he was needed. PE's very helpful in bringing into weights to our mats in the Southstate. Dr. Mark Webber is the drug control officer. Christine Carr of HI, was the photographer. Bill in HI, was the photographer. Carol Whelan, Terese Pflieger, Angela Whelan, Jimmy Madden, Laura Lee, Conzole helped sell tickets and T-Shirts. Jenny Madden was very helpful in selling tickets of Bill who he benched 674 lifts. Gary & Elva were asked to laminate Woods of So. Carolina and Bill DeLoach of Dallas sold tickets and t-shirts on the 1st day and did an excellent job. Ron Proctor of

GA, who wasn't even on the staff, volunteered to help in the weigh-in room and was excellent. Christie Hansen did a great job as always in the weigh-in room and at the scorers table. Mike Desrosiers of AZ and Dave Freeland of Sacramento helped in the weigh-in room and Dave also judged. Rick Hagedorn of AL, was very helpful in the weigh-in room and is a very competent judge. Some of the other judges who went above and beyond the call of duty were Russ Lewis, of Modesto, CA, Jody Woods of Sacramento (who puts on two great meets a year in Sacramento that get over 120 lifters), Mike Scott of Maine (he has judged for me since 1978), Ken Anderson (the WABDL Chairman for TX), Jim Snodgrass of Dallas (who is on the WABDL Board of Directors), Terry Luethers, the OR State Chairman was the head deadlift judge all 6 days and is the fastest judge in the West for getting the bar loaded as well as being very knowledgeable about the Iron Game. Chad Drechsel of UT, Donna Dellere of Seattle (who has been judging for me since 1985, always very professional, and usually the head bench judge), Gus Warrington of Portland, Larry Benner of Hoquiam, WA, Ted Feght of MI (who also did a great job in the weigh-in room) and is becoming a very good judge), Sam Pechtol (who has judged for me since 1986), Charles Phillips from AL (who helped in the weigh-in room). Other spotters who were very helpful were Keagan Koch, Andy Harding and Mike Grows from Bend, OR, Portland, OR, and Salinas, CA respectively.

I want to thank our sponsors Robert Walker and Twinnab, Wes Kampen and Michelle Kampen of Powerlifting Superstore and Wonsler Muscle Magazine, Rick Brewer of House of Pain, Tom, Manno and Doug Wyatt of Symbiotics, Johnny and Ken Anderson of Advocate, Lambert of Powerlifting USA, Sean Madere of GLC Direct, Laura Lee Grizzle of High Cascade Strength Enterprises, Jim Starr, Neal Spruce and Gidd Haugen of Apex, Strongly USA of Porza benches were used on the main platform and the warm-up room), Doug and Karin Klein of Kams Extreme Powerwear, Steve Lyman of Metro Mirabilia, Andy Eschall with WABDL with two kilo sets, York is a lifters on the mats), Jim Cunningham of WIN/Con-struction of Christine Goronov of Names Design, the official photographer and she also taped the

meet. Her number is 808-780-2571 if you want pictures or a tape of the meet. Camella Luprete who had a booth and sells great lifting shoes. Joe Fernandez who provided warm up weights and a bench and Jim Snodgrass and AG Edwards Investments Co.

We also had two guest lifters, Ryan Kennedy, who I still think is the strongest bencher in the World all things being equal, benched 804 and was very close with 821. He was overtrained and made the mistake of going to a meet in ID 3 weeks before Vegas and he was still recovering. If he doesn't go to ID, he gets 821 weighing 299. Jerri Lynn Lippert was the female guest lifter and weighing 140 benched 374 but couldn't make her attempts at 400.

Including the internet there were 3,000 room nights booked at the Riviera. There were 130 world records set, and 627 state records, national, and world record certificates for all the successful lifts that took place. I want to thank with true appreciation all the lifters who sacrificed to support WABDL. Any time a lifter travels to any of WABDL's lifts, job, money spent traveling, and money spent on vitamins, protein, creatine, lifting suits, shirts, knee wraps, wrist wraps, groove knives, erector spurs, lifting belts and all the time spent in the gym. My sincere goal is that I make my meets so that all you do is worth it.



Brandon Cass ... wanted an 800 deadlift.

from Hungary, Laszlo Meszaros World Champ from the U.S. Horace Lane had returned. Three lift Benched Press World Record holder Scott Lade from America showed up to show off his single lift talents. Last year's Silver and Bronze medalists had returned as well. The top seven all got their openers, all of which were over 600 lbs. Meszaros was in the lead with 661, followed closely by Lane at 655, and Dariusz Mirowski, from Poland, was in 3rd with 650. Lade, the best squatter of the bunch, was right there in 4th at 639 lbs. Unfortunately for Lade there were no squats this day and he was a little off, missing his next two lifts. He did give 677 lbs. on his third lift a good effort, but settled for 6th. The light battle continued into the second attempts. The top three all broke the World Record. Mirowski benched 672 lbs. with Lane and Meszaros best at 677 lbs. It all came down to the third attempt. Mirowski tried 694 lbs. but failed and ended with the Bronze. Meszaros got three white lights for his bench of 699 lbs. adding to his World Record. Lane, who weighed more, was forced to try the first attempt over 700 lbs. of the meet. He got it within inches of lockout and then it stalled, leaving him with the Silver and the Hungarian with the Gold.

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Dennis Cleri's proud mother who was able to see him

checkbook under-

wear at the disco. Best

posing - Miguel Rubian

for his shirtless body-

building pose down

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his 694. No one in this class should be disappointed with their finish, considering that the top 6 lifted enough to win any of the last 5 World Championships. Awards: The American Women had their best finish ever: With two gold, two silver, one bronze and a 4th, they finished 2nd only 3 points behind the Russians. The men did not fare as well, only coming home with 5th place, with no gold, one silver, and three bronze. Althaus took best lifter for the women and the men. Meszaros got the honors for the men. Best of's - Best rookie - Joe Smith who took Bronze in his first IPF Worlds. Best memory - Horace Lane who didn't bring his passport to the airport. Best quote - Scott Lade who called Christy Newman "a sexy pec adjusting beast." Best warm-ups - Deb Ferrell who had to continue to warm-up between attempts. Best hip check - Jennifer Thompson who took down Joe McAlliff in a butt bumping competition at the bar. Best visual - Dennis Cleri's proud mother who was able to see him

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275 Medalists from left, Horace Lane, Laszlo Meszaros, Dariusz Mirowski.

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Danning going to the

a WR 358. At 198, Kelll Sandoval set a SR 352 to take home all the marbles. At 198+, Nancy Edelson of FL set a very impressive WR 413.

In Master Women 47-53 at 114, Carolyn Schwarz, coached by Matt LaMarque, pulled a large WR 286. At 123, Carol Myers, coached by Joe Head of Headquarters Fitness, pulled big time with 414 at 122 at age 47, a huge coefficient and, of course, a WR. At 132, Patty Pendergrass held the WR with 330 SR and 275 and then K.C. Inlow of CA and Patti Emenh of AL took over. K.C. pulled a WR 348 on a 4th to beat Patti who had pulled 347 on a 3rd for WR. Then Patti came back and pulled 349 to end up with the WR and the WCSHP. At 165, Jane Hemmer of CA set a SR 264 to win Gold. At 181, Jane Pope was 2nd with 259 and Marilyn Lewis of WA Hechathorne's SR to win Gold with 308. At 198, Kathy Cash of OR was 2nd with a SR 292, but Susan Adkinson was overwhelming with a WR 440, her 2nd WR of the contest - the other one being in open. At 198+, Sue Vateriaus of CA set a SR 253 for 2nd place and Margie Huston of WA won the World Title with a SR 276.

In Master Women 54-60 114, Heidi Rodriguez of Guatemala set a WR 231. At 148, Claire Ashion Hechthorn set a ID SR to finish 2nd with 275. Claire is a personal trainer and she has run for political office. Barbara Anderson was the World Champ with 292, about 22 from Gail Olmick's WR. At 165, Mary Louise Coffey set a LA Record to win. At 198, Karen Polansky pulled a very impressive 380 at age 57! At 198+, Della Chignell set a CA SR to win Gold.

In Master 61-67 148, Sue Clark of TX, coached by the great John Tyree, pulled a TX SR 242. In Master Women 68-74 165, Daisy Chase of TN pulled a WR 170 and Melicent Whinston of OR set a WR at age 77 at 132 with 130. She is the most fit and active 77 year old woman ever. I can't thank my staff enough. This event had numerous unexpected obstacles to deal with. My truck was broken into, my fiancée's mother had a heart attack due to diverticulitis on Tuesday night, and we were both in the Desert Springs Hospital until 4:30 am on Wednesday - no sleep period averaged 3 hours of sleep a night for ten nights. Was in Vegas from December 5 to December 15. My staff went behind me the whole time. Elna Thomas of HI, who was my 15th man December 5, the 15th Vega to participate at 130 hours stuffing packets and inpatient and outpatient. There was also 130 hours staff. There was also 130 hours stuffing packets and conducting weighing (42 hours worth of actual weighing) and then the numerous hours of inputting 674 lifters. Gary & Elva drove from Bend, OR - 4 days on the road and 30 hours of driving. James Parth, my right hand man, drove from Portland, OR - 35 hours of

# USA POWERLIFTING CORNER

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Vice President: Johnny  
Graham  
Email: jtruck52@hotmail.com

### President's Message:

This is my first message of the

New Year. As we look back, and plan for the future, several things stand out for me. Probably the most significant to me is that in order for our sport to survive, we must change the perception that we are "out of control" lunatics who spend as much time downing each other as lifting.

The powerlifting community is very small, even if you consider all federations and approaches. For us to spend all our energies insulting each other only wastes the effort needed to grow and to attract new members to our great sport.

I am also struck by how little media exposure we get when compared to some of the newer sports. Perhaps this is because we have little direct input by sponsors who manufacture equipment. We are a very small market. However, there are some truly outstanding individuals in powerlifting, and the public

would love to get to know them if the opportunity existed. We must create those opportunities.

### Drug Testing:

USAPL has closed the year in terms of compiling drug testing statistics. We did 783 total drug tests. Of these, 56 were Out of Competition tests. There were 12 positives, all for anabolic steroids. There was one failure in international competition for ephedrine. One test is pending appeal.

Over the coming year, USAPL will increase the percentage of OCT tests. Our target is in the neighborhood of 150 tests, and all members of World Teams being tested out of meet.

In order to assure that USAPL athletes continue to represent the highest drug-free standards in competition, we will continue to develop this program.

### Training Camps:

There have been a number of USAPL training camps over the past few months, and the preliminary report is positive. Each has had a slightly different approach. Johnny Graham offered a seminar for high school coaches. With the support of the Killen Chamber of Commerce and the City of Killen, approximately 30 coaches and athletes representatives of their high school programs received information on training, contest organization, and competition possibilities. Johnny is also spending a week in Belgium teaching a seminar for the US Army, Europe on coaching, training and contest preparation. There will be a referees training seminar and exam, and the week will close with a powerlifting meet. Paul Fletcher put on a half day seminar for new lifters in Baton Rouge, Louisiana. Jennifer (Maile), Ivan Ribic, and I hosted a three-day training camp in Spokane, Washington for a mix of lifters from international competitor to novice.

These efforts are representative of what can be done to open our sport to others. "Hands on" approaches diminish the apprehension that some may feel jumping in to their first meet. The chance to foster positive interactions between our accomplished lifters and coaches and those out in the powerlifting community can only be positive. Please consider hosting an event like this.

### Top 20:

This month, we switch to the 2003 list. As you will recall, our previous two top 20's have included

|                     |     |     |     |      |
|---------------------|-----|-----|-----|------|
| Women 114           | 364 | 215 | 386 | 915  |
| Jenn Maille         | 364 | 215 | 369 | 948  |
| Sxioux Hartwig      | 336 | 198 | 380 | 871  |
| Ashley Awall        | 320 | 185 | 325 | 830  |
| Jennie Holler       | 303 | 160 | 353 | 810  |
| Deb Nogle           | 254 | 143 | 303 | 706  |
| Carly Noggle        | 248 | 143 | 303 | 694  |
| Stephanie Nick      | 240 | 175 | 265 | 680  |
| Maura Shuttlesworth | 240 | 175 | 265 | 680  |
| Lauren Houle        | 270 | 116 | 287 | 672  |
| Stephanie Rodriguez | 243 | 143 | 281 | 667  |
| Donna McBurney      | 225 | 155 | 208 | 660  |
| Desirae Arellano    | 210 | 135 | 315 | 660  |
| Brandy Wigginspack  | 248 | 110 | 281 | 639  |
| Jessica Stewart     | 215 | 132 | 270 | 617  |
| Donna McBurney      | 210 | 140 | 265 | 617  |
| Rachel Pittman      | 215 | 127 | 270 | 612  |
| Crystal Hays        | 240 | 120 | 245 | 605  |
| Emily Demmers       | 231 | 121 | 226 | 578  |
| Abigail Scudder     | 160 | 110 | 298 | 568  |
| Barb Zimsmaster     | 210 | 88  | 270 | 568  |
| Men 132             |     |     |     |      |
| Hennis Washington   | 546 | 320 | 513 | 1378 |
| Marcus Williams     | 530 | 255 | 580 | 1365 |
| Trey Cunningham     | 502 | 287 | 507 | 1295 |
| Micah Kileitico     | 474 | 303 | 496 | 1273 |
| Jamal Reeves        | 485 | 265 | 445 | 1195 |
| Vincent Niedolliwka | 413 | 298 | 468 | 1179 |
| Ralph Caputo        | 402 | 243 | 474 | 1119 |
| Tim Smith           | 424 | 243 | 441 | 1108 |
| John Corsello       | 380 | 287 | 413 | 1080 |
| Sean Olinger        | 435 | 209 | 435 | 1079 |
| John Bissen         | 397 | 204 | 463 | 1064 |
| Tim Smith           | 400 | 225 | 435 | 1060 |
| Spencer Myers       | 355 | 255 | 430 | 1040 |
| Aaron Phillips      | 397 | 231 | 408 | 1036 |
| Thomas Dirrenzo     | 342 | 248 | 441 | 1031 |
| John Hunn           | 353 | 243 | 430 | 1025 |
| Aaron Phillips      | 375 | 226 | 408 | 1009 |
| Danny Jones         | 360 | 260 | 385 | 1005 |
| Kevin Jones         | 397 | 248 | 358 | 1003 |
| Scott Richey        | 391 | 204 | 408 | 1003 |

information from 2002. Over the next 12 months, the top 20 lifters in each weight class will be highlighted, starting with the Women's 52 kg. class, and the Men's 60 kg. class. Please search our data base in Powerlines for a complete listing results that you may sort by age, weight class, lift and location (<http://www.usapowerlifting.com/newsletter/16/results/results.html>).

### Master's Nationals:

The USAPL Master's Nationals will be held in Denver April 30, May 1 and 2. Please consider attending, as it promised to be one of the largest in our history. To qualify to lift, you must post a total in a USAPL meet. Jump in and rub shoulders with many current and former IPF World Champions.

### Women's World Championships:

The 25th IFF Women's World Championships will be held in Cahors, France the 2nd to the 6th of June. Cahors is in the Bordeaux region of southern France, and promises to be a scenic venue and nice location. The U.S. women received the Team Silver Medal in Chicago last year, and hope to continue to their streak.

### USAPL Club Information:

As part of our continuing effort to encourage USAPL lifters to get together when they are traveling, another example of our club membership:

ASH Powerlifting,  
61 Ragan Dr., Alexandria, LA  
71303, Steven Michaels, (318)  
448-1647

Team Fitness,  
1800 Garrett Way #19,  
Pocatello, ID 83201, Bill Davis,  
(208) 233-8035

Power Plant,  
N1884 Hale Rd., Peshigo, WI  
54157, Scott Schoen, (715) 582-0766

WSSB Lions  
2214 E. 13th St., Vancouver, WA  
98661, Robb Peck, (360) 696-6321

# U.S.A.P.L. CORNER

ANPPC Nationals Powerlifting  
25 OCT 03 - Tuscola, IL

| BENCH PRESS        | 290*  |
|--------------------|---|
| R. Carlson         | 500*  |
| John Magee         | 500*  |
| Jennifer Braun     | 130* open men   |
| Mike Strom         | 181   |
| Kelly Peterman     | 330   |
| Mike Strom         | 430* 242  |
| Dave Walker        | 610*  |
| submaster men      | 620*  |
| DEADLIFT           |   |
| Dave Walker        | 610*  |
| 114 women          | 16-17   |
| Jennifer Braun     | 260*  |
| Victor Helm        | 425 275*  |
| master men 40-44   | 220*  |
| Coastal            | 220*  |
| Mark Hinkston      | 385   |
| master men 13-15   | 205*  |
| 148                |   |
| 198                |   |
| Dave Newman        | 440*  |
| teenager men 16-17 | 320*  |
| 181                |   |
| 191                |   |
| 191                |   |
| Kevin Karasi       | 275*  |
| BP                 | DL  |
| TOT                |   |
| 123                |   |
| Talisha King       | 135   |
| 85                 | 210   |
| 310                | 430   |
| Mike Maxwell       | 400   |
| 345                | 440   |
| 1185               |   |
| 138                |   |
| 158                |   |
| Newman             | 615   |
| 440*               | 55*   |
| 535*               | 1610*   |
| 191                |   |
| 45-49/198          | Dave set national records in the pull to make his national record total championship, finishing here with a 1010 total at 50-54/181. Richard got all new prs on the day, also a new national record, and pulling 410 sq. with 316, benching 290, which was a national record of 440. Newman won with a new national record of 440 sq. together with 290. John Magee, lifting in the 50-54/shw class also got a new national record with his 500 national record with 440 and the deadlift with a pr 555 with his second attempt of 385, which was still a national record there. Victor Helm placed second at submaster 242 with a solid 425. Mark Carlson had 500 on the day with 400 bench, in his first attempt, then setting the lockout on his final attempt, then setting a national record of 600, which was still a national record. At 45-49/198 Dave Newman won with a new national record of 440 sq. together with 290. 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SLP Missouri State BP + DL  
28 SEP 03 - Springfield, MO

**BENCH PRESS**  
148  
Chris Soulier 195

**Deadlift**  
165  
George Baker 440

**Junior men**  
198  
Greg Dodson 305

**Ben Baker**  
415  
Ricky Coggins 500

**submaster men**  
400  
Matt Reynolds 525

**Stephen White**  
400  
DEADLIFT

**165**  
Tony Shyan 310  
Bryce Stevens 420  
Curtis Evans 380  
Steve Grayson 355  
Jim Braithwaite 390  
Loren Betzer 340  
Dan Bequette 390  
R. McCormick 305  
Lifter - MATT REYNOLDS  
Missouri State Bench Press/Deadlift Championship was held September 28, 2003 at St. Charles, Mo. The competition was a special thank you to Belinda Wrecker and her staff for hosting this event. In the bench press competition special Olympian Brady Tanner started out strong. Although he was the greatest competitor in the world, he was not prepared for his second attempt of 285 he called



**BEST LIFTERS** at the SLP Missouri State Bench Press/Deadlift Championships were George Baker & Matt Reynolds. (Dr. Darrell Latch)

to Steve Grayson with 355. At 45.49/220 Jim Braithwaite won with an easy 390 while Loren Betzer won at snw with a personal best 360 fourth attempt. Jorge Guardado was our champion in the bench press & fire division with his personal best of 400. In the master men's division Tony Shyan broke the state record at 165 with 310. Bruce Stevens topped his own state record at 220 with 390. Curtis Evans broke the state record at 220 with 308. Second place at 40-47/220 went

fourth with 315. That's sixty-five pounds over double body weight, all without a shirt! Chris Soulier, lifting in his first competition, won at 148 with 195. Then at 165, the third ranking lifter in the world at that weight, 440 for the win. A final attempt with 500 failed just off the chest. Imagine that, a 500 bench at a 164 pound bodyweight! George Baker won at 198 with 405 and Ricky Coggins finally got his first official 500! Having moved up to the 220 class Ricky opened with an easy 450 before making this pr on his second attempt. Matt Reynolds, got his first personal best 525 for his second and final attempt for the win at 275. The best lifter award went to George Baker. In the deadlift competition Brady Tanner won his second title and with his second attempt set a record of the day with his second attempt olympic 242. Brady locked out a personal best 430 fourth attempt after finishing with 405. In the master women 45-49/123 class along with the police & fire/123 class Lisa Reynolds, taking the titles of both. Chris Reynolds pulled a pr and a new Missouri state record at junior 242 with his opener of 550. Curtis Evans got his second state record at 450. Frank Duren won his first deadlift title in what was his first competition, taking the police & fire 165 class with a new state record of 405. In the open division it was Mike McCoy with a new personal record of 305. In the bench press division, Brady Tanner, the "Bash Brothers" provided plenty of excitement for the cheering fans. We had a great time, and a good meet with plenty of good energy and excitement. Hope to see you all again here next year. Thanks to my son Joey and everyone else who helped out. Congratulations to Tonya and Ricky! (Coach: Dr. Darrell Latch)

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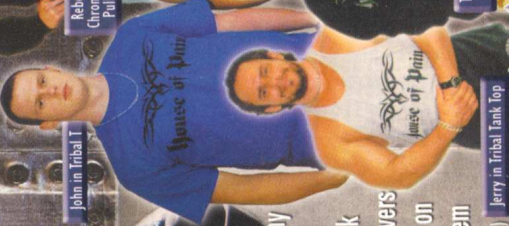
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