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~~2805!~~



The Arnold Classic!

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MUSCLE MENU

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ON THE COVER Garry Frank broke the 27000 lb. barrier with an all time total record of 2706 at the Arnold Classic, then on April 3rd, he broke yet another all time barrier at the APF Jacksonville Open with 1085 837 881 for a 2805 aggregate!

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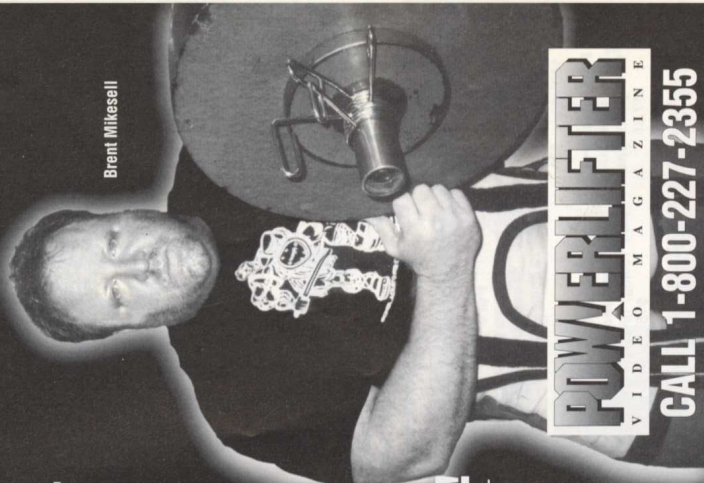
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bodyweight. She's come within 9.98 lbs. of doing so when she totaled 1500 lbs. at 131 but, a year ago. Amy came away with a 1289.6 TOT, making a maximum effort to recover with her deep BP. She missed two close tries with 336.2, a set she previously done. That slammed the door on her efforts to achieve the 1322.7 aggregate she sought. Amy witnessed by these incredible secured her 2nd attempt DL with

WPO SUPERFINALS
as told to PLUSA by Herb Glossbrenner

Iron Game aficionados congregated the first weekend in March, traveling from all points of the globe, to once again witness powerlifting's cream of the crop engaged in mortal combat to prove without a shadow of doubt that these super-elite women and men were, indeed, the strongest human beings on Planet Earth. The gigantic convention center in Columbus, OH was filled to capacity for the Arnold Schwarzenegger Strength and Fitness Expo with a variety of events including gymnastics, judo, taekwondo, weightlifting, strongman competition, wrestling, bodybuilding, fitness events and WPO powerlifting. Weights were lifted within the spacious confines of the grand ballroom which left us wagging our heads in disbelief. The barbell was loaded with hunko iron pancakes and it shuddered into submission hundreds of times in the course of the two day extravaganza (March 5-6) as gravity's mighty force was overcome time and time again. Rabid fans knew where to go to meet their heroes and perhaps exchange a few words. It was the INZER booth, of course, manned by Peter Thorne. It's the cutting edge of equipment superiority, as everyone knows, and 99% of all

the best lifters rely on Izzer lifting gear, which enables them to fulfill their ultimate potential. Kieran Kidder's WPO has a brand new sponsor. Twin-Lab put up the cash for this bash. No less than \$45,000 was paid out to 14 lifters in the powerlifting spectacular. Add this to the \$19,250 distributed among 11 of the elite bench pressers in the big Arnold Classic Bench Bash on the second day and you have a total of \$64,250. Thanks to Kidder's tenacity to fulfill a dream, as well as the sponsors and organizers, Powerlifting has soared to astronomical heights in its popularity. The bench press and powerlifting events attracted a capacity crowd. The ballroom was packed. Arriving early in the morning was a necessity to find a choice seat. A big thank you to the three excellent officials who spent hour after hour scrutinizing the lifts. Bob Sweeney from Aurora, Illinois, Wayne Pullum from Jacksonville, Florida, and big Russ Barlow from Lewiston, Maine were fair and consistent and at the proper

to total 10 times her own.

to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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Julie Scanlon taken deadlifts, wearing an emergency cast on her broken arm.

Remember when the strongest kid in your school was a girl?!



We've been lucky enough to know Shannon "Wonder Woman" Harneft for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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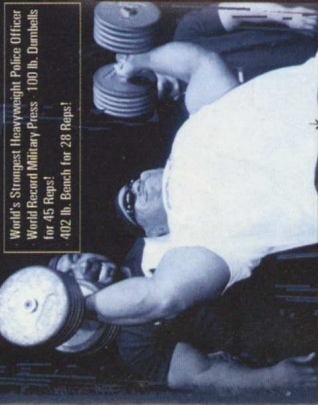
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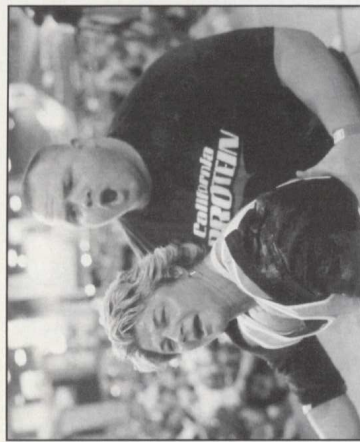
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WPO Arnold Classic Bench Bash as reported by Powerlifting USA Editor Mike Lambert



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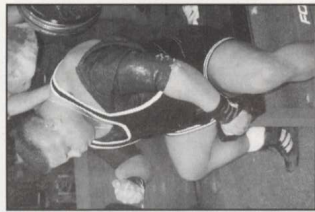
Even by the historic standards of the Arnold Classic, this was a memorable contest, and not just because of the lifting. The powerlifting competition in one of the main exhibit halls was interrupted to accommodate a window of time on the Expo stage ... this is the heart of the Arnold Classic, where thronging crowds sit or stand by the thousands to enjoy one spectacular form of physical entertainment after another. The bench pressers paraded the rivets of humanity surging up and down the aisles of exhibitors, for their appointed moment in the sun ... only to wait ... the strongmen were running late with their events.

Milling about in dense quarters behind the stage, these gentlemen of power politely bided their time, hoping only to get a decent amount of warmups in when their opportunity to compete finally came. While the strongmen went through round after round of tossing things higher and higher, something else made the rounds ... a rumor that Arnold, the new Governor of California, was going to make an appearance, as well as a man for announcement. When the strongmen were finished, the benching equipment was promptly laid out, but that was just the start of another series of delays ... a support crew quickly started erecting signage around the circumference of the stage - posters of Arnold on various covers of **MUSCLE & FITNESS**. Then security forces began to make themselves apparent. Arnold has had an entourage surrounding him at several steps beyond that. Photographers were initially asked to move back from the podium on the stage. Then another security official asked that photographers leave the stage altogether ... then someone else wearing a headset asked that all photographers leave the area in front of the stage. In the end, with the poor acoustics behind the stage, it was difficult to even hear the major announcement (Arnold will become the Executive Editor of **MUSCLE & FITNESS** and **FLEX** magazines).

For a couple of hours, the massive benches had been bumping elbows behind the stage, remarkably even-tempered in light of the interruption(s) of what they obviously dreamed would be the performances of their lives. These delays were not just inconvenient, they literally may have affected the outcome of certain divisions.

Vitality Ponomarenko, muffed his first try, then smoothly punched out 639 and 661 to make it three ways he for 2nd, but he was the heaviest. John Wardell could/would have been in the top three, but his 55 jump wasn't there. Rene Imesch of Switzerland has improved and made all three to edge Mark Carter, who was improved as well. Greg Savino and Fred Boldt both gave away too many pounds to the 220 pounders, but had each other and the 181 lb. WPO rejoiced after getting all three attempts in, while Boldt only managed one.

Jeff McVicar missed his first two attempts and had an early WPO-style exit. George Halbert seemed supremely sure of himself, but his elbow quivered oddly on his opening lift ascent, and he did not return for his 2nd attempt.



Scott Albano - wide and thick

In the WPO Heavyweight division, history was made ... but chliak took his opener down to his chest and there it sat ... he hadn't had enough time to warm up properly. His take-over was easy, and then he jumped to a seamlessly smooth 876 ... he showed a lot of people that he is definitely ... **THE REAL DEAL**. Shawn Lattimer is for real also ... he got stronger and visibly more psyched as the poundages went up, all the way to 859. Shawn's plan was to catch Gene on a 4th attempt, but regrettably ... he never got the chance. Due to the day's delays, Kieran decided not to allow any more 4th attempts. Ryan Kennedy was bigger and stronger than ever, and just about had the handle on 859 when he got an 880 (did we hear after this meet?) which would have given him 2nd place. Bill

Crawford has been looking to break the 800 barrier for a long time ... it happened on his 2nd attempt, which was a WPO 275 lb. class record to boot. Bill was nearly overcome emotionally at the lift, as his Metal Militia supporters came right up on stage, climbing out of the audience, to celebrate with him. A bolder leap to 822 was too much. Joel 'The



800 - at Last! for Bill Crawford

WPO ARNOLD CLASSIC BENCH BASH 6 MAR 04 - COLUMBUS, OHIO

Women	8W(kg)	BP1	BP2	BP3
Tina Rinehart	60.00	363	391	391
L. Hayduchenko	89.95	352	374	385
Lightweight Men				
Markus Schick	73.10	584	584	601
Joe Mazza	74.55	512	523	545
August Clark Jr.	73.80	518	529	534
Lance Kirchner	75.00	490	490	518
Joe Luther	72.80	448	440	462
Middlweight Men				
Scott Albano	99.45	633	672	705
Jesse Kellum	98.15	661	677	672
Chip Stewart	98.95	628	661	661
V. Ponomarenko	99.65	639	639	661
John Wardell	99.50	650	650	705
Rene Imesch	94.00	606	628	644
Mark Carter	98.70	633	633	672
Greg Savino	82.40	534	562	595
Fred Boldt	81.65	584	584	642
Jeff McVicar	89.35	633	633	642
George Halbert	98.65	705		
Heavyweight Men				
Shawn Lattimer	164.25	821	821	876
Ryan Kennedy	181.90	782	837	859
Bill Crawford	137.85	788	821	859
Joel Toranzo	124.95	738	800	822
Joel Carpenter	138.30	705	749	774
Bill Carpenter	108.95	705	723	744
Michael Hummel	112.90	622	650	650
Dan Kovacs	133.50	749	749	749
Michael Miller	180.60	766		
Brian Riley	139.35	826	826	826
Scott Mendelson	141.50	903	936	936

Cuban Bull" Toranzo came back from a missed opener to hit 749, before missing at 771. Bill Carpenter, the only 242er in the group, also missed his opener, but nailed WPO records of 723 and a spectacular 744 on following attempts.

There were heavy casualties in this division, with the remarkable Mike Hummel (weighing only 249 and wearing a prosthetic on one arm) missing his first two attempts, followed by a shocked Dan Kovacs, and Mike Miller (who only tried one). Brian Riley started strategically at 826, but wasn't that close. Scott Mendelson had been gradually hinting that his retirement would not be permanent, until it became an "open" secret that he would compete at this meet. He had been moving (though not touching his chest) at least as

scorecard ... yet.

as 965 in training. He came into Columbus determined to open with the all time world best poundage of 903. His initial attempt was intensely explosive - the bar blasted off his chest, only to drift out of the groove. He went up, sought for his next attempt, to 936. Again, there was a humungous explosion off his chest, and the bar accelerated like nothing anyone has seen before, but it was off the mark at the end of the stroke and into the racks. Too quickly, it was over for him. Two weeks and a day later, Scott guest lifted at the AAAPF Nationals in Las Vegas, where he took attempts up to 964 (that great looking last lift may well have been overlooked to 986) without success. He is clearly much stronger than ever before, but that hasn't shown up on a



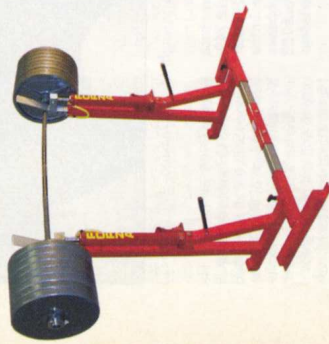
Scott Mendelson working with 965 before the Arnold Classic

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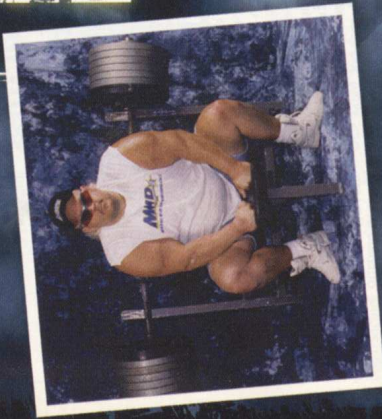
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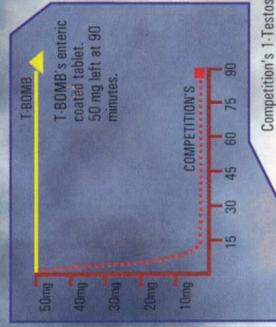
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NUTRITION

Power Nutrition Recipes to get you JACKED!

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

This month I wanted to do something different. I have had tons of e-mails asking me what my favorite recipes are. Given the way I enjoy cooking and, even more, the eating aspect of it, I guess most of you would think that I would have a lot of good, nutritious, power-packed recipes up my sleeve. There are thousands of recipes out there, but the problem is the large majority aren't geared for the powerlifter. Many of them are way overdone in carbs, too high in fat and sodium and way too low in protein to help us as powerlifters reach our nutrition requirements. So, here I have laid out some of my favorites, but they are no means all the ones that I like. If you fans out there like these and are interested in finding out more power recipes, then e-mail me and let me know your thoughts. I will do a series of articles in the near future if I get enough response. This will help you spice up your foods with new ideas. Many, in the past, have complained to me that to eat healthy means you can't enjoy your food and this is where I disagree. You can have your cake and eat it too. You just have to know what you are doing in the kitchen and how to apply my nutritional theories so that your foods are nutritious, but also tasty. Here are some recipes that I personally like ranging from different tuna ideas to Powerlifter pancakes. Give them a try and let me know what you think.

Anabolic Tuna Sandwich in a Hurry

- 2 Cans of Tuna
- 2 Tablespoons of Light Miracle Whip
- Black Pepper
- Garlic Powder
- 1 Teaspoon of Hot Sauce
- 4 Slices of Flax Bread

Mix it all up in a hurry, throw it in a Tupperware container and run out the door as you are already late for your Biology class. This is one recipe used all the time when in university as it always seemed to be late for class no matter how early I got up in the morning. It kept me in an anabolic state when time was of the essence.

"Easy to Down" Tuna Melt

- 2 egg whites
- 6oz. of tuna
- 1 tablespoon Rolled Oats
- A pinch of pepper
- 1/4 onion
- 1 Clove of garlic
- 1/4 cup low fat Cheddar or Mozzarella Cheese

1. Spray a pan with PAM or use a

Stay Tight Tuna and Yam Delight

- 2 cans of Tuna
- 6 egg whites
- Fresh Lemon Juice
- Pinch of Black Pepper
- Garlic and onion (to your liking)
- 1/2 Green Pepper
- 1 tablespoon of Extra Virgin Olive Oil
- 2 Large Sweet Potatoes

1. You can bake or microwave the sweet potatoes depending on your time availability. Of course I like them baked.

2. Take all the other ingredients and mix thoroughly.

3. Add the olive oil to the heated pan. Throw in all the ingredients until sauteed nicely.

4. Pour ingredients over the sweet potatoes when finished and serve.

Texas Power Chili

- 1.5 pounds 98% lean ground beef
- 1.5 pounds 98% lean ground turkey breast
- 9 oz. tomato paste
- 2 cups bottled water
- 3/4 teaspoon chili powder
- 12 oz. can red kidney beans
- 1/4-1/2 teaspoon ground cumin (depending on your taste)
- 12 oz. Mexican-style chili beans
- 1.5 large onions
- 4-6 cloves of minced garlic
- 3-4 tablespoons of chili powder (depending on taste)
- 1.5 diced jalapeno peppers
- No-Salt brand seasoning (optional)
- Tabasco sauce (if you like it hot pour it on!)
- Black pepper (depending on taste)
- 3 (1.5 oz.) cans tomato sauce with beans
- 1 (1.5 oz.) can low fat chili

1. Place the ground beef and

Big Bench Beef Fajitas Blast

- 1/4 cup fresh lime juice
- 1/4 cup tequila
- 4 cloves garlic, peeled and smashed
- 2 tablespoons roughly chopped cilantro leaves
- 2 tablespoons vegetable oil
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried crushed Mexican oregano
- 1 teaspoon red pepper flakes
- 1 teaspoon ground cumin
- 2 pounds flank steak
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 6 large low carb tortillas
- 1 green bell pepper
- 1 yellow bell pepper
- 1 large white onion
- 1 tablespoon minced garlic
- Lime wedges
- Corona or any other cold Mexican beer

1. In a bowl, whisk together the lime juice, tequila, garlic, cilantro, 1 tablespoon of the oil, the Worcestershire sauce, cumin and coriander.

2. Pour into a large zip-lock bag, add the steak and seal. Place in a baking dish and refrigerate for at least 12 and up to 24 hours. Turn it occasionally.

3. Remove the meat from the bag and pat dry. Season on both sides with 1 teaspoon of the salt and 1/2 teaspoon of the pepper.

4. Preheat the grill to high, and preheat the oven to 325 degrees.

5. Wrap the tortillas in foil and place in the oven for 15 minutes to warm and soften. Remove from the oven and keep warm in the aluminum foil.

6. Cook the steak over the grill to preferred temperature. You can cook it for 3 to 4 minutes per side for medium rare.

"Get Big" Powerlifter Protein Cookies

- 1 know that all you powerlifters out there like cookies as much as the next guy. Here is a healthy protein cookie recipe that will help satisfy your cravings. At the same time you won't add inches around you waist like the other types you usually eat.

- 1 cup old fashioned oatmeal
- 1 packet of Chocolate MRP (Choose whatever brand that you like)
- 2 eggs
- 1 scoop of whey concentrate protein
- 1 tablespoon of cinnamon
- 1-3 tablespoons of raisins (depending on taste)
- 1-2 tablespoons of peanut butter (depending on taste)

1. Mix up this combo in a mixing bowl until smooth.

2. Prepare oven at 350 degrees.

3. Line pan with foil

4. Bake in the oven for a few minutes or until done.

Delicious Power Eggs on the Go

- 12 boiled eggs
- 4 oranges
- 6 tablespoons of extra virgin olive oil
- 4 tablespoons wine vinegar
- A pinch of salt.

1. Cut all the eggs and 2 of the oranges in pieces.

2. Put them in a salad bowl.

3. Squeeze the other 2 oranges to get the juice from them.

4. Then add the orange juice to the oil, vinegar and salt.

5. Stir until mixed properly and sliced oranges.

6. Pour concoction over the eggs with cold beer or tequila shots to slightly chill.

Guilt Free Banana Cream Cheesecake

- 1 fat-free graham cracker crust
- 8-10 ounces fat free cream cheese
- 1/2 cup Sucralose
- 2 large bananas
- 1 package of sugar free/fat free banana pudding

1. Boil a small pot of water.

2. Dissolve Banana pudding in the boiling water.

3. Let it cool for 1-3 minutes

4. In small mixing bowl mix together the cream cheese and Sucralose.

5. Next blend the banana pieces in a blender and add lemon juice.

6. Now add this to the cream cheese mixture.

7. Next beat this mixture until it is

Get Jacked Protein Pancakes

- 2 cups of egg substitute
- 1 cup of dry quick oats
- 1 teaspoon of vanilla extract
- 1 teaspoon of baking powder
- 5-8 packets of Sucralose
- Pam cooking spray

1. In a large mixing bowl mix all ingredients thoroughly.

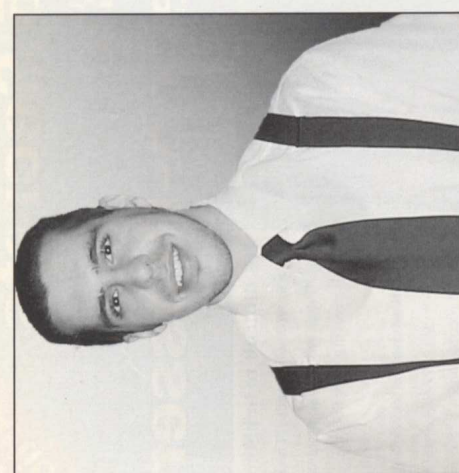
2. Let mixture settle for three to five minutes.

3. Using one-quarter of mixture for each pancake.

4. Drop batter onto a nonstick pan coated with cooking spray.

5. Cook it in the same manner like a regular pancake.

6. Cook the pancakes over medium heat until one side is browned.



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

World Record Chicken Stir Fry

- 4 chicken breasts
- 1 tsp. Chili oil
- 1 tsp. Crushed red pepper
- 1/2 tsp. Sesame seeds
- 1/2 tsp. Dry mustard seeds
- 1/2 tsp. Black pepper
- 1 tsp. of minced ginger
- 1 med. White onion
- 1 sm. green bell pepper
- 1 sm. red bell pepper
- 2 cups of broccoli

1. Rinse chicken thoroughly with water and allow to dry.

2. Cut Chicken into strips to the size of your liking.

3. Turn large wok on high heat.

4. Spray with Pam cooking spray.

5. Add in chili oil next.

6. Cook chicken breasts until lightly browned.

7. Reduce the heat to medium/low and let it simmer.

8. Now add in the crushed red pepper, sesame seeds, black pepper and ginger to the mix.

9. When chicken is almost done and crispy.

10. As the chicken cooks, combine the hot sauce & butter in a sauce pan. Do this until it bubbles then remove the heat.

11. Place chicken in hot sauce and stir until coated.

Power it Up Chicken Pasta

- 1 pound of whole wheat Fusilli pasta
- 1 pack of raw spinach
- 1 quart of grape tomatoes
- 1 pack of low fat chicken sausage
- 1 clove of garlic
- 1 small onion
- Olive oil

1. Warm a couple of tablespoons of olive oil and saute the chopped onion.

2. When the onion is clear add the chicken sausage

3. Make sure it is taken out of the casing and broken into pieces

4. Next saute it with the onion.

5. Once it is cooked put it on the side.

6. Now add a couple of tablespoons of olive oil.

7. Add some garlic, the tomatoes, and the fresh spinach.

Power it Up Chicken Pasta

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4. Next saute it with the onion.

5. Once it is cooked put it on the side.

6. Now add a couple of tablespoons of olive oil.

7. Add some garlic, the tomatoes, and the fresh spinach.

- 8. You can now add the cooled pudding and whip it thoroughly.
- 9. Sauté the tomatoes and spinach until they are cooked.
- 10. Now add in the chicken sausage.
- 11. Mix the combo and serve.

- 1 cup of all purpose flour
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon of cayenne pepper
- 1/4 teaspoon of paprika
- 1 cup of egg substitute
- 1 cup of skim milk
- 2 boneless skinless chicken breasts
- Pam spray
- 2 tablespoons of fat free butter
- Fat Free blue cheese dressing on the side for dipping

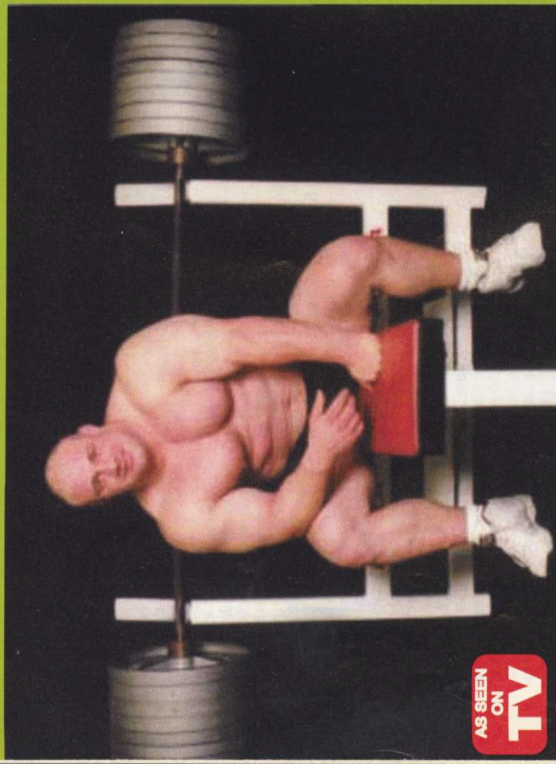
Killer Buffalo Power Wings

- 1. Preheat oven to 475 degrees
- 2. Combine flour, salt, peppers, and paprika in a bowl.
- 3. Whisk egg and milk together in another bowl
- 4. Slice chicken into bite size pieces.
- 5. Dip each piece of chicken into milk and egg, then into breadcrumb bowl. Repeat process so each piece is double coated.
- 6. Coats a cooking sheet generously with Pam, place chicken on, then add a light coat of Pam to prevent sticking.
- 7. Bake chicken for 10-12 minutes or until it browns. Crank up heat to Broil for 2-4 minutes, or until coating becomes golden brown and crispy.
- 8. As the chicken cooks, combine the hot sauce & butter in a sauce pan. Do this until it bubbles then remove the heat.
- 9. Place chicken in hot sauce and stir until coated.

So, here you have it. Some of my favorite nutrient-dense, power-packed recipes that are going to keep you fueled up for those tough training sessions. Just because I always tell you to eat healthy, doesn't mean you have to live on rice cakes and water. There are many power-packed recipes that powerlifters can incorporate to provide variety in their nutritional plan. Healthy doesn't have to mean boring. Get into the kitchen, get out your ingredients and start cooking! Until next month lift weights, train hard, take your vitamins and eat BIG!

For information about private program design and consultations please contact me at: antico@x-tremepower.com. To find out more about the Nutrition XP3 Kit check out my Website www.NutritionXP3.com.

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



AS SEEN
ON
TV

Scott Mendelson: World's #1 Bench-Presser 9 World Records and 875.6 lbs. — Speed = Power

- 1) Put your back into it:** The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.
- 2) Train for triples:** Dedicate one work-out per week to the

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

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

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FREE Article!

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

Scott Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed 900 lbs. in training, more than many professional athletes can squat and deadlift combined.

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

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

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

How do you use sugar alcohols, skin protectants, and insulin mimickers to recover from dehydration and move from a precompetition 187 lbs. and weigh-in of 165 lbs. to 193 lbs. (as the author has done)? How can an athlete retain 50% more intramuscular fluid for improved oxygen delivery and power output?

Part 1-3 Summaries

In part 1 of this series on the science of hydration (February 2004), we discussed the sources and applications of bio-engineered water for increased power output and optimized muscular endurance. In part 2 (March 2004), we examined the necessary science of dehydration and the most effective modifiers and methods for attaining competition weight while minimizing muscle and organ damage, including potassium-sparing diuretic alternatives and heat treatments.

In this third and final installment, we will demonstrate how athletes can rehydrate and optimize performance using the combination of bioengineered water, sugar alcohols, electrolyte optimization, and glucose disposal agents.

So you've weighed in and you're ready to compete—

Torramin has demonstrated that dehydration decreases both isometric and dynamic muscular endurance by 31% and 29%, respectively, following only a 4% reduction in body mass by sauna exposure. This would represent a mere 8 lb. reduction for a 200 lb. competitor, a moderate decrease by weight-class competition standards. This further establishes the paramount importance of rapid rehydration for optimal safety, recovery, strength performance following voluntary dehydration, particularly when the percent of total Lean Body Mass (LBM) is supervised, but does not advise, up to a 12.94% reduction.

One objective during the dehydration stage is the preservation of muscle fiber and blood plasma fluid volume with simultaneous excretion of extraneous subcutaneous water (between the skin and muscle). Similarly, the objective during rehydration is the increase of muscle cell and blood plasma fluid volume to predehydration or hyperhydration levels in the shortest time possible. What is

The New Technology of WATER: Part III Elite Rehydration and Hyperhydration by Tim Ferriss



Ano Turlainen sets up to squat at the WPO Superfinals (Mike Lambert photo)

hyperhydration? In the context of powerlifting, hyperhydration is a state produced when one artificially increases the amount of water the body can retain for improved power output and oxygen delivery. To that end, Adaptagenix DC athletes and clients have used the following modifiers and tools, whose usage and dosages are included later in this article:

Understanding the Small Intestine, Gastric Emptying, and Aquaporins

It is critical that any athlete with a short time span for rehydration increase gastric emptying, or the speed at which liquids pass from the stomach to the small intestine for absorption. Blood plasma fluid volume optimization precedes muscle cell hyperhydration as the solids consumed for glycogen restoration will decrease the speed of liquid gastric emptying. This needs to be accomplished before glycogen is restored by ingestion of solids.

Also note that most commercially-available sports drinks and so-called "replacement fluids" contain much too high a concentration of sugar (high-fructose, dextrose, glucose, sucrose, maltodextrin) or other solutes to move efficiently from your stomach to the primary site of absorption in the small intestine. The optimal process of initial rehydration would move ingested H₂O from the digestive tract (specifically, the small intestine) to the bloodstream quickly and without volume loss, and then through the semi-permeable cell membrane, again without volume loss ("loss" defined by eventual

Blood plasma volume

Room-temperature baths, P-J-A3AH MicroStructured™ water unit, Glycerol, glycerin, 1,2,3-propanetriol, electrolyte supplementation.

Muscle cell hydration (sarcolemma hypertrophy)

Room-temperature baths, P-J-A3AH MicroStructured™ water unit, 4:1 glucose, glucose disposal agents and insulin mimickers, creatine monohydrate

Using Skin as a Water Channel

In the exact reverse of the dehydration protocol, it is advised that while consuming bioengineered water (below), the athlete capitalize on the largest organ in the body as an initial vehicle for water uptake: skin. Take a 15-minute bath in room temperature water, preferably with Epsom salt for systemic magnesium;

excretion, rather than retention, of water).

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 11-13 angstroms in diameter. Thus, while more efficiently assimilated than unpurified water where solutes can decrease osmotic drive, you may still excrete 50-85% of the purified water you ingest. For optimal hydration, defined by maximum H₂O uptake % per ml ingested, there is a newer and more effective option: purified micro-clustered water. Through the process of digital electrolysis, basic tap water is restructured into smaller clusters of 5-6 water molecules, as identified with Nuclear Magnetic Resonance (NMR) and Raman Spectroscopic Meters (NMR 0-17 peak shift from 130 Hz to 65 Hz).

14 months ago, Adaptagenix DC staff experimented with micro-clustered water and were able to individually drink over 70 ounces from a 70 microclustered water unit (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. Previously a medical device in Japan, the P-J-A3AH is currently used by top-level professional athletes in the United States to:

1) Hydrate faster and more completely while drinking less

(smaller molecular clusters and reduced surface tension increase solvent properties and cell permeability)

2) Improve muscular recovery time and antioxidant production

(active/atomic hydrogen reduces free radical damage) and muscular DNA activity and muscular DNA damage)

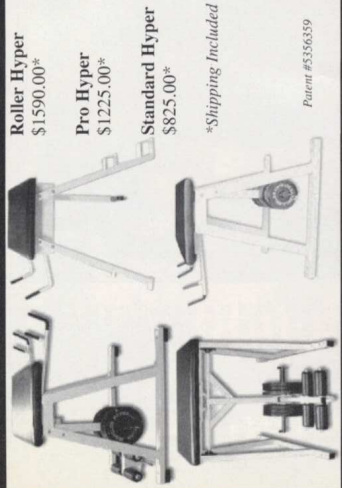
3) Improve nutrient delivery at the cellular level

(see 1 above) This significant technology is thoroughly examined in part 1 and cannot be explained as a footnote here, but complete scientific references and details can be found at www.adaptagenix.com.

To avoid hyponatremia, or water intoxication, it is recommended that you consume 75 mg of sodium per 8 ounces of water (approximately 1/3 teaspoon per quart) to maintain electrolyte and water homeostasis. If you do not, the salt-dependent

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thirst-drive will cease prematurely to prevent over-dilution of the blood. During a three-hour rehydration period, subjects consuming moderately-sodium-infused water restored 82 percent of lost fluids versus 68 percent for subjects consuming water alone (Maughan R). Glucose can additionally increase absorption of water through the intestinal wall, but this will be specifically discussed in "Glucose and Insulin" for increasing Rehydration Speed" below.

The Sweetest Alcohol for Rehydration: Consuming Hand Moisturizer
 Glycerol (1,2,3-propanetriol), commonly sold in supermarkets as "glycerol" for skin moisturizing, is a sugar alcohol with hygroscopic (water-binding) properties. Glycerol is used in meal-replacement bars to maintain softness and used in hand moisturizer because of its ability to pull water from the air. Glycerol is a three-carbon alcohol, which along with Free Fatty Acids (FFA) are produced when a triglyceride (stored fat/adipose tissue) is glycolized. It is theorized that glycerol drives water into blood plasma by increasing absorption of water in the distal tubules and collecting ducts of the kidney. Those who read part 2 in the last issue of PLUSA will recognize that

1.5 hours.
 3. Take 100 mg of Alpha-Lipoic Acid (ALA or thioctic acid) per 75 pounds of body weight + 50 mg of chromium polynicotinate (not picolinate) with each meal following weight-ins. Both compounds increase insulin sensitivity and deposition of nutrients into muscle cells. The latter is a niacin-bound chromium referenced as 50x more bioavailable than chromium picolinate for purposes of glucose disposal and insulin mimicking.
 4. Consume 5g creatine monohydrate at least 75mg of work in conjunction with CHO as water "carriers" to increase absorption through the intestinal lining.

Glucose and Insulin for Increasing Hydration for Speed
 Carbohydrates are converted to glucose through digestion and unused blood glucose is stored as glycogen in the liver and muscles. In part 2, our athlete did not consume starches from Thursday lunch to weigh-ins at 9 a.m. on Saturday, and he will have depleted glycogen stores by necessity; each gram of glycogen holds 3 grams of water.

To optimally rehydrate after initial bioengineered water/sodium/glycogen consumption, one must optimize glycogen stores so the full water storage capability of the body is restored. This is accomplished by consuming macronutrients (protein, carbohydrates) with glucose disposal agents to enhance sensitivity to insulin, as storage hormones released by the pancreas. Insulin also stimulates glycogen synthesis, as enzyme necessary for glycogen synthesis.

Several principles must be followed:
 1. Consume your first meal 90-120 minutes after post-weight-in glycerol/microwater ingestion.
 2. Consume carbohydrates (CHO) with protein to optimize insulin response, but do not consume more protein than permitted by a 4:1 ratio of carbohydrates to protein. More protein will interfere with water retention. Coseawater (cottage cheese or milk) or whole food proteins are preferred to whey, which is as last-acting protein that can cause catabolism that can

"Even if you are on the right track, you'll get run over if you just sit there."
 Will Rogers

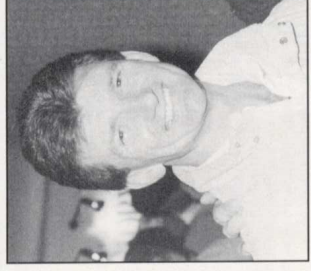
You never know what you can do or how great you can be until you try... until you push your heart and soul to the furthest reaches of what you are capable of. When you dare to go beyond what you think your breaking point and you succeed, that is when you truly delight in living. Of course, it takes courage to venture into uncharted territory. As the old cliché goes, "You cannot discover new oceans unless you have the courage to lose sight of the shore." In layman's terms, if you have no guts, you will never experience the glory of living. Even a turtle has to stick his neck out to get where he is going. In order to be come all that you can be, you have to take chances in life. You have to reach out and become a part of life. Without the courage to risk there can be no glory, no growth... Leo Buscaglia says a marvelous thing. He had the universe by the tail as they say.

Yet, he was willing to risk everything he had in an attempt to desegregate professional baseball. It was a risk you know... a big risk. Remember this was 1945 when racism and even violence against blacks was rampant. To champion black rights was not exactly the "in thing" to do at the time. Of course, Rickey wasn't ignorant. He knew that the integration of baseball would send shock waves throughout the United States and place him into a spotlight that he would never relinquish... a spotlight that at the time looked like it would be horribly unfavorable. In truth, numerous sports figures, from players to executives to reporters, predicted the ultimate failure of Rickey and his "great experiment." Worse yet, many of them hoped that he would fail, and some of them did whatever they could to ensure that he failed. Like I said, it was a risk.

When I was working with the Royals, I asked his grandson, Branch B. Rickey III, why he did it. I said, "Branch, your grandfather had everything. All the money any man would want. Every man and woman in America was in love with him. He had respect, fame, and a mark of distinction, especially in baseball. Why would the risk of it?" And he said, "This had nothing to do with money or fame. It had to do with moral considerations. My grandfather considered racism in any fashion, and he was a very spiritual man. He told me that he could never face his Maker knowing that God's black creatures were held separate and distinct from God's white creatures

DR. JUDD

Sometimes In Life, You Have To Go Out On A Limb. After All That Is Where All the Fruit Is!
 as told by Judd Biasiotto Ph. D.



Dr. Judd: sometimes finds himself out on a limb! (Photograph by Martin Miller)

baseball—an innovation that brought safety measures to baseball, but also earned him millions of dollars. In short, Rickey was famous, wealthy, well liked, and extremely revered in baseball circles. In fact, he was literally the first baseball icon. He had the universe by the tail as they say.

Yet, he was willing to risk everything he had in an attempt to desegregate professional baseball. It was a risk you know... a big risk. Remember this was 1945 when racism and even violence against blacks was rampant. To champion black rights was not exactly the "in thing" to do at the time. Of course, Rickey wasn't ignorant. He knew that the integration of baseball would send shock waves throughout the United States and place him into a spotlight that he would never relinquish... a spotlight that at the time looked like it would be horribly unfavorable. In truth, numerous sports figures, from players to executives to reporters, predicted the ultimate failure of Rickey and his "great experiment." Worse yet, many of them hoped that he would fail, and some of them did whatever they could to ensure that he failed. Like I said, it was a risk.

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—if you don't have the "guts" to put yourself on the line now and then, your chance of success is limited. I firmly believe that in order to reach the top, an athlete has to know how to live on the edge. He has to enjoy the element of risk and danger just a bit. We don't live in a risk-free world. Everything worth having involves some type of risk. Granted, some things require greater risk than others, but generally speaking, the greater the risk, the greater the reward. Look back through the annals of time, and I think you'll find that people who had the courage to take a chance, who faced their fears head on, were those who shaped history. The people who played it safe, who were afraid to take a risk, well... have you ever heard of them? Sometimes you just have to go out on a limb; after all, that is where all the fruit is!

I want to read something to you that I really love. The author is unknown, but he certainly knew what he was talking about. He says:

**"To laugh is to risk appearing sentimental.
 To weep is to risk appearing sentimental.
 To reach out for another is to risk involvement.
 To expose feelings is to risk exposing your true self.
 To place your ideas, your dreams before the crowd is to risk their loss.
 To love is to risk not being loved in return.
 To live is to risk dying.
 To hope is to risk despair.
 To try is to risk failure.
 But risks must be taken because the greatest hazard in life is to risk nothing.
 The person who risks nothing, does nothing, has nothing, and is nothing.
 He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love, live.
 Chained by his own fears, he is a slave.
 He has forfeited freedom.
 Only a person who risks is free!"**

That last line really gets me because I see me. If you're not willing to risk, you have nothing to change, no freedom. And when that happens, you are no longer involved in living, for all practical purposes, you have no life—you're dead; you just don't know it. So, RISK, for God's sake. Be a part of it. You have the power to be or do anything you want. You can produce miracles if you have a mind to. You have the magic; you just have to tap into it. Get in touch with it. Make things happen, live-journey to the stars, push on to new galaxies. If you don't, you will never know your GREATNESS!

HARD CORE GYM #31

Nazareth Barbell by Rick Brewer



Mike Miller during a board benching session. (Power Wall photos)

In the past few months we've jumped off houses, ran from bees, and done naked squats in public places. None of this is as scary as a large powerful man threatening to pull your head off. Wait. I got ahead of myself. It started out friendly. Deb Ames initially writes Rick, I just read your article #24 (Gym With No Owner) and realized that we had morphed into a hybrid of that. Mike & I are both competitive powerlifters. We were sick of our old gym, and Mike didn't want to be a cop anymore.

Then Mike found a 7000 sq. ft. space in a strip mall. By the end of the week we had signed the papers and were looking for equipment and to fill it up! We found the equipment: a Monolift, reverse rack, glute ham raise, two power racks, cambered bar, Okie bars, competition flat bench, racks of heavy dumbbells, dragging sleds, and a 300 watt stereo.

But the rent was tough, and we decided to downsize. We moved into a smaller 1950's industrial space (former garment mill) with



'Big Mike'... Nazareth's team coach

a 20' high ceiling and concrete wall and floors. This cut expenses by \$3,000/month and eliminated the fitness crowd. Most remaining members are serious powerlifters. Other gym owners told us that the 80% fitness crowd membership was needed to pay the bills, and warned us not to let their powerlifting encroach on their cardio space. We ignored them. It's gritty and loud - the way we like it. Powerlifters come & STAY. Fitness needs run in terror.

What's more - Since there are several voices inside my head, and several voices involved in this article, I'll just list the speaker each time. Like this:

Rick responds: Deb, thanks for your interest and congrats on your success! Who are some of the guys training here now? Didn't I see some of your lifters at the IRONZONE meet in Orlando, FL? Deb's answer: Mike was in Orlando for the WPO meet with Gene Rychlak, Joe Mazza, Joel

Toranzo, Bill Carpenter, Sebastian Burns, Shaun Lattimer, and Brian Riley. They all did great! Mike didn't lift; he was handling the team instead. (He has since competed in the Nazareth Barbell 3-lift meet.) We put on 4 meets a year right here at the gym! Nazareth Barbell is about halfway between NYC and Philly, across a cornfield from the cement mills in the small town of Tatamy, PA.

Big Mike adds: Nazareth Barbell is owned and operated by Deb Ames; (Mike Miller) serves as the powerlifting team coach. The gym opened in June of 2000, and moved to its present (more intense) location 2 years later, so we could focus more on powerlifting and less on general fitness. Our current gym is around 3,500 sq. ft. and filled with intense people who are looking to accomplish something.

Rick comments: Charles Marson was an intense person looking to accomplish something. Could he train there? Lee Harvey Oswald, John Wilkes Booth, Son Of Sam, Jack The Ripper. I can get carried away on the intensity issue. Back to the topic at hand: hate fitness, and hate cardio. Intensity. We have a sign in HOUSE OF PAIN that says Cardio increases estrogen, and once.

Big Mike: Do you mind if I finish? The walls of this gym have seen some of the greatest lifters in the world: Bill Crawford, Sebastian Burns, Joel Toranzo, Joe Mazza, Gene Rychlak, John Boff, Jim Wendler, Bob Youngs - just to name a few who have trained here at one time or another. We hope Louie Simmons and Dave Tate will stop in for a visit one day.

Little Debbie: From the flames on the cinder block walls to the fire in our hearts, Pantera to Prodigy, our gym is hard core. Most locals don't know what to

is set to be the biggest 165er of all time. Meat is going to kill the all-summer Mike - well, just wait! Recently, we've had some top-notch bodybuilders (Mark Heather Lee, Elena, and Rich) join the team (there goes the neighborhood) and we look forward to some big numbers out of them. Most of our members are politically conservative, opinionated, and somewhat outspoken. (Love it!) Because of our location, East Coast lifters stop by to work out or just hang out & see what's going on.

Big Mike: Deb and I started this gym on very little money, but with a lot of time invested, and a lot of great friends it has turned into a great family. Our intent was to create a gym where people could relax and be themselves. A place to train hard to loud music, without fear of being tossed out of the gym. Where you can spread chalk and drop weights on a max.

Rick: The best thing about Jack-The Ripper is that, when he... Little Debbie: The best thing about Nazareth Barbell is the camaraderie and support of the team. It's a real mix; truck drivers, business managers, artists: It's a family - dysfunctional as it may be.

Rick: Wanna know a real mix? Fish-flavored ice-cream. That's a real mix.

Little Debbie: Uh, yeah. As I was saying, it's a place where guys bring their wives and girlfriends to be introduced.

Rick introduced to each other? Little Debbie continues: A place where people bring their kids. It's a really safe place for everyone to be themselves, and that's the way we'd like to keep it.

Rick: OK, this is pretty good stuff. As soon as you fill out all of the required forms in triplicate, and answer 3 simple questions about Jack-the-Ripper, then I'll... Big Mike: STOP TALKING! Print this article, word-for-word, NOW, or I'll come to TX and pinch the head off your scrawny little neck!

Rick: As I said, any gym with a member named "Big Book Sue" is OK with me. We'll get this printed right away. Now. (Note to self: when interviewing range powerlifter people, do it over the phone or by e-mail. Never in person; where they can grab you.)

Until next month: lift big heavy objects for no reason at all, and avoid Fish-Flavored Ice Cream. Questions/Comments? Rick@houseofpain.com

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

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CALIFORNIA POWERLIFTING HALL OF FAME

Thanks to Steve Denison and Bill Ennis, who saw the need to recognize some of the great strength athletes of the Golden State and then took the determined steps to fill that need, the inaugural induction ceremony for the California Powerlifting Hall of Fame took place prior to the USPF California State Powerlifting Championships at the Joint Training Base in Los Alamitos on March 27th. Among the inductees were ... Natalie Kahn Aguilar (established many 'firsts' for women's PL in California), Danni Hartmann and (many time) record breaker Eldridge (many time) Jill Ganger (the youngest she was pregnant with when she pulled a record setting deadlift (he's now 24) was on hand to see his mom honored), Lorna Griffin (who also had a great career in track and field), Vickie Gagne Hembree (the first woman to deadlift 500!), Mary Ryan-Jeffrey (many time IPP World Champion and record holder), Don and Fran Haley, who have literally had something to do with performance of every inductee, received a warm and richly deserved standing ovation upon their induction. When it comes to Bob Packer, there is no one who has lifted in more meets and put on more meets in California. Some of the inductees are no longer with us ... Cherie Ennis (daughter Erin, who looks so much like her mother, was there with her father Bill to bring about this memorable event), Tom Eldridge (daughter Mary was on hand to accept his award), ... the inimitable Bill "Peanuts" West (what a character, what a lifter, what a loss that he was not there to share in this moment ...). In the history of California powerlifting, there have been waves of national and world record breakers, and national and world champions ... among the honorees were such illuminaries of the Iron Game as Bill Cavalier, Bob Cortes, Bill Ennis, Dr. Kevin Fisher, Bill Hartmann, Enrique Hernandez, Larry Kidney, Jim Lem, Terry McCormick, Gene Mozzie, Tom Overholzer (in his Fudpacker Barrel

Club t-shirt (such a resemblance!) he kept declaring for inductee after inductee... "hey, that's my roomie!" ... Tommy, how come you had so many different roomies? Bud Ravenscroft, Gordon Santee, Dave Shay and Rich Woods. There were many special moments ... George's enthusiastic reverence for great who did some of the first intense powerlifting training (and competing) to help his aspiring power and, as a result, inspiring some of the true greats of the pow-

erlifting ... has grown astonishingly, and is practiced all over the world now! As George was, he willingly offers credit to pioneers like Humphreys and a major star of this event ... the great Pat Casey, George hit the nail squarely on the building great Dave Draper was on hand, the book he recently published by Dick Tyler "WEST COAST BODYBUILDING SCENE", actually chronicles the exploits of many of this day's inductees). Governor Schwarzenegger sent a letter for the beautifully designed program, SPORTS ILLUSTRATED had a photographer there, the Joint Training Base personnel (though on alert) were very accommodating, and the awards were graciously presented by Major General Jeffrey L. Gidley, Major Steve Denison and Bill Ennis have started the ball rolling, there are many hundreds of deserving California powerlifters to see their day in the ceremonies to come ... what a great day for Powerlifting!

Major Steve Denison, USPF California State Chair (Photos by Mike Lambert, Editor, PLUSA)



Powerful Men..... (l-r) Maj. General Gidley, Pat Casey, Dave Draper, George Frenn.

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Bill Ennis was at the event as both Honorer and Honoree.



Bill Ennis was at the event as both Honorer and Honoree.



They don't make 'em like Tom Overholzer anymore.



PL pioneer and Track & Field Great..... Bob Humphrey



Major Steve Denison, USPF California State Chair (Photos by Mike Lambert, Editor, PLUSA)

POWER SCENE

POWERSCENE got to stay in town this month-a good thing when you're in Southern California and it's cold and snowy in the rest of the country-doing our own lifting and training, and visiting the first ever Los Angeles FitExpo, a three-day Fest of Strength and Fitness.

The expo organizers featured a lot of the strength sports, with big benchers Scott Mendelson and Tom Marino giving seminars, and Kieran Kidder and Mark Swank running an on-going bench press clinic. Powerlifting and strongman legend Bill Kazmaier was at the Met-Rx booth, and gave his own seminar, covering his career in both sports, and offering training and technique tips.

Many of the U.S.'s current top strongmen were also on hand, doing demonstrations and giving talks. Joining Bill Kazmaier for the strongman presentations were Odd Haugen, Mark Philippi, Jon Andersen, and Jesse Marunde, plus some very heavy stones and a very large log.

For those of you on the West Coast who want to see these guys in action, Odd Haugen is hosting a pro strongman show, The Battle of Muscle Beach, in Venice, CA, on Saturday, May 1. It's scheduled to start at 10 a.m., and admission is free.

Strongwoman competitor, and many time Highland Games champion, Shannon Hartnett attended the strongman seminar, and she's hosting a women's pro show, May 15th, in conjunction with Ron Sterk's 2nd annual California's Strongest Man competition. So, male or female, pro or amateur, there's a show for you in May in California.

Returning to the FitExpo, other powerlifting notables were also there. Big bencher C.T. Fletcher, 1000 lb. Squatter Oth Basson, POWERLIFTER VIDEO host Chuck LaMantia, and meet promoter Kevin Meskew were all touring the floor and checking out the action. Rick Brewer and his dad Royce were manning the House of Pain booth, and outfitting lots of lifters and fans.

POWERSCENE ran into a few more of its friends at a couple of other booths. Lisa Nunziella's Dance with Lisa company was displaying its clothing and its training videos and CDs (including one on Atego lifting), and helping them was Marie Escamilla, who

was covering the action for Sweden's B&K Sports magazine and Japan's Bodybuilding Monthly.

Suzanna McGee was showing off the benefits of lasik eye surgery and looking good doing it. This was the Fit Expo's first year, and next year should be even bigger and better.

For POWERSCENE, and POWERLIFTER VIDEO, it was next off to Columbus, Ohio for the WPO Finals and the Arnold Classic Bench Press contest and Expo. (due to the later publication schedule for POWERLIFTER USA, we're able to bring you our report on those historic events in a special POWERSCENE II edition that follows this page directly)

NEED LOW



Kieran Kidder, Chuck LaMantia, and Rick Brewer at the FitExpo.



Suzanna McGee & her 'lasik look.'



Lisa Nunziella (l) in her booth with Marie Escamilla.



Mark Swank during his Bench Press Clinic.



World Class Strongmen ... (left to right) Bill Kazmaier, Mark Philippi, Odd Haugen, Jesse Marunde, and Jon Andersen take a break from their strength event demonstrations. (all photographs by Ned Low)

POWER SCENE II

Dozens of top lifters. Hundreds of booths. Thousands of cheering fans. Plus the Governor of California. What else could it be? This year's Arnold Fitness Expo, home of the Arnold Classic Bench Press Challenge and the WPO Super Finals. **POWER SCENE** and **POWERLIFTER VIDEO** spent three days in Columbus, Ohio, and there was lots to cover.

Congratulations to all the lifting competitors: especially to Becca Swanson on becoming the first woman to bench 500 lbs.; to Garry Frank for hitting the 2700 lb. total mark; and to Gene Rychlak, whose 876 lb. bench, on the last attempt of



Kieran Kidder announced some of the greatest lifts in PL history!



Steve Coggins with **Rick Brewer** shake at the House of Pain booth



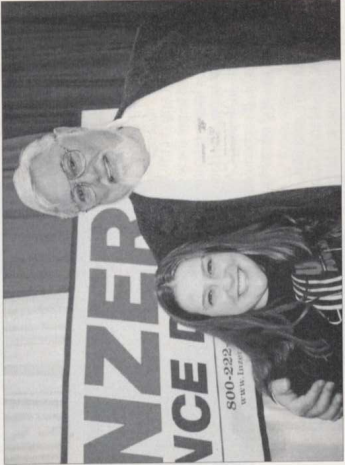
Becca Swanson was proud of her new DVDs and her 500 lb. bench

gathering spot for lifters of all levels. We snapped Becca Swanson at the Inzer booth, where she displayed the new DVDs she made with Jill Mills. For more info on the DVDs, or for what Becca's up to, visit her website, www.beccaswanson.com

Past Arnold champion Willie Williams, Disa Hatfield, Brian Crowe, and 2004 Arnold champ Gene Rychlak were just some of the other powerlifters stopping by the Inzer booth.

Gene Rychlak was also at the MHP booth, which had a lot of top strength athletes working there. Gene, Joe Mazza, Mike Miller of Nazareth Barbell, and top strongman Phil Pfister were all busy talking with the fans.

The scene was similar at the Universal/Animal booth which had a lifting cage set up for exhibitions, and top lifters Joe Ladtner and Brent Howard on hand to answer questions. Props to MHP and Universal for using so many powerlifters in their booths.



At the Arnold - Disa Hatfield with **Peter Thorne** in the Inzer booth



Joe Mazza & Gene Rychlak made their sponsor, MHP, very proud



Willie Williams at the Inzer booth along with **Brian Crowe** of PA.



Scott D. of Bodytech Strength



Phil Pfister with **Odd Haugen**



Brian Crowe of PA.



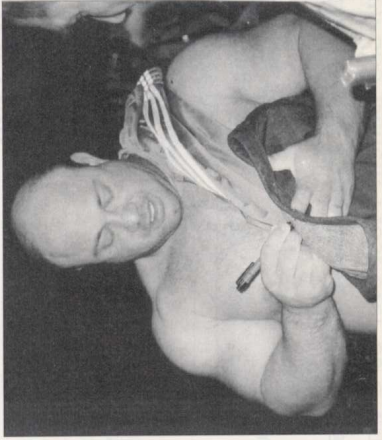
MHP's Frank DeJanne talks MASS (the product!) with **Mike Miller**



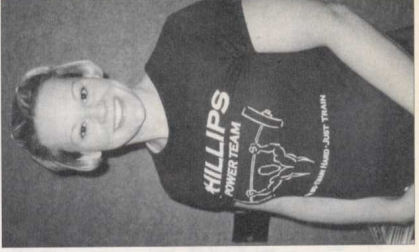
The Strength Summit Promoters: E. McNeely, D. Sandler, S. Bamel

for only six months, it was a terrific first Nationals. Weighing in light in the 181 class, at only 172, Jenn popped a 408 squat and a 225 bench. We wish her, and the rest of the Phillips power team, lots of success in the future.

And that's just what we wish for all our readers: 'til next time, stay strong and healthy, and we'll see you on video. **NED LOW**



At the AAAPF Nationals **Scott Mendelson** and **Jenn Phillips**



the current bench press record (Gene Rychlak's 900) could be in jeopardy. Scot was a big fan favorite, and even after not hitting any of his attempts, he drew a big crowd day. Scot didn't hit any of his 900+ attempts on the bench, though he did show his incredible strength.

For PL newcomer Jenn Phillips of Florida, who's been powerlifting moved a long way, and it looks like

Bodytech Strength Promotions' Scott DePanfilis was videotaping both the WPO Super Finals and Bench Press action for his website, www.bodytechusa.com, which presents a different national level powerlifting meet, strongman show, or Highland Games event each month to its subscribers. Scott himself competes as an amateur Highland Games athlete, and designs and builds websites. He describes his site as being for hard core fans, so if that's you, check it out.

The pro strongmen had a big show on the stage, and off-stage was a strength training summit. We didn't get to see most of it, but were told it featured Louie Simmons, Bill Kazmaier, Mark Philippi, Brad Gillingham, and many others. Back in the expo hall, the booths had clothing, supplements (many of the USAPL had a booth), injury rehab info, and much, much more. As **POWER SCENE** has said previously, it's a great expo, so if you have a chance to go next year, go for it.

The Arnold wasn't the only action going on this month, however, though we're short of space to report on much more, so we'll just mention one event we covered, the AAAPF PL and BP Nationals, a two-

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 have followed your column in PL USA for many years and it's always a pleasure to read. I read about your stance on ephedra on your site and completely agree. For over 20 years I have been a responsible user of ephedra and have found your statements to be personally verifiable. Yet, the recent pronouncement of the FDA banning the sale of ephedra in 60 days concerns me. My questions are: 1. Is this ban final? 2. If so, is there anything that we as non-corporate individuals can do about this? 3. If not, what alternative would you suggest? My experience with the non-ephedra version of supplements, like Hydroxycut, is that they do not work. Thanks. - **Mark**

Dear Mark: 1. It appears that the ban will be final. It is possible that in a number of years it will be rescinded or maybe overturned via a lawsuit (from one of the supplement companies), but right now that appears unlikely. In the State of the Union address, GWB talked about drug use in professional sports and the need to clean up sports for "the good of the children", and that's part of the anti-ephedra movement. 2. I don't know if there's anything citizens can do, other than write to their elected representatives. Considering the current anti-performance enhancing drug attitude in Washington, it will probably fall on deaf ears. 3. I'm glad you asked this question ... We have a number of ephedra-free products that have much superior results compared to their ephedra-based competitors. Resolve, our pre-workout anabolic primer is not only an alternative to an ECA stack, but also a potent anabolic/antimetabolic/fat-burning booster. Check out a detailed product description at <http://www.mdplustore.com/pdfs/resolve.pdf>. Resolve is not only ephedra-free, but also does not contain any prohormones. All of our products are manufactured in a pharmaceutical-grade facility and are guaranteed to be free of contamination. All the products (except Metabolic and Thermo) do not contain any performance-enhancers banned by the IPF or for that matter any sporting agency including WADA (World Anti-Doping Agency) and can be taken by all athletes subject to WADA/IOC testing, which of course the measure of almost all drug testing sports federations. LipoFlush is the best fat loss product, bar none. It helps burn and eliminate fat via 8 different pathways, one of which makes fat water-soluble so you excrete it out. For more information, look at <http://www.mdplustore.com/pdfs/lipo/flush.pdf>. For more information about any of our products, visit our store at <http://www.mdplustore.com/> or our sites at <http://www.metabolicdiet.com/index.htm> and <http://www.coachscs.com>. - **Mauro**

Dear Mauro: I have recently spoken to you in regards to your Anabolic Solution regime. I am very interested in trying your program and would like to ask you another question; my father has an overweight problem (obese) and I feel it would be in his best interests to follow your regime. He isn't however interested in gaining muscle as such, only losing FAT. As I am at University,

I do not have much money and could probably only afford the Anabolic Solution (AS) and not both AS and the Metabolic Diet. Does the Anabolic Solution contain the program for the Metabolic Diet in it, which I could use for my father? If not, then could he use the Anabolic Solution somehow for his aim of losing fat with absolute minimum lean muscle? Or are there any other suggestions you might have to overcome this problem? Much Appreciated. - **Shannon**

Dear Shannon: The Anabolic Solution can definitely be used by your father to just lose fat. All he would do is follow the cutting phase of the diet. As well, the Anabolic Solution contains the Metabolic Diet fully and will give your father all the info he needs to lose weight using my diet. In his case, since he hasn't really bulked up as far as muscle mass, and he isn't into the serious training, the cutting phase will just let him preserve the muscle he now has rather than building more muscle. As an added bonus, when you purchase the Anabolic Solution book or e-book, you will be given full access to all the information, articles, sample diets, charts, food database, etc. and all of this will complement the book and help both of you reach your goals. Best regards, **Mauro**

Dear Mauro: I was wondering if you could give me any details on the formulation of your 'Amino' product and how it compares to other products on the market. I know that you are a leader in the supplement field and I hear that your supplements are the best out there. On the other hand in reading the various ads it seems like some of the other products out there are good as well. - **Jim**

Dear Jim: There is no comparison between Amino and any other product currently on the market. If you want the details have a look at the Amino product page, especially the Nutritional Panel and the pdf information file. There are specific reasons for each of the amino acids, other ingredients and dosages in Amino, some of it according to what I wrote in my book *Amino Acids and Proteins for the Athlete*. The Anabolic Edge, published in 1997 by CRC Press, and much of it from recent research and other information I've accumulated since writing the book (which I'm presently revising). The amino acid array in Amino, plus the patent pending proprietary formula, is optimized for maximum muscle gains by way of increased insulin and growth hormone signaling, protein synthesis, and anticytotoxic action. The array is also optimized for absorption, not only because the Amino tablets break apart almost instantly upon hitting the gastric secretions, but also because I've included hefty doses of glutamine peptides, as well as individual amino acids. Studies have shown that the peptides are actually absorbed faster than the individual amino acids. As a caveat, don't believe everything out there. Most supplement companies are all about hype and not providing quality supplements that work. In fact if you're interested I've just written a short e-book on the ins and outs of the supplement industry. This e-book is available to PL USA readers for free from www.MetabolicDiet.com. Go on-line and enter your e-mail address and the code PL USA and we'll send it out to you. **Mauro**

Dear Mauro: A compound that is getting a lot of attention is citric acid. I cannot find a lot of information on anything except sodium citrate and unfortunately do not understand the larger picture with its supplementation. Is sodium citrate the same as citric acid? How does this work to enhance sports performance (primarily aerobic)? - **Carl**

Dear Carl: Citrate and citric acid are the same thing. It's an intermediate in the Krebs Cycle, but in my view is not nearly important as some of the other intermediates. In fact, if taken in excess it can actually increase fat formation. If you want some of the details let me know. BTW I have citrate in the new Creatine Advantage as part of the Proprietary Complex that also includes malate, fumarate, succinate, aspartate and glutamate, all are important for TCA flux and aerobic energy production. **Mauro**

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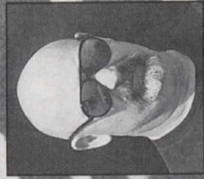
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'Proprioceptive Neuromuscular Facilitation Pattern' development: Another key component to enhanced power. as told to Powerlifting USA by Danny M. O'Dell, MA. CSCS.

"Strength grows stronger by being tried" Seneca, Ad Lucilius, c. 186 B.C.

This is a fact that many are already aware of first hand. But unless the body is stressed by a correctly designed overload, it will not become stronger. The body must have the strength to control motions and activities. The learning begins with the proprioceptive feedback loop with our body.

We all want to lift huge amounts of weight, to win the big meet, and to stand on the stage to accept the six-foot, one and only, winner's trophy. Don't we? Our chances increase a bit if we allow the proprioceptors of our body to do their job the way they were designed to function.

One of the basic premises of strength is that all systems must work together to achieve the maximum power output when called upon to do so by the circumstances. Proprioception is a vital component of power, agility, balance and coordination. All of these components must work in a coordinated manner to achieve the desired neuromuscular results.

Proprioception by definition is the body's ability to transmit sensory receptors that transmit information from the periphery to the central nervous system. "Therapeutic Exercise for Athletic Injuries by Peggy A. Houglum" information regarding position sense, to interpret the information, and to respond consciously or unconsciously to stimulation through appropriate execution of posture and movement. Proprioception is fundamental to correct performance and correct athletic performance requires good agility, balance and coordination.

Proprioception is the ability of the body to transmit position sense, interpret the information and make the appropriate and necessary posture or movement changes to execute the task. A neuromuscular response to proprioceptive input relies on the receptors located within the joints, muscles, skin and tendons. Each of these signal

generators contributes to our body's posture, to the conscious and unconscious knowledge of joint position, and in producing motion. The proprioceptors allow us to know where our appendages are in relation to space without having to look at them. So just what are the proprioceptors and how do they work?

The Proprioceptive Feedback Loop

'To be ignorant of motion' is to be ignorant of nature' Aristotle

"The central premise of Proprioceptive Neuromuscular Facilitation (PNF) pattern development is to allow the body to work in specific and correct patterns of movement. These patterns are three dimensional.... Pay attention to the body, watch for subtle mistakes, and note left-right imbalances." The afferent nerve proprioceptors send and receive signals from within the joints, muscles, skin and tendons to the Central Nervous System (CNS).

The Golgi Tendon and muscle spindle organs detect tension within the muscle and the position of the respective body part in relation to the CNS and determine afferent elements also provide input to the CNS and determine a patient's performance ability. "An individual's agility, balance and coordination are determined by the reception, interpretation and response that are initiated by proprioceptors." The location of these nerve endings determines the proprioceptors classification.

There are three major categories of proprioceptors. One category is located in the skin, another in the muscles and tendons, and the third is found in the joints. Those in the skin do not play a big role in proprioception; therefore, other than to simply state they exist there will be no further discussion of them. Attention, will however be directed to the muscles, tendons and joints throughout the remainder of this book.

The Golgi tendon organs

(GTO) and the muscle spindles are the specific afferent receptors in the muscles and tendons. These conduct neuromuscular responses from within both the antagonist and synergistic muscles.

The Golgi tendon organ detects contraction and in stretching of a muscle. Its afferent response to either extreme is to 'relax' the muscle. The muscle spindle detects and responds to a stretch in the muscle. Its afferent actions to contract the muscle.

Both the Golgi tendon and the muscle spindles help determine the joint position because of this sensitivity to the muscle length. Joint receptors lie within the connective tissues of the joint capsule and surrounding ligaments. Some notice and respond to joint motion, and may be protectors of the joint in their ability to react to extreme joint positions. These are slow acting due to their size and the fact they are nonmyelinated or thinly myelinated.

The central nervous system collects the signals from the outlying receptors. The response to the signals depends on the location within the CNS that receives and interprets the stimuli and begins the efferent reaction. Three areas within the CNS react; they are the spinal cord, brain stem and the cerebral cortex.

The brain stem is the primary correlation center for all proprioceptive input this includes other location input such as that centered from the eyes afferent receptors and the ears to assist in automatically maintaining balance. The cerebellum is the "highest level of the brain and the location of conscious movement the center of volitional control of movement." "Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics."

It is here that correct movement is learned and controlled by conscious effort before becoming an automatic response to stimuli. Powerful movements are enhanced when the body is agile, balanced, and coordinated. Specific components of coordination lead to success. Beginning with activity perception, and movement are not wasted on

or the awareness of volitional muscle activity, we start laying the groundwork for a properly executed lift. The ability to be aware of joint position and movement is a fundamental task in the early stages of learning a new skill. Mirrors, it should be noted are detrimental to progress as "vision slows down the response to activity." In the beginning, however mirrors are a useful tool to help learn the new motor patterns as they increase "the development of accuracy of (the) motion".

Feedback is another important element of learning how to do a specific movement as the body (CNS) continually evaluates the success or failure of the pattern. Upon completion of this evaluation, the CNS sends corrective messages to replace poor execution of the exercise.

Exact correct repetitions of the activity make the movement pattern more consistent.

Perfect repetition develops accuracy and coordination. This in turn reduces the effort of the body to reproduce the movement in the future and to substitute an overflow of the wrong muscles. As the body continues to get the pattern established, an 'engram' (an activity that can be repeated very precisely and accurately) is formed. Once an engram is established the body no longer has to consciously think of doing the move, it is automatic and correct in the execution. When you are under a heavy load, you should not be thinking about how to do the lift. It has to be automatic at this point.

"Remember, muscles do what they are told. If they are doing something you don't like, tell them to do it differently. Communicate to the muscle through repetition of posture and movement." The exact correct way to move.

In order to make use of the correct muscle sequence, slow, deliberate and precise actions are necessary to develop the patterns mentioned in the previous paragraph. Early coordination requires concentrated effort to be paid to the cognitive portion of the learning pattern. Using the correct muscles, further more, "pain distorts the proprioception...if body then chances are the athlete will compensate or use awkward or unnatural movements to avoid the pain. These movements can create more problems. Compensation creates stress in other parts of the body as other areas work harder to

achieve the same level of performance. New problems arise when normal body parts must work in abnormal situations or the athlete pushes into the pain, risking even greater injury with more complications."

You must have balanced muscular development on both sides of the joint in order to achieve success. The ability to powerfully move a segment of the body in a rapid synchronized movement is agility. All are dependent upon the proprioceptors of our body to provide the necessary feedback to do right. Once learned incorrectly all three (agility, balance and coordination) are MUCH more difficult to relearn the proper way.

Thus, learning early in the exercise how to initiate, or prevent, the wrong muscles from firing is a crucial step in perfecting the movement. Accuracy of movement is extremely critical to efficient and effective lifting progress. Do it right each time to develop the correct neuromuscular pathways.

Therefore, you ask just how is this going to make me a better lifter. Learning how to make the best use of these nerve impulses can lead us to the most effective, efficient and technically correct bar

body for each of the three lifts. Utilize full range of motion on each lift. Once the motion is correct, build on the strength and power each time you lift by practicing perfection. **Every lifter** has a technically correct, effective and efficient bar path. Finding it will lead to greater proficiency in the gym and on the platform.

Summary: Proprioception includes both simple and complex functions. Beginning with the simple, which is a misnomer because every motion is a complex interaction of body actions. All of these receptors work together to produce a coordinated, balanced and agile movement. Paying strict attention to the technicalities of the lift requires listening to your body as you lift, watching videos of the lift and having a fundamentally solid coach who knows the lifts and what to look for in each one as they progress. Take the strength you already have, build on it and become more efficient, coordinated and smooth (in the movements).

Utilize the system and you will be a better lifter as a result.

Brief Author's Biography: Danny M. O'Dell, MA, CSCS is the co-owner of "The WeightRoom" gym and ExplosiveLift.com, both located in Nine Mile Falls, WA. His Masters Degree is in Human Services and he is a Certified Strength and Conditioning Specialist with Distinction through the National Strength and Conditioning Association. He has international magazines describing the benefits of lifting the healthy fitness lifestyle. Danny is a national and international recognized fitness presenter. In addition, he is the author of four training manuals - *Wilderness Basics, Strength Training Secrets, Composite Training and Power up your Driving Muscles*. All are available in download versions at <http://www.explosivelift.com/>

1 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics; 2 Athletic Bodily Balance Cook, G. Human Kinetics 2003; 3 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics; 4 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics; 5 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics 2001; 6 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics 2001; 7 Athletic Body in Balance Cook, G. Human Kinetics 2003; 8 Therapeutic Exercise for Athletic Injuries, P.A. Houglum, Human Kinetics publishers 2001; 9 Athletic Bodily Balance Cook, G. Human Kinetics 2003.



Ed Coan, using a mirror as a tool to check the accuracy of his lifting form.

Simply put, balance, coordination and agility are all subjects of the proprioceptive feedback system. If you continually lift in an inefficient, ineffective and improper manner, your body adapts these movement patterns as the correct way to do the lift. You must break these ineffective, inefficient movement patterns if you want to become a more proficient lifter. Consider what happens when you injure yourself lifting.

If you injure yourself and then lift through the pain, your body will compensate by recruiting alternate muscles to do the job of the correct muscles. Furthermore, "pain distorts the proprioception...if body then chances are the athlete will compensate or use awkward or unnatural movements to avoid the pain. These movements can create more problems. Compensation creates stress in other parts of the body as other areas work harder to

achieve the same level of performance. New problems arise when normal body parts must work in abnormal situations or the athlete pushes into the pain, risking even greater injury with more complications."

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Therefore, you ask just how is this going to make me a better lifter. Learning how to make the best use of these nerve impulses can lead us to the most effective, efficient and technically correct bar

Integrating assistance exercises in our routines is critical to progress in powerlifting. Assistance exercises can build up strengths for all three powerlifts. In addition, they add variety to our workouts and also help improve our physiques. The trouble is, we do not always get the results we expect from our labor. The thousands of lat pulldowns you did this last training cycle did not increase your deadlift lockout. Something just does not add up, but the answer may be easy to find.

I would look first at your exercise form. Most lifters generally start out with great attention to exercise form, properly performing assistance lifts. But to keep increasing the weight, most lifters add other muscles outside of the targeted ones or decrease the range of motion of the exercise. Many times both weight enhancing techniques are used. This results in an exercise vaguely resembling the original one. Almost every exercise has standard cheating techniques shared universally by lifters. Let's look at a few of the most popular assistance exercises and the cheating techniques most commonly used. While you're reading, step back and take an objective look to see if I'm describing your technique.

Let's start with the most popular assistance exercise, the bicep curl. The vast majority of lifters do not lower the bar to full extension, thereby reducing the range of motion. Lifters justify this by saying this keeps continual tension on the bicep for building an Arnold-like peak. This is simply a poor excuse. A lifter knows exactly how far he can lower the weight and still get it back up again. If he'd lower it another centimeter, he would be able to curl it up again. That is an instinctive ability we lifters just develop or are born with. Another popular curl cheat is turning it into a reverse power clean. The lifter just heaves up the weight using lower back and traps rather than biceps. To really move the weight, the method of choice combines the reduction in range of motion with the reverse power clean heave-ho. For best results, perform your curls with full extension and contraction over a full range of motion. Keep your back straight and curl with the biceps, not with the lower back.

Lat pulldowns behind the neck are another popular exercise for back development. The most popular cheat method used is to lean forward, doing the equivalent of a weighted ab crunch, while pulling down. There are far better ways to exercise your abs! Of course, the range of motion can be also decreased. This can be achieved by not pulling the bar all the way down or by not letting it go

STARTIN' OUT

A special section dedicated to the beginning lifter

EXERCISE FORM

as told to Powerlifting USA by Doug Daniels



Mike Hall, ADPPA Superheavyweight legend, paid attention to correct form - even with warm-up weights while training at the gym.

all the way up. The key again is full extension, full contraction with no leaning forward.

Bent over rowing is another favorite lat exercise. This can resemble a bent over curl in the example above. A lot of swinging, heaving and power cleaning, not much lat work. Keep the back flat, parallel to the ground and pull your elbows back with the lats using the arms as hooks.

Shrugs are the great choice for deadlift lockout power, but best results occur only if the traps are doing the work. Many lifters shrug consist of bending their arms with little, if any, shrug motion. Concentrate on pulling with the traps, using the arms as hooks only. If you can bend your arms with your shrug weight, you're using some

Decline benches' forte is to overload the lower pec. However, some lifters claim that they can decline more than they can flat bench. The simple reason is they lower the bar below their chest, nearer their waist to lessen the range of motion. Any Physics 101 pupil knows the less distance you need to move something, the easier it is. If you choose to do declines, lower the bar to chest level for a full range of motion and best results.

Tricep pulley pressdowns are great for building bench power but they are also victims of work-arounds. Learning the body into the movement helps to get weight down. Keeping the elbows out away from the body adds the delts, pecs and lats to the exercise. Learning more to one side than the other, results in over 50% of the weight being moved by one side of your body. This will result in uneven strength development and imbalance. Of course, decreasing range of movement either on top or on the bottom can be thrown in. The pulley cable should be in line with your nose to insure each arm is doing equal work. Bring the weight up as far as you can while keeping your elbows locked to the side of your torso and press the weight down to lockout.

These are just a few examples. Every exercise has some standard technique of cheating. What needs to be done is to drop the weight used and start over again and learn and maintain proper form. This can be a huge challenge for most lifters. Using lower weights, even deflating, I know I sound like a broken record, but the judges and spectators at the meets DO NOT CARE how much you can cheat curl or shrug. Better exercise form also greatly decreases the chance of injury. Keep continual tabs on your exercise form. Increase the weight and reps only when you can do it using proper form. Have a knowledgeable lifter demonstrate proper form and critique your form improving but your competitive lifts aren't, take a step back and objectively examine your exercise form, then perhaps things will add up in your favor.

Incline bench presses work the upper pecs and front delts. The inclined bench angle reduces the contribution from the pecs so less weight can be used than in the regular flat bench press. Creative lifters have solved this dilemma. As the bar is pressed, they raise their butts and lower back off the bench, moving their torso parallel to the floor, resembling a regular flat bench. If you're going to do that, stick with flat benches. If you choose to do inclines, maintain the proper position on the incline bench. A rule of thumb; the higher the angle, the less pec. A thirty degree angle may be best all around angle of choice.

Doug Daniels' Web address: members.aol.com/ddani12345/default.htm

WORKOUT OF THE MONTH

Tom Eisman's Deadlift Routine

This deadlift routine will increase your deadlift twenty to thirty pounds. However, before I explain what to do, let me tell you why it works.

First of all, I believe that most powerlifters overtrain. We either do too many assistance exercises or, more often, too many heavy triples, doubles, and singles before a meet. I believe in this cycle because I have found that while training for many contests my goals, which seemed realistic, were not being reached. They were not being reached, I believe, because I overtrained as the meet approached.

Well, this is how the routine works, and it is fairly basic. We deadlift once a week. The assistance exercises are: 3 sets of 8 cable rows done once a week after the deadlift; 3 sets of 5 partial deadlifts from the top of the knee, done on weeks 1, 3, and 5, and 3 sets of 8 leg presses done on the squat day. All deadlifts are paused in this cycle; no bouncing, stop each one. This is very important. All warmups are just that, warmups, and not done to tire you out. The following workout assumes that you have a best lift coming into the routine of 600 pounds.

Week 1
135x5, 225x5, 315x5,
405x2, 460x8

Week 2
135x5, 225x5, 315x5,
405x2, 470x8

Week 3
135x5, 225x5, 315x5,
415x2, 480x8

Week 4
135x5, 225x5, 315x5,
425x2, 490x8

Week 5
135x5, 225x5,
315x5, 405x2,
455x2, 505x6

Week 6
135x5, 225x5,
315x5, 405x2,
460x2, 515x6

Week 7
135x5, 225x5,
315x5, 405x2,
465x2, 525x6, 550x1

Week 8
135x5, 225x5,
315x5,
405x2, 495x1,
540x4, 565x1

Week 9
135x5, 225x5,
315x5,
405x2, 500x1, 550x4,
580x1

Week 10
225x5, 315x5,
405x2, 505x1, 560x4

Week 11
off until meet

Contest attempts will be as follows: 565, 595, 625.

Stick with it and the results will come where they count on the final lift at the meet! Good luck.

Tom Eisman

Tom Eisman... has been one of the best deadlifters in the world for almost 20 years in the Lightheavyweight class. He once got up with 800 pounds!

Paul Kelso's

POWERLIFTING BASICS: TEXAS-STYLE

The Game's funniest book: forming a club, first meet follies, and straight info. You've heard of this "training novel"...join Lope and LaVonda in "the ultimate blend of hilarity and common sense in strength training" (PL USA); - a "true iron classic" (Iron Man). \$14.95 + S&H. Order from www.ironmind.com/Tel: 916-265-6725; Ironmind Enterprises, P.O. Box 1228, Nevada City, CA 95959.



FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

One of the most asked questions at Elite Fitness Systems is how to fit the standard four day program into three days. This is because of time constraints such as family, work and community responsibilities. Some people have tried combining two workouts in one day (for example, performing a max effort for both the squat and bench press in the same workout). I've been thinking of a 3/day work week for quite some time and discussed it with a few friends of mine. Being the generous people that they are, they decided to try it out. All of them have reported back extraordinary results. All of them reported bigger gains on max effort day, being faster on dynamic effort day, less elbow and shoulder pain and a better overall attitude in the gym. Is a three/day week training system superior to four/day week? No. It may be more effective for some and it could be more effective at certain times of the year for others. If you feel like you are overtrained, or teetering on the edge of overtraining, then a change may be what you need.

What I proposed to my friends is simple and easy to follow. Instead of repeating a specific workout (such as dynamic bench, max effort squat, etc.) every seven days, you will only repeat a workout every ten days. For example, here is what a sample overview for three weeks would look like.

Week 1: Day 1 - Dynamic bench press; Day 2 - Max effort squat/DL; Day 3 - Max effort bench press.

Week 2: Day 1 - Dynamic squat/DL; Day 2 - Dynamic bench press; Day 3 - Max effort squat/DL.

Week 3: Day 1 - Max effort bench press; Day 2 - Dynamic squat/DL; Day 3 - Dynamic bench press.

As you can see, some weeks you will only perform 1 lower body workout, while on other weeks, you will perform 2 workouts for the squat and deadlift. This is obviously the same for the bench press.

Why can this be effective? First, this kind of training schedule can do wonders for recovery and injury prevention. Because you are not performing a pressing exercise two days a week, every week, your shoulders and elbows have some time to recover. This is the same with your lower body. By not having a barbell on your back twice a week or a heavy load on your spine, your recovery between workouts will be improved.

In addition to physical recovery, mental recovery will also be improved. All of the people that switched to a three day/week training scheme reported that they had much more enthusiasm in the gym and couldn't wait to train. A good friend of mine was able to give up powerlifting as his mind and body were both in a state of decline. Once he switched his workouts, he squatted 800 (almost a 200 lb. PR) and his elbow pain, which had plagued him for almost 4 years, has gone. Also, his enthusiasm has improved.

Second, you can handle more volume during your workouts. Because you have 4-5 days to recover, you can increase the volume and try some



Big Time Lifts Require Big Time Recovery..... ask top ranked 242 pounder Jose Garcia.

different things. I've found that many people save themselves on some workout days to preserve the numbers for the following workout. Some will argue that in a 4 week training cycle, you will only perform 3 max effort workouts per month. This is a moot point because most people will take one max effort workout off per month. Also, be sure to perform abdominal work twice per week.

For more information regarding training equipment, apparel, lifting gear, Force Training seminars and over 10,000 archived questions and answers visit www.EliteFTS.com.

In Dedication ...



Phil "Red" Swaim, a powerlifter from the beginnings of the sport, with a long list of lifting accomplishments, from his native state to the national and world masters level, passed away on January 16th. Born August 30th, 1937, he was inspired by seeing Paul Anderson lift, and he went on to compete in over 100 full power meets, more than any other

North Carolina lifter. A member of the North Carolina Hall of Fame since 1990, his best lifts in competition were 622 3/5 650 at 242.

He leaves, among others, his wife of 42 years, Adelita, and sons Shane Alan and Paul Denton, both of whom fulfilled Red's great hope that they would graduate from college. He loved his grandchildren Heather and Nathan dearly. "Red" was a master craftsman, retiring after 47 years as a carpenter, during which time he framed more than 600 area homes. He was also an accomplished musician; playing country, gospel, blue grass. In the 60s/70s, he played lead acoustic guitar in a group called the "Hickory Hollow Boys". He also had long associations with Special Olympics, Scouts, and youth baseball. He spent countless hours on behalf of powerlifting events; helping, coaching, training others, and praising any level of performance.

He suffered three heart attacks during the 80s, but continued to train and compete. At age 61, following leg surgery, he went 550 250 600 at 198. At his last meet, the 2002 Iron Boy Pishi/Pull, he pulled a 560 DL at 60-64/220 and won the "Fan Favorite" award.

From those who knew him Tommy Coble, who counted Red as

his best friend for over 25 years and put in a lot of miles going to meets, with him over the years, had this to say "Red, you will always be my hero".

Bob Strauss, who lifted with Red for decades and, even though, younger, could never manage to catch him on the platform, introduced a new lifter to Red by saying "...this is North Carolina Powerlifting, this is Red Swaim". Fellow North Carolina Masters legend R.L. Gurely, first saw Red training in the 1950s and his family became great friends with his over the years. "He is a man I will never forget". R.L. delivered the eulogy at Red's funeral.

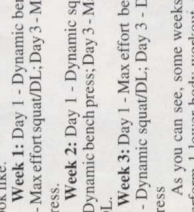
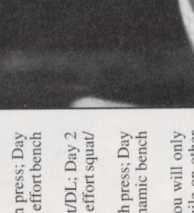
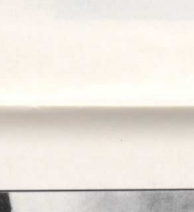
Charles Beane called him "a friend to the sport and all the lifters he met" and never heard him raise his voice or lift a hand against anyone ... "one of the greatest honors of my life is to have been Red Swaim's friend".

Blake Moore, who met Red at age 17 in 1979, said "He always seemed to take more interest in all other's progress rather than his own".

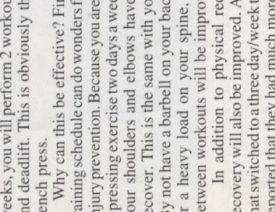
From his family ... "we all know God has built him a special place in Heaven."

For more information on Red Swaim and his lifting career, see www.ncpowerhalloffame.homestead.com, www.carolinaintramasters.com

WABDL Worlds STARS



Team Headquarters at the WABDL Worlds, included (front row (l-r) Sara Hill, Victoria Reese, Teresa Jacobs, Pat Robey, Carol Myers, Michelle Ichiyama, Julie Orr, Rikka Yitako; middle row - Kayla Taueli, Cheryl Erickson - Asst. Coach, Jana Proffman, Del Chinn, Joe Head-Coch, Dennis Sujimoto, Perry Plush, Barb Anderson, Marilyn Lewis, Ray Chinn - Asst. Coach, Bob Robey - Asst. Coach; back row (l-r) - Kevin Smith, Greg Proffman, Michael Proffman, Jason McWalter.

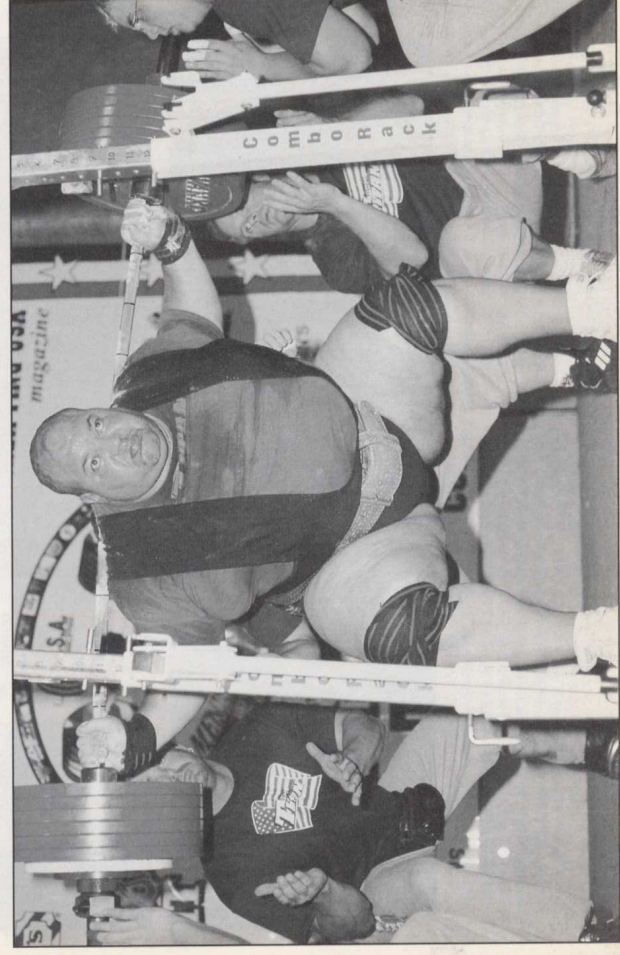


Body By George Teams @ the WABDL Worlds included: (front row, left to right) Trent Corey, Baxter Hunt, Mandy Proctor, Bridgett Brown, Nikki Williams; 2nd row (left to right), Sand Stowers, Richard Hunt, Cheryl Williams, Ronnie Edwards; back row (left - right), Ron Proctor, George Herring, Steve Ramey, Matt Christi, Kim Stolz, Corey Johnson, Tony Corey.

Far Left ... deadlift records, middle BP phenom, right Kayla Taueli, originally from Tonga rather than Samoa. Proper praise flow for the Worlds article was 10,12,76,74,75, 73, 77, 78-80

World All Time Subtotal Supermen (through 31 DEC 03) by Herb Glossbrenner

1.	830.00	1897.79	Frank, Gerry	64USA	174.35	490.00	+ 330.00	09NOV03	Marietta, GA/WPO
2.	800.59	1765.00	Miller, Michael	68USA	191.00	460.40	+ 348.19	16NOV03	Harrisburg, PA/IPA
3.	789.25	1740.00	Clark, Anthony	66USA	151.27	460.40	+ 328.80	28MAR93	Lancaster, PA/IPA
4.	780.18	1720.00	Rychlak, Eugene	68USA	162.00	455.86	+ 324.32	13APR03	Leesport, PA/IPA
5.	777.50	1714.09	Wilkeall, Brent	67USA	153.75	455.00	+ 272.50	09NOV03	Marietta, GA/WPO
6.	777.50	1714.09	Childress, Paul	70USA	147.50	455.00	+ 272.50	09NOV03	Marietta, GA/WPO
7.	777.50	1714.09	Childress, Paul	70GBR	147.50	455.00	+ 272.50	09NOV03	Marietta, GA/WPO
8.	767.50	1692.04	Basson, Omar	71SRB	137.80	462.50	+ 305.00	08JUN03	Los Angeles, CA/APF
9.	762.50	1681.02	Holton, Anthony	62USA	159.00	460.00	+ 302.50	29MAR03	Marietta, GA/APF
10.	762.50	1681.02	Moore, Beau	65USA	149.70	430.00	+ 332.50	09NOV03	Marietta, GA/WPO
11.	760.00	1675.51	Smith, Matthew	74USA	154.15	435.00	+ 305.00	09NOV03	Marietta, GA/WPO
12.	756.50	1666.40	Reilly, James	63USA	128.00	450.00	+ 300.00	09NOV03	Marietta, GA/WPO
13.	756.50	1666.40	Reilly, James	63USA	128.00	450.00	+ 300.00	01MAR03	Columbus, OH/WPO
14.	750.00	1653.47	Thompson, Donald	64USA	159.50	440.00	+ 310.00	09NOV03	Marietta, GA/WPO
15.	747.50	1647.96	Milote, Daisuke	72JPN	141.40	435.00	+ 312.50	13JUL03	Naha City, JPN/IPF
16.	746.00	1616.45	Rugiera, Michael	67USA	137.85	460.40	+ 285.76	13APR03	Newark, OH/IPF
17.	737.50	1625.91	Kidder, Keran	69USA	141.50	455.00	+ 285.00	08JUN03	Dayton, OH/USPF
18.	737.50	1625.91	Kidder, Keran	69USA	141.50	455.00	+ 285.00	08JUN03	Dayton, OH/USPF
19.	733.50	1615.09	Cann, Edward	63USA	107.60	471.00	+ 262.50	12AUG01	Orlando, FL/WPO
20.	732.55	1610.00	Kovacs, Daniel	70USA	145.10	430.91	+ 301.64	23NOV97	Washington, DC/IPA
21.	732.50	1614.89	Meehan, Allen	72CAN	130.45	460.00	+ 272.50	30NOV03	Calgary, CAN/WPC
22.	730.00	1609.37	Hartman, Andrew	77FIN	139.15	435.00	+ 295.00	24FEB02	Columbus, OH/WPO
23.	728.50	1606.86	Turtainen, Antti	76FIN	124.80	467.50	+ 260.00	28MAR99	Rosmont, IL/APF
24.	727.50	1603.86	Wessels, William	63USA	110.00	435.00	+ 292.50	11AUG96	Las Vegas, NV/APF
25.	725.74	1600.00	Skiver, Thomas	64USA	50.00	408.23	+ 317.51	16NOV03	Harrisburg, PA/IPA
26.	722.50	1592.84	Coates, Richard	62USA	138.25	435.00	+ 290.00	13DEC98	Aurora, IL/APF
27.	722.50	1592.84	Coates, Richard	62USA	138.25	435.00	+ 290.00	13DEC98	Aurora, IL/APF
28.	722.50	1592.84	Fuener, Robert	75USA	133.70	410.00	+ 312.50	09NOV03	Las Vegas, NV/WPO
29.	722.50	1592.84	Fuener, Robert	75USA	133.70	410.00	+ 312.50	09NOV03	Las Vegas, NV/WPO
30.	721.50	1590.00	Hunt, John R.	58USA	179.62	435.45	+ 285.76	18NOV01	Columbus, OH/IPA
31.	720.08	1587.50	Ware, John	60USA	155.58	447.92	+ 272.16	29JAN89	Galesburg, IL/APF
32.	720.00	1587.50	Karzaier, William	64USA	149.69	420.00	+ 300.00	31JAN81	Columbus, GA/WPC
33.	720.00	1587.32	Kutroff, Holger	69GER	142.50	460.00	+ 260.00	09NOV03	Marietta, GA/WPO
34.	718.94	1585.00	Furnas, Douglas	62USA	143.06	455.86	+ 263.08	23MAR02	Metro Beach, MI/APF
35.	717.50	1581.82	Lewis, Jeffrey	62USA	143.06	455.86	+ 263.08	23MAR02	Metro Beach, MI/APF
36.	714.40	1575.00	Holdsworth, J.L.	USA	125.00	420.00	+ 297.50	26OCT03	St. Louis, MO/USAPL
37.	720.00	1570.79	Voromin, James	64USA	176.00	410.00	+ 302.50	16NOV03	Harrisburg, PA/IPA
38.	710.00	1565.28	Hall, Michael	56USA	185.97	422.50	+ 277.50	11JUN00	Warren, MI/APF
39.	710.00	1565.28	Hall, Michael	56USA	185.97	422.50	+ 277.50	11JUN00	Warren, MI/APF
40.	707.50	1559.77	Hochstetler, George	61USA	157.50	442.50	+ 265.00	02JUN85	Wilmington, NC/WPC
41.	707.50	1559.77	Hochstetler, George	61USA	157.50	442.50	+ 265.00	02JUN85	Wilmington, NC/WPC
42.	707.50	1559.77	Karwowski, Kirk	66USA	121.45	435.00	+ 252.50	23JUL95	Baton Rouge, LA/USPF
43.	707.50	1559.77	Russ, Edward	64USA	168.35	437.50	+ 250.00	08JUN03	Los Angeles, CA/APF
44.	705.50	1555.36	Papazov, Vitally	80UKR	128.20	430.50	+ 275.00	12MAY02	Escholtz, SWE/USPF
45.	705.00	1554.36	Wilson, O.T. Chuck	65USA	100.00	450.00	+ 260.00	08NOV03	Marietta, GA/WPO
46.	704.42	1553.00	Waddington, David	56USA	139.71	434.95	+ 249.47	08NOV03	Zanesville, OH/USM
47.	703.07	1550.00	Barro, David	70USA	128.37	430.91	+ 272.16	13JUN81	York, PA/IPA
48.	702.50	1548.74	Fely, Dwayne	60USA	158.50	445.00	+ 237.50	17JUN00	Honolulu, HI/IPF
49.	702.50	1548.74	Isaac, Timothy	USA	141.52	442.50	+ 260.00	12DEC82	Phoenix, AZ/USM
50.	702.50	1548.74	Isaac, Timothy	USA	141.52	442.50	+ 260.00	12DEC82	Phoenix, AZ/USM



Jeff Lewis will move up the next update of this list off his 959 705 677 2342, weighing 537, at the USAPL Steel City Open (2/28/04)

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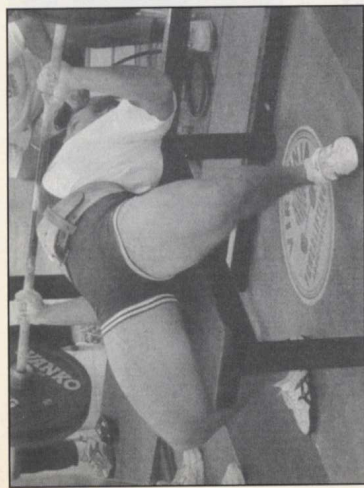
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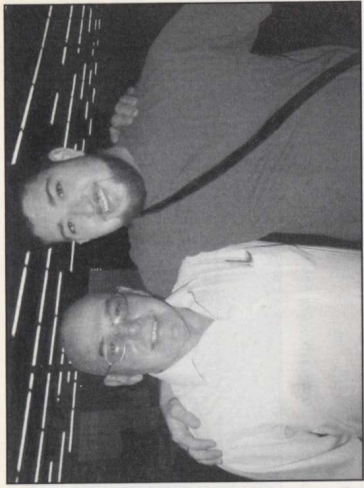
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51.	702.50	1548.74	Hoskinson, James	69USA	125.00	457.50	+ 245.00	07DEC03	New Smyrna, GA/APF
52.	702.50	1548.74	Rifts, Grant	64USA	161.48	410.50	+ 290.30	27MAR04	Lancaster, PA/APF
53.	702.50	1548.74	Rifts, Grant	64USA	161.48	410.50	+ 290.30	27MAR04	Lancaster, PA/APF
54.	700.50	1544.34	Kallio, Kari	62FIN	138.80	425.00	+ 275.50	28NOV03	Yok, PA/APF
55.	700.50	1543.23	Badenhorst, Gerrit	62RSA	138.80	425.00	+ 275.50	28NOV03	Pescara, ITA/WPC
56.	700.00	1543.23	Ewing, John	80USA	+140.00	432.50	+ 267.50	06SEP03	Kennesaw, GA/USM
57.	698.53	1540.00	Dimel, Matthew	55USA	144.70	458.13	+ 240.40	03MAY06	Sandusky, OH/USM
58.	698.53	1540.00	Dimel, Matthew	55USA	144.70	458.13	+ 240.40	03MAY06	Sandusky, OH/USM
59.	697.50	1537.72	Hafford, Fred	42USA	117.00	435.00	+ 315.00	08NOV03	Marietta, GA/WPO
60.	697.50	1537.72	Hafford, Fred	42USA	117.00	435.00	+ 315.00	08NOV03	Marietta, GA/WPO
61.	697.50	1537.72	Nettes, David	71USA	169.40	457.50	+ 240.00	10MAR06	Philadelphia, PA/USPF
62.	697.50	1537.72	Story, Philip	68USA	156.20	432.50	+ 265.00	16JUN02	York, PA/APF
63.	697.50	1537.72	Story, Philip	68USA	156.20	432.50	+ 265.00	16JUN02	York, PA/APF
64.	695.00	1532.21	Barry, Lee	64USA	144.65	400.00	+ 295.00	16JUN02	York, PA/APF
65.	695.00	1532.21	Barry, Lee	64USA	144.65	400.00	+ 295.00	16JUN02	York, PA/APF
66.	695.00	1532.21	Sandok, Kenneth	75FIN	145.90	390.00	+ 315.00	07SEP03	Wilmington, NC/WPC
67.	695.00	1532.21	Sandok, Kenneth	75FIN	145.90	390.00	+ 315.00	07SEP03	Wilmington, NC/WPC
68.	695.00	1532.21	Wiers, Chris	78USA	146.50	390.00	+ 305.00	07DEC03	New Smyrna, GA/APF
69.	695.00	1532.21	Wiers, Chris	78USA	146.50	390.00	+ 305.00	07DEC03	New Smyrna, GA/APF
70.	692.50	1526.70	Masters, William	72USA	138.21	412.50	+ 280.00	05JUL98	Northbrook, IL/APF
71.	692.50	1526.70	Masters, William	72USA	138.21	412.50	+ 280.00	05JUL98	Northbrook, IL/APF
72.	692.50	1526.70	Bryant, Joshua	81USA	138.10	410.00	+ 282.50	08JUN03	Los Angeles, CA/APF
73.	692.50	1526.70	Bryant, Joshua	81USA	138.10	410.00	+ 282.50	08JUN03	Los Angeles, CA/APF
74.	692.50	1526.70	Salim, Kari	68USA	141.00	417.30	+ 274.42	22MAR03	Clayton, NC/IPA
75.	692.50	1526.70	Salim, Kari	68USA	141.00	417.30	+ 274.42	22MAR03	Clayton, NC/IPA
76.	692.50	1526.70	Salim, Kari	68USA	141.00	417.30	+ 274.42	22MAR03	Clayton, NC/IPA
77.	690.00	1521.19	Makinchew, Andrei	77RUS	127.70	430.00	+ 260.00	02MAR03	Kazan, RUS/IPF
78.	690.00	1521.19	Makinchew, Andrei	77RUS	127.70	430.00	+ 260.00	02MAR03	Kazan, RUS/IPF
79.	687.50	1515.68	Bailey, Charles	63USA	119.20	440.00	+ 250.00	02MAR03	New Smyrna, GA/APF
80.	687.50	1515.68	Bailey, Charles	63USA	119.20	440.00	+ 250.00	02MAR03	New Smyrna, GA/APF
81.	687.50	1515.68	Wrens, Paul	47USA	154.30	442.50	+ 245.00	12JUL81	Corpus Christi, TX/USPF
82.	687.50	1515.68	Wrens, Paul	47USA	154.30	442.50	+ 245.00	12JUL81	Corpus Christi, TX/USPF
83.	687.50	1515.68	Nichols, William	58USA	117.03	435.00	+ 252.50	22OCT87	Dayton, OH/APF
84.	687.50	1515.68	Nichols, William	58USA	117.03	435.00	+ 252.50	22OCT87	Dayton, OH/APF
85.	687.50	1515.68	Nichols, William	58USA	117.03	435.00	+ 252.50	22OCT87	Dayton, OH/APF
86.	687.50	1515.68	Minnamagh, William	65USA	144.20	427.50	+ 260.00	27OCT92	Kailua-Kona, HI/ADPA
87.	687.50	1515.68	Minnamagh, William	65USA	144.20	427.50	+ 260.00	27OCT92	Kailua-Kona, HI/ADPA
88.	687.50	1515.68	Reinhoud, Donald	40USA	152.40	390.09	+ 297.10	06MAY72	Bordenston, NJ/AAU
89.	687.50	1515.68	Reinhoud, Donald	40USA	152.40	390.09	+ 297.10	06MAY72	Bordenston, NJ/AAU
90.	687.50	1515.68	Maddy, Jeffrey	45USA	161.48	414.81	+ 272.16	28APR74	Chattanooga, TN/AAU
91.	687.50	1515.68	Maddy, Jeffrey	45USA	161.48	414.81	+ 272.16	28APR74	Chattanooga, TN/AAU
92.	687.50	1515.68	Lehick, Paul	65USA	180.00	385.00	+ 300.00	09DEC90	Orlando, FL/WPO
93.	687.50	1515.68	Lehick, Paul	65USA	180.00	385.00	+ 300.00	09DEC90	Orlando, FL/WPO
94.	687.50	1515.68	Mash, Travis	73USA	99.85	416.00	+ 275.00	08NOV03	Marietta, GA/WPO
95.	687.50	1515.68	Mash, Travis	73USA	99.85	416.00	+ 275.00	08NOV03	Marietta, GA/WPO
96.	687.50	1515.68	Kuc, John	68USA	121.15	395.00	+ 290.00	11NOV03	Marietta, GA/WPO
97.	687.50	1515.68	Kuc, John	68USA	121.15	395.00	+ 290.00	11NOV03	Marietta, GA/WPO
98.	687.50	1515.68	Shattorf, John	47USA	146.17	410.50	+ 272.16	08NOV03	Harrisburg, PA/AAU
99.	687.50	1515.68	Shattorf, John	47USA	146.17	410.50	+ 272.16	08NOV03	Harrisburg, PA/AAU
100.	687.50	1515.68	Weston, Brian	68USA	106.95	410.00	+ 275.00	29MAR03	Charleston, WV/IPA
101.	687.50	1515.68	Weston, Brian	68USA	106.95	410.00	+ 275.00	29MAR03	Charleston, WV/IPA
102.	687.50	1515.68	Weston, Brian	68USA	106.95	410.00	+ 275.00	29MAR03	Charleston, WV/IPA
103.	687.50	1515.68	Simmons, Christian	80USA	107.45	410.00	+ 275.00	07DEC03	New Smyrna, GA/APF
104.	687.50	1515.68	Simmons, Christian	80USA	107.45	410.00	+ 275.00	07DEC03	New Smyrna, GA/APF
105.	687.50	1515.68	Fantano, Kenneth	75USA	120.65	419.57	+ 260.82	13APR03	Columbus, OH/WPC
106.	687.50	1515.68	Fantano, Kenneth	75USA	120.65	419.57	+ 260.82	13APR03	Columbus, OH/WPC
107.	687.50	1515.68	Wendler, James	54GBR	125.00	420.00	+ 260.00	06NOV94	Newark, OH/WPC
108.	687.50	1515.68							



Russ McDonnell...close, but couldn't match Thomas's 732.5 kilos.



Ernie Fleischer, Best Male Assisted Master Lifter with Mark Coleman

and raw male youth up to 19 years old. The first session began with 4 young men, Daniel G., Matthew H., Adam L. and Luke D. De Gallo family coached by their father a lifter also, Richard De Gallo. Another outstanding lifter was 17 year old, David L. De Gallo. With his father had a great day with a total of 185 kilos. Other outstanding raw lifters in the kid and youth division totals were 148# Michael Oxler 12 years, 305 kilos, 97# Peter Collins 11 years, 173.5 kilos and 165# Mike Wilson 207.50 kilos.

The teenage raw division outstanding lifters were newcomer 123# Vincent Nacare with a great bench of 87.50 kilos and 207.50 kilos. Harold Millan had the highest total in the 242 open with a 330 squat, 182.5 bench and 302.5 deadlift to win this class. The 275 open division was won by 26 year old Lazaro Nolasco from the 319 open division came to be a battle between David Estrada of Puerto Rico and Bernard Rolle of the Bahamas with David coming out on top with a total of 862.5 kilos. Man Alberto of Puerto Rico and Steven Albert of MO in the super heavy weight class. Steven Albert squatted 305 kilos, Mario's 295 kilos than Mario benched 230 kilos to Steven's 200 kilos. Steven came back with a bigger pull of 267.5 kilo deadlift. The winner was Puerto Rico's own Mario Morales with a total of 790 kilos to Steven Albert's total of 772.5 kilos.

The best lifters for the 2003 AAU World Championships are: Best Female Raw Open Lifter - Allyson Amerling of Mass with a total of 395 kilos; Best Female Raw Master Lifter-Evelyn Neaton of VA with a total of 450 kilos; Best Male Raw Lifter-Karen Flowers of NC with a total of 473 kilos; Best Female Assisted Master Lifter-Debra Jackson of Germany with a total of 365 kilos; Best Male Raw Open Lifter-Steve Pappas 755 kilos; Best Male Assisted Lifter-Jack Rotten of NC with a total of 645 kilos; Best Male Assisted Open Lifter-Lorenzo Nieves of Puerto Rico with a total of 855 kilos; Best Male Assisted Master Lifter-Steve Pappas 755 kilos; Puerto Rico-1st, Bahamas-second, Mike's Gym-third.

We thank all the athletes who came out to participate in this year's World event. We enjoyed making a lot of new friends and old ones. We will be back in 2004. AAU World Push/Pull to be held in Virginia and World World's Strongest Man to be held in the end of October. Thank you all for your continuing support because without you the lifter would not be able to powerlifting. (Reads to Powerlifting USA provided by Virginia Powerlifting Association - July and Steve Wood, Jill Meads and Barbara Beasley.)

With five excellent experienced lifters it was a sight to see who would come out on top. David Low started off and won the squat round with 260 kilos. Next Tommy Holland finished off the bench with top lift of 240 kilos. The deadlift was won by Dave Low with a 252.5 kilo pull. Dave Low came out ahead as the winner. Eddie White, 54 kilos old, won the 198# 55-59 division with a total of 670 kilos. The open 242 division was won by 26 year old Lazaro Nolasco from Carolina with a 272.5 squat, 215 bench and 305 deadlift. Bahamas lifter, Leslie Whyte won the junior 242 division with a 305 squat, 205 bench and 317.5 deadlift. Leslie is quite a gifted lifter and a very hard worker.

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The next two days the men battled it out and several came down to the very last lift. The 165# Master Raw division there were four great lifters but Bob Janiger of Mass. did it with a 210 squat-145 bench, and 245 deadlift. The junior division was won by Nate Wilson from Alabama and Boss McDowell from back and forth on each lift and it came down to the last deadlift and lift. He came down with a total of 732.5 kilos in the 220 division. Fifty-six year old Jack McAdams was very confident in his lift. He was the master 220:55-59 class. The open 220 Puerto Rico was won by the Marino Brito from Puerto Rico with a total of 755 kilos. In the raw division 242# open Massachusetts Russell Ter put up an amazing 310 deadlift and 250 bench. In the Assisted division, Harold Millan representing the Puerto Rico team won the 148# open with a 205 squat, 122.5 bench and 245 deadlift. The 165# open division was won by 16 year old, Travis Padue with a total of 630 kilos. Longtime lifter 59 year old Michael Scott of the military had a great day and totaled 540 kilos. Travis Padue was the winner in the 181# open division with a squat of 232.5, 172.5 bench and 245 deadlift. (Reads to Powerlifting USA provided by Virginia Powerlifting Association - July and Steve Wood, Jill Meads and Barbara Beasley.)

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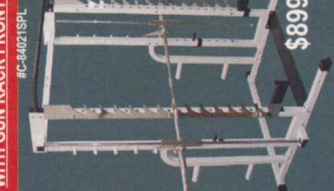
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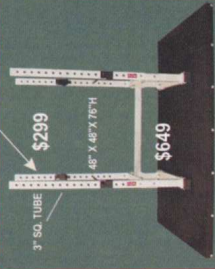
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USA POWERLIFTING CORNER

What struck me most about it, though, was the interest on the part of the public in health, fitness, and sport activities. As a parent, that stresses strength, health, and longevity, powerlifting has all the ingredients for broad appeal. You may enter at whatever physical level you are, and progress to the elite level if your abilities and desire allow.

The lake home message this month is outreach. There are countless people who could enjoy powerlifting competition, either as athletes or spectators. They may be found in your schools, health clubs, and work places. Invite them to join us. They are sure to have a great time, and we will begin to get the broad-based support that our sport deserves. For our part, USA Powerlifting will be present at three additional fitness expo events this year to introduce powerlifting competition to the general public and to let potential lifters know what we offer.

Master Bench World Team
The Master's Bench Press World Championships will be held April 15-18 in Trench, Slovakia. This was the venue for the 2002 Men's World Championships, and the 2003 Open World Bench Press

Outreach Efforts for Powerlifting
This past weekend, I attended the Arnold Fitness Expo in Columbus, Ohio. If you aren't aware, the "Arnold" is the largest fitness event in the world. More than 1,000 athletes participated in sports ranging from cheerleading to professional bodybuilding. 100,000+ visitors were expected to pass through the exhibition hall that housed approximately 500 fitness related booths. You have to actually see it to appreciate its magnitude.

Men's Master 1
60 John Corsello
61 Gary Pampin
62 Dana Rosenzweig
63 Brad Klingler
64 Bill Schlakowski
65 Raoul Donati
66 Rick Werner
67 Dan Gudreau

Men's Master 2
82.5 Jim Kistegaard
90 Keem Johnson
95 Steve Harris
125 Richard Davies
82.5 Bill Clayton
Frank Beeler

Women's Master 1
56 Dana Deutch
75 Maureen Post
82.5 Leigh Haines
86 Pam Zangl
90 Angela Simons
90 Paulette Calhoun
60 Diane Siveny

Women's Master 2
56 Jeanne Harris
75 Donna Steele
60 Faith Ireland
67.5 Helen Sauer
67.5 Eula Compton

Men's Master 3
67.5 Ivan Zwick
110 Murray Marsh
100 Louis Spasato
125 Louis Sofferidine
110 Clifford Tallman
Coaches: Nectar Kinkiris, Kevin Farley.

Please encourage these fine lifters as they prepare to win the World, and congratulate them when they return.

Top 20
20 Women at 60 kg., and the top 20 Men at 75 kg. The complete top twenty rankings can be found at: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>

Championships. It's a picturesque town, with friendly residents, and home of the Slovak Olympic Weightlifting Training Center. The roster for these championships is:

Men's Master 1
56 Dana Deutch
75 Maureen Post
82.5 Leigh Haines
86 Pam Zangl
90 Angela Simons
90 Paulette Calhoun
60 Diane Siveny

Women's Master 1
56 Dana Deutch
75 Maureen Post
82.5 Leigh Haines
86 Pam Zangl
90 Angela Simons
90 Paulette Calhoun
60 Diane Siveny

Men's Master 2
82.5 Jim Kistegaard
90 Keem Johnson
95 Steve Harris
125 Richard Davies
82.5 Bill Clayton
Frank Beeler

Women's Master 2
56 Jeanne Harris
75 Donna Steele
60 Faith Ireland
67.5 Helen Sauer
67.5 Eula Compton

Men's Master 3
67.5 Ivan Zwick
110 Murray Marsh
100 Louis Spasato
125 Louis Sofferidine
110 Clifford Tallman
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lifters who would have participated were deployed. This year, many of our military rotations overseas and are ending rotations overseas and were able to compete. We had several lifters who were given leave from their various combat zones to stations to enter. Results will be posted soon at www.usapowerlifting.com.

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60 John Corsello
61 Gary Pampin
62 Dana Rosenzweig
63 Brad Klingler
64 Bill Schlakowski
65 Raoul Donati
66 Rick Werner
67 Dan Gudreau

Men's Master 2
82.5 Jim Kistegaard
90 Keem Johnson
95 Steve Harris
125 Richard Davies
82.5 Bill Clayton
Frank Beeler

Women's Master 1
56 Dana Deutch
75 Maureen Post
82.5 Leigh Haines
86 Pam Zangl
90 Angela Simons
90 Paulette Calhoun
60 Diane Siveny

Women's Master 2
56 Jeanne Harris
75 Donna Steele
60 Faith Ireland
67.5 Helen Sauer
67.5 Eula Compton

Men's Master 3
67.5 Ivan Zwick
110 Murray Marsh
100 Louis Spasato
125 Louis Sofferidine
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Team Bulletin
611 N. 4th West
Missoula, MT 59802
Michael Casey
(406) 543-7800

Texas A & M Powerlifting
100 George Bush Dr., #2240
College Station, TX 77784
Charles Carlton
(979) 695-1331

Power Zone
49 West St.
Milford, NH 03055
Bob Rogers

Hudson Natural Open
01 NOV 03 - Hudson, WI
Powerlifting SQ BP DL TOT
Hudson
148 Tony Schradler 220 240 345 805
Ben Hamersky 320 230 360 910
Greg Obable 490 315 505 1310
Jeremy Weber 515 295 460 1270
Josh Riemer 420 275 475 1170
Dave Parker 330 320 370 1020

198 Kyle Richio 575 365 605 1545
Tony Reid 535 395 600 1530
Ben Farral 485 235 500 1220
J. Merchowitz 585 410 520 1515
Aron Wolcott 400 290 440 1130
Pete Mehn 385 325 385 1095
David Impola 445
Brian Furgals 445
20
J. Stills 670 470 670 1810
B. Luedke 600 325 615 1540
Steve Gimenez 495 250 525 1270
S. McDermott 425 350 385 1160
John Hanson 432-604 (1332)
Joe Edwards 500 (1479)
Joe Nault 605 430 625 1660
Matt Ganville 625 405 590 1620
Phil Diamond 560 445 610 1615
Tom Smith 300 355 500 1355
Tom Jensen 430 290 430 1170
275
Brad Masbig 745 530 700 1975
Scott Ward 725 520 655 1900
Scott Schoen 670 480 690 1840
Jason Christus 800 575 665 2040
Jon Riggs 585 365

The 5th Annual Hudson Natural Open was a huge success. There were 5 National judges and at least 5 state judges in house. The event was a great success, and the help that volunteered to us in the chair. Thank you, four different officials performed the drug testing. 5 lifters were tested. As always, I was concerned about having enough help to do a great job at the event. The help that volunteered to us in the chair did an excellent job. Help came from many miles around. Many of the helpers aren't even powerlifters, but were very competent at their job and very willing to lend a hand. We had many lifters competing that day. You can see why good help was priceless. We had many lifters competing that day. You can see why good help was priceless. We had many lifters competing that day. You can see why good help was priceless.

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82.5 Bill Clayton
Frank Beeler

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75 Maureen Post
82.5 Leigh Haines
86 Pam Zangl
90 Angela Simons
90 Paulette Calhoun
60 Diane Siveny

Women's Master 2
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75 Donna Steele
60 Faith Ireland
67.5 Helen Sauer
67.5 Eula Compton

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11 JUN, Camp Pendleton-SemperFit-BP Series (unseasoned)
 Las Vegas, NV 760-727-3468, 43 Area Fitness Center, Bldg
 430320/760725-3468
 12 JUN, APA Michigan Open PL, PP, BP, DL, (Oliver, MI)
 Scott Taylor, Box 27204, Elkhart, IN 435927, 941-697-
 5000
 12 JUN, 11th Miller's Ironbush & National Bench Press
 sponsored by Miller's Ironbush, 301.777.0644
 12 JUN, APA Blue Springs PL, PP, Single Lifts, (Blue
 Springs, MO) Rod Wood, 417-256-2297,
 rodwood@weighttraining.com
 12 JUN, USFV Venice Beach BP, David Ruiz, 1800 Ocean
 Front Walk, Venice, CA 90291, 310-399-2775 or Kevin
 Meakow, 818-899-7555, www.powerlifting.com
 12 JUN, 2nd APA Vito Open BP (drug tested divisions) Chris
 Charnes@strv.com, 607-563-8580 before 3pm
 12 JUN, NAP Michigan State (Northville, MI) Bob Garza,
 281-820-5923, www.nappowerlifting.com
 12 JUN, FI for the King Summer Games BP & DL
 330-882, www.usfoc.com
 12 JUN, USA Eastern States BP, Young
 O'H144515, (330) 792-6670
 12 JUN, WABDL DRUG TESTED Rivertest Classic (Gads
 den, AL) Rick Hagedorn, 256-441-0143, www.wabdl.org,
 gethomas@bendable.com
 12 JUN, AAPF/APF Ohio State (W. Lafayette, OH) Randy
 Edwards, 937-974-0118 or John Blackstone 740-545-0840,
 www.chiopi.com, randyedwards@chiopi.com
 12 JUN, APF South Texas (Seagraves) Men + Women -
 Open, Below I, Masters (5 yr. Group), Submaster, Jr., Po-
 lar, Box 27204, Elkhart, IN 435927, 941-697-5000
 12 JUN, Single lift Flexion Strength Systems, 256W, Court
 St., Seguin, TX 78155, 800-378-6460,
 www.seguinflex.com
 12 JUN, NSA USA (PL, BP, Push-Pull, PS - Spring-
 405-527-8513, sepa@nsa.com
 12 JUN, SLP Summer Classic BP/DL (Metropolis, IL) Son
 Light Power, 122W, Sale St., Tuscola, IL 61953, 217-253-
 5429, www.sonlightpower.com, sonlight@netnet.net

12.13 JUN, WNPFF Drug Free Nationals, Young-
 stown, OH, Ron Deamicks, 6631 792-0670,
 www.wnpff.com, N15 (330) 792-0670
 12.13 JUN, ADA USA Nationals, 606-466-
 4468W, 266th St., Erie, PA 16506, 814-833-
 3727
 15 JUN, 100% Raw National BP (NC) Paul
 Bossi, 252-339-5025
 19 JUN, Summer Push/Pull, Jon Smoker, 30907
 CR 16, Elkhart, IN 46516, 574-674-6003
 13 JUN (new date), WNPFF Elite Nationals &
 WNPFF North Americans & National
 Championship PL, BP, DL, SQ, Philadelphia,
 PA, 770-996-3418, WNPFF@AOL.COM OR
 WNPFF, Box 142347, Fayetteville, GA, 30214
 19 JUN, APA Moses Lake Open BP, BP, DL, Moses
 Lake, WA Scott Taylor, Box 27204, Elkhart, IN
 33927, 941-697-5000, FAX: 801-905-7046,
 www.usfoc.com
 19 JUN, National Championships BP &
 DL, Louisville, KY, USTOC National Qualifier, Carl
 Lamb, 812-334-0862, www.usfoc.com,
 clamb@usfoc.com

19 JUN, INSA/INSA North American BP (BP
 Repetition - Dolphin Beach Resort, St. Pete
 Beach, FL) David Newingham, Kirk Stroud, in-
 172-492-0723, novadiffness@earthlink.net
 BP/DL, Box 1000, Tacoma, WA (Gas lawns)
 509-762-5066, www.wabdl.org,
 gethomas@bendable.com
 19 JUN, APF Florida State Powerlifting + Bench
 Press Open, Ft. Lauderdale, FL (Keran, Kiddy)
 630-892-1491, worldpowerlifting.org
 19 JUN, NATA Tennessee Extravaganza (PL, BP,
 PS - Nashville, TN) Rich Peters, Box 735, Noble,
 OK 73068, 405-527-8513, sepa@nsa.com
 19 JUN, USA RAW BENCH-PRESS FEDERATION
 SUMMER NATIONALS (Mattoon, IL) Son Light
 Power, 122W, Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightpower.com,
 sonlight@netnet.net
 19.20 JUN, WDPFF Single Event Champion-
 ship (Napa, CA) Ivano Bianchi
 can BP DL Push/Pull (Vista, CA - World quali-
 fier) Martin Drake, Box 108, Napa, CA
 707-909-928-4797, mtdraper@net.net
 25.26 JUN, WABDL DRUG TESTED Rocky Moun-
 tain Regional BP/DL (Salt Lake City, UT) Dave
 Marchant, 801-256-9412, 12 JUN, www.wabdl.org,
 gethomas@bendable.com

26 JUN, Pre-Nationals Qualifier BP & DL (Terre
 Haute, IN - USTOC National Qualifier) Carl Lamb,
 812-334-0862, www.usfoc.com, clamb@usfoc.com
 26 JUN, 2nd Chestnut Ridge Lions BP Challenge
 (Chestnut Ridge HS, New Paris, PA) Tammy J.
 Miller, 1035 Ellis Rd., Schellsburg, PA 15559, 814-
 758-4179
 26 JUN, IPA West Coast Open, Big Bear's Gym,
 1226 NW Grove St., Newport, OR 97265, Rich,
 bigbearstrm@hotmail.com, 541-574-4507,
 www.bigbearstrm.com
 26 JUN, NATA Missouri Grand PL, BP, PS (Joplin,
 MO) Rich Peters, Box 735, Noble, OK 73068,
 sepd@aol.com, www.nata-sports.com

11 JUN, Camp Pendleton-SemperFit-BP Series
 Las Vegas, NV 760-727-3468, 43 Area Fitness Center, Bldg
 430320/760725-3468
 12 JUN, APA Michigan Open PL, PP, BP, DL, (Oliver, MI)
 Scott Taylor, Box 27204, Elkhart, IN 435927, 941-697-
 5000
 12 JUN, 11th Miller's Ironbush & National Bench Press
 sponsored by Miller's Ironbush, 301.777.0644
 12 JUN, APA Blue Springs PL, PP, Single Lifts, (Blue
 Springs, MO) Rod Wood, 417-256-2297,
 rodwood@weighttraining.com
 12 JUN, USFV Venice Beach BP, David Ruiz, 1800 Ocean
 Front Walk, Venice, CA 90291, 310-399-2775 or Kevin
 Meakow, 818-899-7555, www.powerlifting.com
 12 JUN, 2nd APA Vito Open BP (drug tested divisions) Chris
 Charnes@strv.com, 607-563-8580 before 3pm
 12 JUN, NAP Michigan State (Northville, MI) Bob Garza,
 281-820-5923, www.nappowerlifting.com
 12 JUN, FI for the King Summer Games BP & DL
 330-882, www.usfoc.com
 12 JUN, USA Eastern States BP, Young
 O'H144515, (330) 792-6670
 12 JUN, WABDL DRUG TESTED Rivertest Classic (Gads
 den, AL) Rick Hagedorn, 256-441-0143, www.wabdl.org,
 gethomas@bendable.com
 12 JUN, AAPF/APF Ohio State (W. Lafayette, OH) Randy
 Edwards, 937-974-0118 or John Blackstone 740-545-0840,
 www.chiopi.com, randyedwards@chiopi.com
 12 JUN, APF South Texas (Seagraves) Men + Women -
 Open, Below I, Masters (5 yr. Group), Submaster, Jr., Po-
 lar, Box 27204, Elkhart, IN 435927, 941-697-5000
 12 JUN, Single lift Flexion Strength Systems, 256W, Court
 St., Seguin, TX 78155, 800-378-6460,
 www.seguinflex.com
 12 JUN, NSA USA (PL, BP, Push-Pull, PS - Spring-
 405-527-8513, sepa@nsa.com
 12 JUN, SLP Summer Classic BP/DL (Metropolis, IL) Son
 Light Power, 122W, Sale St., Tuscola, IL 61953, 217-253-
 5429, www.sonlightpower.com, sonlight@netnet.net

12 JUN, NATA Tennessee Extravaganza (PL, BP,
 PS - Nashville, TN) Rich Peters, Box 735, Noble,
 OK 73068, 405-527-8513, sepa@nsa.com
 19 JUN, USA RAW BENCH-PRESS FEDERATION
 SUMMER NATIONALS (Mattoon, IL) Son Light
 Power, 122W, Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightpower.com,
 sonlight@netnet.net
 19.20 JUN, WDPFF Single Event Champion-
 ship (Napa, CA) Ivano Bianchi
 can BP DL Push/Pull (Vista, CA - World quali-
 fier) Martin Drake, Box 108, Napa, CA
 707-909-928-4797, mtdraper@net.net
 25.26 JUN, WABDL DRUG TESTED Rocky Moun-
 tain Regional BP/DL (Salt Lake City, UT) Dave
 Marchant, 801-256-9412, 12 JUN, www.wabdl.org,
 gethomas@bendable.com

26 JUN, Pre-Nationals Qualifier BP & DL (Terre
 Haute, IN - USTOC National Qualifier) Carl Lamb,
 812-334-0862, www.usfoc.com, clamb@usfoc.com
 26 JUN, 2nd Chestnut Ridge Lions BP Challenge
 (Chestnut Ridge HS, New Paris, PA) Tammy J.
 Miller, 1035 Ellis Rd., Schellsburg, PA 15559, 814-
 758-4179
 26 JUN, IPA West Coast Open, Big Bear's Gym,
 1226 NW Grove St., Newport, OR 97265, Rich,
 bigbearstrm@hotmail.com, 541-574-4507,
 www.bigbearstrm.com
 26 JUN, NATA Missouri Grand PL, BP, PS (Joplin,
 MO) Rich Peters, Box 735, Noble, OK 73068,
 sepd@aol.com, www.nata-sports.com

20 WORLD POWERLIFTING CHAMPIONSHIPS
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 Shamokin Dam, Pennsylvania

4 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS
 November 12 - 14, 2004
 Champs Fitness & Sports Center
 Shamokin Dam, Pennsylvania

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 www.ipapower.com
 (717) 495-0024
 Chalfitt@usfoc.com

375, Belmont, NH 03320
 29 MAY, NAPA Pennsylvania St. (PL, BP,
 PS - Wheeling, WV) Rogers and Susan Van
 Housa, Rt. 1 Box 166, Ravenswood, WV
 26164, 304-273-2283, gfr@wvnet.com
 3 JUN, 2nd West Coast Police & Fire Champi-
 onship (San Jose, CA) Champs Fitness - Warrior,
 Box 660566, Birmingham, AL 35266,
 www.champsfitness.com
 3-6 JUN, IPF World Women's
 (Cahors, France)
 5 JUN (revised date), USAPL Pele
 Lantz Memorial II (BP + DL, Men +
 Women, Open, Jr., Master, Grandmas-
 ter, Great Grand Masters, High School I
 + II, Row - Cleveland, OH) Gary Kanaga,
 6346 Chestnut Hills, Cleveland, OH 44129,
 www.garykanaga.com
 5 JUN, AAU National BP + DL
 (Sheraton, Charlotte, NC) in conjunction
 with the NCAU Summer Sports
 Convention, 336-622-8888
 5 JUN, APA Eastern USA Open PL, PP,
 BP, DL (Prince Frederick, MD) Scott Tay-
 lor, Box 27204, Elkhart, IN 435927,
 941-697-5000, FAX: 801-905-7046,
 www.usfoc.com
 5 JUN, West YMCA Open (Omaha, NE
 - PL, BP, DL, Push/Pull) Roger or Elsha
 #402-393-3700 or John Jones 402-572-
 7325
 5 JUN, Mid-South Summer Games BP
 & DL (Louisville, KY - USTOC National
 Qualifier) Carl Lamb, 812-334-0862,
 www.usfoc.com, clamb@usfoc.com
 5 JUN, Sun Belt River (MN) Dave Hanson
 763-441-4232
 5 JUN, INSA/ANSA Lone Star Classic
 Push-Pull & BP (BP, DL, BP rep., Pa-
 rade) (Houston, TX) Kirk
 Convention Center, Plano, TX Kirk
 Stroud, 817-268-3488,
 novadiffness@earthlink.net
 5 JUN, Capital City Challenge Strong-
 man Contest, Ford's Gym, 2509 E. Wash-
 ington Ave., Madison, WI 53704, 608-
 249-4227
 5 JUN, AAU National BP, DL, Push-
 Pull, (Sheraton Inn, Charlotte, NC) in
 conjunction with the NCAU Summer Sports
 Convention, 336-622-8888
 5 JUN, WABDL DRUG TESTED Capitol
 City BP/DL (Meritt Hotel, Sacramento, CA)
 Jody Woods, 916-524-0914,
 www.wabdl.org,
 gethomas@bendable.com
 5 JUN, SCHA Athletic Boosters BP (S,
 Charleston High School, So. Clas., W.
 Va) John Messinger, 304-744-2475
 (home), 304-766-0352 (school)
 5 JUN, SLP Wisconsin Open BP/DL
 (Waupaca, WI) Son Light Power, 122W,
 Sale St., Tuscola, IL 61953, 217-253-
 5429, www.sonlightpower.com,
 sonlight@netnet.net
 5.6 JUN, WDPFF European Champi-
 onship (Rome, Italy) Ivano Bianchi
 can BP DL Push/Pull (Vista, CA - World
 Qualifier) Martin Drake, Box 108, Napa,
 CA 707-909-928-4797, mtdraper@net.net
 5.6 JUN, NATA Masters / Sub Mas-
 ters Nationals PL, Inq, BP & Power
 Sports Championship, Oklahoma
 City, OK Rich Peters, Phone - 405-
 527-8513, E-mail: SQBPD@aol.com,
 P.O. Box 735, Noble, OK 73068
 6 JUN (2nd new date), WNPFF Men's
 USA Championships & Women's
 National PL, BP, DL, SQ & PC Na-
 tionals - Atlanta & USA Strongman
 Championships, 770-996-3418,
 WNPFF@AOL.COM OR WNPFF, Box
 142347, Fayetteville, GA, 30214
 10 JUN, 1st Super Strongman BP + DL
 Assisted, (Joplin, MO) Carl Lamb +
 Stanardville, 22973, (434) 985-3932,

22 MAY, WABDL DRUG TESTED
 North American BP/DL (Holt, MO),
 Mesa, AZ) Joe Rethwick, 503-762-
 5066 or 901-1692, www.wabdl.org,
 gethomas@bendable.com
 22.23 MAY, AAU Raw Nationals &
 VFA + Fire National (Richmond,
 VA - Showplace Annex)
 or AAUPower@aol.com
 22.23 MAY, IAPC National PL/BP
 (Irving, TX - Amateur World Power-
 lifting Committee World Qualifier)
 Steve Bevil 903-288-8101, Luke
 Sevil livestvo@aol.com
 23 MAY, WNPFF Youth-Teen-Junior
 Nationals - PL, BP, DL, UNF,
 Philadelphia, PA
 23 MAY, WNPFF Senior Nationals,
 Stronman Nationals, 770-996-
 3418, WNPFF@AOL.COM OR WNPFF,
 Box 142347, Fayetteville, GA,
 30214
 22.23 MAY, AAU Assisted Nationals
 (Richmond, VA - Showplace Annex)
 AAUPower@aol.com, for appli-
 cations AAUSPORTS.ORG and
 AAUPOWER.COM or FAX 804-266-

Mountainair Cup VI Team Powerlifting Championship
 August 13-14 2004
 Las Vegas, Nevada
 Competitor Public Notification

Team Scoring		Seating	
Heavyweight	Lighthavy	Total	Total
1 Brian Sanders	Johnny Vasquez	1416.46	3796.46
2 Bob Hester	Matthew Zweng	1906	3757.86
3 Steve Goggins	Isaac Chaga	1438.5	3719.5
4 Beau Moore	Trenton Wade	1416.46	3719.46
5 Evan Whalen	Mike Danforth	1769	3670.47
6 Scott Smith	Ricardo Ayala	1455.04	3659.04
7 Sylvester Crumbley	Anthony Conyers	1730	3636
8 Zack Hudak	Alan Haga	1697	3631
9 Ted Isabella	Ted Linn	1669	3620
10 Josh Bryant	Max Solomon	1675	3620
11 Gene Bull	Dan Lass	1658	3614.58
12 Art Labare	Ryan LeDoux	1499.13	3604.13
13 Brian Schoonveld	Adam Kwiatkowski	1510	3585.79
14 Ed Coan	Joe Norman	1576	3543.61
15 Michael Anderson	Bobby Hayden	1543	3527

The above-mentioned competitors are here by publicly notified they have qualified as an individual team member as listed. A written letter of intent to compete is required. Noncompliance will result in disqualification of competitor. The letter of intent from said competitor(s) must be received no later than July 17, 2004 in order to receive certain compensations allotted. Mail, email or fax letter of intent to:

Mountainair Race Track & Gaming Resort
 Attention: N. R. Baisick
 PO Box 354
 Chester, WY 26034
 Phone contact:
 304-387-8183/304-387-8786
 Fax: 304-387-8005
 Email: kkeistera@mtgaming.com
 Visit the following web sites for additional information:
 http://www.wyprnac.com
 http://www.mtgaming.com/

#19, Procella, ID 83201, 208-233-8035
 22 MAY, SLP Master and Police &
 Fire BP/DL Nationals, Son Light
 Power, 122 W. Sale, Tuscola, IL
 61953, 217-253-5429,
 www.sonlightpower.com,
 sonlight@netcare-ll.com
 22 MAY, AAPF Florida State
 Powerlifting + Bench Press Open, Ft. Lau-
 derdale, FL (Keran Kiddy) 630-892-1491,
 worldpowerlifting.org
 22 MAY, NATA New Mexico St. (PL,
 BP, PS - Alamogordo, NM) Rich Peters,
 8513, 217-253-5429
 22 MAY, WNPFF Raw
 Nationals & Police/Fire Military
 Nationals + Powerlift BP, BP, DL,
 SQ & PC - Edson, NJ, 770-996-
 3418, WNPFF@AOL.COM OR WNPFF,
 Box 142347, Fayetteville, GA,
 30214
 22.23 MAY, AAU Assisted Nationals
 (Richmond, VA - Showplace Annex)
 AAUPower@aol.com, for appli-
 cations AAUSPORTS.ORG and
 AAUPOWER.COM or FAX 804-266-



To honor the memory of Wally Stansbury, who gave so much to the sport of powerlifting as lifter, coach and friend

A Drug Free Bench Meet will be held on Sunday, June 27th at Forest Park Community College, 5600 Oakland, St. Louis, MO 63110. OPEN WOMEN TEENS MASTERS POLICE/FFIRE *RA W for all except Masters** Proceeds to be donated to The American Diabetes Association. Entry forms will be available on the web at www.uspowerlifting.com, or by e-mailing gpeveval@ffire.com, or calling Jim Bell at 314-894-1532 or cell at 314-832-6465

5429, www.sonlightpower.com, scott@sonlightpower.com
25 SEP WABDL Southern States Classic (Lakeland, FL) Ken Small, 863-687-6268
25 SEP SJP Nationals Open PL/BP/DL, Son Light Power, 122 W. 253-5429
www.sonlightpower.com
25 SEP, NASA E. Texas Regional (PL, BP, PS) Longview, TX Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, scott@sonlightpower.com
25 SEP, NASA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
25 SEP, NASA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
25 SEP, NASA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
25 SEP, NASA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339

16 OCT (Revised Date), PPL "Drug Free" Nationals, Tyrone Power League, 2250 Lumpkin Rd., Augusta, GA, 30901-4206, 706-790-3806, gathomas@bendable.com
16 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
16 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
16 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
16 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339

18 SEP USPF Venice Beach PL/BP/DL David Ruiz, 1800 Ocean Front Walk, Venice CA 90291, 310-899-2775, scott@sonlightpower.com
18 SEP USPF Venice Beach PL/BP/DL David Ruiz, 1800 Ocean Front Walk, Venice CA 90291, 310-899-2775, scott@sonlightpower.com
18 SEP USPF Venice Beach PL/BP/DL David Ruiz, 1800 Ocean Front Walk, Venice CA 90291, 310-899-2775, scott@sonlightpower.com
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CONTRACT: WPPF State Champion Jeff Bechin at 317-483-1227

23-24 OCT (tentative dates), APA Powerlifting Nationals, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@sonlightpower.com
23-24 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
23-24 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
23-24 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339

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23 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339
23 OCT, NAPA Barfieldville Classic PL, BP, PS (Barfieldville, OK) Jim Duree, 735-339-3339

GRAND NATIONALS (Tuscola, IL) Son Light Power, 122W. Sale St., Tuscola, IL 61953, www.sonlightpower.com, scott@sonlightpower.com
67 NOV, NAPA Iowa Regional (PL, BP, PS) Des Moines, IA Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, scott@sonlightpower.com
7 NOV, New England Raw PL & BP, Joe Rivers, 33 Pine St., Riverside, RI 02915, www.newenglandraw.com, 401-437-1728, jriver@newenglandraw.com
7 NOV, New England Raw PL & BP, Joe Rivers, 33 Pine St., Riverside, RI 02915, www.newenglandraw.com, 401-437-1728, jriver@newenglandraw.com

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Reithwisch, 503-762-5066 or 901-1622, www.w.w.a.b.d.l.o.r.g.
12-14 NOV, IPF World Men's (Capetown, SA)
10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Reithwisch, 503-762-5066 or 901-1622, www.w.w.a.b.d.l.o.r.g.
12-14 NOV, IPF World Men's (Capetown, SA)
10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Reithwisch, 503-762-5066 or 901-1622, www.w.w.a.b.d.l.o.r.g.
12-14 NOV, IPF World Men's (Capetown, SA)

13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com
13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com
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13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com

4 DEC, SLP Christmas For Kids BP/DL (Matteson, IL) Son Light Power, 122W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com
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4 DEC, SLP Christmas For Kids BP/DL (Matteson, IL) Son Light Power, 122W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com
4 DEC, SLP Christmas For Kids BP/DL (Matteson, IL) Son Light Power, 122W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, scott@sonlightpower.com

11 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-424-2777, www.usapl.org
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11 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-424-2777, www.usapl.org

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- * new arm lock design
- * more tricep support
- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHFD & EHPHD, the secret experimental technology that assisted:



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



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

Top Secret and Experimental until now! Now Available to YOU

Name _____
 Address _____
 phone _____
 Qty. _____
 Color _____
 _____ Heavy Duty Blast Shirt \$58
 _____ High Performance Heavy Duty \$77
 _____ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
 chest _____ arm _____
 colors - Black, Red, Navy Blue, Royal Blue
 MC VISA DVR COD CHECK add \$6.00 S&H

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 Texas 75606, 1-800-222-6897, 903-236-4012

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INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

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

COMPETITION BELTS

Lever Belts

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

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

Buckle Belts

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

- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
 1 - 2 oz. block \$2.00
- Suit Slippers** — makes putting on tight suits easier. M, L \$19.95
- Ammonia Caps** - Box of 12 \$5.00

T-SHIRTS

(limited availability)

- Inzer Intensity** - multi-color deadlift design \$10.00
OFFICIAL MEET T-SHIRTS
Baddest Bench in America - multi-color design \$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

TITAN HYPERFORMANCE

Featuring NXG Fabric!



THE CENTURION
Patent #5,046,194

Now constructed with **NXG fabric** (the most support of any fabric on the market, and is virtually tear proof and run proof!

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

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

- 1 Year Blowout Guarantee and 11/2 Years on Runners! Guaranteed to outperform every suit on the market!
- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes)
- Custom Tailored Dual Quad

SIGNATURE GOLD WRAPS

In 1995 Titan engineered the most radical change in wrap technology ever and forever changed the performance and look of wraps everywhere. Titan Signature Gold Wraps feature **FOUR POWER BANDS** for maximum power and rebound:

- two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap around!
- Wrist Wraps feature military grade Applix and thumb loop. Six month guarantee

- Knee Wraps 1 pr. \$23.95 2 pr. \$22.00
- Std. (12") Wrist Wraps \$13.50
- 50cm \$14.50
- Mid (24") \$15.50
- Full (36") \$17.50

ULTRA BELTS

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

- Custom Colors. One or two prong \$99.00

SST PRO SERIES

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

■ Starting at \$149.95

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USAPL STEEL CITY OPEN

28 FEB 04 - Granite City, IL

Women	Open	SQ	BP	DL	TOT
Nicholas Smith	380	465	1530		
Jared Wilsey	660	540	700	1900	
Tony Succarotte	635	385	585	1605	
Junior (20-23)	315	145	315	775	
Christopher Amiger	155.0	202.5	262.5	357.5	
Master's Nationals Qualifier	200.0	272.5	472.5		
Women	165 lb.				
James Dandon	25.0	70.0	135.0	230.0	
Men	198 lb.				
Julian Uhang	25.0	202.5	125.0	352.5	
Brown	25.0	125.0	197.5	347.5	
Vince Lombardi	25.0	202.5	125.0	352.5	
*4th attempt.					
Women's BP	105 lb.				
J. Calloway	192.5				
Submasters					
Ken Zuvich					
Leonus OL	72.5				
Ken Zuvich	192.5				
Ken Zuvich	192.5				
Ken Zuvich	192.5				

USAPL FLORIDA STATE BP/DL

19 OCT 03 - Ft. Lauderdale, FL

Women's Bench Press/Deadlift	132 lb.	150 lb.	170 lb.
Benches	330	330	330
Deadlifts	440	440	440
Men	198 lb. <td>225 lb. <td>252 lb. </td></td>	225 lb. <td>252 lb. </td>	252 lb.
Chris Lawler	360	440	540
Richard May	310	310	455
Benches	455	455	455
Deadlifts	455	455	455
John Shiffert	370	410	410
Pat Broadly	410	410	410
220 Raw, 65-69			
Results were provided to USAPL by John Shiffert.			

USAPL VIRGINIA STATE

06 DEC 03 - Standardsville, VA

Women's Open	SQ	BP	DL	TOT
105 lb.	235	140	155	530
132 lb.	235	140	155	530
150 lb.	235	140	155	530
170 lb.	235	140	155	530
198 lb.	235	140	155	530
225 lb.	235	140	155	530
252 lb.	235	140	155	530
280 lb.	235	140	155	530
307.5 lb.	235	140	155	530
334.5 lb.	235	140	155	530
361.5 lb.	235	140	155	530
388.5 lb.	235	140	155	530
415.5 lb.	235	140	155	530
442.5 lb.	235	140	155	530
469.5 lb.	235	140	155	530
496.5 lb.	235	140	155	530
523.5 lb.	235	140	155	530
550.5 lb.	235	140	155	530
577.5 lb.	235	140	155	530
604.5 lb.	235	140	155	530
631.5 lb.	235	140	155	530
658.5 lb.	235	140	155	530
685.5 lb.	235	140	155	530
712.5 lb.	235	140	155	530
739.5 lb.	235	140	155	530
766.5 lb.	235	140	155	530
793.5 lb.	235	140	155	530
820.5 lb.	235	140	155	530
847.5 lb.	235	140	155	530
874.5 lb.	235	140	155	530
901.5 lb.	235	140	155	530
928.5 lb.	235	140	155	530
955.5 lb.	235	140	155	530
982.5 lb.	235	140	155	530
1009.5 lb.	235	140	155	530
1036.5 lb.	235	140	155	530
1063.5 lb.	235	140	155	530
1090.5 lb.	235	140	155	530
1117.5 lb.	235	140	155	530
1144.5 lb.	235	140	155	530
1171.5 lb.	235	140	155	530
1198.5 lb.	235	140	155	530
1225.5 lb.	235	140	155	530
1252.5 lb.	235	140	155	530
1279.5 lb.	235	140	155	530
1306.5 lb.	235	140	155	530
1333.5 lb.	235	140	155	530
1360.5 lb.	235	140	155	530
1387.5 lb.	235	140	155	530
1414.5 lb.	235	140	155	530
1441.5 lb.	235	140	155	530
1468.5 lb.	235	140	155	530
1495.5 lb.	235	140	155	530
1522.5 lb.	235	140	155	530
1549.5 lb.	235	140	155	530
1576.5 lb.	235	140	155	530
1603.5 lb.	235	140	155	530
1630.5 lb.	235	140	155	530
1657.5 lb.	235	140	155	530
1684.5 lb.	235	140	155	530
1711.5 lb.	235	140	155	530
1738.5 lb.	235	140	155	530
1765.5 lb.	235	140	155	530
1792.5 lb.	235	140	155	530
1819.5 lb.	235	140	155	530
1846.5 lb.	235	140	155	530
1873.5 lb.	235	140	155	530
1900.5 lb.	235	140	155	530
1927.5 lb.	235	140	155	530
1954.5 lb.	235	140	155	530
1981.5 lb.	235	140	155	530
2008.5 lb.	235	140	155	530
2035.5 lb.	235	140	155	530
2062.5 lb.	235	140	155	530
2089.5 lb.	235	140	155	530
2116.5 lb.	235	140	155	530
2143.5 lb.	235	140	155	530
2170.5 lb.	235	140	155	530
2197.5 lb.	235	140	155	530
2224.5 lb.	235	140	155	530
2251.5 lb.	235	140	155	530
2278.5 lb.	235	140	155	530
2305.5 lb.	235	140	155	530
2332.5 lb.	235	140	155	530
2359.5 lb.	235	140	155	530
2386.5 lb.	235	140	155	530
2413.5 lb.	235	140	155	530
2440.5 lb.	235	140	155	530
2467.5 lb.	235	140	155	530
2494.5 lb.	235	140	155	530
2521.5 lb.	235	140	155	530
2548.5 lb.	235	140	155	530
2575.5 lb.	235	140	155	530
2602.5 lb.	235	140	155	530
2629.5 lb.	235	140	155	530
2656.5 lb.	235	140	155	530
2683.5 lb.	235	140	155	530
2710.5 lb.	235	140	155	530
2737.5 lb.	235	140	155	530
2764.5 lb.	235	140	155	530
2791.5 lb.	235	140	155	530
2818.5 lb.	235	140	155	530
2845.5 lb.	235	140	155	530
2872.5 lb.	235	140	155	530
2899.5 lb.	235	140	155	530
2926.5 lb.	235	140	155	530
2953.5 lb.	235	140	155	530
2980.5 lb.	235	140	155	530
3007.5 lb.	235	140	155	530
3034.5 lb.	235	140	155	530
3061.5 lb.	235	140	155	530
3088.5 lb.	235	140	155	530
3115.5 lb.	235	140	155	530
3142.5 lb.	235	140	155	530
3169.5 lb.	235	140	155	530
3196.5 lb.	235	140	155	530
3223.5 lb.	235	140	155	530
3250.5 lb.	235	140	155	530
3277.5 lb.	235	140	155	530
3304.5 lb.	235	140	155	530
3331.5 lb.	235	140	155	530
3358.5 lb.	235	140	155	530
3385.5 lb.	235	140	155	530
3412.5 lb.	235	140	155	530
3439.5 lb.	235	140	155	530
3466.5 lb.	235	140	155	530
3493.5 lb.	235	140	155	530
3520.5 lb.	235	140	155	530
3547.5 lb.	235	140	155	530
3574.5 lb.	235	140	155	530
3601.5 lb.	235	140	155	530
3628.5 lb.	235	140	155	530
3655.5 lb.	235	140	155	530
3682.5 lb.	235	140	155	530
3709.5 lb.	235	140	155	530
3736.5 lb.	235	140	155	530
3763.5 lb.	235	140	155	530
3790.5 lb.	235	140	155	530
3817.5 lb.	235	140	155	530
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3871.5 lb.	235	140	155	530
3898.5 lb.	235	140	155	530
3925.5 lb.	235	140	155	530
3952.5 lb.	235	140	155	530
3979.5 lb.	235	140	155	530
4006.5 lb.	235	140	155	530
4033.5 lb.	235	140	155	530
4060.5 lb.	235	140	155	530
4087.5 lb.	235	140	155	530
4114.5 lb.	235	140	155	530
4141.5 lb.	235	140	155	530
4168.5 lb.	235	140	155	530
4195.5 lb.	235	140	155	530
4222.5 lb.	235	140	155	530
4249.5 lb.	235	140	155	530
4276.5 lb.	235	140	155	530
4303.5 lb.	235	140	155	530
4330.5 lb.	235	140	155	530
4357.5 lb.	235	140	155	530
4384.5 lb.	235	140	15	

8th Granite State Open BP
30 AUG 03

Men's Open	300	315	330	345	360	375	390	405	420	435	450	465	480	495	510	525	540	555	570	585	600	615	630	645	660	675	690	705	720	735	750	765	780	795	810	825	840	855	870	885	900	915	930	945	960	975	990	1005	1020	1035	1050	1065	1080	1095	1110	1125	1140	1155	1170	1185	1200	1215	1230	1245	1260	1275	1290	1305	1320	1335	1350	1365	1380	1395	1410	1425	1440	1455	1470	1485	1500	1515	1530	1545	1560	1575	1590	1605	1620	1635	1650	1665	1680	1695	1710	1725	1740	1755	1770	1785	1800	1815	1830	1845	1860	1875	1890	1905	1920	1935	1950	1965	1980	1995	2010	2025	2040	2055	2070	2085	2100	2115	2130	2145	2160	2175	2190	2205	2220	2235	2250	2265	2280	2295	2310	2325	2340	2355	2370	2385	2400	2415	2430	2445	2460	2475	2490	2505	2520	2535	2550	2565	2580	2595	2610	2625	2640	2655	2670	2685	2700	2715	2730	2745	2760	2775	2790	2805	2820	2835	2850	2865	2880	2895	2910	2925	2940	2955	2970	2985	3000	3015	3030	3045	3060	3075	3090	3105	3120	3135	3150	3165	3180	3195	3210	3225	3240	3255	3270	3285	3300	3315	3330	3345	3360	3375	3390	3405	3420	3435	3450	3465	3480	3495	3510	3525	3540	3555	3570	3585	3600	3615	3630	3645	3660	3675	3690	3705	3720	3735	3750	3765	3780	3795	3810	3825	3840	3855	3870	3885	3900	3915	3930	3945	3960	3975	3990	4005	4020	4035	4050	4065	4080	4095	4110	4125	4140	4155	4170	4185	4200	4215	4230	4245	4260	4275	4290	4305	4320	4335	4350	4365	4380	4395	4410	4425	4440	4455	4470	4485	4500	4515	4530	4545	4560	4575	4590	4605	4620	4635	4650	4665	4680	4695	4710	4725	4740	4755	4770	4785	4800	4815	4830	4845	4860	4875	4890	4905	4920	4935	4950	4965	4980	4995	5010	5025	5040	5055	5070	5085	5100	5115	5130	5145	5160	5175	5190	5205	5220	5235	5250	5265	5280	5295	5310	5325	5340	5355	5370	5385	5400	5415	5430	5445	5460	5475	5490	5505	5520	5535	5550	5565	5580	5595	5610	5625	5640	5655	5670	5685	5700	5715	5730	5745	5760	5775	5790	5805	5820	5835	5850	5865	5880	5895	5910	5925	5940	5955	5970	5985	6000	6015	6030	6045	6060	6075	6090	6105	6120	6135	6150	6165	6180	6195	6210	6225	6240	6255	6270	6285	6300	6315	6330	6345	6360	6375	6390	6405	6420	6435	6450	6465	6480	6495	6510	6525	6540	6555	6570	6585	6600	6615	6630	6645	6660	6675	6690	6705	6720	6735	6750	6765	6780	6795	6810	6825	6840	6855	6870	6885	6900	6915	6930	6945	6960	6975	6990	7005	7020	7035	7050	7065	7080	7095	7110	7125	7140	7155	7170	7185	7200	7215	7230	7245	7260	7275	7290	7305	7320	7335	7350	7365	7380	7395	7410	7425	7440	7455	7470	7485	7500	7515	7530	7545	7560	7575	7590	7605	7620	7635	7650	7665	7680	7695	7710	7725	7740	7755	7770	7785	7800	7815	7830	7845	7860	7875	7890	7905	7920	7935	7950	7965	7980	7995	8010	8025	8040	8055	8070	8085	8100	8115	8130	8145	8160	8175	8190	8205	8220	8235	8250	8265	8280	8295	8310	8325	8340	8355	8370	8385	8400	8415	8430	8445	8460	8475	8490	8505	8520	8535	8550	8565	8580	8595	8610	8625	8640	8655	8670	8685	8700	8715	8730	8745	8760	8775	8790	8805	8820	8835	8850	8865	8880	8895	8910	8925	8940	8955	8970	8985	9000	9015	9030	9045	9060	9075	9090	9105	9120	9135	9150	9165	9180	9195	9210	9225	9240	9255	9270	9285	9300	9315	9330	9345	9360	9375	9390	9405	9420	9435	9450	9465	9480	9495	9510	9525	9540	9555	9570	9585	9600	9615	9630	9645	9660	9675	9690	9705	9720	9735	9750	9765	9780	9795	9810	9825	9840	9855	9870	9885	9900	9915	9930	9945	9960	9975	9990	10005	10020	10035	10050	10065	10080	10095	10110	10125	10140	10155	10170	10185	10200	10215	10230	10245	10260	10275	10290	10305	10320	10335	10350	10365	10380	10395	10410	10425	10440	10455	10470	10485	10500	10515	10530	10545	10560	10575	10590	10605	10620	10635	10650	10665	10680	10695	10710	10725	10740	10755	10770	10785	10800	10815	10830	10845	10860	10875	10890	10905	10920	10935	10950	10965	10980	10995	11010	11025	11040	11055	11070	11085	11100	11115	11130	11145	11160	11175	11190	11205	11220	11235	11250	11265	11280	11295	11310	11325	11340	11355	11370	11385	11400	11415	11430	11445	11460	11475	11490	11505	11520	11535	11550	11565	11580	11595	11610	11625	11640	11655	11670	11685	11700	11715	11730	11745	11760	11775	11790	11805	11820	11835	11850	11865	11880	11895	11910	11925	11940	11955	11970	11985	12000	12015	12030	12045	12060	12075	12090	12105	12120	12135	12150	12165	12180	12195	12210	12225	12240	12255	12270	12285	12300	12315	12330	12345	12360	12375	12390	12405	12420	12435	12450	12465	12480	12495	12510	12525	12540	12555	12570	12585	12600	12615	12630	12645	12660	12675	12690	12705	12720	12735	12750	12765	12780	12795	12810	12825	12840	12855	12870	12885	12900	12915	12930	12945	12960	12975	12990	13005	13020	13035	13050	13065	13080	13095	13110	13125	13140	13155	13170	13185	13200	13215	13230	13245	13260	13275	13290	13305	13320	13335	13350	13365	13380	13395	13410	13425	13440	13455	13470	13485	13500	13515	13530	13545	13560	13575	13590	13605	13620	13635	13650	13665	13680	13695	13710	13725	13740	13755	13770	13785	13800	13815	13830	13845	13860	13875	13890	13905	13920	13935	13950	13965	13980	13995	14010	14025	14040	14055	14070	14085	14100	14115	14130	14145	14160	14175	14190	14205	14220	14235	14250	14265	14280	14295	14310	14325	14340	14355	14370	14385	14400	14415	14430	14445	14460	14475	14490	14505	1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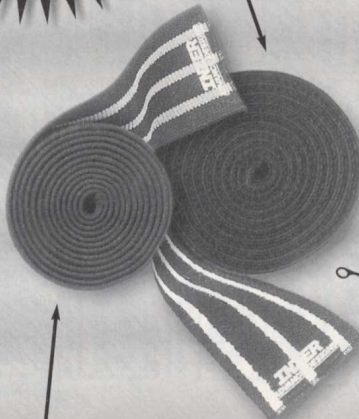
"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

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SLP, BP/DL Championships
31 JAN 04 - Tuscola, ILL

Bench Press
Lionnie Kirby 330
teenage women 50-54 125
A. Roggenbuck 500*
171,2004 at Sun Light Power Gym
in a competition which had
week, which may have
contributed to the smaller than
usual turnout, but we still had some
fun and saw some great lifting for
the

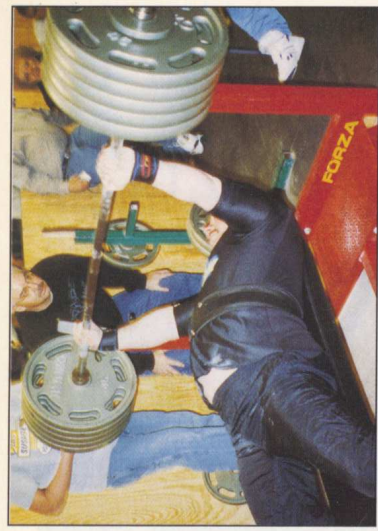
165 class Adrienne Roggenbuck
was lifting in just her second
competition. Taking the win there,
Adrienne finished with a personal
best of 325 lbs. She then went on to
successful fourth of 115. In the
Brett Fought won again at 123,
this time breaking his own state
record with 170 and a
personal best of 308.

At 198 it was Chris
Fulscher, just missing his
last two attempts with a
personal best of 295, but settling with a
personal best of 200. Richard
Carlson won at 50-54/
181 with 300, just missing his last
two attempts with a personal best
of 310. Lionnie Kirby only got in his
second attempt, but good enough
for a new national record
at 55-59/242. A second attempt
with 350 was close while Lionnie
passed on his third. It was great to
see a competitor, who backs from
Mississippi, competing at the level
of being away from competition.

Lionnie, a great
bender and just a great
had open heart surgery some
time ago, but he continues to
workout and compete, an



Best Lifter Robert Hudnell 600 @308!



Roger Ryan with PR and State Record 500 @ p&f/275 (Photos Dr. D. Latch.)

inspiration to us all.
In the police and fire division
Ryan won at 35-49/275 to regain his old
title. Robert was also awarded the best lifter
trophy.
With just two deadlifters, up first was
teenage sensation Chris Fulscher, Chris,
current state record holder at 16-17/181,
moved up to 198, pulling a new state record
of 325 lbs. Richard Carlson won at 50-
54/181 with a solid 400.
Thanks to my son Jory and Dustin Kerns
for their help loading and spotting. See you
all back here February 21 for the Illinois
State Powerlifting Championships!
Dr. Darrell Latch.



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IRONBOY PUSH-PULL

17 JAN 03 - MOCKSVILLE, NC

Table listing names and scores for Ironboy Push-Pull event.



Travis Mash benched 630 pounds during the Mocksville, NC Meet.

Large table listing names, scores, and event details for various powerlifting meets.

In Memory



Brian Slavens

On November 2, 2003, 1st. Lt. Brian Slavens was among 15 soldiers killed when the Chinook helicopter he was piloting was shot down near Baghdad, Iraq. Brian won Best Lifter Honors for the deadlift at the SLP Cold Day in Tuscola, IL/IL Championship held on January 25, 2003. Our prayers are with Brian's family as all who knew him as the 'gentle giant' he was.

Table listing names and scores for the In Memory section.

USAPL Update NY PL/BP

Large table listing names, scores, and event details for USAPL Update NY PL/BP.

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SIP ILLINOIS STATE 21 FEB 04 - Tuscola, IL

Table with 4 columns: BENCH PRESS, Age, Weight, and Record. Lists names like Erica Haslar, Matt Bell, and their respective records.

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Best Lifter - Scott Vickery with NR 715 (Lairch)

Steve Arathod broke the national squat record at submaster 198 with his 550 final attempt. A 350 bench and a 500 deadlift...

Erica Haslar 230* 160* 305* 695* 148 Reyes 425* 270* 500* 1195*

Erica Haslar 230* 160* 305* 695* 148 Reyes 425* 270* 500* 1195*

potential for even better performances in the future. It is great to see a new female to add to our history of strong female competitors...

100% Raw VA State Bench Press 06 SEP 03 - Chesapeake, VA

Table with 4 columns: Age, Weight, and Record. Lists names like Tony Ostrom, Dave Leech, and their respective records.

181-198-220. Eight super-middleweights squared off for top honors and WPO cash...

181-198-220. Eight super-middleweights squared off for top honors and WPO cash...

confidence, milked the crowd for support, and ripped up his initial effort with 628.2 as though the weights were aluminum...

champion was missing in action as well. Jess shrugged it off good naturedly. He had another option and earned \$1500 later on in the Bench Bash...

improvement, completing all three squats. Vogeppoli's facets are as positions of focused intensity as he himself and clearly as the bar...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

pulls. He yanked up 589.7 like birdweight for a 1906.9 TOT. He twice attacked 644.8 - his grip popping loose as it started up quickly. Coe deadlifted all three...

Patterson showed steady improvement, completing all three squats. Vogeppoli's facets are as positions of focused intensity as he himself and clearly as the bar...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

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Goggin lets down the deadlift (877) that gave him his 2nd & 3rd WPO world records of the day (Photo Herb Glosbrenner)

during maximum attempts. He lifted 600.7 and 628.3, but his grip slipped on 655.8. Out of necessity, Chuck'd have to pull a monster to win today. He paced himself with 705.4, then 766.1...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...



Mike Danforth handled an 804.4 squat @ 181.

Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

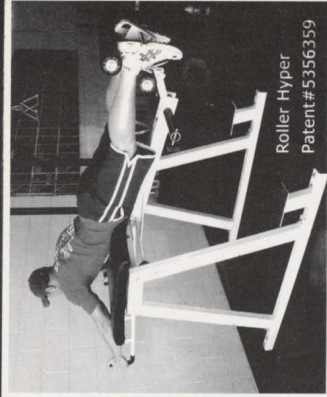
Deadlift: Harrington couldn't capitalize on his explosive surge to 562.1 and 573.2. As a result, Chuck found himself in a tough position...

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LOUIE SIMMONS' PRESENTS

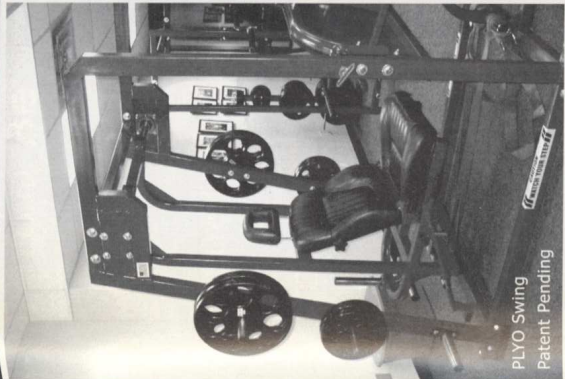
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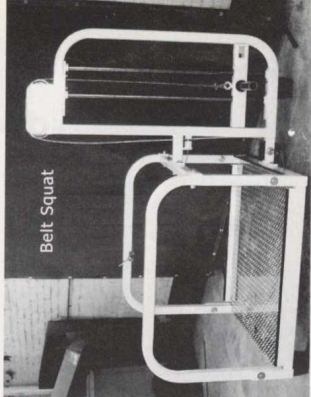
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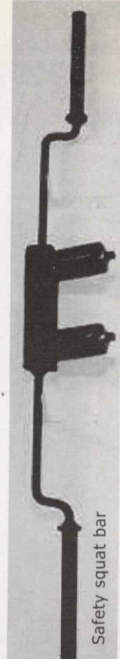
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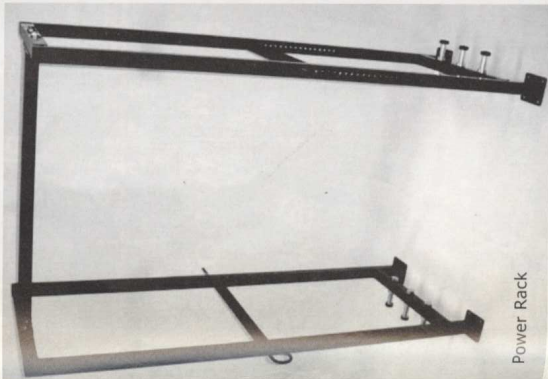
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TOT hamier (in fact, he'd topped that magic sum three). Then there was Matthew Smith, 29 (340.16) a giant version of Kenny Patterson. Matt's best TOT of 2470 ranked him 6th best all time. He's Westside Barbell's strongest man. Andy Bolton, 36, (327.05) from England is the only man to push Garry Frank to the limit. His 2584.92 TOT was 2624.6 in WPO rankings, counting his 4th attempt WRSQ of 505.5 (1114.4) last NOV at the Finals. Paul Childress, 33, of New York rules at 308. His best TOT at the WPO Finals in Marietta was 1132.5 kg. (2496.7) officially and 2525 in WPO numbers. Beau Moore, 38, had a best result of 1091.0 kg. (2405.24), one of only 23 men in History who've gone over 2400. Last year, at this meet Garry Frank was eliminated in the SQ. This undoubtedly set off a there-burn-which-now-raged within him. Garry was the first man to go over 2500, then 2600, and had long been on the threshold of going over 2700. Would this be the day?

Mikesell injured his leg beforehand. His 1003 opener was the 27th time he's done over a grand in competition. It was uncharacteristically difficult for him. His grimace of pain told the story, no more squats today. He did do a record of never bombing in his lifetime of competition. Matt Smith looked better than ever. He lost balance with a 920 opener. Knowing his capabilities, he went to a PR 1008.6 - good lift. In the PR, he made a 2nd attempt 677.9. After his 749.6 DL opener, he went up to 815.6 and made it for 2502.2 TOT, also a PR. Satisfied, he passed his 3rd, and placed 5th. Ranked ahead of Matt, on lighter bwt., was ENG's Andy Bolton. Andy struggled to get 1058.2 to adequate depth after a strong 970 opener. He barely did so, and his 1102.3 3rd proved too heavy, his 584.2 BP opener. Andy went for a PR 639.4. He missed outright, then got up on his final lift, but his hips came off the bench. Bolton's DL is his crowning achievement. His WPO WR is the biggest DL done by anyone, anytime, anywhere, anywhere. Could he do more today? His light 771.6 opener was followed by his traditional large increase, to 859.9, which was also good. This set him up for an assault on 936.9!

before, trying it, nullifying the attempt. Steve benched well, doing 545.6, 567.7, then he completed a PR 578.7, but got reds for hip raise. Steve's real light (for him) 722 DL opener gave him his 3rd WPO Championship Belt and World Title Victory. His 788 2nd attempt gave him 1085 kg. (2392.01) to surpass the recognized WPO 242 class WR Total set by Ed Coan at the WPO Semifinals in Aug '01 in Orlando, FL. It'd Steve he needed 390.0/859.8 to break Coan's All-Time TOT. The listed WPO WR of 395 kg. (870.8) was actually the IPF WR, set back in 1980 in Arlington, TX, by John Kuc. (When WPO Records were first established, many were accepted as the then current IPF WRs). Steve wanted 'no money!' and called for 395.5 (871.92). Breaking that record would give him an extra 21 thousand, well as the total WR. Lift it he did and with the affirmative decision rendered by the judges, Goggins became the biggest money winner in this year's biggest powerlifting extravaganza - a total of \$8000. This included \$5000 for winning 1st place + an extra \$3000 for the 3 big WRs he established in SQ, DL, and TOT.

SUPER HEAVYWEIGHTS (308 and +308s) - Six of the biggest, strongest men the powerlifting world has ever seen gave the crowd some incredible memories. This grand finale of the two day spectacular will be talked about for a long time to come! The parade of ponderous pachyderms included: Brent Mikesell, 36, Spokane, WA (335.54) - last year's APF Senior Open Men's SHW Champ had the 03 WPC World Title under his win column as well, coupled with the fact that he owned outright History's biggest SQ (1140.9 lbs) and was one of only 5 men in History to crash the 2500

in his favor - 2W. Marc is also a big bench. He missed his 628.3 opener, but came back and got it. On a final stroke, he nailed a PR lift (650.3)! His subtotal of 732.5 kg. (1614.89) is the second best result in the History of PL. Marc got his DL 683.4 opener to gamer a huge 2298.32 TOT a 104.6 lb. improvement over his previous best. Neither the nor Castle could negotiate their identical final 2 DL attempts with 722. Bartley captured 2nd place and pocketed two grand. I must mention that the Superheavyweights had their competition interrupted following their squats in the big Arnold WPO Bench Press Bash for Cash, which was set to begin at 1:00 PM on the main Expo stage. The strongman event was running late, plus an appearance by the new California Governor himself - Arnold - delayed the reconvening of the powerlifting competition by 4 to 5 hours. This was a very inconvenient hardship on the powerlifters. Turliainen was still in contention, but missed a 556.6 BP twice at lockout and was out of the race. The man of the hour was Steve Goggins. He weighed in at 242.29, slightly under the traditional class limit. He had hopes of bettering two of Ed Coan's All-Time World Bests in the 242s, those being a 471 kg. SQ (1038.37) and a TOT of 1117.5 (2463.66). Steve opened with a conservative weight (for him), 970! He took it way low for 2W. Up to 472.5 (1041.7) to reclaim the All-Time record from Eddie. First try was a no lift. Steve repeated and dropped a couple of ticks lower, and stood erect. This time - it was good! Not satisfied, Steve shot for 1102.34 he'd made last year (though 23 lbs. heavier in bwt.), (becoming the first man in PL History to bust that barrier. Unfortunately, he lost his balance

powerfully executed 584.2 BP opener. Andy went for a PR 639.4. He missed outright, then got up on his final lift, but his hips came off the bench. Bolton's DL is his crowning achievement. His WPO WR is the biggest DL done by anyone, anytime, anywhere, anywhere. Could he do more today? His light 771.6 opener was followed by his traditional large increase, to 859.9, which was also good. This set him up for an assault on 936.9!

BEST LIFTERS AT WPO SUPER FINALS

COMP. NAME	COMP. AV. RANK	RAINGS	BWT. (kg)	TOT (kg)	PRS (kg)	WHS (kg)
1. Grogans	633.2	2	10990	1125.5	603.943	662.581
2. Frank	624.183	16940	1227.5	581.344	5	667.023
3. Conyers	611.087	7500	804.75	577.746	6	641.223
4. Grogans	607.550	14920	1160.0	572.808	7	642.292
5. Moore	604.544	7500	797.5	586.720	3	622.369
6. Schwab	604.202	7500	877.5	583.096	4	625.306
7. Palmer	593.993	14835	1135.0	561.427	8	625.380
8. Bolton	575.774	7480	835.0	555.734	9	625.380
9. Smith	573.694	8250	890.0	551.177	11	595.814
10. Danforth	573.635	12070	1042.5	548.667	12	596.211
11. Bartley	572.600	9940	982.5	545.778	13	596.603
12. Patterson	572.380	10000	965.0	545.423	10	599.423
13. Vagstad	572.380	10000	965.0	545.423	10	599.423
14. Vagstad	572.380	10000	965.0	545.423	10	599.423
15. Vagstad	572.380	10000	965.0	545.423	10	599.423
16. Vagstad	572.380	10000	965.0	545.423	10	599.423
17. Cee	551.250	11000	980.0	525.270	15	576.685
18. Hawhorse	535.147	8960	872.5	512.070	18	558.225
19. Petrillo	519.855	5790	615.0	518.875	16	512.181
20. Mikesell	485.99	10010	1020.0	501.697	19	538.013
21. Mikesell	485.99	10010	1020.0	501.697	19	538.013
22. Got Hatch	539.532	6740	720.0	523.296	20	601.800
						555.768

269.84, from Elgin, IL, tried to ride the high tide, but twice didn't rise (903.9). Brian Weston, 35, out of Baltimore, MD, was lightest man (Sr. Nats in L.A.). Brian opened with the same 903.9 SQ he'd got on a 3rd attempt there. He got pinned twice and was gone. Jami Ihalainen, 28 (241.62) and Anu Turliainen, 36 (273.7), two powerhouses from Finland traveled a long distance, but got stopped dead in their tracks. No Finnish finish here! Ihalainen couldn't negotiate his 837.7 SQ two tries. Anu, a former WPO Heavyweight Champion, opened with 881.8 for 3 whistles, but it looked difficult. He increased to 992.1, and couldn't recover. His fate would be determined in the BP.

A top name IPF lifter, Alexei Solovoyev, 29, came from the Ukraine. He'd won the 242 IPF World Championship title last November in Denmark setting IPF WR's of 617.4 in the bench press and 2221.16 in the TOT. His bubbleburst when the results of the Alexei participated as guest lifter, ineligible for cash awards, but this should qualify him for further WPO competitions. He executed his lifts under the stringent IPF standards (he'd been accustomed to Sparring huge thighs, his 837.7 SQ was deep and easy. With razor sharp technique, his benches literally explode off his chest to lockout: 584.2 - zap: 617.4 - pow: and finally a PR - 633.8. He executed three perfect deadlifts as well: 727.5, 755, and finally a PR 771. His TOT of 2248.7 was a PR by 27.5. I visualize 881.9, 650.3, 804.6, 2336.8 in my crystal ball for him, in the no disjunct future. Three men were left to contest for the cash prizes and championship honors: Clay Castle, 34, of Kennesaw, GA; Marc Bartley, 35, of Columbia, SC; and Steve Goggins, now 40, from Marietta, GA. Castle weighed in at the full 242.5 class limit. Clay got his 2nd attempt 903.9 SQ here, then made all his BPs (567.7), plus his DL opener (688.9) for 2160.5, a PR by 11, which earned him \$1000. Marc Bartley weighed in at 266.05 delivered a stupendous subtotal. Previously his best (official SQ) had been 870.38. He opened big (909.4). A giant increase to 964.6 was handled, but drew 2R. Final try, the balance tipped

Today, the lift was stale. He missed. On the other hand, the lightest of this group at 308.6, Paul Chidress had a banner day. He proved he has no peers among the 308ers in the SQ with 992.1, 1047.2 and finally a 2W perfectly depth gauged 1085.7 which was a \$1000 lift for him surpassing the former 1080.2 mark that Aro Turtaainen (FIN) had claimed last year. Paul was still right on target, benching 644.8 then 672.4, but missing a WPO WR try of 694.4 to beat the mark he'd set himself at the finals w/ 690 pulled 755, then 771.6 and had a 2529.7. On a final effort, he tried 799.1 and almost had it, until his grip popped loose before completion. This lift would've given him 2557.36 and could have moved him into 2nd place overall bodyweight. His 3rd place overall finish, plus a WR SQ, gave him \$2000 for his fine day's effort. Beau Moore in my estimation, was the biggest surprise of the whole

Note ... a number of lifters had their Inzer equipment logo covered over with a WPO or other logo at this competition



Beau Moore ... personal records all around! (H. Glossbrenner)

waited for so long. His pushes were positively potent! 711 - WHAM, 760.6 - BAM, and finally 804.6 - ALA KAZAMI! His final lift (I swear to you) looked as though he could've handled 832 or even 843. With his final BP, he claimed two unique depth problems in the past, got his 1047.2 in. Further tries with 1102.3 were handled easily, but not to acceptable depth. Frank's bench press has always been lit or miss, but his new Inzer double denim, pulled down, open back beauty worked the magic he's

important of all his 804.6 lift was a new WPO WR for the +308 division, bettering the record Beau Moore had earlier established. Garry's opener DL caused (854) caused the 2700 barrier to finally fall. His result of 1227.5 kg/2706.17 is 55 kg, or 121.25 lbs, better than the closest man to him, that being Andy Bolton's official 1172.5/2584.9! Garry went up to 903.9, trying to become the first man to TOT 1250 kg, (2755.77), a monumental achievement. I figured Garry would make it. But, no! Near completion, I saw the disgruntled expression on his face as he returned lift to the platform. He felt a twinge, and didn't come back for his final try. Garry collected a total of \$7000 prize money, 5 grand plus another 200 for his two WRs. Don't think the 2800 barrier is out of reach. Garry may be the only man who can ever do it. His best competition lifts officially come to 1277.5 kg, (2816.4 lbs.) via 1080.2, 804.6, 931.4! The lifts he tried this day came to 1275 kg/2810.89. Can Garry put all his best eggs into one basket at the cauldron right now.

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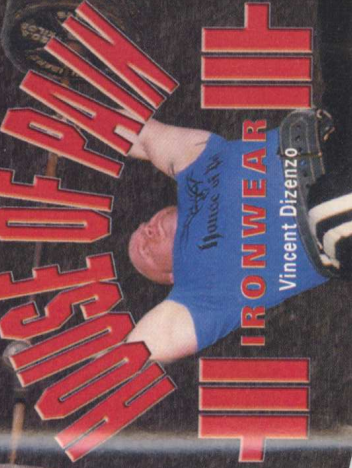
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C. Russo 425
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Open 300
Cade 310
Master (40-44) 405
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440 700 2010
275 C. Young 835
550 645 1050
R. Young 700
550 605 1855
AM
J. Grimmett 400
200 400 1000
D. Heath 400
200 400 1000
This was a small meet, but BIG in talent. Doug Heath at 148/174 has been WOLVING on the bench with Doug squatting an amazing 705 on his 2nd attempt. Going into the bench, Doug opened with a 410 that turned out to be hard fought and he just managed to lock it out. 455 went OK on a rack. 3 whites. He finished with a fine deadlift of 505 and a total - wow - of 1665. Tony Kamard at 198 did some damage of his own with a 900 squat and 1955 total. He's been WOLVING on the bench with Doug squatting a deadlift totaling 2010. Chris Young had trouble with his opener 760, so he went to 835 on his 3rd attempt and came up with a fine lift. On the bench, Chris went 3/3 and finished with 900 and a 2620 total. Rob Young had a 2000 squat and a 2620 total. Jeffery Grimmett got his feet wet with his first meet, and a great start, going 8/9 and a 1000 total. Craig Clites, at 115, squatted 420 and totalled 1125. Keith Young, Rob did a 450 squat and an 1140 total. I help spot-give a special thanks to all the lifter supporters, loaders, callers (Competitive Edge)

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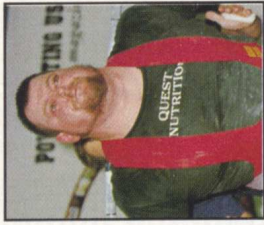
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TOP 100 For standard 242 lb./110 kg. USA lifters in results received from Jan/2003 thru Dec/2003

	SQUAT	BENCH	DEADLIFT	TOTAL
1	931 Garcia, J., 11/9/03	722 Carpenter, B., 9/27/03	805 Vonelphel, C., 7/26/03	2259 Weston, J., 11/9/03
2	750 Ward, J., 6/8/03	675 Cuzzocani, S., 8/2/03	785 Cass, B., 3/22/03	2248 Garcia, B., 11/9/03
3	867 Casella, C., 11/9/03	675 Cuzzocani, S., 8/2/03	780 Courtney, A., 8/9/03	2230 Bayles, J., 11/16/03
4	865 Patrick, J., 6/8/03	651 Jackson, J., 12/14/03	771 Patrick, J., 6/8/03	2149 Patrick, J., 6/8/03
5	840 Sotomayor, J., 11/6/03	650 Plade, B., 2/22/03	765 Howard, B., 7/19/03	2149 Bayles, J., 11/16/03
6	840 Sotomayor, J., 8/10/03	630 Papp, P., 4/12/03	749 Capello, J., 8/3/03	2115 Capello, J., 8/3/03
7	826 Bogacevic, M., 6/8/03	630 Papp, P., 4/12/03	749 Harris, A., 11/9/03	2059 Papp, P., 4/12/03
8	810 Thomas, K., 6/8/03	623 Davi, P., 8/9/03	738 Matheson, B., 12/14/03	2055 Sotomayor, J., 3/29/03
9	810 Thomas, K., 6/8/03	622 Wasson, J., 11/30/03	733 D'Arco, M., 6/22/03	2028 Thomas, K., 6/8/03
10	810 Gwynn, B., 6/29/03	620 Kelley, Brad., 7/5/03	730 Stegler, M., 3/29/03	2017 Stegler, M., 3/29/03
11	810 Gwynn, B., 6/29/03	620 Kelley, Brad., 7/5/03	730 Stegler, M., 3/29/03	2017 Stegler, M., 3/29/03
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World Drug-Free Powerlifting Federation News Release: The U.S. affiliate to the W.D.F.P.F. is the WNPF. All U.S. lifters who wish to qualify for one of the U.S. Teams entering the 2004 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in Atlanta GA on November 20 & 21st and/or the 2004 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS held in Antwerp, Belgium on Oct. 8-9 & 10th, will need to qualify by participating in a WNPF National Championship. Check the WNPF website for qualification opportunities near you: <http://hometown.aol.com/wnpf>. In addition to the WNPF website list of meet offerings, a recent qualification opportunity has been scheduled in Macomb, Illinois on Sunday, June 27th. Lifters from Illinois, Wisconsin, Iowa, Indiana and Missouri are especially encouraged to participate in the "WNPF American Powerlifting & Single Event Championships". To receive a copy of the Championships information and entry form via e-mail, send your postal address along with your request to: Pipe@wvu.edu. To receive the meet information and entry form via the Postal Services, send a stamped, self-addressed envelope to: Mr. Timothy J. Piper, Brophy Hall, Western Illinois University, Macomb, Illinois: 61455. The WNPF will be trying to fill full US Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include: OPEN (minimum age 14 upward indefinitely), TEENAGE 1 (14 through 15 years of age), TEENAGE 2 (16 through 17 years of age), TEENAGE 3 (18 through 19 years of age), JUNIOR (20 through 23 years of age), MASTERS 1 (40 through 44), MASTERS 2 (45 through 49), MASTERS 3 (50 through 54) and so on for MASTERS in 5 year increments. POLICE/FIRE/MILITARY (Open); no age categories in this division. Age is determined by each individual's age on the day of their competition. WDPFF Weight Classes include the following: MALES: 52, kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and 145 kgs. FEMALES: 44 kgs. (97 lbs.), 47.5 kgs. (104.75#), 50.5 kgs. (111.25#), 53 kgs. (116.75#), 55.5 kgs. (122.25#), 58.5 kgs. (129.0#), 63 kgs. (139.0#), 70 kgs. (154.25#), 80 kgs. (176.25#), 90 kgs. (198.25#), +90 kgs. (+198.25#). WDPFF Team Rules: Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. Team points are as follows: 1st place = 12 points; 2nd = 9; 3rd = 8 points and so on to 10 places. Have questions? contact the WDPFF Secretary General: JM-Gedney@wvu.edu

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