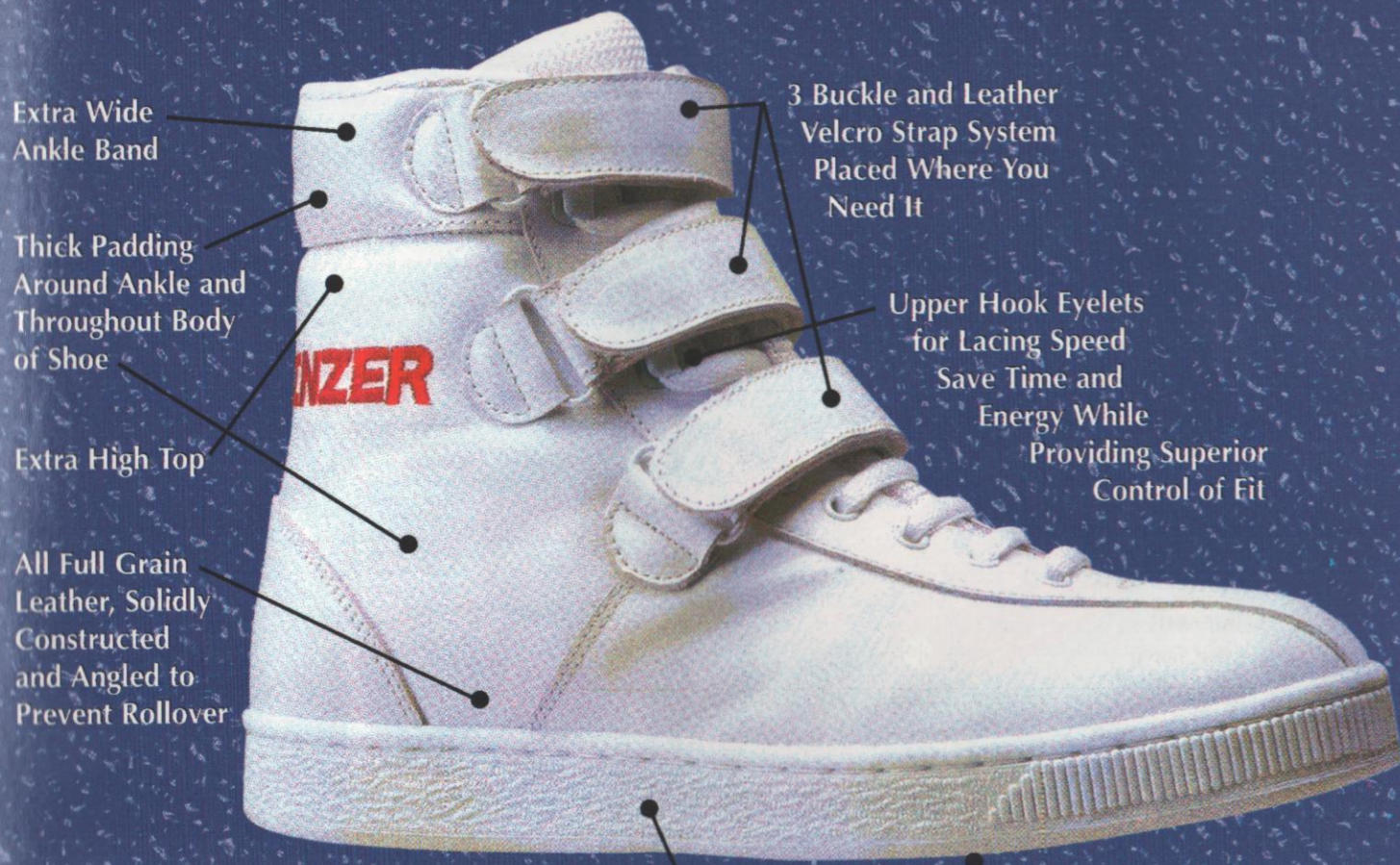


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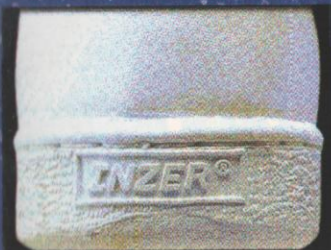
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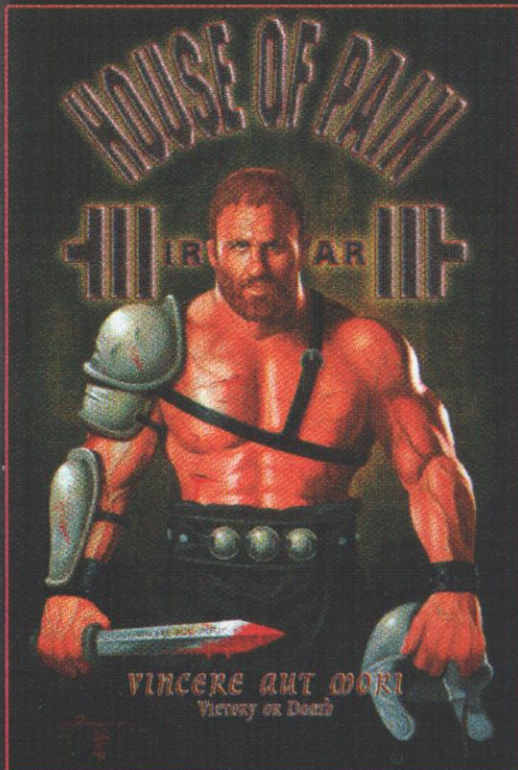
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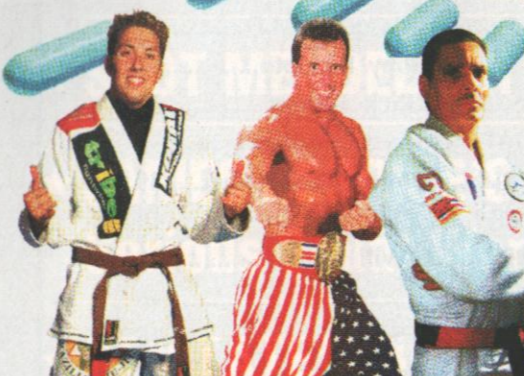


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MUSCLE MENU

- Volume 27, Number 11 - August 2004 -

IPF WOMEN'S WORLDS.....Jim Ford.....5
 USAPL MEN'S NATIONALS.....Dr. Pat Anderson.....10
 WORLD POWERS.....Louie Simmons.....14
 STARTIN' OUT.....Doug Daniels.....18
 FORCE TRAINING.....Jim Wendler.....19
 DR. JUDD.....Judd Biasiotto Ph.D.....22
 LUKE IAMSPaul Sutphin23
 POW!ER SCENE.....Ned Low.....26
 ASK THE DOCTOR.....Mauro Di Pasquale M.D.....32
 POWER NUTRITION.....Anthony Ricciuto.....34
 HARD CORE QUESTIONS.....Rick Brewer.....37
 WOMEN'S ALL TIME SQUATSHerb Glossbrenner.....38
 WOMEN'S ALL TIME TOTALSHerb Glossbrenner.....39
 WORKOUT OF THE MONTH.....Jeff Magruder.....40
 JOHN SHIFFLETT PROFILE.....Will Morris.....41
 USAPL CORNER.....46
 POWERLIFTING USA BACK ISSUES.....48
 COMING EVENTS.....Mike Lambert.....53
 UNCLASSIFIED ADS.....94
 TOP 100 SUPERHEAVYWEIGHTS Mike Lambert 95

ON THE COVER newly crowned IPF Women's World Champion PRISCILLA RIBIC and BRIAN SIDERS as he broke the seemingly immortal total mark of Bill Kazmaier from Jan. 31, 1981

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The International Powerlifting Federation (IPF) held it's 25th Women's World Championships for 2004 on June 2-6th in Cahors, France. The hosts were the French Powerlifting Federation (FFHMFAC) with meet director Christiane Guingal going all out to provide a first class competition. Cahors is a beautiful city in southwest France, not far from Toulouse, in very scenic rolling hill country that was breathtaking to behold. (This area produces some of the best wines in the world). Cahors itself is old and with many historic sites in this picturesque town on the Lot River. The venue for the lifting was in the older section of downtown, in the three story Palais de Sports, very impressive and well suited to World Championships. It was much different for those of us who have become accustomed to hotel venues for these competitions. Our accommodations for the championships were in a 'World Village' with a French country atmosphere at the "Mas de Saboth" Hotel and Resort. They provided individual 2-3 person private cabins & lodges in this wooded hillside resort that is used frequently for the French to take a holiday. Team USA arrived by several modes of transport; flying first to the one of a kind city - Paris. Some flew onto

IPF WOMEN'S WORLDS as told to Powerlifting USA by Jim Ford



Champion of Champions...Maria Revva of Russia (633.50), Priscilla Ribic of the USA (620.00), and Tatayana Eltosova of Russia (596.71).

Toulouse; and then shuttled to the meet site. Others opted for the unique French train system that rocketed south out of Paris at record speeds and down to the meet site in just a few hours. We had a good team this year, but we were short one lifter, as all-

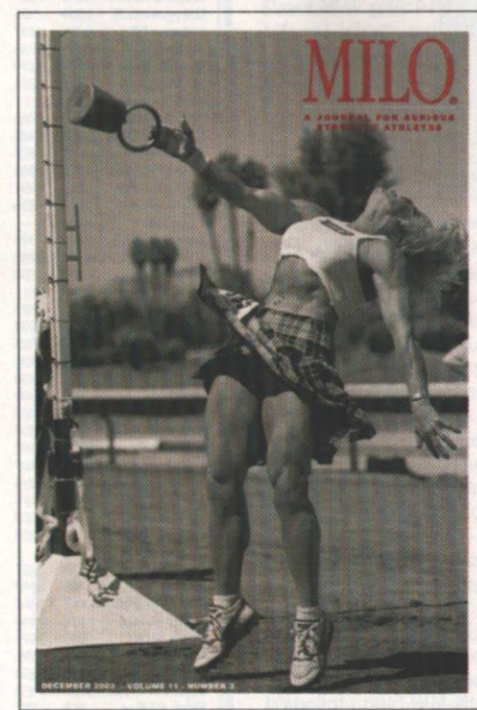
time great Bettina Altizer had personal matters that caused her to make a last minute withdrawal from the competition. The coaching staff was aware of the value of her loss, along with some of last year's standouts who were absent for various reasons: Sioux-z Hartwig, 2003 Gold medalist at 52 kg., was out with an injury; along with Jess Watkins, Kimmi Everett, Erin Dickey, Ann Leverett, Linda Schaefer, just to name a few. We have seen our Women's' Division thrive in recent years and knew after the last year's training meets and the qualifier this year that we had some outstanding talent among our women, who were now among the best prepared ever to go head to head. Our coaching staff was somewhat altered from past years, but more than up for the task. Federation President Larry Maile served as our Head Coach, as he has since the inception of USAPL women in IPF World meets back in 1998. His careful molding of this team and its steady improvement speaks highly of his talents. Missing from the staff this year was Mike O'Donnell, who has been a solid part of the women's coaching for the past few years. Assisting with the women's team coaching duties were Nil-Juanto of Sweden, Ivan Ribic of Washington, Brad Robbins of Iowa, and myself. Mike Hartle served as an unofficial coach, and was a great asset to the team; providing back adjustments, and helping in the warm-up area and with numbers. Monique Hartle, lifting for Canada, was a great asset for our team, as she spoke French and made

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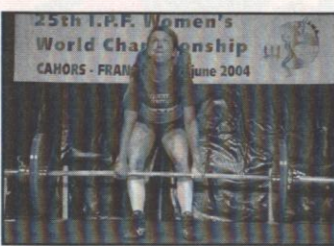
THURSDAY, JUNE 3RD, 2004

44 kg. class - The 1st day of lifting started on a very active note as the two smaller classes (44 kg. & 48 kg.) had a total of only 15 lifters and so the flights were run concurrently. It was one of the tougher days for the shorthanded coaching staff of Team USA as we had three lifters going during this session: Ashley Robbins and Tina Carder at 44 kg. and Jenn Maile at 48 kg.. Last year's gold medalist @ 44 kg.. Raija Koskinen of Finland showed why she's the best at this weight in the world, by going 9/9 and bringing home the gold again. She was 20 kg. short of her winning total last year, yet was still 27.5 kg. over the 2nd place finisher Ashley Robbins of the USA. Last year's silver medalist @ 44 kg., Svetlana Tesleva of Russia, had moved up to the 48 kg. so the field was wide open for our USA lifters to shoot for medal placings. Last year Robbins was 4th with a 350 kg. total and was looking for a chance to improve on that. She missed her second squat of 150 kg. only to get it on a third, leaving her 2.5 kg back of the leader Koskinen. Raija won the squats and set a MWR with a dunk of 152.5 kg. 19 year old Tina Carder of the USA went 3/3 in squat, hitting a smooth 130 kg. and brought home the bronze for that lift. These three kept these placings through the meet, although Laurence Hernandez of France made a valiant effort to catch Carder on her third pull, but it was not to be. So, the veteran Koskinen of Finland repeated her victory; setting a MWR total of 390 kg.. Robbins and Carder of USA followed close behind for Silver and Bronze. Ashley's husband, Brad, who is a brilliant lifter himself, aided Ashley. He is also capable of doing some back adjustments and therapies to aid our lifters. I believe Ashley is one of the lifters who have benefited by their association with Quest Nutrition. I had heard of Tina's reputation, but after watching her lift, she made me a believer. She was well prepared and this little powerhouse will be a champion one day. The two medals by USA lifters got us started out right!



Raija Koskinen...still the master at 97. (Photographs by the courtesy of IPF)

moved up for this battle with last year's silver medalist, Jenn Maile of the USA, and Bronze medalist Yukako Fukushima of Japan. Tesleva got in her usual giant squat with a clean 172.5 kg., followed closely by Maile at 160 kg. and Fukushima at 150 kg. The thinking was to get as much as possible into the subtotal, as a big pull was expected from Jenn Maile when the deads came around. Each of the three leaders missed one bench, Tesleva hitting a solid 100 kg. to stay in the lead, but Fukushima's astounding lift of 122.5 kg. (270 lbs.) was enough to pull her even with Tesleva at the subs. Jenn hit a respectable 90 kg. BP that left her 22.5 kg. back. After



Ashley Robbins...into the medals.

Tesleva's first pull, a very easy one, it was her Gold for the taking. Battling for the Silver, Jenn tried valiantly for the runner-up spot, a repeat of the battle with Fukushima from last year's worlds where Jenn won by 2.5 kg., but this day the pull was just not there and the Silver went to Fukushima. Teslava had a strong, well-balanced lifting performance that gave her a 445 kg. WR total, still, it was another medal for the USA team.

FRIDAY, JUNE 4TH, 2004

52 kg. class - Last year's gold medal winner at 48 kg. Olesia Lafina of Russia, moved up this year to the class that had been dominated by the USA's Sioux-z Hartwig. This set up a battle between the Russian Champion Lafina and the 21 year old Ukrainian, Oksana Dymytruk. At last year's worlds in Chicago, the Ukrainians opted to post their power in the higher classes, with no women lifting below 60 kg. In the squats, both Lafina of Russia and Dymytruk of Ukraine went 3/3; as did Mervi Rantamaki of Finland. The Finn hit 175 kg. Cornette of France hit 177.5 kg. on her 2nd; with Dymytruk smoothly dunking 180 kg.. However, it was Lafina who stole the gold in squat with a whopping 212.5 kg. The Russian upped her lead with a fine 115 kg. BP. The next best was Ukraine's Dymytruk with 102.5 kg., followed by Rantamaki of Finland with 90 kg. In the pull both the Ukrainian and the Russian went 3/3; but even

a final pull of 177.5 kg. by Dymytruk left her 10 kg. back of Lafina who brought home the Gold with a 470 kg. total and the world title. The Finn was 25 kg. back of the Ukraine for the Bronze. Honorable mention goes to Yi-ju Chou of Taiwan who pulled a class high 180 kg. after missing two squats and two BPs.

56 kg. class - In this class an American returned to the lifting platform in the form of sensational young 18 year old Carley Nogle of Michigan. I had the opportunity to see Carley not only at the Nationals but also at the IPF North American Championships in April. She is one talented young up-and-comer who is well schooled and a true heir to the spot vacated by Michelle Amsden of USA. Another noteworthy detail of this class was the name of 21 year old Olena Dymytruk of Ukraine. Sound familiar? Well, she is the twin sister

of our silver medalist @ 52 kg., Oksana Dymytruk. She competed last year at the Jr. Worlds in the 48 kg. class and won the Silver to USA's Jenn Maile at the meet in Poland. This class (123 lbs.), along with the 75 kg. class, was the largest in the competition. 2003 Champion Inna



Tina Carder...first time at Worlds.

Ilmionova was nowhere to be seen, but the Russians did bring highly nominated Tatyana Eltsova. In the squat, Eltsova won Gold with a 195 kg. lift; followed by Dymytruk of Ukraine with 182.5 kg. The third and fourth spots were close with Maniak of France with 157.5 kg and Kume of Japan with 152.5 kg. Although Eltsova only got her opening BP of 120 kg., it was best in the class. Dymytruk pushed a 117.5 kg. lift to finish in 2nd going into the subs, just 17.5 kg. back of leader Eltsova. Kume was ahead of Maniak by just 7.5 kg. for third and fourth positions. Carley Nogle of the USA missed thirds in the Squat & BP, but was positioned well at subs in 5th spot with a powerful pulling capacity. Eltsova & Dymytruk both missed their 2nd deadlifts, but Eltsova's 190 kg. pull elevated her total to top honors and a 505 kg. Total, 3rd best in Champion of Champions ratings. Maniak was only able to get



Medalists in the 105 lb. class Fukushima, Tesleva, and Maile.

her opener in the deadlift, but it was enough to give her the Bronze over 4th place finisher Kume of Japan. Nogle was doing her best lift, went 3/3, and had 192.5 kg., locking up a great 5th place finish for this young first time open competitor. More points for Team USA! 60 kg. class - Russia's 2003 winner, Valenti Nelubova, did not return this year. Instead the Russians sent a double threat in the names of Marie Revva and Irina Tatarova, but many though the preliminary nominations gave the class to 2001 IPF JR. World Champ

Larysa Vitsyevska of the Ukraine. Perfect lifting by Revva, going 9/9, and a gold in the DL made her class champion, and totaling 567.5 kg. gave her Champion of Champion honors. A valiant try was made by the Ukrainian Vitsyevska, but missing her 3rd BP and 3rd DL kept her back at the total by 12.5 kg. She did win Gold in the BP, and Tatarova won Gold in the squat, but she finished up with bronze overall, 20 kg. back of Vitsyevska.

SATURDAY, JUNE 5TH, 2004



Olesia Lafina prevails in the 114s.

67.5 kg. class - This shaped up to be an epic battle between some of the best women lifters in the world. Many-time World Champion Marina Kudinova was a no-show, said to be out with a knee injury. Her very capable replacement, Zhanina Ivanova, though only 20 years old, came well prepared and with numbers to match. Also in the running were fellow Russian and Jr. World Champ Victoria Pisarenko and Ukrainian Jr. World Champ Lesya Humynska. The Ukrainian had edged out USA's Priscilla Ribic last year and won the Silver by 2.5

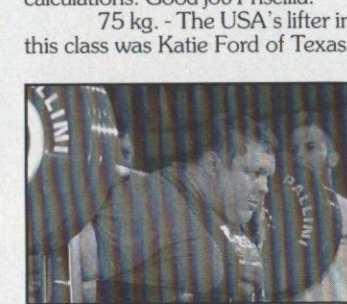


Katie Ford...PR deadlift and total.

kg.. Rounding out the top contenders was the USA's Priscilla Ribic of Washington who has been making steady improvement since last year, freshly re-writing the record books in the deadlift and coming close to challenging Kudinova's total record. Of note, as well, were the strong performances of the two British lifters, Marian Gibson and Gillian Wright. In the squats Ivanova went 3/3 ending with class high of 240 kg. as did Pisarenko, who only got her opener. Pisarenko was lighter and got the gold for the squat. Priscilla got a hard opener at 227.5 kg. after being wrapped longer than ideal due to rack adjustments. The Ukrainian Humynska, who was lighter in bodyweight, matched it. In the BP Priscilla took top honors, despite getting bad hand-offs on one

and two, but still managed to get 137.5 kg. passed. Her third was also a bad hand-off mistake, taking two tries, but she never got it in her groove, but ironically won the Gold in BP anyway. Ivanova of Russia and Gibson of Great Britain followed her. At the subs, it was Ivanova with 375 kg., Pisarenko 7.5 kg. back with 367.5 kg., and Ribic 10 kg. back with 365 kg.. Humynska of the Ukraine struggled with her BPs and only got her opener of 120 kg.. to stay in the meet with a 347.5 kg. subtotal. Priscilla's 1st Deadlift with 220 kg. put her in the lead and her second pull sealed the World Title. This world record holder in the deadlift went 3/3 in the pull and cruised to victory with a 20 kg. margin over the 2nd place Ivanova. There was a valiant try for the next three spots behind Priscilla, but it played out with Ivanova followed by Humynska and then Pisarenko. I must say that one of the most dramatic moments of the meet was when Priscilla came out on her 2nd deadlift, to seal the victory, and loudly playing on the audio system was Bruce Springsteen's "Born in the USA". All the spectators were on their feet, clapping, and for TEAM USA there was barely a dry eye in the house. She came out to try a 4th attempt WR @ 247.5 kg., but it was not there this day, and she had to settle for Gold in the BP and DL and her 1st IPF World Title. Her Wilkes points gave her the runner-up spot in the Champion of Champions

calculations. Good job Priscilla! 75 kg. - The USA's lifter in this class was Katie Ford of Texas, who cut down from 82.5 kg.. Last year's winner and breaker of three WRs Champion of Champions Svetlana Dedyulya of Russia was not (continued on page 92)

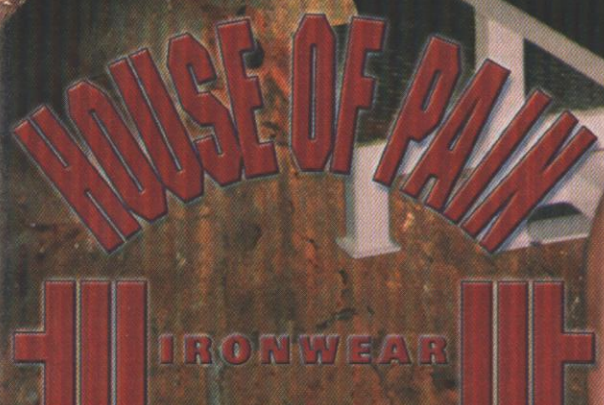


Russia's Galina Karpova...an emotional winner of the platform

IPF WOMEN'S WORLDS - 2-6 JUNE 2004 - CAHORS, FRANCE. Table with columns for weight class, country, and lift results (SQ1, SQ2, SQ3, BP1, BP2, BP3, ST, DL1, DL2, DL3, TOT).

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Bayou country was the setting for the 2004 edition of the USAPL Men's National Championships of Powerlifting. Over 100 of this country's top strength athletes converged upon Baton Rouge, Louisiana to set records and compete for class titles. In addition, for the first time ever, this year's competition featured eight of the top female lifters who came for the sole purpose of attempting USAPL and IPF world records. The newly remodeled Holiday Inn was the site for this year's contest, conveniently located just off the highway about 10 minutes from downtown Baton Rouge. Many lifters and spectators took the short drive down to New Orleans at some point during the weekend. Experienced meet director and former Masters World Champ Paul Fletcher put on a show for the ages. Paul becomes the first meet director to host both a USPF Seniors (1995) and USAPL Seniors. In fact, this year's venue was just a stone's throw from Paul's 1995 location. I had the privilege of being one of a handful of lifters who competed in both contests and can unequivocally state that as good as the '95 Seniors was, Paul and his crew have advanced their presentation skills up several notches. From the Rick Fowler designed website that was updated weekly for several months out, to the hospitality table that greeted the arriving lifters, one could easily see that this was a first class championship event. The lifting took place in what was actually three separate ballrooms with the dividers removed. Vendor booths outlined the back walls with plenty of spectator seating. A world's-like warm-up room with four fully stocked platforms and a separate on deck area that could easily seat 15 lifters was very well received by the lifters. Adjacent to the platform, a large projection screen kept the crowd updated with a running image of the attempt score sheet. Additionally, the bar loaded score program provided the upcoming lift in pounds and kilos, the attempt number, and the time remaining... for all to see. To the left of the platform was a coaches box and a jury table which was manned all weekend by International referees. On the other side of the platform was a large announcing table that was manned superbly throughout the weekend by Reed Bueche. Canada's Mike Armstrong was a constant figure at this table providing real time updates on his computer that was so fast he was able to have a complete printout available within seconds of the final lift in each session. His work allowed the trophy presentation to begin almost immediately and was very helpful to myself in calculating the world team standings. Thanks Mike! Friday morning started out in

USAPL MEN'S WORLDS as told to Powerlifting USA by Dr. Pat Anderson



Ervin Gainer won in the 114lb. class for his 7th trip to the Worlds.

familiar fashion with Ervin Gainer earning his 7th consecutive trip to the IPF Worlds with a 1251 total. Despite only making five attempts, Ervin registered PRs in the bench, deadlift and total. The 308 lb. bench was particularly satisfying for Ervin as that was the lift he had bombed in at the Worlds in 2003. After a tough 2nd attempt pull with 518, Ervin called it a day and passed his 3rd. He later informed me that he felt some tightness on that lift and wanted to save it for Capetown in November. It's not hard to imagine a 600 kilo (1322) total in Ervin's future via 462, 325, 534 - an accomplishment never achieved by a U.S. 114er. Minnesota's Tony Scheldrup started 3/3 and finished that way as well to take the runner-up spot. A name to keep an eye on for the future is 2003 Junior World Silver Medalist Jeremy Scruggs. Jeremy started strong in the squat where his 3rd attempt would have put him in the lead, but he was unable to register a bench to stay in the competition.

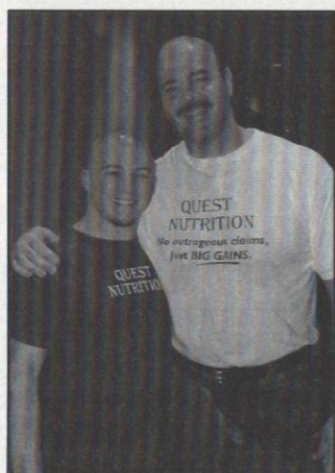
The overwhelming favorite in the 123 lb. class was defending Seniors champ and IPF Junior World Champ, Damario "Doc" Holloway. Unfortunately for Doc, this was not to be his day. Two squats and two benches put Doc into a subtotal tie and he was ready to pull for the win, a spot on the World team, and maybe even some records to boot. In January, Doc registered a 570 pull at the Louisiana states and there was some talk that 600 wasn't too far off for this young man. On this day, 30 kilos less would be his undoing. Three tries at 534 were unsuccessful and Doc's day was over. Bombing is never good, but champions learn from it and come back stronger and so will Doc. The

beneficiary of Doc's mishap was teenager Mike Kuhns of Pennsylvania. Mike struggled in his Open debut, making just one successful attempt in each discipline. However, that was enough to put him tied with Doc at subtotal and despite opening with more than 200 lbs. less than Doc in the deadlift, he ended up on the victory stand and with a permanent place in the Seniors record books.

Rumors had been abounding about Caleb Williams entering the 132 lb. class in Baton Rouge. In April, Caleb had blown the doors off the 148s at the Collegiates, winning by more than 300 lbs. Working closely with Sherman Ledford of Quest Nutrition, Caleb had been able to keep his strength up while losing weight in the months since then. Shortly before the Seniors, Caleb hit a local qualifier at 132 and the rumors had come true. While Caleb did not lift well, particularly for his standards, strength was not the problem. It was simply a comfort and control issue. Like Michael Jordan with a basketball or Tiger Woods with a golf club, Caleb has complete mastery over the bar and weights he handles. Everything looks light on his back or in his hands and you are genuinely surprised when he doesn't complete the lift. For his first meet at 132, Caleb had lost some of that invincibility. You could clearly see how he was densely packed with muscle and his 600 squat at 132 showed a glimpse of the numbers to come. He simply needs more time under heavy iron at the lighter



123lb. champ Mike Kuhns, with Sioux-z Hartwig (who took all these excellent photographs!)

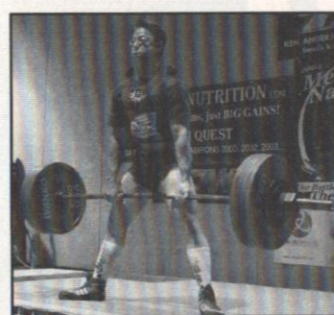


132 lb. winner Caleb Williams, with Quest's Sherman Ledford.

weight and his endless potential will shine through. With all that being said, a 1470 total at 132 is awesome and 11 times bodyweight on a 4/9 day is even more so. Caleb and Sherman will get right back to work and in November he will provide the U.S. with its best hope for a Gold Medal at 132 since the legendary Lamar Gant.

Allen Whigham had his best Nationals performance to take the runner-up spot. With a pair of 540 lb. lifts wrapped around a 259 bench, Allen was able to go over 10 times bodyweight himself. Allen's performance exceeded the World team qualifying standard, which is the average 5th place total from the previous five Worlds, so he will be in consideration for one of the alternate spots on the team. Local master lifter, Tim Smith took 3rd including 3/3 pulls ending at a nice 468. Two-time American Open Champ Jimmy Kavarnos returned to the Seniors to take the final spot in this class. Jimmy, a very popular lifter and accomplished photographer, put over 100 lbs. on his total since last year's meet.

The pre-meet speculation was on a three-way battle at 148 between defending champ Scott Layman, last year's runner-up Greg Simmons, and the 2003 3rd place finisher Keith Scisney. These three lifters are perennial Nationals contenders and have battled each other for the past several years. Typically the best squatter of the trio, Scott had to repeat 578 on his 3rd to take the early lead. After a surprising miss at a 534 lb. opening squat, Greg made his next two to hang close, including a nice 567 that Greg was visibly very pleased with. Keith matched Greg's 567 with a comeback 3rd himself. Keith fell behind in the bench with 341, while Greg's roll continued to a 3/3 374. Scott added to his lead with a 380 bench. At subtotal, Scott held a 7.5 kg. lead over Greg with Keith falling 22.5 kg. back. The deadlift looked to be an opportunity for Greg and/or



Simmons hard work has paid off.

Keith to come back, as it is Scott's weakest lift. The door swung wide open when Scott missed his first two attempts at 507. Greg was now in a commanding lead with a 2nd at 540. When Scott was unable to complete his 3rd try and was therefore unable to register a total, it appeared that Greg's lifelong dream had come true. The bar was loaded to 573 for Keith's 3rd and the victory, a moment of truth between two long-time competitors with a national title and a trip to the Worlds on the line. Keith began the pull with a strong drive, but the bar stalled about halfway and Greg was the Champion. Kudos to all three men for putting on a great show and special honors to Greg for the win. Greg's story is one that the majority of powerlifters can relate to, a story of years of hard work and perseverance. A story filled with some great joys and some tough disappointments intermixed with the rigors of life including school, work, and family commitments. Now at the tender young age of 39, on the cusp of joining the Master ranks, Greg joins an illustrious group of names in powerlifting lore. In four short months, Greg will join



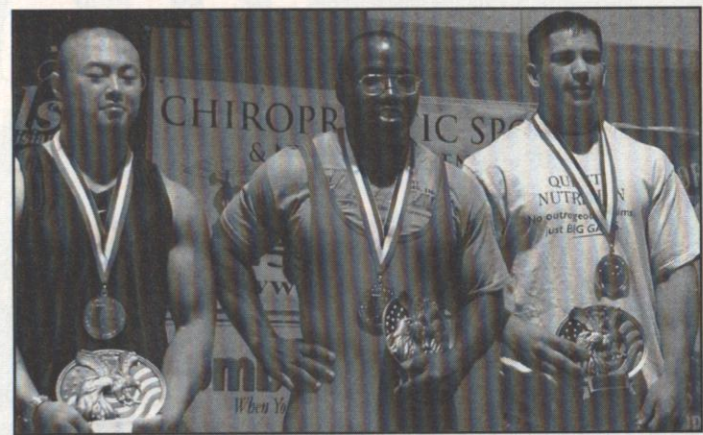
Wade Hooper going for multiple world records at 165.

nine other men for the greatest honor a powerlifter can receive, the honor of representing his country at the World Championships of Powerlifting. Rounding out the class was Casey Brown, a master lifter from Colorado who took 3rd courtesy of a class high 562 deadlift. In 4th, with the highest bench of the class, was Minnesota's Paul Wong.

One of the largest groups of 165ers in recent memory lined up to contest for the National title. Wade Hooper was the obvious favorite in anticipation of his 10th consecutive Senior National Title, the longest active streak in U.S. Powerlifting. In November, Wade had his best day ever with an 8/9 performance to take 4th in the Worlds. On this day he was even stronger. After opening with a VERY easy 699, Wade's second attempt was tougher than expected. The descent appeared fine, but as he hit the bottom, the bar seemed to whip down as he tried to drive up and it caused Wade to get out of his trademark groove. After a little forward lean, Wade got his hips back under him and drove it to completion. The lift sapped Wade's strength and a WR attempt at 745 was not close. Wearing an Inzer Rage bench shirt, Wade's bench has made rapid progress. In the write up for this meet last year, Mike Lambert stated that Wade might have an IPF bench record in his future and that prediction came true. A 502 second attempt broke Lance Kirchner's World Record and Wade even gave 512 a run as well. A PR 606 pull gave Wade a PR 1835 total (just 30 kgs. off Furashkin's WR total) and served notice internationally that Wade is ready to win another IPF World Title. With the squat and bench

records already in Wade's name and a Junior and Open World Title on his resume, Wade is challenging to be the greatest 165er in U.S. history.

Eriek Nickson pulled a crowd rousing 650 deadlift to take 2nd place. Eriek continues to improve and despite only getting



At 181...the finishers included Josh, Dave, and Steven (left to right)



Ladies Night ... saw Liz Willett exceeding the IPF World Record.

one squat, he finished 100 lbs. ahead of 3rd place finisher James Benemerito. Due to work demands, James only trained three weeks for this meet and used a double overhand sumo pull of 567 to total 1529. Todd Straub of Ohio rode a 3/3 squat to a 4th place finish. A local Bayou resident, Dr. Robert Wood, went 8/9 to take 5th place. After making his first eight attempts, Jamie Stark missed a 562 pull that would have passed Wood. Mike Cagliola's 418 bench helped keep Pat Keenan at bay in the battle for 7th. Another Louisiana lifter, Devin Cagnolatti, was next, closely followed by Bench World team assistant coach Donovan Thompson. Long time Nationals competitor, Kenny Davis, did not complete a deadlift and last year's runner-up, Mike Macri, fought out a desperation 3rd squat only to be denied by the judges.

On Friday night, a unique treat was offered to the crowd as Paul Fletcher instituted a USAPL first, Ladies Night at the Men's Nationals. Paul invited eight of the top women in the USAPL to try to set records, both USAPL and IPF. At 114, Jennifer Hollier, tokened in the squat and was unable to register a bench. Also at 114, Deb Hairston tokened in the squat and pull and set a Masters record bench of 138. At 132, Jennifer Thompson struggled

in her best lift, the bench press, but was able to register her opener of 286 on a 3rd and even tried a WR on a 4th. The star of the show for the ladies was Priscilla Ribic at 148. A PR squat of 518 was followed by another PR of 314 in the bench. Priscilla holds the current WR deadlift at 148 and her first two attempts were dispatched easily. A try at 551 to up her record was a close miss and left Priscilla with an astounding 1355 total at 148. Priscilla's Wilks score of 631 is the highest recorded by a U.S. lifter, male or female.

At 165, Christy Newman had major lift-off troubles in the bench and was unable to complete any of her tries at 292. In 2nd at 165 was Gilly Martinez, who fought out a tough 402 squat to completion. Katie Ford struggled from the start, but still managed to total over 1000 on only 3 lifts. At SHW, Liz Willett tried historic weights on every attempt. In the squat, Liz smoked 600 and 644 only to be turned down 2/1 on depth. A bump up to the magical 300 kg. barrier (661 lbs.) was taken a little deeper and still crushed, and this time the lights were in Liz's favor. A 700 squat is in Liz's immediate future. Unfortunately for Liz, she was not able to make her squat official as she bombed in the bench. Her 402 opener did not get to her chest. Two tries at 424 were locked out, but turned down for what appeared to be the bar going back down on the ascent. Strength was not an issue and 450+ is there for Liz.

History was destined to be made at 181. First, there was the return to the seniors of the legendary Mike Bridges. Whenever a roll call of history's greatest powerlifters is made, if Mike's name isn't first it doesn't take long for it to be called. Next, we had the return of a more recent superstar, David Ricks, in what was the first head-to-head match up of dueling 5-time World Champs in Senior National meet history. Last, and as you will soon see, certainly not least, was Junior

(continued on page 85)



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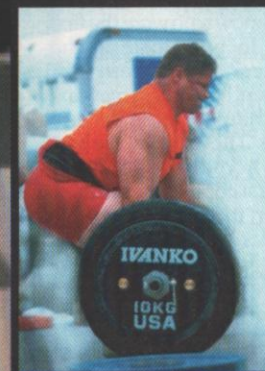
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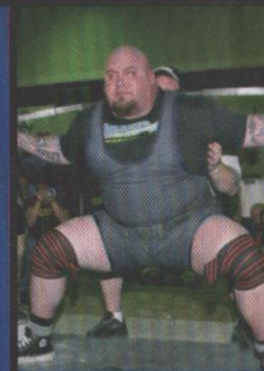
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In this article the training methods of the most successful countries in weight lifting will be examined.

In Bulgaria, where many of the greatest lifters come from, the system is straightforward. Anyone who wants to reach the top (juniors and seniors) must go through the main training facility. They do few exercises. This requires that one is ideally built to succeed, with a particular body structure and muscle type. One must also possess a high work capacity with near-limit weights. As many as six training sessions per day are used. This was a proven system and was used for more than 20 years. Only the strongest survived. This system produced high results, as well as a high burn-out ratio.

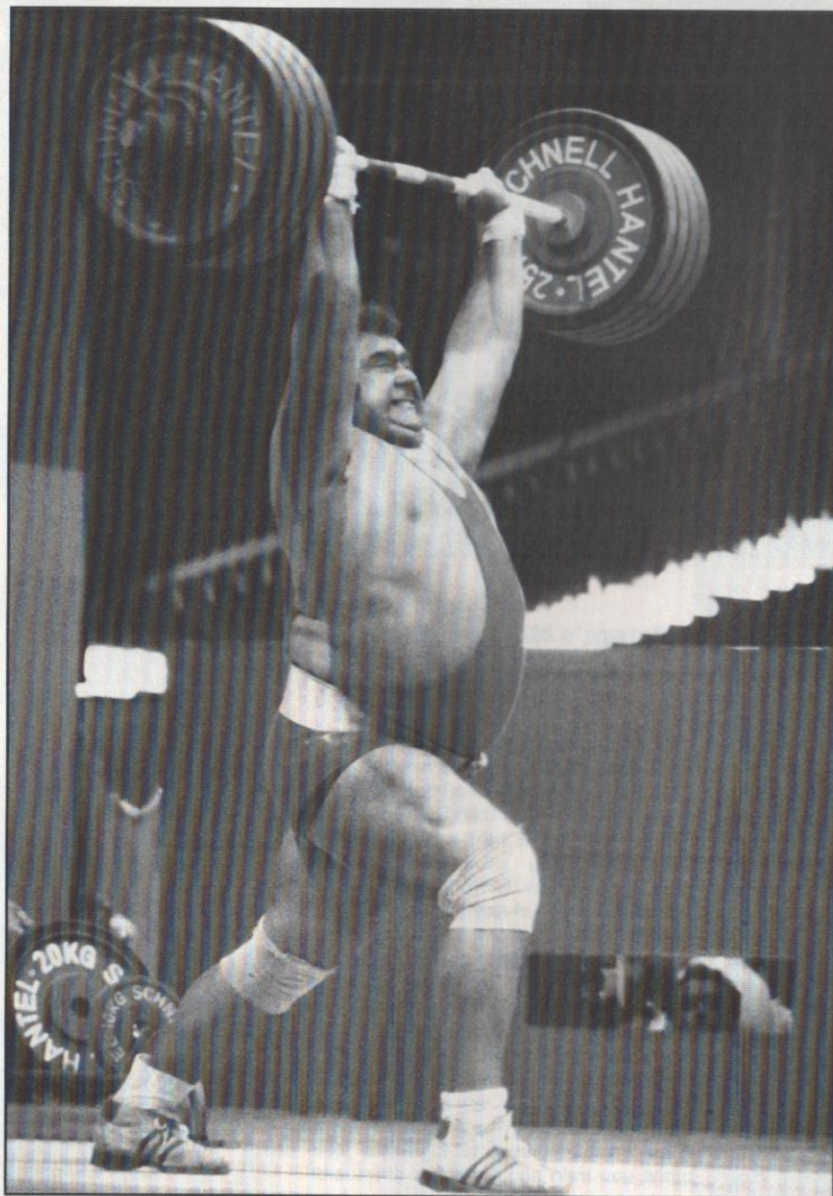
Bulgaria is a small country and is economically depressed. Sport was a way out of poverty. This meant that everyone tries his best, for himself and his country. For every lifter that makes it, many go back home denied entrance. The Bulgarian training system was designed to produce one goal: one Olympic medal run. They succeeded through the process of selection of body structure to progress with a small number of exercises: snatch, clean and jerk, power snatch, power clean and jerk, and front and back squats. The athletes had to have the ability to lift maximum weight in more than one workout a day with a 30 minute break between workouts. They had to be able to do the second workout with less time on warm-ups. The junior and senior teams trained together. There had to be top coaches. Normally there were three involved with the top 20 lifters. Their national coach was Ivan Abadjiev. Because he was the top coach, little variation in the system occurred.

Another super-power was the former Soviet Union. Their system was very thought out. They sought

TRAINING

WORLD POWERS

as told to Powerlifting USA by Louie Simmons



Columbus, Ohio was the site of the 1970 World Weightlifting Championships, where the Russian Superheavyweight Vasili Alexeev became the first man to clean and jerk over 500 lbs., highlighting decades of record breaking in that sport by his countrymen through their rigorous approach to training. Columbus continues on the evolutionary edge of strength development through the work of Louie Simmons at Westside Barbell, consistently producing some of the strongest men and women in history. (Bruce Klemens photo)

to develop top lifters with an assortment of means. The former Soviet system was vast, consisting of many thousands of lifters and a large number of coaches, many

former highly ranked lifters. With so many coaches, many combinations of training evolved, consisting of different loading schemes, exercises, tapering

methods, and restoration. Because of the many types of body structures, it became clear that the same exercises would not work for everyone.

In 1972, the Dynamo Club experimented with a system of exercises that were constantly revolved. A group of 72 lifters, all masters or international masters of sport, used 20-45 different exercises. At the end of the experiment, only one lifter was satisfied with the number of exercises; the rest wanted more.

This was the conjugate method. Much research was brought to the United States after the fall of the Iron Curtain. Do you know who were the first Soviets to participate in the Olympics? They were not sportsmen, but camera men and biomechanics experts and coaches. They studied the best athletes from all over the world and at first copied them. Later, however, they introduced new innovations in training. (This is exactly what Westside has done.) They had so much training data that many of their own coaches could not access it all. Nevertheless, they had hard proof of what works and what doesn't.

Many of their coaches were top lifters, training along with other lifters. The very best were on the national of military teams. They were proud of their heritage and defended it fiercely. Their training methods spread to other communist countries. They had templates to examine the strength and weaknesses of all athletes. Here is an example for a 110 kg. lifter (from *Weight Lifting Fitness for All Sports*). To be superior, a 110 kg (242) had to be capable of the following:

Power snatch	396 pounds
Power clean	484 pounds
Front squat	573 pounds
Back squat	639 pounds
Close-grip BP	418 pounds

Does the U.S. weightlifting team do this? Hell no. This can be the difference between progression and regression.

I have used the methods of many Russians. I have thanked some of them before, but can't possibly thank all of them or mention all their names. But here are some of them.

V. Zatsiorsky's book, *Science and Practice of Strength Training*, confirms that Westside is on the right track.

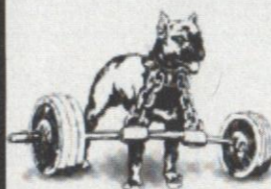
Y. V. Verkoshansky was the father of the shock system of training.

A. S. Medvedyev, with his insight into training and restoration,

LOUIE SIMMONS' PRESENTS

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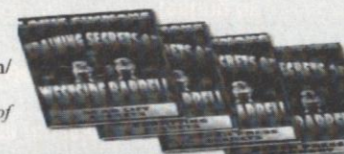
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brought my attention to the importance of changing volume and intensity during different phases of training.

A. S. Prilepin's research in determining the optimal training loads by intensity zone and number of lifts per workout is the foundation of training at Westside.

Another super-power is the Chinese. They have made great strides in all sports, but weight lifting is in the forefront. The Chinese have always been proficient in weight lifting. They have thousands of candidates to choose from. They have always lead the way in acupuncture, acupressure, Tai Chi, and meditative methods. Their system was strengthened by adding former Soviet coaches. They have raised high-volume training to new heights. In a video filmed in a world championship training hall, I saw a 14 year old boy squat 370, snatch grip deadlift 330, and clean/jerk 242. This was at a body weight of 110 pounds!

The Chinese select a group of lifters whose body can withstand the maximum loads required to reach the Olympics. They have barracks after barracks of lifters to choose from. It's a way out of poverty. They pick the best coaches, then assemble the best lifters. They already had perhaps the best psychological and physiological methods. Add all this up and you have a juggernaut. It's quite simple really. They break training down into separate units to make a whole.

This is an example of the conjugate method.

In addition to the Russian method, now we have the Chinese method to learn from. But will we? With similar methods taught by the Russian coaches but with a higher work capacity, there seems to be no limit.

I have talked about three powerhouse countries. What about the fourth—Westside Barbell? Many people compare the world's best lifters to ours. Some say, "Hey Louie, those Russian lifters are some of the greatest and they don't follow your methods." They also bring up names such as Ed Coan, Steve Goggins, Becca Swanson, and Gary Frank, who is the strongest man I've ever seen. They say, "Why don't your guys squat as much as Brent Mikesell or bench like Gene Rychlak, and what about Andy Bolton's deadlift?" Well, these lifters are spectacular to say the least, and they have my admiration and respect. They make a lift that seems unbreakable but then manage to break it.

But nowhere else is there a stronger collection of lifters than at Westside. In international competitions, they score the top six lifters. Our top six guys rival those of any other nation. They

look like this on the Westside all-time ranking list.

1. Chuck Vogelwohl's 2319 total at 220—3rd all-time
2. Joe Bayles's 2300 total at 242—4th all-time
3. John Stafford's 2415 total at 275—4th all-time
4. J. L. Holdsworth's 2340 total at 275—6th all-time
5. Mike Ruggiera's 2505 total at SHW—6th all-time
6. Matt Smith's 2502 total at SHW—7th all-time

These totals were all made within the last 12 months. In addition, behind these six, we have more back-up than an NWA concert. Amy Weisberger is only 16 pounds off a 10 times bodyweight total at 132. We had the youngest 700 bencher, Kenny Patterson, at 22 years old, in 1995. Kenny was also the lightest to bench 700 (701) at 238. George Halbert beat that, 733 at 215. We had three teens bench over 600. Anthony Clark was first to bench 600 as a teen. Then it was Westside's Andre Henry (605), Tim Harrold (615), and Mike Brown, who as of April made 670 easily at barely 19 years old.

At the same meet J. L. Holdsworth made 775 at 284, and another lifter who may not be so familiar, Paul Keys, hit 750 at 286; the last two hit 800 on third attempts but got them turned down.

At the time of writing, Tim Harrold became the youngest man, at 20 years old (2/4/84), to bench 700, and I believe the youngest to total 2400. This pushes our 700 benchers to 8 and those with a

2400 total or higher to 4. John Stafford totaled 2415 at 275. Matt Smith and Mike Ruggiera totaled 2502 and 2505, respectively. No gym has four totals like this.

Let's not forget Fred Boldt's 584 at 181. He will be our next world record holder.

We had four men break the all-time bench record: Doug Heath, Kenn Patterson, George Halbert, and Rob Fusner. These men have accumulated 20 all-time records. We recently dropped the 500 bench club at Westside: we felt that having 63 members on the list over the years took some luster off it. So now we calculate only 550 and up; we have 43 on this list.

Chuck Vogelwohl is the lightest lifter to squat 1000. At 220 bodyweight he has made 1025. His best lifts add up to 2419.

We also have 23 members who squat 800 or more, 8 over 900, and 4 over 1000. We have 8 lifters who bench 700 or more and 7 800 pound deadlifters. Twelve members total 2000 or more, 8 total over 2100, 6 total over 2200, 5 total over 2300, and 4 total over 2400.

I wrote this article for all of you, like Roy Jones Jr. says, in case you forgot... "Some of our own lifters don't know our history, and I just wanted to inform our fans and anyone else who would listen."

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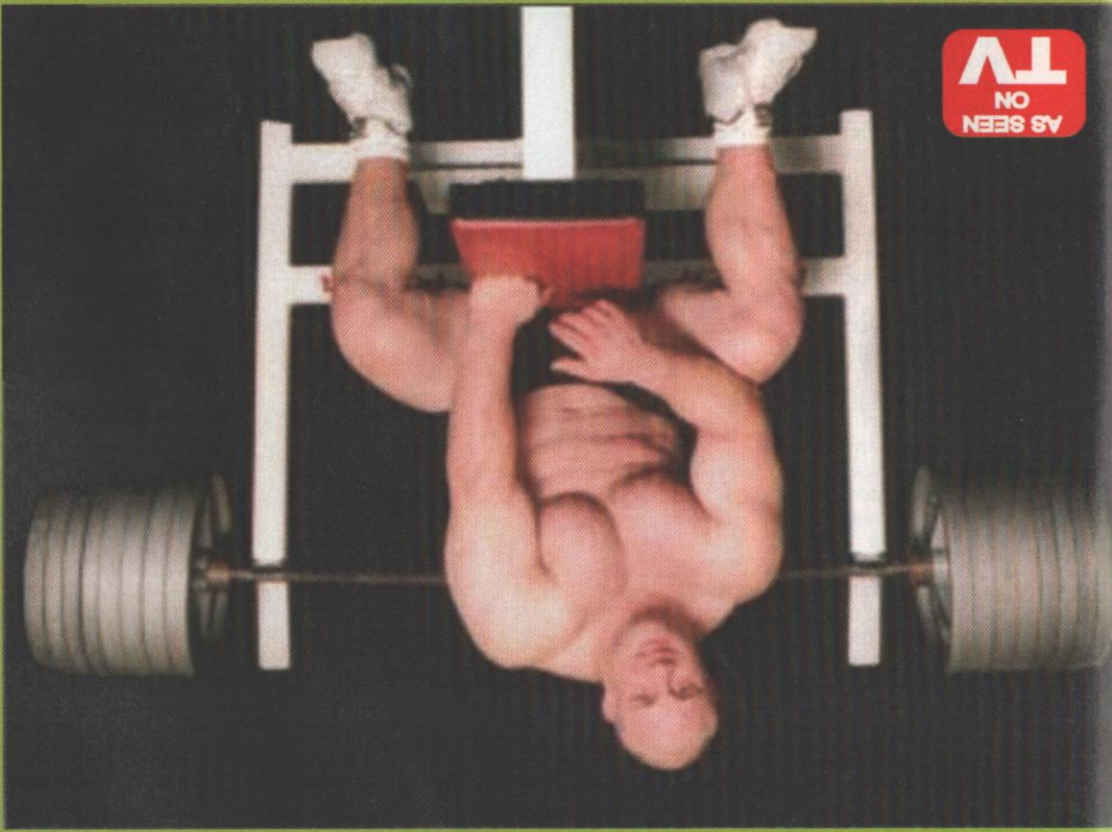
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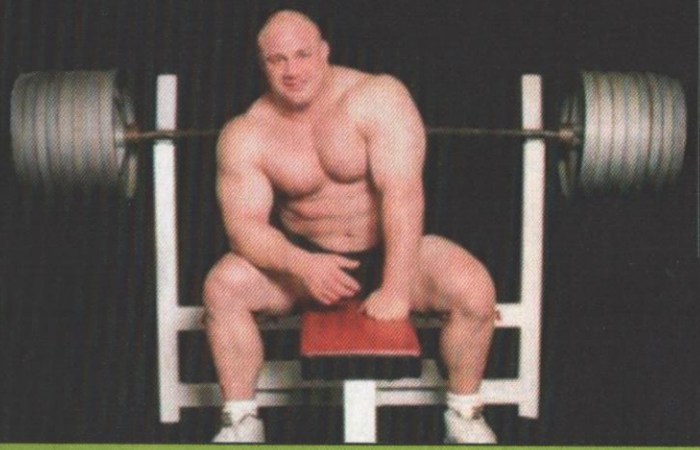
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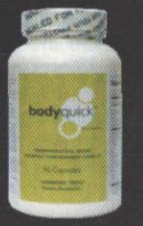
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Controlling friction is a highly overlooked and underestimated aspect of the sport of powerlifting. Harnessing when and where friction should be either increased or decreased can make a huge impact in your results in both training and in competition. The two main tools to harness friction are chalk and powder. In a nutshell; use of chalk increases friction, while the use of powder decreases it. Knowing the when, where, and how is the key.

First, let's start with chalk talk. Again, chalk is used to increase friction or resistance. Spreading chalk on the palms of your hands improves grip due to the increased resistance that causes the bar to drag a bit more on the skin. This is especially valuable for the deadlift where grip can be more than half the battle for some lifters. Spreading chalk on your hands can also be used for the squat or bench for a more confident grip. It can also be spread on a lifter's back for the squat. This will help prevent the bar from rolling down during the lift. Similarly, chalk can also be spread across a lifter's back, shoulders and butt prior to the bench press to reduce sliding on the bench while bench pressing. As you can see, chalk can make its mark on all 3 powerlifts. Not to be overlooked is chalk's contribution to a lifter's confidence and psyche. Applying that chalk to your hands, etc., is usually the last action taken prior an attempt.

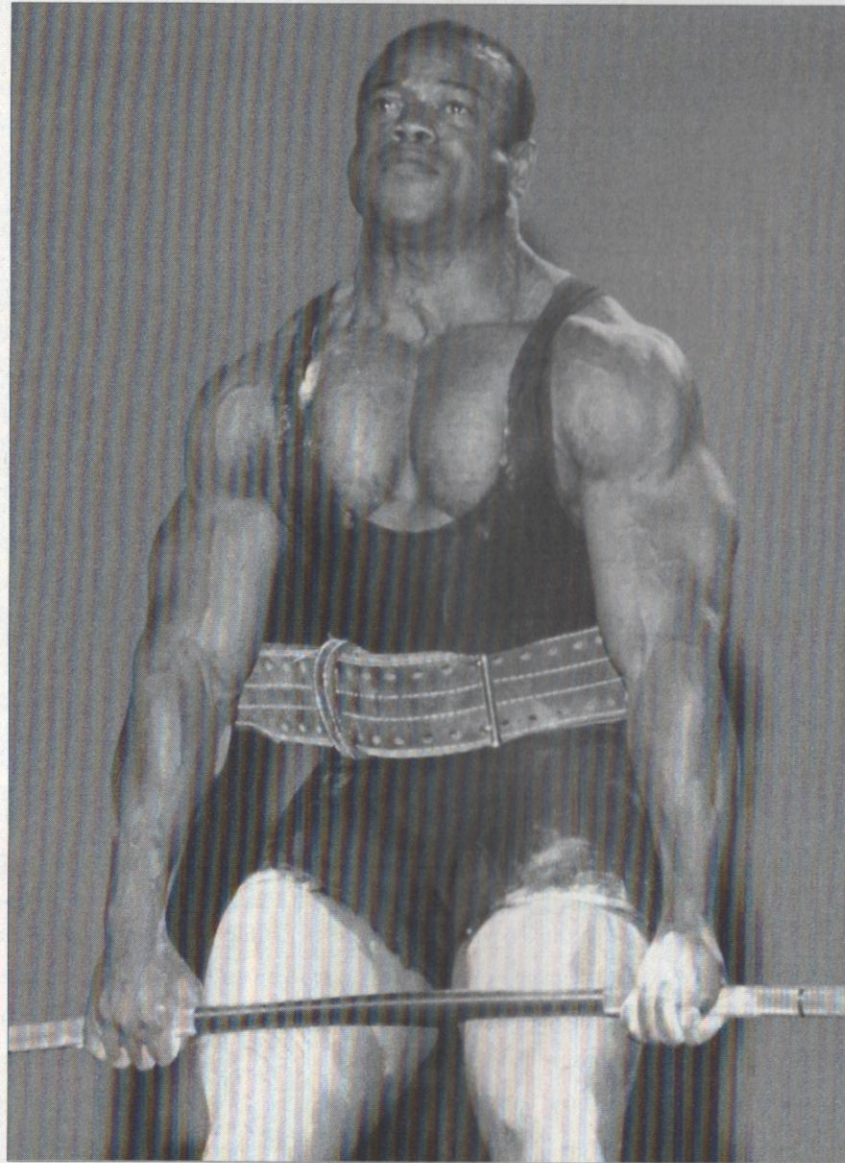
Baby powder or talc has the opposite effect of chalk. Baby powder is spread on a lifter's thighs and shins for the deadlift to help the bar slide up to lockout. Here, resistance or friction must be reduced. Be very careful as to not get any powder on your hands which could compromise your grip and could cause you to drop the bar. The best way to apply powder is to squeeze it from the container direct on your thighs and shins while being careful not to get any on your hands. Next, turn the container upside down and use it to spread the powder evenly over your thighs and shins. Apply powder just before putting your belt prior to taking your deadlift attempt.

Powder can also be used to ease getting on your bench shirt

STARTIN' OUT

A special section dedicated to the beginning lifter

CHALK AND POWDER as told to Powerlifting USA by Doug Daniels



Chalk and Powder ... when properly applied, can be instrumental in a limit deadlift attempt, like this one by a very muscular Arnold Coleman in WPO competition.

and squat suit. Apply some powder to your body, and then put our shirt or squat suit on. It absorbs some of the sweat and helps the gear slide on your body with less effort. Getting that tight gear on can really sap your energy, so every bit of energy saves helps. Spreading a little inside your lifting shoes can also help combat foot odor. Remember to wipe off any powder residue from

your hands after applying the powder. Perhaps a training partner or coach can help with the application.

Use a little a common sense and courtesy when using chalk and powder. First, bring your own stash. While many meets supply chalk, over the course of the meet, they tend to get used up, broken or borrowed by other lifters. You can

order chalk blocks from ads in this magazine. Bring at least 2 chalk blocks and store them in a Tupperware-like container. Toss them in your gym bag before you leave for the contest. I would keep one in your car as a spare and the keep other out of sight from other lifters or your stash will quickly disappear. Baby powder is seldom supplied at meets, so purchase some in a squeezable container.

Over the course of a meet, chalk may accumulate on the knurling of the power bar from other lifters. If too much accumulates, the bar will become hard to grip. If you see this, request the spotters brush the chalk residue off the bar before your attempt. Chalk and powder can also accumulate on the lifting platform, which can create a safety hazard for both you and the loaders and spotters. If the platform gets messy, ask the spotters to wipe the platform before your attempt. Courtesy and a little common sense come into play. Apply chalk and powder off the platform; everyone will be better off if you set the right example.

Controlling and harnessing friction is critical to achieve optimal results in training and competition. Use friction as a tool to your advantage like you would a squat suit or lifting belt. My tips and suggestions are all common sense and require little or no expense of energy and in some most actually save energy. They also apply to lifters of all levels and persuasions. Don't underestimate any aspect of powerlifting, least among them chalk and powder.

Doug Daniel's
Web address:
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FORCE TRAINING

by Jim Wendler and Elite Fitness Systems

We've been getting a lot of questions lately, on the phone, on our Q/A and in Force Training seminars on the how and why of working up to a heavier weight on your dynamic effort training days. There is a lot of confusion on how to do it and why it should be done.

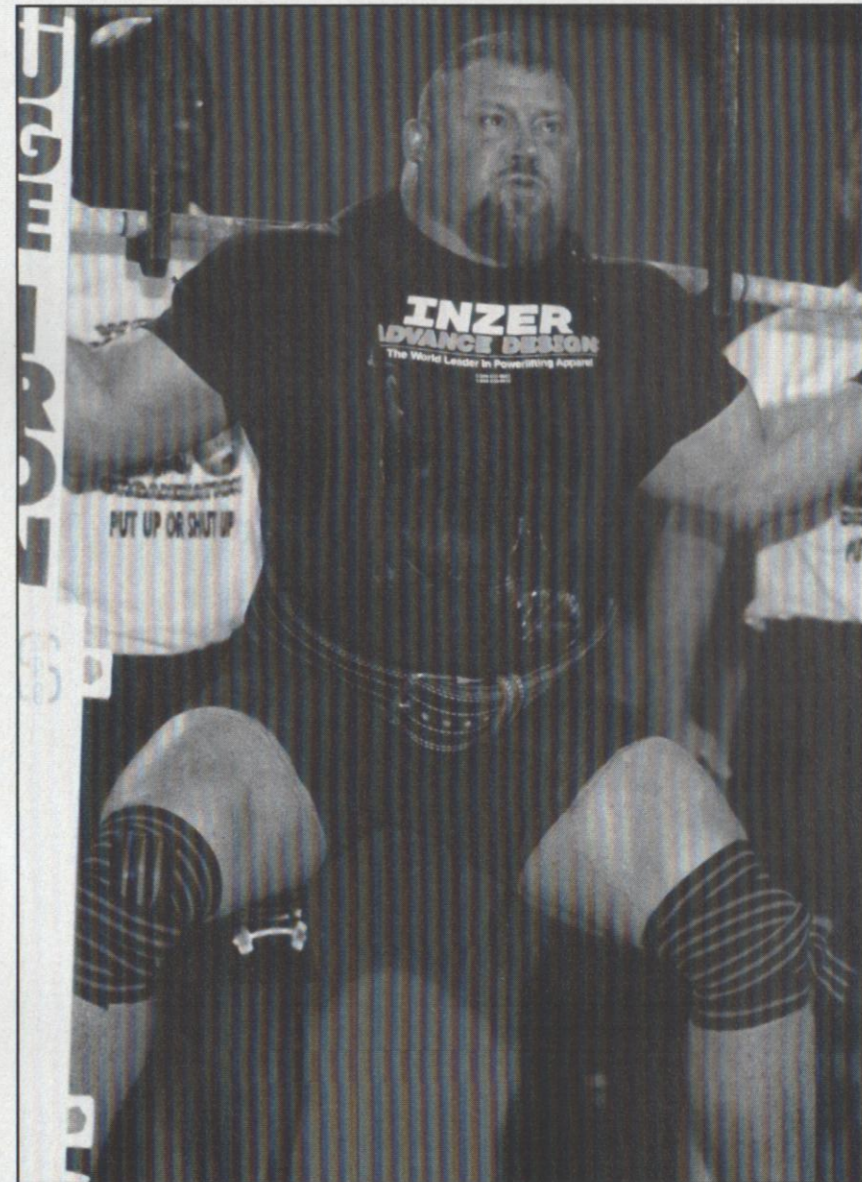
The biggest reason why you need to attempt heavier weights on this day is to help learn and reinforce proper technique in the lifts. How many times have you or your training partners look great with 60% of your max but as soon as you put 80+% on the bar, your technique goes awry? It's very easy to have good form with light weights, but very difficult to have good form with limit or maximal loads. One of the best ways to address this problem is to take a heavier weight after your dynamic effort sets. This way you can take the form that you used on your lighter sets and apply it on the same day.

Working up on dynamic squat day

On this day, perform your prescribed sets, which are usually 6-10 sets of two reps. Sometimes a lifter will cut short his workout a couple of sets and start working up. If he does this, he will cut 2-3 of his working sets. If you are using chains and/or bands on this day, keep them on the bar. This is especially true if you are using bands. When using bands, there is an accelerated eccentric phase that your body becomes used to and if you take off the bands, your body will have to relearn and adapt to a slower eccentric phase. An example workout would look like this for an 800 lb. squatter. He is scheduled to perform 8 sets of 2 repetitions at 405 + an average band.

5x2 @ 405 + average band
1x2 @ 455 + average band
1x1 @ 505 + average band
1x1 @ 545 + average band

Notice that the band is kept on during all sets. The rest periods



Massive Superheavyweight Superstar Mike Ruggieria has to walk that fine line between hitting the prescribed Westside weights in training and keeping the groove that maximal competition attempts require at the same time. (Mike Lambert photo)

can be extended to accommodate the increased load. This can be anywhere between 2-4 minutes. Working up on this day can happen every 2-3 weeks. As a lifter approaches his meet day (6-8 weeks out) he can try for records. For example, a lifter before his last meet hit a 600 lb. box squat with a strong band. To test his strength, he will try for a new record, say 635 with strong bands. If a lifter is several months from a meet, he can still work up, but not try for a record. This is done to ensure that his form and technique is still up to par.

These weights would be around 80-90% of his best box squat max with the given band or chain. The important thing is to not turn this into a maximal effort. Some things to look for when working up is if you can maintain a proper arch in your lower and upper back, if your squat form on a box is similar to your regular squat and if you are able to maintain the integrity and stability in your abdominals and low back when unracking the barbell.

Working up on dynamic bench day:

Similar to the squat day, if you are using bands and/or chains, they will remain on the bar when you work up. This is for the same reasons as listed above. An example workout would look like this. A lifter is scheduled to perform 8 sets of 3 repetitions with 225 + 2 pairs of chains per side.

5x3 @ 225 + 2 chains/side
1x2 @ 315 + 2 chains/side
1x1 @ 365 + 2 chains/side
1x1 @ 405 + 2 chains/side

Notice that the chains remain on the bar between all sets. Again, the rest periods can be extended. You can use whatever grip you want, but I would advise you to use the grip that you feel is the strongest on that day. Generally the last set should fall between 80-90% of your raw max, but this will obviously change if you are using chains and bands. The important thing to remember is the reason why you are doing this; to perfect form with heavier weights. This would happen every 2-3 weeks and should not turn into a maximal lift. What we've noticed is that when trying heavier weights on the bench, lifters have trouble with the following: proper bar path on the eccentric and the concentric, keeping the shoulder blades pulled together and tight (not flattening out), proper wrist position and control and stability at the top of the lift. Don't be afraid to use a competition grip when performing these sets. Too many times I hear of lifters that have trouble with their set up and execution with their competition grip. It is paramount that you use this grip if you are having trouble with stability and bar path during maximal attempts.

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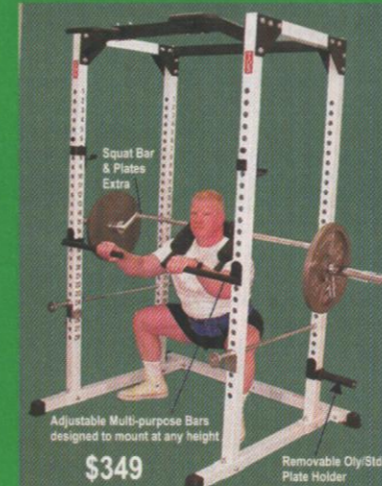


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"The mind is its own place, and in itself can make a Heaven of Hell, a Hell of Heaven."

John Milton

I would like to talk to you about something I feel we can all improve upon, that will not only make us more successful in sports, but will also make us more successful in life. What is it? INTELLIGENCE!

It's been said that the phrase intelligent athlete is an oxymoron. You know, an idiosyncrasy of speech that contradicts itself, like an idiot savant, a silent scream, genuine imitation, living dead, or passive aggression. Here is one I really like—a twelve-ounce pound cake. At any rate, people believe that if you are intelligent you can't be an athlete or vice versa. Of course, the tease is that brainy folk are intellectually cognizant and athletes are intellectually constipated. I believe this is a marvelous joke; unfortunately we are the punch line. I hate to say this, but there may be some credence to that declaration.

If you don't believe me, check these quotes out from some of the athletic elite.

"I wish he had children so I could knock them down and step on their testicles." Mike Tyson - World Boxing Champion

"My sister is expecting a baby, and I am not sure if I am going to be an uncle or an aunt." Chuck Nevitt - North Carolina State basketball player

"He treats us like men. He lets us wear earrings." John Jenkins - University of Houston football player

"No body in football should be called a genius. A genius is a guy like Norman Einstein." Joe Theismann - Football commentator

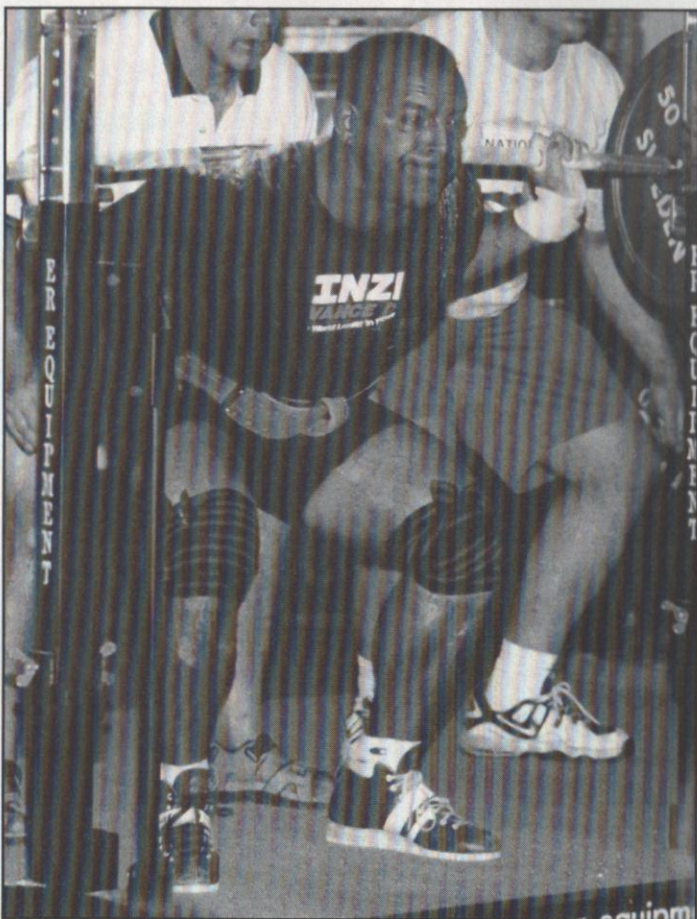
"You guys line up alphabetically by height and pair up in groups of threes and then line up in circles." Bill Peterson - Florida State Football coach

"I've never had major knee surgery on any other part of my body." Winston Bennett, University of Kentucky basketball forward

I know I am using rhetorical overstatements here to make a point, but I have to believe that enhancing intellectual prowess is one area where a lot of athletes are not willing to pay the price. This is a mistake of significant magnitude, because without intelligence we can never truly become all that we can become. Intelligence is one of the most important aspects of being human. It is essential to our growth. It brings a miraculous dimension to our being. More importantly, it gives us the capacity to more fully understand ourselves, our world, and the people who are in it. It's a very special human quality

DR. JUDD

The Mind is A Miracle as told by Judd Biasiotto Ph. D.



Rob Wagner is one of the strongest and smartest powerlifters around, just recently having earned his Ph.D. (Photograph by Mike Lambert)

that allows us to step out of ourselves and observe and understand the wonder and magic of others from within. When you grow intellectually your entire life is enriched, as well as the lives of people with whom you interact. With intelligence you can shape your environment, control your destiny and carve out your future. Intelligence gives us hope, desire and utility. It's an extraordinary attribute that can take us to new horizons, give us innovative dreams, and augments our uniqueness. It can bring us greatness.

I know exactly what you are thinking, "So what! It doesn't make my deadlift or squat any better." You big dummy... you're wrong again.

In sports as well as in every aspect of life, intelligence can take you to a higher level. What a lot of athletes don't seem to comprehend is that the body serves the mind. It's not the other way around. If you have a strong mind, your body will follow. In fact, there is considerable research in the field of psychomotor development which has revealed a linear

relationship between the knowledge an athlete has about his sport and how well he performs. In short, the more information extended to an athlete about the demands of his sport, the more likely it is that he will excel.

Because of this fact, coaches in the Eastern Bloc countries, mainly the Soviet Union, Czechoslovakia, and East Germany, require that their athletes engage in intellectual training. Coaches in these countries will frequently assign readings to their athletes; at other times discussions are held and lectures are given by authorities who discuss the psychological or physiological ramifications of the activities in which the athletes are engaged. Also, athletes are frequently exposed to training films in which their own movements are analyzed and compared to those of more proficient performers around the world.

These programs have consistently shown that athletes who are intellectually prepared for the demands of competition perform significantly better than athletes who didn't receive such training. In other words, it's brains not brawn that many times will make the difference between being good and great. Sports isn't just "pumping up" your body; you have to "pump up" your brain too. Wasn't it Plato, the founding father of sport, who said, "ninety percent of sports is half mental"... or was that Yogi Berra? Anyway, it is not the arithmetic or who said it that is important, it's the concept. If you want to be great in sports or any other field of endeavor, you have to use your brain.

I know this was true of my career. There were a lot of athletes who had greater physical prowess than I—athletes who should have beaten me easily, but never could. Let's be honest, at best I had the body of an eleven-year-old stamp collector. There is no way I should have been able to beat some of the guys that I did. It was my intelligence that saw me through. When I was competing, I went to great pains to procure as much information as possible about my sport. I read practically everything I could get my hands on—books about training routines, ergogenic aids, nutrition, etc. I also called and visited prominent coaches and athletes. I looked for every little edge. I looked at everything that I thought could enhance my performance. I studied biomechanics, hypnosis, biofeedback, sports medicine, etc. I even looked into how music, lighting, and colors affected performance. In short, I played the game above my shoulders, and for me it paid off. And here is a news flash! I'm just an ordinary guy. Anything I can do, you can do, too, and some of you can probably do it better. As I said before, if you're willing to work hard, and use your intelligence, you can be or do anything you want in life. Yes, you can fly if you believe you can. The mind is limitless.

Remember this too, the best way to predict your future is to create it.

John L. ("Luke") Iams, 55, of New Martinsville, WV, died April 10, 2004 in Wetzel County Hospital. He was born February 05, 1949. He was a graduate of Fairmont State College and the Pittsburgh School of Mortuary Science. He was a Powerlifter, and the owner of Luke's Gym. In view of his passing, the memories I have of Luke are many. Mike Lambert has allowed me to share a few.

In October of 1975, I met Luke Iams while lifting at a bench press contest at the Parkersburg YMCA. As AAU Weightlifting, Powerlifting, and Physique Chairman for West Virginia, I introduced myself to Luke and asked him "point blank" if he would hold the WV State Championship beginning in 1976? Without hesitation, Luke agreed to conduct the event at the earliest possible date.

On February 14th, 1976, Luke directed the very first official WV State Powerlifting Championships and Mr. WV Physique Contest. Lifters at the event were Luke, myself, Ernie Nagy, Herb Fitzsimmons, Nick Busick, Vince White, Chuckie Dunbar, Don Hundley, and several others. From that day forward, we actually became a "lifting family", looking forward to returning to the state meet each year.

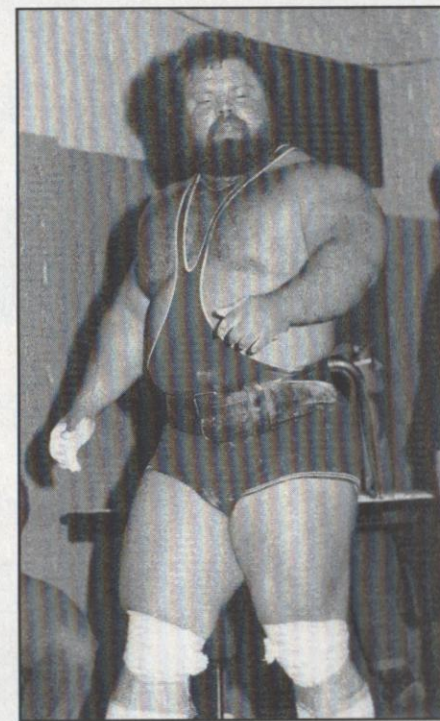
Beginning in 1977, Luke served as WV Powerlifting Chairman until April, 1982. During the 1970s, long distance telephone calls were not cheap. Luke would often call me in the evenings and discuss Powerlifting meets, plans, etc., sometimes for hours! Rather than 28 years ago, it seems as though it has only been 28 days.

Luke earned SHW Elite status on April 1st, 1979. The contest was Luke's finest hour, as he went 875 SQ - 600 BP - 605 DL for a 2080 Total, placing him into the archives of the WV Powerlifters Hall of Fame. Several pictures were published of this commemorative event



Luke's Psyche Up Routine was a spectacular sight to see.

JOHN L. (LUKE) IAMS 1949-2004



Leader of the "Wild Bunch" ... LUKE IAMS ... on his greatest day of lifting 875, 600, 605, 2080. (Photograph by Vince Trupiano)

in PL USA with an article written by Ron Giarletto. The 875 SQ ranked #4 in the next SHW TOP 100, the 600 BP #2 & the 2080 TL #6.

Luke performed squats in competition very deep and with good acceleration. The Iams method of "psyching up" prior to attempts was so popular the CBS Sports Spectacular aired his lifting from the Auburn, Alabama World Series of Powerlifting during the Summer

of 1980, several months after the actual event. Had Luke been blessed with the ability to pull Deadlifts in proportion to his outstanding Squat and Bench Press, he probably would have won the IPF Worlds. To this date, Luke remains the first and only West Virginian to officially Bench Press 600 without the use of a Bench Press shirt.

From 1976 to 1981, Luke Iams hosted some of the most memorable Powerlifting competitions that I have been associated with. Each year, the audiences present for the Powerlifting, held in the Magnolia High School Gymnasium, were enthusiastic and very large in number because of the

achievements and promotional efforts of Luke Iams and the local lifters from LUKE'S GYM. For all of those associated with Powerlifting, especially in WV, the memory of Luke Iams will live on.

PAUL SUTPHIN

MAJOR POWERLIFTING ACHIEVEMENTS OF LUKE IAMS INCLUDE:

1976 - WV State Champion,
1977 - WV State Champion: 750 - 510 - 585 - 1845 (PL USA Vol. 1, TOP 100, Luke's 1977 lifting earned him the following rankings: #7 SQ 799, #6 BP 539, #15 TOT 1845). He lifted in the Seniors 8/20/77 in Santa Monica, CA, at a bodywt. of only 306, in a field of 8 competitors, he tied for the 2nd highest squat with 799. He coached young Chuckie Dunbar to a win at 114 (Chuckie was also a New Martinsville, WV resident).

1978 - Y Nationals 1/22/78 2nd to Dave Waddington in SHW: SQ 805, BP 535, DL 520, TOT 1860. 4/01/78: WV States Winner SHW 750 550 600 1900. 5/06/78: Chattanooga Open 810 550 585 1945 (this was a 24 hour event, one of the world's most famous contests with 204 lifters and 38 physique contestants) Junior Nationals @ "Shell Shock - Little Rock", Arkansas. Winner with 821 573 578 1973 (Note: in 1978, the JRs had no relation to an age group. It was a "stepping stone" to the Sr. Nationals and the lifter could only be a one time winner). YMCA National Champion @ Sandusky, Ohio. Nov/78 PL USA Vol. 2, No. 5 ran a story on Luke and the Wild Bunch, written by Ron Giarletto. On the TOP 100 SHWs, Luke was #4 on SQ, #2 BP, and #8 on TOT. National caliber lifters for the Wild Bunch included MW Jack Wilson, 198 lber. Roger Estep, and multi-Sr. National Champ at 114 lb., Chuckie Dunbar.

1979 - 4/01/79 - WV State Champion ... totaled 2080. 5/04/79 - Luke lifted in the prestigious Hawaii Invitational (PL USA Vol. 2, No. 12 JUN/79 has a photo of Luke Iams and Gus Rethwisch in a 'posedown'). 8/18/79 - Luke placed 4th @ SHW in the Sr. Nationals (referred to as the Meltdown in Mississippi) benching 573 and taking only a token SQ & DL.

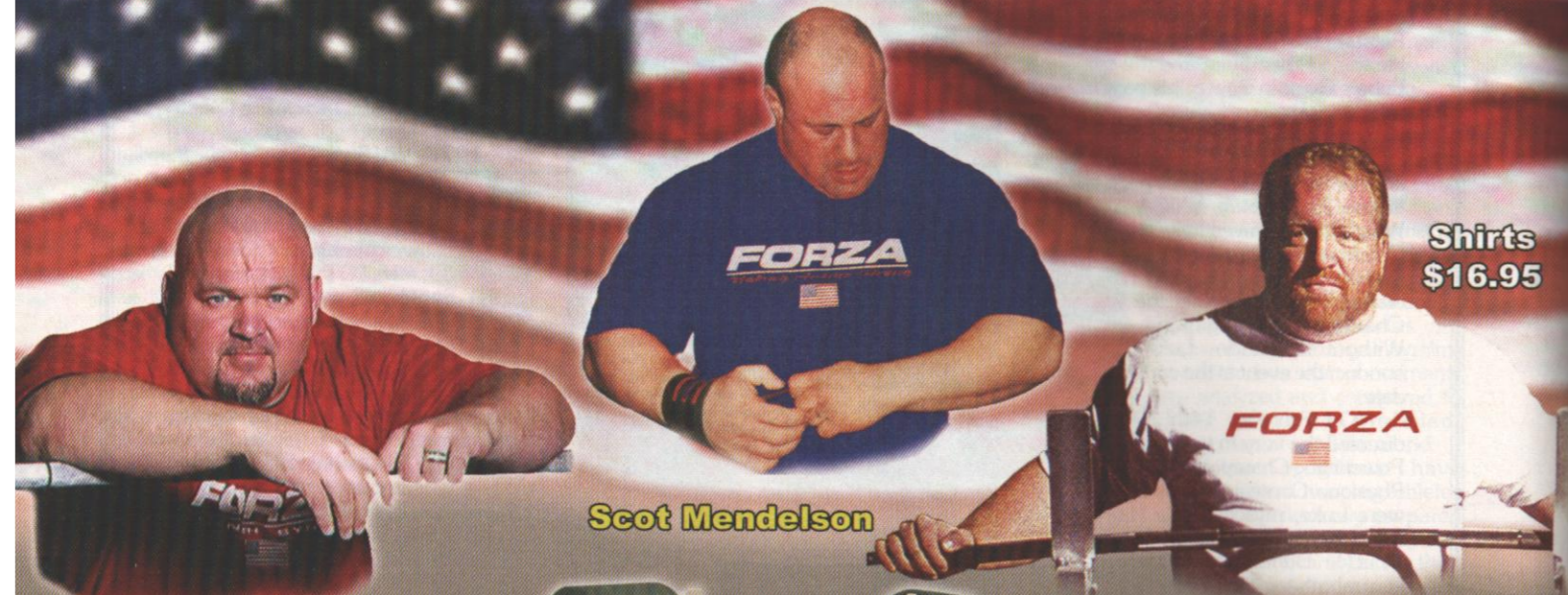
1980 - WV States winner 3/30/80. 4/19/80 - 3rd @ World Series of Powerlifting in Auburn, Alabama 727 529 600 1857. 7/13/80 - 6th place finish @ Seniors 771 SQ, 562 BP, 551 DL, 1884 TOT

1981 - WV States Winner @ 275: SQ 733, BP 529, DL 562, TOT 1824.

1989 - USPF Masters comeback 5/14/89 @ SHW - 2nd to Paul Wrenn, 40-44 age group, SQ 749, BP 540, (unable to perform DLs with poundage of any significance - refer to PL USA Vol. 12, No. 12, May 1989)

1994 - USPF WV State Champion SHW Class.

Championship Series

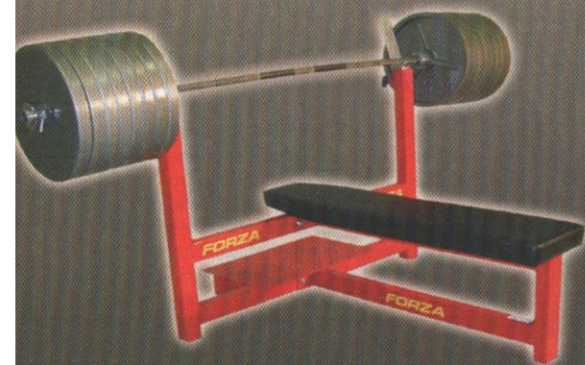


Gary Frank

Scot Mendelson

Brent Mikesell

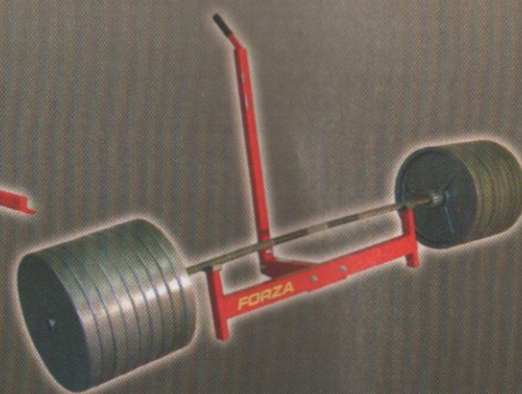
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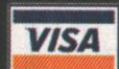


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POWER SCENE



The lifters who participated in *POWERLIFTER VIDEO*'s shoot at Mike Miller's Nazareth Barbell.

A few months ago, *POWERSCENE* took a trip to Mike Miller's Nazareth Barbell in Pennsylvania. We saw big Mike (800+ BP), 700+ bencher Bobby Fields, BPWR holder Gene Rychlak, and star bodybuilder/powerlifters Heather Lee and Elena Seiple, but absent that day were Shawn Lattimer (859 BP at this year's Arnold) and his MHP teammate, Joe Mazza, who do a lot of their training at Nazareth Barbell.

So we went back, and this time there was an even bigger gang of lifters (see picture) that included Shawn and Joe, and we shot a big feature segment for *POWERLIFTER VIDEO*, with Mike doing the coaching and Shawn, Joe, Bobby, and Elena doing the bench press training.

Shawn told us he's looking to move past that 859, and into the 900's.

After some smaller meets this year, he'll be aiming for next year's Arnold. Shawn's also got a new endorsement deal, with HeadBlade, which makes razors and creams for head shaving. As you can see, Shawn is an appropriate spokesman. For more on Shawn, check out his website, shawnlattimer.com

Nazareth Barbell, Elena Seiple, and Heather Lee all have websites for you to learn more about them, so go visit nazbar.com, elenaseiple.com, and heatherleenj.com, if you'd like.

Elena's site has been chronicling her powerlifting efforts, and in her recent meet, she hit 500 SQ, 285 BP, and 470 DL, weighing 159. Wow!

Nazareth Barbell is hosting some serious upcoming seminars, two-day Full Power Seminars. On Oct. 2 & 3, the seminar will feature Mike and scheduled guest lifter Bob Youngs; on Dec. 4 & 5, the guest is scheduled to be Brian Weston. For early registration, the cost is only \$175. For further info, call 610-438-2902.

Another big bencher from the East, New Jersey's Joel Toranzo, was out here in California with his family for a little Summer vacation. Joel, who competed in this year's Arnold, is recovering from partial tears in his triceps, but he's already planning his comeback. We got a picture of him in front of Gold's Gym in Venice (*POWER!SCENE*'S main gym), but back home, Joel does a lot of his training at New York's Iron Island Gym.

Manytimemasterschampionlifter



Elena Seiple...impressive totals!



Joe Mazza is in great form.

Brian Meek showed us his deadlifting routine for a *POWERLIFTER VIDEO* segment, along with his training



Mike Miller (l) and Shawn Lattimer (r) get serious discussing their workout. (Photos by Ned Low)



Ron Perkins (l) and Brian Meek (r) at Norwalk's American Eagle Gym which is operated by Randy Houston (below right).



New Jersey's, Joel Toranzo, visited Gold's Gym in Venice, CA., during his family vacation.



partner Ron Perkins. We shot with them at Norwalk's American Eagle Gym, now being run by Randy Houston. Brian had lots of thoughts and tips to share with our viewers,



Mark Phillips (l) with Rick Brewer (r) at the 2003 WABDL Worlds.

and even though we've been shooting *POWERLIFTER VIDEO* since 1992, and have shot with many top lifters, it's amazing how there are always new ideas and insights on how to improve your training and competing that we haven't seen or heard before. Brian gave us a lot of valuable wisdom.

For more with Brian, or Nazareth Barbell, or the many other top lifters and gyms showcased in *POWERLIFTER VIDEO*, call 800-227-2355.

And, finally, House of Pain's

Rick Brewer passed along that their "new distributor program has launched with a white smoke start! The newest distributor is powerlifter Mark Phillips of TN, shown here with Rick Brewer at the 2003 WABDL Worlds in Las Vegas, NV. Distributorships are still available in many states." So, if you're interested, call Rick at 972-772-8600.

Hoping you've had a great summer, and you're staying strong and healthy. See you on video.

Ned Low

Dr. Squat
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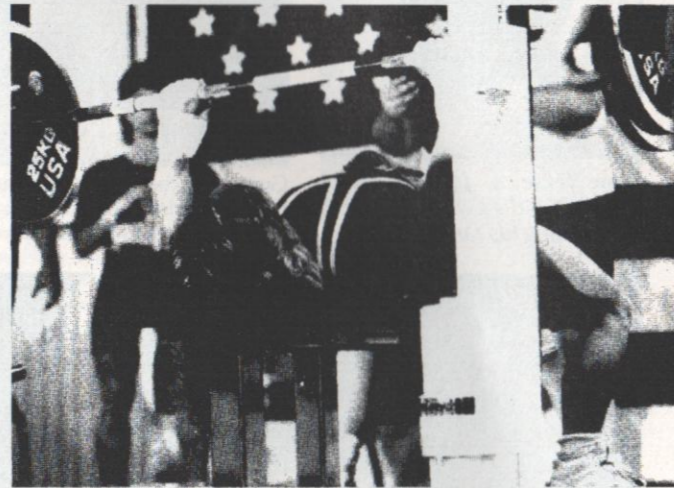


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ASK THE DOCTOR

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

Dear Mauro: I was told by Rickey Dale Crain that you have stated that all andros leave metabolites in the system that are detectable in steroid testing for up to a year. I thought that only the 'nor' andros left such metabolites. How long do andros like methyl 1-test and 1AD stay in the system? - **Joe S.**

Hi Joe: I probably didn't make myself clear to Rickey when we talked about this subject. Unfortunately, the whole business about retrospectivity of anabolic steroids and prohormones is very muddled and even those that put themselves forward as experts have it wrong. In fact, there's a lot of confusion and misinformation about the effects, side effects and transformation of the various prohormones, fueled by the absolute drive that the manufacturers of these compounds promulgate, but that's another story. I'll try to answer your question about retrospectivity in an organized way without going into excessive amount of details about individual steroids and prohormones, metabolites and technical aspects of the analysis.

First of all, the parent compound and metabolites of all the prohormones (including the norsteroid ones that produce nandrolone, metabolites but not necessarily nandrolone, 1,4 Androstadiene-3,17 dione and its methyl/ethyl derivatives that may produce boldenone metabolites - but not necessarily boldenone itself - in other words you're likely not getting the effects of the anabolic steroid boldenone by taking the prohormone, but it may result in a positive test, and the rest of the pack including 1-AD, 1-testosterone and all the derivatives) act similar to the parent compound and metabolites of oral anabolic steroids. The detection time for the parent compound and metabolites varies between a few days to up to four weeks depending on the steroid itself, the amount used, the amount of time it's used, the equipment used for analysis, and, of course, variations in metabolism of the steroids depending on individual polymorphisms. Unless carbon isotope testing is done, the use of DHEA, at least for men, is not detectable as it has minimal effect on the endogenous production of testosterone. Androstenedione and other andros have a retrospective time (the time the compound and/or metabolites may be detectable after the last dose is taken) may be detectable for four hours (low dose) to three days or so (high doses) by both or either carbon isotope testing and increased levels of testosterone and decreased levels of epitestosterone which may result in an increase in the testosterone/epitestosterone ratio greater than 6.

The confusion partly lies in the way that an anabolic steroid is administered, whether parenteral (injectable) or oral/buccal/dermal and the resulting detection times - this confusion is extended to the prohormones even though these are mainly used orally, buccally and topically. There's a vast difference between oral/buccal/topical (I'll refer to all of these as oral from now on) and injectable steroids for various reasons, some of which haven't been fully worked out. Two of the reasons involve the inflammatory response secondary to the injection and the incorporation of the ester form of the steroid into body fat, some steroids more than others.

Since steroids are fat soluble, and made more so by esterification with various lengths of fatty acid molecules (esterification of the molecule with long-chain fatty acids has been shown to retard the rate of absorption of free steroid. The choice of fatty acid alters the duration over which the hormone may exert its pharmacological activity, with the absorption rate being inversely proportional to the length of the fatty acid used for esterification) the molecule is incorporated into fatty acid tissue, much of it locally, but some also in body fat depots all over the body, and thus turn over when the fat

turns over. The steroid would thus be released into the systemic circulation and be subject to conjugation in the liver and subsequent excretion into the urine.

The process of incorporation of the steroid ester is likely enhanced by the cytokines and other factors released locally secondary to the inflammatory response that occurs with the actual injection and the presence of substances that act as foreign bodies (both the esterified steroid and the preservatives used - and other contaminants depending on the source of the injectable steroid) and are irritating to tissues when injected.

It's also probable that because of the inflammatory action and secondary response (some scarring is involved in all injections, and there is extensive scarring over time in areas that are chronically injected), there is some residual amount of steroid that is essentially trapped at the injection site as the blood supply to it may be compromised. This residual amount would eventually be released over time and metabolized, resulting in low levels of metabolites appearing in the urine over a period of several weeks and possibly months. A lot of course would depend on the steroid formulation itself, how much was injected, whatever else is in the injection, how many times the area was traumatized, etc.

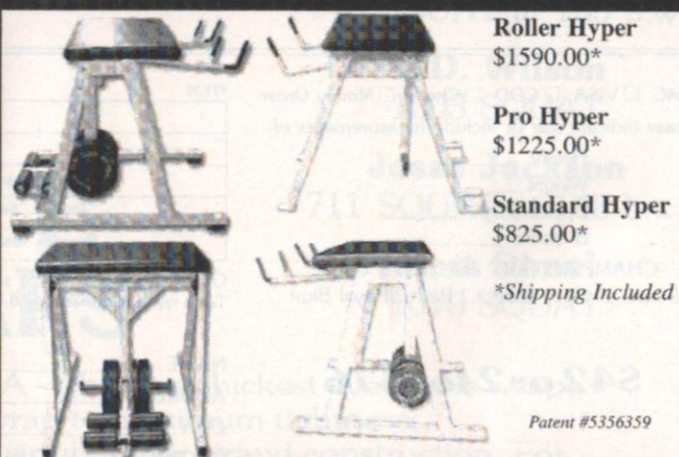
The acute and chronic inflammatory responses affects surrounding tissue resulting in decreased absorption and even more important the amount of residual amount of injection material that remains in and around the injection site for prolonged periods of time.

All of this doesn't occur when you use the steroids, including prohormones, orally as the body handles these compounds much differently than drugs that are injected and as such has more control over the partitioning, metabolism and accumulation and release of the drug. And more importantly there is no inflammatory response and residue left behind so that long term release of metabolites from this residual amount just doesn't happen. On the other hand, even though injectable prohormones are not available as a nutritional supplement, I have heard of people injecting themselves with powdered prohormones that were meant for use orally. In these instances, especially if they're using the norsteroids or others that produce metabolites that are the same as the metabolites produced by anabolic steroids, there is the possibility of residual amounts of the steroids remaining in the tissues and subsequently much longer retrospective times.

I hope that this information clears up some of the confusion. Best regards, **Mauro**

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It has been close to three years now that I have had my Nutrition column here at *Powerlifting USA*. In this time period I have worked with numerous World and National Champion Powerlifters from all weight classes. These include such great lifters as Phil Harrington, Ron Palmer, Joe Mazza, Steve Goggins, Gene Rychlak, Kara Bohigian, Dr. Larry Miller, Hennis Washington III, Jason Burnell, Karen Sizemore, Jamie Harris, Amy Wesiberger, Tee "Skinny Man" Meyers, Glenn Ross and the strongest man to ever walk the planet, none other than Garry Frank! These are not all the world champions I have worked with, just a few off the top of my head. From my experiences in the powerlifting nutrition trenches I have seen it all, but the happiest times are those when I see my athletes surpass boundaries they never thought possible. To see my athlete taste the sweetness of success is something that all coaches can take pride in. With my column I try to inform the aspiring powerlifter of how they can take their performance beyond their genetic limits. With my nutrition ideas and theories many athletes at all levels have gotten major improvements not only in their lifts but their health as well. If you are a regular reader of my column then you will have seen some of the bozos who send me uneducated stupid questions, trying to pull my chain and discredit what I do. Of course, I always have not only a slick answer for these fellows, but I put them in their place from a scientific point of view as well as a real world results angle. A lot of people who are neither hardcore skeptics or true believers from Day One still are curious about what a proper power nutrition plan can do for them. Well, in this article I am going to layout some of the things that following a customized nutrition plan can do for you - the hardcore powerlifter. Hopefully, after reading this column those who have yet to see the light will have a better understanding of what I focus on when developing private nutritional programs.

Strength Beyond Belief

Being a diehard lifters, the first thing we should discuss is how the nutrition plan will affect your strength. To most of you, this is the only thing that is important but later on you will see that there are many other factors that should be of concern as well. As you should already know, strength is controlled by many factors and variables, not simply just throwing around heavy weights and hoping that you will one day grow up to be big and strong. A proper nutrition plan will help you increase the strength and power of your muscles and tendons.

NUTRITION

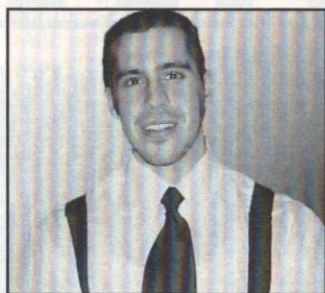
WHAT POWER NUTRITION CAN DO FOR YOU!

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

If you cannot strengthen your muscles and tendons on a consistent basis you might as well give up powerlifting because you won't be too successful. Strength is not just related to your muscles and tendons. The hormones that float through your bloodstream play a huge role in your performance. If you think that a properly designed nutrition plan won't cause major influences on your hormones, then you better get your head checked. What you put in your body is no doubt one of the most important variables that control your hormonal levels, both good and bad. If you have ever talked with someone who has followed one of my customized nutrition plans you will soon find out that once you have entered the "Nutrition Realm", there is no going back. Once you see how much difference it makes in your strength, energy level, volume workload, endurance, recovery, hormonal balance and much more, you will never be able to go back to what you were doing before. In fact, you will wonder how the hell you survived after eating so horribly over the years. Not only that, but you will be wondering how much bigger your total could be right now if you started a proper nutrition plan years ago. Well, it's not too late, so don't get left behind with your disastrous eating habits.

Improving Your Endurance and Volume Workload

Once you start following a customized nutrition plan, you better get ready to leave your training partners in the dust. You may think I am just blowing sweet words in your ear, but within just a few weeks you will see that the volume workload that you are handling will be much greater. Not only will you be handling much more in total tonnage per workout, but you won't feel as drained at the end of the workout. This is what my clients notice right away. Their endurance in the gym is way up and their energy, even after a very tough workout, is still high. Remember, the more volume you can handle the stronger you will



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

get, so don't think this added bonus isn't going to have a major effect on your total. It is going to make a huge difference and it is one that you will see very early on once you get your plan on track.

Optimizing Your Body Fat Percentage

I know this topic can be a little touchy for some of you out there, but it doesn't have to be. Getting your body fat percentage to a decent level will do a lot more for you than you can imagine. First off, leaning out can really help your lifting. How many times have you seen lifters with big bellies have a hard time getting down to the bar in the deadlift? I have seen this at just about every contest I have ever been to. Not only this, but that extra spare tire will also bring down your leverages in the deadlift. Just ask anyone who has gotten rid of that extra "Love" around their waist - they can attest that their strength has gone up. Let's face facts. If you are carrying too much fat, it will actually hurt your lifting in the long run, not help it. I don't expect powerlifters to get all shredded like bodybuilders, but the fact is the large majority of lifters do carry too much bodyfat. The tide is changing though. Just take a look at a lot of the top lifters and you will see that they are much leaner and harder than in years past. They are realizing they are becoming more efficient lifters by turning the spare tire in for a hard set of abs. Just take a look at lifters like Phil Harrington, Ron Palmer, Hennis Washington III,

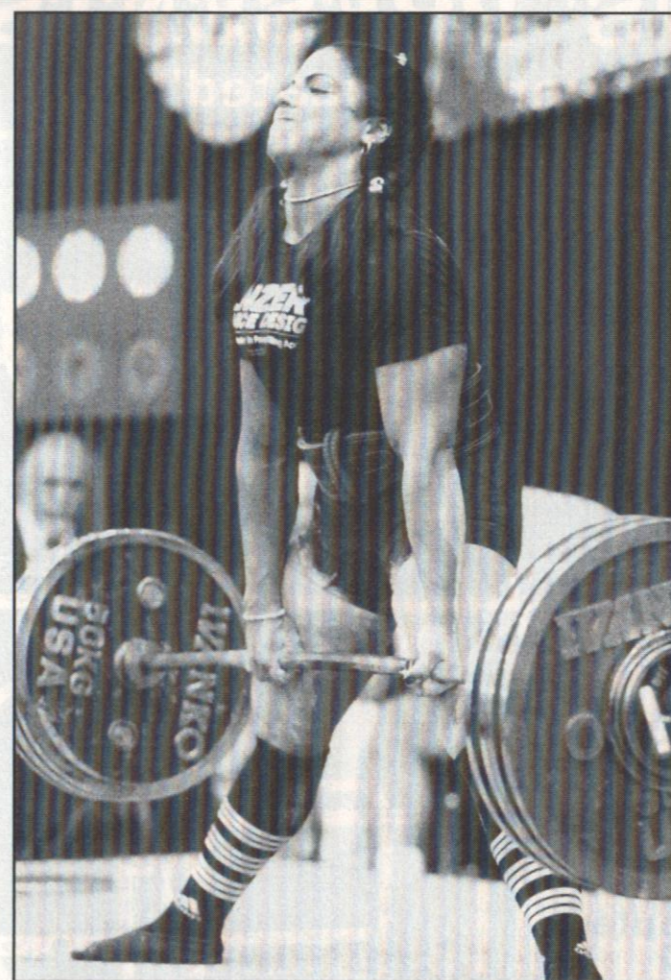
Angelo Berardinelli, and Joe Ladnier, just to name a few. These guys could step on a bodybuilding stage and do some damage and they are all at the top of their classes in powerlifting. Not only will dropping the extra roll help your lifting, but it will also have a very positive effect on something even more important than lifting - your health. Heart disease is the number one killer for American males and if you don't watch your eating plan you can also become another statistic. Don't let that happen, eat for power, but eat clean and your lifting and heart health will thank me later. I guarantee it!

Recovery and Injury Prevention

You may be wondering what does Power Nutrition have to do with recovery and injury prevention. Well, just about everything. The best strength coaches in the world will tell you that your program is only as good as your rate of recovery. You can be on the best program ever invented, but if you can't recover from it you will regress in your strength instead of going forward. Nutrition will play a major role in how fast you recover between workouts. I would say that you could recover a full 24-48 hours in advance by following a proper nutrition plan. One of the major keys is your post workout nutrition plan. This will play a vital role in how fast you will be back in the gym and how fast your body recovers from the battle you put it through. Not only will this help in your recovery, but it will also help in injury prevention. How many times did you have a little tendonitis flare up to only let it go and in no time it was a major ailment that was dragging you down? Proper nutrition and supplementation can help prevent injuries before they occur and can also help in the healing process. You can definitely heal much faster with a proper nutrition plan that is designed for injury recovery, than by just going with whatever comes your way. Take care of your nutrition plan and when you are injured your nutrition plan will take care of you!

Maintaining a Healthy Blood Profile

One of the things a lot of lifters have gotten out of my column is that not only do I emphasize being a bigger, stronger lifter, but I also address the importance of being a healthier lifter as well. What good is it to total over 2400 pounds if your arteries are clogged and your kidneys look like they have been through a cheese grater. You can't enjoy powerlifting from a coffin, so taking care of your health really is the most important part of your



Kara Bohigian, lifting at the WPO Finals last year, is a nutrition client of Anthony Ricciuto's. (Photograph Mike Lambert - Powerlifting USA)

nutrition plan. A lot of you younger bucks might think otherwise, but as you get older you will see the truth in what I am saying. I can just see all the master lifters agreeing with my words, especially those who have suffered from different health conditions latter in their career. I hate to say this, but the majority of it has to do with their lifestyle and nutritional habits. The first area I would like to discuss is heart disease. As you should already know, it is one of the biggest killers of American men, so if you are of the male gender you should be paying attention. Your nutritional intake has a direct effect on your cardiovascular health. If you suffer from such conditions as high cholesterol, arteriosclerosis, and angina or have had a heart attack, except for the very small percentage that is caused by a genetic disorder, you can only blame yourself for this. Powerlifters train all the major muscle groups looking to strengthen the lower back or their glute tie ins for a better deadlift lockout, but then they forget to take care of their most important muscle of their body ... their heart! I personally have known several powerlifters that suffer from cardiovascular diseases like the ones mentioned

above. Heck, heart attacks are almost commonplace among a lot of lifters. High cholesterol and tryglycerides levels are also a problem among many lifters. This can only set you up for a massive heart attack. I know a lot of lifters don't like to think about these things, but you can only keep your head in the sand for so long. Type II Diabetes is another disease that I have seen in a lot of lifters as well. For those of you that don't know Type I Diabetes is something you are born with. Type II Diabetes is a different kind, that most of the time is caused by nasty nutritional habits, coming back to bite you on the butt like a rabid pitbull. Diabetes that isn't taken care of will, no doubt, shorten your lifespan, and make your quality of life not so nice. A proper nutritional program can most definitely help you prevent getting Type II Diabetes. As for those that already suffer from the condition, a properly laid out nutritional plan can help you more than you think. I have worked with several lifters who have completely dropped their medication in a 6 month period just by changing their lifestyle and nutritional habits. Their medical doctors were amazed at how they have controlled their blood

sugar levels in such a short time, just by optimizing their nutrition plan. Take care of your long-term health, otherwise you will regret it when its time to pay the piper!

Chemical Enhancement Like Never Before

One of the main things that I like about powerlifting is that it is one of the most non-hypocritical sports on the planet. The whole "Chemical Performance" topic in sports is one controversial topic. Heck, we even had George Bush talking about it in his State of the Union Address. What I like about powerlifting when it comes to this topic is that we have the most realistic point of view on this complex and controversial subject. Whether you are for or against chemical performance enhancement in sports, you can't ignore the fact that millions of athletes around the world do use drugs to take their performance beyond their natural abilities. Given the use of performance enhancing drugs, we must understand how they affect the body. We are all aware of the side effects that these drugs can have on the body. With this in mind, we must now know how to protect the body from their effects. Anabolic steroids, Growth Hormone, IGF-1, diuretics, thermogenic drugs, Insulin, chemical cell volumizers, all affect the body. What the chemically enhanced lifter must realize is that prevention and maintenance is the key to increasing their performance and keeping them healthy. Two of the most taxed organs for the enhanced lifter are the kidneys and the liver. Keeping them in proper working order is of high importance unless you want to be on dialysis the rest of your life. A proper nutritional plan will take this into consideration. Proper natural supplementation will also play a huge role in keeping these organs healthy. One of the most common side effects of taking different oral steroids is elevated liver enzymes. This is a very serious matter and it can most definitely be controlled through a proper nutrition and supplementation plan. Another thing that I do with my chemically enhanced lifters is to constantly cleanse the different organs of the body. The purpose of this is to get rid of the build-up of toxins in the body that can cause many health conditions down the road. One common liver detoxifying cleanse that I do will flush toxins from the liver and gall bladder. This process takes a couple days to complete, but the end result is something that has to be seen to be believed. When one of my lifters saw what came out of his body after one of these cleanses he knew he would have been in big trouble

down the road. Just refer to my "Liver Cleanse" column from a couple months back and take a look at the pictures of what came out of one gentleman who wasn't eating the healthiest diet in the world. Another thing that the chemically enhanced lifter will notice when he is following a customized nutrition plan is that his strength will take major jumps unlike before. Even if you are a world class athlete and you are already in the realm of the truly elite, you will still see your total go above and beyond what you thought possible. If you are chemically enhanced and you are not using a customized nutrition and supplementation plan, then I can guarantee you that you are not even scraping the surface of the kind of results that you should be getting from your "Enhancement" program. Believe me, whatever type of program you are on, you can increase the effects of it by anywhere from 15-50% by following a customized nutrition.

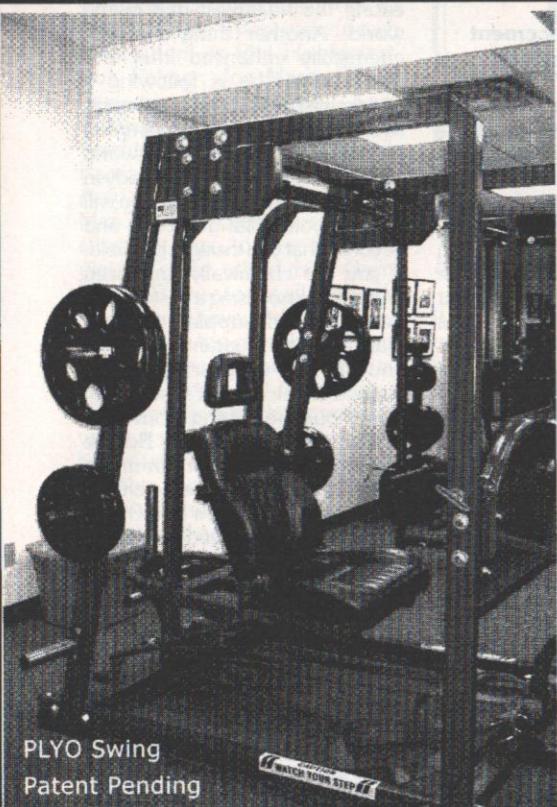
Conclusion

I hope that I have opened the eyes of some of you powerlifters who seem to ignore the nutritional sciences. Following a proper program can do more for your total and health then you can imagine. If you are not getting your nutrition plan dialed in, then you are giving your competition a major advantage. Don't give away that world title to someone else just because you decide to live a life full of fast food and sugar laden goodies. Powerlifters are athletes. If we are going to perform like a true strength athlete, we must wake up and catch up to all the other sport communities out there who have made the nutritional sciences part of their sport decades ago. In our sport, we have advanced with equipment like never before. There are shirts out there that can put over 200 pounds on your bench. There are wraps that give so much rebound, they seemingly could spring you into the stratosphere. With the advent of all the science and technology that goes into the equipment of our sport, there are still world class athletes among us who are eating worse than a couch potato. If you are looking for real world results, then get your nutrition plan on track. I promise that you will be glad you did. If you are one of the guilty, it's now time to put down that pint of ice cream and throw down those hot dogs and feed your body like what you are - a true strength athlete!

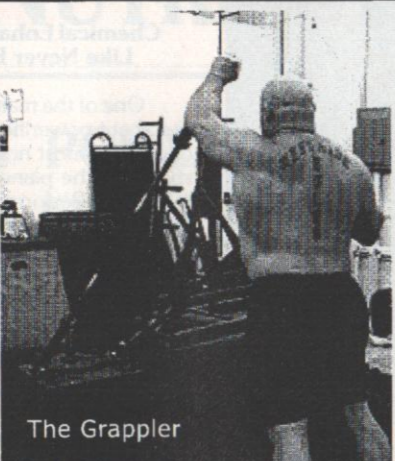
If you would like to find out more about the customized Nutrition XP3 Program or have any questions please feel free to write me at: Ariccuto@X-tremepower.com.

LOUIE SIMMONS' PRESENTS

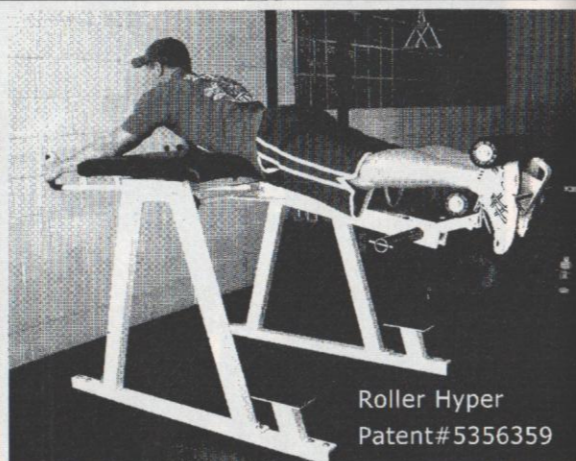
"Often Imitated, But Never Duplicated"



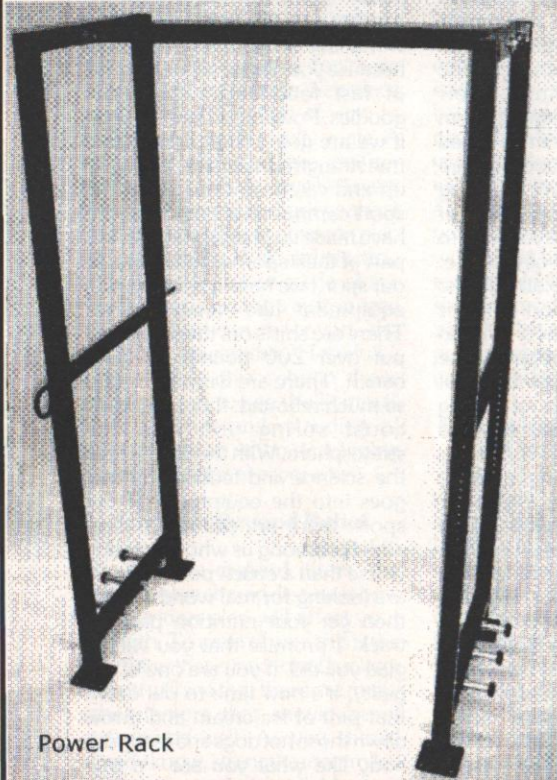
PLYO Swing
Patent Pending



The Grappler



Roller Hyper
Patent#5356359



Power Rack



PLYO Swing
\$2,895

The Grappler
\$300

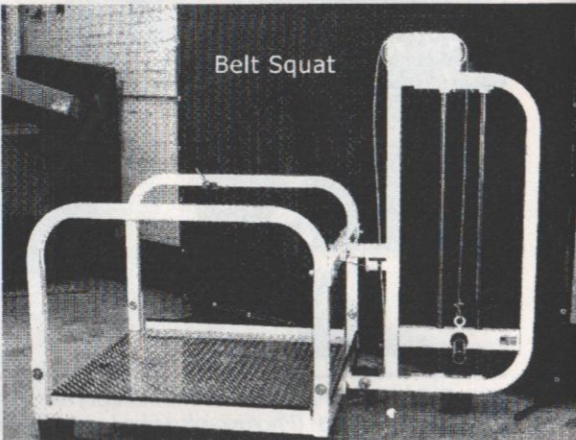
Roller Hyper Machine
\$1,590

Belt Squat Machine \$2,800

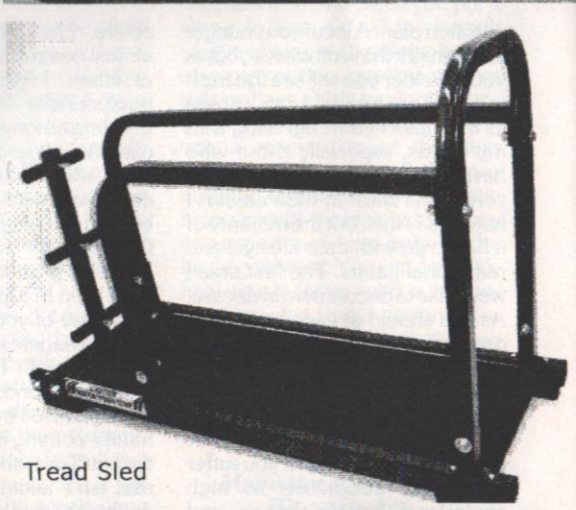
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\$900



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It was the "morning after" a painfully good celebration the night before. As I leaned over to spot Steve Lawson on his BP set, with chains and bands and all the toys, I realized his "bref" smelled like "shine". For all of you city slickers, "bref" is what you breav in and out your lungs; and "shine" is what Uncle Clete brews in his still back of the shed. Moonshine. White Lightning'. Liquid Fire.

In other words, we were working out in a highly flammable environment. So naturally, the question came up: "Does training with a hangover make you hard core?" Well, we put our foggy noggins to work and decided that: yes, if it is an occasional thing - it is hard core dedication. If you're always breevin' off shine, then you're just a drunk. Or an alcoholic, if you go to meetings. No offense, but that doesn't make you hard core.

Which brings us to an even more important question for you to ponder in your walk on the wild side. (A question of biblical proportions.)

Question: All these Hard Core gyms featured in the series have no distractions. Maybe it is even more hard core to train in a fancy chrome place, if you are tough enough to stay focused amongst all the babes. True? If you can concentrate on your workout amongst the sea of Lycra, Spandex, Silicone, and Short Shorts running around and twisting and sweating and bending over so that you can... (whoops, I forgot what I was doing for a minute there.) Does that mean you're really hard core?

Before I answer this question. Let me tell you women that you have an awesome power - which you should use for good. And, let me tell you men that the Good Book warns us about these babes in Proverbs Chapter 2. No offense to all the sweetheart Gym Girls that I know and love. OK; now, I'll answer.

Answer of Experience: First off, I have to admit there aren't many females where I train, so it was only logical for me to investigate by going to a local chrome palace to workout amongst the Gym Girls. Unfortunately, all the young hotties ran "that game" on me again. You

HARD CORE Questions

as told to Powerlifting USA by Rick Brewer

know the game: where they pretend they don't know that I exist. Since I've grown older, they play this game more often - but I can see right through it. They can't trick this old dog that easily! Anyway, I got my workout without any real distractions - except that I was asked to leave when I began chalking up my entire body during my box-squat-wardance. That's cool; I was pretty much done anyway.

But I wondered; would it have been tougher to stay focused if the Gym Girls hadn't ignored me? So I concocted another scientific test. I took half a bottle of "Horny Goat Weed" before my regular workout - and waited for 'Deliverance' music as I watched all the guys. Nothing. I saw no inner beauty; and outwardly they were the same smelly, hairy, ugly group of guys that I've always seen. In other words - no distraction. Maybe I'm just too hard core to notice. But on the way home; "Sweet Child of Mine" was on the radio as I passed a field full of goats. I pulled off the side of the road to admire one really cute one and (STOP). This part of the story is beside the point anyway - because I had already gotten my workout in. Anyway, to answer the original question... what was the original question?

(Disclaimer/Note: the above

should not be twisted into any sort of negative against the Horny Goat Weed product (manufactured by Pinnacle), which obviously worked almost exactly as the name would indicate. Furthermore, I happen to know that Sherry Giggins is a representative for Pinnacle, and that alone is enough to make me want to buy all of the Horny Goat Weed I can get my hands on. Sherry; we love you, and whatever you are selling - we want it!

I've been writing about Hard Core Gyms for years. I've written about gyms where people train with rocks, concrete, and chains - where gym rats train in cold, dark basements - where people train in heat or snow - where old school monsters strive and struggle against all odds to add strength and size no matter what the cost.

Why do gym rats brag when they find a "Hard Core" gym? What did they find? Let's assume that serious hard trainers like to work out with others who are similarly dedicated to their craft. "Birds of a feather" and so forth. Sounds natural to me.

So, where do all the hard-core weightlifters go? To a hard core gym. What makes a gym "hard-core"? Peel all of the chrome off a regular family fitness center, and

then does it become hard core? No. What if you cancel all of the water aerobics classes and fire the TAE-BO instructor? Will that do it? Nope, but all of these changes do help strip things down to the basics. What if we throw all of the stair steppers, bikes, treadmills into the parking lot? Sure, I'm for it - but that won't make anything more than a big mess (by itself). Maybe it is a little simpler than this...

Hard Core Gyms are anywhere Hard Core weightlifters are. When chalk covered Neanderthals groan under a heavy load - Hard Core is born. Boiled to its essence, it is the supreme desire to conquer the inherent weakness in ourselves. Every lower animal has this desire, but some of the so-called higher level humans have had this innate longing bred out of their high-brow blue-blood DNA. To their detriment, we gym-rats contend.

To all of you blue-blazer, high-level, fancy-pants elitists who prefer the posh amenities of a highly chromed fitness center: eat a spinach soufflé. To all of you hard-core low-level primates who still struggle for greater strength with every fiber of your being (no matter where you are): we salute you. HOUSE OF PAIN has your gear.

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



No amount of Horny Goat Weed will make these guys attractive! (Photograph courtesy Rick Brewer of House of Pain)

97 lb. class			
376.99	Koskinen, R	63FIN	28NOV03
376.76	Lafina, O	79RUS	05NOV99
358.25	Tesleva, S	75RUS	25MAY00
347.23	Chen, Chun Ju	82TPE	25MAY00
341.72	Chen, Wei Ling	82TPE	22MAY03
330.69	Eduviges, M	VEN	10SEP03
330.69	Robbins, A	77USA	03JUN04
325.18	Chen, Yen Ying	79TPE	09SEP97
320.77	Chang, Lien Ju	75TPE	03NOV97
320.00	Grimwood, E	70USA	21OCT00
319.67	Yang, Shu Ju	73TPE	02MAY96
319.67	Prinkkala, A	55FIN	09AUG97
314.16	Palk, D	USA	30JAN88
314.16	Jokitalo, L	61FIN	15MAR92
314.16	Chamundeswari, C	70IND	14SEP95
314.16	Irkutsk, N	78RUS	26SEP00
314.16	Hara-Kawasaki	67JPN	21AUG01
314.16	Golubeva, O	70RUS	10MAR04
308.65	Benford, S	USA	21NOV91
308.65	Hsu, Yen Ping	TPE	93

105 lb. class			
440.93	Lafina, O	75RUS	26FEB03
399.04	Koskinen, R	63FIN	08MAR03
391.32	Tesleva, S	74RUS	10MAR04
385.81	Taranova, Y	79RUS	26FEB00
385.81	Chen, Kuan Ting	77TPE	20AUG01
380.30	Shapovalova, V	83RUS	30MAY02
375.89	Thyssen, P	RSA	07NOV92
374.79	Dmytruk, O	83UKR	10SEP03
364.87	Chen, Yen Ling	79TPE	99
363.76	Eltsova, T	78RUS	26SEP00
358.25	Marlina	79INA	03NOV97
358.25	Salamon, N	70RUS	01MAR00
358.25	Chen, Kuan Jing	77TPE	22MAY03
358.25	Trubulina, I	83UKR	28NOV03
352.74	Maile, J	84USA	25SEP02
352.74	Ufimtseva, T	77RUS	10MAR04
347.23	Ryzhkova, A	86RUS	25SEP02
347.23	Tokareva, N	84RUS	12JUN03
342.82	Krylova, I	78RUS	18JUN98
342.82	Barlow, L	59USA	10JUN00

114 lb. class			
473.99	Lafina, O	79RUS	10MAR04
451.95	Sommers, K	65USA	04JUN98
440.93	Nikolaenko, S	81RUS	26FEB03
415.00	Parrish, S	62USA	12APR03
408.96	Pavel, P	RSA	09NOV96
407.86	Jeffrey, M	60USA	21NOV87
407.86	Belova, O	75RUS	26NOV99
407.86	Eltsova, T	78RUS	23MAY01
407.86	Tokareva, N	84RUS	10MAR04
404.55	Tatarova, I	75RUS	99
397.93	Koskinen, R	63FIN	25JAN03
396.83	Dmytruk, Oxana	83UKR	02MAR04
391.32	Cornette, S	75FRA	22MAY03
391.32	Ryzhkova, A	86RUS	10MAR04
385.81	Ayugina, I	76RUS	26SEP00
385.81	Shadrina, E	82RUS	00
385.81	Taranova, Y	79RUS	10MAR04
385.81	Rantamaki, M	74FIN	03JUN04
382.60	Dolman, S	46NDL	24JUN91

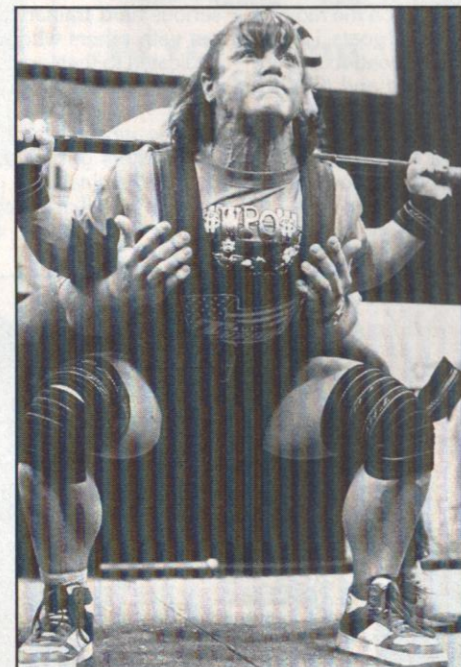
123 lb. class			
496.04	Filimonova, I	76RUS	26FEB03
473.99	Eltsova, T	78RUS	10MAR04
468.48	Hyser, V	73RSA	09NOV01
462.97	Gibson, V	69GBR	09NOV96
450.00	Weisberger, A	65USA	20FEB00
446.44	Kanutkina, V	79RUS	10MAR04
440.92	Jeffrey, M	60USA	16JUL88
440.92	Thomas, L J	66GBR	05DEC03
435.41	Chan, Cien Ming	76TPE	99
435.41	Tatarova, I	75RUS	26FEB03
429.90	Kehanen, V	79FIN	08MAR03
429.90	Nikulina, E	77RUS	10MAR04
424.40	Belova, O	75RUS	21MAY99
424.40	Aboulina, V	67UKR	29NOV03
424.40	Dmytruk, Olena	83UKR	02MAR04
423.19	Pavlovskaya, K	83RUS	10MAR04
420.80	Boudreau, C	67USA	21JUL95
418.88	Steenrod, V	49USA	28JAN84
	Prymchuk, T	72UKR	02MAR04

132 lb. class			
556.67	Avigliano, N	56USA	25AUG02
529.11	Warman, M	58USA	10NOV96
515.00	Weisberger, A	65USA	08AUG03
507.06	Tatarova, I	75RUS	10MAR04
486.12	Abramova, I	74RUS	02DEC00
485.02	Potselueva, G	80RUS	10MAR04
468.46	Fomina, E	69RUS	02MAR01
462.97	Amdahl, B	69NOR	09APR94
462.97	Hyuser, V	73RSA	21JUN01
462.97	Maluygina, N	80UZB	01MAY03
462.97	Revva, M	77RUS	05JUN04
457.46	Shafer, R	59USA	29JAN83
457.46	Liggett, M	58USA	06JUL91
457.46	Kudinova, M	77RUS	20JUN97
457.46	Guminska, L	80UKR	31MAY02
457.46	Nelubova, V	66RUS	23MAY03
457.46	Solovyeva, L	78UKR	05JUN04
446.44	Altizer, B	62USA	07MAY95
446.44	Marx, I	70BEL	29NOV97
446.44	Sasko, O	82UKR	23FEB00

Herb Glossbrenner's WOMEN'S ALL TIME TOP SQUAT RANKING



Karen Sizemore ... Big Numbers. (Ned Low)



Julie Scanlon ... before she broke her arm.



Ilja Strik ... at the 2003 Arnold Classic (Ned)

148 lb. class			
551.16	Kudinova, M	77RUS	26FEB03
551.16	Zurcher, A	78SUI	04MAY03
551.16	Borodkina, V	79RUS	10MAR04
530.21	Liggett, M	58USA	17NOV00
529.10	Pisarenko, V	79RUS	05JUN04
529.10	Ivanova, Z	84UKR	05JUN04
518.09	Guminska, L	80UKR	27FEB03
512.88	Ivanova, L	63UKR	09JUN00
512.88	Yakovleva, A	83RUS	10MAR04
510.00	Shafer, R	59USA	22NOV83
507.06	Warman, M	58USA	10JUN00
507.06	Vaughn, A	80USA	08MAR03
507.06	Ortega, M	77USA	29NOV03
501.55	Ribic, P	73USA	05JUN04
496.04	Tanakova, E	64RUS	28MAY94
496.04	Sjostrand, L	68SWE	01MAR97
490.53	Frangi, I	64ARG	26MAY00
485.02	Amdahl, B	69NOR	14OCT99
485.02	Orsini, A	64ITA	19MAY99
485.02	Barybina, N	83RUS	10MAR04

165 lb. class			
600.75	Scanlon, J	76USA	05MAR04
589.74	VanDeWeghe, S	55USA	13DEC98
573.20	Kudinova, M	77RUS	01MAR01
567.69	Dodd, L	57USA	21NOV91
562.18	Dedyula, S	75RUS	24MAY03
562.18	Zaugolova, J	81RUS	11SEP03
562.18	Reshel, D	77USA	05JUN04
551.16	Reshel, D	55USA	11MAY93
542.34	Zhukova, E	72UKR	22MAY99
540.13	Stiklestad, A	75NOR	20JUN97
534.62	Byland-Rohal, T	60USA	26JAN85
534.62	Puzanova, T	74RUS	01MAR01
529.11	Ivanova, L	63UKR	28FEB02
529.11	Mills, J	71USA	29MAR03
523.60	Earney, D	54USA	31MAY96
519.19	Laha, S	IND	24JUN91
518.09	Millen, K	67NZL	24JUN91
518.09	Frangi, I	64ARG	28NOV98
518.09	Terentyeva, A	75RUS	28FEB02

181 lb. class			
622.81	Mills, J	72USA	29NOV03
620.00	Grimwood, T	64USA	15APR95
580.00	Reshel, D	55USA	11MAY93
573.20	Mazaylova, E	82RUS	11MAR04
573.20	Murasheva, A	83RUS	11MAR04
567.69	Byland-Rohal, T	60USA	16JUL88
562.18	Puzanova, T	74RUS	24MAR04
562.18	Mendelson, S	72USA	05JUN04
562.18	Ford, K	66USA	05JUN04
556.67	Ignatenkova, E	71RUS	27MAY00
551.16	Shetty, S	59IND	04MAY01
545.04	Boroday, K	83UKR	06JUN04
540.13	Posmitna, V	66UKR	01JUN02
540.13	Rivieccio, A	62USA	07JUN03
540.00	Boshoven, I	58USA	30MAY99
534.62	Stiklestad, A	75NOR	08MAR97
532.42	Millen, K	67NZL	02NOV91
529.11	Rumyantseva, N	71RUS	03DEC00
529.11	Ivanova, L	75UKR	30NOV02
529.11	Watkins, J	80USA	11SEP03

198 lb. class			
634.93	Swanson, B	73USA	14JUN02
633.00	Reshel, D	55USA	15MAY88
595.25	Kurina, Y	81RUS	27FEB03
573.20	Millen, K	67NZL	28MAY94
573.20	Lugovaya, I	74RUS	11MAR04
573.20	Yavorska, I	81UKR	06JUN04
562.18	Mendelson, S	72USA	07DEC03
557.77	Corson, S	67USA	18JUN93
556.67	Costanzo, L	54USA	08MAY88
551.16	Shcheglova, V	83RUS	27FEB03
551.16	Murasheva, A	83RUS	12JUN03
551.16	Orobets, I	71UKR	06JUN04
540.13	Posmitnaya, V	66UKR	27MAY01
529.11	Blair, C	64AUT	06MAY00
529.11	Payusova, N	75RUS	06MAY00
529.11	Lytlyn, G	83UKR	11SEP03
529.11	Strik, I	73NDL	30NOV03
518.09	Avilkina, E	77RUS	00
507.06	Look, L	70USA	02JUN02

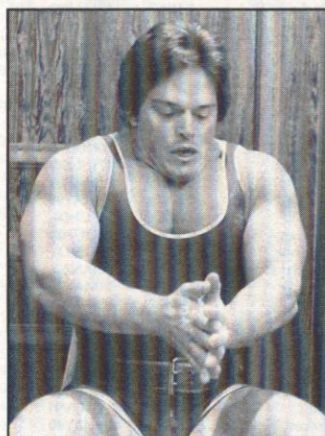
SHW			
777.13	Swanson, B	73USA	15NOV03
661.38	Willett, L	72RUS	09JUL04
650.36	Karpova, G	68RUS	11MAR04
628.32	Costanzo, L	54USA	22NOV87
625.00	Sizemore, K	64USA	12APR03
617.29	Lee, Chia Sui	77TPE	07OCT99
617.29	Avilkina, E	77RUS	27FEB03
611.78	Trujillo, J	64USA	31JUL94
607.37	Chao, Chen Yen	71TPE	99
606.27	Shaw, D	64GBR	JUN00
595.25	Pavlova, A	68RUS	04MAR01
578.71	Scheglova, V	83RUS	11SEP03
575.00	Arvin, J	67USA	29MAR97
567.69	Olenytsya, V	84UKR	06JUN04
556.67	Robertson, K	60AUS	06DEC98
551.16	Kurina, J	81RUS	14JUN01
551.16	Ganenko, A	75UKR	28FEB02
545.64	Todd, J	48USA	31JAN81
545.64	Corson, S	67USA	24APR93
545.64	Alvarado, M	83VEN	12SEP02

97 lb. class			
936.97	Tesleva, S	75RUS	25MAY00
914.92	Koskinen, R	63FIN	29NOV02
859.80	Chen, Chun Ju	82TPE	99
859.80	Chen, Wei Ling	82TPE	22MAY03
821.22	Lafina, O	75RUS	06NOV99
821.22	Vitasaari, V	54FIN	26FEB00
816.81	Prinkkala, A	55FIN	28FEB98
815.71	Golubeva, O	70RUS	10MAR04
806.89	Chang, Lien Ju	75TPE	12APR98
804.69	Janot, N	69FRA	27NOV93
799.18	Shapovalova, N	78RUS	26SEP00
799.18	Irkutsk, N	78RUS	26SEP00
799.18	Robbins, A	77USA	04JUN04
795.87	Benford, S	USA	21NOV91
793.66	Leverett, A	54USA	28JUL90
793.66	Ryzhenko, O	75RUS	10MAR04
775.00	Grimwood, E	70USA	21OCT00
771.62	Jones, C	51USA	01JUN85
771.62	Wolsey, H	61GBR	23MAR91
771.62	Chamundeswari, C	70IND	14SEP95

105 lb. class			
992.08	Tesleva, S	75RUS	10MAR04
975.55	Lafina, O	79RUS	26FEB03
970.03	Shapovalova, N	83RUS	26FEB03
959.01	Koskinen, R	63FIN	08MAR03
949.09	Fukushima, Y	70JPN	12JUL03
947.99	Maile, J	84USA	25SEP02
943.58	Yamskich, E	74RUS	26NOV99
942.48	Chen, Kuan Ting	77TPE	15MAY02
920.43	Dmytruk, Oxana	83UKR	10SEP03
909.41	Marlina	79INA	31OCT97
909.41	Taranova, Y	79RUS	26FEB03
905.00	Krylova, I	78RUS	21JUN98
903.90	Eltsova, T	78RUS	00
903.90	Salamon, N	70RUS	10MAR04
887.36	Simmons, D	52USA	28JUL90
879.64	Thyssen, P	RSA	07NOV92
876.34	Delmore, A	67USA	07DEC96
876.34	Trubulina, I	83UKR	02MAR04
859.80	Jones, M	53USA	19MAY84
856.50	Setowati, Y	84INA	15MAY02

114 lb. class			
1125.46	Nikolaenko, S	81RUS	26FEB03
1107.75	Belova, O	75RUS	26DEC99
1063.73	Lafina, O	79RUS	10MAR04
1052.71	Jeffrey, M	60USA	21NOV87
1019.64	Sommers, K	65USA	04JUL98
1016.33	Tatarova, I	75RUS	99
1014.13	Dmytruk, Oxana	83UKR	02MAR04
1003.10	Eltsova, T	78RUS	27FEB02
993.18	Starova, L	70UKR	24FEB00
992.08	Ayugina, I	76RUS	24MAY00
979.96	Lin, Li Min	70TPE	31OCT97
975.00	Parrish, S	62USA	08A

WORKOUT OF THE MONTH



JEFF MAGRUDER was one of the great record busting benchers of the 80s and 90s. His unique approach to bench training was described in *PL USA* by his friend John Comereski, and this notion of the "residual effect" was adopted by Greg and Dawn Reshel in their training programs. Intentionally overtraining during part of your training cycle, and then backing off to take advantage of the body's eventual response to the overtraining stimulus was the key to its effect.

"Weeks 1-4: You will get weaker due to overtraining, but this is necessary for the residual effect to take place later. Poundages remain the same in each exercise throughout this phase. Weeks 5-8: This is an overload regimen that will add to your overtraining and allow for a more full residual effect. This phase of training concentrates on the muscle confusion theory whereby you are shocking your muscles in different ways. Weeks 9-16: This is the actual contest training phase. Here Magruder becomes more concerned with the weights he is handling. He also cuts out many of his assistance exercises.

* These maximum repetitions are performed quickly until Jeff reaches failure, where he cannot do another rep.

+ With this exercise Jeff does as many as 50 reps quickly, until he feels a "pump", then he slows his remaining reps until he reaches muscle fatigue.

& This exercise is performed between 2 benches with 90 pounds placed on Jeff's slap. He will perform

Jeff Magruder's 16 Week Bench Program

Jeff performed all of these exercises indicated on Mondays ('L' - light) and Thursdays ('H' - heavy).

Weeks	1-4	5-8	9-16
EXERCISES	SETS/REPS	SETS/REPS	SETS/REPS
BENCH PRESS	-	L- 4x5/5/5** H- 4x5, 3x3 forced#	L- 5x5 H- 5x5, 5x3, 3x3\$
CLOSE GRIP BP	-	L- 3x8	-
HIGH NECK BP	-	H- 3x3	-
INCLINES	3xmax*	-	-
FLYES	3xmax	L - 3x8 H - 3x5	5x6
PEC DECK	3xmax	-	-
CROSSOVERS	3xmax	-	-
BEHIND NECK PRESS	3xmax	L - 4x8	4x6@
CLEANS	3xmax	-	-
SIDE LATERAL RAISE	-	L - 3x8 H - 3x6	3x6@
FRONT LATERAL RAISE	-	L - 3x8 H - 3x6	3x6@
REAR LATERAL RAISE	3xmax	-	3x6@
DIPS	3xmax +	-	-
REVERSE DIPS	3xmax&	-	-
TRICEP PUSHDOWN	-	L - 5x8 H - 5x6	5x6@@
REVERSE TRICEP PUSHDWN	3xmax	-	-
1-ARM TRICEP EXT.	-	L - 5x8 H - 5x6	-
LYING TRICEP EXT.	-	-	5x6@@

Below is Jeff's contest training regimen (the last 8 weeks of the overall program) in specific detail. These exercises are performed on Mondays and Thursdays with the latter being the heavy day.

WEEK	HEAVY DAYLIGHT DAY	COMMENTS
1	5x5x505	5x5x405 Heavy day should feel easy.
2	5x5x515	" Light days remain constant throughout cycle.
3	5x5x540	"
4	5x500 5x515 3x5x540	"
5	5x515 5x540 3x5x550	"
6	3x500 3x515 3x540 3x550 3x565	" This is Jeff's last tough heavy day. By now his power is already established.
7	3x500 3x525 3x3x545	" Heavy days now used only for maintenance. This is when he experiences a residual effect. Full recuperation is facilitated.
8	3x425 3x450 3x475-500	"

roughly 15 reps, until a "pump" is present, then he slows his speed and pauses each rep in the lowered position.

** Each of 4 sets is performed in super-set manner whereby Magruder performs reps, rests 10 seconds and then repeats this until

15 reps are completed. This 15-rep set is repeated 4 times. Jeff usually uses about 405 lbs. on the bar for these.

Here Jeff adds anywhere from 60-80 pounds on his sets of 5s and performs forced reps with the help of his partner.

@ There are not performed during the last 4 weeks of this training phase.

@@ These exercises are cut-out for the last week of training.

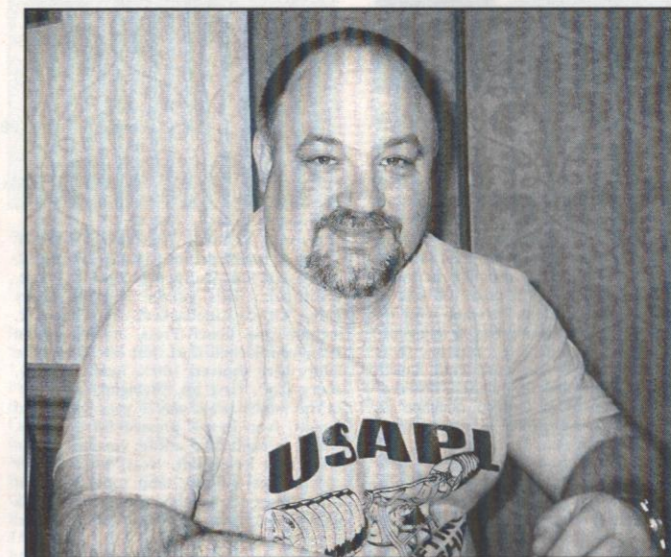
\$ These rep ranges are dependent upon where Magruder is in his training cycle."

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

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

JOHN SHIFFLETT, Virginia Powerlifting's Ambassador of Good Will, and then some ... by Will Morris



John Shifflett, the USAPL Chairperson for the State of Virginia.

Many of us, once our competitive powerlifting career is over, will just walk away from the sport. We know if we stay too close, the Iron Bug will bite us again. That will mean gaining more bodyweight, lifting heavier weights, depriving the family of our time, and, in some cases, putting our health in jeopardy. There is a rare breed, though, a person who truly loves the sport so much that he can not walk away from it. Such a man is John Shifflett and if you live in Virginia, and his name is not familiar to you, well ... you just don't know "squat".

Few men in Virginia, or elsewhere, have done as much as John has in the last 20 plus years to promote powerlifting. John has held close to 200 contests, and has helped steer hundreds of aspiring young lifters into the ADFPA/USAPL and drug free competition from those little 15-20 lifter contests. John keeps a supply of powerlifting suits, etc. for those young men and women who do not have them. John knows how tough it is, from his own experience, to go out and purchase squat/bench suits, wraps, pay entry fees for the contest, buy your membership card, etc. For a young person, the sum of \$200-\$300 dollars to participate in a contest is a lot of money.

Another one of John's favorites is his annual Greene County Strong Man and Woman contests. He will have several weight classes, with both strength and speed events, such as the tire flip, truck pull, rock carry, dumbbell run, etc. John has been holding this event for over 15 years at the Greene County Fair, where it is one of the more popular events. It is always competitive and fair, and strength athletes from all over come to Greene every August for this event.

John really likes the big ones. He co-promoted the 1998 and 2002 USAPL National Masters in Charlottesville, Virginia and has promoted several other national meets as well, but the ADFPA/USAPL is his true love. John has co-promoted 18 straight (1986 through 2003) ADFPA/USAPL Virginia State Powerlifting contests, the longest running USAPL event in Virginia. John is not just the Meet Director, but he will also announce, spot, load, do lift-offs in the bench press, do the weigh-in, perform equipment checks, answer questions, go out and pick up food, give the rules

briefing, etc. Simply put, John is everywhere doing whatever is needed to make the contest run smooth. Most remarkably, he never loses his cool; and if he did, most likely you would not even notice it. Over the years, on hundreds of occasions you would hear John announcing, "This is so and so's first contest" or "Let's get behind so and so as he needs this lift to stay in the contest". To John, it makes no difference if it is your first contest or if you are a National Champion, he roots for everybody the same way.

In December 2002, John decided to run for the Virginia State USAPL Chairman, and he won with a 96% to 4% vote. As a matter of fact, the man running against John apologized to him saying, "I didn't know you were interested". The vote for the vacant chairman's slot, was the first ever taken in 17 years. To my knowledge, the other 4 to 5 State Chairmen in the last 20 years had been hand picked. This is not necessarily good for the sport. At any rate, John will do a great job, because he truly cares about powerlifting and about people.

How about John, the Lifter? John began competing in the early 1980s. He started in the 123 lb. class and has moved up over the years to 198 lbs. plus. Although he

has not squatted or deadlifted in a contest for many years, he still likes to bench, and on a good day, he will put up something in the mid to upper three hundreds. He wants to bench 400 in the near future, but his spare time is limited. Back in the day, John could squat in the low 500s, bench in the mid 300s, and deadlift in the high 400s at around 180 pounds or so. Keep in mind, this was drug free and with 1980s equipment. John would like to compete in a USAPL National Masters contest, but finding the time to train is the killer.

John earns his bread working for a fuel dispersing company in Culpeper, Virginia, which is about 35 miles from his home. He has been married for over 20 years to Doris and they have two sons, John Jr., 20, and Jeremy, 15. John goes to church on Sundays and stays involved with his family. John does not run people down, but if he says something, believe him.

John is against any drug usage and with his broad knowledge of names and totals, his keen eye will ferret out any lifter whose total has miraculously gone up recently, and he or she will be tested. Several years ago, a lifter competed at one of John's meets, and his lifts had really improved, even though he had moved up a weight class. Before I could say "What do you

think?", John was leading him back for testing. He failed and was ejected (this was when the polygraph was in use by the ADFPA).

Under John's guidance, the USAPL Virginia State Championships has grown from 20 to 25 lifters in 1985/86 to well over 100 powerlifters today. Nowadays, it is tough holding contests in Virginia, as other organizations are growing in this state, but John is a fighter and his contests are well run and, more important, the judging is fair. Also worthy of note, I cannot ever remember a bid being put in against John to hold a contest. Not bad, huh?

I, like many others, fear that should John decide to get out of powerlifting, it might spell the end for much of "drug free" powerlifting in Virginia. For now, we don't have to worry because John is looking to hold more USAPL contests. His problems are universal, as finding help is becoming harder and harder. John does not mind to pay for help, just ask some of the judges, announcers, etc. that came to the 2002 USAPL National Master Meet in Charlottesville, Virginia. They will attest that John put out over \$2,000 for many of those people who came to help.

John is a National USAPL Judge and throughout the year he will go to southern Virginia or northern Virginia to help referee contests. He will not hesitate to tell you that you are high in your squat or that your butt came off the bench. I remember a contest where John and I were side judges and I threw a white light on a lifter and John threw a red light. I looked over at John and before I could say anything, John noted that he was not there on my side, that is to say, John calls them as he sees them.

In closing, I have known John for over 20 years and during that time many of my friends have passed on or out of this sport. John Shifflett is constant and steadfast. He has always been there for me, never prying or nosy, but just there. Several years ago, I walked away from competitive powerlifting and John encouraged me to return, as he has done for many others. I, like many, am better off because of John. Finally, I think I speak for all who are involved with powerlifting in Virginia, we sincerely hope John will hang around and continue to hold contests of strength. Thanks for being there for us, John.



At the APA Moses Lake Open, Ryan Kennelly tried a 900 BP several times and was almost successful on one of the attempts. (Scott Taylor)

**APA Moses Lake Open
19 JUN 04 - Moses Lake, WA**

DEADLIFT 198 lbs. T3	D. Longmire 425
V. Heinemann 525	J. Buchmann* 405
M2	A. Bess* 300
J. Wolbers 605	C. Smith 545
220 lbs. Open	M1
W. Dirk 525	T. Pyle 400
275 lbs. M1	J. Horn* 520
B. King 505	T. Corwin 550
BENCH	M. Davis* 550
Open 181 lbs.	T. Corwin* 550
B. Owens 385	Open
198 lbs. M2	R. Kennelly ---
J. Wolbers 375	SHW M1
Open 220 lbs.	P. Ratsch 620
W. Dirk 545	

*=Drug Tested. Special thanks to Sleek Physique for providing a great meet venue, providing some great equipment, and some outstanding spotters who worked hard throughout the day, keeping lifters from injury. I'd also like to thank the referee's for doing a great job and of course the staff of Sleek Physique who did a lot of hard work making this an enjoyable event for all. Lifting quality was outstanding to say the least. Paul Ratsch set a master record 620 bench, 19 year old Terry Corwin of Oregon benched an awesome 550. As usual, 56 years young Jon Wolbers of Canada came down and moved a lot of heavy iron doing some spectacular lifting. Lots of great lifting took place. The highlight of the day was Ryan Kennelly's opener of 880 which he

nearly got due to set up problems, stalled at the end of the lift. Ryan proceeded to attempt 900 three times and it came REAL close to competition on one of the attempts. It was obvious he is there... just some technical difficulties preventing it from happening today. The APA returns to Moses Lake in the fall to run a full power event. (Thanks to Scott Taylor for results)

**Terry Tate BP Classic 2
17 APR 04 - Galt, CA**

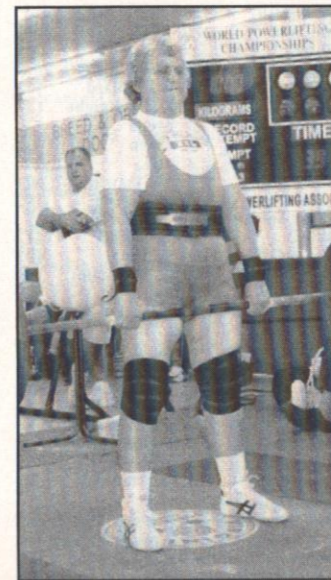
BENCH	242 lbs.	T. Williams	405'
MEN	275 lbs.	M. Knight	570
Youth (raw)	98 lbs.	J. Thomas	365
(7-9)		Master (45-49)	
D. Knight	275 lbs.	M. Knight (264)	570
(10-12)		STANDING E-Z	
88 lbs.		BAR CURLS	
M. Knight	300*88 lbs.	Youth	
Teen (raw)	185 D. Knight	20x100	
(13-15)	Open	Open	
198 lbs.	220 lbs.	242 lbs.	
T. Knight	355 T. Williams	175x1	
J. Phillips		275 lbs.	
Open		M. Knight	250x1, 200x15

*Personal Record. The Terry Tate BP Classic 2 was held on Saturday, April 17, 2004, at the Dungeon Gym in Galt, California. This year's Terrible Terry Tate, "Office Linebacker", BP Classic 2, included the Bench Press, as well as the Two Arm Barbell Curl. Just like Terry, the lifters here showed 100% heart, all day, every day. First up, "Bringing the Pain" in the bench press was 7 year old David Knight, who bench pressed 50 lbs. raw. David is built like a little version of the great Don Reinhardt. Next, was 12 year old Michael Knight, who took time out from freestyle skateboarding to bench a nice 85 lbs. raw, for a new PR at 88 lbs.

bwt. 15 year old, Tony Knight benched a huge 300 raw for a new PR at 198 bwt. Tony's been training heavy during the off season, getting ready for the Galt High School 2004 football season, when tie brings "The Pain Train" back on the football field. Bob Peterson benched a big 355 in the 220 class. Terry Williams PRed with an easy 405 bench in the 242 class, just missing 425. And finally, 45 year old, Master Lifter, Mike Knight opened with 405 raw, and quoted Terry Tate as he held the bar at his chest waiting for the press command, yelling, "When it's Show-time, it's Go-time!", before easily pressing it to lockout. On his second attempt, Mike benched up 550, using his INZER double-denim bench shirt. On his third attempt, Mike benched a big 570, "Up in this Humpty-Bumpy", weighing 264 bwt., which was a new Terry Tate Classic Record. Also, Mike lifted "unassisted", he did not use a liftoff, taking all of his attempts, and 570, out of the rack by himself, before performing the lifts. After the bench press competition, there was a Two Arm Curl Competition/Exhibition. Chalk and wrist wraps were the only equipment allowed (no straps). Terry Williams curled 175 lbs. for 1 rep. Mike Knight curled 250 lbs. for 1 rep and 200 lbs. for 15 reps. Also competing in the EZ Bar Curl competition, 7 year old, David Knight curled the EZ bar for 100 reps!!! That's right, the 20 lb. bar for 100 reps (non-stop). David weighed in at 98 lbs. bwt. A barbeque was held immediately following the event, where the competitors got their fill of steaks, chicken, and enough Terry Tate quotes to last until the next Superbowl. There was definitely no "Tippy-Toe" in Up in Here" when it came to eating. The meet was put on by "Triple-T Promotions" and they'd like to thank the spotters and judges, Joe Weiss, Darryl Skeva, Kurt Heath and Bob Morris. Thank you to Powerlifting USA. (Thanks to Kurt Heath for these results)

**AAU Richmond International (kg)
31 Oct-2 Nov 04 - Richmond, VA**

Raw	SQ	BP	DL	TOT
Male				
Jared Fleming 92.5	50	110	252.5	
Teenage 18-19				
123				
V. Navarre 107.5	87.5	137.5	332.5	
4th	110	142.5		
165				
Junior 20-23				
S. Redgate 177.5	145	180	502.5	
Teenage 16-17				
165				
C. Ballance 150	107.5	195	452.5	
4th		200		
H. Pavasko 147.5	90	175	412.5	
Youth 12-13				
M. Wilson 80	60	117.5	257.5	
4th	97.5	122.5		
181				
Kids 10-11				
Peter Collins 65.5	37.5	70.5	173.5	
Lifetime/Masters 50-54				
Frank Sumner 112.5	125	157.5	395	
Masters 50-54				
Frank Sumner 112.5	125	157.5	395	
198				
Junior 20-23				
Nate Roten 235	150	272.5	657.5	
Hollingsworth 170	127.5	162.5	460	
Lifetime/Masters 60-64				
Oscar Rickman 165	107.5	200	472.5	
Masters 60-64				
Oscar Rickman 165	107.5	200	472.5	
Open				
Wayne Pennell 222.5	157.5	262.5	642.5	
Hollingsworth 170	127.5	162.5	460	
220				
Masters 55-59				
Jack Roten 242.5	142.5	260	645	
4th	245			
Open				
A. Montgomery 185	130	205	520	
242				
Junior 20-23				
Matt Roten 245	152.5	260	657.5	
275				
Junior 20-23				
Ben Bowman 150	167.5	145	462.5	
Masters 55-59				
Tom Dorsey 182.5	127.5	220	530	
Open				
Baron Dixon 285	197.5	282.5	765	
Submasters 35-39				
Baron Dixon 285	197.5	282.5	765	
319				
Lifetime/Masters 40-44				
Dan Bescher 210	155	210	575	
Masters 40-44				
Dan Bescher 210	155	210	575	
Women				
105				
Lifetime/Masters 50-54				
Evelyn Newton 55	35	87.5	177.5	
4th		92.5		
Masters 50-54				
Evelyn Newton 55	35	87.5	177.5	
4th		92.5		
181				
Masters 45-49				
Betty Odom 52.5	45	102.5	200	
International Asisted				
Men				
132				
Masters 40-44				
O.R. Toledo 145	92.5	195	432.5	
Teenage 18-19				
E. Rodriguez 172.5	90	192.5	455	
4th		201		
Military/Open				
165				
Chris McCool 180	132.5	172.5	485	
181				
Lifetime/Masters 65-69				
T. Trevorah 137.5	107.5	162.5	407.5	
198				
Law/Fire Open				
C. Hession 190	157.5	190	537.5	
Law/Fire/Submasters				
C. Hession 190	157.5	190	537.5	
Lifetime/Masters 50-54				
Pat Aulicino 167.5	167.5	252.5	587.5	
Masters 60-64				
N. Gregory 217.5	137.5	205	560	
220				
Masters 45-49				
D. Runner 245	145	237.5	627.5	
Women				
114				



Ellen Trevorah deadlifting at the AAU Richmond International. (Photograph by Barbara Beasley)

Junior 20-23				
S. Rodriguez 105	42.5	122.5	270	
132				
Lifetime/Masters 45-49				
B. Beasley 110	67.5	132.5	310	
Lifetime/Open				
B. Beasley 110	67.5	132.5	310	
Masters 45-49				
B. Beasley 110	67.5	132.5	310	
Open				
B. Beasley 110	67.5	132.5	310	
165				
Junior 20-23				
Giselle Costas 172.5	92.5	215	480	
Lifetime/Masters 45-49				
Jill Meads 140	65	140	345	
4th		142.5		
Lifetime/Open				
Jill Meads 140	65	140	345	
4th		142.5		
Masters 45-49				
Jill Meads 140	65	140	345	
4th		142.5		
Open				
Jill Meads 140	65	140	345	

4th	142.5		
181			
Lifetime/Masters 65-69			
Ellen Trevorah 92.5	57.5	105	255
Richmond International Best Lifters, Best Assisted Open Male: Chris McCool, Best Assisted Master Male: Nestor Gregory, Best Assisted Master Female: Barbara Beasley, Best Raw Open Male: Baron Dixon, Best Raw Master Male: Jack Roten, Best Raw Master Female: Evelyn Newton. (Thanks to Barbara Beasley for the results)			

**2nd UAPC/APC Push/Pull
13 Mar 04 - Davenport, IA**

BENCH ONLY	110k		
Master/W	Rob Luyando	565*	
67.5	125k		
J. Vrombaut 95	C. Cravatta	430	
Teen	C. Vela	435	
82.5	140k		
David	320 C. Robinson	440	
90k	Submaster		
C. Frizzill 305*	140+		
M/45-49	H. Oliver	500	
82.5	DEADLIFT ONLY		
Rick Dexter 340	Open		
100k	125k		
Scott Lee 460*	Tim Muriello	565	
4th attempt	460* 75k		
Mike Frizzell 450*	Steve Rieger	420	
M/50-54	100k		
75k	Dana Espe	575*	
Ken Beach 290*	4th attempt	640	
110k	125k		
Ray Haynes 410	D. Escalante	660	
Open	M/45-49		
90k	110k		
R. Laitres 415	Gary Kosman	600	
H. Sullivan 415	M/55-59		
Dan Phipps 370*	75k		
100k	Bob Weber Jr.	515	
Jay Cravatta 515*			
WOMEN	BP	DL	
Master/W			
Push/Pull			
56k			
Sheila Rouse	120*	250*	
Open/W			
67.5k			
K. O'Connor 150	335		
60k			
Dorothy Olson 125	250		
75k			
J. VanDeursen 185	330		
DL			
Teen			
90+			
Tracie Stark 220	325		
M/50-54			

60k			
K. Middleton 115	230		
MEN Push/Pull			
Open			
82.5			
Kurt Hook 315	555*		
90k			
Robert Casey 465*	585*		
110k			
Bill Zacharias ---	500		
125k			
Bob Weber III 520	640		
T/18-19			
90k			
Ryan Grage 300	515		
4th attempt	530		

The week before the meet, Dan Burich from the local TV channel, WQAD, did a segment on Powerlifting for his Sunday night sports program. Ed Angstrom, James Rouse and Bob Weber demonstrated technique and discussed the upcoming contest. The Push/Pull was a huge success, topping last year's contest. The spectators filled the house, standing room only! The Davenport Holiday Inn was the site for the competition. Competitors from as far away as Connecticut, including world record holder Scott Lee and his son David and Russell Laitres. There was a large contingency from Joliet and Chicago, IL. This was a great opportunity for local "Iowa" lifters such and Team Weber of Clinton, Rick Dexter, Kathy Middleton, Ray Haynes, Hersh Walker and Chris Robinson of Davenport. American records were set by lifters like Ken Beach, setting three records in his "first" competition, Scott Lee, setting records in the UAPC and the APC, Kurt Hook of Fulton, IL, father and son Mike and Casey Frizzell of Greymont, IL Robert Luyando of Rock Falls, IL, and one of America's Military, Dan Phipps of Camanche, IA, Jay Cravatta of Clinton, IA, awesome Robert Casey of Joliet and world record holder and Rouse house team member, Sheila Rouse of Joliet. It was a family affair for the Angstroms, who are becoming old hands at this. Ed, his wife and 4 daughters worked every aspect of the competition. Awesome spotters and loaders, great judges like Steven Parkhurst, Geri Weber, Ed Angstrom and James Rouse. A special thanks goes out to DJ Clark of DJ's Body Shop, Davenport, for providing his equipment for the competition and Dan Howell of Davenport for hauling, unloading, loading and anything else he could do to help. The "3rd Annual" promises to be bigger and better! (Thanks to Ed Angstrom for providing these meet results)

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Adult Powerlifting Athletes	30.00	35.00

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BACK ISSUE OF THE MONTH



On the cover of the NOV/94 issue of PL USA we had several of the stars of the WDFPF World Championships in Minnesota: Doan Nguyen, Ray Benemerito, Bettina Altizer, and Bull Stewart. Among the other winners were Greg Jones, Beau Moore, and Sergei Alexeev (Herb Glosbrenner declared him to be one of the two lifting sons of OL legend Vasili Alexeev!). Also in this issue, Herb commented on the state of equipment in PL with his controversial "Has Powerlifting Become a Mockery of Strength" article. We had a shot of Anthony Clark's all time record breaking 739 BP. "Alces V" ... a new generation biostimulant from Russia was described by former Soviet performance guru Dr. Moris Silber. We had a report on the IPF Jr. Worlds held in exotic BALI, Indonesia, as well as the Goodwill Games in St. Petersburg, Russia where powerlifting was contested as an exhibition sport. Dr. Ken

Leistner dug into the notion that PL judging for yesterday's stars might not be the same as for the stars of 1994. Louie Simmons talked about the "forgotten" training method of Isometrics. Tony Kamand, with an 845 squat in the 181s, had his squat routine as our Workout of the Month, for the beginner and intermediate lifter. Big Bencher Craig Tokarski was interviewed, and Joe McAuliffe was pictured with a record setting 478 BP at 198 (boy, has he come a long way since then!) On our ADFPA TOP 20 for the 275s, Greg Lowe had the Number One squat (920), deadlift (775), and total (2145) and Johnathan Byers the top BP (589). Hank Sargent was 13th in the squat (735), Karl Gillingham 9th in the bench (520), Tony Leiato was 14th in the DL (683), and Mike Anderson was 20th in the total (1780). On our TOP 100 for the 148s, Tony Conyers had the best squat (685) and total (1735), with Greg Warr nailing Numero Uno in the BP (510) and Dan Austin prevailing in the deadlift (697). Mariah Liggett was 47th in the squat (501), Paula Suzuki was 85th in the BP (325), future World Masters Champion Pat Beaumaster was 96th in the DL (480), and original ADFPA Executive Committee member Nick Theodorou was 74th in the total (1234). You can still get this back issue, and dozens of others. See pages 48-51 for details and synopses of the available issues, and be sure to check out our special prices on bulk quantity orders of as many different copies as you might be interested in.

Steve Hill	324	236	352	913	J. Bourguin	340	255	470	1065
Ron Root	275	225	368	869	C. Glading	315	220	340	875
60-69					198				
Jerry Ochs	319	209	374	902	J. Barrett	400	290	485	1175
Bench Press		D. Kullard		137	R. Williams	540	—	540	1080
Female		D. McKnight		121	Tom Dowers	400	250	390	1040
Teen 14-15		Mens			J. Schmidt	—	—	—	—
R. Webber	77	Open			220				
Teen 16-17		181			S. Mecham	570	475	555	1600
Trina Ramos	99	M. Dowling	401		D. George	425	250	460	1135
C. Webber	93	M. Shane	385		Will Reece	—	300	—	300
Gwen Smoke	71	220			242				
Male		G. Elliott	412		D. Flonta	525	370	460	1355
Teen 14-15		R. Lang	407		275				
D. Michaud	198	C. Eisemann	374		Andy Watson	570	470	575	1615
Zack Potvin	181	242			Teni Pulu	455	295	375	1125
S. Iron Cloud	209	K. McKnight	342		M. George	325	260	420	1005
16-17		275			Clark Geslin	300	250	450	1000
Standing Crw	181	R. Miller	467		Cunningham	275	245	405	925
Phil Davis	198	Masters 40-49			SHW				
Teen 18-19		Randy Lang	407		A. Snider	640	500	585	1725
B. Kills Small	203	Craig Kirsch	341		Jason Ward	360	365	430	1155
N. Fool Head	203	Dale Pearce	352		Mens				
Womens		Masters 60-69			Eric Millburn	415	335	430	1180
Open		Jerry Ochs	209		Danny Flonta	525	370	460	1355
D. Merrival	181	G. Handley	209		Troy Ladish	460	250	460	1170

*Best Teen Lifter Sam Kuiper. Best overall Brad Rilling. This meet was huge (like you know what!) for the Rapid City YMCA! 60+ registered lifters, 59 competitors for Powerlifting and Bench Press! Once again, I have to thank Steve Howard (USAPL State Chair) for all his help and guidance! And to also thank Mike Laird for his scoring program that made the awards presentation go a lot faster! My referees were fantastic ... I learned from them as the day went on. Thank you to: Ron Weiterbach, Dan Gaudereau, Renee Catron-Blair, Brent McCune, Kirk Spell and Steve Howard. So many records were set and broken that the referees hands got blisters from signing all the record forms! We had alot of teen lifters and new lifters. Hope they all keep it up! Thank you USAPL for allowing me to direct this great event! Thank you Todd for getting me through it! See you all in the Fall! Nicole Craig. (Thanks go to the USAPL for submitting results to PL USA.)

USAPL Rocky Mountain Open				
22 May 04 - Pocatello, ID				
Men	SQ	BP	DL	TOT
Open				
148				
S. Myers	385	270	470	1125
M. Haynes	375	285	450	1110
165				
E. Millburn	415	335	430	1180
C. Murphy	300	190	345	835
181				
M. Hudson	490	300	485	1275
J. Rogers	440	275	440	1155

Open Men				
181				
S. Judalt	400	315	385	1100
B. Barnes	355	255	385	995
Bob Baker	350	290	385	1025
B. Parke	330	195	220	745
220				
Holly Oxford	355	235	385	975
Kate Ahlers	320	200	385	905
S. Haycock	175	310	250	560
Mens				
Masters				
Open				
181				
C. Nielsen	280			
SHW				
Peter Herdt	375			
Womens				
Open				
181				
B. Barnes	355	255	385	995
Bob Baker	350	290	385	1025
B. Parke	330	195	220	745
220				
Holly Oxford	355	235	385	975
Women				
Open				
181				
R. Nielsen	500	300	485	1285
J. Zolynski	400	285	475	1200
275				
A. Watson	470			

(Thanks to USAPL for submitting results)

POWER PEOPLE



"The PIT" ... team champions at the USAPL Deadlift Nationals ... bottom row, sitting, Eugene Hall; kneeling, Derek Wallace, Dan Payne, Dano Hall, Kelvin Hayes, Bryan Mayhew, John Thomas; standing, Randy Pirtle, Sean Herron, Tim Money, Pat Payne, Eddie Williams, Dick Conner, Wes Lowey, Bruce Thomas, Clemmon Swinney, Dave Wedding, Dustin Minks. See the results and report of this meet, starting on page 48. (Photo courtesy of Dick Conner)

USAPL Great West PL & BP				
22 May 04 - Rapid City, SD				
Teen 13	SQ	BP	DL	TOT
123				
A. Taylor	159	121	214	495
Teen 12				
148				
K. Swenson	137	77	198	412
Teen 14-15				
C. Herrman	313	154	434	902
Kenny Wells	159	154	275	588
James Peltier	159	132	225	517
D. Michaud	225	198	308	731
Cody Matney	176	115	286	577
Jon R. Legs	159	115	231	506
FlyingHorse	203	143	280	627
Darren Wells	148	126	203	478
16-17				
Sam Kuiper	440	269	423	1133
J. McLellan	319	181	302	803
N. Vessar	220	203	357	781
StandingCrow	242	181	291	715
Phil Davis	258	198	302	759
C. Red Bird	137	165	308	610
FlyingHorse	220	159	341	720
G. Verbeski	214	132	302	649
Teen 18-19				
275				
B. Adams	517	313	467	1297
Womens				
Open				
D. Merrival	225	181	291	698

M. Rilling	253	148	275	676
Val Feral	181	93	225	500
Masters				
181				
J. Lerew	225	132	286	643
Mens				
Open				
148				
P. Nguyen	357	253	440	1050
C. Rohwer	253	220	390	863
165				
B. Rilling	445	357	500	1303
K. Aragon	401	291	407	1100
Mutschelknaue	335	275	401	1012
181				
Leo Sanchez	500	291	561	1353
Todd Craig	429	275	511	1215
220				
J. Murphy	500	269	467	1237
242				
K. McKnight	374	341	429	1144
275				
J. Kunzman	528	401	544	1474
Fred Dupris	528	390	528	1446
Brian Waala	506	375	489	1353
B. Adams	517	313	467	1298
40-49				
J. Kunzman	528	401	544	1474
K. Aragon	401	291	407	1100
David Brown	489	330	473	1292
50-59				
Greg Hunter	346	269	418	1034

USPF Battle of the Bay BP/DL

22 MAY 04 - Livermore, CA

Bench Only	Matt Carter	298		
Women	SHW			
Open Women	Open Men			
C. Hensian	171	Leo Contreras	402	
Men		Master 50-54 Men		
148		Leo Contreras	402	
Teen 13-15 Men	Deadlift Only			
C. Tremblay	143	Men		
181		Teen 13-15 Men		
Open Men	Teen 13-15 Men			
M. Mendez	265	C. Tremblay	347	
198		181		
Open Men	Open Men			
Ty Weston	298	M. Mendez	502	
Open Men	Master 55-59 Men			
Todd Robinson	292	Bill Ennis	502	
Master Men 45-49	198			
Todd Robinson	292	Open Men		
Master 55-59	Ty Weston	429		
D. Cummerow	336	Open Men		
220	Todd Robinson	220		
Teen 16-17 Men	Master Men 45-49			
A. Contreras	254	Todd Robinson	220	
Open Men	220			
Jerry Tremblay	413	Teen 16-17 Men		
Open Men	A. Contreras	353		
Luis Castillo	402	Open Men		
Open Men	Jerry Tremblay	601		
Matt Marriott	375	Open Men		
Open Men	Michael West	463		
Michael West	364	242		
242	Master Men 45-49			
Open Men	Clinton Sims	601		
Dan Varela	275			
Master Men 45-49	Open Men			
Clinton Sims	435	Rick White	524	
Master Men 60-64	308			
Mike Bonifield	275	Open Men		
Open Men	Matt Carter	402		
S. Cartwright	518	SHW		
Open Men	Open Men			
Len Webb	480	Leo Contreras	463	
Open Men	Master 40-44 Men			
Rick White	402	Art Ramsey	518	
308	Master 50-54 Men			
Open Men	Leo Contreras	463		
State Single Lift Bench Records set:				
Christina Hensian, 132 lb class, Junior				
20-23, 170 lbs, Luis Castillo, 220 lb class,				
Junior 18-19, 402 lbs, Rick White, 275 lb				
class, Junior 20-23, 402 lbs. State Single				
Lift Deadlift Records set: Chris Tremblay,				
148 lb class, Junior 13-15, 347 lbs, Bill				
Ennis, 181 lb class, Master 55-59, 501 lbs,				
Clinton Sims, 242 lb class, Master 45-49,				
600 lbs, Rick White, 275 lb class, Junior				
20-23, 523 lbs, Leo Contreras, 308+				
class, Master 50-54, 462 lbs, Art Ramsy,				
308+ class, Master 40-44, 518 lbs.				
American Single Lift Bench Records set:				
Rick White, 275 lb class, Junior 20-23,				
402 lbs. American Single Lift Deadlift				
Records set: Bill Ennis, 181 lb class,				
Master 55-59, 501 lbs, Clinton Sims, 242				
lb class, Master 45-49, 600 lbs, Rick				
White, 275 lb class, Junior 20-23, 523				
lbs, Art Ramsy, 308+ class, Master 40-44, 518				
lbs. Thanks to all of our valuable help at				
the meet: Bill Ennis, International referee,				
Steve Denison, National referee, Jason				
Burnell, National Referee, Rob				
Meulenberg, State Referee, Scott				
Cartwright, State Referee, Jason Burnell,				
score table computer input, Charles				
McGrue, spotter/loader, Chris Lefort,				
spotter/loader and Rick White, announcer				
and meet director. (Results by S. Denison)				

NASA WISCONSIN STATE

03 APR 04 - Stoughton, WI

Sub-Master(2)	SQ	BP	DL	TOT
198				
J. Hou-seye	405	275	390	1070*
220				
J. Halverson	650	365	650	1665*
Master(1)				
165				
David Felton	385	260	580*	1225
181				
D. Anderson	505*	270	495	1270
(40-44)Pure				
220				
Marty Becker	650	410	600	1660*
M-5(Pure)				
Stuart Coogan	500*	260	540*	1300*
308				
Kerry Simplot	585*	375	500	1460

Master(2)				
275				
R. Sadowski	440	245	525*	1210
Powersports C		BP	DL	TOT</

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President's Message: A smaller, friendlier powerlifting world

In my last column, I wrote about upcoming international travels of our Women's Open Team, and our visit to Brasil to participate in a friendly competition. Those trips are complete, with our teams having returned successfully.

The Women's Team placed third in the team competition, after Russia and the Ukraine, and well ahead of the remaining teams. We solidified our position at one of the top women's lifting powers in the world. Our success is a direct reflection of dedication of our athletes and coaching staff, and the growing strength of our women's program. To look at results, we were very successful in bringing home the medals. Priscilla Ribic won the 67.5 kg. class, Ashley Robbins brought home the Silver Medal in the 44 kg., class, and three of our team members won the bronze: Tina Carder (44 kg.), Jennifer Maile (48 kg.), and Liz Willett (+90 kg.). World records were exceeded by Carly Nogle (56 kg., sub-junior squat record), Bonica Brown (90 kg., sub-junior squat, bench, deadlift, and total records), Liz Willett (+90 kg. open squat record), and Harriet Hall (90+ Master squat record). Katie Ford reflected

USA POWERLIFTING CORNER

the trend that we have seen in our athletes over recent years, moving up in the nominations, and improving her personal record total. These results reflect the trend of improvement, and the depth our program is enjoying. Probably most noticeable, and contrary to our expectations, the U.S. Team was well received and supported by the crowd and the community (Cahors, France).

Our trip to Brazil really brought home the lesson that powerlifting is a vehicle for increasing understanding and diminishing the distances between peoples. Julio Conrado, the President of the Brazil Confederation of Powerlifting, and the Brusque City Organizing Committee arranged for our in-country transportation, hotel, and threw a banquet that rivaled any at a world championships. And the fans! They crowded the stage in every weight class, cheering, pounding the stage, and

encouraging the lifters to "make their lifts." The U.S. Team included Justin Maile, Sean Di Cataldo, Sean McDermott, Vince Peters, Pete Alaniz, Sr., Luis Alvarado, and myself. We were photographed, signed autographs, and really had the opportunity to serve as ambassadors of the U.S. We were all presented with Team Brasil t-shirts, and wore them for the competition. To say that it was a great experience is an understatement. It is these experiences that remind us why we lift and what may be achieved when friendship and good competition are the focus.

Junior and Sub-Junior National Teams to the World Championships

Last issue, I highlighted the combined Sub-Junior and Junior World Championships, to be held in Pretoria, South Africa. Our team is taking shape, and looks to

do very well. Specifically, though, I requested your support for these young people for travel assistance and sponsorship. This trip will cost each of these young people more than \$2000. Please consider a tax-deductible donation to assist them in representing the United States at the World Championships. Information on our "Designated Beneficiary Program" is available at: www.usapowerlifting.com/forms/designated_beneficiary.shtml.

Top Twenty

This month, we feature the top 20 women at 82.5 kg. (181 lbs.) and the top 20 men at 100 kg. (220 lbs.)

U.S.A.P.L. CORNER

181	1 Jessica Watkins 529	Jessica Watkins 314	Jessica Watkins 507	Jessica Watkins 1350
	2 Ashley Sanders 380	Jean Maton 226	Malinda Baum 402	Jean Maton 987
	3 Gily Martinez 380	Cathy Martin 215	Jean Maton 397	Malinda Baum 970
	4 Sami Lee Chow 375	Sara Tomechko 215	Traci Till 391	Ashley Sanders 955
	5 Jean Maton 364	Malinda Baum 209	Ashley Sanders 390	Sami Lee Chow 937
	6 Malinda Baum 358	Kelly Louque 204	Margaret Mclean 380	Cathy Martin 931
	7 Traci Till 358	Amy Hocutt 198	Maggen Mullin 375	Traci Till 920
	8 Lacy Picou 355	Maggen Mullin 198	Amy Hocutt 369	Maggen Mullin 898
	9 Tiffany Sommers 355	Sami Lee Chow 198	Cathy Martin 364	Amy Hocutt 887
	10 Cathy Martin 353	Deborah Jackson 193	Sami Lee Chow 364	Tiffany Sommers 885
	11 Detria Johnson 330	C. Armstrong 187	Lacy Picou 360	Lacy Picou 880
	12 Satin Perez 330	Sabrina Freed 187	Tiffany Sommers 355	Kelly Louque 865
	13 Maggen Mullin 325	Ashley Sanders 185	Detria Johnson 350	Detria Johnson 860
	14 Amy Hocutt 320	Gily Martinez 185	Patricia Giddings 347	Gily Martinez 845
	15 Ashley Parshe 320	Detria Johnson 180	Kelly Louque 342	Satin Perez 835
	16 Kelly Louque 320	Satin Perez 180	Sabrina Freed 336	Sabrina Freed 832
	17 Tiffany Bayer 315	P. Giddings 176	Jenny Majdan 331	Patricia Giddings 816
	18 Amoret Kummer 309	Tiffany Sommers 175	Lindsay Burdick 331	Margaret Mclean 800
	19 Sabrina Freed 309	Brandy Cox 171	Sara Tomechko 330	Deborah Jackson 799
	20 Deborah Jackson 303	Traci Till 171	Tiffani Bayer 330	Ashley Porche 794
220	1 Nick Tylutki 772	Tony Succarotte 580	Charr Gahagen 799	Nick Tylutki 1968
	2 Scott Waits 739	Scott Waits 502	Nick Tylutki 755	Tony Succarotte 1947
	3 Charr Gahagen 711	Dennis Allison 475	Scott Zwanstra 716	Charr Gahagen 1935
	4 Brian Radulovich 711	Ryan Stills 470	Bubba Stokes 711	Scott Waits 1902
	5 Ryan Stills 710	Jeremy Hartman 469	Jeremy Hartman 710	Scott Zwanstra 1846
	6 Bubba Stokes 705	Scott Zwanstra 463	Tony Succarotte 694	Bubba Stokes 1841
	7 Tom Hines 700	Rich Wenner 463	Jason Shoopman 683	Jeremy Hartman 1835
	8 Tim McFarland 700	Charr Gahagen 463	Dewon Johnson 683	Ryan Stills 1810
	9 Tom Hines 685	Nick Tylutki 457	Ryan Stills 680	Tom Hines 1800
	10 Tony Succarotte 683	Tom Hines 452	Tim Henriques 675	Tim McFarland 1775
	11 Travis Werner 680	Tim McFarland 452	Dewon Johnson 672	Rich Wenner 1720
	12 Scott Zwanstra 672	Rich Kruszely 452	Bob Heck 672	Bob Heck 1720
	13 Bob Heck 672	Chris Hootman 452	Kenneth Reynolds 667	Brian Radulovich 1719
	14 Jeremy Hartman 667	Guy Faulkner 450	Dennis Allison 665	Jason Shoopman 1718
	15 Jason Burnell 656	Walter Savage 445	Scott Waits 661	Dennis Allison 1710
	16 Lauren Cohen 650	Travis Werner 440	Brian Radulovich 661	Travis Werner 1705
	17 Mike Lohmann 650	Scott Mecham 440	Geoffrey Esper 660	Chris Hootman 1703
	18 Shawn Cain 645	Mike Godawa 440	Robert Hansen 656	Shawn Cain 1698
	19 Jim Brown 634	Lauren Cohen 435	Mario Chasse 650	Jason Burnell 1698
	20 Dewon Johnson 634	Mario Rojas 435	Chad Herrick 650	Dewon Johnson 1692

NASA Tennessee State (kg)

13 MAR 04 - Selmer, TN

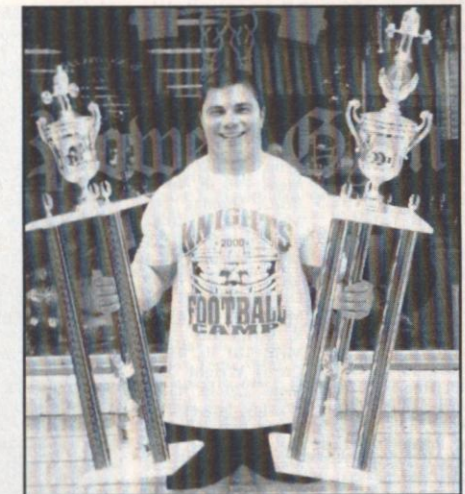
Bench Only jr/276	Will Aldridge 170			
K. Arnold 215	dlsmp/276			
m1/182	Will Aldridge 205			
Scot Fickes 152.5	smp/243			
whs/115	Tracy Whitson 42.5			
T. Berryman 40	sqjr/243			
pure/276	John Werner 278.5			
Joseph Geddie	sqpure/shw			
Power Sports	M. Garrett 150			
bpsm1/276	sqsm/182			
P. Dempsey 187.5	Eric Joseph 160			
bpsmp/276	wbpmp/149			
Powerlifting	Lori Atkins 40			
hs/200	BP DL TOT			
John Terrell 135		82.5	127.5	345
jr/182				
B. Champagne 165		110	195	470
m2/220				
Bruce Beerman 227.5		155	240	622.5
m3/220				
Ronnie Finch 197.5		130	192.5	520
mp/198				
Willie Agnew 250		182.5	265	697.5
mp/243				
R. Dilworth 310		205	272.5	787.5
nov/182				
Corey Blount 135		107.5	197.5	440
nov/243				
Jean Weche 162.5		125	185	472.5
nov/243				
David Beale 160		142.5	170	472.5
nov/276				
J. Whisman 300		167.5	287.5	755
pure/276				
Dennis Franks 295		182.5	262.5	740
sm1/243				
John Maggart				
sm1/276				
Dennis Franks 295		182.5	262.5	740
wsmp/123				
R. Hedrick 90		55	110	255
int/198				
B. Bradley 52.5		157.5	215	425
jr/243				
John Werner 80		145	260	485
m1/182				

Eric Coutu m2/243	65	145	210	420
Eddie Akins nat/220	62.5	160	205	427.5
Robert Gray nat/243	70	140	162.5	372.5
Tracy Whitson nat/276	42.5			
Bobby Kirk pure/243	65	162.5	205	432.5
Tracy Whitson pure/276	42.5			
Bobby Kirk sm/243	65	162.5	205	432.5
Tracy Whitson sm2/220	42.5			
Robert Gray smp/182	70	140	162.5	372.5
Eric Joseph (Thanks to Rich Peters for providing these results.)	55	132.5	210	397.5

SLP National Police/Fire/Masters 22 MAY 04 - Tuscola, IL

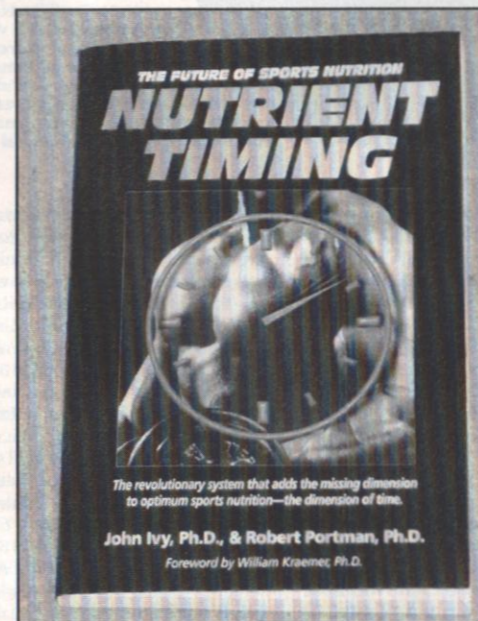
BENCH PRESS	242			
master men 40-44	M. Hoskins 410*			
242	police & fire/open			
D. Haycraft 550*	198			
police & fire/40-44	Mike Gugino 550*			
198	(4th)			
Lee Roy Banks 425*	308			
(4th)	435*			
police & fire/45-49	M. Hopkins 465*			

Team: Statesville Correctional Facility. Best Lifter - MIKE GUGINO. * Son Light Power national record. The first annual Son Light Power Masters/Police & Fire Nationals was a disappointment in numbers but a success in that all of the lifters set new national records, with all but one setting new personal records as well. In the masters competition Doug Haycraft finished the day with a great 550 personal best, which was also a new SLP national record as well. Doug lifted at 40-44/242. Lee Roy Banks used this competition to test his pec injury of last December, finding his strength is coming back strong. Finishing with a 435 national mark at police & fire, master 40-44/198, Lee Roy lifted 'raw'. Also at police & fire was 45-49/242 winner Michael Hoskins. Having moved down from the 275 class, Mike finally got his first official 400 bench, finishing with a national record 410. In the open police



Mike Gugino set an SLP National Police & Fire bench press record of 570 lbs. in the 198 lb. class and won Best Lifter at the SLP Police & Fire Nationals. (Photo Dr. D. Latch)

& fire division Mike Gugino came over from Brazil, Indiana with a goal of 550 in mind at 198. Weighing in at 197, Mike got that 550 on his final attempt, but came back with an all-time best 570 fourth attempt. This, again, was a new national mark for Mike, who also was awarded the best lifter trophy for the event. At 308 it was Michael Hopkins for the win. Making a personal best and national record 465 on his second attempt, Mike just missed 500 twice, showing he definitely will get that weight next time out! The Statesville Correctional Facility won the team honors with its members Lee Roy Banks, Michael Hoskins and Michael Hopkins. Thanks to my sons Joey and D.C. and my wife Susie for all their help and to Lee Roy Banks for always being there to cheer on the other competitors. See you all next year! (Results provided by Dr. Latch)



thesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein syn-

USAPL Deadlift Nationals

04 OCT 03 - St. Louis, MO

Womens Open	M. Ricker	295
Womens 148 Open	J. Newsome	295
Carla Trospier	172.5	Mens Masters 40-44
Womens Mstrs 40-44	Mens 148 lb.	40-44
Womens 148 Open	Robert Fricke	140
Carla Trospier	172.5	Mens 165 lb.
Womens Teenage	Lynn Woodard	170
Womens 123 Teen	Mens 198 lb.	40-44
Alicia Roberts	92.5	Bruce Thomas
Womens 181 Teen	Mens 275 lb.	40-44
L. Pledger	142.5	R. Pirtle, 40
Mens Open	Mens Masters	45-49
Mens 114 lb. Open	Mens 148 lb.	45-49
Daniel Payne	125	Denny Belt, 48
Sean Herron	100	Mens 165 lb.
Mens 123 lb. Open	R. Cirigliano	250
Dano Hall	142.5	Mens 181 lb.
Mens 132 lb. Open	Curtis Wright	265
John Hunn	190	Mens 220 lb.
Mens 148 lb. Open	Wesley Lowey	292.5
Denny Belt	245	James Bell, 48
Pat Payne	230	Mens Masters
Zach Branson	192.5	Mens 242 lb.
Mens 165 lb. Open	Mens 242 lb.	205
R. Cirigliano	250	Mens Masters
D. Wedding	230	Mens 181 lb.
Mens 181 lb. Open	Mens 181 lb.	55-59
Brian Mayhew	205	Sam Greco, 55
C. Covington	187.5	Mens 275 lb.
Mens 198 lb. Open	Gary Krueger	205
Adrian Johnson	265	Mens Masters
Bruce Thomas	240	Mens 181 lb.
Mens 220 lb. Open	Eugene Hall	162.5
Wesley Lowey	292.5	Mens Teenage
Rick Fowler	282.5	Mens 132 lb.
M. Woody	270	Ben Cuvar
Eddie Williams	230	Mens 148 lb.
Mens 242 lb. Open	Zach Branson	192.5
Chad Holmes	337.5	Mens 165 lb.
Terry Stanley	265	John Dunlap
Mens 275 lb. Open	Mens 181 lb.	Teen
Kelvin Hayes	310	Zeke Talbot
C. Swinney	272.5	Mens 220 lb.
Tim Mooney	270	Richard Anderson
Dustin Minks	250	Mens SHW Teen
Mens SHW Open	J. Newsome	295
Best Lifters: Open:	Chad Holmes, Masters:	
Denny Belt, Teenage:	Justin Newsome,	
Team Champions:	"The Pit" of	
Evansville, IN. Referees:	Dr. Mike Cissell,	
MO. Dr. Billy Jack Talton,	LA. Maureen	
Post, IL. Greg Simmons,	IN. Jim Hamiter,	
TX. Women - Best Lifters:	Open: Carla	
Trospier, Masters: Carla	Trospier, Teenage:	
Lindsay Pledger, The	2003 Deadlift	
Nationals marked the	26th National	
Championship held in	St. Louis, Mo and	
also marked the begin-	ning of a new period,	
the Harold Gaines era.	Dating back to	
1985, Dr. Mike Cissell	was the meet	

director for all of the major competitions that came through the Gateway City, but after so many years, he has decided to step away from meet directing and just help in the area of refereeing. If the Deadlift Nationals were any indication, things are still in good hands with Harold and his army of help. He and his crew are behind the St. Louis Fitness Festival, which will host 5,000 athletes in a multitude of sports (including powerlifting) next May. Count on that event, which will offer up the Cissell Classic, to be a major league festival. We had only three lady lifters on hand but they put up some very impressive numbers. Lifting in both the Womens 148 Open and Masters 40-44, we witnessed the return on Carla Trospier, of nearby O'Fallon, Mo. Trospier is well known as she owns quite a few Missouri State records and even the 165 lb. Open record for the Deadlift Nationals. Along with that, she was a member of the 1997 Womens National team as an alternate and was able to lift in the IPF Worlds that year. While it has been a few years since she competed, she still looked as strong as ever. Her deadlift of 380 lbs. gave her a new National Meet record in the Womens 40-44 class and the Womens best lifter award. Her 2nd and 3rd lifts at 429 lbs. would have given her the rights to the Womens Open National Meet record but it was a bit too much. I think she has knocked off the rust and will be looking good to surpass this in her next meet. Alicia Roberts of Rolla, Mo was our only contestant in the Womens 123 lb. class and she ended up with a 203 lb. deadlift, making 2 out of 3. Congratulations Alicia! Lindsay Pledger of Cape Girardeau, Mo is certainly no stranger to the deadlift either. This young girl has been pulling for several years now. Her pull of 314 lbs. was close to a new personal best. Lindsay is coached by her dad, Jerry Pledger, who is very well known

around these parts. OPEN In the 114 lb. Open class, it was a shootout between two Kentucky natives, Danny Payne and Sean Herron. Both, despite such light bodyweights, deadlifted some impressive numbers. Danny made only his opener at 275 lbs., missing 352 lbs. on his 2nd lift. He wisely passed his 3rd attempt since right after the meet, he and the Payne crew were going to be driving to Canada for the IPF Masters Worlds. Sean Herron also made his opener, which was 220 lbs. and was runner up to Payne. Mighty Might Dano Hall was uncontested in the 123 lb. Open class and ended with a successful 314 lb. deadlift. John Hunn has been pulling over 400 lbs. for a while now and looked to springboard his deadlift a bit higher with this meet. He was good on 2 out of 3 attempts, completing 418 on his 2nd attempt for the 132 lb. Open title. He has toyed with the Missouri State record of 440 lbs. for a few meets now. The 148 lb. Mens Open was one of our biggest classes with 4 lifters entered. Pat Payne of Henderson, KY brought his brand of efficient deadlifting to see if he

could capture a National Deadlift title. Denny Belt, who lives in Marion, IL, was another who had the same plans. Young guy Zach Branson had quite a day with his 424 lb. deadlift and 3rd place finish in the Mens open class. Payne looked strong early and closed out the meet with 507 lbs. to his credit and nearly making 534 lb. on his final effort. Denny Belt cruised through 3 perfect lifts and won with a fine 540 lb. deadlift and the title. The lift also gave him the Masters Best Lifter award as well. Moving up a class, Adrian Johnson of Atlanta, GA, squared off with Bruce Thomas of Henderson, KY in a battle for the 198 lb. Open braggin' rights. Bruce made his opener of 529 lbs. and Adrian did the same with 584 lbs. In round two, the lighter Thomas went to the same 584 lbs. in order to keep up with Johnson, but it was a bit too heavy for Bruce. The door was open too, since Adrian missed his 2nd and 3rd attempts at 611 lbs. In Thomas' final lift he also missed though, which gave Johnson the title. Interesting enough, this one was over after each lifter's opening attempt. The 220 lb. Mens Open was one of the largest classed with 4 competitors filing in to do battle. Eddie Williams of the Pit team went over the quarter ton mark with 507 lbs. for 4th place. Third place was decided in a close one between Michael Woody and this author. We both went to 622 lbs. on our third attempts, which would have given Woody the higher placing on a bodyweight decision. I was fortunate to make a personal best 622 lbs. on my third attempt, and Woody just missed making the same weight by a hair. It could have went either way really, since it was that close. The 220 lb. Open winner was Master lifter Wesley Lowey of The Pit. This guy has some pulling power folks! After missing his opener, he didn't miss a beat. He closed out the day with 644 lbs. and also upped his own National Meet record for Masters 45-39 years of age that he set 2 years ago. In the 242 lb. Open class Chad Holmes pulled the meet's biggest deadlift with his stunning 744 lb. lift to take top honors in this class. At 165 in the 220 lb. Open Deadlift National Record



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celebrity Howard Gutnick of Virginia Beach, VA for an old fashioned throw down. Equally matched up, the winner of this one would walk out of the building with a new 55-59 181 lb. National Meet record. After an easy opener of 507 lbs. by Greco, Gutnick took the record with 523 lbs. on his opener. In round 2, Sam started off by taking the record and the lead with a successful 540 lb. lift. Howard appeared to have some trouble with his suit and was unable to make 545 lbs. to regain the lead. Things would remain the same for round 3 as Greco would go on to play it safe and make 551 lbs. to secure the victory and the record while Howard would come up short again with the 545 lbs. Hats off to both lifters who were matched up very close and gave us a great competition to watch! In the Teen class, local guy Ben Cuvar continues to make great progress. His 3rd attempt of 270 lbs. was just a hair away from being good. Not bad for a little guy of 126 lbs. Zach Branson brought his deadlift out for everyone to see. Zach was my early pick to win the Teenage best lifter award. The fact that he did not tell exactly how competitive the Teens were. John Dunlap made 352 lbs. but really came close to 429 lbs. on his 2nd and 3rd attempts, which would have been quite a pull at just 165 lbs. I felt really bad for Richard Anderson, who at 220 lbs. bombed with 3 shots at 451 lbs. As it turns out, Richard had been overloaded with cramming for tests and had almost no sleep for the meet. A lean framed guy, he is just built for pulling. You will see him in the future, mark my words. At 181 lbs. I have to remind myself that Zeke Talbot is just 18 years of age. This kid has a bright future ahead of him! With 534 lbs. to his credit, he wasn't that far off of the 551 lbs. he took for his third! He is coached by Rodney Wood, also a fine lifter from West Plains, Mo that has been tearing things up lately. The Teenage Best Lifter award was won by 17-year-old Justin Newsome, who was mentioned earlier. Justin's 650 lb. pull was just a couple points higher than Zeke for the Best lifter award. I have the pleasure of training with Justin and have watched him blossom overnight. Congratulations to all! Many thanks go out to quite a few people when putting on an event like this. I will preface this by saying there is no way I will be able to name everyone. For starters, thanks goes out to Harold, Dawn and Leslie Gaines. These folks have stepped up as outsiders and have given us the helping hand we were looking for. Tier efforts in producing a quality product are especially impressive. Since I don't have

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP

100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?,

Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, s, '65 vs. '95 Top Ten, "Chain Reactis" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revis-

ited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Jan/97... IPF Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW/Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, TOP 100 Ltvs.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
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Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC

Worlds, Bench Primer Pt. 1, IPF Seniors., Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage.
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPCAWDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... The Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special

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the names of tier entire crew, we'll just give a very big blanket Thank You to the Gaines Crew, which includes so many. Thanks also to our referees for the event. They were Dr. Mike Cissell, Dr. Billy Jack Talton, Greg Simmons, Maureen Post and Jim Hamiter. These people come to the meets, perform equipment check, facilitate weigh-ins, help with paperwork and along

with judging, they also perform the urine tests after the competition. Thanks goes to the crew that worked the platform some of which included Josh Anderson and Kurt Miller. Without tier quick work, the meet slows to a crawl. Special thanks goes out to our sponsors who make this possible. They were Crain Muscle World, Earthquake Nutrition, Inzer Advanced Designs,

Olympics World Games, Zenith=Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s
Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology,

Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz| Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Ironmind.com and X-TREME STRONGMAN. I should also mention Steve & Sue Cissell. You would be hard pressed to find anyone that has seen or been a part of more powerlifting meets than the Cissells. Steve gave a lot of help figuring the results and helping with the paperwork. Our announcer for the event was the high energy Pat Rankin. Pat is one of our team members that fills in whenever, and wherever he is needed. No matter if it is announcing, spotting, or even if we need a Strongman demonstration, Pat is always willing to help. I've said it before and I'll say it again, he is **HARDCORE** to the bone for everything that is good and we are glad to have him. Where do we go from here? The next meet on slate for the Missouri USAPL is the 14th Annual Central USA on November 15th in Cape Girardeau, Mo. In 2004, the Gaines will run the Cissell Classic at the St. Louis Fitness Festival and they will also run the 2004 Squat Nationals at Six Flags St. Louis. We hope to see all of you at the meets! (Results provided courtesy Rick Fowler)

NASA Missouri State (kg)
06 MAR 04 - Joplin, MO

Powerlifting	C/SQ	BP	DL	TOT
hs/165				
Andrew Boggs	205	105	175	485
hs/182				
Will Norris	162.5	87.5	185	435
hs/198				
Rodney Rambo	212.5	137.5	210	560
hs/220				
M. Farrier	105	75	170	350
hs/243				
Bryan Simpson	182.5	112.5	200	495
hs/276				
Will Dyal	182.5	122.5	192.5	497.5
jr/243				
David Weaver	227.5	200	220	647.5
m2/276				
Jerry Anderson	202.5	130	197.5	530
teen/198				
B. Grote	137.5	115	182.5	435
teen/220				
Colter Doherty	195	95	232.5	522.5
teen/276				
Mark Elliot	182.5	150	182.5	515
hs/123				
Ryan Wells	40	67.5	132.5	240
hs/132				
Chris Swift	42.5	95	155	292.5
hs/132				
C. Stephens	35	47.5	110	192.5
hs/165				
A. Coffey	50	102.5	167.5	320
hs/165				
C. Buckley	45	107.5	167.5	320
hs/182				
Roy Jackson	60	110	162.5	332.5
hs/182				

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill

Tony Hill Jr.	40	72.5	150	262.5
hs/182				
Cody Harris	45	85	130	260
hs/198				
B. Grote	52.5	100	182.5	335
hs/220				
Brandon White	52.5	100	190	342.5
hs/220				
M. Kilong	37.5	85	157.5	280
hs/243				
Chris Hughey	45	80	185	310
hs/276				
Ross Collins	57.5	105	220	382.5
hs/276				
Will Dyal	52.5	122.5	192.5	367.5
int/220				
Eric Freeman	75	155	255	485
int/220				
John Garcia	50	105	162.5	317.5
int/276				
Bryan Mann	65	152.5	250	467.5
jr/182				
Chris Artym	72.5	122.5	180	375
m1/165				
Tal Crim	57.5	105	182.5	345
m1/198				
Tony Hill	55	112.5	150	317.5
m1/220				
Jerry Linder	60	112.5	182.5	355
m2/309				
W. Rogers	80	157.5	227.5	465
m3/220				
Bill Lumpkin	62.5	135	170	367.5
mp/220				
Rocky Artym	62.5	110	160	332.5
nat/165				
Tal Crim	57.5	105	182.5	345
nat/220				
Terry Tucker	80	155	275	510
nov/220				
Kory Bauer	82.5	172.5	240	495
nov/243				
Rick Storment	65	112.5	192.5	370
p&f/309				
B. McClothlin	77.5	145	212.5	435
p+i/220				
J. McDaniel	80	140	250	470
p+i/243				
J. Johnson	82.5	172.5	200	455
p+i/276				
David Bevis	85	185	207.5	477.5
pure/165				
Tal Crim	57.5	105	182.5	345
pure/182				
Herb Hensley	57.5	127.5	172.5	357.5
sm1/220				
Terry Tucker	80	155	275	510
sm2/182				
Herb Hensley	57.5	127.5	172.5	357.5
sm2/309				
Robert Linder	62.5	135	212.5	410
smp/149				
Jeff Phillips	67.5	130	227.5	425
smp/309				
John Crone Jr.	67.5	177.5	272.5	517.5

Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Tripecks, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPf Worlds, WPC Worlds,

teen/115				
S. Ellefsen	22.5	37.5	95	155
teen/182				
Wade Lewis	47.5	92.5	172.5	312.5
teen/220				
C. Carter	42.5	75	145	262.5
teen/276				
Mark Elliot	57.5	150	182.5	390
teen/276				
James Brock	42.5	62.5	120	225
wbphs/149				
T. Bradley		62.5		62.5
wm1/165				
Sabrina Bagby	25	60	102.5	187.5
wpure/97				
Carly Wingert	20	32.5	72.5	125
wsm2/132				
Kyong Rogers	20	60	120	200
wsm/115				
Cyndi Allen	20	32.5	52.5	105
wsqhs/132				
Jessica Collins	110			
youth/77				
Zach Hensley	17.5	25	65	107.5
(Thanks to Rich Peters for these results.)				

NASA Ohio State (kg)
20 MAR 04 - Springfield, OH

Powerlifting	C/SQ	BP	DL	TOT
A. Williams	150	125	227.5	502.5
hs/220				
Jake Whitt	227.5	155	207.5	590
hs/220				
Jeffrey Eagle	182.5	97.5	192.5	472.5
int/243				
Shawn Agne	272.5	170	245	687.5
int/243				
Shawn Avery	230	150	285	665
jr/149				
Scott Lewis	132.5	107.5	155	395
jr/220				
Josh Blake	275	155	257.5	687.5
m1/243				
Harry Wotring				
m2/182				
Ray Adams	137.5	105	162.5	405
pure/220				
Russell Dodson	145	77.5	165	387.5
m5/243				
Harry Wotring				
nat/243				
Shawn Avery	230	150	285	665
nov/198				
S. Nelson	227.5	172.5	227.5	627.5
nov/220				
A. Schroeder	250	162.5	215	627.5
nov/220				
W. McNichols	207.5	155	237.5	600
nov/220				
Mark Riggs	182.5	137.5	195	515
nov/243				
Phillip Jump	172.5	117.5	197.5	487.5
nov/309				
Matt Speer	230	145	210	585

Halbert on Lockout, Blakley on Shoulders, All Time TOP SQs, TOP 100 220s
Mar/02 ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Nega-

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pure/165				
Jason Murphy	252.5	175	227.5	655
pure/182				
Tom Tressler	165	110	170	445
pure/220				
W. McNichols	207.5	155	237.5	600
pure/220				
Mark Riggs	182.5	137.5	195	515
pure/243				
Shawn Avery	230	150	285	665
pure/243				
Phillip Jump	172.5	117.5	197.5	487.5
pure/276				
Harold Mobley	267.5	202.5	255	725
pure/276				
Todd Schott				
sm1/243				
Rich Anderson	280	207.5	272.5	760
sm1/243				
Phillip Jump	172.5	117.5	197.5	487.5
sm2/shw				
Scott Marcum	360	227.5	285	872.5
smp/198				
Wesley Eagle	167.5	135	210	512.5
smp/220				
W. McNichols	207.5	155	237.5	600
smp/243				
Mark Wynn	292.5	185	265	742.5
smp/276				
Lynn Halter	320	172.5	247.5	740
smp/309				
Nick Sabatino	235	207.5	250	692.5
smp/309				
Matt Speer	230	145	210	585
teen/165				
Nick Mason	202.5	125	227.5	555
want/132				
Susan Taylor	102.5	55	107.5	265
wm1/149				
Carol Frank	100	47.5	120	267.5
wm2/149				
Pat Frock	102.5	70	132.5	305
wmp/115				
Lisa Lowery	95	62.5	105	262.5
wmp/149				
Pat Frock	102.5	70	132.5	305
wmp/149				
Carol Frank	100	47.5	120	267.5
wpure/149				
Carol Frank	100	47.5	120	267.5

tives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's

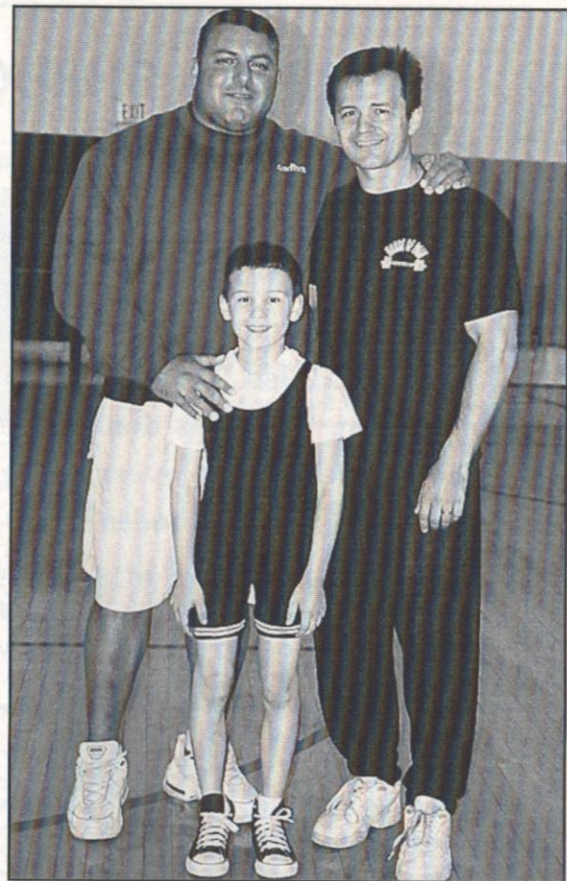
wsm/182				
Donna Eagle	97.5	67.5	137.5	302.5
youth/115				
Jon				

**3rd USPF Open BP/DL
15 MAY 04 - Buffalo, NY**

BENCH	D. Lowery	435
WOMEN	J. Wnuk	390
Open 165 lbs.	Super	
B. Kelly	130 C. Sermone	535
MEN	DEADLIFT	
Teen (14-15)	Guest (age 9)	
T. Carroll	140 S. Nowacki	125
(18-19)	WOMEN	
N. Fraas	315 M. Berbech	300
Submaster	B. Kelly	200
J. Cheverev	430 MEN	
198 lbs. Master	Teen (14-15)	
E. Jekov!*	440 M. Bellis	300
242 lbs.	(18-19)	
G. Kincaid*	245 N. Frars	500
W. Carroll	400 Master	
148 lbs.	M. Huff**	425
P. Trusso*	285 J. Hopkins	490
Open 148 lbs.	Open 148 lbs.	
A. Jackson	340 A. Jackson	430
M. Panzarella*	330 165 lbs.	
165 lbs.	J. Stallwerth	420
J. Dossett*	360 181 lbs.	
P. Zakrzewski	325 S. Nowacki	525
J. Stallwerth	300 D. Swingle	445
198 lbs.	198 lbs.	
H. Woodley	365 V. Moore	565
J. Green	360 S. Hailey	560
Guest	K. Dean	500
S. Hailey	480 H. Woodley	460
K. Dean	385 J. Green	440
220 lbs.	220 lbs.	
A. Lewis	405 A. Lewis	575
242 lbs.	242 lbs.	
L. Huff, Jr.	370 G. Hopkins	650
Guest	M. Rydelek	600
M. Rydelek	530 275 lbs.	
275 lbs.	J. Wnuk	550

! = Best lift. * = State record. The 3rd Annual Bench and Deadlift Competition was sponsored by the Erie Community College Football Team, and was held at the college. The event welcomed 24 lifters in the bench and 21 in the deadlift.

4 sets of fathers and sons were in the bench and deadlift competition. State records were set in the bench: Mike Panzarella (148) did 330 lbs. and Jim Dossett (165) did 360 for Junior records. Paul Trusso (148 Masters) did 285 lbs. and Enzo Jekov (198 Masters) did 440 lbs. George Kincaid did 250 lbs. at 73 years of age. State records in the deadlift were set by 76 years young (220 lbs.) Melvin Huff who did 425 lbs. The outstanding lifters for the bench was Enzo Jekov (440 lbs.), and for the deadlift, Melvin Huff (425 lbs.). Head Football Coach Dennis Greene and his staff wish to thank those who participated in the contest and hope to see everyone again next year. (Thanks to Charles Wuest for providing the meet results).



Steven Nowacki, a Lancaster, NY resident, and honor roll student at Annunciation school, competed in his first powerlifting meet, the USPF Open contest at Erie Community College in Buffalo, NY, along with his father, Stan Nowacki. Steven succeeded in all his three deadlifts of 85, 100, and 115 lbs., and then stunned the crowd by making his 4th attempt of 125 lbs. What is amazing about this is that Steven is only 9 years old, in third grade, and weighs only 60 pounds. Steven is proudly following in the footsteps of his father, who won the AAU National Title in the deadlift with 550 lbs. On hand to cheer Steven on was WPO Champion Paul Childress, also from Lancaster, and all three of them are seen in the photo. (Photograph courtesy Liza Nowacki)

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

27 AUG, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 53 Area Fitness Center, Bldg. 53302, 760-725-7404

28 AUG, USAPL Twin Cities Open, Aaron Welborn, 12779 Emmer Place, Apple Valley, MN 55124, 952-322-5598

28 AUG USAPL NorCal Qualifier, Scott Cartwright, 261 Lyman Circle, Sacramento, CA 95835, 916-515-0225

28 AUG, ADAU "Raw" NY State (men, women) Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, 718-326-2496, FAX 718-326-2331, ColiseumGym@aol.com, Ted Theodoropoulos

28 AUG, APA Big Iron Classic BP, DL, PP (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

28 AUG (NEW DATE & NAME), USPF National Bench Press and Deadlift Championships, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net
28 AUG, Motivations Maximum Metal

Open BP, Jason Richardson or Allen Miller, 1122 Meade St., Dunmore, PA 18512, 570-341-7665, motivations@att.net

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

28 AUG, SRPA George Bench Press Championships, Mark Fain, 770-935-4998, www.ironthredz.com, ironthredz@juno.com

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

29 AUG, Central Bench Press League & E-Normouse Powerlifting's 14th annual Endless Summer Classic Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-296-2878, infor@en-normous.biz

AUG, Amateur World Powerlifting Congress World Powerlifting + Bench Press Chicago, IL (Ernie Frantz) 630-892-1491, worldpowerlifting.org

4 SEP, Saratoga YMCA BP (raw/shirt divisions) John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000, Ext 205, johnhart@ymcasaratoga.org

4 SEP, WABDL Indiana State BP/DL (Indianapolis, IN) John Petigo, 317-887-9585

4 SEP, APF Georgia State Powerlifting+Bench Press Open, Kennisaw GA. 630-892-1491, worldpowerlifting.org

4 SEP, Orlo Helmer presents Bench Blast Championships (swords for all 1st places - Greensboro, NC) 336-362-8807

6 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 SEP, The Monster BP or DL (Comfort Inn, Ringgold Rd., Chatt. TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)

11 SEP, United We Stand BP & DL (all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt - New Castle, PA) Charles Venturella, 724-654-4117

11 SEP, WABDL DRUG TESTED Deep South BP/DL (Quality Hotel, Metairie, LA - Rich Hagedorn 256-441-0143, or Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

11 SEP, IPA Pennsylvania State and Northeast Regional, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

11 SEP, NAP Midwestern State Championship (Lawrence, KS) Bob Garza, 281-820-5923

11 SEP, United We Stand BP (raw/assisted - all wt. classes/age groups) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932 (before 9pm), valifting@aol.com, www.virginiausapl.com

11 SEP, SLP Tennessee State Fair

COMING EVENTS

BP/DL (Nashville, Tn.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11, 12 SEP, APA Powerlifting Nationals (qualifying total for open classes, not for teen, jr. master - Bristol, VA), APA United States Open PL (no qualifier), Eastern United States Open BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11, 12 SEP, North American Powerlifting Championships and Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com

18 SEP, Scit Fit of GA 6th annual BP (Macon, GA), Joe or Jamie 478-750-7005

18 SEP, WNPF Upstate New York II (Clyde, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

18 SEP, USPF Venice Beach PL/BP, Steve Denison, 661-333-9800, PWRFLFTRS@MSN.COM, www.powerliftingca.com

18 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, Keith Payne,

336-766-3347, keith@ironboyenterprises.com

18 SEP, APF Gulf Coast PL & BP (Tampa, FL) Rick 727-376-1707 or Bart 727-847-6852

18 SEP, SLP Wolf Pac BP/DL (Sun Prairie, WI) SLP, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 SEP, SPF Monster BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

18 SEP, APF/AAPF Azz Fest (PL, IM, Single Lift - Iron Asylum Gym, Tribes Hill, NY) Zane or Sandi, 518-858-7002, www.ironasylumgym.com

18 SEP, APF Northern California Open BP, Diablo Barbell Club, Ted O'Neill, 925-685-8818

18 SEP, ADAU "No Druggies Allowed" Raw Squat, Bench, Deadlift contests, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, pikitup.com

18 SEP, APA Eastern United States Open PL, BP, DL (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

18 SEP, APA Hardcore Push/Pull, Lebanon, New Hampshire, Calvin

APF/AAPF/WPO Schedule

- 9-4-04, APF Georgia State Powerlifting+Bench Press Open. Kennesaw GA.
- 9-18-04, APF Gulf Coast PL & BP, Tampa, FL (Rick Lawrence)
- 9-18-04, APF Maine State Push/Pull. Lewiston Maine. (Russ Barlow)
- 9-25-04, WPO Bench Bash for Cash. Orlando Fl. (Kieran Kidder)
- 10-8-10-04, GNC SOS WPO Finals. Cobb Galleria Atlanta GA. (Kieran Kidder)
- 10-(12th-17th)-04, WPC World Championships. Fresno CA. (Bob Packer)
- 10-16-04, APF Mississippi State Powerlifting+Bench Press Open. Gautier Miss. (Joe Ladnier)
- 10-23-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder)
- 10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow)
- 12-4+5-04 APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

USAPL Arizona State Championships
October 2nd, 2004
Queen Creek High School
Queen Creek, AZ
For info call
RICH WENNER 480-688-7336
Rich.Wenner@asu.edu

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Frost, Box 612, Windsor, VT 05089
18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
18,19 SEP (NEW DATE), N.P.A. Nationals PL, BP, DL, drug free, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL

61032, 815-233-2292, Fitlifedb@cs.com
18,19 SEP, WABDL DRUG TESTED West Coast BP/DL (Mariott Hotel, Rancho Cordova, CA) Jody Woods, 916-524-0914, www.wabdl.org, gethomas@bendcable.com
19 SEP, 6th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683
20 SEP, WNPf South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA, 770-997-0589, WNPf@AOL.COM

OR WNPf, PO BOX 142347, FAYETTEVILLE, GA. 30214
25 SEP, USAPL Ocean City Strength Festival PL, Magic Kayhun, 201 N. Maple Ave., Suite 204, Purcellville, VA 20132, 703-752-0077
25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnellpower.com
25 SEP, Pound for Pound Competition (men & women) Planet Fitness, Manalapan, NJ, Lori 732-972-7555

25 SEP, NAP Fall Classic (Houston, TX) Bob Garza, 281-820-5923
25 SEP, APA Northern United States PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268
25 SEP, SLP Nationals Open PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 SEP, Strongman Challenge (Saxonburg, PA) Therapeutic Muscle Specialists, 724-265-1600, muscle@nauticom.net
25 SEP, NASA E. Texas Regional (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com
25 SEP, WPO Bench Bash for Cash, Orlando FL (Kieran Kidder) and the Iron Zone APF Push/Pull Showdown (NEW DATE - men, women, teen, jr., open, submaster, master) James Goad, James@Xtreme-usa.com, 863-835-0447

25,26 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, www.wabdl.org, gethomas@bendcable.com
26 SEP, APA World Bench Press & East Coast Strict Curl (Leominster, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1 OCT, Stark County Sheriff Liftathon (to benefit the Adopt-A-Family Program, Canton, OH) Deputy Chane Cline, 330-323-1811

1 OCT, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 22 Area Fitness Center, Bldg. 22160, 760-725-3163

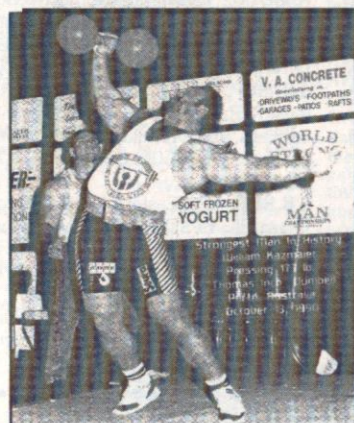
2 OCT, APF Open Nebraska State (Omaha, NE) Rick or Becca, 402-392-2446, becca@beccaswanson.com

2 OCT, WNPf S.W. Michigan (PL, BP, Iron Man - Lake Michigan College) Richard Van Eck, 269-521-4031

2 OCT, 8th. Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

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- ~ Second Place ~
\$1,500.00
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\$500.00
(Pound for Pound Winners as well)
- A \$100.00 entry fee

5 EVENTS

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

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Hosted and Judged by Ed Coan
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- 2nd. prize \$300.00
- 3rd. prize \$200.00
- 4th. prize \$100.00
- 5th. prize \$50.00
(Pound for Pound Winners as well)
- A \$100.00 entry fee

5 EVENTS

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

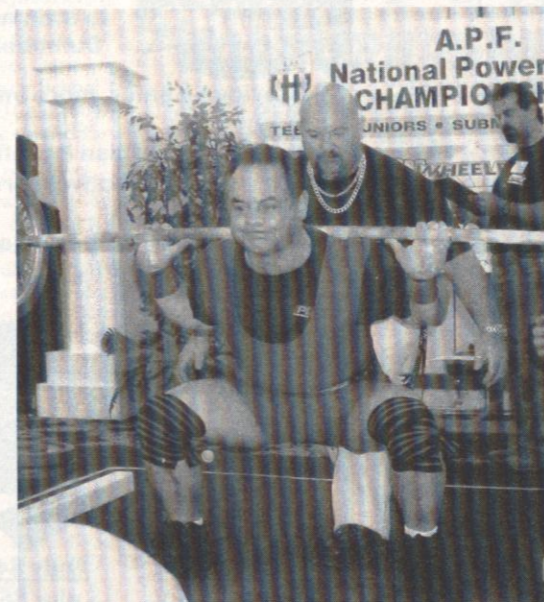
Contest Rules:

1. No super suits, erector suits, bench shirts, straps or wraps of any kind.
2. Weightlifting belts and chalk are allowed.
3. All lifts are single rep max with 3 attempts.
4. Winners are determined by a grand total of weight of all 5 lifts.

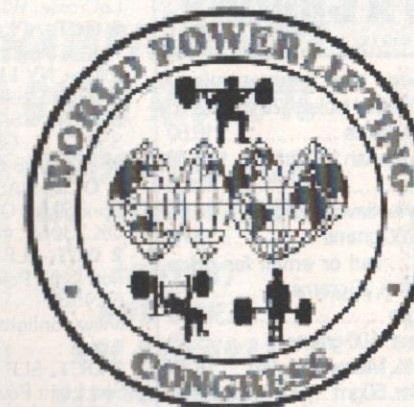
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2 OCT, October Fest BP (Iron Works Gym,
222 Jay St., LaCrosse, WI - teen, open,
submaster, master - men & women) Dennis
George, DWG Productions, 2018 Jackson St.,
LaCrosse, WI 54601, 608-787-5693

2 OCT, APF/AAPF New York City Champion-
ship, Coliseum Gym, 75-09 71st Ave., Middle
Village, NY 11379, Ted or Stacy, 718-326-2496
(4-11pm), coliseumgym@aol.com

2 OCT, USAPL Arizona State, Rich Wenner,
35437 N. Ghost Rider St., Queen Creek, AZ
85242, 408-688-7336

2 OCT, NASA Ohio Regional (PL, BP, PS -
Springfield, OH) Rich Peters, Box 735, Noble,
OK 73068, 405-527-8513, sqbpd@aol.com

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

3 OCT, SLP Iowa State BP/DL (Coralville, Ia.)
Son Light Power, 122 W. Sale St., Tuscola, IL.
61953, 217-253-5429,
www.sonlightpower.com, sonlight@netcare-il.com

5-10 OCT, IPF World Masters (New Delhi,
India)

8-10 OCT (NEW DATE), GNC SOS WPO
Finals. Cobb Galleria Atlanta GA. (Kieran
Kidder) 630-892-1491,
worldpowerlifting.org

8-10 OCT, WDPFF Single Event World
Championships (unequipped/equipped
men/women, all wt. classes & age categories,
including police/fire/military - Antwerp,
Belgium) Wim Baelant

9 OCT, 100% Raw Virginia State BP, Jhon
Shifflett, Box 941, Stanardsville, VA 22973, 434-
985-3932 before 9PM

9 OCT, 11th annual Fred and Ed Push 'n Pull
BP & DO (all wt. classes/divisions. Awards to top
5. No late entries) Ray Dunn, Nautilus, 42 Summer
St., Pittsfield, MA 01201, 413-499-1217

9 OCT, APA White Mountain Regional PL, PP,
BP, DL, (Keene, NH) Scott Taylor, Box 27204,
El Jobean, FL 33927, 941-697-7962,
scott@apa-wpa.com

9 OCT, NASA Big River Classic (Blytheville, AR)
Daryl & Tobey Johnson, Daryltobey@aol.com

9 OCT, "Bar is Loaded, Can You Bench It?"
Bench Press (Tucker, GA) Leonard McCormick,
4853 Plymouth Terr., Decatur, GA 30035, 770-
322-0885 or 678-406-9200,
Lmac515@hotmail.com

9 OCT, AAU/USBF Maryland State Raw Bench
& AAA Baltimore Armwrestling Championships,
Brian Washington, PO Box 20042, Baltimore,
MD 21284-0042, 410-265-8264,
Brian@usbf.net

9 OCT, Bob Hafner PL Championship (Belle
Chasse NAS Gym, LA - PL, PP, BP, DL - open,
spec. oly., women, teen, master, military, team)
Bob Hafner, 504-393-9521

9 OCT, SLP National "Raw" PL/BP/DL
(Jefferson City, MO) Son Light Power, 122
W. Sale, Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

9 OCT, NASA Tennessee Regional (PL, BP, PS

Nashville, TN) Rich Peters, Box 735, Noble, OK
73068, 405-527-8513, sqbpd@aol.com

10 OCT, USAPL Ohio PL/BP, Ed King, 24775
Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

10 OCT, USAPL Drug Free Ohio PL & BP (open
men & women; raw men, women, masters; masters;
teen; police & fire; team) Ed or Frank King, 440-439-
5464, Cleveland, OH

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

16 OCT (Revised Date), PPL "Drug Free" Na-
tionals, Python Power League, 2250 Lumpkin
Rd., Augusta, GA 30906, 706-790-3806,
pythongym@aol.com

16 OCT, APA Heavy Metal Record Breakers (PL,
PP, BP, DL - Prince Frederick, MD) Scott Taylor,
Box 27204, El Jobean, FL 33927, 941-697-7962,
scott@apa-wpa.com

16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie
Anderson, 1142 E. 15th St., Ashtabula, OH 44004,
440-964-3013, anderson1142@yahoo.com

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

16 OCT, SLP Arkansas State BP/DL (Paragould,
Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL.
61953, 217-253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

17 OCT, USAPL Florida State Collegiate (Florida
Gulf Coast Univ., Ft. Myers, FL) Jim Dundon,
Jdundon@fgcu.edu, 239-590-7709,
www.geocities.com/floridausapl

17 OCT, APF Muscle Bound Fitness Fall Classic BP
and/or DL (W. Lafayette, OH) John Blackstone,
740-545-0840

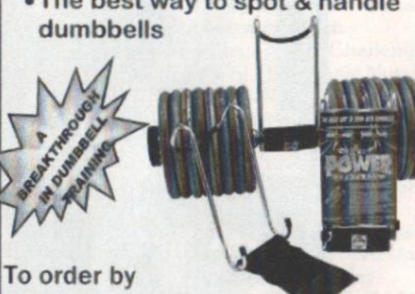
23 OCT (NEW DATE), The Atlantis Strongest
Man in America (trap bar, DL, BP, PP, Chinup,
Thomas Inch Dumbbell Lift; huge cash prizes;
hosted by Bill Kazmaier & Ed Coan, at
Quincigamond College, Worcester, MA) Bruce,
Jeff, or Todd, 508-885-3686

23 OCT (NEW DATE), 3rd annual Atlantis Stron-

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Nashville, TN) Rich Peters, Box 735, Noble, OK
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10 OCT, USAPL Ohio PL/BP, Ed King, 24775
Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

10 OCT, USAPL Drug Free Ohio PL & BP (open
men & women; raw men, women, masters; masters;
teen; police & fire; team) Ed or Frank King, 440-439-
5464, Cleveland, OH

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

16 OCT (Revised Date), PPL "Drug Free" Na-
tionals, Python Power League, 2250 Lumpkin
Rd., Augusta, GA 30906, 706-790-3806,
pythongym@aol.com

16 OCT, APA Heavy Metal Record Breakers (PL,
PP, BP, DL - Prince Frederick, MD) Scott Taylor,
Box 27204, El Jobean, FL 33927, 941-697-7962,
scott@apa-wpa.com

16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie
Anderson, 1142 E. 15th St., Ashtabula, OH 44004,
440-964-3013, anderson1142@yahoo.com

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

16 OCT, SLP Arkansas State BP/DL (Paragould,
Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL.
61953, 217-253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

17 OCT, USAPL Florida State Collegiate (Florida
Gulf Coast Univ., Ft. Myers, FL) Jim Dundon,
Jdundon@fgcu.edu, 239-590-7709,
www.geocities.com/floridausapl

17 OCT, APF Muscle Bound Fitness Fall Classic BP
and/or DL (W. Lafayette, OH) John Blackstone,
740-545-0840

23 OCT (NEW DATE), The Atlantis Strongest
Man in America (trap bar, DL, BP, PP, Chinup,
Thomas Inch Dumbbell Lift; huge cash prizes;
hosted by Bill Kazmaier & Ed Coan, at
Quincigamond College, Worcester, MA) Bruce,
Jeff, or Todd, 508-885-3686

23 OCT (NEW DATE), 3rd annual Atlantis Stron-

gest Man in New England (hosted/judged by
Bill Kazmaier: trap bar
DL, BP, jerk press, chin
up, Thomas Inch DB - 5
cash prizes. Benefit for
Paxton Fire Dept. -
Paxton Center School,
Paxton, MA) Call Bruce,
Jeff, or Todd - 508-885-
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23 OCT, Central Vir-
ginia Halloween BP &
DL (Sport & Health,
Fredericksburg, VA)
John Graube, 9839
Courthouse Rd.,
Spotsylvania, VA
22553, 540-898-
5139,
johngraube@yahoo.com

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

23 OCT, 2nd, AAPF
Tom Foley BP/DL Clas-
sic, Premier Fitness, 430, Nanuet Mall
South, Nanuet, NY 10954, 845-920-
0501, www.premierfitnessny.com

23 OCT, APA Central United States
Power Day (Cedar Falls, IA) Scott
Taylor, Box 27204, El Jobean, FL
33927, 941-697-7962, FAX 801-
905-7046, scott@apa-wpa.com

23 OCT, NASA KY Regional, Greg
& Susan Van Hoose, Rt. 1 Box 166,
Ravenswood, WV 26164, 304-273-
2283, gvhl@wirefire.com

23 OCT, AAPF Southern States
Powerlifting+ Bench Press
Open. (Kieran Kidder) 630-892-1491,
worldpowerlifting.org

23 OCT, SLP Wisconsin BP/DL
(Kaukauna, WI) Son Light Power, 122
W. Sale, Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

23,24 OCT (tentative dates),
APA Powerlifting Nationals,
Scott Taylor, Box 27204, El
Jobean, FL 33927, 941-697-
7962, FAX 801-905-7046,
scott@apa-wpa.com

23,24 OCT, NASA N. Carolina Regional
(PL, BP, PS - Hickory, NC)
Rich Peters, Box 735, Noble, OK
73068, 405-527-8513,
sqbpd@aol.com

24 OCT, WNPF Ohio Fall Natural,
Ron DeAmicis, 6531 New Rd., Young-
stown, OH 44515, 330-792-6670

29-31 OCT, AAU World BP, DL,
Push-Pull, & AAU International
Full Power (world and american
records can be broken in both
meets - Showplace Annex, Rich-

mond, VA) aaupower@aol.com,
804-233-9570

30 OCT, NAP Northern Regional
(Burr, IL) Bob Garza, 281-820-5923,
www.nappowerlifting.com

30 OCT, APA Last Man Standing
Push/Pull, Lebanon, NH, Calvin Frost,
Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional
PL, BP, PS (Lubbock, TX) Rich Pe-
ters, Box 735, Noble, OK 73068,
sqbpd@aol.com, [www.nasa-
sports.com](http://www.nasa-
sports.com)

30 OCT, 22nd annual Raw "ADAU"
Central PA Open PL (open & all age
groups, men & women - Bigler, PA)
Siegel Engraving, 304 Daisy St.,
Clearfield, PA 16830, 814-765-
3214, al@pikittup.com

30 OCT, ANPPC National PL,
Son Light Power, 122 W. Sale,
Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State
Open (all classes) Russ Barlow, 175
Kennebec Trail, Turner, ME 04282,
207-225-5070

31 OCT, SLP Midwest Open BP/
DL (Indianapolis, IN) Son Light Power,
122 W. Sale, Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

31 OCT, Best of the Southwest Raw
BP/DL (Bodytorium Fitness Center,
McMurray, PA) Steve Siwiak, 724-
941-7270

31 OCT, Halloween Havoc BP (60
entry limit, all wt. classes & divs. -
Taylor, PA) Joe Moe 570-562-3642,
moceyunj@neiu.org or
rhsvpmo@ns.neiu.k12.pa.us

OCT, APF Full Meet, The Gym in
Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSAA World
PL/BP/DL/BP rep, David
Newingham or Kirk Stroud, 727-
492-0723,
novfitness@earthlink.net

OCT, 5th NHSP Record Breakers,
Jamie Fellows, Box 375, Belmont,

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Power Day (Cedar Falls, IA) Scott
Taylor, Box 27204, El Jobean, FL
33927, 941-697-7962, FAX 801-
905-7046, scott@apa-wpa.com

30 OCT, APA Last Man Standing
Push/Pull, Lebanon, NH, Calvin Frost,
Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional
PL, BP, PS (Lubbock, TX) Rich Pe-
ters, Box 735, Noble, OK 73068,
sqbpd@aol.com, [www.nasa-
sports.com](http://www.nasa-
sports.com)

30 OCT, 22nd annual Raw "ADAU"
Central PA Open PL (open & all age
groups, men & women - Bigler, PA)
Siegel Engraving, 304 Daisy St.,
Clearfield, PA 16830, 814-765-
3214, al@pikittup.com

30 OCT, ANPPC National PL,
Son Light Power, 122 W. Sale,
Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State
Open (all classes) Russ Barlow, 175
Kennebec Trail, Turner, ME 04282,
207-225-5070

31 OCT, SLP Midwest Open BP/
DL (Indianapolis, IN) Son Light Power,
122 W. Sale, Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

31 OCT, Best of the Southwest Raw
BP/DL (Bodytorium Fitness Center,
McMurray, PA) Steve Siwiak, 724-
941-7270

31 OCT, Halloween Havoc BP (60
entry limit, all wt. classes & divs. -
Taylor, PA) Joe Moe 570-562-3642,
moceyunj@neiu.org or
rhsvpmo@ns.neiu.k12.pa.us

OCT, APF Full Meet, The Gym in
Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSAA World
PL/BP/DL/BP rep, David
Newingham or Kirk Stroud, 727-
492-0723,
novfitness@earthlink.net

OCT, 5th NHSP Record Breakers,
Jamie Fellows, Box 375, Belmont,

NH 03220
3-7 NOV, World Powerlifting
Committee World PL & BP, L.B.
Baker, Box 40, Bogart, GA
30622, 770-725-6684, 713-
3080, lbbaker@irondawg.com,
www.wpcworlds2004.com

6 NOV (NEW DATE), APF Missis-
sippi State Powerlifting+B

sonlight@netcare-il.com

19-21 NOV (NEW DATES), IPA Senior National PL & BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chaillet@suscom.net or Ellen Chaillet, echaillet@aol.com
20-21 NOV (revised dates), WDFPF World Championships (Atlanta, GA) WNPf, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPf@aol.com

20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr., 4808 Cass St., Omaha, NE 68132, Keith Machulda, 402-444-5596

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

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

21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY 14209

21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637, Mike 654-9110, www.gorillapackpowerliftingteam.com, gorillawarfare2@yahoo.com

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

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

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), 27, 28 NOV USAPL Virginia Stack PL/BP Raw & Assisted. John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiasapl.com

28 NOV, USAPL Life Time Nationals, John Shufflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiasapl.com

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\$1000.00 winners
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2003- Allen Reed

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NOV, 100% Raw World BP, Paul Bossi, 252-339-5025

NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

1-5 DEC, IPF World Bench Press (Cleveland, OH)

3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us

4 DEC, APC Excalibur Classic PL & BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)

4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave Harrison, 763-441-4232
4 DEC, WNPf World Record Breakers + WNPf International

Single Lift Championships (Atlant., GA) WNPf, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPf@aol.com

4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court House, NJ 08210, 609-465-4723

4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-6683

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

4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, http://mysite.verizon.net/rhk

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

11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

11 DEC (New Date), 2nd Bench Press Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852

11 DEC, USAPL 11th December

Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964

11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpd@aol.com, www.nasasports.com

11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female, all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570

11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

11,12 DEC, 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805 (w), 658-5457 (h), www.calapf.com

12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

18 DEC (2nd new date), WNPf IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-997-0589, WNPf@AOL.COM OR WNPf, Box 142347, Fayetteville, GA, 30214

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

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net

8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-

6851

15 JAN, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenberg, 925-803-5029, rwmeulenberg@hotmail.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

22 JAN, SPF Alabama State Push/Pull, BP (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

5,6 FEB, USAPL Women's Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 FEB, 6th NASA High School Championships (BP, PL, PS - 1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

13 FEB, USAPL Florida State (Clearwater, FL) Vincent Lombardi, Lombardistrength@yahoo.com, 813-685-3498

19 FEB, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net

5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org

12 MAR, 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

2 APR, SPF Nationals, Push/Pull & Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

8,9 APR, USAPL Texas State, Joe Gremillion, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407

8,9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

6-8 MAY, USAPL Men's Nation-

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als, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

www.southernpowerlifting.com
10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

JUN, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

16 JUL, World Games
30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

30 JUL, ABA Central Arkansas BP

(Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

15-20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

APR 06, USAPL Collegiate Nationals (Nova Southern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR 06, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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



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The American Powerlifting Committee (APC) is the American affiliate to the World Powerlifting Committee.

www.americanpowerliftingcommittee.com

APA Jackson Battle of the Bad
24 JUL 04 - Jackson, MI

WOMEN	SQ	BP	DL	TOT
Drug Tested				
114 lbs.				
M. Hendricks	95			
148 lbs.				
S. Duncan	300	195	315	810
165 lbs. Open				
A. Tucker	215			
4th	225			
198 lbs. Drug Tested				
C. Smith	225			
MEN				
Master (50-59)	148 lbs.			
R. Blaumuller	225	190	240	655
Junior (20-23)				
S. Odom	240			
Open 165 lbs.				
V. Barnes	420	330	435	1185
Drug Tested				
T. Collins	420			
181 lbs.				
J. Busby	375			
Teen (18-19)				
S. Patrick	315			
198 lbs. Drug Free				
J. Vining				
Junior (20-23)				
V. Welch				
Submaster				
J. Vining				
Open 220 lbs.				
L. Benton	415			
Master (60-69)				
H. Long	285			
(40-49)				
G. Alles	380			
Drug Tested				
G. Thiel	405			
Master (60-69)				
R. Jinkins	425			
Open 242 lbs.				
J. Smith	625	640	1740	
Drug Tested				
T. Mayfield	550	405	535	1490
Master (40-49)				
C. Littleton	650	385	500	1535
Junior (20-23)				
D. Yates	535			
Drug Tested				
D. Yates	535			
275 lbs. Teen (18-19)				



Amanda Tucker had a great day at the APA Jackson Battle of the Bad Open with successful bench attempts of 195, 205, 215 and a record breaking 4th attempt of 225, which broke the APA Mississippi record. (both photographs by Scott Taylor, APA President)

J. Jackson	475			
Open				
B. Royston	565			
Master (40-49)				
R. Wharton	500			
Submaster (33-39)				
J. Micka	600			
Open				
W. Stewart	470			
Drug Tested				
J. Gousett	470			
Master (40-49)				
T. Tidwell	405			
Teen (18-19)				
J. Jackson	275			
308 lbs. Drug Tested				
R. Staten	600			
Submaster (33-39)				
D. Gauthrie	360			
Master (40-49)				
M. Burnett	330			

This was a great event and not enough can be said about how good the spotting and judging was, or the friendly and helpful staff of the YMCA. Special thanks to Scot Long for making this event possible and for putting in a lot of work to make sure this turned out to be a quality event. All warmup and platform weights were weighed prior to the event to assure no question of any record attempt being off. Platform weights utilized were accurate. The quality of lifting was excellent and sportsmanship was great with lots of vocal spectator support to cheer these lifters on to putting up some big numbers. Best lifter in the Power meet was Jason Smith, in the bench meet the best lifter was John Micka, and the best lifter in the deadlift event was Billy Royston. All competitors received beautiful swords as Awards and the best lifters received Battle Axes. Records set at this competition: Sonja Duncan set Mississippi State records in the Women's Drug Tested and Open Records in the Women's 148 classes with a 300 squat record, 195 bench record, and 315 deadlift which also gave her a state record of 810 pounds in the total. Amanda Tucker set a Mississippi state bench press record of 225 pounds in the 165 lbs. Women's division. Steven Odom set a Mississippi Junior record in the 148 lbs. class with a 240 bench press. Trey Collins set a Drug Tested Mississippi state record in the bench press with a lift of 420 pounds in the 165 lb. class. Sean Patrick set a Louisiana teenage record with a bench press of 315 pounds in the 181 lb. category. Hugh Long set a Mississippi record in the Masters (65-69) year old 220 lb. division with a bench press of 285 pounds. George Alles set a Louisiana record for the men's 45-49 Master 220 lb. category with a bench press of 380 pounds. Ron Jinkins set a Mississippi deadlift record in the 220 lb., Master 60-64 category with a deadlift of 500 pounds. Torrence Mayfield set Drug Tested and Men's Submaster 33-39 Mississippi records of 550 in the squat, 535 in the deadlift, and record in the total

with a 1490 total. Chester Littleton set Mississippi Master 40-44, 242 class records in the squat with 650, bench press with 385, deadlift of 500 and ended up with a record in the total with 1535. Dustin Yates set a Junior American drug tested record in the 242 class with a 535 pound bench press. He also set Mississippi records in the 242 class. Jeremy Jackson hit a 475 deadlift setting a teenage 18-19 Mississippi record. Rich Wharton set a Mississippi Master 45-49 record in the 275 class with his 500 deadlift. John Micka set a Mississippi submaster and open record in the 242 class with a huge 600 bench press. Tommy Tidwell was injured while lifting but still managed to set a Mississippi master record in the 45-49 275 category with a 4005 bench. Robbie Staten set a Mississippi drug tested record in the 308 class with his 600 pound squat. David Gauthrie set a Mississippi drug tested submaster record in the 308 lb. category with his 360 bench and Mike Burnett set a Mississippi masters record 45-49 superheavyweight category with his 330 bench (he had a near miss with 400). The next APA event at the Jackson YMCA will take place on Nov. 20th. We are looking forward to seeing some of the same faces and many new faces. (Thanks to Scott Taylor, APA President, for these results)

SPF Full Powerlifting Nationals
26 JUN 04 - Gatlinburg, TN

148 lb. Teenage	SQ	BP	DL	TOT
R. Whitmore	300	225	430	955
181 lb. Class				
D. Bodkin	365	275	375	955
Danny Stone	330	245	380	955
Men 165 lb. Class				
M. Weller	475	300	455	1230
Bill Parsley	465	315	425	1205
D. McClure	350	265	335	970
Men 181 lb. Class				
Rick Lewis	405	400	540	1345
Justin Maple	385	285	485	1170
Mike Lockley				
Men 198 lb. Class				
Eddie Pitts	580	375	545	1500
Todd Weller	620	385	490	1495
S. Heffernan	500	405	470	1375
J. McCracken	405	365	475	1245
Men 220 lb. Class				
Geoff Butia	600	500	575	1675
Men 242 lb. Class				
N. Peppers	635	465	635	1735
Sam Byrd	675	460	575	1710
Clevenhagen	630	460	610	1700
Bernie Bell	575	340	630	1545
Client White	405	330	475	1210
Men 275 lb. Class				
Tom Shupp	600	565	505	1670
Brent Pickett	540	460	560	1560
John Biddle	650	365	530	1545
Men 308 lb. Class				
M. Stidham	315	260	350	925
Men Super Heavy Wt.				
David Ellis	700	575	650	1925
Jeff Brandon	750	435	675	1860

SUB-MASTERS MEN

165 lb. Class				
M. Weller	475	300	455	1230
198 lb. Class				
Brent Tracy	785	525	625	1935
Jim Pickett	500			
220 lb. Class				
Larry Hoover	740	480	640	1860
E. Warwick	485	365	465	1315
242 lb. Class				
T. Mitchell	510	530	420	1460
Wade Hawk	200	185	375	760
275 lb. Class				
Tom Shupp	600	565	505	1670
Super Heavy Wt.				
Jeff Brandon	750	435	675	1860
Masters				
198 lb. Class				
Giles Dunn	385	340	405	1130
220 lb. Class				
Steve Brown	600	405	600	1605
308 lb. Class				
John Bible	405	460	600	1465
Grand Masters				
242 lb. Class				
Barry Maples	270	245	375	890
275 lb. Class				
John Robinson				
308 Grand Masters				
Billy Morgan	405	425	550	1380
SPF Open Bench				
Press Nationals				
Teenage				
Steve Braz	460			
148 lb. Class				
Steve Brown	405			
242 lb. Class				
Nick Maddux	500			
Frank Burrell	455			
Grand Masters				
198 lb. Class				
A. Maddux	525			
C. Wooten	325			
242 lb. Class				
W. Sexton	250			
308 lb. Class				
Billy Morgan	425			
Raw BP				
Nationals				
Teenage				
Joseph Sauble	485	460	480	1425
Brian George	500	315	550	1365
T1				
Chris Gillings	225	290	515	
4th	351			
M2				
George Wilson				
M3				
Bob Vastine	280			
Open				
242				
T. Dellinger	600	475	600	1675
Jon Peterson	550			
Mark Fetty Jr.	460			
Mark Fetty Sub	460			
Jon Peterson	550			
Open				
275				
M. Schenk	620	455	650	1725
Nick Sauble	520	365	540	1425
Mike Reedy	435	375	550	1360
T2				
Ryan Swope	315	275	400	990
M1				
Dan Long	550	380	570	1500
Tom Taylor	415	375	500	1290
T2				
Ryan Swope	275	400	590	
DT				
Scot Vickery	500			
Open				
Eric Hubbs	475			
M1				
Eric Hubbs	475			
T2				
Dan Long	505			
Ryan Swope	400			
SHW				
DT				
L. D'Ambrosio	900	525	630	2055
Open				
Bill Duncan	665	450	595	1710

Thanks to everyone who helped make this meet possible. (results by Jesse Rodgers)

APA Eastern USA Championships
05 Jun 04 - Prince Frederick, MD

Men	SQ	BP	DL	TOT
YGL				
N. Duncan	50	30	85	165
148				
D. Duncan	145	80	201	426
4th	150		210	
W M1				
132				
P. Burnette	230	160	270	660
W				
165				
B. Schenk	275	165	340	780
WT2				
N. Baldwin	225	135	340	700
4th	250			
T2				
John Willis	415	280	425	1120
Sub				
Len Walker	400	340	405	1145
DT				
Jason Baer	405			
T2				
Joseph Sherbert	315			
Thomas League	310			
Open				
181				
D. Larbalestrier	430	370	450	1250
Sub				
D. Larbalestrier	430	370	450	1250
DT				
Brett Mantia	300			
Open				
Tom Lewis	465			
Sub				
Brett Mantia	465			
T2				
198				
Dustin Montana	270	210	355	835
Sub				
Douglas Davis	380			
T3				
220				
M. Williams	425	395	615	1435
Open				
Joseph Sauble	485	460	480	1425
Brian George	500	315	550	1365
T1				
Chris Gillings	225	290	515	
4th	351			
M2				
George Wilson				
M3				
Bob Vastine	280			
Open				
242				
T. Dellinger	600	475	600	1675
Jon Peterson	550			
Mark Fetty Jr.	460			
Mark Fetty Sub	460			

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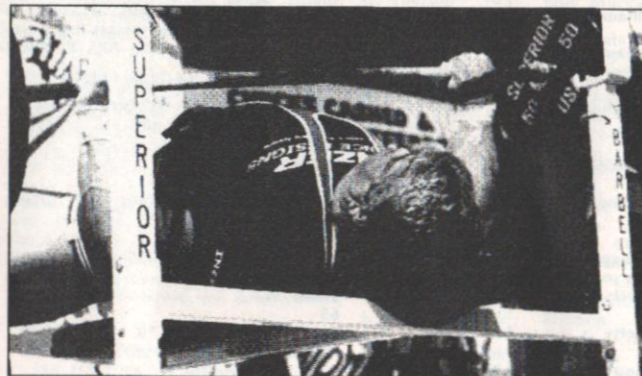
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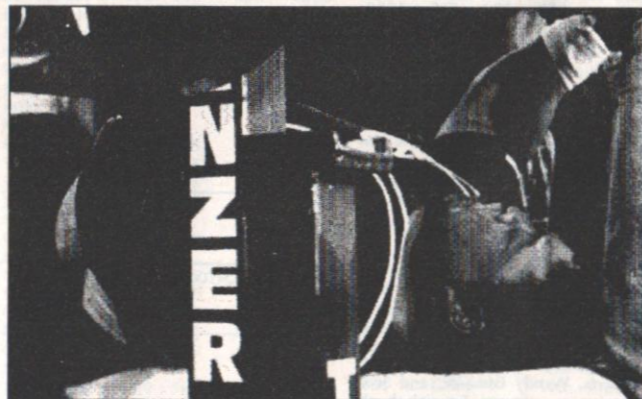
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**WABDL House of Pain World Cup
20,21 MAR 04 - Dallas, TX**

DEADLIFT	Onnie Jordan 606
Class 1	259
181	T. Ekenberg 634
R. Espinoza 479	Master Men 61-67
D. Bickerstaff 468	220
Lamon Bater 468	T. Lancaster 567
198	Women 40-46
A. Geitner 551	114
F. Jackson Jr. 281	Tara Rivers 248
259	148
T. Ekenberg 634	Josie Jackson 276
Disabled Men	Open Men
242	198
C. Colchado 584	A. Geitner 551
308	Submaster M 34-39
O. Sanchez 534	181
Junior Men 20-25	R. Espinoza 479
181	259
Chad Bell 534	J. Laskowski 622
220	Submaster Women
Eric Gunn 700	SHW
Junior Women	K. LaMonica 352
123	Teen Men 13-15
Erica Haislar 325	242
Law/Fire	A. Caudell 429
Master Men 40-47	4th
259	462
Bruce Koch 578	Teen Men 16-19
114	114
Law/Fire	H. Perez 330
Open Men	165
198	C. Hargett 429
A. Garcia Jr. 468	181
220	Jason Perez 523
Joe Guerra 551	198
Law/Fire	S. Moore 402
Submaster Men	220
198	Dujuan Calvo 462
Barran Stone 485	Teen Women 13-15
Master Men 40-46	148
165	T. Colchado 126
M. Mosley 468	Teen Women 16-19
220	114
Rick Garcia 644	L. Guzman 225
242	198
C. Colchado 584	L. Calvo 330
275	BENCH
Jeff Capps 661	Class I Men
Master Men 47-53	181
132	T. Brown 374
Gary Landess 355	D. Bickerstaff 330
220	R. Espinoza 319
H. Barton 479	198
Master Men 54-60	D. Bradshaw 418
181	F. Jackson Jr. 209
R. Contreras 523	220
220	M. Berteaux 430

M. McDaniel 385	242
Shawn Barnes 435	C. Colchado 451
C. Sherwood 418	Mark Gibson 413
259	259
B. Bell 435	C. Malone 479
4th	275
T. Ekenberg 429	John Stewart 551
Danny Austin 375	Jeff Capps 440
SHW	440
Disabled Men	T. McKinney 556
242	Master Men 47-53
C. Colchado 451	132
181	Gary Landess 172
S. Judah 415	165
Chad Bell 352	S. Weingust 435
308	220
John Erickson 639	M. Berteaux 460
4th	275
650	R. Jackson 418
Junior Women	Master Men 54-60
123	181
Erica Haislar 165	R. Contreras 319
4th	170
Law/Fire	Dan Bell 391
Master men 40-47	242
165	Sean Finegan
Kenneth Cook 385	259
SHW	T. Ekenberg 429
P. Lattanzi 462	Master Men 61-67
220	220
Law/Fire 48+	T. Lancaster 402
220	Master Men 85+
Kevin Hamrah 330	148
Open Men	J. Heizelman 170
181	Master W 54-60
D. Bickerstaff 325	148
198	S. O'Brien 121
J. Whitney 424	Open Men
308	148
K. Wilkerson 501	N. Mansourian 376
Law/Fire Sub Men	4th
198	392
J. Whitney 424	M. Rodriguez 451
Barran Stone 314	E. Morishima 451
259	198
M. Craig 507	P. Thomas 468
Master Men 40-46	4th
148	D. Harvey 457
K. Rex White 259	220
165	Joe Guerra 551
M. Mosley 297	C. Washburn 473
181	242
E. Morishima 451	Sean Finegan
220	308
E. Wilkinson 551	John Erickson 639
J. Campbell 451	4th
Eddie Ross 451	K. Wilkerson 501
Rick Garcia 380	F. Alexander 501

Record at 220. In Junior 123, Erica Haislar set a World Record with 325. In Law/Fire Master 40-47 Bruce Koch set a Texas State Record at 259 with 578.5. In Law/Fire Open 220, Joe Guerra set a TX record with 551, and in Law/Fire Submaster 198 Barran Stone pulled 485. In Master Men 47-53, Gary Landess ripped up an Indiana record 355.8. In Master Men 54-60, 259#, Tom Ekenberg set a World Record with 634.8, his 4th world record in the last two years, and he has a bad hip to boot. In Master Men 61-67, 220, Terry Lancaster set a Texas record and a World Record 567.5, breaking the old record of 518 held by Aparecido Camargu of Brazil. In Master Women 40-46, 114, Tara Rivers set a Louisiana Record with 248. At 148, Josie Jackson set a Master Women's TX record with 276.6. In Submaster 259#, Jason Laskowski set a TX State Record with 622.7. In Teen 13-15, 242# class, Aaron Caudell set a TX record with 462.7. In Teen Men 16-19, 114#, Hector Archilla Perez set a Guatemalan National Record with 330.5#. At 181, Teen, Jason Perez set a Texas Record 523 1/2 with a very "take no prisoners" attitude. He never says die or "I give"! In Teen Women 13-15, 148, Tabatha Cochado set a Texas



650 lb. Bencher John Erickson shakes hands with his Dad at the WABDL House of Pain World Cup. (Photograph courtesy Erickson)

Record 126.7 in the deadlift and in teen 16-19 114#, Leslie Guzman set a World Record 225.7. Moving to the Bench Press, in Class I, Ted Kennedy of Georgia set a State Record 473.7 at 242. At 259, Brian Scott Bell set a TX record 451.7 to beat Tom Ekenberg and Danny Austin of Arkansas. Austin came in 3rd, but set an Arkansas record of 375.8. In Junior men, Stephen Judah set a Florida Record with 415.4 at 181. In Junior 308, John Erickson set a World Record 650, which was done in explosive style. John played Minor League Baseball with the Tampa Bay Devil Rays and was an Oklahoma H.S. Wrestling Champion. As a pitcher, with the Devil Rays, he threw 94 miles per hour. He gives all of the credit for his athletic success to his father. In Junior Women, 123, Erica Haislar set an Illinois State Record with a 170.7 bench. In Law/Fire Open 308, Keith Wilkerson set a Texas State Record 501 1/2. In Law/Fire Submaster 259 Craig Mitchell of New York set a State Record 507. In master men 40-46, 220, Ed Wilkinson smoked a World Record 551 and he and his team members from San Antonio won the team title. At 275, Master 40-46, John Stewart opened with a raw 551 and then put on his Inzer shirt and came very close with 700.8. At Super Big Thomas McKinney put up a 556.5 Texas State Record. In master men 47-53, 165, Sheldon Weingust shattered the World Record of 424, held by Freddie Evangelista, with a 435, and was very close with 446.2. At 220 Mike Berteaux set a Colorado Record with 460.8. In Master 54-60, 220, Dan Bell set a Texas State Record with 391.2 at age 59, very impressive. In Open Men, 148, Narbe Mansourian set a California State Record 392.3 to beat Lance Slaughter's record

that stood for 7 years, and he did it in a single ply shirt. At 181 Open, old timer "The Legendary" Ed Morishima Jr. of Hawaii lost to Dr. Marcos Rodriguez on bodyweight. They both put up 451.7. Ed locked out 485, but didn't get the lift passed. At 198, Patrick Thomas set a TX record with 502.6. At 220, Joe Guerra set a Texas record with 551, a big improvement for Joe. At 308, John Erickson set an Oklahoma State Record with 650.2 and at Super Mike Hamby set an Oklahoma record with 600.7, his first venture into the 600 club. In Submaster 259, Jason Laskowski set a TX record 512.5 and in 2nd place, Craig Mitchell of New York set a NY State Record of 507. In Teen 13-15, 242# class, Aaron Caudell set a Texas Record with 385.7, only 17# shy of the World Record. In 13-15, 148#, Roy DeLeon set a TX State Record of 242.5. In 16-19, 181#, Trey Jewett set a TX State Record of 374.7, and in Teen Women 16-19, 198, Alexandria Calvo set a Texas Record of 187.2 in the bench. Other notable lifts were Jeff Capps who benched 440.7 in Master 40-46, 275, and who deadlifted 661.2 and came close with 700.8. Ken Malone won Master 40-46, 259, with a 479.5. He holds the Texas State Record with 490.5. Jack Heizelman, who is 86, benched 170.7, weighting 148#, and he has the upper body of a 60 year old, probably better than most 25 year olds. San Antonio, Texas was well represented on March 20th in Dallas, Texas at the WABDL World Cup Bench Press and Deadlift Championships. The team from Joe's Gym in Fredericksburg Road took top honors. Trey Jewett, competing in Teen men 16-19 year old group 181 lb. class benched 374lbs. for a new state record breaking the old mark by over 50 lbs. and also was Best Lifter for teen men. Johnny Campbell set a personal best with a 451 lb. bench in the Masters 220 lb. class and came in 2nd among 5 in his division. Jason Laskowski, competing in Submaster men 259lb class,

benched 512 lbs. and deadlifted 622 lbs., both for new state records and also won Submaster Best Lifter in both. Ed Wilkinson in the Masters 220 lb. bench set a new World Record doing 551lbs., breaking the old mark by over 27 lbs. and just missing 562 lbs. Ed also was Best Lifter for Masters Middleweight Bench, and Kenneth Cooke competing in the Law/Fire 165 lb. class benched 385 lbs. and also won Best Lifter for the Lightweight Law/Fire bench. Jay Whitney in the Submaster 198 lb class for Law/Fire set a new state record doing 424 lbs. Jay also won Best Lifter for the Submaster Bench, and finally Sheldon Weingust competing in the Masters 165 lb class set a new World Record benching 435 lbs, just missing 446 lbs., breaking the old record by 10 lbs. Sheldon also was Best Lifter for Masters Lightweight bench. I want to thank the scorekeeper, Bettie Bugno, and the spotter/loaders who did a great job - R.J. and David Crowe. The judges were Jason Jackson, Richard McKeefe, Tom Ekenberg, and Ken Anderson. Weight-in room supervisor was Ken Anderson. Doug Patterson of MAC Barbell provided the warmup weights and benches. Doug was quite a lifter himself, in the old days, with a 730 DL to his credit. The competition bench was provided by Forza Strength Systems. Tom Ekenberg gets a big thank you for storing the WABDL kilo set, which was provided by Ivanko, and he also transported it, along with some staging. I would like to thank our sponsors: Rick Brewer of House of Pain, Robert Walker of TwinLab, Wes & Michelle Kampen of Powerlifting Superstore and Monster Muscle the Magazine, Jim Starr, Neal Spruce, Dave Whelan and Odd Haugen of Apex Fitness Group, also, Shawn Madere of GLC Direct, the best joint formula on the planet, Mike Lambert of Powerlifting USA, Chet Groskreutz of Ivanko, Kevin Bartholomew and Billy Driscoll of Budweiser, Gus Samuelson of GSE Specialties and Ken and Johnny

Anderson of Advocare Performance Products. (Report by Gus Rethwisch.)

APA Northern California Open
8th May 04 - Sacramento, CA

M1	SQ	BP	DL	TOT
181				
Scott Helmer	455	275	460	1190
220				
J. Bianco	455	315	455	1225
Open				
Mike Laynee	600	430	710	1740
M2				
242				
D. Robinson	225	225	300	750
M3				
G. Lively	255	235	265	755
M2				
SHW				
Leo Contreras	400	400	460	1260
Open				
Leo Contreras	400	400	460	1260
Drug tested				
Leo Contreras	400	400	460	1260
Womens M1				
unlimited				
Valerie Crowell	195	255	450	
M1				
165				
Bryan Uyeoka	280	475	755	
M1				
181				
Todd Robinson	285	300	485	
16-17				
220				
Adam Contreras	250	300	550	
Jr.				
David Nunes				
M2				
242				
Don Robinson	225	275	500	
Open				
SHW				
Leo Contreras	400	460	860	
Drug Tested				
Leo Contreras	400	460	860	
M2				
Leo Contreras	400	460	860	

BENCH
Women M1
Unlimited
V. Crowell 195
Drug Tested
181
T. Robinson 285
M1
T. Robinson 285
13-15
198
Tony Knigh 250
M3
242
M. Bonifield 325
Dennis Cone 290
Drug Tested
SHW
L. Contreras 400
Open
Art Ramsey 510
L. Contreras 400
M2
Powerlifting Best Lifter: Mike Laney, Push-Pull Best Lifter: Bryan Uyeoka, Bench Press Best Lifter: Art Ramsey, Deadlift Best Lifter: Mike Laney. The 2nd Annual APA North California Open Championship was a lot of fun. Special thanks to the spotters for doing a great job all day keeping the lifters safe. I would also especially like to thank the 3 beautiful young ladies who helped load plates all day and did an outstanding job of it. Chip Conrad provide an excellent facility for the event. Judging was excellent with Mike McKnight, Chip Conrad, and Scott Taylor in the judges chairs throughout the day. There were several new faces seen at this meet and new records set, which will be on the APA website. Sportsmanship and camaraderie were great with everybody helping each other out and cheering each other on. Beautiful swords were presented to every lifter in the event with best lifters receiving awesome battle axes. I look forward to the next APA events in N. CA which are being scheduled at the moment. (S. Taylor).

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If under 18, have parent initial _____ Signature _____

Record 126.7 in the deadlift and in teen 16-19 114#, Leslie Guzman set a World Record 225.7. Moving to the Bench Press, in Class I, Ted Kennedy of Georgia set a State Record 473.7 at 242. At 259, Brian Scott Bell set a TX record 451.7 to beat Tom Ekenberg and Danny Austin of Arkansas. Austin came in 3rd, but set an Arkansas record of 375.8. In Junior men, Stephen Judah set a Florida Record with 415.4 at 181. In Junior 308, John Erickson set a World Record 650, which was done in explosive style. John played Minor League Baseball with the Tampa Bay Devil Rays and was an Oklahoma H.S. Wrestling Champion. As a pitcher, with the Devil Rays, he threw 94 miles per hour. He gives all of the credit for his athletic success to his father. In Junior Women, 123, Erica Haislar set an Illinois State Record with a 170.7 bench. In Law/Fire Open 308, Keith Wilkerson set a Texas State Record 501 1/2. In Law/Fire Submaster 259 Craig Mitchell of New York set a State Record 507. In master men 40-46, 220, Ed Wilkinson smoked a World Record 551 and he and his team members from San Antonio won the team title. At 275, Master 40-46, John Stewart opened with a raw 551 and then put on his Inzer shirt and came very close with 700.8. At Super Big Thomas McKinney put up a 556.5 Texas State Record. In master men 47-53, 165, Sheldon Weingust shattered the World Record of 424, held by Freddie Evangelista, with a 435, and was very close with 446.2. At 220 Mike Berteaux set a Colorado Record with 460.8. In Master 54-60, 220, Dan Bell set a Texas State Record with 391.2 at age 59, very impressive. In Open Men, 148, Narbe Mansourian set a California State Record 392.3 to beat Lance Slaughter's record

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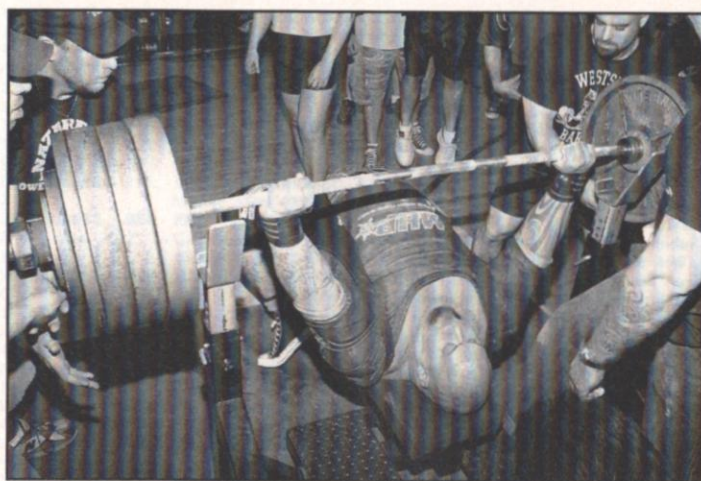
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AAPF/APF Northeast Meet

17 APR 04 - New Brunswick, NJ

APF BENCH	Hallwell, Phil	T2 275
Open 165	Hawthorn, M. 400	M1 165
Caliguari, Joe 320	Jr 145	AAPF BENCH
Open 165	Kirkwood, R. 300	Jr 165
Centaurio, V.	165	Lourenco, Dan 435
Open 198	SM 181	SM 181
Einfall, Lew	Kampo, John 360	Jr 198
Open 242	Fields, Bobby 730	Lepovick, John 430
DeFalco, Ryan 560	Grosso, Peter 610	M2 275
M2 275	Patterson, Jim 425	SM 220
Open 308	Open 308	Dalzell, Joe 460
Taylor, Chris 725	P-F 220	Murray, Mike 490
Toranzo, Joel	M2 SHW	Allen, Gregory 380
M2 SHW	O'Brien, Bob 475	Open 275
O'Brien, Bob 475	AAPF DEADLIFT	Williams, Matt 500
AAPF DEADLIFT	Open 165	Allarde, Don 460
Open 165	Open 198	Gould Scott 440
Allarde, Don 460	Open 198	M2 275
Open 198	Frige, Jay 455	M1 220
Frige, Jay 455	M1 220	Patterson, JM 425
M1 220	Reeder, A. 500	Open 242
Reeder, A. 500	Guest 242	Yacovelli, S. 400
Guest 242	APF P Ling	SQ BP DL TOT
APF P Ling	Open 165	Mazza, Angelo 600
Open 165	Jr 198	Enes, Justin 600
Jr 198	Jr 220	Impallomen, J. 525
Jr 220	Open 242	Holm, Leonard 465
Open 242	Open 275	Plescia, Mark 800
Open 275	Byrd, Damon 610	Open 275
Byrd, Damon 610	T3 275	Millheiser, K. 750
T3 275	Open 275	Riedy, Chris 775
Open 275	Open SHW	Miller, Mike 1050
Open SHW	Womens	AAPF
Womens	AAPF	105
AAPF	Kassel, Ronna 205	160 300 665
105	123	Mollica, Tracy 255
123	132	Olsen, M. 125
132	148	Joyce, Jackie 310
148	DeRuvo, Katie 330	170 325 825



Mike Miller broke some major barriers at the AAPF/APF Northeast meet, squatting 1050, benching 805, and totaling 2510 @385 lbs.

SHW	Kane, Paul	575	390	500	1465	
Theodoropoulos 345	Open 220	Malpica, Fred	550	390	525	1465
APF	M2 220	Muchen, G.	365	280	400	1045
Pro 148	M2 220	Hatten, Greg	610	225	605	1440
Caggiano, K. 340	P-F/ SM 220	Reynolds, Tom	505	305	505	1315
225 300 865	M1 220	Ortolano, P.	655	325	405	1385
Pro 132	Open 220	Richard, Brian	555	435	405	1395
Joyce, Jackie 270	Open 242	Rundle, Blaine	750	450	530	1730
175 275 760	Open 165	Roll, Charles	450	350	435	1235
AAPF PL	Open 275	Mattei, Adam	275	150	295	720
T-1 114	Open 275	Caputo, Ralph	430	235	450	1115
Machiz, Andy 150	Open 275	Rodgers, C.	320	455		
80 180 410	Open 165	DiGirolamo, J. 450	295	415	1160	
T-1 148	Open 275	Allarde, D.	475	275	460	1210
Nacco, A.	Open 275	Larrisey, Shay 660				
300 165 350 815	Open 275	Mattei, Rick	300	195	335	830
T-1 165	Open 275	M4 181				
Mattei, Adam 275	Open 275	Ginenthal, D.	300	190	370	860
150 80 180 410	Open 275	SM 181				
T-1 148	Open 275	Lombardo, F.	280	275	385	940
Nacco, A.	Open 275	T-2 220				
300 165 350 815	Open 275	Baldson, DJ	455	315	500	1270
T-1 165	Open 275	M2 220				
Mattei, Rick	Open 275	Theodoropoulos 630	435	600	1665	
300 195 335 830	Open 275	Teams: 1st Nazareth BB, 2nd Skiba's Gym,				
M4 181	Open 275	3rd World Gym Miltown. Outstanding				
Ginenthal, D.	Open 275	Lifters - AAPF: Men 181 - Ralph Caputo, 198				
300 190 370 860	Open 275					
SM 181	Open 275					
Lombardo, F.	Open 275					
280 275 385 940	Open 275					
T-2 220	Open 275					
Baldson, DJ	Open 275					
455 315 500 1270	Open 275					
M2 220	Open 275					

- SH - Blaine Rundle, Women - Ronna Kassel, BP - Dan Lourenco, APF: Men 181 - Angelo Mazza, 198-SH - Mike Miller, Women - Kathy Caggiano, BP - B. Fields.

NASA Kansas State (kg)
10 APR 04 - Salina, KS

Powerlifting	C/SQ	BP	DL	TOT	
jr/132	Michael Mock	37.5	77.5	150	265
jr/243	Sam Marsh	52.5	112.5	185	350
m1/165	Bill Anderson	62.5	115	170	347.5
m2/165	David Goodloe	40	80	160	280
m2/198	John Vogt	57.5	100	172.5	330
mp/276	Rick Newton	55	115	205	375
nov/198	Wesley Goans	60	117.5	185	362.5
p-f/220	R. Henderson	77.5	190	332.5	600
pure/276	M. O'Brien	77.5	190	255	522.5
sm/309	C. Cookson	80	192.5	280	552.5
sqmp/276	Rick Newton	200			
youth/88	Cody Anderson	15	25	50	90
youth/115	Cole Anderson	20	27.5	60	107.5
Meet	A. Hunter	317.5	190	287.5	795
hs/149	A. Mehan	410	292.5	325	1027.5
hs/220	L. LaVarro	352.5	272.5	352.5	977.5
Nick Mancoso	92.5	57.5	122.5	272.5	
int/182	Eli Buller	230	145	230	605
int/220	D. Blanchard	275	170	252.5	697.5
jr/182	T. Wright	287.5	147.5	232.5	667.5
90	R. Baker	242.5	185	225	652.5
125	A. Hunter	317.5	190	287.5	795
140	L. LaVarro	352.5	272.5	352.5	977.5
Master 50+	D. Thompson	202.5	117.5	190	510
75	The third annual APC/UAPC Georgia State				
Open Powerlifting and Bench					
Championships were held April 3, 2004 at the					
Holiday Inn Express in Athens, Ga. Thanks					
go out to the spotter/loaders Eric Stoker,					
Thomas Shaffer, and Vern Ruffner. Also, a					
meet would not be the same without Nadine					
Baker and Michelle Rouse assisted by Daniel					
Clower, and Shelia Rowe at the table. Expert					
and consistent judging from Mike Kidd, Andy					
Fowler, and Jim Rouse rounded out the crew. The					
team from Gainesville, Georgia coached by					
Mike Kidd were the team champions. Lou					
LaVarro, the State APC Chairman for Florida					
was best APC lifter overall and Mark Vickers					
was best UAPC lifter overall. Special thanks					
to the Canadian team representing the					
Independent Powerlifting Association of					
Canada, the WPC Canadian Representative,					
for their participation as guest lifters. Al					
Mehan had personal bests in the bench					
press and deadlift. Also thanks to our					
guests from Poland, Michal Tumidajski,					
and Baron Jaroslaw, WPC Poland					
President. The Polish team personally					
delivered their team entry form and					
national flag for the WPC/Committee					
World Powerlifting Championships					
November 3-7, 2004 which will be held					
at the Classic Center in Athens, Ga. Finally,					
thanks to all the participating lifters					
who demonstrated the grit, determination					
and sportsmanship that makes powerlifting					
so great. (Thanks to L.B. for providing					
results)					
Brad Sundberg	242.5	172.5	232.5	647.5	
nov/243	Jim Burke	257.5	160	220	637.5
nov/243	S. Hungria	225	127.5	232.5	585
p-f/182	Bill Kausler	142.5	130	187.5	460
p-f/220	Clifford Bell	260	162.5	170	592.5
pure/182	Eli Buller	230	145	230	605
pure/220	F. Mendoza	240	185	215	640
sm/243	Jim Burke	257.5	160	220	637.5
wnov/106	R. Buganan	55	37.5	105	197.5
youth/115	Tyler Cookson	72.5	42.5	92.5	207.5
bpsm2/276	Trent Gunter	185			
John Janzen	p-f/198				
cm1/276	Kenneth Roush	160			
E. McDonald	sm1/198	80			
Travis Lyon	sm1/243	187.5			
Kevin Randall	sm1/243	76			
cm2/198	Larry Fenti	205			
John Vogt	sm1/243	57.5			
djlr/243	Trent Gunter	185			
Kevin Gvilbalt	137.5	smp/182			
dml2/198	Chris Beck	167.5			
John Vogt	172.5	smp/198			
Bench	Travis Lyon	187.5			
int/198	Troy Stuart	210			
Troy Stuart	Droegemeier	135			
m1/276	E. McDonald	172.5			
nat/198	W. Flickinger	190			
nat/243	(Thanks to Rich Peters for these results.)				

APC/UAPC Georgia State Open

3 APR 04 - Athens, GA

Bench Division	Teenage	C. Maddox	90			
Teenage	S. Faulkner	205	Sub Masters			
S. Faulkner	140	75				
W. Oldham	165	D. Dessau	127.5			
Open	100	D. Smith	175			
100	C. Scott	192.5	R. Wright 135			
C. Scott	10082.5	140+				
J. Freeman	192.5	R. Hodge	252.5			
140	Master 40-49					
M. Piattelli	272.5	67.5				
140+	G. Bradley	107.5				
R. Hodge	252.5	Master 50+				
C. Maddox	205	82.5				
S. Smith	175	R. Lovelace	155			
Powerlifting	SQ	BP	DL	TOT		
Open	82.5					
R. Hill	272.5	170	250	692.5		
J. Gordon	270					
90	R. Baker	242.5	185	225	652.5	
R. Baker	317.5	237.5	250	877.5		
C. Evans	185	115	170	470		
T. Cahill	100					
100	S. Radford	272.5	210	272.5	755	
S. Radford	227.5	140	205	572.5		
S. Fogle	225	135	205	565		
B. Adams	235	155	237.5	627.5		
T. Fontanez	110					
110	J. Gill	215	127.5	215	557.5	
J. Gill	125					
125	A. Hunter	317.5	190	287.5	795	
A. Hunter	410	292.5	325	1027.5		
A. Mehan	140					
140	L. LaVarro	352.5	272.5	352.5	977.5	
L. LaVarro	Sub Master					
Sub Master	100					
100	M. Vickers	285	165	275	725	
M. Vickers	Master 40-49					
Master 40-49	125					
125	T. Wright	287.5	147.5	232.5	667.5	
T. Wright	90					
90	R. Baker	242.5	185	225	652.5	
R. Baker	140					
140	A. Hunter	317.5	190	287.5	795	
A. Hunter	Master 50+					
Master 50+	75					
75	D. Thompson	202.5	117.5	190	510	
D. Thompson	The third annual APC/UAPC Georgia State					
	Open Powerlifting and Bench					
	Championships were held April 3, 2004 at the					
	Holiday Inn Express in Athens, Ga. Thanks					
	go out to the spotter/loaders Eric Stoker,					
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	and consistent judging from Mike Kidd, Andy					
	Fowler, and Jim Rouse rounded out the crew. The					
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	wnov/106	R. Buganan	55	37.5	105	197.5
	youth/115	Tyler Cookson	72.5	42.5	92.5	207.5
	bpsm2/276	Trent Gunter	185			
	John Janzen	p-f/198				

SLP WISCONSIN OPEN BP/DL
5 JUN 04 - Waupaca, WI

BENCH PRESS	198		
women master 40-44	Ray Gronowski	270	
181	(4th)	280	
Jean Lane	105*	police & fire	
novice men	220	submaster	
198			
A. Fitzgibbon	330*	Kevin Ruder	405*
308		police & fire	
Jason Kollauf	500*	242	
teenage men 13-15	Shawn Becker	560*	
165	(4th)	570*	
Kevin Rabe	115	open men	
teenage men 16-17	242		
165		Chad Alsteen	510!
Eric Boylan	225	DEADLIFT	
165		teenage men 13-15	
Jake Mountjoy	215	148	
teenage men 18-19	Kelly Rabe	245	
198		teenage men 16-17	
Tim Schultz	300	165	
308		Jake Mountjoy	380
S. Garza	410	teenage men 18-19	
junior men	198		
J. Meulemans	375	Tim Schultz	460*
220		(4th)	475*
A. Mickelson	475	123	
submaster men	Keith Koch	255*	
242		master men 40-44	
Todd Depner	430	198	
master men 40-44	Dave Rabe	340	
148		master men 45-49	
Tim Aldag	300*	181	
(4th)	305*	Scott Hubert	590*
198		220	
Steve Korff	425*	Stuart Coogan	550
220		master men 50-54	
Roberto Flores	405	198	
master men 45-49	Dale Alsteen	455	
181		242	
Dennis Ploetz	275	R. Sadowski	525*
198		master men 80-84	
Gary Koch	200	181	
220		Bob Stephan	335*
Joe Cozza	525*	open men	
master men 50-54	165		
198		Miquel Castro	620
Dale Alsteen	320*		



SLP Wisconsin Open Best Lifter...Miguel Castro. (Photo by D. Latch)

Kevin Rabe captured the title at 13-15/165 with 115 while Eric Boylan won over Jake Mountjoy in the 16-17/165 class 225 to 215. In the 18-19 age division Timothy Schultz got his first official 300 bench at 198 while Santiago Garza had some problems, settling with his opener of 410 at 308. At junior 198 Joel Meulemans won with 375 along with Aaron Mickelson who finished at 220 with his opener of 475 after a personal best 500 failed three times. Todd Depner got a new personal best of 430 with his final attempt for the win at submaster 242. Tim Aldag broke his own state record at 40-44/148, making his first ever 300 bench before coming back with a successful fourth of 305! Steve Korff also got a new state record at 198 with his 425 second attempt. Then at 40-44/220 it was Roberto Flores for the win with 405. Dennis Ploetz got a new personal best of 275 with his win at 45-49/181, this being his first competition. At 198 it was Gary Koch with his first official 200 bench! Joe Cozza upped his state record to 525 at 45-49/220, with plenty left in him. Dale Alsteen set the state record at 50-54/198 with 320, winning there over Ray Gronowski, who finished with 270, then a 280 personal best fourth. In the submaster class of the police & fire division Kevin Ruder set the state record with a solid 405 second attempt. The best lifter of the competition was Shawn Becker, who won at police & fire 242, breaking the state record twice with his third attempt of 560 and his fourth of 570. Both were also

new personal records for Shawn, who should hit 600 at the fair! Our final competitor was Chad Alsteen who won at open 242, setting the national SLP raw record there with 510. In the deadlift competition Kelly Rabe got an easy opener of 245 at 13-15/148, then came within inches of locking out a state record 305 on his final two attempts. Jake Mountjoy got a new personal record at 16-17/165 with 380 while Timothy Schultz broke the state record for the 18-19/198 class with his 460 third and 475 fourth attempts. Both were new personal bests for Tim also. Keith Koch got a great state record and personal best pull of 255 with his win at junior 123. In the master men's division it was Dave Rabe with 340 and the win at 40-44/198. Scott Hubert got a new state record at 45-49/181 with a strong 590 pull while Stuart Coogan won at 220 with 550. Mr. "Blue Shoes" won the award for the ugliest deadlift shoes of the meet! Dale Alsteen won his second title of the day at 50-54/198 with his final 455 "sandbagger" pull. This boy had plenty more in him! Richard Sadowski got in three good pulls, finishing with a new state record of 525 at 50-54/242. Up next was 83 year old wonder Bob Stephan, who set the state record at 80-84/181 with 335. It was great to finally meet Bob's wife, Billie, a youthful beauty at 81, and a classy lady. In the open class it was best lifter Miquel Castro, making just his opener of 620 for the win at 165. Grip problems due to the bar and not the strength of this great puller. Thanks also

to my son Joey for all his help and to Bob Heiner for helping with the loading and spotting duties. See you all at the State Fair August 14! (Results provided by Dr.Latch)

Canadian Push/Pull + Curl
19 OCT 03 - Montreal, Quebec

IBench	220		
Female	D. Rousseau	190	
20-23	33-39		
165	220		
Karine Coté	165	Joe Lamonica	135
Male	Open		
13-19	220		
148	D. Rousseau	190	
N. Ferland	215	20-23	
20-23	242		
165	Francia Brent	180	
S. Harvey	315	40-49	
33-39	SHW		
181	C. Marceau	130	
Archanbault	210	Deadlift	
40-49	13-19		
181	148		
S. Quintal	300	M. Boudreau	425
13-19	33-39		
198	181		
M. Robitaille	285	Archanbault	450
13-19	40-49		
198	181		
David Banville	280	C. Dallaire	660
50-59	Open		
198	181		
G. Larivée	315	C. Dallaire	660
20-23	40-49		
220	242		
J. Grégoire	325	B. Boudreau	600
40-49	40-49		
242	SHV		
M. Ferland	490	C. Marceau	465
20-23	Push&Pull		
SHV	Female		
D. Voronov	605	40-49	
40-49	97		
SHV	O. Michaud	335	
C. Marceau	320	Male	
Curl	13-19		
Female	148		
20-23	M. Boudreau	610	
165	33-39		
Karine Coté	100	181	
Male	Archanbault	635	
13-19	40-49		
148	181		
M. Boudreau	100	C. Dallaire	995
33-39	Open		
181	181		
Archanbault	115	C. Dallaire	995
Open	33-39		
181	198		
Pat Gravel	140	Eric Boissinot	815
13-19	50-59		
198	198		
David Banville	126	M. Sadowski	675
33-39	40-49		
198	242		
Eric Boissinot	135	B. Boudreau	800
50-59	40-49		
198	SHW		
G. Larivée	135	C. Marceau	760
20-23			

Winyah Fitness Bench
26 Jun 04- Georgetown, SC

BENCH	M. Phipps	510
Women		
M. McKnight	135	I. Williams
Sharon Ard	80	435
Teen		275+
C. Bardon	280	J. Tancil
A. Dawson	300	630
J. Springs	305	Masters(40)
C. Watts	250	J. Hackworth
Open		380
148		R. Howell
F. McNeil	320	350
C. Bardon	280	C. McKnight
165		350
J. McElveen	330	Masters(50)
R. Nesbit	310	J. Tancil
198		630
N. Adams	445	D. Racafronte
R. Howell	350	450
A. Carraway	340	B. Kocak
220		280
D. Hartley	450	Masters(60)
C. Griggs	405	J. Powell
275		370
C. Williams	510	

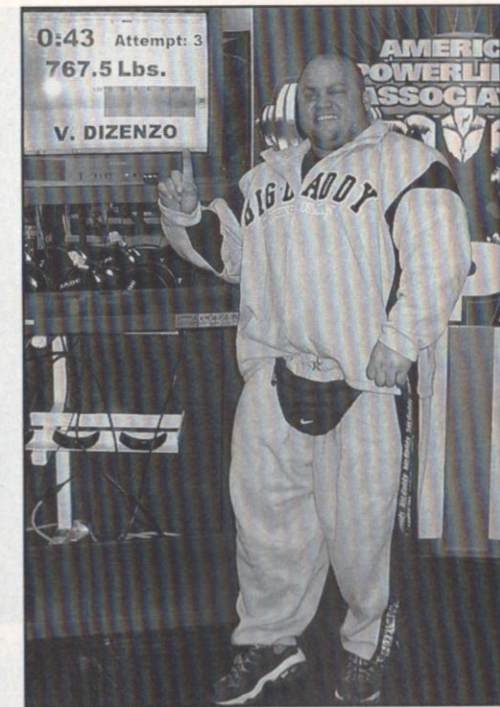
(Thanks to Claude Marceau for the results.)

APA Nutmeg State Open BP/DL
14 DEC 03 - CT

BENCH PRESS	Men's Open 242		
Women's Lt Wt	Randy Bailey	400	
K. Radtke	130*	Men's Open 275	
Women's Mid Wt	V. Dizenzo	767.5!	
Carla McComb	150	Michael Peters	495
Women's	G. Bonneville	430	
Master 40+	Brad Poland	405	
Carla McComb	150	Jason Kilburn	385
Men's Teen 13-15	Men's Open 308		
Don Anneser	315!	Jason Woelfel	300
Men's Teen 16-17	Men's Open SHW		
D. Simmons Jr.	225	M. Zawilinski	450*
Men's Teen 18-19	4th	475*	
C. Hitchcock	400*	DEADLIFT	
Chris Mehmel	330*	Women's Mid Wt.	
R. Kielczweski	285*	Carla McComb	250
C. Wasniewski	320	Women's	
Men's Junior 20-23	Master 40+		
Mi. Zawilinski	450!	Carla McComb	250
4th	475!	Men's Teen 13-15	
N. Galitsatos	352.5	Don Anneser	345
4th	360*	Men's Teen 16-17	
J. Humphries	305	D. Simmons	400*
Men's Sub 33-39	Men's Teen 18-19		
V. Dizenzo	767.5!	C. Wasniewski	640!
B. Moorehead	425	Nic Moretto	585*
4th	450!	4th	600*
Curt Audibert	330	Men's Junior 20-23	
Dolan Simmons Sr.	A. Pagano	580	
Dave Pascale	4th	602.5*	
Men's Master 40-44	John Retkowski	535	
Alan Perkins	402.5*	J. Humphries	545*
4th	407.5*	Men's Sub 33-39	
Mark Azzarito	325	D. Simmons	537.5*
James Plourde	350	Eric Disessa	335*
Men's Master 45-49	4th	340*	
R. Kielczweski	465	Men's Master 45-49	
4th 470*	Oscar Mack	455*	
Jeff Milne	420	Men's Master 50-59	
Oscar Mack	315*	Gerry Barsky	580*
Men's Master 50-59	Roland Cote	550*	
Roland Cote	420	Men's Master 60-69	
Men's Master 60-69	John Varrone	550!	
John McGuire	330*	Men's Open 181	
4th	345*	Oscar Mack	455*
Gerald Beals	260	Men's Open 198	
4th	272.5*	A. Pagano	580
Men's Open 123	Luis Batista	500	
V. Pichay	230!	Men's Open 220	
Men's Open 148	Nic Moretto	585	
J. Strucinski	370*	Joe Humphries	545
Kurt Bergeron	265	Men's Open 242	
Men's Open 181	C. Wasniewski	640	
B. Moorehead	425	Men's Open 275	
4th	450!	G. Bonneville	625
Oscar Mack	315	Michael Peters	600
Men's Open 198	Men's Open 308		
M. Brockway	360	B. Mimnaugh	725*
Men's Open 220	Jason Woelfel		
C. Hitchcock	400*	Team Winner:	
J. Humphries	305	Team Nic Moretto.	

! - World Record. * - State Record. Well, the 2003 APA Nutmeg State BP & DL might require a name change to the Snow Bound Classic. We got hit with high winds and a major snowstorm that dropped snow at 2" an hour causing white-out conditions. Considering we usually pull lifters from 8 states plus Canada, the storm put a big dent in our numbers but it certainly didn't put a damper on the enthusiasm. I couldn't believe we had as many lifters and spectators as we did considering just how bad the weather was. Many thanks to all 56 lifters who did make the treacherous trip. It takes a lot of good help to run a meet and I'm very fortunate to have the best there is. Many thanks to my husband Mark, Abby & Michelle MacKenzie, Mikel Brockway, Kurt Bergeron, Cory Wasniewski, Dawn & Lon Baker, Lynn Cannamela, Dennis Montebault, Mike Taylor and Ronnie. Special thanks also to Inzer Advance Designs, House of Pain, APT's Pro Wrist Straps, and PL USA for their support. On to the lifting, Krysann Radtke got us off to a great start with a CT Junior State Record of 130 lbs. and came very close with 135. This was 30 lbs. better than the last time I saw Krysann compete and I'm sure more records are on the way for her. Krysann won our Women's Lightweight division for her efforts. Carla McComb won our Women's Middleweight division and took home the Best Lifter trophy with an easy 150 lbs. and came extremely close to a World Record tying 165. Look for Carla to make that record her own very soon. 15 yr. old Don Anneser lifted in his first APA meet

and made quite the impression while winning his division. He broke the World Record on all 3 of his attempts, ending with a very impressive 315 @ 164 lbs. Terrific lifting for someone so young. 16 yr. old Dolan Simmons Jr. had a tough day only making one attempt but still took 1st place in his division with a nice 225. The Teen 18-19 division was a tough battle. Chuck Hitchcock, Chris Mehmel and Ricky Kielczweski Jr. all set state records with Chuck coming out the winner with a MA State Record 400. Mike Zawilinski had a great day in the Junior division. He ended with a World Record 475 lbs. to take the win. Nick Galitsatos set a new CT State Record with 360 lbs. while winning 2nd place. The Submaster division blew us all away. 2nd place finisher Brett Moorehead made the trip down from Maine to give us one last chance to see him lift, he's moving to Florida in a few weeks. He went out in style with a 4 for 4 day and a World Record 450 @ 173 lbs. He also took home the Best Lifter Lightweight trophy. All of his lifts looked incredibly easy and he had at least another 30 lbs. in him. Thanks for all the support through the years Brett and you are going to be sorely missed. What can I say about the 1st place winner but amazing. Vincent Dizenzo came to the meet with one goal in mind. Vincent wanted to become only the 2nd person in history to bench press 700 lbs. in 3 different weight classes. With a 700 in the SHW class and 730 in the 308's, it was time to see what he could do in the 275's. Vinny opened with 650 and in typical fashion, launched it like it was 135. Now it was time for a little history-making. 700 was called for and the place was the loudest I think I've ever heard it. I swear the walls were shaking. Vincent came down nice and controlled with it, got the press command and pressed it out for a nice solid lift. The place went nuts. Just when we thought we'd seen it all, Vincent called for one more attempt, 767.5. You see, he got his name in the history books by benching 700 lbs. in 3 weight classes, setting the WPA World Submaster Record in the process, but there was one more thing he was after. He wanted the all-time best bench ever made in the 275 lb. class, regardless of federation. The crowd was stunned at what they were about to see. Vinny got the lift-off and brought the bar down with incredible control. He got the press command and blasted the bar up off his chest with amazing speed. Near lockout the bar began to slow but Vinny just kept on pushing for all he had. The bar floated for a second and then he was locked solid for a good lift. The crowd went absolutely wild. 767.5 @ 273 lbs., what more can you say? The record setting continued right on with the Master 40-44 division. Alan Perkins took the win with a CT State Record 407.5 on a perfect 4 for 4 day and looked good for more. Ricky Kielczweski Jr. had set a MA State record in his teen division and the pressure was now on Ricky Kielczweski Sr. to complete his part of the deal. Dad didn't let anyone down. Ricky Sr. had a great day ending with a MA State record 470 to win the 45-49 division. Oscar Mack Jr. took 3rd place in this same division, setting a NY record for his efforts. Roland Cote took home another Best Lifter trophy while winning the 50-59 division with a silky smooth 420. Not bad for a 58 yr. old, huh? The 60-69 division was quite the battle. John McGuire came out on top with a CT State



Vinnie Dizenzo points to the lift that made him #1

record 345 while Jerry Beals set his own CT State record with 272.5. Vincente Pichay made his return to the platform with a new WPA World record in the Open 123 lb. class. Vincente is 51 yrs. old but you'd never know it as he slammed up an easy 230 to take the win. The 148 lb. class was won by Jason Strucinski. Jason had a great day, ending with an easy 370 for a CT State record. Brett Moorehead may have taken 2nd to Vincent Dizenzo in the Submaster division by formula but in the 181 Open, he was in a league all his own. Brett took the win with an incredibly easy 450. The 198 lb. class was won by Mikel Brockway. Mike hit a personal best 360 and came ever so close to a double bodyweight 387.5. Next time for sure Mike. The Open 220 lb. class was won by Chuck Hitchcock with a MA State record 400. Randy Bailey took the 242 lb. class with a 400 lb. bench of his own. Vincent Dizenzo won the Open 275



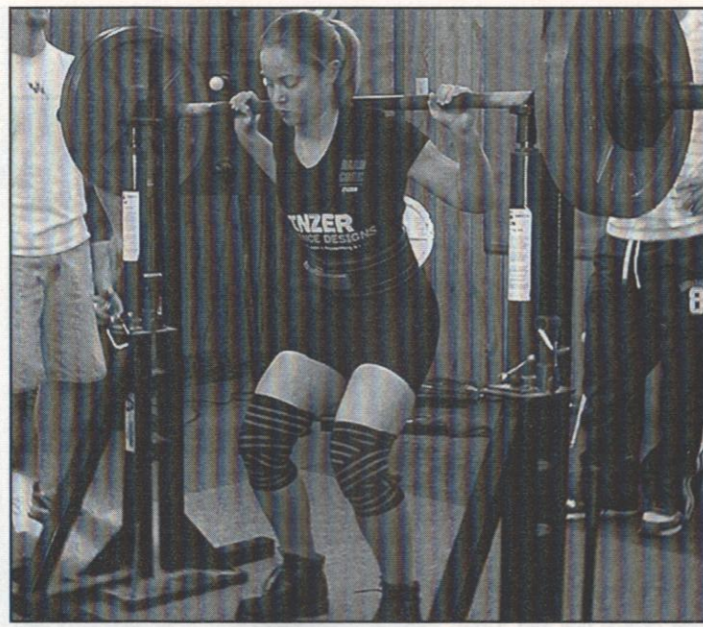
Billy Mimnaugh pulled 725 (via D. Slaga)

lb. class along with his Submaster win, with his incredible 767.5 to take the #1 spot on the all-time list. Jason Woelfel won the 308 lb. class with an easy 300 lbs. and Michael Zawilinski took home 1st in the SHW division to go with his win in the Junior Division. Carla McComb showed she can pull as well as bench, taking home the Best Lifter trophy with a deadlift of 250 and coming very, very close with a MA State record 280. 15 yr. old Don Anneser wasn't satisfied just winning the bench, so he won the deadlift too with an easy 345. Dolan Simmons Jr. showed he's been working hard at the gym. He pulled a very nice 400 for a CT State record and the win in the Teen 18-19 division. The Teen 18-19 division was another good battle. 19 yr. old Cory Wasniewski is turning 20 soon and this was his last chance at the teen records. He made the most of it by pulling a very impressive World record 640 and just missing 655 a few inches from lockout. 2nd place finisher Nic Moretto more than held his own with a big MA State record 600 pull of his own. The Junior division was won by Anthony Pagano with a nicely fought CT State record 602.5. Joe Humphries pulled his own CT State record of 545 while winning 3rd place. The Submaster division was won by Dolan Simmons Sr., part of another father/son record setting team. Dolan Sr. set a CT State record 537.5 to go with his son's State record in the teen division. Eric Disessa won 2nd place with a MA State record 340 @ 143. The Master 45-49 division was won by Oscar Mack Jr. from Bronx, NY. Oscar pulled a NY State record 455 and gave 500 a good ride. It'll be yours soon Oscar. The Master 50-59 division was another nice battle between two tough lifters. Gerry Barsky came out on top this time with a NY State record 580 @ 241. Roland Cote followed in a close 2nd with a CT State record 550 @ 218. John Varrone was very impressive in the Master 60-69 division. John pulled 550 @ 181 to win the division, set a new WPA World record, win Best Master Lifter and then, something incredibly hard to do when you are 60 yrs. old, he also won Best Lightweight Lifter against the young guns. Amazing lifting John! The Open 181 lb. class was won by the Master 45-49 division winner, Oscar Mack Jr. Junior division winner Anthony Pagano took home the win in the Open 198 lb. class as well. The Open 220 lb. class was won by MA's Nic Moretto with an easy 585. Teen winner Cory Wasniewski took home the win in the Open 242 lb. class as well with his big 640 pull. Gabe Bonneville won the 275 lb. class with a nice 625 and had 655 right at lockout before losing his grip. The Open 308 lb. class and Best Heavyweight Lifter was won by Billy Mimnaugh. Billy set a CT State record with his opener of 725 and then jumped to a WPA World record 780. Billy has been plagued by injuries and the 780 didn't go on this day but if he can get healthy, watch out. The Team division was won by Nic Moretto's team. While CT's Southside Gym members Vincent Dizenzo and Billy Mimnaugh competed in the meet, members Bob Bove and APF Seniors Champ Ronnie Dayton lifted as Guest Lifters. Bob pulled an impressive 690 in the 242 lb. class and Ronnie pulled an amazing 785 at around 2

**APA/TMSPA Teen Nats Tri State
03 APR 04 - Houston, TX**

Bench Press Only	Unlimited		
181's	Teen 13-15		
Drug Free	Hanna Biddle	150*	
Brad Kotwitz	395*	Bench Press Only	
220's	97's		
Teen 18-19	Teen 11-12		
Beau Harris	355*	Sarah Biddle	65*
242's	181's		
Master 44-49	Teen 16-17		
Pat McElroy	365*	Abigail Biddle	120*
Deadlift Only	Unlimited		
220's	Teen 13-15		
Open	Hanna Biddle	100*	
Josh Ash	600	Deadlift Only	
308's	97's		
Teen 18-19	Teen 11-12		
Sean McElroy	525!	Sarah Biddle	130*
Squat Only	181's		
97's	Teen 16-17		
Teen 11-12	Abigail Biddle	225*	
Sarah Biddle	130*	Unlimited	
181's	Teen 13-15		
Teen 16-17	Hanna Biddle	185*	
Abigail Biddle	225*		
Powerlifting	SQ	BP	DL
165's			
Teen 13-15			
James Ecford	275	115	335
Teen 16-17			
Glenn France	535!	2458	512*
198's			
Master 50-59			
Brian Kline	500	345	520
242's			
Submaster 33-39			
Dan Flunker	550	400	640
308's			
Teen 18-19			
Matt Miller	575*	345*	485
Women			
97's			
Teen 11-12 6th grade			
Amda Harris	205!	100!	155!
440!			
Teen 11-12 7th grade			
Sarah Biddle	130*	65*	130*
325*			
Open			
Amanda Harris	205*	100*	155
440*			
114's			
Teen 18-19			
Gina Shafer	235!	140!	250!
620!			
181's			
Teen 13-15			
Ifeatu Okafor	225	105	275
605			
Teen 16-17			
Abigail Biddle	225*	120*	225*
570*			
Unlimited			
Teen 13-15			
Hanna Biddle	150*	100*	185*
435*			

1 - World Record. * - State Record. The 2004 APA / TMSPA Teen Nationals and Tri State Open started off at 9 am with a battle between 95 pound Amanda Harris of Texas



Gina Shafer with her APF Texas/American/World record 235 squat at the TMSPA Teenage Nationals. (Photograph courtesy McCullough)

and 88 pound Sarah Biddle. Sarah set one world record after another only to have Amanda come back to break them all. Amanda ended her day with a 205-pound squat, 100 pound bench, a 155 pound deadlift, and a 440 total all Texas, American and World records. Sarah went nine for nine all for Indiana State records. In the 144's, 18 year old Gina Shafer, had a great day with a huge 235 squat, a 140 bench, a 250 deadlift and a 620 total all for Texas, American and World records. Sixteen-year-old Abigail Biddle lifting in the 181's ended her day with four Indiana records with her 570 total. In the women's unlimited division thirteen year old Hanna Biddle took home 4 Indiana records with her total of 435. In the men's divisions sixteen year old Glenn France from Louisiana won the 165's easily with his 1292.5 pound total. Glenn also set Louisiana records with his squat, bench, deadlift and total. As well as American and World records with his 535 squat and total. At the end of the meet Glenn also took home best Teenage lifter. Eighteen-year-old Matthew Miller lifting the the 308's set 3 Texas records with his

575 squat, 345 bench, and 1405 total. Master lifter Brian Kline lifting in the 198's had a great day winning best lifter of the Tri State Open. In the bench press only division, Brad Kotwitz, lifting for the first time ever set a Texas record with his bench of 395. Brad just missed 425 on his 2nd and 3rd attempts. Beau Harris lifting in the teen 220's set a 18-19 year old Texas record with his bench press of 355 pounds. In the masters division, Pat McElroy set a Texas bench press record with his 365 bench in the 242's. In the deadlift only division Josh Ash opened up with a 600-pound deadlift and came right back to just miss 705 on his 2nd and 3rd attempts. Eighteen-year-old Sean McElroy pulled a 525 deadlift for a Texas, American and World record in the teen 308's. Thanks for Houston Independent School District, Revere Middle School and Principal Ken Estrella for allowing us to use the facilities. A huge thanks to judges Mark Harris, Ann Harris, and Josh Ash; spotters and loaders Brian Propst, Beau Harris, and scorer Maria McCullough. These individuals worked very hard to make this meet run smooth. Yet another big

thanks to our sponsors John Inzer and Inzer Advance Designs and Mike Lambert and Powerlifting USA. Without the continued support of these two fine powerlifting companies, this meet would not have happened. (Thanks to Tom McCullough for providing the above meet results.)

**USAPL National Qualifier Meet
07 FEB 04 - Plainwell, MI**

Powerlifting	SQ	BP	DL	TOT
165 Jr				
Adam Azar	355	225	405	985
Justin Caron		275		
181 M-7				
Rick Kennedy	60	130	300	490
220				
M-4				
Doug Finley	335	225	350	910
Open				
Bob Lipinski		460		460
242				
Open/T-2				
Justin Howard	500	280	525	1305
Open/ T-3				
Eric McGill	465	280	405	1170
Open				
Aaron Bird				
275				
T-2				
Alex Gilde	555	335	565	1455
M-6				
Ralph Soffredine				

(Thanks to USAPL for providing the results.)

**Oviedo YMCA Summer BP/DL Blast
29 MAY 04 - Oviedo, FL**

IRONMAN	BP	DL	TOT
114			
Teen 17-19			
Mitchell Rachman	205	250	455
148			
Junior 20-23			
John Land	250	425	675
165			
Teen 13-16			
Daniel Tinajero	285	415	700
Open Ironman			
Patrick O'Grady	375	500	875
181			
Masters 70+			
Earl Foran	215	300	515
242			
Open			
Daniel Theodoseau	285	380	665
275			
Open			
Steve Wahl	385	450	835
Masters 50-60			
Miguel Ruiz	285	495	780
308			
Open			
Dan Pearce	345	570	915
Donovan Olario	405	530	935
BENCH			
WOMEN			
114			
Open			
Grady Elwell	270		
242			
Brooke Wilson	85		
Open, Masters 40-			
132			
Masters	William Tinny	330	
Dianna Manos	85		
165			
Open			
Dean Rollins	620		
Becky Bailey	95		
Ed Rectenwald	605		
MEN	Charles Fay	525	
308			
Teen 13-16			
Jon Szparga	125		
Brandon Plachno	148		
DEADLIFT			
165			
Teen 17-19			
Junior 20-23			
J. Merrifield	330		
35-39/198			
181			
D. Mochtezuma	300		
Masters 50-60			
L. VanCamp	345		
220			
Teen 17-19			
D. Mobarak	275		
Masters 40-50			
Eric Wiener	530		
Bill Tinkler	230		
308			
Open			
Dan Pearce	570		
Masters 40-50			
David Chiow	300		
D. Olario	530		
198			
Masters 40-50			
Karl Goodwin	240		
Masters 40-50, B			
Keith Vellequette			

(Thanks to Brian Schwab for these results.)

**NASA Masters Nationals
5,6 JUN 04 - OKC, OK (kg)**

sq35-39/243		40-44/243	
John Lynn III	187.5	Lee Elliff	217.5
sq40-44/165		40-44/243	
Christ Dargin	195	Gregg Jumper	190
sq45-49/276		45-49/123	
Rick Newton	207.5	Bob Lamb	100
sqmp/243		45-49/198	
R. Snowton	205	Bob Boyles	152.5
bp55-59/198		45-49/220	
Steve Harris	152.5	Norm Judd	202.5
c35-39/243		45-49/220	
Jeffrey Lovelien		Nick Dwinell	190
c50-54/220		45-49/243	
Hugh Kirby	60	Steve Grayson	170
c55-59/198		45-49/243	
Steve Harris	62.5	Mike Stumbo	
c60-64/165		50-54/220	
Pete Miller	45	Woody Ussery	197.5
c60-64/243		50-54/276	
James Stuart	65	E. Carlson	152.5
d155-59/198		55-59/220	
Steve Harris	187.5	Gary Clock	165
d160-64/243		70+/198	
James Stuart	197.5	John Blackwell	95
mp/182		mp/220	
Brad Weber	243.5	Norm Judd	202.5
BENCH		mp/220	
30-34/243		Nick Dwinell	190
Trent Gunter	187.5	mp/243	
35-39/165		Gregg Jumper	190
S. Wingert	137.5	wsmpp/115	
40-44/198		R. Hedrick	50
George Martin	182.5		
Powerlifting	C/SQ	BP	DL
35-39/243			
Jeff Lovelien	92.5	172.5	250
515			
35-39/243			
John Lynn III	57.5	140	160
357.5			
40-44/165			
Chris Dargin	75	155	260
490			
40-44/220			
Jerry Linder	60	115	175
350			
40-44/243			
R. Snowton	82.5	200	250
532.5			
45-49/220			
Robert Vivier	60	110	210
380			
45-49/276			
Rick Newton	55	115	205
375			
50-54/198			
John Vogt	57.5	105	182.5
345			
55-59/198			
Steve Harris	62.5	152.5	187.5
402.5			
55-59/220			
Gary Clock	60	165	242.5
467.5			
60-64/276			
Bob Ellerbee	67.5	147.5	215
430			
60-64/shw			
Harry Heyman	52.5	120	212.5
385			
65-69/182			
David Brady	35	100	135
270			
m2/198			
John Lynn	65	117.5	140
322.5			
mp/243			
Gregory Kleyn	200	110	235
545			
R. Snowton	82.5	200	250
532.5			
Brad Weber	227.5	117.5	243.5
588.5			
50-54/220			
Woody Ussery	237.5	197.5	237.5
672.5			
50-54/276			
Eugene Carlson	60	152.5	67.5
280			
55-59/220			
Gary Clock	232.5	165	242.5
640			
55-59/276			
Lindell Smith	227.5	122.5	190
540			
60-64/165			
Pete Miller	122.5	60	137.5
320			
60-64/shw			
Harry Heyman	200	120	212.5
532.5			
65-69/243			
B. Shackelford	200	132.5	190
522.5			
50-54/220			
Tom Bagby	160	115	165
440			
mp/123			
Bob Lamb	182.5	100	182.5
465			
mp/165			
Gregory Kleyn	200	110	235
545			
mp/165			
Terry Hedrick	195	130	210
535			
mp/165			
Danny Black	205	130	185
520			
mp/182			
Brad Weber	227.5	117.5	243.5
588.5			
mp/220			
Marty Becker	302.5	200	272.5
775			

WNPF Lifetime Nationals
12-13 JUN 04 - Youngstown, OH

BENCH PRESS	Equipped	Female	40-49	123	N. Proctor	Men	40-49	123	Jay Helms	Novice	148	D. DeSaulle	Lifetime	165	C. Venturella	40-49	C. Venturella	181	Tim Strohshine	410X	Tim Strohshine	410X	40-49	Jeff Woods	365X	Joe Fuimara	220	Danny Keene	425X	50-59	Ralph Brown	430X	40-49	W. Carroll	400	60-69	Bill Bidinotto	360	275	Paul Vargo	570	SHW	Jeff Peshek	640X	Seve Rogers	470	40-49	Jeff Peshek	640	Danny Keene	340	Raw	Female	148	40-49	C. Clifford	Lifetime	110	Tammy Eblin	125!	Natural	SHW	M. Gerkin	140!	Men	35-39	148	Mark Gillum	265	181	Ed Eblin	290	50-59	Ed Freeman	Lifetime	198	William Moss	370	242	Scott Palucka	415	Cory Hudson	355	Equipped	Female	123	60-69	C. Winkelblech	195	105	Ruth Snyder	135	40-49	Ruth Snyder	135	Men	123	Steve Snyder	420!	49-49	Steve Snyder	420	Lifetime	198	F. Givens Jr.	515	50-59	F. Givens Jr.	515	John Phillips	535X!	Police/Fire	F. Givens Jr.	515	220	Dave Polis	580	40-49	Dave Polis	580	Gary Andrew	530	50-59	R. Brown Jr.	560X	Bill Schaffer	480	70-79	Melvin Huff	340
310!	275	355!	375	375	65	65	85!	130	135	130	140X	120	140X	142	330X	595X	550!	430	380!	380X	1570	2015!	2015!	1600	405	405	605!	565	465	465	1090!	1090!	1445	1445	1420X	1445	1590X	1590	1390	1500X	1250	945																																																																																								



W.N.P.F. Lifters... Front row : Kirk Brentkus, Kevin Beck, Bill Beck, Danny Kenne, Jeff Woods, Brian Brammer; Back row : Floyd Givens, Dave Bosler, Leon Turner, Bill Bidinotto, Dave Polis, Jeff Peshek, Chuck Venturella, Brad Lovejoy, Rick Luklan, Randy Hugg. (Photograph courtesy of Ron Deamicis.)

242	40-49	Brad Lovejoy	550	410	480	1440	275	Tom Kustoff	675	410	615	1700	40-49	Bill Beck	510	430X	555X	1495X	B. Brammer	560X	370	505	1435	Randy Nugg	500	380	520	1400	Natural	SHW	Dave Bosler	565	430	575X	1570	Lifetime	Jeff Peshek	735X	640!	640X	2015!	40-49	Jeff Peshek	735!	640!	640X	2015!	Rick Luklan Jr.	560	460	580	1600	Raw	Female	148	40-49	C. Venturella	405	50-59	Ed Freeman	Lifetime	198	William Moss	370	242	Scott Palucka	415	Cory Hudson	355	Equipped	Female	123	60-69	C. Winkelblech	195	80	290!	565	135	130	130	465	135	130	130	465	420!	220	450	1090!	420	220	450	1090!	515	400	530	1445	515	400!	530	1445	535X!	390X	495	1420X	515	400	530	1445	580	435X	575	1590X	580	435!	575	1590	530	390	470	1390	560X	430X	510	1500X	480	315	455	1250	340	205	400	945
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50-59	Carol Rausch	70	160	230	Men Equipped	Lifetime	220	Danny Keene	425	525	800	SHW	Steve Rogers	470	330	800
Another great group of lifters turned out this year for the 2004 Lifetime Nationals held in Youngstown, Ohio. In the equipped Powerlifting categories female lifter Carol Winkelblech set a new American record winning the Master Division and Ruth Snyder turned in a strong total winning the 105 lb. class Masters and Lifetime Divisions and Best Female Lifter in the Mens Divisions Steve Snyder set new American records in the Lifetime and Masters Division and also took Best Lifter in the Lightweight Division. In the 198 lb. class Floyd Givens edged out John Phillips to win the Masters Division with both lifters taking turns setting new American records and Phillips setting new Ohio State records. Mr. Givens also won the Lifetime and Police and Fire Division. In the 220 lb. class Dave Polis set new state and American records winning the Lifetime Division and Best in Gary Andrew, who also did some strong lifts, in the Masters Division. Dave also took the Best Lifter Award in the Heavyweight classes. Master lifters Ralph Brown Jr. and Bill Schaffer went at it in the 50-59 division, both putting up strong lifts, with Brown winning the division and setting new State records and also taking a first in the Bench only events. Master lifter Melvin Huff came down from New York to put up strong lifts winning the 70-79 division. In the 242 lb. class Brad Lovejoy did some fine lifting winning the Masters Division and also taking a first in the Squat only event. In the 275 lb. class lifter Tom Kristoff was strong putting up a 1700 lb. total winning the Lifetime Divisions in both the equipped and raw divisions along with Best Lifter in the Raw Heavyweight class. In the Masters 40-49 division there was quite a battle between three strong lifters with Bill Beck edging out the win. New State records were set by Beck and Brian Brammer during the battle. In the SHW class lifter Dave Bossler set a new state records winning the Natural Division. Jeff Peshek turned in the highest total for the day and set new State and American records winning the Lifetime Division and Besting Rich Luklan																

in the Masters Division. Peshek also took Best Lifter and the Lifetime and Masters Division in the Bench only setting more records. In the Raw Powerlifting classes female lifters Dolly Ettenhofer and Anna Collins made the trip from Michigan with both lifters setting new American records winning their divisions. In the Mens Divisions 148 lb. lifter Rick Neurohr did some strong lifts winning the Lifetime Division and also taking a first in the Deadlift only event. In the 165 lb. classes Michael Hart and Timothy Holt battled in the Lifetime Division with Hart taking the class and again battled each other in the Power Curl. Teen lifter Alix Snyder put up some strong lifts joining mom and dad with first place Master Lifter Ben Creech came down from Michigan along with a fine group of lifters and set new American records winning the 70-7 division. In the 181 lb. class teen lifter Kevin Beck joined his dad with first and also setting an American record. In the 198 lb. class Master lifters Mike McCorkle and Leon Turner set New State and American records winning their divisions. 220 lb. Lifetime lifter Joe Schaffer set new State records winning the division and Best Lifter in the Middleweight classes. In the 242 lb. classes Scott Palucka turned in a fine total winning the Lifetime Division and also taking a first in the Bench only edging out Cory Hudson. Master Lifter Kirk Brenkus set a New State Record winning the 40-49 division. In the Iron Man competitions female lifters Joyce Huff and Carol Rausch did strong lifts winning the Masters Divisions with Huff also taking a first in the Power Curl. In the Mens Divisions Danny Keene won the 20 lb. Lifetime class along with taking a first in the Deadlift only and Bench only events with a new State record. SHW Steve Rogers took the Lifetime and Masters Divisions along with a second in the Bench only event with some fine lifts. In the Bench only equipped event female lifter Nancy Proctor set a new American record in the 123 lb. class as did male lifter Jay Helms who also set a new State record. In the 148 lb. class Darwin DeSaulle did a strong lift and also took a first in the Power Curl and Deadlift only events. In the 165 lb. class Chuck Venturella won both the Lifetime and Masters Divisions along with the Natural and Masters Division in the Deadlift only event. In the

181 lb. class Tim Strohshine had a strong day winning two divisions setting new State records and bringing home Best Lifter. In the 40-49 Division Jeff Woods and Joe Fuimara battled it out with Woods edging out Joe setting a State record. In the 242 lb. class Wayne Carrol walked away in the 40-49 Division and Bill Bidinotto set new State and American and State records winning the equipped and Raw Divisions 60-69. In the 275 lb. class Lifetime lifter Paul Vargo returned and put up a strong lift winning his division. In the Raw division female lifters did some strong lifts with Colleen Clifford winning the 148 lb. Masters Division along with the Power Curl event. Tammy Eblin did the same winning both events and setting a new State and American record in the Bench only, Melinda Gerkin set an American record in the Bench and Walked home with a first in the Power Curl. In the mens classes 148 lb. Mark Gillum took first in the Bench, Squat and Deadlift only events with two new State records. Ed Eblin took first in the 181 lb. Lifetime Division and the Power Curl with a new State record and Ed Freeman took the Masters Division along with Best Lifter. In the lightweight classes. William Moss did a strong lift in the 198 lb. Lifetime Division and walked away with Best Lifter in the Heavyweight classes. In the 275 lb. and SHW classes Lyn Marsh and Tom Ramey did some strong lifts with Marsh setting a new American record and Ramey also taking the Power Curl event. Master lifter Owen Vanbuskirk did some strong lifts in the Power Curl and Deadlift only winning both divisions. Teen lifter Mike Bartos set a new State and American record in the Deadlift only division in the 242 lb. class. A special thanks to all the lifters who make putting on an event like this a real pleasure and thanks to Bill Schaffer and Floyd Givens for the gifts. Another great job was done by the crew who helps at the Ohio meets every year and to those individuals a special thanks. (Results by Ron Deamicis.)

1st IPA CandyAzz Classic BP/DL
21 FEB 04 - Tribes Hill, NY

Bench Only	Brian Hof	365	Women	242 Pro Open	Bobby Fields	725	50 lbs. Byrs old	John Wardell	665	165 Am Open	275 Pro Open	740	Sue Lewis	225	Bill Crawford	550	165 Teen	Carl Perkins	550	Jessica Sabo	135	275 Am Open	550	SHW Open (Raw)	W. Georges	605	Kasey Curran	170	275 Police	Men	Kevin Clark	565	148 Teen (18-19)	308 Pro Masters	500	P. Nicholson	210	(50-54)	181 Teen (14-15)	B. Godden	500	R. Daly Jr.	235	Deadlift Only	Men	181 Pro Open	Men	540	198 Am Open	510	198 Pro Open	Brian Shaw	510	Jeff McVicar	635	198 Am (55-59)	535	198 Am Open	John Hopkins	535	C. Schmalz	585	275 Am Open	550	Clint Green	340	Pete the Slav	550	220 Am Open	SHW Pro SM	460	Tom Young	405	Chris Semon	460	220 Am Junior	BP	DL	TOT	Ironman	148 Am (40-44)	Amy Winberg	160	250	410	Men	165 Am Open	Chris Rodgers	315	470	785	165 Teen (16-17)	Jay Nolan	315	455	770	181 Pro Open	Angelo Mazza	350	420	770	181 Am Open	Joe Gannon	285	430	715	181 Am Junior	A. Sanseverino	225	445	670	198 Am Open	Chris Scarincio	425	430	855	198 Teen (18-19)	Michael Behnke	235	460	695	198 Masters (55-59)	John Hopkins	275	535	810	220 Pro Submaster	James Howell	475	600	1075
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right once again. And last but by no means least, Jay Nolan and the rest of the Fortified Iron crew. Thanks for supporting our meet and for being awesome cyber pals. Thanks for supporting and encouraging Little Evil too. It means a lot to us. In the bench only, Kerri "Little Evil" competed in her first bench meet. Turning 8 in January, and weighing 50 lbs., Kerri put up a strong 55 lb press. I'm really proud of that little bench wench. Sue "BBS" Lewis of Nazareth Barbell benched a strong 225, always a pleasure to see Sue and her "friends" in a meet and at the bar. Jessica Sabo, representing Musclevorks Power Team benched in her first competition also. She benched a strong 135, with plenty more left in her. Look out for this one, she is a strong teen bencher. Kasey Curran is a raw lifter, I have had the pleasure of seeing her in every one of her competitions, this being her third. Kasey benched a strong close grip 170. Paul Nicholson started the men off in the bench with a raw 185. Ronald Daly Jr., also of Musclevorks, followed up with an impressive 235, just missing a fourth of 245. Jim Kilts of Whitesboro, NY benched a 3x body weight of 540. My filthy friend Jeff McVicar benched a strong 635. Always impressive, Craig Schmalz benched 585. Tom Young of Muscle works, showed his determination in putting up 405. The Freak himself, Bobby Fields benched an impressive pr of 725 @ 239, sealing his place as best lifter in the bench. This guy is a total freak fest, and as a cool individual, they don't come much better. John Wardell, representing Body Chemistry, came in from Harrington Park, NJ. He benched 665, using this meet as a tune up to the WPO Bench Bash held at the Arnold Classic. Bill Crawford of Metal Militia fame, also tuning up for the Arnold Classic, benched 740 @ 270. Carl "Snarley" Perkins benched 550. Kevin Clark, representing Musclevorks benched a very impressive 565 in the 275 Police Division. I'd also like to mention that Kevin's wife, Debbie worked her ass off at the meet helping out in any way she could. What a doll this woman is. Buster Godden wrapped up the bench with a 500 lb bench. Buster's wife Janis, along with Tina Seeker, was also a huge help to us at this meet. Thank you to both of you. You are the best!! A few people came out to do deadlift only at this meet. Those included were Brian Shaw with a 510 @ 191. This was Brian's first meet, and he certainly did well. Peter The Slovakian Warrior pulled a strong 550 on his first lift, and came extremely close to 600. This was Peter's first meet in America. I'm honored that he chose the CandyAzz Classic. Chris Semon pulled 460, passing

World Natural Powerlifting Federation (WNPF)
Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREETADDRESS _____

CITY,STATE,ZIP _____

AREACODE,TELEPHONE: _____ DATEOFBIRTH _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN. _____

REGISTRATION FEE _____ FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
\$10.00 SPECIAL OLYMPICS _____ WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
\$20.00 HIGH SCHOOL _____ (770) 996-3418
\$40.00 ADULTS _____

SIGNATURE/PARENTS SIGNATURE IF UNDER 18 _____
DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

APA SUMMER BASH
8 MAY 04 - Houston, TX

Bench Press Only	Master 60-64	148 lbs.	G. Wilkerson	300*	
Teen 16-17	Deadlift Only	148 lbs.	Teen 11-12		
Chase Mott	235	148 lbs.	J. Burttschell	225!	
Teen 18-19	Beau Harris	365*	Teen 18-19		
242 lbs.	D. Rodriguez	327.5*	198 lbs.		
Master 45-49	Charlie Turco	400*	Open		
Powerlifting	SQ	BP	DL	TOT	
Men					
132 lbs.					
Teen 16-17	Justin Kees	225*	190*	355*	770*
148 lbs.					
Teen 13-15	John Cortines	325	230*	205	760
Teen 16-17	Chase Mott	275	235*	400*	910
181 lbs.					
Master 40-44	Rick Jolly	475*	320*	520*	1315*
Master 50-54	Paul Boutte	585!	340*	440	1365
198 lbs.					
Junior 20-23	Justin Higgs	425	265	475	1165
Open					
Donny Adams	275	430			
Master 60-64	James Stovall	440*	240*	440*	1120*
220 lbs.					
Teen 18-19	Ihab Alnahhas	390	240	440	1070
Master 40-44	Chuck Bybee	505	330	505	1340
308 lbs.					
Teen 18-19	Sean McElroy	500	340	530!	1370
Submaster 33-39	Joe Lopez	660*	290	555*	1505
Master 45-49	Nolan Meyers	700*	465*	645!	1810!
Women					
97 lbs.					
Teen 11-12	Amanda Harris	185	105!	175!	465!

* - State Record. ! - World Record. On May 8th 2004 lifters came from all parts of Texas to kick off the summer. In the men's 132's sixteen-year-old Justin Kees set four Texas records by going 255, 190, 355 for a total of 770 pounds. In the 148's there was a battle between 15-year-old John Cortinez and 17-year-old Chase Mott. Cortines lead the pack with a 325 squat. Both came back in the bench to set Texas records with John's 230 and Chase's 235. In the deadlift Chase ruled with a 400-pound deadlift. In the end Chase took the 148's with a 910 total. In the 181's 54 year old Paul Boutte ended up ahead with a huge 585 squat for a new world record. 47-year-old Rick Jolly squatted 475 for a Texas record. Boutte came back to take a 4th attempt at 625 and was almost there when his leg hyper extended, losing the weight. The spotters did a great job of catching the weight but Paul's knee was in pretty bad shape. Jolly benched a Texas record of 320 and believe it or not, Boutte came back, knee wrapped in ice and benched a Texas record of 340. Jolly pulled a huge 520 deadlift for a Texas record, but Boutte stayed in the game hurt and only needed a 440 deadlift to win best lifter. Jolly ended with a Texas record of 1315 and Boutte a 1365. In the 198's it came down to junior lifter Justin Higgs, Donny Adams lifting in the open division, and 60-year-old Jim Stovall. Stovall came out on top with a Kansas record squat of 440 pounds. Higgs came back to win the bench with a 265, while Stovall's 240 was just enough for another Kansas record. In the deadlift Stovall came out on top once again with a 440 deadlift for another Kansas record. Higgs came out on top at the end with an 1165 total, but Stovall took another Kansas record with his 1120 total. In the 220's there was a tight race between 19-year-old Ihab Alnahhas and master lifter Chuck Bybee. Chuck had a squat of 505 putting him on top. In the bench press Bybee came out on top again with his 330 bench. In the deadlift Bybee once again ruled with a 505 pull for a total of 1340. In the 308's there was a huge total between



Paul Boutte with his 4th attempt squat of 625 at age 54 (Tom M.)

19 year old Sean McElroy, submaster Joe Lopez and 47 year old Nolan Meyers. Joe did a great job with a 660 squat for a Texas record and Meyers came right back to hit 700 for a Texas record. In the bench press Nolan came out on top once more with his 465 for yet another Texas record. In the deadlift McElroy set a world teen record with his 530 pull, while Lopes set a submaster's Texas record with his 555 pull. Nolan Meyers came out on the top of the pile once again by pulling 645 for a new master's World record. In the end Meyers easily won the 308's with his total of 810 pounds and a new masters world record. In the men's bench press only division, Chase Mott took 1st with his 235 bench in the teen 148 division. Beau Harris set a Texas record in the teen 220's with a bench press of 365. Charlie Turco hit an easy 400 for a Texas record in the masters 242's and Glenn Wilkerson hit a 300 bench for a Texas record in the masters 60-64. In the deadlift only division 10 year old Jessie Burttschell lifting in the 11-12 year old 148 division pulled a 225 for a World record in his first meet ever. Deave Rodriguez lifting in his first meet ever set a Texas record in the teen 148's with his pull off 327.5 pounds. Donny Adams lifting in the open 198's pulled a 430 deadlift. In the women's 97-pound youth 11-12 division, Amanda Harris had a great day with 185 squat a 105 bench World record bench press, a 175 World record deadlift, and a 465 pound World record total. A big thanks to our judges Mark Harris, Steve Burttschell, Ann Harris and Brian Kline, our spotters Brian Kline and James Evans and our score keeper Maria McCullough. A big thanks to Principal Ken Estrella of Revere Middle School and Houston ISD for supporting the sport of powerlifting by allowing us to have these meets and giving us the great facilities. A very special thanks to our great sponsors Inzer Advance Designs, who make the very best powerlifting equipment in the world, and Powerlifting USA, the only powerlifting magazine to read, for their continual support of both the APA and this sport. Thanks also to all the great lifters who attended this meet. Without lifters this meet and this sport would not exist (Results provided to PLU SA by Tom McCullough)

NASA Natural Nationals
14,15 FEB 04 - OKC, OK (kg)

Powerlifting	Curl/SQ	BP	DL	
TOT				
hs/198				
Tra Brown	60	100	212.5	372.5
int/243				
J. Johnson	77.5	177.5	185	440
int/309				
Nick Sharp	87.5	180	230	497.5
m/149				

Bill Anderson	62.5	111	177.5	351	m5/309	Rick Dench	277.5	175	257.5	710
Terry Hedrick	57.5	122.5	212.5	392.5	m1/198	C. Kennedy	165	115	160	440
M. Bruders	77.5	142.5	202.5	422.5	m1/198	Ron Sherwood	235	135	232.5	602.5
Duane Hill	57.5	115	142.5	315	m1/220	Jerry Stone	272.5	175	277.5	725
Jerry Linder	60	110	200	370	m1/220	Michael Bean	205	160	250	615
Neil Eddins	87.5	175	282.5	545	mp/220	M. Hearing	187.5	137.5	195	520
Terry Hedrick	57.5	122.5	212.5	392.5	nov/309	Wes Cooper	205	130	190	525
Robert Linder	62.5	135	210	407.5	pure/149	David Oyler	325	187.5	290	802.5
Bill Anderson	62.5	111	177.5	351	pure/198	Phil Strevett	272.5	172.5	260	705
M. Bruders	77.5	142.5	202.5	422.5	sm1/220	L. Anderson	32.5	52.5	112.5	197.5
John Newberry	60	150	242.5	452.5	sqm3/166	Robbin Hedrick	27.5	47.5	110	185
Elaine Waugh	47.5	70	155	267.5	teen/115	Q. Wingert	12.5	17.5	45	75
S. Ellefsen	25	37.5	90	152.5	teen/149	Scott Hughes	42.5	70	155	267.5
Scott Hughes	42.5	70	155	267.5	teen/198	Jacob Brown	47.5	77.5	130	255
Elaine Waugh	47.5	45	95	167.5	wm3/166	Elaine Waugh	27.5	45	95	167.5
L. Anderson	32.5	52.5	112.5	197.5	wmp/132	L. Anderson	32.5	52.5	112.5	197.5
Robbin Hedrick	27.5	47.5	110	185	wsm/123	Wes Cooper	205	130	190	525
Q. Wingert	12.5	17.5	45	75	pure/149	David Oyler	325	187.5	290	802.5
Michael Oyler	27.5	50	92.5	170	pure/198	Chris Wren	147.5	92.5	170	410
Chris Wren	147.5	92.5	170	410	hs/276	Ian Freeman	150	115	197.5	462.5
Ian Freeman	150	115	197.5	462.5	int/165	Jason Zielny	240	150	240	630
Jason Zielny	240	150	240	630	int/220	Jake House	272.5	182.5	285	740
Jake House	272.5	182.5	285	740	int/276	Richard Kahle	350	205	295	850
Richard Kahle	350	205	295	850	jr/182	J. Lassley	230	137.5	222.5	590
J. Lassley	230	137.5	222.5	590	jr/182	Justin Cantwell	247.5	160	275	682.5
Justin Cantwell	247.5	160	275	682.5	jr/182	Cody Stacy	215	117.5	227.5	560
Cody Stacy	215	117.5	227.5	560	jr/220	Joe Baker	230	137.5	232.5	600
Joe Baker	230	137.5	232.5	600	jr/309	H. Freeman	252.5			
H. Freeman	252.5				m1/149	Casey Brown	240	150	250	640
Casey Brown	240	150	250	640	m1/182	Ron Sherwood	235	135	232.5	602.5
Ron Sherwood	235	135	232.5	602.5	m1/182	Danny Black	210	130	197.5	537.5
Danny Black	210	130	197.5	537.5	m1/220	Jerry Stone	272.5	175	277.5	725
Jerry Stone	272.5	175	277.5	725	m1/220	Michael Bean	205	160	250	615
Michael Bean	205	160	250	615	m1/220	Rod Tavanello	220	167.5	210	597.5
Rod Tavanello	220	167.5	210	597.5	m1/243	M. Hearing	187.5	137.5	195	520
M. Hearing	187.5	137.5	195	520	mp/198	Gary Green	275	190	280	745
Gary Green	275	190	280	745	mp/198	Paul Roberts	205	147.5	227.5	580
Paul Roberts	205	147.5	227.5	580	sm1/276	Phil Strevett	272.5	172.5	260	705
Phil Strevett	272.5	172.5	260	705	sm1/276	Jose Samarron	295	185	265	745
Jose Samarron	295	185	265	745	mp/shw	R. Samarron	290	182.5	300	772.5
R. Samarron	290	182.5	300	772.5	teen/276	James Kraham	272.5	220	285	777.5
James Kraham	272.5	220	285	777.5	want/123	H. Hughes	132.5	70	172.5	375
H. Hughes	132.5	70	172.5	375	wm1/123	H. Hughes	132.5	70	172.5	375
Storm Sermay	87.5	50	92.5	230	wmp/123	H. Hughes	132.5	70	172.5	375
Wmp/123	87.5	50	92.5	230	wsm1/132	T. Magierek	145	102.5	147.5	395
T. Magierek	145	102.5	147.5	395	wsm2/132					

M. Carter	140	67.5	150	357.5	
Anna Kahle	137.5	55	110	302.5	
Tommy Manno	50	27.5	60	137.5	
Power	mp/149				
bpint/243	C. Kennedy	115			
J. Johnson	177.5	mp/198	147.5		
bpm3/182	Shawn Kivela	147.5			
Win Smith	110	mp/220	197.5		
bpmp/182	L. Lipscomb	197.5			
Win Smith	110	mp/220	197.5		
bpsm2/198	Gary Boelter	140			
R. Rodriguez	175	nat/243	182.5		
cint/243	Trent Gunter	182.5			
J. Johnson	77.5	nov/132	82.5		
cpure/309	Joe Rodriguez	82.5			
Nick Sharp	87.5	p+/198	177.5		
cyouth/115	S. Eubanks	177.5			
Ty Kennedy	15	p+/243	210		
dint/243	Mike Stumbo	210			
J. Johnson	77.5	p+/243	182.5		
dlsml/220	Trent Gunter	182.5			
John Newberry	242.5	p+/243	181's		
dlyouth/115	Larry Holley	181's			
Ty Kennedy	45	pure/182	197.5		
Bench	M. Arrendell	197.5			
hs/149	Joe Thompson	217.5			
Matt Barclay	85	pure/220	192.5		
hs/165	Nick Dwinell	192.5			
Trevor Rhiner	100	junior/276	205		
int/276	Richard Kahle	205			
J. Erickson	160	sm1/243	182.5		
Justin Cantwell	160	Trent Gunter	182.5		
m1/182	sm1/shw	182.5			
M. Arrendell	197.5	C. Anderson	230		
m1/198	sm2/165	230			
George Martin	182.5	Wingert	135		
m1/220	sm2/309	135			
L. Lipscomb	197.5	M. Adelmann	247.5		
m1/220	sm/198	247.5			
Nick Dwinell	192.5	Eubanks	177.5		
m1/243	sm/198	177.5			
Mike Stumbo	210	Beau Baer	210		
m1/276	sm/243	210			
S. Cyranoski	210	Larry Holley	197.5		
m2/149	sm/276	197.5			
Sam Stewart	157.5	C. Cookson	197.5		
m2/220	teen/115	197.5			
J. Guardado	102.5	Aaron Eubanks	60		
teen/165	60	60			
Gary Boelter	140	Trevor Rhiner	100		
m2/276	want/149	100			
Gene Knight	170	Diane Manno	57.5		
m3/182	wm1/149	57.5			
Win Smith	110	Diane Manno	57.5		
m3/198	wm2/132	57.5			
Terry White	152.5	Storm Sermay	50		
Bill Helmich	152.5	wsm1/132	102.5		
(Thanks to Rich Peters for these results.)					

NY DOC Olympics/BP
11 JUN 04 - Albany, NY

WOMEN	C. Kent	—
Under 150 lbs.	(50+)	
(40+)	W. Stanton	
J. Kurtzworth	110	315
150+ lbs.	275 lbs. (18-34)	
S. Behnke	110	J. Teets
G. Rogers	105	500
D. Arnett	75	(35-49)
MEN	C. Kent	—
181 lbs. (35-49)	(50+)	

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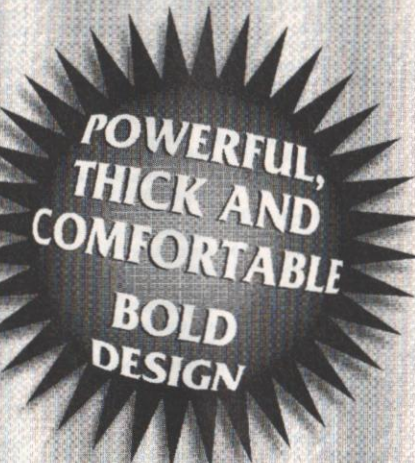
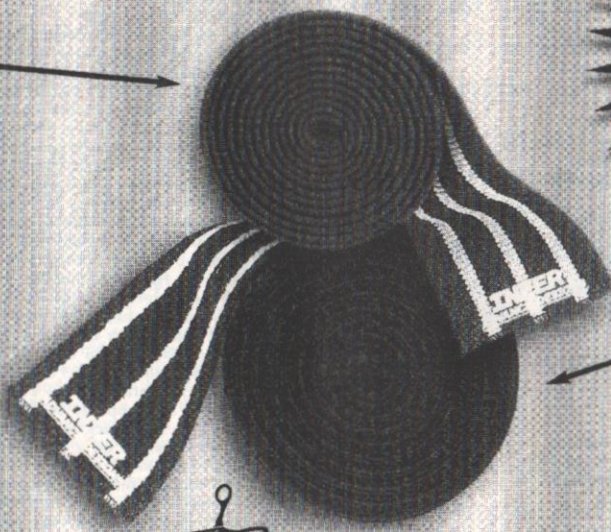
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WABDL SE Regional 24 Apr 04 - Atlanta, GA		Matt Retter 297		Greg Gibson 281	
Womens	242	Ed Bradley	435	165	Juniors
Bench Press	248	L. Peppetti	407	Don Millrany	4571
Teens 13-15	248	Pete Linstrom	308	198	
97	---	Jeremy Lee	308	Matt Christie	584!
Kelsey Jordan	77	181	48!	242	
Alex Soares	77	Wes Prater	275	Masters	
105	181	Matt Cook	253	40-46	
Kaitlyn Jones	88	198	165	B. Campbell	407!
123	---	D. Wilson	407!	303! Class one	
Tina Cline	99!	Ty Graves	369	198	
148	---	Chris Watts	314	220	
K. Whitefield	110	240	275!	J.J. Reed	369
198	---	Matt Cline	242	242	Super
B. Brown	132!	259	314!	C. Sanford	429!
Open	97	C. Proctor	275	303! Class one	407!
97	---	275	303	308	Submaster
S. Stowers	126	Parker Long	369!	M. Broadwatr	435!
148	---	G. Rowson	303	308	Shaun Smith
Kim Stolz	137	308	303	Wayne Watts	551!
Submaster	198	Josh Stevens	369!	Phys. Challenged	L. Peppetti
198	---	Open	40-46	40-46	P. Lindstrom
S. Jackson	259*	Men	181	181	Law & Fire
Masters	40-46	J. Osburn	148	Greg Gibson	170
40-46	---	123	165	Masters	J. Maddox
97	---	165	391	47-53	Larry Mooney
S. Stowers	126x!	Greg Warr	507*	165	402!
165	---	A. Jackson	391	165	Masters
A. Woverton	143!	181	462*	231	40-46
181	---	K. Sanks	220	220	
C. Webber	192!	220	473	Greg Bonner	248!
47-53	---	Pat Hall	473	220	G. Herring
165	---	Ted Kennedy	inj	242	47-54
Patti Ehmen	142	242	242	Ron Proctor	369
54-60	---	Jay Rinehart	534	242	181
97	---	Jeff Robinson	458	275	Ken Grizzle
S. Martine	60x!	Shane Sowers	461	54-60	275
165	---	259	446!	Buddy McKee	529*
Linda Glasco	88	T. Kesling	446!	198	C. Wright
68-73	---	Pat Dean	446!	220	198
114	---	275	220	Steve Ramey	407
Louise Collier	71x	Buddy McKee	529*	220	Ron Proctor
87	---	Josh Sage	473!	424	54-60
148	---	M. Webb	462	308	259
Louise Rowe	---	308	308	John Hendrix	225
Deadlift	---	Wayne Watts	551!	308	Paul Rando
Open	---	Class One Men	165	61-67	330!
97	---	165	264	181	181
S. Stowers	264n!	D. Lawrence	264	220	Jim Shoaf
148	---	220	424	198	198
Kim Stolz	242!	John Roland	424	220	286!
Super	---	J.J. Reed	402!	198	Jim Day
S. Adkinson	479	242	402!	181	264!
Teen 13-15	---	S. Sowers	479!	143!	Curtis Wright
198	---	Ed Bradley	435	198	573!
B. Brown	209!	Sandy Fowler	413	220	Shaun Smith
Teen 16-19	---	Pat Dean	440!	220	600
165	---	275	440!	418!	G. Herring
M. Proctor	303	275	473!	380	A. Johnson
N. Williams	303	Josh Sagel	473!	198	Pat Hall
Submaster	---	M. Webb	462	451	462
198	---	M. Broadwatr	435	259	Jeff Robinson
S. Jackson	352*	Law & Fire	165	462!	Josh Nelson
Masters	---	Mens	165	275	573
40-46	---	165	303	C. Proctor	462!
S. Stowers	264xn!	C. Radcliff	303	275	F. Drummonds
181	---	220	413x!	Geoff Rowson	523!
C. Webber	352xt	47-53	380	Phys. Challenged	275
165	---	220	264	181	L. Mooney
Patti Ehmen	347x*	Mike Overby	413x!	275	402
Super	---	J. Maddrey	380	275	402!
S. Adkinson	479xf	L. Adams	264	275	402!
Mens	---	308	551x!	275	402!
Bench Press	---	Wayne Watts	551x!	275	402!
Teen 13-15	---	Junior	165	275	402!
123	---	Mens	165	275	402!
Nate Huston	170	Brian Arnett	275	275	402!
132	---	Don Millrany	270	275	402!
Trent Corey	176	Caleb Cooper	225	275	402!
148	---	181	336	275	402!
Larry Leblur	209!	Ryan Bonds	336	275	402!
S. Schilling	198	198	385	275	402!
165	---	Matt Christie	385	275	402!
M. Gromely	181	242	534!	275	402!
Austin Brown	88	Jay Rinehart	534!	275	402!
198	---	Josh Nelson	418!	275	402!
Jesse Fain	225!	259	352!	275	402!
275	---	Justin Hall	352!	275	402!
Larry Lambo	281!	Super	352!	275	402!
Teen 16-19	---	Super	352!	275	402!
105	---	B. Campbell	275!	275	402!
Eric Hodges	236x!	Submaster	275!	275	402!
123	---	165	507*	275	402!
A. Ramos	203!	Greg Warr	507*	275	402!
J. Duncan	148	259	181	275	402!
148	---	T. McKeller	314	275	402!
Jonathan Post	181	198	402!	275	402!
165	---	Dr. R. Wright	402!	275	402!
W. Wilson	319	220	220	275	402!



Susan Adkison with the highest deadlift by a woman in WABDL, 479 at age 47. (Gus Rethwisch)

back in action with an incredible 507 at 163 lbs.! He tried a WR 524 he was oh so close!! Other sub-master stars were Torin McKellar, Dr. Ron Wright with a CSR 402.2, Matt Retter, Ed Bradley, and Clint Berry all kicked butt... In Masters BP 40-46 Great Lifters! Chuck Radcliff, Alan Traylor, Claude Sanford and Marvin Broadwater all with State Records. In the 47-53 Greg Bonner had a new GSR, Ron Proctor and Ken Grizzle looked great-Buddy McKee smoked 531!! In 56-60 What a Show!! Multi- World Champ Steve Ramey narrowly missed another WR at 435. Ron Edwards then tried to top Rameys 220 WR with a narrow miss at 474! Mickey Glasco and John Hendrix looked good also. Paul Rando from Louisiana was strong with a 330 LSR. Greg Gibson had a fine 170 BP in his class. Jim Day and Jim Shoaf both set GSR's and lifted great!! In the Dead Lift, Women teens BBG 2 World Champions Mandy Proctor and Nikki Williams both just missed new WR's 337. Bridgett Brown set a new GSR as did Susan Jackson 352 in sub-masters. In the open, the 2 stars were an all time best ever in WABDL with a WR 479! 479!! yes 479!!! Not to be out done Multi-World Champion Sandra Stowers pulled 264 at 96 lbs.!! for Best Dead Lifter. She also set the masters DL record for a total of 7 WR on this day!! She has 2 World Championships, 17 WR's and on Open National Record. She has been Dead Lifting and Benching less than a year. She will pull over 300 at World's in Reno. Cindy Weber also, set WR with a Masters 352! as did Patti Ehmen 349!! In the Men's Dead Lift 1st meet Brett Eggers set a new GSR with 418!!!, Dalton Wilson looked great with a 462, Charlie Proctor & Geoff Rawson both set GSR! In the Juniors Don Millrany, Matt Christie, Josh Nelson, & Brad Campbell all broke State Marks. In the subs, nice lifts for J.J. Peppetti and a new State Mark by Shawn Smith 600! Both James Maddox & Larry Mooney in the Law & Fire set marks. In Class One again Christie, Campbell, and Dean set marks. (ASR 464), Pat Hall, Jay Rinehart, Thomas Kesling TSR 525! Buddy McKee 531 ASR GSR's were Pat Dean, Josh Sagel and Wayne Watts with Great 562- WR Law & Fire. Class One standouts were Darius Lawrence, J.J. Reed FLSR 402.2, Shane Sowers TSR, Pat Dean 440.7 GSR, and Josh Sagel 473 GSR. Law & Fire Standouts were Chuck Radcliff 303 GSR and Mike Overby 415 for a WR!!! & GSR. Also, Mike Overby doubled the Master Law & Fire for another WR!!!. Big big big Wayne Watts WR'd with 562!!! Junior Bench standouts included nice lifts by Briaf1 Arnett, Ryan Bonds, Matt Christie, Justin Hall, Brad Campbell and a big lift by Jay Rinehart 534.5. The Sub-Masters & Open World Champion Greg Warr was

WABDL AT WAR! It started with a HOUSE OF PAIN bumper sticker on the barrel of an M1 tank. People talked. Then an HOP sticker appeared on an armored troop transport. More people talked. Like a riot; talking led to action. A Texas lifter (and soldier) named Tony Turco looked around Iraq and found a bunch of other lifters in harm's way. There were even 6 certified TX WABDL judges! Why not have a meet?! Tony contacted authorities for the go-ahead. Charlie Turco (Tony's dad) arranged for shirts through Bob Garza. He called HOUSE OF PAIN for singlets and supportive gear. Others helped out as well, and TV stations even interviewed Tony while he was home in Houston prior to the meet. Posters announced the "WABDL At War" Military Powerlifting Meet. On December 12, 2003; the first sanctioned powerlifting meet was held in a hot combat zone. In Al Hussena, Iraq (aka FOB Thunder) our U.S. troops made showed their strength! There were numerous competitors from the 2nd Brigade Combat Team - of the 4th Infantry. The very same 4th Infantry Division captured Saddam Hussein the next morning! Powerlifters compete, then catch a war criminal: not a bad weekend! Lifters included: Tron Surrat, Carlos Murillo, Henrique Lamberty, David Labar, Hugo Hecht, Jessie Bryand, Carl Winston, John Tamez, Bruce Washington, Scott Munck, Anthony Massey, Elgin Godinez, Steven Vasquez, Michael Beale, Chris Charles, Levin Morgan, Bruce Allen, Bobbie Rawls, Samuel Lawhorn, Anthony Turco, Brian Miller, and Richard Moore. (... may have been a few more) These guys were serious - 6 TX State Records were set! Not bad for a war zone, huh?! The next time you use your circumstances as an excuse not to train - ask yourself if you have it tougher than these guys in 'FOB Thunder.' Chances are, you need to quit whining and go train. Rick@houseofpain.com

APA/TMPSA Patriot Challenge
17 JAN 04 - Houston, TX

Men	SQ	BP	DL	TL
97 lbs.				
Teen 11-12				
Austin Cook	185	80	200	465
132 lbs.				
Teen 13-15				
Ryan Pena	120	85	200	405
148 lbs.				
Drug Free				
TJ. Horner BL	665w	335	605w	1605
165 lbs.				
Teen 13-15				
James Ecford	135	115	300	550
Tramale Kemp	135	100	170	405
181 lbs.				
Teen 13-15				
M. Mitchell	425w	205	410	1040
Open				
J. Burdette	500	0	500	0
Master 50-54				
Paul Boutte	575w	325t	510w	1390
220 lbs.				
Open				
L. Holmes	425	295	475	1195
Junior 20-23				
R. Jenkins	425t	405t	500t	1330
Submaster 33-39				
Lowell Holmes	425	295	475	1195
220 lbs. Submaster 33-39				
Brian Propst	445	325	515	1285
242 lbs. Submaster 33-39				
D. Broseman	645a	330	550	1515a
308 lbs. Submaster 33-39				
Dean Jones	600	425	550t	1575t
Master 45-49				
Nolan Meyers	655t	445t	615t	1715t
Deadlift Only 181 lbs.				
Teen 13-15				
Manuel Perez				
Women				
132 lbs. Teen 13-15				
Megan Cook	265w	110t	255w	630w
181 lbs. Teen 13-15				
Ifeatu Okafer	145	85	225	445
Texas Record = t Louisiana Record = l American Record = w. World Record = w.				



T.J. Horner with an APA World Record squat of 665 lbs. in the 148 lb. class at the Patriot Challenge

Texas, Nolan Meyers squatted 655 for a Texas record and then went over backwards with a huge 685. Thankfully no one was injured and Nolan finished the meet with a 615 deadlift and a 1715 total both for Texas records. In the women's division Ifeatu Okafer, lifting for her first time ended up with a 445 total in the teen 13-15 181s. In the 132s, thirteen year old Megan Cook had an exceptional day hitting 215, 250 and 265 squats all for world records. Megan benched 110 for a Texas record and just missed 125. In the deadlift Cook pulled a Texas record in her opener of 225, a world record with 255 and just missed 280 on the 3rd. Megan ended her day with a world record total of 630 pounds.

After the chalk dust settled 36 Texas records, 22 American, and 15 World records were either set or broken. We had several lifters in the 13-15 age divisions who lifted for their first time ever. All of the lifters who entered this meet put out some of the best efforts I have ever seen. The sportsmanship was just amazing. A very special thanks to Inzer Advance Designs who support for our lifters, the sport, and our meets is deeply appreciated. Also a special thanks to Mike Lambert and Powerlifting USA who have been there supporting us all for almost as long as the sport has been around. Thanks also to Discount Awards in Houston, Texas for always coming up with some great trophies, even at the last minute. These great companies have worked hard to help us enjoy the great sport of powerlifting. (Thanks to Tom McCullough for providing these results)

NASA Oklahoma State (kg)
08 MAY 04 - Noble, OK

Powerlifting	C/SQ	BP	DL	TOT
bpm1/198				
Tony Hill		120		120
dlsm/123				
R. Hedrick			115	115
hs/115				
B. Williamson	40	77.5	137.5	255
hs/149				
Logan Watkins	52.5	92.5	160	305
hs/182				
Tony Hill Jr.	42.5	75	152.5	270
hs/198				
Roy Jackson	60	115	190	365
int/165				
Mattew Qualls	65	142.5	160	367.5
m1/165				
Bill Anderson	62.5	115	177.5	355
m1/198				
Mike Bruders	75	130	192.5	397.5
m1/220				
Jerry Linder	60	115	192.5	367.5
m1/276				
Donald McCue	62.5	142.5	242.5	447.5

m4/220									
Billy Lumpkin	60	135	170	365					
sqm1/276									
Donald McCue	185								
whs/182									
J. Jackson	27.5	55	72.5	155					
wsm2/132									
M. Bruders	27.5	40	77.5	145					
wsm/149									
L. Anderson	32.5	52.5	100	185					
youth/youth									
Cole Anderson	22.5	32.5	67.5	122.5					
youth/youth									
Cody Anderson	17.5	25	55	97.5					
youth/youth									
Shawn Bruders	17.5		37.5	55					
Meet									
hs/115									
B. Williamson	100	77.5	137.5	315					
hs/149									
Logan Watkins	150	92.5	160	402.5					
hs/165									
Kory Jones	230	110	227.5	567.5					
hs/165									
Alek Ryan	155	87.5	145	387.5					
hs/220									
Kyle Robinson	182.5	105	182.5	470					
m1/220									
Michael Hearing									
m1/309									
D. L. Roberts	200	145	185	530					
mp/shw									
Stacy Miller	227.5	145	237.5	610					
pure/182									
Cody Stacy	197.5	120	215	532.5					
pure/220									
Kevin Foster	250	167.5	250	667.5					
sm2/165									
Randy Jackson	205	147.5	205	557.5					
sm/165									
Randy Jackson	205	147.5	205	557.5					
Bench									
m1/243									
Steve Grayson	165			165					
nov/123									
M. Grayson	65			65					
wm2/165									
M. Welch	107.5			107.5					
(Thanks to Rich Peters for these results.)									

AAPF 8th Frank Kostyo Memorial
20 MAR 04 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
105 lbs. Teen (16-17)				
K. Hutchinson	200*	90*	235*	510*
Open 165 lbs.				
D. Trafton	260	160	350!	770
MEN				
165 lbs. Teen (13-15)				
B. Silk, Jr.	240	155	270	665
308 lbs.				
M. Cristiani	400	330	400	1130
198 lbs. Teen (18-19)				
A. Johnson	400!	380!	400	1160!
SHW				
J. Marais	370!	225!	420!	1015!

Junior 198 lbs.									
D. Beasock	500	315	460	1275					
308 lbs.									
B. Ashley	480!	345!	480!	1305!					
Submaster 181 lbs.									
B. Moorhead	145	455*	145	745					
Open 114 lbs.									
H. Murray	155	170*	210	535*					
123 lbs.									
K. Snell	375	250	460	1085					
181 lbs.									
C. Brawley	340	235	445	1020					
198 lbs.									
D. Reid	470	350	480	1300					
SHW									
R. Yawn	565	375	580	1520					
Master (45-49)	123 lbs								
K. Snell#	415*	250*	460*	1085*					
198 lbs.									
G. Godwin	400	255	400	1055					
181 lbs. (50-54)									
S. Kyllis	450	340	515!	1305					
(70-74)									
W. Smith	225*	225*	305*	745*					
198 lbs.									
B. Rosenfield	55!	310*	255!	620!					
(75-79)									
F. Pedrosa	225*	205*	350*	780*					
D. Thompson	205	140	250	595					
(85-89)									
S. Montrose	85*	145*	200*	420*					
*=American Record. !=Florida State Record. #=Best Lifter. The 8th Annual Frank Kostyo Memorial AAPF Powerlifting Championship got underway on the first day of spring with Katie "Hootie" Hutchinson setting American records in all three lifts and the total. Katie just turned 16 earlier in the month and did a 200 lbs. squat, 90 lbs. bench, 235 lbs. deadlift and a 510 lbs. total. She also won 1st place for the most fashionably dressed powerlifter. Doreen Trafton pulled a state record 350 lbs. deadlift and won the 165 lbs. Open division. In the men's teen (13-15) age group, Brian Silk won the 165 lbs. class competing for the first time and going 9 for 9 in all his lifts. Matt Cristiani won the 308 lbs. teen (13-15) class with a nice 1130 total and 1st place. Adam Johnson set state records in the 198 lbs. (18-19) age group with a 400 lbs. squat, 380 lbs. bench, and a 1160 lbs. total. Joseph Marais also set state records in his class. Joseph competed in the superheavyweight (18-19) age group and did a 370 squat, 225 bench, 420 deadlift and a 1015 total. Don Beasock won the 198 lbs. junior division with a nice 1275 total. Brandon Ashley set four state records in the 308 lbs. Junior division with a 480 lbs. squat, 345 lbs. bench, 480 lbs. deadlift and a 1305 lbs. total. Brett Moorhead shattered the 181 lbs. Submaster American record with a 455 lbs. bench. In the open division, Hugh Murray set two state records and won the									

114 lbs. class. Ken Snell won the 123 lbs. class. Carson Brawley won his first meet in the 181 lbs. class with a nice 1020 total. Damon Reid won the 198 lbs. class and Robert Yawn took 1st place in the superheavyweight class. The masters division had eight competitors starting with Ken Snell setting four American records in the (45-49) age group 123 lbs. class. Ken did a 415 squat, 250 bench, 460 deadlift and a 1085 total which earned him Best Lifter honors. Greg Godwin had a nice 1055 lbs. total to win the 198 lbs. Masters (45-49) age group. Steve Kyllio set a state record with a 515 lbs. deadlift to win the 181 lbs. class Master (50-54) age group. Wendell Smith set four American records in the 181 lbs. Master (70-74) age group and Burt Rosenfield set an American record with an impressive 310 lbs. bench press in the 198 lbs. Masters (45-49) age group. Fred Pedrosa set four new American records in the 181 lbs. Master (75-79) age group. Fred did a 225 lbs. squat, 205 bench, 350 lbs. deadlift and a 780 lbs. total. Duffy Thompson placed second in this weight class and age group. Duffy has come a long way since having a total knee replacement. He performed his best squat ever at 205 lbs. It can be done! Speaking of it can be done... eighty-six years young Stephen Montrose set five American records in the 181 lbs. Master (85-89) age group. Stephen did a 85 lbs. squat, 145 lbs. bench, 200 lbs. deadlift, and a 420 lbs. total. Stephen is a true testament to age and strength. You're never too old! A special thanks to Louis Baltz and the All American Gym, Dan Jonas, Tim Calhoun, Junk Yark Dagg, Blake Jerry Williams, Moses Battles, Steve Beck, Dick Fudge, and all the lifters and spectators who make these meet possible. (Thanks to Ken Snell for providing these meet results)

USAPL PA State BP/DL
25 APR 04 - Bigler, PA

PA BENCH	B. Donnelly	352
148 lbs.		
K. Jones	203	181 lbs.
165 lbs.		
T. Smith	132	198 lbs.
MEN		
165 lbs.		
B. Snyder	347	220 lbs.
P. Hubbard	236	B. Pavelka 402
181 lbs.		
K. Semon	336	R. Hudic 337
R. Romberger	220	PA DEADLIFT
198 lbs.		
P. Grohoski	440	K. Jones 270
R. Romberger	336	165 lbs.
F. Tumminia	336	T. Smith 214
C. Mannino	325	MEN
J. Herbein	259	165 lbs.
220 lbs.		
R. Ludwig	413	B. Snyder 562
R. Hudic	336	N. Theodorou 529
242 lbs.		
R. Eckhard	462	K. Semon 501
E. Robinson	314	F. Tumminia 490
D. Frable	---	220 lbs.
T. Harman	---	R. Ludwig 578
275 lbs.		
J. McElwee	501	D. Frable 523
R. Smith	473	319 lbs.
D. Ratchford	462	F. Giordano 628

SLP USA GYM Chicagoland Open
16 MAY 04 - Bridgeview, IL

BENCH PRESS	Joe Hummel	305
open women	198	
198	Eric Anderson	350
Lisa Miller	235* master men 60-64	
novice men	165	
165	Jesse Bailey	290*
Jeff Beaudry	350* police & fire	
198	165	
Eric Anderson	350 Anton White	375
220	198	
Tony Vestuto	315 Chuck Barth	335
308	242	
Serge Ceralde	430* Paul Rodriguez	485
(4th)	440* 275	
teenage men 13-15	Tom Harrison	675
148	open men	
John Bania	185 148	
165	Otis Anderson	300
Junior Johnson	170 165	
teenage men 16-17	Luis Reyes	315
220	(4th)	325
Jon Petrasek	295 198	
junior men	Craig Hansen	485
132	198	
Wisam Eid	270 W. Gerard	365
submaster men	242	
148	Joe Lipuma	450
Peter VanHorn	290 DEADLIFT	
165	teenage men 16-17	
Jeff Beaudry	350 181	
181	David Liston	365
A. Gonzalez	365 (4th)	400
198	220	
Craig Hansen	485* Jon Petrasek	450
308	junior men	
Bill Sharp	485 132	
master men 40-44	Wisam Eid	375
220	master men 50-54	
Bob D'Andrea	430 220	
242	G. Williams	625*
Joe Lipuma	450 open men	
master men 45-49	198	
181	W. Gerard	500

BP - Best Lifter - TOMMY HARRISON. DL - Best Lifter - GEORGE WILLIAMS. * Son Light Power Illinois state record. The Son Light Power USA Gym Chicagoland Open Bench Press/ Deadlift Championship was held May 16, 2004 at the gym in Bridgeview, Illinois. Thanks to Lisa Miller for organizing this event and to all who helped make this another successful competition. In the bench press event Lisa Miller moved down to the open 198 class to break the existing state record there with 235. A final attempt with 260 was close, just short of lockout. In the novice men's division Jeff Beaudry set the state record at 165 with 350, making all three of his attempts. Eric Anderson, aka Foxx, got a new personal best with his final attempt of 350. Tony Vestuto only got in his opener of 315, but was good enough for the win at 220. Then it was big Serge Ceralde, lifting in his first competition, setting the state record at 308. Serge finished with 430 before coming back with a fourth of 440! In the men's 13-15 age division John Bania won at 148 with 185 while Junior Johnson took the 165 class with 170. Jon Petrasek finished with a personal best 295 for the win at 16-17/220. In the junior division, 132 winner, Wisam Eid won with more than double bodyweight, 270. This was Wisam's first competition. At submaster 148 it was Peter VanHorn with 290 while Jeff Beaudry won his second title of the day at 165 with 350. Anthony Gonzalez was the winner at 181 with 365, weighing in at just 172! Craig Hansen broke the existing state record at 198 with 485, making just two of his three attempts. Bill Sharp had some problems with his shirt and his 655 opener at 308, so took it off and dropped down to 485 "raw" to stay in the meet. Bob D'Andrea won the 40-44/220 title with an easy 430, repeatedly saying he was a bodybuilder. Well, he sure looked like a bench to me! At 242 it was Joe Lipuma with an easy 450 opener, though he failed with 475 twice. Joe Hummel won at 45-49/181 with 305 as Eric Anderson captured his second title of the day with 350 at 45-49/198. Jesse Bailey, coming all the way from Kentucky, broke his own Illinois state record at 60-64/165 with an easy 295. In the police & fire division state record



George Williams pulls a state 50-54/220 lb. class record 625 deadlift at the SLP USA Gym Chicagoland Open. (Dr. Latch)

holder Anton White had to settle with his opener of 375 while Chuck Barth won at 198 with 335. Paul Rodriguez had a good day at 242, making all three of his

2004 GNC SHOW OF STRENGTH & WORLD FITNESS EXPO

Atlanta welcomes the third annual GNC Show of Strength & World Fitness Expo to the Cobb Galleria on October 8-10, 2004 as top male bodybuilders, strongmen, powerlifters, armwrestlers, and fitness and figure athletes compete for more than \$310,000 in prize money. The event expects more than 20,000 health and fitness fans and will host more than 300 health and fitness exhibitors.

Professional competition at the 2004 GNC Show of Strength & World Fitness Expo will include the GNC Pro Bodybuilding Championships for men and women, a NWA Total Nonstop Action Wrestling talent search, The MHP Pro Strongman Invitational, Lee Haney's Ultimate Teen Challenge, *Physical Magazine's* cover model search, the World Powerlifting Organization finals, GNC Pro Figure and Fitness Championships, and the GNC Pro Performance Armwrestling Competition. The weekend will be capped off with a VIP party combining fitness and fun.

The GNC Expo is the last chance to qualify for the Mr. Olympia competition so the biggest names in bodybuilding will compete. At the 2003 event, Dexter Jackson surprised favorites Jay Cutler and Gunter Schlierkamp by winning the GNC Pro Bodybuilding Championship. Jackson will be back to defend his title against premier bodybuilders including Atlanta's own Tony Freeman. In female action, leading bodybuilders such as Iris Kyle and Betty Pariso will be in competition.

The popular NWA Total Nonstop Action Wrestling will be on-site

attempts to finish with 485. Then at 275 it was big Tommy Harrison, who had just two weeks ago benched his first 700! Tommy finished with just his opener of 675 on his way to a near miss with 700 for his third attempt. A fourth was even closer, just failing to lockout his right side with 705! In the open division Otis "Baby Oil" Anderson won at 148 with 300, just missing a final attempt with a personal best 315. Luis Reyes also had a good first competition, making 315 then a fourth with 325 for a new personal best at 165. Craig Hansen won at 198 with 485 followed by first-timer William Gerard with 365. Joe Lipuma won his second title of the day at 242 with his 450 opener. Tommy Harrison won the best lifter award. In the deadlift competition David Liston pulled a solid 365 third, then a great 400 personal best fourth for the win at 16-17/181. Jon Petrasek almost got a new state record at 16-17/242 with his final attempt of 470, just missing it at lockout! Jon settled with a personal best 450. Wisam Eid won his second title of the day at junior 132 with a hard-fought 375 final pull. Then at 50-54/220 it was the "master of the pull", George Williams. Using perfect form George finished with a great new state record pull of 625. William Gerard won his first title ever with a great 500 final pull at 198 open. George Williams received the best lifter award for the deadlift competition. Thanks again to everyone who helped out, my son Joey and to our trophy girl, Amy Lohnes. (Results provided by Dr. Darrell Latch.)

USAPL Kansas State Open
10 JUL 04 - Lenexa, KS

WOMEN	SQ	BP	DL	TOT
Open 114 lbs.				
L. King	135	95	135	365
123 lbs.				
L. Marietta	310	172.5	330	812.5
BENCH Only				
L. Marietta	—	172.5	—	—
S. Enzbrenner	160	75	225	460
132 lbs. BENCH Only				
K. McGowan	—	150	—	—
148 lbs.				
C. Lembrecht	185	75	205	465
MEN				
Open 165 lbs.				
C. Laing	405	205	405	1015
181 lbs. Teen				
T. Weichel	470	225	515	1210
198 lbs. Open				
A. Castillo	550	370	525	1445
220 lbs.				
J. Limper	605	390	565	1560
S. Stout	515	405	560	1480
R. Richards	400	250	500	1150
Teen				
N. Longhofer	500	280	460	1240
242 lbs. BENCH Only				
M. Patten	—	425	—	—
Open				
M. Porembski	660	410	550	1620
275 lbs.				
R. Benson	600	385	595	1580
J. Kramer	510	405	525	1440
SHW				
B. Bowman*	620	500	655	1775

*=Best Lifter. (Results provided by USAPL)

at the GNC Show of Strength & World Fitness Expo and holding try-outs to find their next big star.

The MUP Pro Strongman Invitational will showcase six of America's strongest men in head-to-head competition for over \$20,000. One of the competitors will be Steve Kirit, who has held the title of America's Strongest Man for two straight years. The Strongman Invitational will also allow 50 amateurs from the North American Strongman Society to battle for a pro card and compete in the Strongman sport's Pro Division.

Atlanta resident and eight-time Mr. Olympian, Lee Haney is promoting health, fitness and sport to youth through the Lee Haney's Ultimate Teen Challenge at the GNC Show of Strength & World Fitness Expo. The event will showcase up to 25 area high schools competing in strength and fitness challenges to include a tire relay, bench press and vehicle push with nearly \$7,500 in fitness equipment donations going to the top three schools. In addition, proceeds from the competition will support the Atlanta-based charity, the Lee Haney Harvest House.

Physical Magazine, one of America's favorite sports nutrition publications, will be holding a cover model search at the event as well. Winners will be flown to California for an exclusive cover photography shoot.

Last year several records were set in the World Powerlifting Organization finals at the GNC Show of Strength & World Fitness Expo, including a 1,114 lb. squat by super heavyweight Andy Bolton, a 976.6 lb. squat and 691 lb. bench press by

heavyweight Jesse Kellum. Expect more of the same in 2004. The Pro Figure and Fitness Challenges are also back in 2004 with many exciting participants including fitness pros Kelly Ryan, Adela Friedmansky and Jen Hendershott along with figure pros Jenny Lynn and Elaine Goodlad. The American Armsport Armwrestling Challenge is also being held again this year with four men's weight classes and two women's weight classes.

To compliment the competitions, over 300 exhibitors including show sponsors MHP, Muscletech, EAS, MetRx and Fizog will showcase and offer free samples of their cutting edge products used by many of the professional competitors, including nutritional supplements, energy bars, sports drinks, sports and training equipment, and high performance athletic apparel, at the three-day World Fitness Expo.

Information on purchasing events tickets and the complete event schedule is available at www.showofstrength.com. For free media credentials please go to www.showofstrength.com/press.html to fill out an application.

The Show of Strength is sponsored by General Nutrition Companies, Inc. (GNC) based in Pittsburgh, PA. It is the largest nationwide specialty retailer of vitamin, mineral and herbal supplements, sports nutrition, as well as personal care and related products. GNC operates more than 5,000 retail outlets throughout the United States and in 29 foreign markets including Canada and Mexico. Additional information can be found on www.gnc.com.

Lifetime Natural PL Society
15 MAY 04 - Tuscola, IL

BENCH PRESS	275
open women	Randy James 400*
105	master men 55-59
Suha Qasem	145* 181
(4th)	150* R. Carlson 290*
198	police & fire
Ellen Danekas	145* 181
(4th)	155* Brian Bartels 335*
teenage men 16-17	open men
132	308
Brett Faught	190* Ryan Krause 445*
165	DEADLIFT
C. J. Patschke	205* open women
242	105
Chuck Hartwig	340* Suha Qasem 300*
teenage men 18-19	master men 40-44
220	198
Nick LeVanti	395* John Dylewski 315*
master men 40-44	
Powerlifting	SQ BP DL TOT
junior men	
181	
Mike Strom	500* 450* 505* 1455*
4th	530* 1485*
submaster men	
198	
Jeff Douglas	555* 400* 605* 1560*
master men 55-59	
181	
R. Carlson	375* 290* 430* 1095*
4th	400* 1120*
police & fire	
165	
B. Campbell	600* 385* 545* 1530*
open men	
181	
Steve Gawlik	575 330 545 1450
198	
Dustin Minks	555 365 565 1485
4th	600 1530

* - Lifetime Natural Powerlifting Society national record. PL - Best Lifter - BRIAN CAMPBELL. BP - Best Lifter - RYAN KRAUSE. The Lifetime Natural Powerlifting Society National Powerlifting Championship was held on May 15, 2004 at Son Light Power Gym in Tuscola, Illinois. Thanks to my son Joey and his friends for all their help loading, spotting and judging. In the powerlifting event Mike Strom came down from Wisconsin for the title at junior 181. Lifting in his first full meet, Mike showed he was much more than just a great bench! Mike finished with a 500 squat before coming back with a great 530 personal best fourth. In the bench Mike proved once again why he is consistently ranked among the best juniors in the nation. Mike finished with 450, after his final attempt with a personal best 465 failed at lockout. Mike's 505 pull gave him a great 1485 total, and all new national records for his class! Jeff Douglas had a great day of lifting also, setting new personal records in the squat (555) and bench press (400). This was Jeff's first official 400 bench! A 605 pull gave Jeff a 1560 pr total. All of Jeff's lifts were new national records for his class, submaster 198. Richard Carlson continues to improve with each new competition, making new prs for the squat, deadlift and total. Richard, who moved up to the 55-59 age group, stayed at 181. Richard got a 375 squat, then returned for a 400 fourth, benched 290 and pulled 430 for a great 1120 total. All were new national records for Richard. Brian Campbell totaled "elite" at 165 with 1530 and the win in the police & fire division. A big 600 squat with a 385 bench and a 545 did the trick. Brian looked strong with each of his attempts, just missing a 625 squat, 405 bench and a 565 deadlift on his final attempts. All, again, were new national records for Brian, who was also awarded the best lifter trophy for the full meet. In the open division Steve Gawlik got a new personal best in the squat with 575, benched 330 and pulled another pr in the deadlift with 545 for a 1450 personal record total. Steve had a great nine for nine day of lifting! At 198 it was Dustin Minks with a triple bodyweight squat of 600, which he made on his fourth attempt. Before that Dustin finished with a 555 squat to go along with his 365 bench and 565 pull for a 1530 total. This was a new personal

record total for Dustin at this bodyweight. Over the past year Dustin has reduced his bodyweight from 310 to 198! In the bench press competition Suha Qasem broke her own Illinois state record at open 105 with a personal best 150. This was also a new national record for her class. First-time competitor Ellen Danekas also set a new national record for her class, open 198. Ellen finished with 145 before a successful fourth of 155. Brett Faught set the national mark at 16-17/132 with 190 while C. J. Patschke didn't the same at 165 with 205. This was C. J.'s first competition. Chuck Hartwig won at 16-17/242 with 340, breaking the national record there. In the 18-19 age division Nick LeVanti set the record at 220 with his opener of 395. Randy James broke the national record at 40-44/275 with 400. (Jimmy Buffett is the \$100.00 man!) Richard Carlson tied the national mark at 55-59/181 with 290, making just his opener. Rick Bartels broke the record at police & fire/181, finishing with 335. In the open division Ryan Krause broke his own national record by seventy-five pounds, finishing with 445 and the best lifter award for the bench press competition. In the deadlift competition Suha Qasem pulled a personal best 300 at a 102 bw! This set both the state and national record for the women's open 105 class. John Dylewski got to the competition late and had to pull instead of benching. Lifting in the 40-44/198 class, John proved he can still out-bench his deadlifts! His 315(?) though,

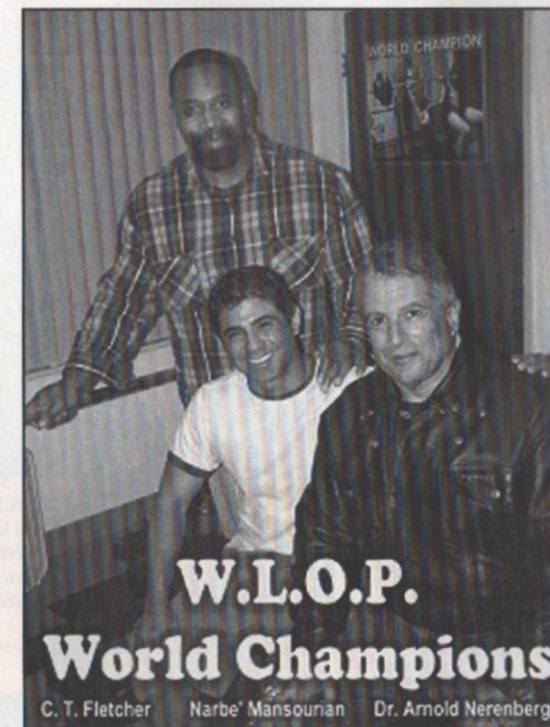


Best Lifters at the Lifetime Natural Powerlifting Society Nationals were Ryan Krause in the Bench Press (left) and Brian Campbell for the Powerlifting division. (Photograph provided by Dr. Darrell Latch)

was a new national record for his class! you all again next year! (Thanks to Thanks again to all who helped out. See Darrell Latch for providing the results.)

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ABOUT WLOP

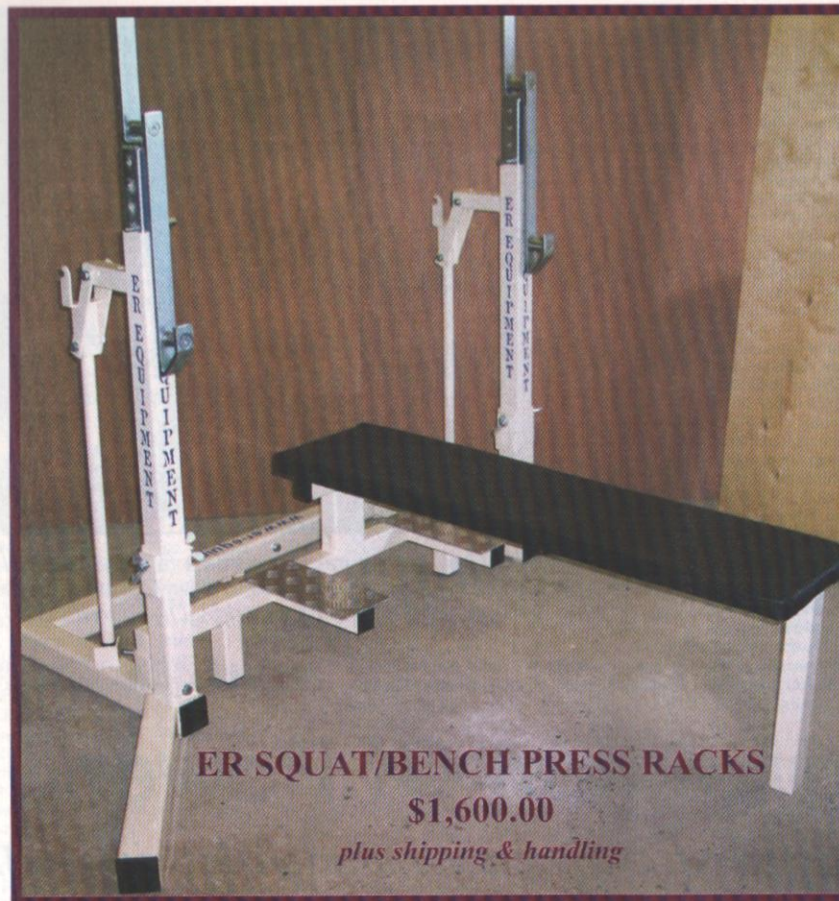
The World Legion of Power is a certification and sponsorship organization for gyms and weight lifting facilities of all sizes throughout the nation and world. Our goal is to recognize, award and promote gyms, sporting facilities and athletes. WLOP sponsors competitions in power lifting, bodybuilding, martial arts, boxing and other sporting events.

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The quest for greatness is evident and yet there is a non-greatness is evident and yet there is a non-obvious quality as well. We aspire to greatness in our athletic accomplishments and that is an end in itself. But there is another aspect. One that is not assured in any official competition. We value the athlete who is a decent human being, an athlete who can lift a mountain of resentment through his power of forgiveness, an athlete who shows greatness in all areas: physical, emotional, mental, spiritual. We of the WLOP - salute such athletes.

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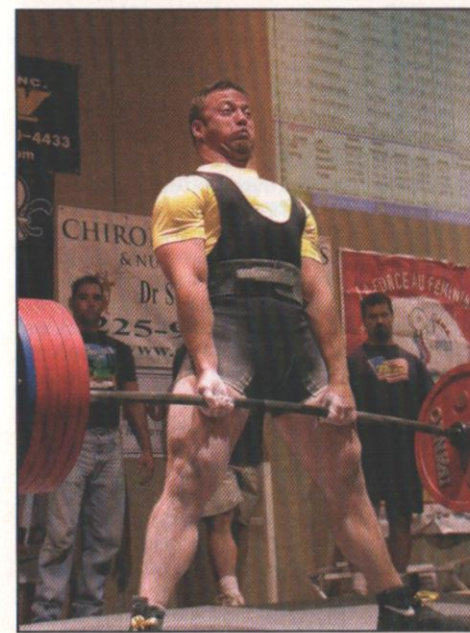
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Jason Beck...198 lb. champion in a surprise.

phenom and hometown favorite Steve McLawchlin. Steve had recently destroyed the competition at the Collegiats and has been making monster gains lately. However, now he was on U.S. powerlifting's biggest stage, going up against our sport's version of Micky Mantle and Willie Mays. Steve made it clear that he was not afraid of history, when he made three strong squats only to have two turned down on depth. Meanwhile David Ricks had two near misses at 705 leaving him with 644. Mike had to repeat his opener at 650 and had a Masters WR 711 turned down 2/1 on depth. The lift was a struggle for Mike and left him injured and questionable to continue. He bravely proceeded in the bench, even trying two close attempts at a Masters WR bench of 507. Ricks and McLawchlin maintained their duel with matching 462 benches and this left Steve ahead by 17.5 kg. at subtotal. After easy openers for both lifters, David had trimmed the lead to 10 kg. After 2nds it was down to 2.5. Steve and his coaches picked 677, which was the perfect number, as Steve pulled it to completion under pressure, the likes of which few lifters his age have ever seen. David pulled 716 on a 3rd to completion with a slight windmill at the top and was turned down by the judges, leaving Steve McLawchlin the winner in the most surprising upset I've seen in 14 years of attending the Seniors. Due to his injury, Mike Bridges only pulled a token 60 kg. DL to finish the meet. We wish Mike a speedy recovery. I had a chance to talk with Mike and his lovely wife Chris on Saturday night and you will

be hard pressed to find two nicer people. Josh Decker only got one squat, but pulled a class-high 683 DL to take 3rd. In 4th was Sean DiCataldo, who dumped his 3rd squat into the bend of the arms of the rear spotter. Sean went onto pull three pulls to hold off Minnesota's Tony Reid. Former 1997 World Team member John White was 6th, followed by Louie Morrison, and a 9/9 performance by Junior lifter Scott McManus.

Ten lifters showed up at 198, but only seven remained at the finish. Travis Pardue

sawed back and forth from start to finish. Jason's three deep and easy squats put him 7.5 kg. ahead of Marcus, who needed three attempts to get 677 passed by the judges. Marcus went back in front by 10 kg. courtesy of a huge 512 bench. The lead changed hands three more times in the deadlift with Jason sealing the win on a 666 lb. 2nd attempt only to come back and pull 694 as well. Marcus locked out what would have been the winning pull, but it was turned down due to the bar going back down just before lockout. This battle was very exciting and both young men have bright futures in the sport. Master lifter Greg Buffington pulled into 3rd over Billy Dee Williams of New Jersey. In 5th was Jeff Blindauer, just ahead of Steve Lemarie and his 650 DL. Todd Shelton finished 7th with a 3/9 day.

The 220s drew a large pack of 13 lifters. Brian Radulovich dive bombed a 716 squat, but was unable to complete a DL. Jim Nicolosi



Charr Gahagan used a big squat to get his victorious day going in the 220 lb. class.

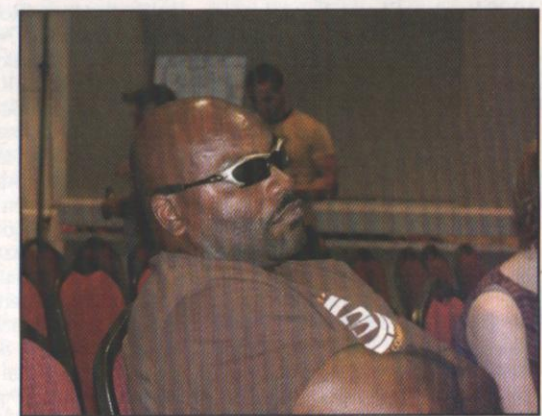
bombed in the squat. The other two bombouts were the pre-meet favorites Ray Benemerito and Mike Mastrean. Ray had a 722 squat on the board when trouble arose in the bench. All three attempts were outright misses, with awkward setups that never allowed Ray to get in his groove. Mike was in 2nd after the squat with 705, but 440 would not go on three tries in the bench. This left the door open for two former Junior World team members, Jason Beck and Marcus Brandon. Beck of Pennsylvania, was stationed in the Middle East just a few short months ago. Brandon, a powerhouse from Georgia, looks as big as some 242ers. The battle see-

made all of his 3rd attempts to finish in 12th. Rick Fowler, who designed the very creative meet logo, was 10 kg. ahead in 11th. Junior lifter Scott Miller was next up in 10th. Rodney Wood, Bench America II Champ from Missouri, kept increasing the

weight after each lift in the squat, and was turned down until the lights went his way on 644. Jason Burnell finished in 8th on a 3/9 day. In his 19th ADFPA/USAPL Men's Nationals, Shawn Cain took 7th with a 1763 total. Timothy McFarland of Wisconsin was in 5th over Scott Waits on bodyweight with an 1824 total for both lifters. A very muscular Mike Ferrantelli of Florida, totaled 1852 on only four made lifts to finish in 4th place.

The top three lifters in this class are each known for a particular specialty, Charr Gahagan, Nick Tylutki and Tony Succarotte. The winner would prove to be the one who could perform best in his other two lifts. The trio went 9/9 in the squat with Nick opening up a lead courtesy of a tough 788 that he refused to quit on. Charr was in 2nd with a perfect attempt selection of 733 and Tony ended at 683 with plenty to spare. Charr closed the gap on Nick to 12.5 kg. with a tough PR bench of 485. Now it was time for

SUCCOMANIA and the crowd went berserk. Tony called for a 600 WR on his opener to become the lightest man to bench 600 in USAPL or IPF history. After almost wearing a 611 lb. necklace on his 2nd attempt, Tony came back to fight out a tough 3rd at the same weight for a new WR. Tony needs to be recognized as one of the all time great benchers in powerlifting history. Tony was now ahead of Nick by 22.5 kg. and Charr by 35 kg., but the old adage "the meet's not over till the bar



Another Win for Tony Harris...Too Cool at 242.



Tony Cardella buckles in for another win

hits the floor" is never more fitting than when Charr "The Pulling Machine" is in the house. Nick moved back in front after openers with the score getting even closer after all three made successful 2nd attempts. Tony was in 3rd with 1967 after a 672 pull that had room to spare. Charr was in 2nd with 1973, following a very easy 755. Nick held a slim edge at 1978 after a tough 733. Tony switched to sumo for his final try at 705 for the win, but it was not close. Nick tried to pad his lead with 749, but the bar stalled just below the knee. Like the world-class deadlifter he is, Charr approached the bar confidently and pulled an easy 771 for the win with a 1989 total. For the 2nd straight year, Charr took on two tough challengers and had pulled his way to victory. In November, both he and Nick will represent the U.S. at 220 in South Africa.

Chris Kahane of Texas went 8/9 to take 10th at 242. California's Steve Silver was 7.5 kg. ahead in 9th. Michael Kalter of the Netherlands, currently residing in Maine, finished in 8th place just behind Jack Reape who broke the 1800 barrier. Shane Newark used a class-high 551 bench to garner 6th place behind Erik Steiner, who took and passed his international referee's exam this same weekend. Erik made all of his squats and DLs to total 1852. Ryan Stills joined the 500 lb. bench club and had a 727 DL moving nicely for 3rd but it was too much on this day. Steve Mann of New York hit a solid 782 squat, followed up by a 540 bench, to finish in 3rd with 1951. We should see 2000 from him in the near future. Former IPF World Silver Medalist, Jeff Douglas, now competes in the Masters division. Jeff's 804 squat was the highest up to this point in the contest and he

even came up with 821 which was VERY close to being passed. A 3/3 bench day ending with 534 gave him a 25 kg. lead at subtotal. Jeff gave 711 a great run for the win, but finished up in 2nd with 2011. Tony Harris was the last man standing with a 2044 total and a spot on the world team. After injuries at both last years Seniors and Worlds, Tony is back on track. A comeback attempt with 782 in the squat was crucial in the eventual outcome. A 760 DL sealed the victory and Tony even gave 771 a go. Look for Tony to "air it out" in November with a 2100+ total. He finished 4th last year on one leg so look for Tony to be on the medal stand this time around.

Once again the meet's largest class was the 275s. Nineteen lifters started out with four leaving early. Oregon's Dean Reece was out after three tries at 705 in the squat. Brad Madvig of the USAPL Forum hit a PR 738 squat only to fail to register a successful bench. Dr. Mike Anderson squatted 744 on his opener and then locked out 501 three times, but none to the judge's satisfaction. Bench press WR holder Scott Lade scored a 788 squat and then opened at a WR tying 661 bench that he missed twice. A final try at 688 didn't go either. Masters lifter Bill Collins came all the way from Wyoming to break 800 kg. in 14th. Scott Schoen missed all three of his openers, but managed to stay in the meet with 1824. Dr. Mike Hartle broke 700 in the squat for 13th. James Toland missed his first two and last two attempts, but made enough to land in 12th. Deron Rogers had his opening bench misloaded by nearly 100 lbs. and actually drove it up more than halfway. He also gave a nice run to an 810 pull. I finished in 10th with 1879, as a narrow miss on my 3rd squat kept me from breaking 1900 for the first time. Robert Meulenber smoked a buried 744 squat to total 1918 in 9th. Junior Evan Whalen made a comeback 705 DL to pull into 8th place. Scott Ward made seven lifts including a 556 bench to put up 1973 and take 7th. Former World Team member Sean Culnan made his first seven attempts to take 6th with 2033 and even tried 793 to move all the way up to 2nd.

The next three lifters all made very impressive Seniors debuts. Ball State strength coach Matt Wenning squatted a tough 815 that pushed him to a 2033 total and 5th place on bodyweight. In 4th place from Tony Cardella's neck of the woods was Bill Ferguson with 2050. Bill arose

three times with an 804 squat with room to spare, getting the lights he needed on the final try. Former Louisiana Tech standout Emilio Saldierna used a huge 848 squat, that he fought for several seconds, to reach 3rd place with 2061. Emilio showed no fear of the big weights and will be a force to reckon with in the years to come. Minnesota's Greg Wagner broke the 2100 barrier courtesy of a class-high 848 squat. Before his final bench Greg threw on a tighter shirt and jumped to 633. It was a close miss and hints at the potential this explosive lifter has down the road. The champ for the 2nd year in a row and 3rd time in four years is the always consistent Tony Cardella. Spurred on by one of the loudest cheering sections of the weekend, Tony's opening squat was not Cardella-like in ease. A jump to 826 was an uncharacteristic no go for Tony, but he made up for it a short time later with a successful

comeback lift. Much like Wade Hooper on Friday, Tony had been working with the Inzer Rage shirt and was seeing great gains to the tune of a PR 578 OPENER. Then he attained entry into the exclusive 600 lb. club on a 2nd. Finally, he made a max effort at 611 for another PR. Three strong pulls put Tony at 2204, including a PR 766 DL that had plenty to spare. Tony's machine-like consistency has pushed him to the clear number one spot among U.S. 275ers. Now it's on to the Worlds and a first ever trip to the medal stand. Tony is on the fast track to powerlifting greatness and multiple World titles in the future.

Eight supers were on the roster to close out the weekend. James Chantler was a casualty in the squat at 633. In 7th was the excitable Jason Christus, with a nice 804 squat that sent his personal fans into a frenzy. The Cajun Swamp Monster, as he is known in

Louisiana, Kory Wnuk benched over 600 and nearly totaled 2100 to land in 6th. New York's Brian Laudadio made his first five attempts and gave a 650 bench a good run. Brian went for 4th on a 716 pull that was not successful. Veteran Nationals competitor Lance Karabel needed his full allotment of squat attempts to get in the meet. From there he managed a 2143 total, which is equal to the 5th place average of the last five Worlds, on just three made attempts. Another product of the Junior program made an impressive debut on the main stage. Randall Harris of Texas is one of only two SHW Junior World Champions from the U.S. and his international experience was clearly evident on this day. Randall cruised through his 1st six attempts with 826 and 622 only to have his opening pull at 727 pop out of his hand. No worries for Randall, as he came back to hit that and a jump to

755 with more left in him. An 8/9 day and 2204 in his first Seniors. This young man has big league potential.

Brad Gillingham rose from the ashes to absolutely make it clear that he is far from finished. After his bombout at the Worlds in November, the scuttlebutt in power circles was that Brad was on the downturn and maybe his time had passed. Well, you only have to know Brad a little bit to realize he is at his best when people start counting him out. A PR 870 squat was buried, with plenty of room to spare. The bench is where Brad really opened some eyes. After all, this was the lift he had bombed in at the Worlds. Brad has been working closely with Pete Alaniz of Titan on fine tuning his bench shirt as he hadn't been getting the gains that most see in a Fury. The fine tuning was an obvious success when Brad smoked his opener at 595. PRs at 617 and a tough 633

followed. Brad had tweaked his hamstring in April so his deadlift was not in top shape. A cautious opener at 760 was solid, but not smoked in his usual fashion. 804 was next for a PR 2309 total and it had a clear slow point in the middle of the lift. At this point, Brad chose a 15 kg. jump to 837 for the 2nd highest USAPL total of all time, 2342. I have worked closely with Brad for the last couple of years and seen him lift in about a dozen meets over the past seven years and I'll admit I didn't think he could pull this one out. Brad reached deep inside his body for that extra strength built from years of tough, consistent training and pulled an absolute limit lift. At one point the bar



Brian Siders...he did break the 2500 lb barrier in total at the Mountaineer Cup.

even seemed to get stuck on Brad's knee sleeve but he refused to be denied. The highest deadlift of the meet belonged to him and Brad even bent over to slap the weights as if to say "nice effort". Brad's consistency at such a high level at the Seniors is unprecedented. With his 9/9 day here that makes 24 straight made lifts at the Seniors. In fact, his last miss was when his suit blew on a 3rd squat in 2002 in Chicago. Brad qualified for the World team with his performance so look for him to avenge last year's meet in a big way.

Brian Siders performance in Baton Rouge on July 11th 2004 deserves an article unto to itself. If you missed it, shame on you because it was history in the making. If you were fortunate enough to be there then you will never forget it. Let's start by saying this - Brian had a bad day. A 100 lb. victory and smashing the greatest record in powerlifting ... TWICE ... on a bad day??? Yes, as hard as it is to imagine, Brian had much more in him. For starters, Brian had to repeat his smoked 892 opening squat after stepping back at the top. 936 on a 3rd was so explosive at the top that you almost expected to see the bar jump off Brian's back. This man is a 1000+ lb. squatter in the not too distant future. Brian's struggles continued in the bench where he was only able to get one attempt on the board. After repeating his 699 opener, a WR try at 716 stalled just short of lockout. Brian's raw bench strength is beyond compare. In training for this meet, Brian did 620 for 8 sets of three with no bench shirt. Maybe James Henderson or Scot Mendelson have been in that neighborhood, but few others could even come close. Brian has recently instituted 6-inch block deadlifts sumo style in his training and attributes

that to his gains in the pull. After having 766 turned down for not locking out, Brian boldly jumped to 793 to break Bill Kazmaier's 23 year old WR total of 2425. The lift was very easy and the crowd went wild. Brian tacked on another 10 kg. with a smooth 815 to finish at a mind boggling 2452, the highest total in IPF history. It's easy to run out of adjectives when describing Brian so I will stick to the numbers. This is Brian's 3rd Senior Nationals title to go with his IPF World title, all at the age of 25. A 2452 total on only five made lifts. 2500 and even 2600 are not far off. Brian's training intensity is hard to comprehend for us mortals. In training for this meet, Brian did an 895 triple in the squat followed by 3 singles at 805 in the deadlift. Not bad... for one workout! The NEXT day he did three singles in the bench at 705. He trained all the way up to the Wednesday before the meet doing a light (for him) squat workout of 455 for six doubles with no equipment. Simply put, he is an absolute freak of nature who trains harder than most thought imaginable and is on the fast track to becoming the greatest powerlifter who ever lived.

The 10 man world team roster, pending drug test results, is as follows: Ervin Gainer, Caleb Williams, Greg Simmons, Wade Hooper, Charr Gahagan, Nick Tylutki, Tony Harris, Tony Cardella, Brian Siders and Brad Gillingham. The top six alternates in order are Tony Succarotte, David Ricks, Randall Harris, Jeff Douglas, Allen Whigham and Greg Wagner. Congratulations to all of the above lifters and we look forward to a strong performance for Team USA in November. Next year's edition of this contest will be in early May in Killeen, Texas hosted by USAPL Vice-President Johnny Graham.

USAPL Men's Nationals 9-11 JUL 04 - Baton Rouge, LA

Womens	Invitational	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
114	Deb Hairston	66	77	99	137	137	143	236	132	137	137	369
	J. Hollier	55	61	66	170	107	203					
132	J. Thompson	275	275	303	286	286	286	562	275	303	314	876
148	Priscilla Ribic	473	507	518	281	308	314	832	496	523	551	1355
165	Katie Ford	374	374	407	236	236	242	611	402	435	435	1014
	Gilly Martinez	358	358	402	187	198	209	600	286	308	308	887
	C. Newman	165	176	440	292	292	292					
SHW	L. Willet	600	644	661	402	424	424					
114	E. Gainer Jr.	424	451	451	286	308	308	733	485	518	562	1251
	T. Scheldrup	264	308	314	236	253	253	551	363	396	413	964
	J. Scruggs	396	413	429	253	253	253					
123	Mike Kuhns	473	473	534	308	330	330	782	330	352	374	1113
	D. Holloway	462	490	501	270	292	292	782	534	534	534	
132	A. Williams	573	573	600	336	352	352	936	534	556	567	1471
	A. Whigham	479	512	540	259	275	275	799	512	540	562	1339
	Tim Smith	385	418	451	242	259	264	677	429	451	468	1146
	J. Kavarnos	363	391	396	220	231	236	600	396	413	440	1041
148	Greg Simmons	534	534	567	341	358	374	942	523	540	556	1482
	Casey Brown	451	496	529	286	308	336	837	485	534	562	1399
	Keith Scisney	523	567	567	303	341	309	490	534	573	573	1399
	Paul Wong	490	501	501	385	396	396	876	501	523	523	1377
	Scott Layman	551	578	578	369	380	391	959	507	507	507	
165	Wade Hooper	699	727	745	479	502	512	1229	573	606	622	1834
	Erick Nickson	567	595	622	380	402	413	981	595	628	650	1631
	J. Benemerito	507	534	562	385	402	413	964	507	551	567	1532
	Todd Straub	534	562	573	352	352	374	947	551	573	584	1499
	Robert Wood	501	529	540	363	380	380	920	518	540	551	1471
	Jamie Stark	562	573	---	308	319	341	914	518	545	562	1460
	Mike Cagliola	518	540	551	407	418	429	959	437	485	507	1444
	Pat Keenan	512	540	551	325	341	358	892	485	518	540	1432
	K. Cagnolatti	479	507	518	369	374	385	892	501	518	529	1410
	D. Thompson	429	490	496	369	391	402	887	429	512	529	1399
	Kenny Davis	485	485	512	347	363	374	832	534	551	551	
	Michael Macri	573	573	573								
181	S. McLawchlin	672	683	716	451	462	479	1146	622	650	677	1824
	David Ricks	644	705	705	435	462	473	1107	639	683	716	1791
	Josh Decker	595	633	633	407	429	435	1025	650	677	683	1708
	S. DiCataldo Jr.	573	606	628	363	389	391	997	562	595	606	1603
	Tony Reid	534	545	556	407	418	418	964	600	611	622	1587
	John White	529	529	556	358	374	374	931	573	595	633	1565
	L. Morrison	479	534	534	363	374	391	925	567	589	606	1515
	Scott McManus	446	485	512	286	314	325	837	485	540	578	1416
	M. Bridges	650	650	710	468	507	507	1118	132	132	132	1251
198	Jason Beck	633	672	694	446	446	473	1168	633	666	694	1862
	M. Brandon	661	677	677	496	496	512	1190	606	639	677	1829

G. Buffington	551	584	606	429	451	462	1058	540	589	617	1647
B. Williams	589	617	617	385	413	424	1041	595	606	606	1636
Jeff Blindauer	523	534	551	429	440	440	981	589	600	611	1581
Steve Lemarie	529	534	584	374	374	385	914	600	633	650	1565
Todd Shelton	523	523	551	407	407	413	931	606	639	639	1537
R. Benemerito	694	722	722	490	490	490					
M. Mastrean	705	749	749	440	440	440					
Travis Pardue	501	551	573								
220 lb. class											
C. Gahagan	655	705	733	440	462	485	1218	705	755	771	1989
Nick Tylutki	733	777	788	440	457	468	1245	716	733	749	1978
T. Succarotte	633	655	683	600	611	611	1295	633	672	705	1967
M. Ferrantelli	705	705	705	479	496	523	1201	600	650	672	1851
T. McFarland	677	716	716	473	490	490	1168	611	633	655	1824
Scott Waits	716	716	744	462	462	473	1179	628	644	661	1824
Shawn Cain	622	644	644	418	429	429	1080	628	683	694	1763
Jason Burnell	650	694	694	407	429	440	1080	644	661	661	1725
Rodney Wood	611	622	644	468	490	512	1135	540	567	567	1675
Scott Miller	584	617	639	418	440	440	1058	584	617	628	1642
Rick Fowler	600	622	622	374	396	413	997	562	628	633	1625
Jim Nicolosi	584	628	661	363	374	402	1063	501	523	540	1603
Brian Radulovich	672	716	727	402	402	413	1118	644	644	644	
242 lb. class											
A. Harris	738	782	782	485	501	512	1284	727	760		

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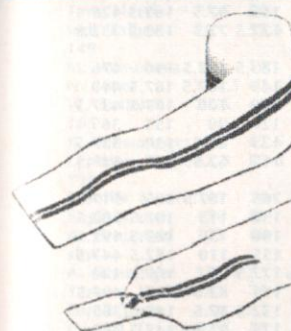
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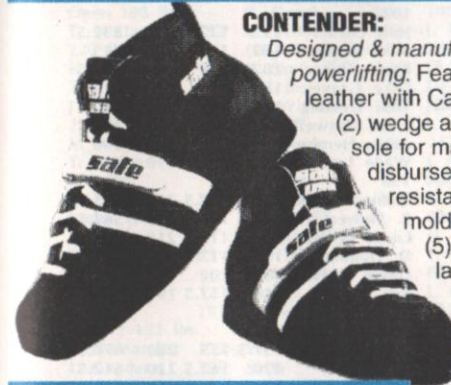


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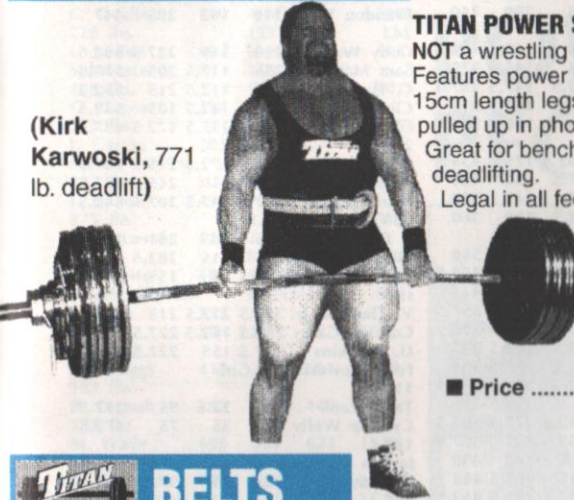
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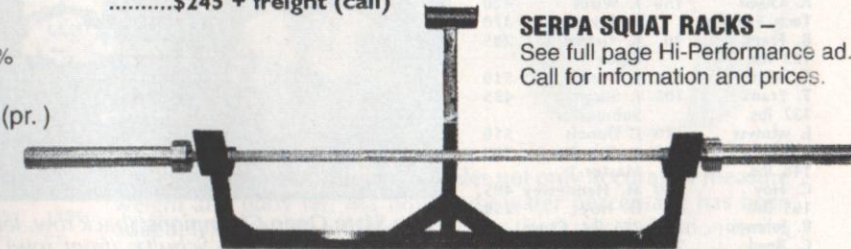


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lifting. Instead the Russians sent former Jr. World Champ Yulia Zaigolova to compete against 14 others in this largest of classes. Among other was the Ukraine's Tamara Bahriy and Norma Nieves of Puerto Rico. A well muscled Antoinette Orsini of Italy was a first timer, and returning was Gilly Martinez of Venezuela, who almost dropped out due to a bad stomach virus the night before. Mike Hartle coaches 'Gilly' and she found the courage to make it through the meet. Missing her opening squat, Zaigolova was still able to come back and win top honors in that lift with 230 kg., followed by Bahriy and Blikra of Norway for the squat honors. By the way, that squat for Blikra of Norway was a MWR. Nieves was close with a 215 kg. in the squat.



90 kg. Medalists...Orobets, Lugovaya, Yavorska...and front and center, with all new I.P.F. Subjunior World Records is the USA's 15 year old Bonica Brown. (Photo via Brown)

Ford had some gear trouble on her opener, which caused her to lose her balance, but she came back to get numbers 2 & 3. Martinez nailed 172.5 kg., just short of her projected 182.5 kg.. Zaigolova and Bahriy both had class high benches with 147.5 kg.; with Zaigolova being lighter bodyweight. Orsini of Italy followed with 125 kg. for the bronze. Ford missed her opener off a shirt adjustment problem, and with a correction made by Coach Maile, she came back to nail the next two attempts. At the subtotals it was Zaigolova with 377.5 kg., and with Bahriy back 12.5 kg.. Blikra of Norway was at 337.5 kg.. Into the deadlifts, there was a great battle for Gold and Silver between Zaigolova and Bahriy. Both went 3/3, but with the small lead at subtotal, all Zaigolova needed to do was stay close and the victory was hers. Bahriy had the top pull of 235 kg., but Zaigolova's 232.5 kg. gave her the Gold by 10 kg.. Orsini of Italy only got her opener, so that left the door open for Blikra of Norway who proceeded to go 3/3 and win the Bronze. Ford went 6/9, getting a PR deadlift and total and, except for some shirt adjustment problems, had a lot more in her that day. She wanted to thank Jon Magendie for helping her get ready and for the great send-off she received out of Houston from Tony Cardella, Christy Newman, and Dana Deutsch. More points for Team USA!

SUNDAY, JUNE 6TH, 2004

82.5 kg. - There was no USA lifter in this class and it was only 8 deep with last year's silver medalist

from Kazakhstan Tatyana Kudryavtseva being the leader at nominations. Russia's Tatyana Puzanova did not make the trip to France and Russia did not bring a lifter to contest this class. The Ukrainians sent the very capable Katerina Boroday, who was 4th last year in Chicago. Also in the hunt were the Netherland's Ilja Strik and Great Britain's Monica Porter. The USA's Jess Watkins was missing, and would have been a medal threat. Top honors in the squat went to Boroday, as she went 3/3 and completed a very respectable 247.5 kg. squat. Strik only got her opener of 235 kg. but that was good for the silver. Kudryavtseva nailed 3/3 and a bronze in the squat with 225 kg.. Boroday got the bronze in the BP with 145 kg., but coupled with her huge squat, it gave her the lead going into the subtotals. Kudryavtseva lost a third attempt BP with 170 kg. on a questionable call, but still was golden in the lift with a WR push of 160 kg.. Strik went 3/3 and got the silver with 155 kg. At the subtotals, it was very close: Boroday with 392.5 kg.; Strik with 390 kg.; and Kudryseva with 385 kg. The lead changed several times, but Strik and Boroday went 2/3, while Kudryavtseva hit 3/3 and that brought her the victory by 2.5 kg.. There was only 10 kg. separating the 3 medalists. This is what powerlifting competition is all about. Porter of Great Britain finished with a 542.5 kg. total and Monique Hartle, lightest in her class, had a good 8/9 day despite the heat in the venue.

90 kg. class - This class had the youngest lifter at the IPF

competition, the USA's Bonica Brown of Michigan. At 15 years old, this young lady has a very bright future as she showed poise and strength in her first IPF competition. If she wanted to look for a lifter to model herself after, she needed look no farther than the returning Russian world champ Irina Lugovaya. The Russian lifted like a cyborg, built to defy gravity, as she went 9/9, capturing a WR bench of 175 kg.; a CR deadlift of 257.5 kg.; and a WR total of 687.5 kg.. Her 595.99 Wilkes Points just narrowly missed the Champion of Champions list. Returning Ukrainian lifter Irina Yavorska was much improved from last year; nearly 65 kg. (143 lbs.), but it was not enough to top Ironwoman Lugovaya. Yavorska took the Gold in squat and Silver overall with a 672.5 kg. total. Another Ukrainian, Inna Orobets, had a terrific meet with a total of 642.5 kg. that earned her the Bronze medal. She momentarily had the WR Bench Press with 172.5 kg.; only to have it topped moments later by Lugovaya. In 4th place was Germany's Ullie Herchenheim, who set MWRs in the squat and bench press. A very striking moment took place on the victory stand, as they were playing the Russian National Anthem for Lugovaya, as a camera projected her face on a large video screen, and there were tears running down her face. After her machine-like lifting, it was moving to see this display of emotion and loyalty to her homeland. Speaking of records, USA's Bonica Brown, being only a sub-junior, re-set world records across the boards. 202.5 kg. squat; 112.5 kg. bench; 187.5

kg. deadlift; and 502.5 kg. total. A 6th place finish for this 15 year old at her first IPF Worlds is an outstanding job!

90+kg. class - The last class to compete was special as it featured a half dozen of the strongest powerlifters in the world. The USA chose to contest two lifters in this class, Liz Willett of Washington and Harriet Hall of Alaska. Returning World Champ Chen Ye Chou of Taiwan was on hand, holding the WR in both the BP & the total. Russia sent two: WR squatter Galina Karpova and last year's Bronze medalist Anastasia Pavlova. Ukraine sent the young Viktoriya Olenytska, who had finished 4th last year, and was capable of some big numbers. Having worked closely with Lizzy Willett, I knew she was capable of going after some WRs at this competition. Master World Champ Harriet Hall of USA is a marvel to observe. The oldest woman in the competition, at 56, doesn't let age stop her. She had a major rotator injury prior to the competition and was only able to do her opener a week before the meet. Liz's plan was to take openers, then go straight to WRs on the next attempts. Pavlova and Olenytska opened with 245 kg. and although Olenytska got hers, Pavlova missed the first two, and it was the start of a tough day for her. Next, world Champ Chou opened and completed 250 kg.. An incredibly easy opener of 265 kg. by Willett followed. Karpova opened with 280 kg., just 5 kg. short of her record, but was redighted on depth. Earlier, Hall had gotten the first of 3/3 on the road to a WRM squat of 240 kg.. Next, Olenytska took 252.5 kg. for three whites; but again Pavlova missed on her second attempt. Karpova, re-taking her missed 280 kg., got three whites on her 2nd attempt. At this point, Liz Willett jumped to 285.5 kg. to break Karpova's WR. As the crowd was on their feet cheering, Liz made an incredibly easy attempt, but the audience was shocked when it was turned down 2/1 on depth. On thirds, Pavlova finally got hers with 252.5 kg. Olenytska went 3/3 after a completion of 257.5 kg.. Chou called for 270 kg. and then timed it out. She was no doubt saving her self for a big BP and pull. This only left Willett and Karpova and on the strength of Liz's great ease with her previous squat, we increased Liz's third to the WR amount of 287.5 kg.. Once again with the venue

clapping and on their feet, she completed the WR with power to spare. All were certain we had just seen the strongest squatter in the IPF, regardless of the last attempt going to Karpova. The Russian had turned in 290 kg., 10 more than her previous WR and 2.5 kg. more than the WR just set by Willett. Karpova was successful with the new WR, but it was not nearly as easy as that of Willett. Goes to show how important it is to complete attempts; and to get the technical aspect down. All were certain that if Liz could have completed the 2nd, she have set a huge record on a third, far beyond the reach of other lifters.

In the bench, not only did the injured Hall get her opener of 105 kg., but her second with 120 kg.. This was really more than Harriet had hoped for. The current WR was 190 kg. by Chou, and when the leaders opened, it became a strategy game. Olenytska & Pavlova both got their openers with 150 kg.. Karpova took an easy 165 kg.. Liz opened with an easy 175 kg., but was unable to get it to her chest as the shirt had slipped back to choke her throat, so she missed her opener. WR holder Chen of Taiwan opened with an easy 185 kg. to put the pressure on all. Pavlova missed her next two with 155 kg.. Olenytska completed 157.5 kg. very smoothly. Karpova jumped to 172.5 kg. and stayed in the lead. It was decided that Liz should repeat her missed opener, although we increased it 2.5 kg. to show her the confidence we had in her strength. We would go for the WR on a third. She completed 177.5 kg. and it was so easy it looked like a warm-up. Chen called for 190 kg. to tie her WR and it was completed, but with some difficulty. Karpova moved to 180 kg., a safe increase to preserve her lead. She was successful. Liz and Chen both called for the WR number of 192.5 kg. (424 lbs.), Liz having to go first. She demolished the weight, to the cheers of the house full of spectators. As she exited the platform, a hush fell over the crowd, as the 2/1 red lights appeared. The audience was stunned. The courteous Japanese judge Asama Shietoshi hurried over to point out to our coaching staff that Liz had moved one of her feet

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ever so much. Chen went on to fail in her attempt at the same weight. Once again, all were sure who the strongest was, and it was again denied on a technicality.

At the subs it was the Russian Karpova with 470 kg.; USA's Willett with 465 kg.; and Chen Ye Chou with 455 kg.. Willett opened with 205 kg. in the pull; Chou 210 kg.; and Karpova pulled 235 kg.. Her 240 kg. on 2nd sealed her the victory and Chou simply matched Liz's running total, as she would win silver due to lower bodyweight. There was slight concern that Olenytska would try to bump Liz from the Bronze but when the Ukrainian missed numbers 2&3; with Liz pulling 3/3 it was her Bronze by 30 kg.. Karpova became the champion through great well balanced lifting and Chou fought a good strategic battle, which could have put more pressure on Karpova had Chou completed her 3rd squat (passed) and 3rd BP. Such strategies are what powerlifting competitions are all about, but this writer and I'm sure all that witnessed the meet, left knowing who the strongest women in the IPF is. USA's Liz Willett will soon put all the pieces together and set the records way beyond these current marks. As far as records go, none are more incredible than the finish of USA's Harriet Hall: a MWR 240 kg. squat; completing two BPs despite a rotator cuff tear, and finishing 7th in the world at age 56. This is a record that commands the respect of all who love and enjoy the sport of Powerlifting.

The Closing banquet was held Sunday evening at the main ballroom of the "Mas de Sabath" resort. Team awards were given with the Russians taking Gold in the team honors. The Silver went to the talented team from Ukraine. Close behind, by only 3 points, was TEAM USA - a great showing by this



Team USA at the banquet... did themselves proud with 3rd place in the team competition (Photo courtesy of Brown)

eclectic team of newcomers and veterans, young and old. The lifters and families, along with coaching staff, were all invited to a grand spread to finalize the festivities. We wanted to thank all our individual sponsors, particularly TITAN SUPPORT SYSTEMS and INZER ADVANCED DESIGNS. Thanks to the coaches back home who prepped the lifters and the meet promoters who helped each one progress along to this ultimate competition. Thanks for all the IPF officials who worked selflessly to bring this meet together. It was an honor for me to work along side the coaching staff, Nils, Brad, Ivan and Larry. Most of all, thank to these women of the USAPL who brought honor to our country for their fine efforts. Thanks to Ivan's friend Katherine, who was there for any duty we asked. It was a wonderful banquet for all the countries to enjoy - French cuisine at it's best, and all the great French wine that this part of the country produced. There was a live stage show for our viewing entertainment. As the evening wore down we were all heard to say "Viva La France"

Milestone: As we were somewhat secluded in our French countryside, news from the US didn't reach us. As I sat at an avenue café drinking coffee, I was approached by several Frenchmen who acknowledged to me the passing of Ronald Reagan, however, they were much more aware that this weekend was the 60th anniversary of a most significant historical event.. On the June 6th, 1944 the combined Allied Forces of American, British, Canadian, Free French, Polish, Norwegian, Australian, and other countries that made up the Allied Expeditionary Force, landed on the Normandy coast to start "D-Day", the invasion that cost so many lives, but set into

action the freeing of France and the rest of Europe from the grip of Nazi Germany. As we traveled through the airports we saw droves of veterans traveling to commemorate the event. There were actual veterans of "D-Day"; all mostly over 80 years old now, who still came to observe the historical event. They are dying rapidly now, at an alarming rate. They came in wheelchairs and walkers, some with canes. There were large groups of re-enactors who would parachute in to famous drop zones; places with names like Utah, Omaha, Gold, and Juno. French cities like Neuville, Culoville, and Ste. Mere Eglise were to act as staging areas for the veterans who sported patches reading 82nd Airborne, 4th Infantry Division, 101st Airborne and many others. In the real invasion, many lives were lost, maybe as many as 10,000, but it brought into being the type of world we have today, and was well worth remembering. Many historians have called it the most important day in the 20th century.

As I spoke with one old veteran in the airport as I waited to return home, he spoke of the experience candidly. Like our athletes, they had trained and prepared for over two years for that one day and were determined to do their jobs, as they had given their all for this cause. It is good that we now live in a world where we have competitions among nations, rivalries for sure, but in a friendly manner that creates a brotherhood of participants from the different regions of the globe. It was good to see that there were still a few Frenchmen who remembered their liberators, who had paid such a high price for their freedom, and, I guess, so we could eventually come together here for this battle of sport, among nations not worried about the fear of World War.

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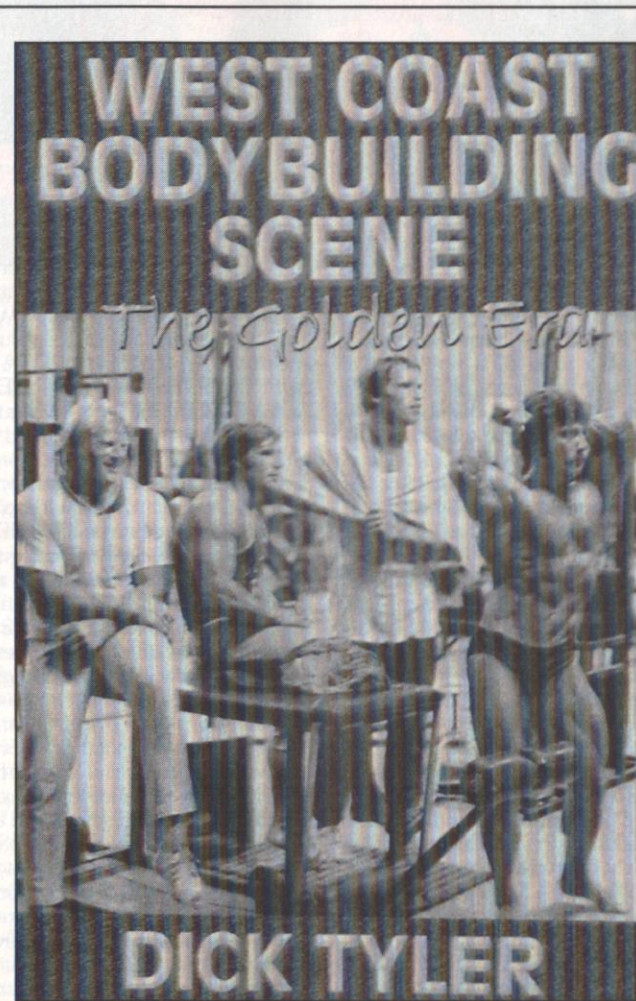
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Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

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Collectors Items hard to find back issues of **POWERLIFTING USA** are still available connect your link with the history of powerlifting right now, before these back issues are sold out and lost to the general public forever! See how the stars of today got their starts yesterday. Learn the context of today's political actions from the perspective of what has gone on beforehand, track the TOP 100/20 rankings of your favorite lifters from one year to the next, find the training approach that is "new to you" (if you haven't tried it yet, it could be the best program you've ever went with) even if it was published years before, re-live the personal histories of great lifters who left the platform before you came onto the PL scene, see the classic photographic images of historic lifters in their most historic moments that have burned themselves into the memory banks of today's contemporary greats. For further information on the back issues available, see pages 48 to 51 of this issue of **PLUSA**

APF Big Iron Mini Bench
FEB 04 - Omaha, NE

WOMEN	M. Brown	407
Teen 148 lbs.	220 lbs.	
K. Petersen	137 B. Mull	424
165 lbs.	242 lbs.	
A. Huston	148 B. Simet	424
198 lbs.	J. Groves	446
T. Johnson	203 T. Acome	429
198+ lbs.	275 lbs.	
M. Dudley	424 J. Grandick	584
Master	308 lbs.	
181 lbs.	E. Bryant	468
D. Widdis	226 Master	
MEN	242 lbs.	
Teen 198 lbs.	R. Bauer	341
J. Knutson	374 R. Ward	440
220 lbs.		
R. Briggs	374	
Junior		
220 lbs.		
B. Hein	551	
T. Kowai	435	
242 lbs.		
J. Graalif	501	
275 lbs.		
B. Hughes	341	
Open 198 lbs.		
S. Frankl	595	
J. Loftman	369	
(Thanks to Big Iron Gym for the results)		

TOP 100

For standard SHW/125+ kg. USA lifters in results received from April 2003 thru April 2004

SQUAT	BENCH	DEADLIFT	TOTAL
1 1140 Mikesell, B. 11/30/03	925 Rychlak, G. 4/04	903 Frank, G. 10/18/03	2805 Frank, G. 4/3/04
2 1085 Childress, P. 3/6/04	875 Mendelson, S. 7/12/03	850 Smith, M. 4/13/03	2557 Moore, B. 3/6/04
3 1085 Frank, G. 4/3/04	859 Lattimer, S. 3/6/04	821 Gillingham, B. 4/10/04	2529 Childress, P. 3/6/04
4 1050 Ruggiera, M. 4/17/04	850 Kennelly, R. 5/13/04	810 Ruggiera, M. 4/13/03	2512 Mikesell, B. 6/29/03
5 1050 Miller, M. 4/17/04	837 Frank, G. 4/3/04	810 Siders, B. 6/23/03	2510 Miller, M. 4/17/04
6 1040 Hutson, T. 8/10/03	805 Miller, M. 4/17/04	810 Wiers, C. 12/03	2505 Ruggiera, M. 4/4/04
7 1019 Basson, O. 6/8/03	751 Kovacs, D. 9/27/03	820 Obradovic, J. 7/26/03	2502 Smith, M. 3/6/04
8 1008 Russ, E. 6/8/03	749 Riley, B. 9/27/03	805 Rannals, C. 4/27/03	2419 Thompson, D. 11/9/03
9 1008 Smith, M. 3/6/04	749 Galligan, J. 1/17/04	804 Mikesell, B. 6/29/03	2403 Basson, O. 6/8/03
10 1005 Rychlak, G. 4/13/03	749 Toranzo, J. 3/6/04	804 Rubey, T. 11/15/03	2400 Skiver, T. 11/16/03
11 1003 Hoskinson, J. 9/6/03	749 Moore, B. 3/6/04	804 Lavarro, L. 12/7/03	2386 Siders, B. 7/20/03
12 1003 Moore, B. 3/6/04	727 Rodriguez, M. 9/27/03	804 Moore, B. 3/6/04	2341 Lewis, J. 2/28/04
13 1003 Aichs, C. 3/21/04	725 Taylor, C. 4/17/04	800 Barro, D. 4/13/03	2330 Barro, D. 4/13/03
14 975 Thompson, D. 11/9/03	715 Hutson, T. 2/04	800 Skiver, T. 11/16/03	2303 Wiers, C. 12/7/03
15 960 Barro, D. 4/13/03	715 Cooke, C. 4/17/04	788 Oldham, B. 12/14/03	2287 Gillingham, B. 7/20/03
16 959 Lewis, J. 2/28/04	711 Gillespie, B. 3/14/04	782 Childress, P. 11/9/03	2276 Bryant, J. 6/8/03
17 953 Olmo, M. 6/8/03	710 Dizenzo, V. 9/27/03	777 Barlow, R. 5/11/03	2276 Aichs, C. 3/21/04
18 953 Ewing, J. 9/6/03	710 Burns, S. 9/27/03	777 Rittger, W. 6/1/03	2250 Baker, A. 8/10/03
19 947 Saunders, T. 4/27/03	705 Martin, S. 8/10/03	771 Forehand, B. 10/25/03	2232 Mimnaugh, B. 3/28/04
20 931 Ludwig, M. 6/29/03	705 Karlovic, B. 2/14/04	770 Ufford, K. 8/30/03	2220 Wilson, M. 11/16/03
21 930 Wilson, M. 11/16/03	705 Lewis, J. 2/28/04	766 Mimnaugh, B. 11/2/03	2209 Grove, J. 12/7/03
22 909 Siders, B. 7/20/03	705 Wong, S. 3/6/04	766 Tuffanelli, N. 3/6/04	2204 Hoskinson, J. 9/6/03
23 905 Baker, A. 8/10/03	700 Gullede, D. 8/10/03	760 Hays, B. 8/10/03	2204 Ewing, J. 9/6/03
24 903 Therman, C. 4/13/03	700 Wilson, H. 8/10/03	760 Thompson, D. 11/9/03	2187 Lavarro, L. 12/7/03
25 903 Bryant, J. 6/8/03	700 Skiver, T. 11/16/03	750 Owens, E. 7/26/03	2176 Rhyme, J. 9/6/03
26 903 Forbes, T. 6/8/03	700 Leitz, B. 12/14/03	750 Searcy, J. 3/20/04	2165 Barlow, R. 5/11/03
27 900 Skiver, T. 11/16/03	699 Siders, B. 11/9/03	749 Bryant, J. 6/8/03	2165 Harold, T. 11/16/03
28 876 Fannon, T. 9/14/03	689 Childress, P. 11/9/03	749 Leonard, P. 6/8/03	2160 Therman, C. 4/13/03
29 870 Barlow, R. 5/11/03	688 Hodge, M. 12/7/03	749 Forstner, D. 12/14/03	2160 Capoccia, R. 8/10/03
30 865 Gillingham, B. 7/20/03	685 Obradovic, J. 7/26/03	745 Wnuk, K. 10/18/03	2154 Bernor, J. 12/7/03
31 865 Harold, T. 8/10/03	683 Thompson, D. 11/9/03	744 Hodges, J. 10/4/03	2127 Hulslander, D. 3/7/04
32 865 Mimnaugh, B. 3/28/04	677 Smith, M. 3/6/04	744 Grove, J. 12/7/03	2120 Gutridge, J. 11/16/03
33 860 Tate, D. 4/13/03	675 Gank, K. 3/6/04	740 Pecktol, S. 6/29/03	2116 Rubey, T. 11/15/03
34 860 Capoccia, R. 8/10/03	672 Basson, O. 6/8/03	735 Gullede, D. 8/10/03	2110 Saunders, T. 4/27/03
35 859 Wiers, C. 12/7/03	672 Wiers, C. 12/7/03	733 Levers, T. 4/13/03	2110 Forbes, T. 6/8/03
36 859 Dambrosia, L. 11/16/03	662 Cash, J. 5/3/03	733 Thomas, J. 11/30/03	2105 Fannon, T. 9/14/03
37 854 Grove, J. 12/7/03	661 Manno, T. 5/11/03	733 Faulkner, W. 3/6/04	2105 Henderson, S. 3/20/04
38 854 Manly, J. 3/20/04	660 Key, P. 12/20/03	733 Payne, G. 3/21/04	2105 Neal, M. 4/04
39 848 Henderson, S. 3/20/04	660 Stephens, J. 1/24/04	727 Lawrence, A. 6/8/03	2100 Wnuk, K. 10/18/03
40 843 Bernor, J. 12/7/03	660 Harold, T. 3/27/04	727 Schoonveld, L. 11/15/03	2100 Laudadio, B. 10/26/03
41 837 Neal, M. 3/04	660 Ruggiera, M. 4/4/04	727 Pope, J. 12/13/03	2083 Thomas, J. 11/30/03
42 832 Anderson, M. 6/23/03	655 Brown, M. 2/29/04	725 Fletcher, P. 8/23/03	2083 Manly, J. 3/20/04
43 832 Askew, M. 8/3/03	650 Marshall, R. 10/26/03	725 Swatling, M. 8/30/03	2072 Karabel, L. 12/6/03
44 832 Rhyme, J. 9/6/03	650 Gutridge, J. 9/21/03	722 Hulslander, D. 7/20/03	2066 Ludwig, M. 6/29/03
45 832 Lanier, M. 12/7/03	650 Schermerhorn, L. 12/14/03	722 McDuffie, J. D. 8/16/03	2066 Thompson, J. 9/14/03
46 830 Arevalo, J. 3/27/04	650 Neal, M. 1/17/04	722 Lewis, J. 11/15/03	2065 Ufford, K. 8/30/03
47 826 Thompson, J. 9/14/03	650 Peshek, J. 3/21/04	722 Laudadio, B. 3/6/04	2065 Johnson, W. 2/21/04
48 826 Southwood, L. 12/7/03	640 Baker, A. 8/10/03	716 Olmo, M. 6/8/03	2061 Askew, M. 8/3/03
49 825 Sefcik, J. 8/10/03	639 Rhyme, J. 9/6/03	716 Medak, A. 12/14/03	2055 Hays, B. 4/13/03
50 821 Ross, A. 6/8/03	635 Wnuk, K. 4/27/03	715 Rychlak, G. 4/13/03	2055 Schoonveld, B. 11/15/03
51 821 Karabel, L. 7/20/03	630 Cain, M. 8/10/03	715 Bliss, C. 8/10/03	2050 Tate, D. 4/13/03
52 815 Moore, C. 4/13/03	630 Stafford, J. 9/21/03	715 Hutson, T. 3/6/04	2050 Lawrence, A. 6/8/03
53 815 Hays, B. 8/10/03	630 Cross, H. 10/18/03	710 Basson, O. 6/8/03	2044 Payne, G. 3/21/04
54 815 Meek, B. 9/14/03	625 Shields, A. 1/17/04	710 McCune, B. 10/12/03	2040 Christus, J. 11/1/03
55 815 Majerie, M. 11/15/03	625 Dowling, B. 4/24/04	710 Bernor, J. 12/7/03	2035 Moore, C. 4/4/04
56 815 Johnson, W. 2/21/04	622 Bryant, J. 6/8/03	705 Aichs, C. 6/8/03	2028 Kravozlet, D. 3/27/04
57 810 Leonard, P. 6/8/03	622 McClung, R. 6/29/03	705 Baker, A. 8/10/03	2020 Fletcher, P. 8/23/03
58 810 Kravozlet, D. 3/27/04	622 Erickson, J. 8/2/03	705 Rhyme, J. 9/6/03	2011 Russ, E. 6/8/03
59 805 Fletcher, P. 8/23/03	622 Meeker, T. 12/14/03	705 Thompson, J. 9/14/03	2000 Leonard, P. 6/8/03
60 804 Edmiston, S. 5/18/03	622 Aichs, C. 3/21/04	705 Harper, G. 10/4/03	2000 Edmiston, S. 10/12/03
61 804 Pearce, G. 8/17/03	611 Gillingham, B. 7/20/03	705 Bryant, E. 11/15/03	1984 Anderson, M. 6/23/03
62 804 Jeffers, D. 11/2/03	611 Quinn, B. 9/27/03	705 Karabel, L. 12/6/03	1978 Southwood, L. 12/6/03
63 804 Thomas, J. 11/30/03	611 Grove, J. 12/7/03	705 Munsey, D. 12/14/03	1970 Dowling, B. 4/24/04
64 804 Hulslander, D. 3/7/04	611 Yarbrough, C. 4/3/04	705 Henderson, S. 3/20/04	1962 Quinn, B. 12/7/03
65 800 Delan Jr., N. 8/10/03	610 McCaslin, Z. 10/29/03	700 Masters, B. 4/03	1960 Sefcik, J. 8/10/03
66 800 Christus, J. 11/1/03	606 Rollins, D. 4/26/03	700 Brooks, T. 5/17/03	1951 Swank, M. 6/8/03
67 800 Gutridge, J. 11/16/03	606 Luster, G. 8/03	700 Traynor, D. 7/26/03	1951 Adelman, M. 2/15/04
68 800 Searcy, J. 3/20/04	606 Christus, J. 7/20/03	700 Horton, R. 8/2/03	1945 Pecktol, S. 6/29/03
69 800 Bradford, O. 3/27/04	606 Price, M. 7/20/03	700 Capoccia, R. 8/10/03	1940 Bryant, E. 11/15/03
70 793 Marcum, S. 4/4/04	606 Lavarro, L. 12/7/03	700 Wilson, M. 11/16/03	1940 Dambrosia, L. 11/16/03
71 788 Crumbley, S. 6/23/03	606 Marchant, L. 12/14/03	700 Harold, T. 11/16/03	1940 Ward, S. 1/24/04
72 782 Payne, G. 3/21/04	606 Hulslander, D. 3/7/04	700 Gutridge, J. 11/16/03	1940 Arevalo, J. 3/27/04
73 780 Laudadio, B. 10/26/03	600 Therman, C. 4/13/03	700 Studevant, K. 12/6/03	1934 Majerie, M. 11/15/03
74 777 Lavarro, L. 12/7/03	600 Hart, J. 6/7/03	700 Martin, M. 2/7/04	1934 Weech, S. 12/6/03
75 775 Spencer, J. 3/27/04	600 Gomes, F. 6/22/03	700 Champlin, T. 2/7/04	1929 Jeffers, D. 11/2/03
76 771 Lawrence, A. 6/8/03	600 Tancil, J. 6/28/03	700 Rightetti, J. 2/21/04	1923 Levers, T. 4/13/03
77 771 Swank, M. 6/8/03	600 Gaudreau, D. 6/29/03	700 Buccen, J. 3/6/04	1923 Marcum, S. 4/4/04
78 771 Bryant, E. 11/15/03	600 Mikesell, B. 6/29/03	700 Small, M. 4/17/04	1918 Harper, G. 10/4/03
79 771 Weech, S. 11/27/03	600 Capoccia, R. 8/10/03	700 Mahoney, T. 4/17/04	1915 Searcy, J. 3/20/04
80 770 Battle, P. 8/10/03	600 Wrenn, J. 10/25/03	699 Forbes, T. 6/8/03	1906 Crumbley, S. 6/23/03
81 770 Magee, J. 10/25/03	600 Laudadio, B. 10/26/03	699 Askew, M. 8/3/03	1901 Collins, G. 2/21/04
82 766 Levers, T. 4/13/03	600 Bernor, J. 12/7/03	694 Edmiston, S. 10/12/03	1890 Pope, J. 12/13/03
83 766 Adelman, M. 2/15/04	600 Martin, M. 2/7/04	688 Mott, B. 12/20/03	1885 Villeneuve, D. 7/26/03
84 765 Wnuk, K. 10/18/03	600 Johnson, W. 2/21/04	683 Wattay, R. 3/20/04	1880 Cain, M. 8/10/03
85 765 Vaughn, T. 4/4/04	600 O'Hahoran, A. 2/27/04	680 Ratsch, P. 9/6/03	1880 Tamules, A. 10/25/03
86 760 Rubey, T. 11/15/03	600 Powell, B. 3/21/04	677 Samaron, R. 5/17/03	1868 Diaz Deleon, J. 6/29/03
87 760 Dowling, B. 4/24/04	600 Hamby, M. 3/21/04	677 LaRocca, R. 5/31/03	1868 Hendrix, R. 10/25/03
88 750 Diggles, P. 3/27/04	600 Mimnaugh, B. 3/28/04	677 Anderson, M. 6/23/03	1862 Rauch, J. 11/03
89 750 Scott, B. 3/27/04	600 Piatelli, M. 4/3/04	677 Gollins, G. 7/20/03	1855 Twining, R. 12/13/03

**All Church Open Powerlifting
13 MAR 04 - Succasunna, NJ**

Powerlifting	SQ	BP	DL	TOT
Women's Division				
F. McGiveron	250	130	275	655
Brownschidle	240	115	255	610
Jayne Jones	200	135	225	560
Lj Lucidonio	180	110	210	500
G. Desbiens	120	80	180	380
Tabby Ball	125	90	135	350

114 Lb.				
Josh Maginnis	150	90	175	415
D. Dobutovich	125	90	160	375
Tim Ball	100	75	135	310
132 Lb.				
T. Kimmelman	190	145	205	540
J. Theriault	155	90	135	380
A. Kramer	120	90	150	360

148 Lb.				
Italo Bonacci	340	210	400	950
Jeff Scaccio	240	185	340	765
Mike Ucci	135	170	225	530

165 Lb.				
Jay Nolan	405	290	425	1120
Tim Rajkumar	315	225	435	975

181 Lb.				
M. Abramson	500	340	475	1315
Derek Altieri	455	275	470	1200
Joe Gannon	410	305	435	1150
Chris Welsch	365	275	365	1005
Chris Ribe	355	225	405	985

200 Lb.				
A. Sanseverino	300	235	450	985
K. Grandstaff	325	225	405	955
Joe Stecz	290	245	385	920
Brad Moritz	300	205	340	845
Shawn Buck	290	180	375	845
Z. Kimmelman	265	195	270	730

198 Lb.				
Gary Ribe	475	345	550	1370
Mike Steskal	440	365	405	1210
Sean Potts	345	225	415	985
Yosh Piwonski	330	205	325	860

220 Lb.				
Charles Blough	600	370	590	1560
Joshua Cascio	455	330	455	1240
John Howard	350	350	440	1140
David Edwards	365	275	390	1030
Fred Vogel	300	235	365	900
R. McGiveron	545	505		

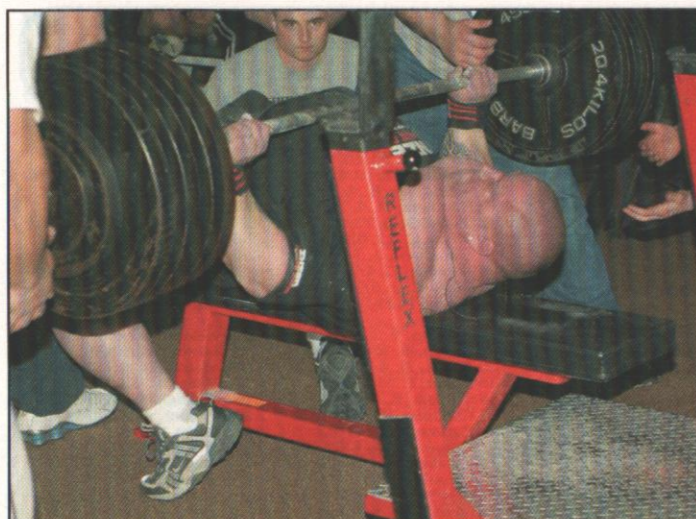
242 Lb.				
Bill Rodgers	335	280	460	1075
Marc Buck	350	285	350	985
Tom Raney	325	245	380	950
D. Koekemoer	335	175	435	945
Abe Snyder	250	165	315	735

Over 242 Lb.				
Nathan Ball	540	430	555	1525
A. Detomaso	535	315	525	1375
Mike Locondro	480	305	425	1210
N. Rumualdo	315	320	400	1035

Team Results: 1. Hillside LBC - True Strength Club 35, 2. St. Joseph's Ch. 13, 3. Grace Ch., Netcong 8, 4. United Pentecostal Ch. 6, 5. (tie) Hope Chr. Ch. 5, 5. (tie) Randolph Christian Ch. 5, 7. (tie) St. Kunegunda Ch. 4, 7. (tie) Praise Christian Fellowship 4, 9. Abundant Life Ch. 3, 10. North Hills Ch. 2, 11. Word of Life Ch. 1. Best Squat - Charles Blough. Best Bench Press - Mike Abramson. Best Deadlift - Gary Ribe. Best Lifter - Charles Blough. Guest Lifters - John Bernor Squat-755 X 5. Chris Taylor - Bench press - 1st attempt - 645, 2nd attempt - 685, 3rd-725. (Results provided by Pastor Pete Amerman.)

**USAPL Northeast Regionals (kg)
15 May 04 - Algonquin, NY**

Female	SQ	BP	DL	TOT
128				
D. Moore	117.5	82.5	137.5	337.5
148				
Pam McCann	105	77.5	130	312.5
165				
E. Brown	107.5	40	125	272.5
K. deFazio	62.5	52.5	97.5	212.5
198				
Kim Newman	93.5	75	108.5	277
Masters-Hvy				
198				
M. Sheehan	190	115		
D. Mikuka	265	160	257.5	682.5
220				
T. Middleton	182.5			
242				
Andy Avery	145	90	197.5	432.5
Masters-Lt				
148				
Dillon Maier	150	72.5	182.5	405
165				
Ken Buddle	192.5	92.5	227.5	512.5



Chris Taylor benched 725 at the All Church Open Powerlifting competition held in Succasunna, NJ. (Photo courtesy of Rev. Amerman)

181				
Chip McCann	180	142.5	192.5	515
BJ Todd	192.5	132.5	182.5	507.5
Pat Carroll	82.5	142.5	102.5	327.5

OPEN				
148				
Tom Albano	102.5			
181				
Hal Scholnick	260	187.5	242.5	690
R. Hardwick	182.5	122.5	210	515
Tom. Macari	65	135	182.5	382.5
L. Stewart	97.5	90	152	339.5
S. Tangredi	205			

198				
D. Newkirk	240	192.5	272.5	705
John Bronk	205	117.5	237.5	560
E. Gorelowski	150	147.5	200	497.5
John Payette	230	167.5		
Erik Jensen				
220				
John Rosinski	265	190	265	720
Ron Pearo	262.5	162.5	272.5	697.5
R. Hansen	250	170	272.5	692.5
David Kuhn	250	195	240	685
Tom Ravesi	265	170	240	675
Josh Pierce	202.5	170	255	627.5
Keith Gilbert	185	120	202.5	507.5
Cary Soloyna	235	137.5		

242				
John Cato	255	177.5	255	687.5
Rob Henry	275	160	230	665
John Meager	115	157.5	170	442.5
T. Stoddard	250			

275				
James Tolland	287.5	230	300	817.5
James Basile	245	170	245	660
Rick Camp	195	200	227.5	622.5
Tim Moore	62.5	177.5	62.5	302.5

SHW				
B. Laudadio	320	282.5	320	922.5
Chad Oakland	202.5	137.5	227.5	567.5

SO				
181				
D. DeCamp	122.5			
Teen/Female				
114				
Andrea Avery	70	37.5	72.5	180
148				
B. Brown	77.5	30	85	192.5
220				
A. Gugino	220	112.5	240	572.5
M. DiNicola				
Teen-Lt				
123				
Brett Buell	107.5	77.5	127	312
148				
John Posson	130	77.5	147.5	355
165				
C. Morenz	170	120	192.5	482.5
Richard Biron	90	92.5	135	317.5
R. Peterson	115			

181				
Andre Lewis	165	140	205	510
Youth				
77				
Z. Culnan				
123				

**USAPL Dave Martin Memorial
17 APR 04 - Bloomington, IN (kg)**

Open	SQ	BP	DL	TOT
132				
J. Goodman	122.5	80	170	372.5
148				
Mike Buck	215	142.5	197.5	555
165				
Pat Keenan	227.5	160	230	617.5
198				
Joe Ellis	137.5	75	217.5	430

Master				
198				
Mike Willett	295*	187.5*	280	762.5
Mark Johnson	75	175	245	495

Junior				
275				
A. Schaeuble	300	205	312.5	817.5

Bench Only				
132				
Sean Fellows		132.5		
220				
Isaias Jackson	200			
Cody Neal		135		

* State record. Best Lifter - Mike Willett. (Thanks to Greg Simmons for the results.)

**3rd SE Coast Guard Bench
16 Apr 04 - Clearwater, FL**

Male	B. Lisko	145
Master	198 lbs.	
T. Gregory	425*	305
D. Demick	70	220 lbs.
FEMALE		
F. Schuetz	445	
148 lbs.	R. Jenkins	440
J. Cronenbergr	100*	340
P. Kupersmith	70	242 lbs.
MALE		
D. Pettis	450	
148 lbs.		

*33 State records appear to have been set. 4 American records. (Results by USAPL) *Best Lifter. (Results courtesy F. Schuetz)

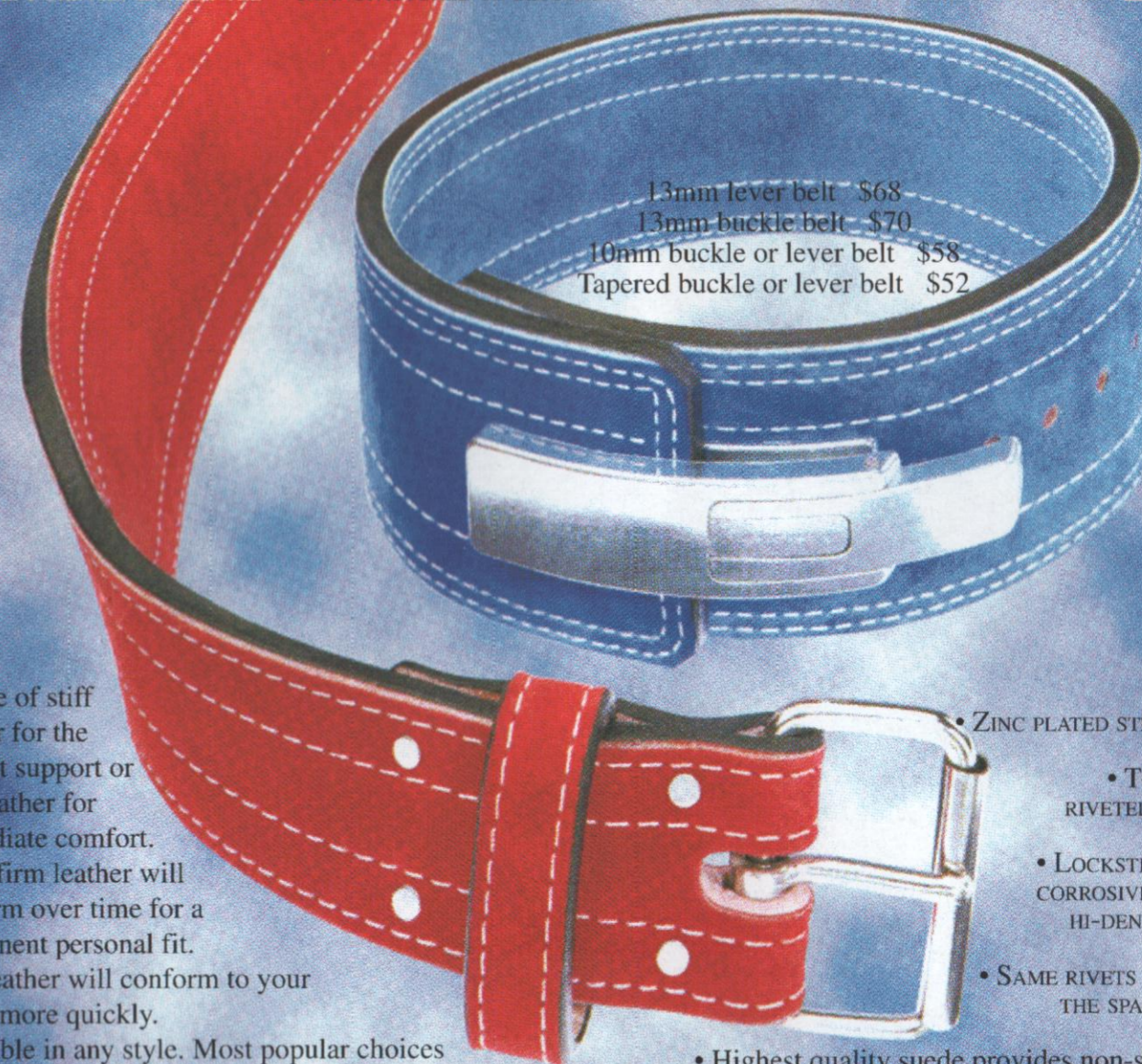
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