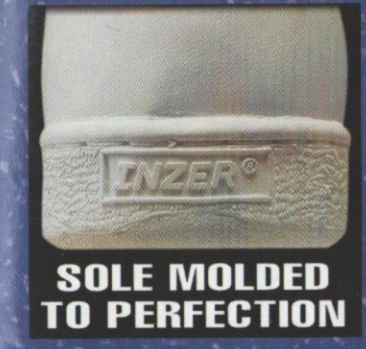


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ON THE COVER (upper left) *Jim Grandick - Best Open Male Lifter at the WPC Worlds;* (upper right) *Tom Eiseman with a 744 pull at the WABDL Nationals (Namea photo),* and (bottom) *Horace Lane with a 700 BP, the biggest lift at the BA Worlds (courtesy Mukite)*

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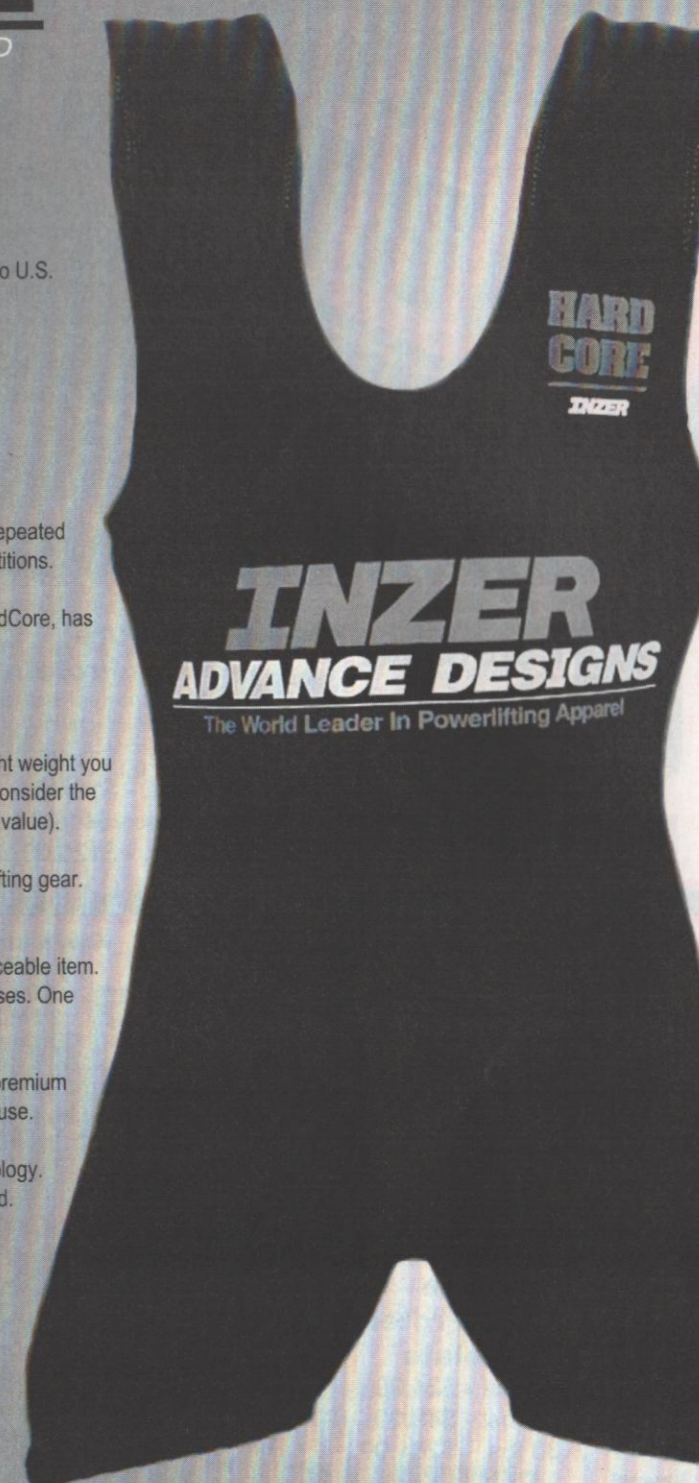
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World Powerlifting Congress World Bench Press Championships as told to PL USA by Herb Glossbrenner



Doug Van Affelen of the USA, with a 187.5 kg. bench. (Herb photo)

A total of 43 benchers participated in the World Powerlifting Congress - World Bench Press Championships, which took place the first two days of the week long competition; Tues., Oct. 12 and Wed. Oct 13 '04 at the University Piccadilly Inn Hotel in Fresno, CA, USA.

WOMEN - Natalya Erkan, 26, RUS (145.94) lifted 176.36 taking 1st in the 67.5 kg. (148.81 lb.) class Women's Open. Katarina Murancanova, 25, SLO (171.95) made all 3 lifts (286.59) winning the 181.88lb. Women's Open category. Tammy Thomas, 34, a former world ranked racing cyclist who's turned to PL, has suffered injuries recently. She tried a shirt she'd never used before at this meet which resulted in her bombing out. Tammy has a bright future coming next year. I predict it. The Open women's +90 over 198.41 lb. bwt. category had two entries which rounded out the very small group of women. Veteran Finnish PLer, now a BP specialist, Tarja Rantanen, 47, weighed only 201.5, but shattered the 45-49 Women's 45-49 age group single lift twice with 157.5 kg. (347.22), then 167.5 (369.27). Despite a bad case of food poisoning, Maricelle Mendelson sucked it up and got her opening lift of 125 kg. (275.59) on the board the second time around,

but missed her final with 142.5 (314.15). This gave her 2nd place in a World Championship in only her second meet. Raising three kids and putting up with the tribulations of her hubby Scot makes her success even more noteworthy.

MEN - Masters lifted in the afternoon. Gary Bobrovitz, 52, CAN, made his 60 kg. bwt. late Monday night (132.27) right on the nose, but was cramping so bad the day of the competition he opened with a mere 82.5 (181.88) shirtless to insure the win. Then he tried his new shirt with amazing results popping up 3 50-54 age group WRs in a row: 123.0 (271.16); 127.5

(281.08), then on a 4th attempt he got 130.0 (286.59). Gary had busted his own record by 16 lbs. When push comes to shove, this Canadian T.V. news anchorman has it! Surrender Dhah, 56, toyed around and took the Masters 55-59 victory doing two token lifts (154.32) This former World Class Oler from India could lift some big weights if he spent more time in Kym's Gym. The 75 kg. (165.34) wt. categories saw Alexander Martynyak, 19, UKR, @ 160.05 hoist the gold with 150 kg. (330.69). Nick Marinis, 41, duplicated the "nil" he got at the Nationals by starting too high, with 192.5 (424.38) being his 3rd strike. Yours truly lifted sans shirt with a partially torn right rotator cuff and went to 2/3, with a last lift of 225.97 completed, but not to the satisfaction of two of the officials. New kid on the block, Robert Mattison, 67 of San Rafael, CA (USA), benched 231.48 for the 65-69 win, a warmup for the full power meet later on Thursday. Iron Game legend Dick Giller, 77 of Florida duplicated his 125 kg. (275.59) WR lift he'd done in FL last year and almost got 127.5 (281.08) on a 4th trying to better his untouchable mark. Dick was 1955 OL National Champ and still can make the same wt. class 49

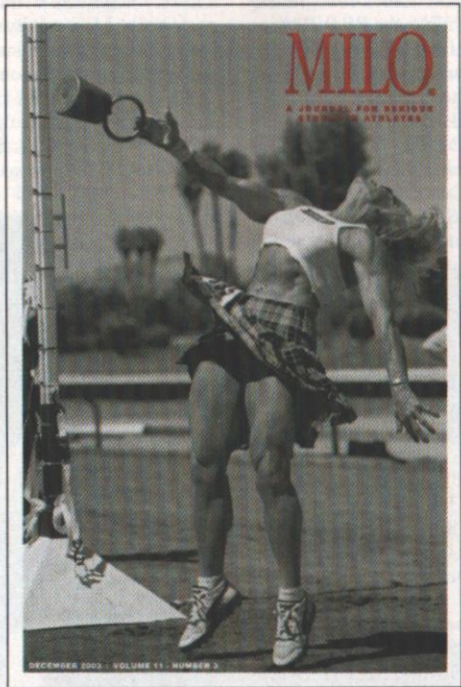
(article continued on page 84)

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

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

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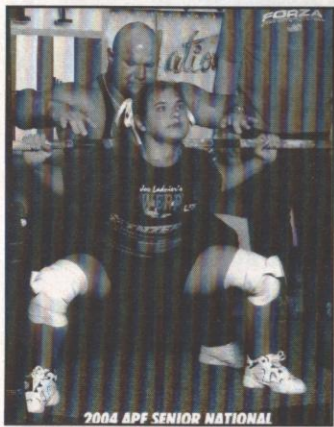
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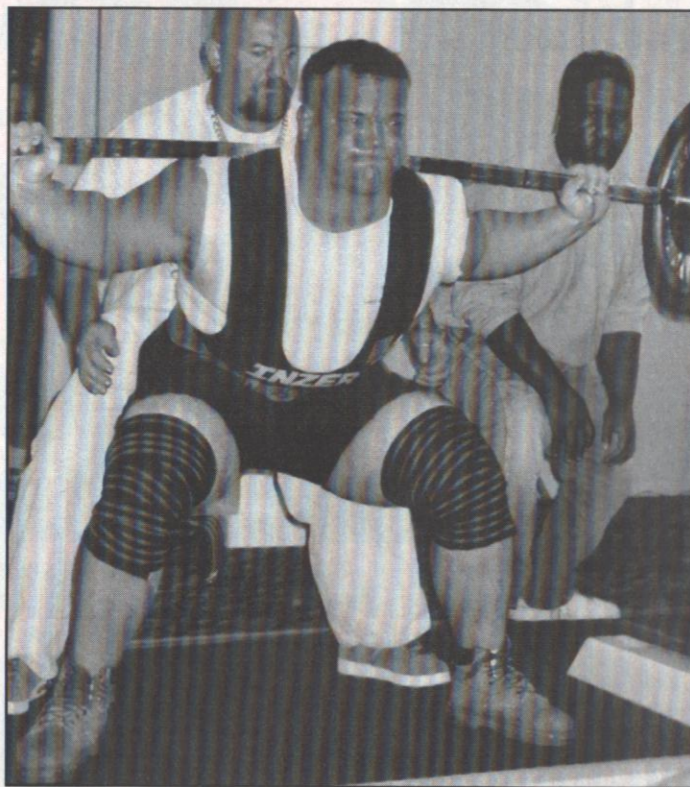
This years WPC Worlds was held Oct. 13-17, 2004 at the University Piccadilly Inn Hotel in Fresno, CA (USA). Bob and Kim Packer, proprietors of Kym's Gym, served as co-meet directors. Wheeler's Exercise Equipment of Fresno served as top sponsor. The Powerlifting competition took place Thursday, Oct. 14 through Sunday, Oct. 17. It was a good venue, with many places to dine within a couple of blocks walking distance. Instead of the traditional gold, silver, and bronze medals, awards were beautiful large plaques designed by Kym Packer herself, suitable for mounting on the wall or placing in one's home trophy case. Although the number of participants was abnormally low, as well as the number of countries participating. The two WPC World Superpowers of FIN and RUS sported full teams, as well as a small group from CAN, and several participants from as far away as Australia, Germany, Slovakia, and the Ukraine. There was a total number of 101 lifters who hoisted the biggest iron they could muster in the four day three lift competition. Bob Packer drove all the way to Las Vegas to pick up an extra Monolift - a big task in itself. Al Garcia of Sacramento loaned Bob his as well. There were two in the backroom and one on the competition platform. A successful meet with happy lifters is a reward in itself. Thanks to Bob and his crew for everything. The meeting of the WPC Executive Committee, presided over by Kieran Kidder, took place Oct. 16, Sat. evening. One big change was the unanimous passage of the new Herb Glossbrenner Powerlifting Formula to replace the Reshel Formula for the APF and WPC. A new rule was passed that elbow wraps may be worn for the squat and deadlift, if a lifter so chooses, but are not allowed for the bench press. Another rule was passed that the bar is not allowed to touch the lifting belt when executing the bench press.

The powerlifting competition actually began Oct. 13th, Wed. afternoon, Session 4, with all Teens and Junior Men: with one female lifter in this group. Taylor Lادنier, 14, at 60



Taylor Lادنier, spotted by her Dad Joe on a great day for both (Joe L.)

WPC World Championships as reported for PL USA by Herb Glossbrenner

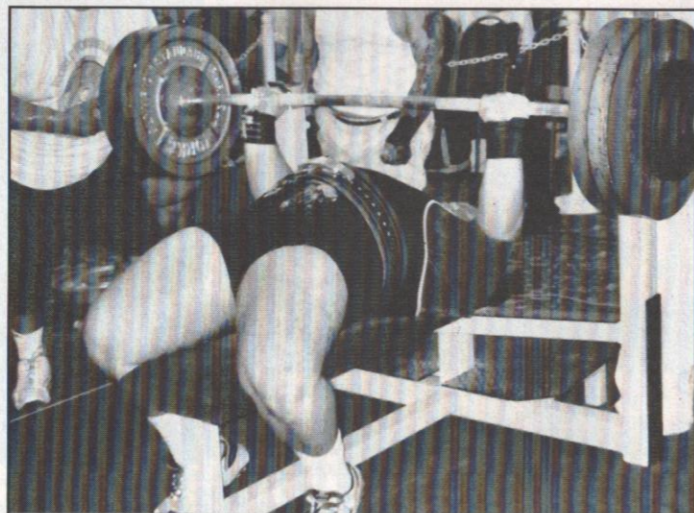


Scott Weech tries a ponderous new 308 18-19 World Record - 931 (Herb)

kg. (132) was hotter than a pepper sprout, stroking the hapless barbell into submission with her surprising strength. She gets her genetic superiority from her famous dad, Joe. Nine lifts and no misses, a perfect day for this amazing young lady. She set no less than 9 WPC WRs in her 13-15 age group bracket. She broke the SQ record thrice (374), the BP WR twice (171) and her final DL was a WR also (286). She created a TOT record with each DL she took. Final Tally - 832 - outstanding!

Also at 132 in the Juniors (20-23) was Shant Shekhanian, 21, USA, who TOT'd 1069.24 via 396.8 SQ, 264.6 BP and 407.85 DL, going 8-9. At 148, Blake Sumner, 15, from Oregon demolished his own 13-15 WRs setting no less than 8 WRs himself: All 3 SQs were WRs (501.55), BP - two more (314.15), and add his 402.34 3rd DL for a 9-9 perfect day. All 3 TOTs broke his own WR, scoring 1218.05 ultimately. His daddy, formerly known as Lord Greystoke, was delirious with joy, jumping up and down. At 220, Tyson Orwoll, 21, USA won the Juniors (20-23) with 6/9, TOT 1377.88. Also at 220, Robert Fredette, 17, USA, had well balanced lifting with successful lifts of 650.36 SQ, 396.83 BP, 611.78. TOT 1658.97. Robert gave us a big scare when his legs buckled trying a WR 16-17 SQ of 749.56. He pitched forward, but the spotters averted a serious injury. Christian returned unscathed and finished with no misses thereaf-

ter. At 275, Daniel Macri broke 6 (13-15) World age group records belonging to himself, with 507.06 SQ, 319.66 BP, 485.01 DL and 1311.75 TOT. Dan came all the way from Australia and was a real favorite with the crowd. Max Tooker, 19, USA, took the 18-19 title with good lifting - 1548.73. He was so happy with his performance, especially since his dad had kept him awake snoring loudly the night before his competition. At 308 a couple of USA powerhouses showed that our future generation is getting stronger. Max Higgins, 21, USA is a CAL boy who is built along



Max Higgins with a 20-23 308 World Record 283.0 kg. BP (Glossbrenner)

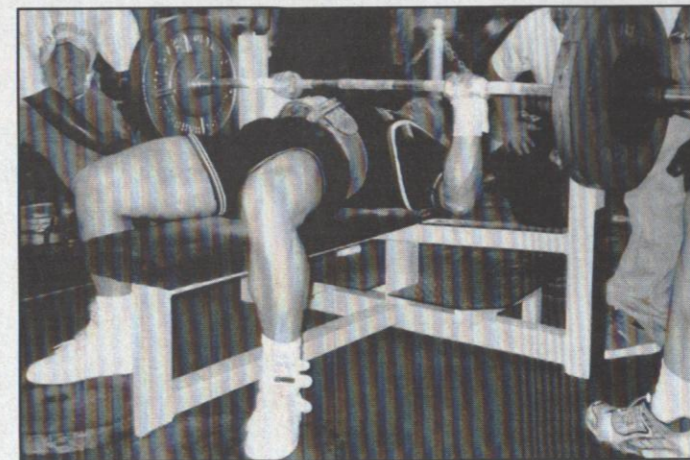
the lines of a Brinks truck. He SQed 826.73, 2nd att., following his missed opener. His BP was out of sight as he hit 600.75 on a 2nd attempt. This set him up for a successful WR of 283 kg. (623.90) on his final lift which rocked the house. Max is a good puller too - 633.82 gave him a big win - 2083.36 TOT. Unfortunately, there was one fatality - Justin Graham, 19, USA missed all SQs @ 573.19. This left the spotlight to shine on the Florida Leviathan, Scott Weech, who shattered 7 WR on his way to the 18-19 308 title. He broke the SQ record twice: with an 854 opener, then a picture perfect 903.89. He tried 931 on a 3rd, but got pinned. BP - Scott fought out two WRs: 540, 2nd attempt, and a refusing to quit 3rd w/ 551.15! After pulling a 672.4 2nd DL and setting a WR TOT of 2127.43 he tried 705.4 to lay claim to the DL record also. It hung up and refused to lock out, inches from the top.

Oct. 14 Session 5 convened Thursday morning with the Master Men 114 thru 198 going in the Morning, and the 220s and 242s having at it that afternoon: 132 - Scott Richey, 47, won unchallenged - 1041.67 TOT in 45-49s. Lots of good lifting in the 148s! Vince Tanabe, 41, is always game. He won the 40-44s with a token BP, due to injury, but SQed and DLed well: 473.99 and 501.54 respectively for a 1168.43 TOT. Tim Judge, 45, a former APF open Champ from Ohio, who has rehabed serious injuries, pulled himself up by the bootstraps and refused to throw in the towel, despite such adversity. He broke the 45-49 WR BP twice (352.73) and TOTed a respectable 1284.17 for his win. Masters 50-54 saw Gary Bobrovitz, 52, of CAN come in at 139.33, as he had vacated the 132 class forever. Still cramping badly from his ordeal of making weight for the BP competition, Gary tokened in SQ and DL, but popped a huge WR BP first time out in his new weight category (310.84)! At 55-59, Ted Feight, 57, USA from Michigan had a banner day, 9-9 with PRs in all the lifts



Joe Stockinger (CAN), with a 440 pull at 70-74, 148 lbs. (Glossbrenner)

352.73 SQ, 225.97 BP, and 363.75 D/L, for a 942.46 TOT, for his first ever World title and it was most deserved. His runnerup, Mr. Dhah, 56, USA tokened only and "Surrendered" to Ted's superiority. At 70-74 a real standout newcomer was Joe Stockinger, 74, from Canada. This former IPF competitor tried his skill in WPC for the first time and shocked everyone with his fire, spirit, and unbelievable strength. Joe's 339.66 SQ, and 242.50 BP are amazing enough, but the surprise of the whole meet was his DL ability. He literally pulled up two WR DLs of 418.9 and 440.92 like the plates were made of an aluminum. This busted Frank Richey's record and that is saying something. Joe's TOT of 1003.89 is quite an accomplishment. Richey was present, but injured and didn't lift. Stockinger may well get Richey's 363 SQ record, 270 BP record, and 1019.6 TOT record in the future, but Frank might have something to say about that. At 165, Richard Cirigliano, 49, claimed victory. His frequent travel keeps him living out of a suitcase. He trains at whatever gym he can, wherever he can, whenever he can. His 573.19 DL gave him a 1372.36 TOT. Robert Mattison, 67, USA, just keeps getting better and better. His first 3 lift meet was back at the Nationals, as he formerly did BP only, until I talked him into trying all three. Mattison got 2nd place here with big improvement in all lifts: SQ 330.69, BP 242.50 - 11 more than he did winning the BP title earlier on, and a 374.78 2nd attempt DL. TOT 947.97 - run-



Kent Richardson, 45, USA, benching 363 on his 2nd attempt (Herb. G.)

CANADA". Vince Graham goes a bit overboard with his cardiovascular work! A 25 kilometer walk over rough terrain is all part of his conditioning. Vince loves fresh Canadian outdoor air and hates the treadmill, so he sez. His rugged conditioning program may have taken place too close to his lifting date. Vince's strained himself beyond belief to finally secure his do or die 3rd SQ of 661.3 to stay in the competition. His BP was sharp (418.87), and he looked good for 11 more. A DL of 573.20 gave him 1653.45. The 45-49 World Champion is Kent Richardson, 45, who missed only one lift (a 385.8 BP) in his nine trips to the platform. A prison guard back in Michigan, I'd dubbed him the Michigan Mauler in one of my previous articles. This resulted in all the bad boys behind bars giving him a wide berth: SQ 578.7, BP 363.76, DL 600.75, and 1543.22 - a best ever performance. In 2nd place was Bob Fabiano, 47, who was the biggest bencher of the trio (402.37). My Iowa buddy Doug Peterson, 49, had been nursing a lot of injuries, but came and delivered a 1410.94 TOT for third place honors. Masters 50-54 saw Greg MacMillan, 52, score 1421.96 TOT for the win. A proud papa, still exulting over his son's performance, managed 1295.2 TOT as runner up. I'm speaking of Greg Sumner, the Oregon wild man. By the way, we wish a speedy recovery to Gordon Olson who had underwent quadruple bypass surgery, I'm told. The Masters 65-69 saw a CA PL legend Coy Sanders emerge from retirement, to set a WR 275.57 BP and win as well. At 198, David Fleming, 42, USA, topped Chris Mullen (not the NBA star) 1736.12 to 1493.61 in the 40-44s. At 45-49, USA & Golden State great Keith Kanemoto lifted well (710.98 squat and 1692.03) for runner-up. Winning in an overwhelming manner washardcore legend, Marc Caplan, 46, who spent about 20 some years rehabbing himself from terrible injuries back in 1982, when he was in his 20s. At the Nationals, he electrified everyone with his stellar comeback, especially his superb 810.2 SQ. He SQed 749.56 (2nd attempt) here

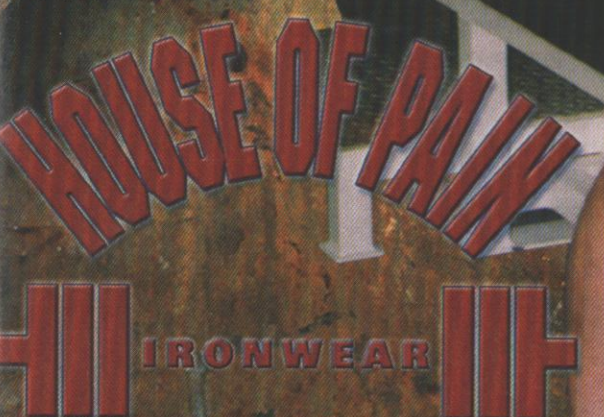


Richard Flores the Best Master Lifter of the Meet. (Glossbrenner)

then leapt to a mind boggling 826.7 on his final try. A bit too much this day for mighty Marc. Add in a good 435.41 BP and an outstanding 639.33 DL gave him an 1824.30 TOT. At 50-54 Kent Bush, 52, used the power of his mighty back (once a 738 DLer) to secure a 655.87 SQ and pull 589.73 DL for a TOT of 1499.12, and an unchallenged victory. Jim Razor, 55, also USA, topped the next group with his solo flight TOT 1135.38. At 65-69 it was that indomitable Pete Wilson, just taking it EZ, coasting to a 1201 TOT. He's unbeatable, and a youthful looking 68, at that. At 220, Mike Taylor, 42, a Big Iron boy from Omaha, NE set a new AR TOT of 1967.6 which included a 760.6 SQ in the 40-44s. At 50-54, it was Charlie Maxwell, 50, from Michigan, with a 749.56 SQ and 1818.79 TOT. Runner-up was Robert Olinger, also USA, with a 1421.96 TOT. At 55-59, John Burgyard, 56, USA scored 1372.36 to top Ron Birch, 58, a real affable fellow from AUS whose 5/8 TOT of 1234.57 for runner-up. Terry Lancaster, 61, of USA, played a game of Solitary in the 60-64s, and came out a winner - 1405.43. Floyd Irons, 68, from the Los Angeles Lifting Club, had lots of aches and pains and a bad case of vertigo (from an inner ear infection). He was staggering all over the place, but hung in there to become World Champ in the 65-69s. At 242, Randall Ward, 40, couldn't register one of his 661.38 SQ tries, so this year's 40-44 242 class has no claimant to the title. The 45-49, 242 group was hotly contested. Duane Fuss, 47, braved the trip from CAN and finished 4th with 1714.07. In 3rd place was Dennis Montebault, 48, USA. Dennis couldn't deliver the monster SQ that he shocked us with a couple of years ago, but did manage the biggest of the four men, producing 755.07 as well as a good 1730.62 TOT. Mr. Thomas Bowman, 48, also USA, did some fine lifting with a 612.4 SQ, the biggest BP w/501.54, (article continued on page 86)

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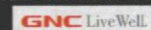
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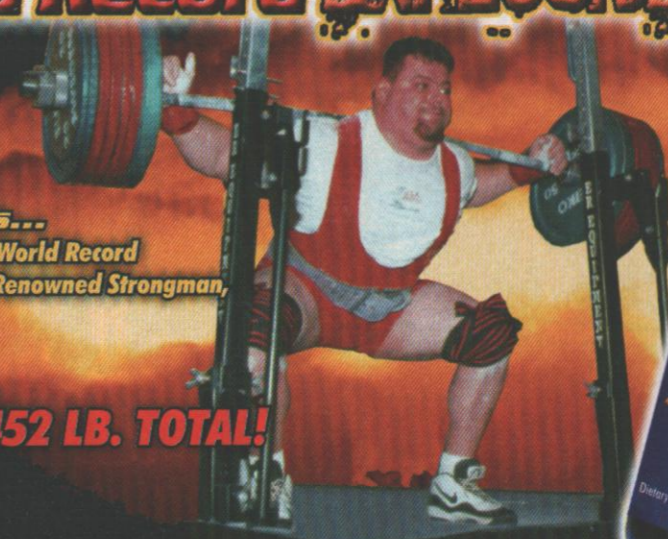
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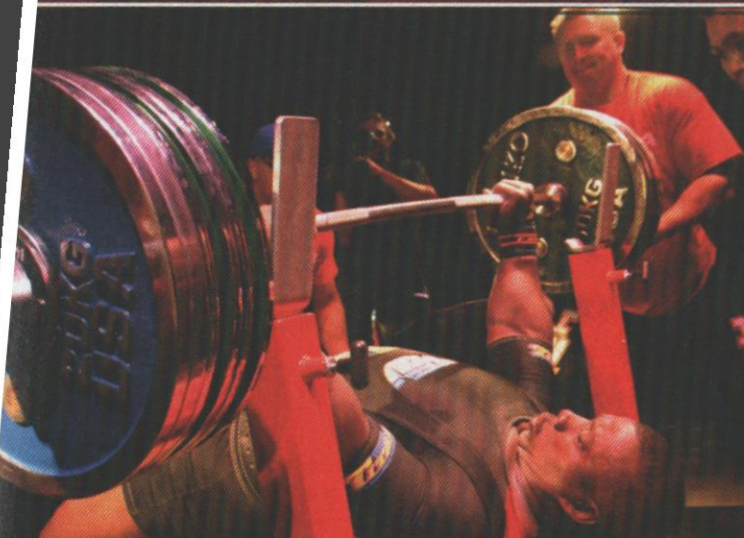
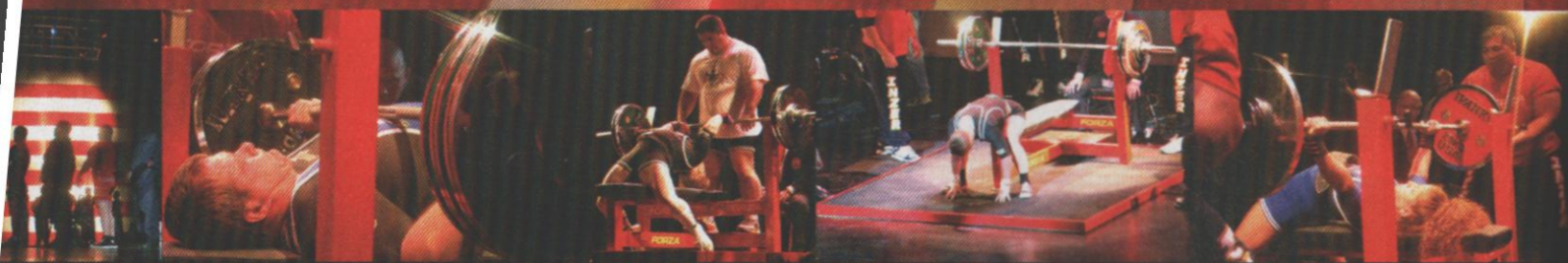
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HORACE "BIG" LANE PUTS UP AN AMAZING 700 POUNDS!

October 10th - BenchAmerica has done it again! For the third time, Joe Mukite and company have pulled off a top shelf powerlifting production and, this time, one of global proportions! Coming off the highly successful BA and BAII, the promoters decided to pit five of their current champs against elite, five lifter teams from three other nations in a world cup setting. Benchpress teams came from Russia, Japan and the Czech Republic to take on the Americans and it was white knuckle action from the opening attempt! As the iron gladiators psyched themselves up for each lift, the coaches number crunched and strategized and the stage crew piled on plate after plate. And through it all, the beautiful Chicago Rush Dancers paraded across the stage displaying the attempt cards, the DJ cranked up the audio inspiration and the Chicago fans raised the rafters! Each attempt saw a new lifter or team jockeying for the lead and the fate of the nations' best rested on the bending bar time and time again! And when the dust had settled, the Japanese Samurai walked away with the team victory, but Team USA had the biggest lift of the meet in both the men's and women's divisions! Horace Lane, Brad Kelley, Ralph Young, Joe Smith and Jennifer Thompson did our country proud.

Benchpressing's return to American television is both very welcome and long overdue. Powerlifting is one of the fastest growing sports in our country and it has also built a strong following abroad, especially in Europe. The IPF is now over 90 nations strong and when they hold a world championship in Europe, the Eurosport television network airs a one hour highlights show in 68 countries and in 18 different languages!

Some critics have written off powerlifting's chances of getting into The Olympics. But, the reality is that it is very likely that powerlifting will soon be joining the Olympics' roster of competitions. To get a sport into the Olympics requires diplomacy, integrity and perseverance. Fortunately for powerlifting's Olympic hopefuls, IPF President Norbert Wallauch has all three of those characteristics in aces. Wallauch is in regular contact with the International World Games Association and the IOC Recognized Sports Federations. Furthermore, the IPF is a member of the General Association of International Sports Federations and they are the sanctioning body that handles the powerlifting at the World Games, which is the sports festival from which The Olympics drafts its new additions. To make the situation even more promising, the Olympics obviously wants to include all sports that are popular and with BenchAmerica now regularly airing prime time in the USA, powerlifting has just made a great leap forward in that respect! Mr. Wallauch understands this and, even though BenchAmerica is not an IPF sanctioned competition, he was gracious enough to make the trip over from Europe to attend the competition and to give his highly valued insights and advice.

Currently, the BenchAmerica.com website is being totally upgraded and you will soon be able to browse thru picture galleries, download video clips and get all the results of past competitions and news briefs on upcoming ones. BAIII will be taking place in the fall of 2005 and all rules and qualifying requirements will be posted on the website before January 1st, so all lifters will have ample time to get on board and have the opportunity to qualify. The website building will be an ongoing process so keep checking back and watch for official contest updates in future issues of Powerlifting USA.

This international undertaking would have been incredibly difficult were it not for the assistance of Inzer Advance Design's Peter Thorne, powerlifting ambassador extraordinaire and analyst for BenchAmerica's broadcast team. Mr. Thorne went into overdrive making arrangements with top IPF coaches, organizing championship caliber competitors into national teams and securing safe passage across the Atlantic and Pacific for all who would make the journey to Chicago and we greatly appreciate his professionalism and service to the sport.

The sport of powerlifting is sweeping across the nation and we'd like to say thank you to the thousands of people who are making this happen. From the parents organizing high school federations, to the promoters hosting sanctioned meets in their states, to the lifters competing and teaching others how to train, and to the companies that sponsor powerlifting, you have built benchpressing into the success it is today. Thanks to all of you, powerlifting is back on television and it's recapturing the hearts of our nation's sports fans. A special thanks to Inzer Advance Designs, House of Pain, Powerlifting USA, Red Bull, Panasonic, Strongarm Sports, Jeff Everson, Holiday Inn, Sherman Health, Prairie Rock Bar & Grill, Courier News, the judges, spotter/loaders and production crew and to the City of Elgin for officially hosting the competition.

The inaugural BenchAmerica vs. The World was an awesome display of power and it will be airing nationwide via Fox Sports Net this March! The production and marketing crews will be working round the clock creating the broadcast and it is going to have you riveted to your seats! The specific dates and times will be listed in the next issue of Powerlifting USA, so keep the pizzeria on speed dial and invite your lifting partners because benching is coming back to your living room this spring!

Stay Strong,
Seanilla Katterle
HardcorePowerlifting.com

NAME	COUNTRY	WEIGHT	COEF.	ATT 1	ATT 2	ATT 3	BEST WILKS
WOMEN							
YUKAKO FUKUSHIMA	JAPAN	103	1.1015	254.00	270	292.00	297.405
VALENTINA NELYUBOVA	RUSSIA	137	0.8258	265.00	292	309.00	255.172
JENNIFER THOMPSON	USA	134	0.8402	303.00	303	309.00	254.581
MARCELA BALOGOVA	CZECH	109	1.0299	198.00	209	220.00	215.249
LIGHTWEIGHT							
HIRO ISAGAWA	JAPAN	131	0.8594	397.00	419	440.00	378.136
JOE SMITH	USA	144	0.7901	424.00	424	440.00	335.002
VALERI BOGDANOV	RUSSIA	147	0.7747	397.00	419	440.00	324.599
RUDOLF BOHM	CZECH	146	0.7813	308.00	331	342.00	267.205
MIDDLEWEIGHT							
DAIKI KODAMA	JAPAN	166	0.7099	551.00	551.00	551.00	391.155
ALEX VOROBYEV	RUSSIA	190	0.6515	551.00	573.00	584.00	380.476
MARTIN KOSNAR	CZECH	218	0.6103	463.00	485.00	496.00	302.709
RALPH YOUNG	USA	219	0.6096	601.00	601.00	601.00	0.000
HEAVYWEIGHT							
BRAD KELLY	USA	246	0.586	628.00	628.00	695.00	368.008
SHIGEKI MINAMI	JAPAN	240	0.5897	595.00	606.00	606.00	350.872
ZBYNEK KREJCA	CZECH	247	0.5849	557.00	557.00	562.00	325.789
VICTOR SHABANOV	RUSSIA						0.000
SUPER HEAVYWEIGHT							
HORACE LANE	USA	281	0.5674	672	688	700.00	397.180
DAISUKE MIDDLE	JAPAN	307	0.5606	678	694.00	695.00	389.617
VLADIMIR MAXIMOV	RUSSIA	293	0.5632	639	672.00	683.00	378.470
TOMAS SARIK	CZECH	277	0.5689	573	595.00	595.00	325.980

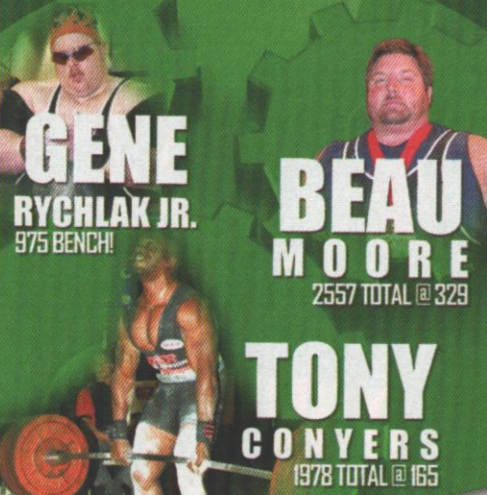
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- 2nd Place Czech Republic 1436.93
- 3rd Place USA 1354.77
- 4th Place Russia 1338.72



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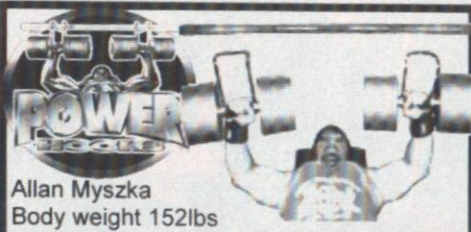
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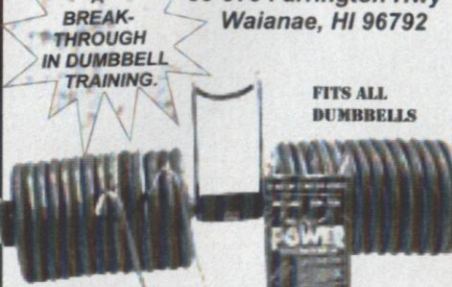
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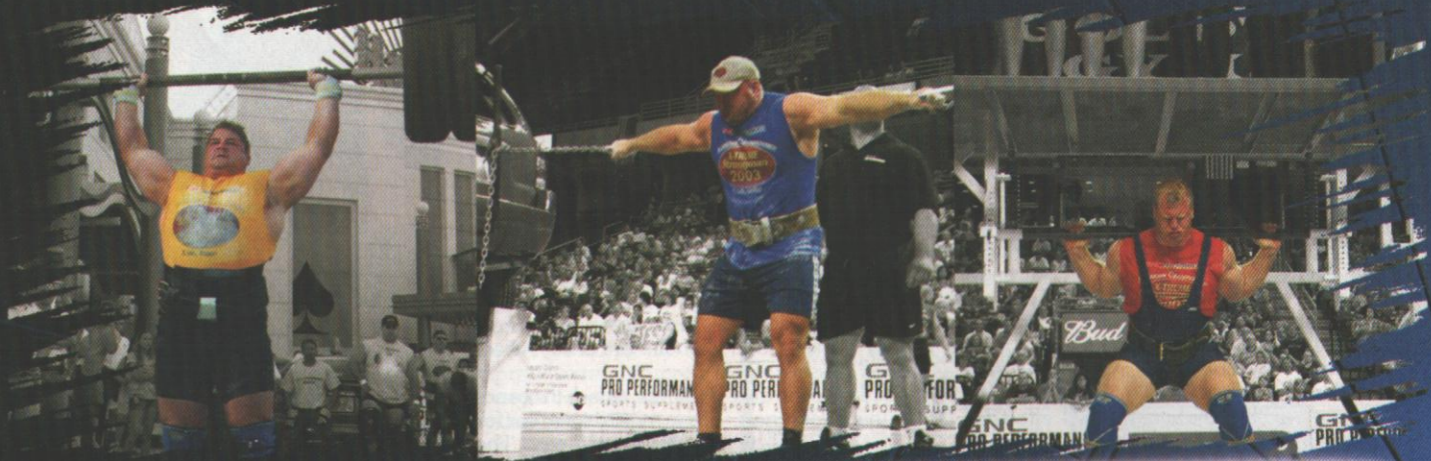
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TRAINING

SPEED WORK as told by Louie Simmons

At Westside we have a speed day for squatting, deadlifting, and benching. This is also referred to as the dynamic method. That is, we use submaximal weights with maximal speed. It is designed to develop a fast rate of force in a minimal time.

Dr. Ben Tabachnik, Ph.D., has said that it is common for athletes to become easily adapted to quickness exercises. This must be addressed either by varying intensities or by changing the apparatus you are using.

We do both, by using a 3-week pendulum wave, mostly with weights of 50%, 55%, and 60%. This also entails changing part of the resistance by adding chains or bands. This is essential to completely develop speed strength, i.e., starting and accelerating strength.

Speed Benching

Speed Bench with Bands: These should be done for 8 or 9 sets of 3 reps. Use 45% of your 1-rep max on floor press. The bands should provide 40 pounds of tension on the chest and 85 pounds of tension at the top.

Speed Bench off Power Rack Pins: Set the pins at chest level. Lower the bar to the pins, relax for a second, and then blast the bar to completion. This is relaxed-overcome-by-dynamic work. Use bands or chains.

Buffalo Bar: The same can be done with a Buffalo Bar. It has a 2-inch camber. Bill Gillespie of the Seattle Seahawks used this method and so far has a 782 bench in a poly to prove it.

Floor Press: Chuck Scherza uses the floor press for his dynamic work. His bench has gone from 525 to about 700 with this method. By the way, Chuck had triceps surgery after he did the 525 bench.

Incline or Decline Press: Incline and decline press with a bar can also be used. Use Jump-Stretch bands to accommodate resistance and to build starting and accelerating strength. You can even use bands with dumbbells by placing the band around your back and looping the ends over your palms before you pick up the dumbbells, like Clay Brandenburg does.

Lightened Method: This is done by attaching bands at the top of a power rack or Monolift to reduce the bar weight at the chest. We attach Jump-Stretch bands at the top of a 7-foot rack. Blue bands reduce the weight by 150 pounds at the chest, green bands 95 pounds, and purple bands 65 pounds. Chains can also be used. Weight releasers can be used on dynamic day.

Ballistic Benching: This is a very productive method to develop starting and accelerating strength. To do ballistic benching with barbells or dumbbells, simply lower the bar as fast as possible and reverse it as fast as possible. Do these only on speed day not on max effort day. Do not touch your chest.

Here are some guidelines to follow for speed work for the bench. Rest 45 seconds between sets. Use proper form. Use bands, chains, or weight releasers to cause a reactive method effect. Although you pause on floor presses and on power rack pins, never pause on your chest. When resting a bar on your chest, many of the muscles will retain muscle tension. This will dampen the stretch reflex. When the bar is resting on power rack pins after an eccentric phase, the entire body can relax, then explode, much like a boxer throwing a jab.

Speed Pulls

Bands: The most common method is placing mini-bands over the bar. Depending on how explosive you are, train with a bar weight between 50 and 55% with about 100 pounds of band tension at the start and 220 at lock-out.

Light Bands: Again use bands over the bar, but use a band tension that is light at the start and roughly 100 pounds at the top. Bar weight is 70% at the start.

Lightened Method: Attach blue bands over the power rack pins at 5-6 inches off the floor. This will cause the bar weight to be close to zero at the start. At lock-out, the true bar weight will be realized. Use 70% of a 1-rep max.

Chain Pulls: Attach 5/8-inch chains to only the front of the platform and drape 5-foot lengths of chain over the bar. This will provide a movable static-overcome-

by-dynamic effect. Set the chain evenly over the bar. Adjust it to fall off the bar at your mini-max. The bar weight should be 60% of a 1-rep max.

All speed work should be very fast. If a Tendo unit is available, 0.9 to 1.2 m/s is optimal.

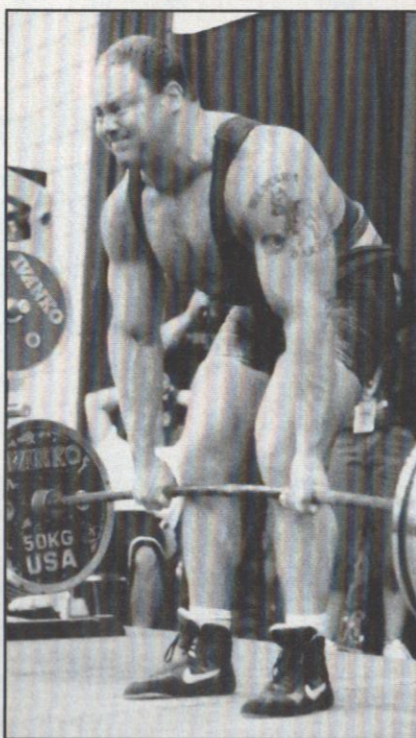
Speed Squatting

For speed squatting we, of course, use the box squat method. Usually we train with 50-60% of a 1-rep max in a 3-week pendulum wave; that is, we jump 5% a week, then return to 50% and start again. Bands or chains are always used.

Bands: Attach the bands to a regular squat bar for 8-12 sets of 2 reps. The weight is basically 40% of the total load. The band tension is 10% on the box and 25% at the completion of the lift.

Chains: Attach 120-160 pounds of chains to the bar. (See the Reactive Method video for the correct setup.) The chain will deload while you are sitting on the box. Set the chain to reload at or near your mini-max. This will teach you to explode through that sticking point.

Bands and Chains: The combination of bands and chains gives a completely different feeling. The bands provide an over speed eccentric phase and an equally engaging resistance. The chains provide an abrupt loading.



One of the speediest Westsiders is John "Chester" Stafford. Yes... that is a Westside Barbell Club tattoo on his shoulder.

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Weight Releasers: This is an excellent reactive method. Increasing the eccentric load causes one to reverse the action on the concentric phase with the same force, but with less resistance. Lower the bar with 25-30% more supplied by the weight releasers.

Other bars can be used on speed day. I use the Safety Squat bar on speed day quite often, as does Dave Tate and others at Westside. Gritter Adams uses the Safety Squat bar exclusively for his training, including the circa-max phase. Paul Childress, a 1124 squatter, uses our 14-inch cambered bar for long periods of training to give his shoulders a rest. The Buffalo bar, the MantaRay, and Dave Draper's device can also be used, as well as belt squats. Remember to switch exercises often to prevent adaptation to training.

To supplement speed training, a variety of jumps should be used. Westside's Plyo Swing, standing long jumps, bounding on one or both feet, 10-yard sprints, and box jumps are also a good warmup for squatting or deadlifting as well as a method of developing explosive power. I suggest that

every serious lifter buy books on jumping ability. Two that I recommend are *Explosive Power and Jumping Ability* and *The World Atlas of Exercises for Track and Field*. These books will show exercises that are related to Olympic lifts. I am not fond of the Olympic lifts for power because at points of the lifts there is no muscle tension. However, the track atlas shows many valuable exercises that will benefit all lifters as well as other athletes.

A college freshman in track who visits Westside can jump on a 49-inch box. This is in large part due to the fact that he can sit on his heels and jump to his feet with 225 pounds, at 6'3" and 230 pounds.

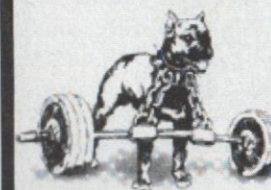
Weights are first in training. One should squat 2 times bodyweight before doing all-out plyos. I am proud to remind many football strength coaches that we can jump with them, but they can't lift with us. Explosive weight training with a variety of exercises will boost plyos as much as plyos will boost sports excellence.

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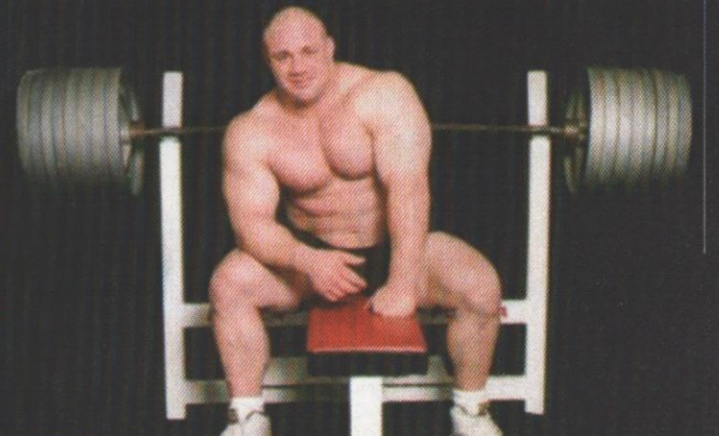
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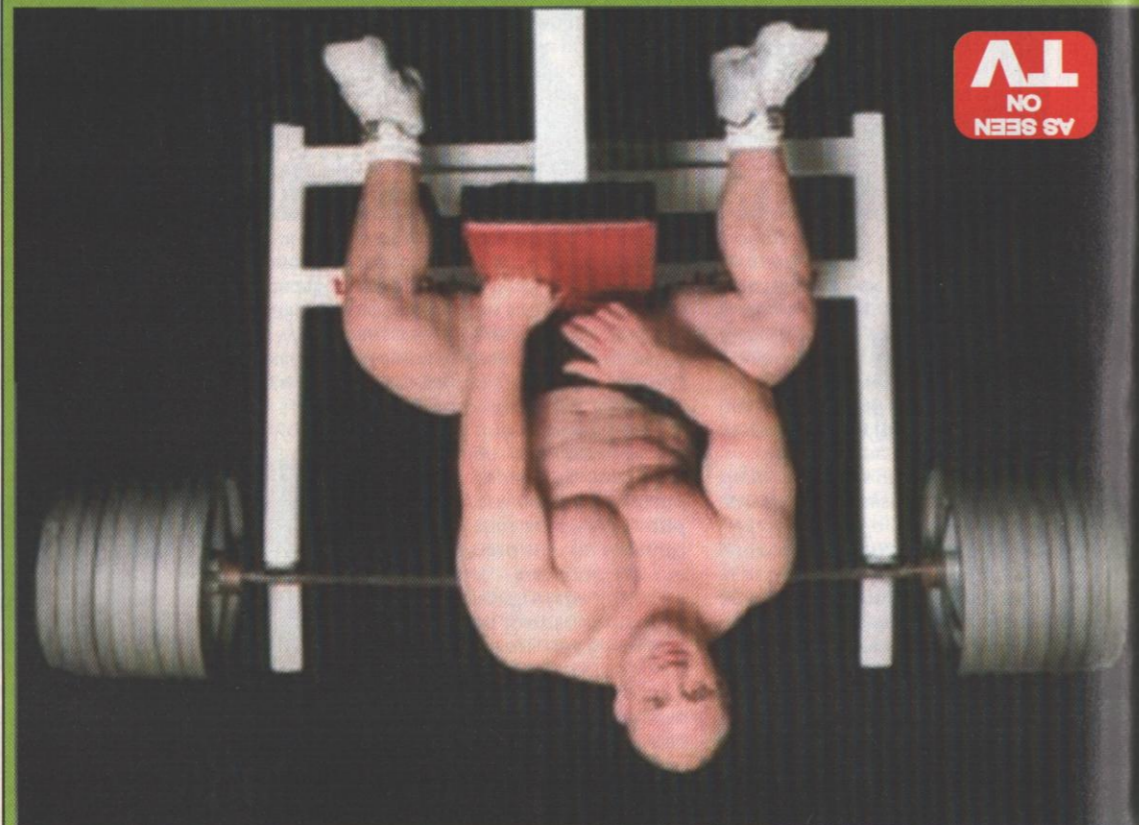
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HARD CORE GYM #36

THORBECKE'S ... That Magical Place Where A Brick is Human ... HardCore in Tempe, AZ... as told to PLUSA by Rick Brewer



Pure ambience at Thorbeckes. (Photographs courtesy of Marty Vogt)

We skipped around over the last few months; measuring the neck of Ken Snell, the neck of Joe Ladnier, the head of Vincent Dizenzo, and then we even had a little outdoor bloodshed. Bleeding is generally good, but always more fun outside - where 'wimmen-folk' don't complain about the carpet and stuff.

Reminds me of a story that we were talking about last night. It was a fun day we had in the country a couple of years back. The main thing you need to know is that NO MOMS WERE PRESENT. My brother-in-law (Scott C.) and I had taken all of our varmint to the country. He had his 4 boys and I had taken my three kids (2 girls and 1 boy). We were shooting guns and fireworks, riding 4-wheelers, driving the truck fast with kids in the back, and looking for snakes and wild hogs. All at the same time. As I said, NO MOMS WERE INVOLVED.

Anyway, there we were, enjoying our relaxing day in the woods, when my youngest nephew Nicky (age 4 at the time) got slammed into the back of a pick-up cab, hard enough that his teeth came through his cheek. No big - you can't die from that - but we did have to rush him to the ER for a 10-hour ordeal of stitches (inside and outside his mouth). He lived, and it probably built character. Or pain tolerance. (Something good.) When the wives heard about this they cried out "Who was driving the truck and why were they going so fast?!" I explained that it wasn't Pip's fault, because she couldn't see over the dash, and couldn't reach the pedals. (My daughter Callie - AKA Pip - was 8 years old at the time.) My wife looked at me like I

was speaking a foreign language. "Why was Pip driving if she couldn't see or work the pedals?!" Well, naturally we had put a small child in the floorboard to work the pedals with their hands. At this reasonable explanation, my wife turned white as a sheet. I think she gets too much calcium, or caffeine, or something. She spoke very slowly; "WHEN YOU SAW that this crazy idea was going to end in a crash, WHY DIDN'T YOU TAKE CONTROL OF THE WHEEL?" Sensing that the mental anguish was affecting her, I explained slowly; BECAUSE I WASN'T IN THE TRUCK AT THE TIME.

At this point the strain of her day became too much, and she lost control of her arms. For that matter both moms (my wife and Scott's wife) became totally unreasonable, and probably said things that we cannot repeat here. You know how crazy wimmen-folk can get for no apparent reason. But the point is, Bloodshed is not always bad, and Bricks are not always for masonry construction.

Arizona lifter Martin Vogt told me that he got stronger by training with a Brick. His exact words: "It's



The locker room/juice bar area at Thorbecke's.

really enhanced my competitive lifts." Since he speaks properly, and trains with a Brick - I'll let him tell the story:

Is that place still open? This is the question I am often asked whenever I wear my Thorbecke's T-shirt to various meets throughout the country. A gym of legendary proportions, it is indeed, very much still open, and perhaps by certain standards might even be considered flourishing. Perhaps an integral factor in the confusion that surrounds its existence can be attributed to its unique location. Some lifters claim Scottsdale as its residence; others feel they're lifting Tempe. Regardless, today's Thorbecke's is located off of Cury Road between McClintock (Hoyden) and Rural (Scottsdale) Roads, just north of the 202. You can't miss it - just look for the sandwich board sign by the auto body shop that says GYM, and turn in. (Unfortunately, if the wind is blowing especially hard that day, the sign may have blown down, and unless persistence is one of your strengths, you may miss a golden lifting opportunity.)

Nevertheless, if you've successfully negotiated this first obstacle, then simply follow this road (Stadem Way), and just before it ends, turn right into an alleyway that fronts a number of industrial workplaces housed in garages. Now, simply follow this alley to the end, and it's the last garage on the left. Once again, you can't miss it, because the letters GYM are prominently displayed above the door; besides which, if you go too far, you'll drive your vehicle into what's affectionately known as the Thor Creek. Upon entering Thorbecke's, be prepared to take a step back in time as this is that gym your dad lifted in; and, if a further comparison is necessary, you'll soon sense the overtones of the gym Apollo Creed took Rocky Balboa to in the film "Rocky III." The owner describes it as a trip through a time warp in the 70's where "if you stay in here you won't grow old." Eclectic would probably best describe its internal atmosphere. To begin with, the weights themselves represent over forty years of accumulation and represent a lifter's dream - they're

functional. There are two power platforms (each prominently placed before an American flag), two squat stations; and to keep it from beginning to exclusively approximate Noah's Ark, incline and decline

benches, supine benches, numerous dumbbells, pulley stations, and all the other necessities one would expect to find a gym in this class. In addition, there is the special equipment: a hack squat/leg press machine reputed to have once used by American forces for the invasion of Normandy, and inverted leg press (a true antiquity), and one of the most unique push up devices known to mankind. The locker room area is also unique and yet once again befits the term functional. It actually comes disguised as the bathroom. And, then there are the lifters themselves, who represent a socio-economic cross-section of America, which includes: policemen, firemen, engineers, teachers, musicians, executives, laborers, students, businessmen, et al. Nevertheless, regardless of your occupation, overall it is like CHEERS - "a place where everybody knows your name, and they're always glad you came."

At the same time, this is not merely EVERYMAN'S gym; this has been and still is a cathedral for many of America's premier powerlifters - Dave Pasanella, Dave Keaggy, Fred Millan, Bob Calvan, Mike Morris, Marty Einstein, Brick Darrow, Dave Draper, Jack Barnes, Wayne Coleman (aka Superstar Billy Graham), Bruce Wilhelm, Mike Wonyetye, Harold Escobedo, and the legendary Jon Cole - who have all trained at Thorbecke's at one time or another. Similarly, the team itself - albeit presently a more mature group - continues to win powerlifting championships at the state and national levels, having recently earned its 30th team championship in Arizona. But, to return to the concept of EVERYMAN once again, there's yet another special quality to Thorbecke's that's especially evident every Saturday - a BARBERSHOP quality - good dialogue and enthusiastic conversation. For if you ever have the opportunity to come in on a Saturday morning for a workout, in addition to your lifting opportunity (as well as the opportunity for some first-rate instruction), you'll enjoy the passionate discourse, sometimes bordering on pontification, as this particular group revels in not only dissection America's social, political, and economic concerns and issues, but willingly offering solutions to these maladies as well. It's truly enlightening, and always entertaining, to take a break from your workout, get a container of Ralph's special blend of "Thorbecke's" coffee and watch the "competition". Then, there's always the requisite ambience, yet another unique component of

the Thorbecke's lifting experience, as it soon becomes apparent that this is, indeed, not a contemporary "...Fitness" center. Immediately upon entering, the first thing you notice is a comfortable and familiar sound, that of Classic Rock & Roll, the only music Thorbecke's offers. Then, as you enter the garage (oops, facility), listening to hits like "Knights in White Satin" or "Stairway to Heaven", you are immediately next overwhelmed by the walls. On the walls (as well as on the garage door) are, instead of the sterile pastels and motivational signs all too prominent in the contemporary "Spandex" gyms, a memorial to the "who's who" of powerlifting - plaques commemorating the setting and breaking of records, and of award-winning teams, autographed pictures, posters of meets dating back to the 70's, and a visual record of the Power Bowl meets of previous years. Above, and below, and amongst this pictorial array of lifting prowess are trophies - lots and lots of trophies - recording the numerous competitive successes of the gym. And, if you look very carefully, when taking a break between sets, you'll even see a life-size poster of the present-day governor of California in his earlier

lifting days, as well as some treasured photos from Muscle Beach in California. By now, you're probably asking yourself how the members manage to keep this lifting emporium fiscally solvent. Well, there are actually two sources of revenue. First of all, there is the CO-OP perspective, whereby each member contributes a specified amount monthly, which entitles him to a key, thereby making this truly a 24/7, 365 day-a-year facility. But, for those who are only "occasional" lifters, for the modest sum of \$2 (yes, Virginia, much like there is, indeed, a Santa Claus, there is also still a place you can train for \$2 a day) you can work out any day you want when the doors are open, which is usually from 0 dark 30 in the morning until midnight and beyond six days a week.

So, what is it then that holds this lifting Xanadu together? Ironically, it's not glue, it's a brick. Much like any other grandmother, Lucy May Thorbecke looked on her grandchildren as a treasure sent from above. This was especially significant in her feelings towards her grandson Brick (Darrow). In the early 60's, when Brick and his friends were lifting in his bedroom at Grandma's, they began to render the building structurally unsafe as

they increased their poundages. She then moved them to a 12' x 20" cement carport slab outside the house. This, subsequently, remained their headquarters for many years with Grandma functioning as the caretaker for what would serve as the original Thorbecke's. However, as the gym membership grew (from 40 to 250), a larger more permanent facility was needed; and so, Brick and his cohorts moved to Scottsdale, until rising rent cost next forced them to move to this present location (actually, it's Tempe). Through it all, the one constant has been Brick, an East Valley treasure, who still runs and trains at Thorbecke's, and what's even more ironic is that the journey has now come full circle as he presently mentors his own grandson, Connor, who also trains there. So, if you're ever traveling in Phoenix, more specifically its East Valley, and you're looking for a good place to train amidst many of the legends of power lifting, stop by Thorbecke's, invest \$2, and take a trip back in time. And, remember, in this gym, everybody's "always glad you came."

I don't know about you, but Thorbecke's sounds way cool to me! Next time that I'm in Tempe, AZ -



His Highness (as the members affectionately refer to him) Owner/Manager/Lifter/sometimes spotter, Brick Darrow, who once did a 450 lb. incline press at 220 lbs. in an Odd-Lift Contest at Muscle Beach, CA.

I'm gonna train there (heck, it's only \$2). Next time you're in East Texas come play with us - cause we will have some fun, and we don't quit until someone gets stitches. Next month, we'll meet "The Keeper of Hell's Gate." Stay tuned.

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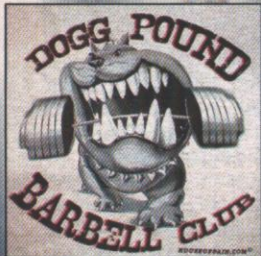
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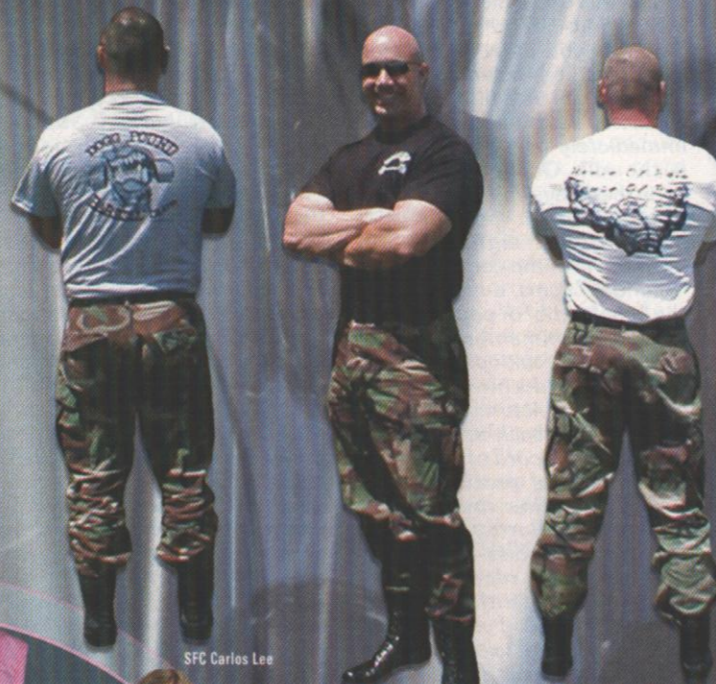
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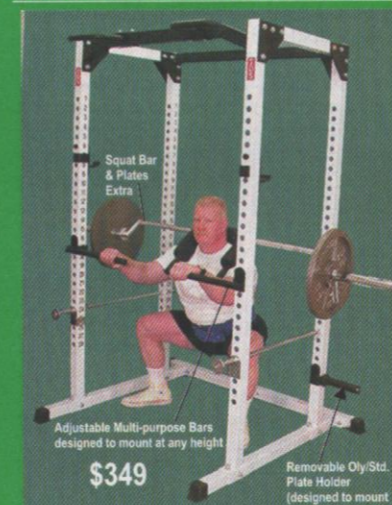
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Martin Luther King Jr.

DR. JUDD

THE JOSH MCKENZIE STORY as told by Judd Biasiotto Ph. D.

Let me tell you about a friend of mine. His name is Josh McKenzie. He was born in Brush, Colorado in 1974 and was raised on a ranch on the outskirts of the city. His family, although of modest means, was extremely loving and supportive. Even though they were not wealthy, Josh never wanted for anything during his formative years. In fact, as Josh put it, his family did their best to give him the best. In reality, Josh had what most kids his age desire .. love, support, and a future. He also had the aptitude and capacity to have an even better life. He was extremely charismatic, intelligent, and a hard-worker. He seemed to have it all .. a surefire success in the works.

In 1989 though, at the age of 15, he started drinking alcohol. At first it was just a bunch of his friends getting together to drink a little. It wasn't long before his drinking started getting out of hand. "I found myself drinking every time I got a chance," he told me. "I would even skip school and go to the woods and drink by myself." It didn't stop there either; soon he started experimenting with drugs. All kinds of drugs .. LSD, PCP, marijuana, even heroin. He tried anything he could get his hands on. He would even stack drugs if he got a chance. "Drugs became an obsession with me," he confessed. "If I wasn't high, I wasn't happy. I would go to bed at night thinking about drugs, and when I would get up in the morning, the first thing I thought about was drugs. I hate to say it, but I had a love affair with drugs." When he turned seventeen, he left home and moved to the city. That is when his drug habit escalated into a total life addiction. He became completely strung out on every drug you can imagine. Worse yet, he started selling drugs to pay for his own habit. "I was totally out of control," he told me. "People worry so much about being enslaved by prisons and chains, but being enslaved by drugs is a thousand times worse. When you are confined by walls, you at least still have the most essential part of being human .. your mind. You can go beyond prison walls with your mind, but when you are enslaved by drugs, not only is your freedom taken, but so is your mind. There is little hope then, and even that thin line of hope is difficult to discern. That is where I was, totally enslaved, and at the age of nineteen I was already basically "tired" of living. I was ready to die."

That wish almost became a reality. In a botched drug deal, Josh got into a shootout and killed another young man. The way Josh explained it to me is rather poignant. "I was selling drugs to support my habit, which was well over two hundred dollars a day. This guy came to me wanting a pound of methamphetamine. It was a \$8000 deal, so I was really excited about it, but I was also leery because speed-freaks are notorious for double-crossing drug dealers. And that is exactly what happened. We were out in this remote area, and before I knew



Josh McKenzie (r) with best friend and lifting partner, Seth Lee. Josh has taken up lifting in prison and has squatted up to 700 pounds.

and pled guilty to murder. I held my head up .. looked each person that I spoke to in the eyes and asked for forgiveness. I took full responsibility for my actions, and I was prepared to accept whatever punishment was assigned to me. I stood alone, chained and broken .. it was the hardest thing I've ever done in my life.

Josh's life was spared, and he was sentenced to thirty years in prison at the Colorado Department of Corrections, where he is to this very day. With his mind finally free of drugs, Josh McKenzie has turned his life into a model for humanity. Today Josh is an extremely loving and compassionate person who willingly gives everything he has to others. He is truly a man of God, who has since dedicated his life to helping others. "I regret with my entire heart and soul what I have done," he told me. "I still dream about it. I wake up and I feel all the pain and anguish I have caused others. I wish I could change things, but I know I can't. I thank God for giving me the strength to grow into a better person."

Now, don't misunderstand me; I am not attempting to lionize Josh in anyway, and I am certainly not suggesting that what Josh did is in anyway justified. Taking the life of another human being defiles God's greatest commandment. Simply put, though, it is not my place to judge anyone. I can't tell

people what to do or think .. I am not God. Yet, I feel somewhat compelled to express my views concerning the condemning of others. I hope that I can influence a single person to contemplate self-introspection before casting the first stone.

It is often difficult for us to accept the fact that "there, but for the grace of God, go I." In many cases, if the circumstances and situations were different, we "good people" might well engage in hideous and repugnant behavior. If we were, honestly, to examine our lives .. to inspect ourselves the way that we scrutinize others, we would see that each of us engages, almost daily, in some wrongdoing. It might be as simple as taking advantage of someone socially, or it might be as unscrupulous as abusing someone physically, or mentally. For example, I have seen good, loving, compassionate people of all races and creeds, engage in hateful bigotry and discrimination against people who were of a different ethnic group. I have also witnessed devout men of all religions, who see their spiritual teachings as correct and virtuous, feel free to engage in self-righteous condemnation of others who believe differently. For God's sake, sanctimonious, political, and religious leaders have declared wars, which have killed thousands of innocent people. The Crusades, the My Lai massacre, and the World Trade Center bombings are cases in point - all episodes of good people behaving in evil ways.

Interestingly, we readily accept the coexistence of good and evil. We can even see the "good" side and "bad" side of family, friends, and even strangers, but rarely do we acknowledge our own predisposition to sin. Yet, the fact is we all fall short and instead of viewing our lives through rose-colored glasses, we would do well to develop those traits of humanity that distinguish us as civilized. Indeed,

we must learn to empathize with those who have sinned, and thereby cultivate the art of forgiveness. We have to be cognizant of the fact that to be forgiven and to forgive requires the same dynamics. If we hope to be forgiven for our own shortcomings, then we have to forgive others for their transgressions. If we can't forgive others, we should not expect others to forgive us.

With that being said, I think there is much to learn from Josh McKenzie.

First of all, we have to take the responsibility for creating our own destinies. There is no free ride in life. Nikos Kazantzakis says a magnificent thing. He says, "God gave you your brushes, and your colors, you paint paradise, then in you go." Josh on the other hand, took his yellows, blacks and greens and painted pure hell for himself, and in so doing he adversely affected the lives of so many others. Just as significant, though, he stood up and took full responsibility for what he had done. Even though there was a chance of him being found innocent and a good possibility if found guilty he would get the death penalty, he still stood up and openly confessed his guilt. He didn't lie about what happened, and he didn't make excuses. He stood in front of the judge with tears rolling down his eyes and revealed

everything that had happened that hellish night. I know a lot of people reading this will say that he was stupid. If he would have kept his mouth shut, he may have won freedom. True, he may have gained freedom physically, but he would have been mentally enslaved with his guilty for the rest of his life. Martin Luther King said something that really fits here. He said: "Darkness can not drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

Like Josh, you have a choice; you can paint paradise or you can paint hell, or you don't have to paint anything at all. Regardless of what you paint or don't paint, though, take full responsibility for it. It's your masterpiece - no one else's. Don't blame it on society, your parents, and DON'T blame it on GOD. When you make a mistake resist the tendency to make excuses for your behavior. Offering excuses will only lead to abbreviation of further discussion and criticism. If the criticism you are getting is valid, take responsibility for your behavior. Remember there is nothing wrong with making a mistake. What is wrong is not correcting a mistake and not taking responsibility for

your mistakes.

Another thing I learned from Josh is that no matter how bad things are, no matter what you have done, there is always a light in the darkness .. always! I don't care where you are in life right now or what has happened to you, you can make a difference in your life and the life of others. When disaster strikes, you have a choice to either give up or go ahead with life. The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done, no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction. They are disciples of the classic slogan, "When the going gets tough, the tough gets going." Josh put himself in a terrible position, but he didn't let adversity destroy him. He didn't look at why he couldn't do something; rather, he focused on what he could do. So many times we let what we don't have restrict us from using what we do have. Josh took tragedy and made something positive out of it. He viewed his trouble as an opportunity to grow, learn and love. He embraced happiness and love .. instead of despair and hatred. Needless to say, the way we view



Joshua McKenzie (l) with good friend, SHW Shane Hamman.

the world establishes the world we live in. If we see darkness, we create darkness. If we see light, we create light. If we see love, we create love. I know for a fact that Josh has helped many people since his incarceration. He has literally turned his life around 180 degrees. And this is perhaps the greatest thing I have learned from him .. it doesn't matter where you start in life, it's where you end up that really counts. No matter what you are or where you are in life, you can change. You can become all that you can be.

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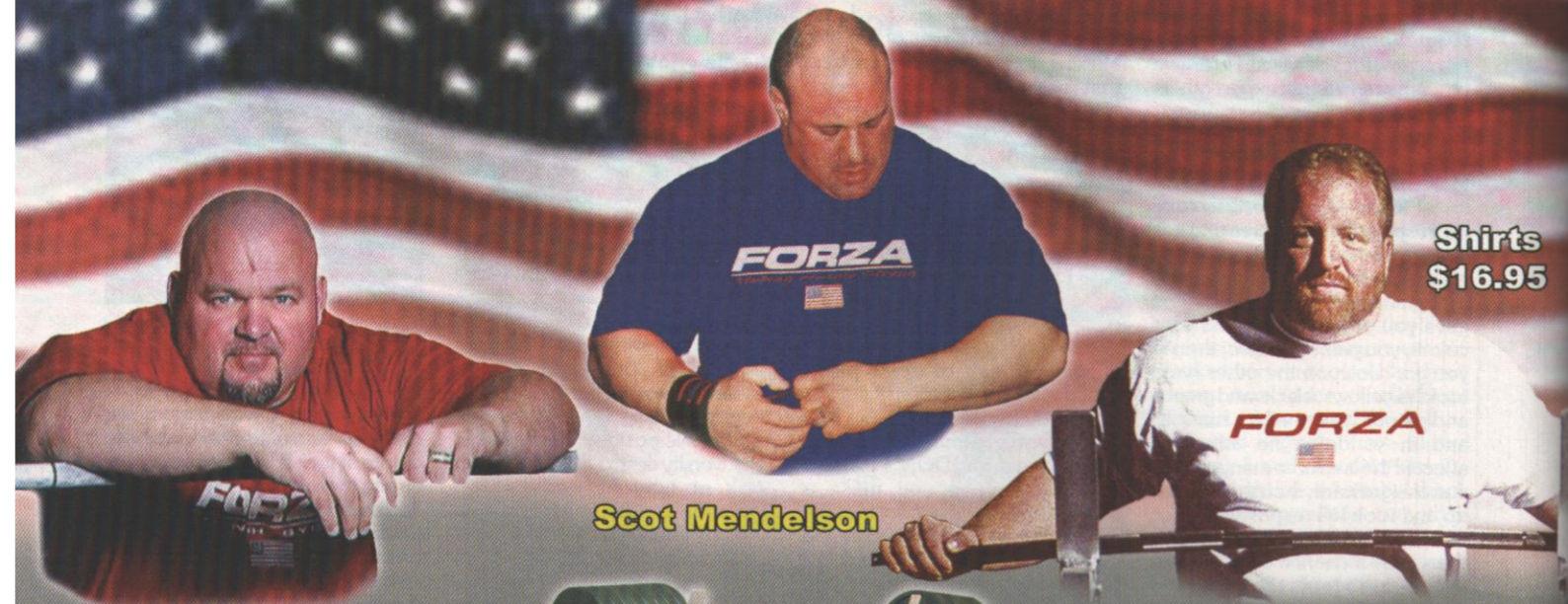
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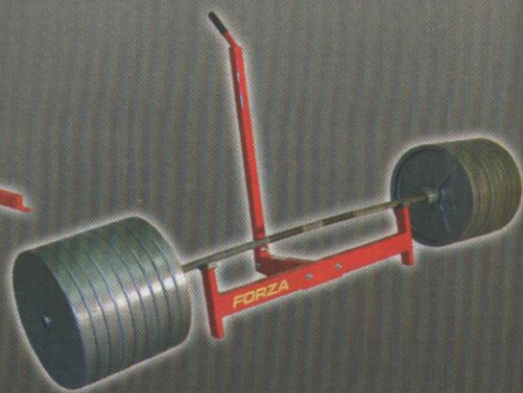
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INTERVIEW

Personal dialogue between
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Sport's Greatest Names.

TRAVIS MASH

interviewed by Keith Payne

Keith Payne: How about some background information.

Travis Mash: I am 31 yrs. Old. I have a beautiful girlfriend - national figure competitor Julie Childress, a perfect little daughter Bailey Alexandra, and my dog Stella. These three are my life. I competed in powerlifting in high school, along with varsity football and basketball. I played varsity football at Appalachian State University. Afterwards I started powerlifting again. In 1997 I started Olympic lifting, and by the end of 1998 I was at the Olympic Training Center in Colorado Springs with Shane Hamman. Along the way, I was recruited for the United States Bobsled Team. The WPO lured me back into powerlifting in 2001, and here we are today.

Keith Payne: How and when did you get started in the sport of powerlifting?

Travis Mash: Like I said before, I started in high school. However, I didn't know what I was doing, but in college I met Mike and Linda Higgins, formerly from Hickory, and Grant Pitts, the former Heavyweight Phenom. They were able to give me enough knowledge and encouragement to take it to the next level.

Keith Payne: What organizations have you lifted in?

Travis Mash: USPF, USAPL, IPF, APA, WPA, IBP, APF, and most recently the WPO. I don't care who or what. I just want to go against the best.

Keith Payne: What weight class are you in and do you hold any records?

Travis Mash: I am in the 220 lb. class. I hold the all time record in the total with 2410. I hold several world, national, and state records in other federations. I held the world record bench at the WPO for about 15 minutes, but - thanks to Kenny Patterson - no longer. 15 minutes of bench press fame, oh well!

Keith Payne: What are your best lifts and where have you competed?

Travis Mash: My best lifts are a 948 lb. Squat, a 696 lb. Bench, and a 800 lb. deadlift with a 2410 lb. Total. I have competed all over the United States. I have also competed in Vaasa, Finland in 1996 at the IPF Junior Worlds.

Keith Payne: Can you share your views on drug testing?

Travis Mash: I just think people who are taking shouldn't compete in drug free meets. That is hypocritical and unfair. I like the federations that give both options.

Keith Payne: What supplements do you take?

Travis Mash: I am sponsored by Bulk Nutrition, and you can see all that I take is on bulknutrition.com in the bi-monthly magazine section, but in a nutshell I totally believe in proper nutrition and supplementation. I think it has been a secret weapon for me. Not to mention meet day nutrition, which is likewise important. People are always asking me what I am taking or eating at meets. Bulk Nutrition has some supplements with equally awesome prices. For beginners, I would recommend a meal replacement, whey protein, and glutamine.

Keith Payne: What does your diet consist of?

Travis Mash: Once again, you can see exactly what I eat at bulknutrition.com, but I cheat. However, I believe the better your diet is, the better your training will be. I learned this along time ago from world famous strength coach Charles Poliquin. I try to keep to it the best that I can. Julie helps me keep in line, and Stella bites me when I cheat.

Keith Payne: What is your workout regimen?

Travis Mash: I basically follow the Westside format, but with a lot of my own twists, but it is basically the conjugate method. You

have an outline, and you change it constantly based on your weaknesses. When I write workouts, I follow the Westside structure really close, but for me I am a fool when it comes to training and percentages. I am trying to break PRs every workout. I don't know what comes over me. I walk into the gym with the intention of following my game plan, and then the pre-training demon takes over, and the next thing you know the bar is full of weights. It has worked so far, but I really need to start toning things down as I get older.

Keith Payne: What are your views on supportive gear?

Travis Mash: I think that the equipment companies are some of the biggest sponsors of our sport, and for that I appreciate all of their work. A lot of the equipment is the reason that lifters are lifting at an elite level for a lot longer. Say what you want, but it protects hips and pec tears without a doubt. On the other hand, I don't care what the rules are because I take a lot of pride in my raw accomplishments as my training partners know. I think a mid 500 raw pause bench press isn't bad at 220.

Keith Payne: What type supportive gear do you wear?

Travis Mash: Metal Squat Suit and briefs, and the Metal Deadlift Suit. I wear a Karin's Bench Shirt. I believe that my equipment is by far the best. Elitefts.com had the Metal Gear, and Karinsexterpower.com has the bench shirts. Both are committed to excellence, and it shows in my performance.

Keith Payne: How do you utilize supportive gear during training?

Travis Mash: It depends on where I am at in my training, but I usually like some light briefs for my hips in the squat. I do a lot of raw training year round, but 10 weeks out I definitely start trying to master my equipment.

Keith Payne: What do you consider to be your greatest accomplishment to date?

Travis Mash: The 2410 total and victory at the WPO Show of Strength.

Keith Payne: You said in an interview a couple of years ago that you were chasing Ed Coan's records. How did it feel to finally break Ed's record?

Travis Mash: Unexplainable! I mean you spend your whole life waiting on one moment, and then after 11 years you are there, WOW! I am still trying to let it all sink in. I still see Ed Coan as the King of Powerlifting, along with Steve Goggins, but I hope that I took my seat at the table somewhere with them.

Keith Payne: What goals do you have in the sport of powerlifting?

Travis Mash: 2500 at 220 at the Arnold Classic! Then I am going up to the 242s or 275s to give the big boys a try.

Keith Payne: A 2500 total would be huge. Do you anticipate any significant changes in your approach to this meet as far as training goes?

Travis Mash: A lot more intensity. At this point in my



Travis Mash, triumphant after his squat at the WPO Finals, was well on his way to the history books. His WPO total of 2410 includes his bench record attempt record plate "chips", which traditional scoring would not count in the total, but whether it's 2408 or 2410, it's a new all time total record in the 220s. (Lambert)

career, everyone will be gunning for me, and I don't have any intention of being a one meet wonder. I want to stay on top for a while, if God's willing.

Keith Payne: Who do you consider to be your chief competition at the WPO / Arnold Classic this year?

Travis Mash: As always Chuck V. I am sure that we will be battling for a while, but I don't plan on moving over for anyone. I am sure that he will be training with some crazy intensity this time, just as I did after watching him win the Arnold. That was no fun, and the two of us are the same in the idea that winning is the only acceptable outcome. I think that the Arnold Classic 2005 will be the clash of all clashes.

Keith Payne: Any newcomers out there that we should be watching that could contend for the championship?

Travis Mash: At the WPO you never know who will step up and be a challenger. I would say Dondell Blue surprised a lot of people. Kenny Patterson is steadily improving, so you can't forget about him. His squat has really come around, and I personally believe he is the best benchman in the world (for now). Kyle Robertson from Clayton, NC is the real terror. He is 22 yrs old and has already posted a mid-2000 total, and is capable of 2200, WOW. He is the one that I have my eye on. A guy like that can catch you quick if you are not paying attention.

Keith Payne: What is your opinion of the WPO and the direction it's going?

Travis Mash: I love it. Nowhere else do you have so many champions in one place. The atmosphere is great. I hope that KK is able to get some more sponsors, so that more lifters can share in the money, and the purses could go up more. All I know is that the WPO always packs the house, so interest is there.

Keith Payne: What is your favorite lift?

Travis Mash: The deadlift because it is the purest form of brute strength. I can just imagine a caveman looking at his caveman friend and saying, 'I bet I can pick up a bigger rock than you.'

Keith Payne: Any training tips?

Travis Mash: Open your mind to new ideas. Always keep looking for better ways to do things. Believe me, I am always looking. At the WPO, I probably drive Jim Wendler, Dave Tate, and Louie Simmons crazy trying to dig out information.

Keith Payne: Any funny stories that have happened to you in powerlifting?

Travis Mash: Not really on the

platform, but in 1996 I got lost in the Heathrow Airport in England. I come from a very small town in the mountains of North Carolina, so getting lost in a huge airport on the other side of the world definitely panicked me - big. Big tough powerlifter lowered to sissy lost tourist.

Keith Payne: Anything you would like to see changed in powerlifting?

Travis Mash: Less arguing and more unity! Let's work together, and if we can't unite, let's respect each other.

Keith Payne: Do you have any advice to the younger lifter regarding training and supplementation?

Travis Mash: Start simple and maximize each level before moving on. I mean use straight weight until you plateau, then move to bands. Go raw until you plateau, then go single ply, and finally multi-layer if you want to. Younger people should definitely keep it simple with protein and may be glutamine. Your own body is full of testosterone, so recuperation and growth is inherent.

Keith Payne: What are some of your interests outside powerlifting?

Travis Mash: Bailey, Stella, and Julie - my family is my life.

Keith Payne: Who are the people you admire and who inspires your lifting?

Travis Mash: I admire Ed Coan, Steve Goggins, Gary Frank, Joe Ladnier, Chuck V., Jesse Kellum, and several of the lifters of the past like Gene Bell, Larry Pacifico, and Fred Hatfield. I am inspired by accomplishments, and I judge myself based on these people. Holding yourself to these standards can drive you crazy at times, but no one said being the best is easy. It's not! It's mentally and physically challenging.

Keith Payne: What is the biggest challenge to your lifting success?

Travis Mash: Time and money! The truth is I have to balance work, family and lifting, and that is a huge challenge. I sometimes fail miserably, but I do my best.

Keith Payne: How important are training partners to you?

Travis Mash: Huge! You have to establish trust with your partners. My partners are Julie, Chris 'Ox' Mason, Mike Lovelace, and Shane Gaydon. I trust all these people with my life. We have several other people at the House of Payne Gym that I trust also, but these are my fulltime partners.

Keith Payne: How do you see the sport of powerlifting in the future?

Travis Mash: I think more and more professional meets will pop up. All it takes is marketing,

and I hope to be a part of that marketing. The common person understands lifting heavy objects, and respects strong people. We just have to tap into that market with a bigger sponsor. I mean if skateboarding can go mainstream, so can we.

Keith Payne: Anyone in closing you would like to mention or thank?

Travis Mash: First, I would like to thank God for my many blessings in life. I would like to thank Julie, Stella, and Bailey for putting up with me. The HOPG Gym rocks - thanks to Keith Payne for having the vision. Believe me, you are going to hear a lot more out of Keith Payne and Iron Boy Powerlifting in the near future. Bulk Nutrition for giving all the support a lifter could dream of, and delivering a product and service to be proud to represent. Elite Fitness Systems and Metal Gear for the best squat and deadlift suits in the world, and all the knowledge any lifter could ask for to improve their lifts. Thanks Jim Wendler for all the time on the phone giving me new ideas and support. Thanks Dave Tate and Louie Simmons for revolutionizing strength training in the United States. Thanks to Karin for producing an awesome bench shirt. Thanks to Independence Lumber Co. in Independence, Va. and

Hometown Furniture in Jefferson, NC for supporting me financially for my traveling expenses. Thanks to Kristi and Chris Mason for being there from the beginning. Thanks to Andrew Shatley, Heather and Mol and the whole crew at Appalachian Fitness Center in Boone, NC for having my back. Thanks to my buddy Sarah Miller for believing in me. Thanks to Joni Farmer for being the best sister in the world, and little Gia for being the best niece. Thanks to my training partners for hanging in there with me. Thanks to Pete, Pete, and Kevin and all the others in Asheville for having my back always. Finally, my childhood best friend Kevin Jones for being my friend even when I can be a jerk. I am sure that I am forgetting someone, but I love you all.

Keith Payne: Any final comments?

Travis Mash: Thanks for the interview! I hope that I can be a part of advancing powerlifting into the future. I can be reached at travis.monstermash@yahoo.com, and very shortly travismonstermash.com will be available with lots of information on my views on strength training. If you get a chance, check out one of the Iron Boy Powerlifting Meets in North Carolina. They Rock!

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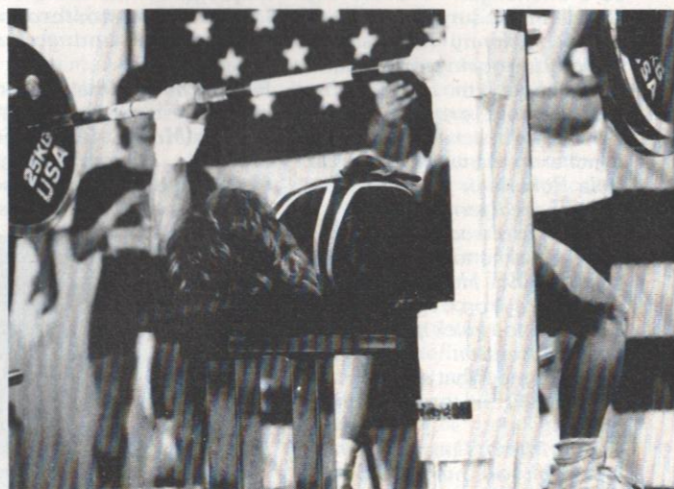
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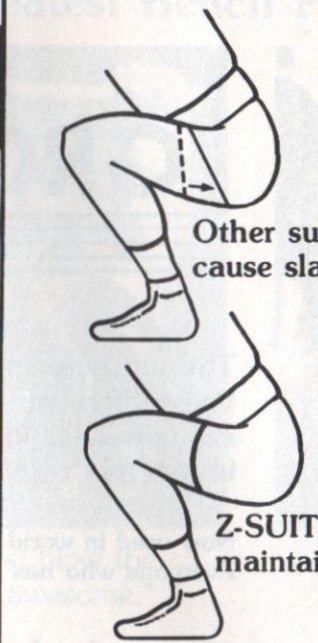
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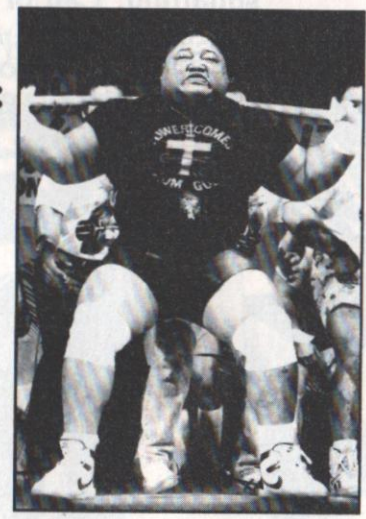


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O.D. Wilson
 1003 SQUAT

Jesse Jackson
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Matt Dimel
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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 Dr. Di Pasquale: In your book "The Metabolic Diet" you mention the issue of insulin resistance. You argue, the metabolic diet would improve insulin sensitivity. On the other hand, to my knowledge, high levels of free fatty acids, like observed on low-carb/high-fat-diets can lead to an acute insulin resistant state and over longer periods maybe to chronic insulin resistance, especially when the diet is not associated with fat loss.

You also state that high-fat-diets normally lead to insulin resistance, so the Metabolic Diet in it's "radical" low-carb/high-fat-fashion (e.g. <100g carb/day, ~50% fat) should also lead to insulin resistance in the long term. Maybe an acute insulin resistance could be positive because it inhibits glucose oxidation and therefore improve glucose economy. But I think a chronic insulin resistance would be fatal.

Surprisingly, besides this, I have read that low-carb-diets improve glycogen storage. Isn't it a contradiction?

I would be very pleased if you could bring a little more light in that issue.

How do free fatty acids lead to acute and chronic insulin resistance? What factors are involved? Do lowcarb diets lead to insulin resistance over longer periods? What do you think about the statements of the following website: <http://www.bodybuilding.com/fun/maki5.htm>
Sincerely Yours, **Michael Klemm**

Hi Mike: Your questions are good ones. Unfortunately the answers to them are not easy to come by. The subject of insulin resistance is extremely complex and there are many facets that we have yet to figure out.

First of all, insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic syndrome.

Secondly, insulin resistance as shown by the effects on Glut4 receptors and glucose absorption, may or may not be associated with insulin resistance as far as the effects of insulin on fat and protein metabolism. In some cases insulin resistance as far as glucose metabolism, especially if the effects on protein metabolism are spared, can be a very good thing for someone on a low carb, high protein diet.

As far as the effects of insulin resistance on glycogen storage, in some cases there may be differential effects on glycolysis, glycogenolysis and glycogen formation which may lead to increased rather than decreased glycogen levels in muscle and/or liver.

I'm in the process now of working on a review of insulin resistance that I'm hoping will be published in a peer reviewed journal. In this review I'll be covering the reasoning behind my Metabolic Diet. I can send a draft to you when it's ready as I believe it should answer many of your questions. Send me a reminder in case I

"... insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic syndrome ..."

Dr. Mauro Di Pasquale

forget.

For now, I've attached a recent review that you should find interesting. I've also attached a recent study on the effects of a low carb diet vs a low fat diet on insulin resistance. Keeping in mind that this study involves a reducing diets and as such the effects of an isocaloric diets may be qualitatively different, it still contains useful information.

I had a look at the article you referred to in your email. The article is a good example of the adage "a little knowledge is a dangerous thing." The article, besides being terribly written, is full of errors and misconceptions. In fact, it's difficult to find any merit in the article at all. Best regards, **Mauro**

Hi Dr. Di Pasquale: I have been on the metabolic diet for a few months now, actually since I spent the winter on Maui, with Scott Sanchez, as an intern. He was the one who introduced me to your books and products.

Now I am involved in Powerlifting, and trying to qualify for a regional championship in a weight group that I never thought possible of reaching since it is 20 pounds under what I usually am. But with the cutting phase of your anabolic solution for powerlifter, I was able to drop significant weight with most of it being fat. Although my strength - surprisingly - hasn't gone down, the closer I get to my weight, I'm feeling that I will be needing supplements to keep my training weights and level of training to the level I want. So I was interested in Exersol Competition, Creatine advantage and Metabolic, to be able to continue to train at the same intensity I was before I lowered my calorie intake that much.

So my question is, am I going to test positive with any of these product (especially metabolic since I know it contains DHEA).

And my other question is, are any of these products hard on the gastro-intestinal system, since I have minor Crohn's disease, that is - by the way - doing far better since I am on the metabolic diet !!!

And if they are, can I lower the dose at first to see how I do (like for the creatine, would it be all right to take without a loading phase if you think that your creatine could be hard on my digestive system).

I know you are really busy, and I would really appreciate if you would take a little time to answer my question. Thank you so much, aloha.
Vincent

Hi Vincent: Men won't test positive with any of my supplements, including Metabolic, even though the DHEA in Metabolic is theoretically a banned substance. There are two reasons for this. First of all there's only 25 mg of DHEA per dose of Metabolic. This level of DHEA has absolutely no effect on the testosterone-epitesterone ratio. It also has very little effect on the carbon isotope ratio even if this test was used (and it's not) to detect the use of exogenous androgens, androgen precursors and metabolites. In women the use of exogenous DHEA may result in increases in endogenous testosterone levels, but even here the likelihood of a positive test is remote even at if 100mg per dose was used. The reason for that is that DHEA usually raises both testosterone and epitesterone in women so that the ratio remains in the normal range.

As far as the rest of the supplements, they're all safe and won't result in a positive drug test in men or women regardless of the doses used. All of my products are manufactured in a pharmaceutical grade facility using high quality pure ingredients. There is no chance of cross-contamination not only because of the high manufacturing standards, but also because the facility does not handle any prohormones other than DHEA. It also does not handle ephedrine. As well each batch is tested to make sure that only the ingredients in the formulation are present in my products, and nothing else.

I've attached a simple supplement regimen that I set up for you. It's just a guide and is not fixed in stone.

Creatine Advantage can be taken at one or two scoops per day without a loading phase. It just takes a few weeks longer to get to maximum PC levels if you don't load up initially. Just to be sure, although I don't think taking more would cause you any problems, I'd start out with perhaps 1/2 a scoop twice a day and see how you do. Best regards, **Mauro**

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Garry Frank is no other than a living icon in the sport of powerlifting. In the history of our sport there has never been a lifter so strong and more complete. He is the Michael Jordan of powerlifting. He is what Muhammad Ali was to boxing, and what Wayne Gretzky was to hockey. Untouchable in his class, feared by his competitors, Garry Frank is a powerlifting superstar looking to rewrite the history books like never before.

For those of you that have been under a rock for the last couple of years I will let you know that I have been working with Garry as his personal nutrition and supplementation coach. I will have to say that working with him as been nothing short of a pleasure. I am honored to work with the undisputed strongest man that has ever walked the planet! Many people think Garry isn't human at all. They believe he is some type of powerlifting cyborg from another planet looking to wreak havoc on all the mortal human lifters out there. They imagine that Garry Frank is a bad man and if you get in his way he will run you down like a freight train. There are a lot of great lifters who have graced the stages of powerlifting, but none have dominated the sport and done things thought unimaginable like Garry. The purpose of this article is to take a look inside the nutritional practices of this superhuman beast



The "new" Garry Frank started out confident in the squat at the 2002 WPO Semifinals. (M. Lambert)

NUTRITION

THE ROAD TO 2800+ A POWERLIFTING SUPERSTAR THE GARRY FRANK CHRONICLES PART 1

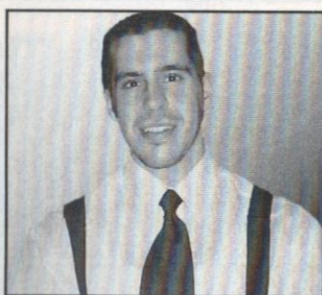
by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

and his secrets for taking his total to unseen heights.

Looking for the Unseen Advantage

I started working with Garry in the winter of 2002. At this time Garry had already done over 2500 pounds in the total. He was no amateur, to say the least. One thing that makes a true champion is that they are always looking for that extra edge. It is these "edges" that most average athletes overlook, only to their loss. Garry knew his training inside out. He had mastered his powerlifting gear working full time with Inzer Advance Designs, but there was still something missing. What was missing in his plan for stardom was the final touch that would help him

more than he ever believed. Garry now looked in the direction of sports nutrition and supplementation. He knew other athletes used the practice to help them increase their performance, but how would it pan out for a powerlifter? Was there such thing as specific nutrition protocols for powerlifters? Heck, the majority of powerlifters just eat what they want, when they want, in no particular order. Just eat when your stomach grumbles and pile in as much as you can. That is not the best method of eating, but until



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

recently that was the sad state of nutrition among the majority of powerlifters, even world champions. In all reality, up until my monthly column in PL USA for Nutrition, there was very little valuable information on sports nutrition for the powerlifter. There was tons of info on nutrition for runners, basketball players and even bodybuilders, but Garry knew that these ideas were going to do little for his performance. What Garry needed was a customized nutrition and supplementation program that was going to get him some real world results. To make a long story short, Garry decided to work with me, one on one, to get that extra edge that he knew many of his competitors were avoiding. It was now time to give the Nutrition XP3 customized program a whirl on a genetic specimen like no other!

The Beginning to Unseen Heights

After the first phone consultation with Garry I knew right away I was working with someone who was more than just a powerlifter. Garry was a true athlete as well. His past professional football history can attest to this. I have worked with numerous world champions, but Garry is truly a one of a kind lifter. As I went through all his background, medical info, and nutritional journal I realized one thing. The Nutrition XP3 program was going to get him some unbelievable results. Garry's diet wasn't as bad as many of the lifters

out there, but he still liked eating some junk foods a little more than he needed. The real shocker that caught my eyes was his appetite. It was nothing. Looking back over his first consult with me, his first journal layouts had him eating just over 4,000 calories a day. Can you believe it? Many of you may say, "Hey, that's a lot of food." Well, from where I stand, Garry was eating as much as some of my athletes in the 132 pound class. Yeah, that's right! The strongest man to ever walk the face of this green earth was eating like a lightweight. I couldn't believe my ears. There was no way he was maximizing his strength eating like that. When I was going through his journal with him on the phone I actually laughed and told him, "You are this strong and you eat like a lightweight. Wait until I am finished with you, and the weights you are lifting now will be your warm-ups in the near future!" Little did we know that in the near future my words would be come a reality!

The Plan of Attack

Not only were his calories way too low, but his macronutrient ratios were also out of whack. We had a lot of other issues to address as well. His micronutrients were severely depleted. With his hard training and hectic work schedule, he was burning his micronutrients off like there was no tomorrow. Another thing we had to take a look at was his metabolic rate. It was way too slow for what he was trying to accomplish. We had to get it running like a Mack truck, if we were going to assault new territory. We not only had to increase his metabolic rate, but I had to get him to process and absorb an increased rate of nutrients if he was going to tackle new frontiers. Increasing his energy output was another factor that we had to address with his new nutrition plan. We had to get his energy level "jacked up" if he was going to be able to maintain his brute strength over long periods of time. These were not all the things that had to be fixed with his nutrition plan, but they were the first "Nutrition Attack" factors we were going to focus on over the next couple training cycles.

Garry's talent and genetic structure were unreal to say the least, but his eating plan was not going to support what he needed to do. I needed to get his body working like a well oiled machine and to fuel that massive structure of muscle I was going to have to design a plan that was going to be unlike anything you could imagine. No longer could Garry simply eat what he wanted whenever he felt like it. I was not only consulting with Garry, but his wife Teresa was on board full time. I worked with her one on one as well in the layout of his nutrition

and supplementation plan. She was his personal chef and "Nutritional Technician". Whatever I laid out for him she guaranteed was going to be eaten. There was no way out for Garry now. He had me in his corner and Teresa "The Enforcer" was going to make sure that he did as I instructed, otherwise she was going to make some serious trouble for him. Garry had no choice but to give it his best. Teresa was fantastic to work with since she prepared all his meals in advance and made sure that his supplementation schedule was on the mark day in and day out. To tell you the truth neither Garry nor I could have made this a success without her. She was that ace in the hole that totally made the difference for my nutritional plans go the distance. No plan will work if you don't give it your best and Teresa made sure that there was nothing less than 100% effort. I know all you other powerlifters must be jealous when you hear about her support of Garry. I know a lot of other lifters wish they had the same kind of support from their spouse when it comes to the iron game. She was a true gem and I am happy to have had her help to make sure that everything went smoothly.

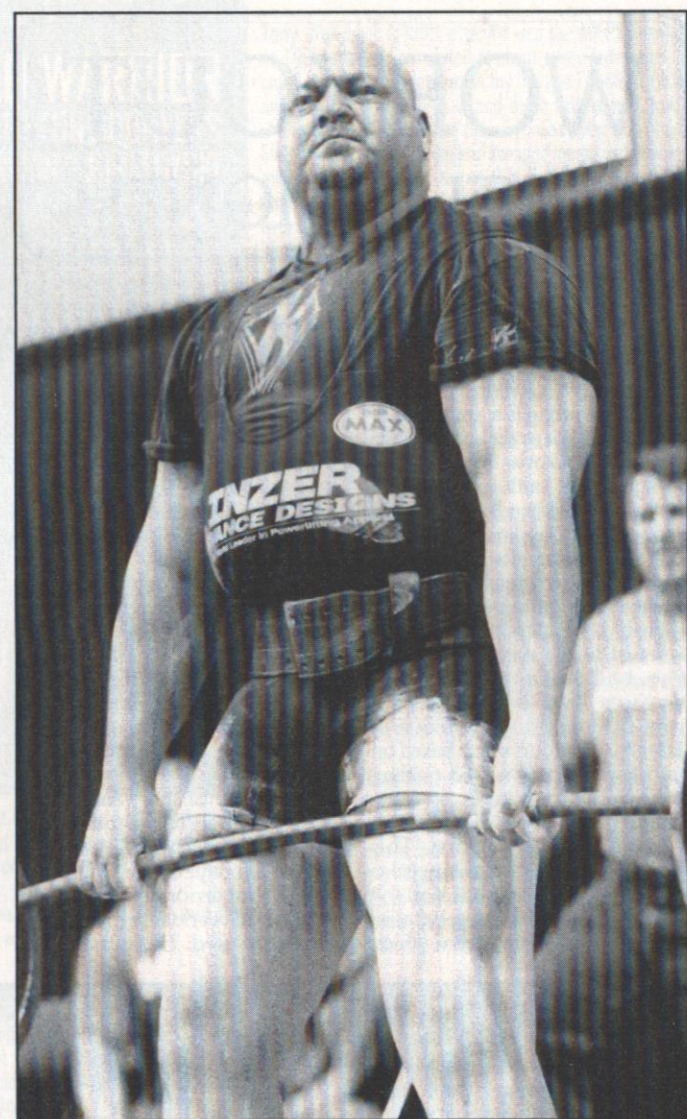
Recreating the Beast

The first major competition that we focused on was the WPO Semi-finals in New Orleans on Nov 8th and 9th 2002. For this show Garry and I put our heads together to make sure we were going to do some major damage. This was going to go down in the history books. For this contest I did some major changes with Garry. One thing that we decided on for this show was to get his weight down. Garry usually hovers between 385-405 pounds. We focused in getting his bodyfat level down, while maximizing his lean tissue gain. On contest day Garry weighed in at a svelte 368, down from 395 at the beginning of his training cycle. He was on the cover of the December 2002 Powelifting USA and you can see from the picture that he was much leaner and more muscular than in meets prior to this event. One of the first things that I got him to do is increase the number of meals that he was eating. Heck, Garry was only eating three square meals a day and a little dessert on the side. I told Garry that there were cockroaches in New York that ate more than that. Eating more meals definitely made a huge difference in his overall metabolic rate. I got his metabolism working like a furnace, burning off whatever I fed the engine. If it wasn't going to help Garry burn fat, build muscle, increase his anaerobic endurance and make his strength go through the roof, then it wasn't on the plan and it most definitely wasn't going

in his mouth. Teresa made sure that she monitored his junk food intake and made sure he didn't stop by the local 7-ELEVEN for 5 or 6 ice cream bars or chocolate tacos (as he was known for doing in the past. Those days of just wolfing down whatever was his fancy were gone. His body was now running on a well-calculated nutritional program. The Nutrition XP3 plan was going to get the ultimate test - a major competition against some of the best strength athletes from around the world all looking for the gold. One other major things we changed with his diet was his protein intake. Garry had not been eating enough protein to say the least. I had guys less than half his weight eating double what he was. His lack of protein throughout the day was leaving him in a catabolic state, leading to muscle loss. From looking at him, you would think I was crazy, but once he was on his game plan the amount of lean tissue that Garry put on in the last phase of his contest cycle was phenomenal. You guys out there know that I am big on protein, among other things, but now Garry started to realize that I wasn't just blowing sweet nothings in his ear. All my ranting and raving to get his protein consumption up was something that he now truly believed in. He saw the effect immediately, as his strength was going up every workout. His training cycle went extremely well and we knew he was ready for a big day. The contest day was soon upon us and no one was more excited to see how his new nutrition plan was going to perform than Teresa and I.

The War is On!

It was the day of the big meet and you could smell the adrenaline in the air. Garry was pumped and primed to do some major damage. Today, he was not taking any prisoners. He had a few technical glitches, but Garry still hit a 959 in the squat and 672 in the bench press. Could you imagine having a "bad day" after only squatting almost a thousand and benching close to 700? I could use a bad day like that! Since he had lost a good amount of weight, the bench shirt was not dialed in right for his new leaner structure. His squat suit as well was not giving him the support in the right areas due to his changed body structure. Since he didn't get his equipment altered for his new leaner body, this threw off his game plan. Garry is a true champion at heart, and wasn't going to allow a few glitches to get in his way. Just as things were not going his way, the tide turned when the bar hit the floor. The main attraction of the show was the deadlift. As you all know the deadlift record has barely moved in over a decade. The 925 deadlift by Garry Heisey back in



Garry Showed the World ... the biggest deadlift in history. (Lambert)

the early 90's wasn't touched until recently when Andy Bolton did a 926 deadlift. Garry was pumped for this show and knew he needed the deadlift record more now than ever. As he battled back and forth with Bolton, he knew that today was the day history was going to be made! Garry knew it was now or never and there was no way this day was going to end on a sour note. Garry's opener flew up like he had 135 on the bar. Heck, he probably could have ripped it up for a good 8 reps. His second attempt flew up just as easily. It was now the time to go for the gusto and set the history books on fire with an attempt that would leave all the super deadlifters of powerlifting past in the dust. Garry called for 931 pounds for his third and final attempt. With the roar of the frenzied crowd in his ears, Garry approached the bar like a machine ready to do what he does best! When all was said and done Garry ripped 931 off the floor like it he was stealing candy from a baby. He held it there long enough to make

sure everyone knew who now was the world's strongest deadlifter. The crowd went crazy with excitement as Garry strolled off the stage with the heaviest all time deadlift number now under his belt.

The Beginning of Something Sweet

Garry had done what most men only dream of. He dropped over 30 pounds of bodyfat, gained close to 20 pounds of lean muscle, and got his deadlift to an all time historical best. Garry's nutritional plan was right on the money for what we were trying to accomplish. Most importantly, it got the job done! From that day forward Garry would embrace the "Nutritional Sciences" as a new weapon in his arsenal for powerlifting greatness. Garry now realized that he was on to something big here with this whole "Nutrition" thing, but I knew that this was just the beginning of what was to come.

If you have any questions or comments I can be reached at: Aricciuto@x-tremepower.com

WORKOUT OF THE MONTH

JON SMOKER'S SQUAT ROUTINE

This routine is an amalgam of various influences and ideas I have encountered in over three decades of squatting, although it was basically established after I took a strength and conditioning course for a couple of weeks in Moscow in 1986. It has proven quite effective for everyone I have put on it, most were typically lifters with a few years of lifting under their belts who had hit a plateau. The increases have been anywhere from 50 to 100 pounds over a sixteen week course. It is based on my firm conviction and guiding principle that strength is a by-product of conditioning with weights, heavy weights. This routine consists of 4 mini cycles and places great emphasis on the training of the quadriceps, because the knee is a fulcrum from which

the quadriceps force it to extend once the glutes have gotten the lift started with support from the hamstrings. In other words, when an athlete hits their sticking point in the ascent of a squat, it is the quads which must force it to completion. It is exactly parallel to situation in the bench press, where a second muscle group, the triceps, must complete what the first muscle groups, chest and shoulders, have started. With this in mind, plus the goal of taking the quadriceps conditioning to a new level, this program is designed to ratchet up the intensity of the training, the closer one gets to meet day. The glutes and hamstrings are trained on deadlift day, by the way.

To incorporate the Weider principle of overloading, heavy box squats are used. This is the classic

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).

exercise George Frenn is credited with first using. It was taught to me by Roger Estep, a World Record Holder from the '70s with an amazing physique, which included huge quads. He was certain this lift was responsible for his leg size. Greater muscle growth is one of the results of overloads, along with the development of greater overall power. They also have a profound effect on the central nervous system; i.e., they make you tougher. For these reasons, some form of overloading is absolutely essential. I settled on box squats for my program because they were the most effective overload movement I found for squats. They are done by sitting back on a bench about 2 inches above parallel and pushing explosively off of it with a weight approximately equal to what a lifter

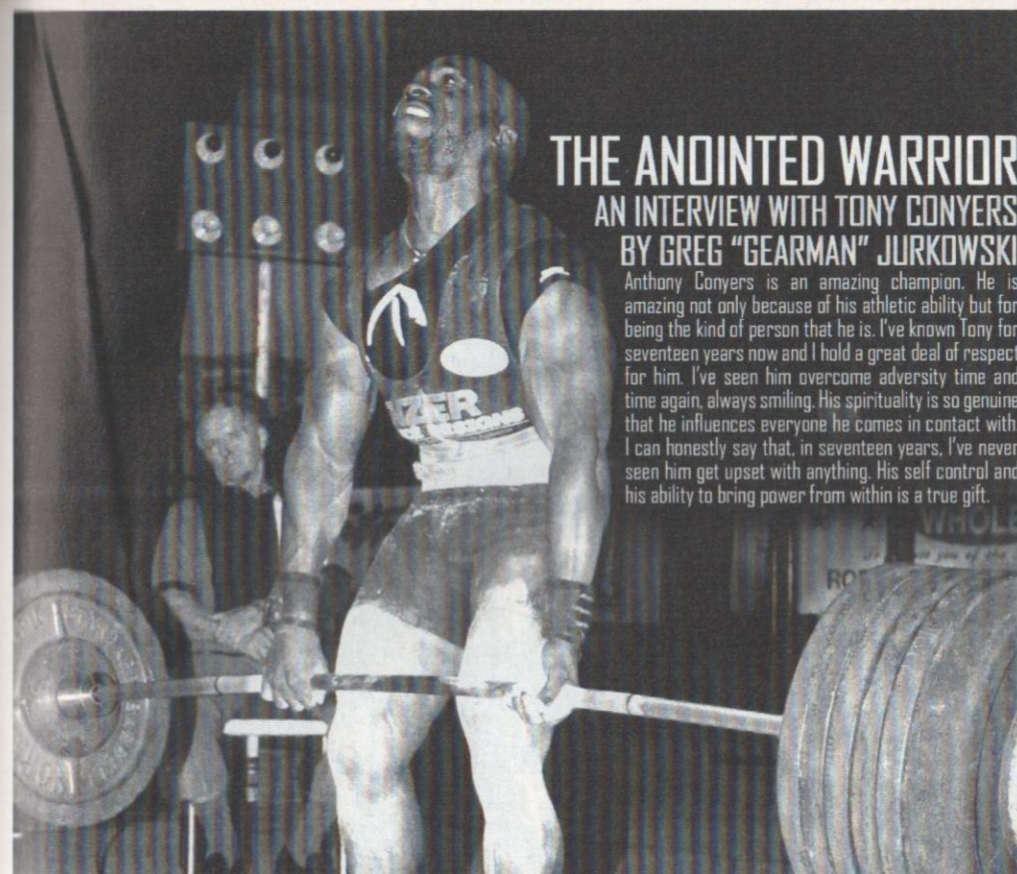
can do for a single with a one ply supportive suit. After a few workouts, the athlete should be able to do about ten reps with this amount of weight. I would recommend doing these in a power rack and setting the catch pins high for the sake of safety.

Every other week a high intensity workout is employed and these change after 2 workouts because Russian research has shown that the body adapts quickly and a third workout with the same schemata will produce little result. The mind has to stay one step ahead of the body and constantly throw new wrinkles at it. The first workout in this series of 4 is non lockout high bar squats. I like to call them Platz squats. They are done with the bar high on the back, feet shoulder width apart and rock bottom depth. When Tom Platz first hit the scene I searched for anything about his training I could find to discover what was behind his phenomenal leg development. I know in one of his first training manuals he mentioned doing squats without locking out at the top because of the constant tension it keeps on the quads. I know I did not make this up, but he later seemed compelled to deny this in his lectures and I never understood why, because this is a very effective method. Workout 2 employs another Weider principle, pre-exhaustion. Here, the Platz squats are preceded by leg extensions in a super set. Workout 3 consists of tri-sets with leg extensions, Platz squats, and leg presses. This workout has been very popular with some bodybuilders who have seen me using it over the years. Why should that matter to a powerlifter, you might ask? Because the bodybuilders were very interested in muscle growth and so should any powerlifter be, because one cannot add muscular size without also getting stronger. This is a primordial fact about the Iron Game. Incidentally, all the exercises on Wednesday's workouts should be taken to failure. I have indicated this in the workouts by the approximate reps the athlete should be getting at the point of failure. Workout 4 involves what I have dubbed Russian cage squats and they really help to pull everything together while taking

(article continued on page 91)



Jon Smoker has been a notable squatter for decades, setting numerous records in many federations. His current "pedigree" includes 2 Masters records in the AAFP (165, 181 @ 55+) and a WNPFL Record (181). "The AAFP record at 165 I consider a legit American record, 512, because it exceeds the records for my age and wt. for all drug free associations (10 kgs. higher than the USAPL record). He still uses some of the principles explained in this article in his own training, but he trains much more by how he feels now. He no longer employs box squats ("my skeletal structure just can't take them anymore") In their place he now uses a weight system for middle distance runners, to push his conditioning level even higher. "I'm in far better shape now than when I was younger." (photo courtesy of Jon Smoker)



THE ANOINTED WARRIOR AN INTERVIEW WITH TONY CONYERS BY GREG "GEARMAN" JURKOWSKI

Anthony Conyers is an amazing champion. He is amazing not only because of his athletic ability but for being the kind of person that he is. I've known Tony for seventeen years now and I hold a great deal of respect for him. I've seen him overcome adversity time and time again, always smiling. His spirituality is so genuine that he influences everyone he comes in contact with. I can honestly say that, in seventeen years, I've never seen him get upset with anything. His self control and his ability to bring power from within is a true gift.

Greg: Let's keep it simple and establish credibility in the easy way. Tony, what were your numbers in your last meet?

Tony: Well Greg, first of all it's an honor to be here with you as a friend and I would like to give God all the glory and praise before we get this interview started. I never do anything without giving Him thanks and acknowledging Him. In my latest meet, I was able to put together a 1978 total. I squatted an 832 for a new WPD world record. I benched a PR of 462 and my deadlift was a 683 which gave me the win.

Greg: Just for fun, what were the numbers from your very first powerlifting meet and how long ago was that?

Tony: Oh man, now we're going way back. We're going back probably 19 or 20 years now. Actually, I totaled elite in the very first competition I entered. I think that I squatted like a 430. I benched a state record of 380 and my deadlift was around 410. That was a long time ago! Because remember, the first meet I actually did was with Ed Gilly and Buzz and them at the high school.

Greg: So that first meet was 1984, which was 20 years ago. Have you always been a champion and can you tell me your beginnings as an athlete?

Tony: Back when I was in junior high school I went out for football but I was a little too light to play because the weight that I had to be at was 110 pounds and I didn't even weigh that, so it was disappointing. I was tipping the scale at about 93 pounds. I had rocks in my pocket and still didn't make the weight and for Coach Able I know forgiveness. Thank God for this man because it was this man who encouraged me to start lifting weights. After that I started lifting and when I moved on to high school I was able to make the football team because there wasn't a weight minimum. I weighed about a hundred and twenty pounds at the time. During the course of training over that summer from 9th grade to 10th grade I'd gained weight. Then, when I walked up to the coach and asked him about the weight requirement he informed me that there wasn't a minimum, so he told me that I could play regardless of my weight. But, previously, doing the football season that I didn't qualify for, he noticed me in the weight room lifting. I think I had about 180 pounds on the military press machine and he was impressed enough that he took me inside and he asked me to come up for wrestling.

Greg: So, what position did you play on the football team?

Tony: In football, I went out for running back. I played running back, but they also stuck me in corner back every now and then.

Greg: Did you have a lot of speed or did you mainly rely on strength through your time in football?

Tony: I had a lot of speed. I had sprint. My sprint was a little better than a lot of the players but they were just bigger size wise. I played second string behind a ball player who went on to play for Florida State.

Greg: In regards to wrestling, I hear that you went a long way. How did that start out and how did that end up?

Tony: Well, when Coach took me aside in the weight room and he told me to come out for wrestling, a big gleam came into my eyes and I said "You have wrestling here in high school?" and he said "Yup, we have a wrestling team." And, right then I knew within my soul that that was something I knew I could do and win at because I'd be wrestling guys my own size. (Laughing)

Greg: No more need for rocks in the pockets huh?

Tony: No, my brother, no more rocks. I went out and coach had me get down to 115 pounds and when I wrestled at that weight my first year I thought that I was gonna whip up on everybody. But, it turned out that I had the strength but, I didn't have any technique or knowledge so I was beaten in my first six matches. I was a little bit disappointed, but it made me work harder. So, after I lost six in a row, I came back and won six in a row and I went on to place 4th in the districts. Then, in my second year I came back and went on to win state. In my last year of wrestling I went 33-0-0. Then I got started in powerlifting.

Greg: So, losing your first six matches to being undefeated your final year. That's just amazing. I just assumed that you were always a champion but you have to start somewhere and you've come an incredibly long way. One thing I noticed, as you get older, you're getting stronger and that's amazing too. What do you attribute your great success to in the fact that you continue to grow at your age of 45 years?

Tony: I contribute my success to God. I think everybody knows that when they see me perform, or they see me lift, that it's not a coincidence that, before the team trains, we come together in prayer. Because we're asking for God's guidance and for His protection and I give all glory and praise to God. And, not only that, it's like the older I get I really don't look at my age because it's the scripture that always spoke to my heart when I first read Phillipians 4:13, "I can do all things through Christ, who strengthens me." I'm not focused on what I can do, I'm focused on what He can do through me and in me and that's why, as I get older, as long as He gives me the ability to be able to do it then I guess that I'll just get better with age, just like wine.

Greg: Better with age? You're not kidding! You've been amazing me for I know that you're heavily involved in your church. Can you please elat little bit on that?

Tony: Well, back in 1996, after I'd won the ADFPA championships, an 1783 total, and competed in about every federation I could that could feel the void that was in my life and I couldn't fill that void one day, being heartbroken and down with myself, suicidal, I w change. I got tired of living the way I was living and I had a calling life and God reached down and scraped me up and I decided to go ministry and I decided to put God first before anything else. So happened was I got into the ministry and I started reading the hearing the Word and doing the Word and it made a great impac life, greater than anything I'd ever achieved. It made a greater im my life than my 1783 total at 165. And, from there I just stepped powerlifting and into the ministry. After three years of not competi sent me back out and the main purpose is to go out in fellowship the Gospel with others and share what God has been doing for that's why I actually out there. My powerlifting is only a cover know, so that God can get the glory. Amen. (Smiling)

Greg: I know that you're a family man; your beautiful wife Debra, and how children do you have Tony?

Tony: Well together, we have a blended family. We have eleven total name them all. We just had a new baby, Takeyus Conyers, he's two an years old and smart. The reason why I'm just naming this one is be prayed to God that we can do it right this time and God allowed Debra have a baby through our marriage, instead of being out of wedlock and just blessed us with this boy and shown us thanks through him; a tha we had never experienced. So, I just thank God for that. Our new chil and a half years old and, already he's simulating the squat and the ben

Greg: Just for fun, going back a few years, tell me about Five Guys Gym

Tony: I tell you man, that's the place where it all started. I call my frien that gym "family." Years ago, four of my friends and I decided to get t and open up a gym. There were five of us and we were trying to think up and I said "There are five of us, so just call it Five Guys' Gym." (laugh talk about some great powerlifters that have come through there! It like, when Five Guys opened up, everybody who knew about powerl Tampa, Florida came; James Jacobs, Beau Moore, Pro Wrestling's T Hennis Washington, you, myself and so many others!

Greg: I remember squatting in there, one Sunday morning, and going the gym in the sun, in Florida, to cool down after a set. It got a little t there! I don't know if the air conditioner worked as well as it could have remember about six months ago we were in the gym with a group of te on deadlift night. Five of these guys were brand new lifters and never de before. So, as part of the training we were showing them how to dead on your heels, head up, ect. We were trying to correct their form and g as strong as possible and it occurred to me that we were passing the that very moment. It was kind of a strange feeling. But the next week, the new guys showed up and we're still carrying on with new PR's. Tha it's all about.

Tony: Amen

Greg: What kind of advice can you give a powerlifter who's just startin the sport?

Tony: Well, the advice that I mostly give young powerlifters is to first b yourself. And I never tell them to rely on their own ability. I always ask they believe that God can do all things through them. And, if they can that, then God will take them to a whole new level. But you have to ha Positive Mental Attitude. I always tell new lifters that what you sew into lives will be sewn back into your life. Like when you had that vision that y passing the torch. Greg, You were right because we have to pass the the next generation, especially to new powerlifters and the young powt We need to show them the right technique, perfect their form and tea how to execute a lift so they'll avoid injuries and overtraining and to ha to believe in themselves and to build up their courage.

Greg: Is there anybody you'd like to thank?

Tony: Oh man, there's a whole bunch of people that I can thank. I'm n to go into everybody, but I like to thank Mike Lambert with Powerlift Seanzilla and Leon with HardcorePowerlifting.com, Greg Jurkow; GearMan Nutrition, Mark Realtors, NDC, Pasadena Liquors, Richard Me Tampa Bay Fitness, Team Dungeon, John Inzer with Inzer Advance I Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All Americ Mark Hamburg, Revealing Truth Ministries, Ron Palmer, Misty Fish a Herring, my mother, my beautiful wife Debra, my manager and handler, best friend Bill.

BLOCKING YOUR PULL

as told to Powerlifting USA by Wade Johnson

The Deadlift is the most unforgiving lift of the big three in the sport of powerlifting. Missing one little facet of form and technique can make a lifter fail miserably. If everything is right, huge weights seem almost effortless. If you are like most, the deadlift is a struggle. I am not built for the deadlift, as I have short arms and a long torso. In my zeal to try to improve, I have frequently overtrained and, subsequently, my pulling has not improved as I feel it should.

I have tried it all. Training the deadlift only occasionally left me without the form I needed. Training from the floor every week left my lower back overtrained. I have pulled from the rack and it simply did not transfer to a bigger pull. So what to do?

This brings me to my pal, Bob Shaefer. I would like to share with you what I was taught and perhaps those of you who are not gifted pullers can take something away from this. For those that are gifted, I am very envious and admire you, but maybe there is something here for you as well.

Let me explain block pulls. The idea is to pull weight that is resting on blocks. This way it more closely mimics pulling from the floor, as opposed to a power rack type of pull. From the blocks, there is no bend in the bar. We do this movement for reps and not as an overload type movement. We will also use straps when necessary to save the hands. I do this mainly because I am incorporating the hook grip into my training and the plan is to eventually, sooner than later, to use this grip exclusively. Either way, use straps as you need to as the reps are of the most importance and grip can be trained later. The difference in the rack pull is the bar will have a bend in it and a lifter simply alters form to get better leverage. Pulling from the blocks, the bar is still straight and your form, just like pulling from the floor, is paramount. Pulling in the rack as an overload movement just tears the lifter apart and you simply do not recover enough before having another training session.

We use 2x8 blocks primarily. This puts the bar just below the knee. This is the typical sticking point for most pullers, especially me.

The blocks are easy to make and fairly inexpensive. For the 2x8 blocks, you will need roughly three, 8-foot 2x8's. I cut mine into twenty inch pieces and simply screwed them together with two-inch coarse thread drywall screws. Once I had two blocks worth, I used 1x2 stripping on the sides, top and bottom, to keep the wood from moving and coming apart and then stripping of the same size on the tops of the blocks that would keep the barbell from rolling off the blocks. These are pretty rough, but do the job and hold up very well. I have seen straps break and 600+ pounds

come smashing down on the blocks and the blocks hold up with no issues.

The program is as follows and, keep in mind, there are no percentages or magical numbers. If you need to think progressive, think in the progressive image of consistent sessions. Each rep will make you stronger. Do not try to add weight each week, as you will simply overtrain and get away from the goal of the method. Now to the program at last. I will do sets of six reps on all warm-up and working sets. Using my training as an example, I will start with 135 and add 45's until I do my final warm-up with 495 for 6 reps. I will usually start at 545 for 6 and, depending solely on how I feel, I will add anywhere from 10-50 lbs and do another set. Most times however, I just do another set at 545. I will occasionally, (again totally by how I feel on a given day), do a third set. The important thing is to keep the weight on your heels. If I can get the weight to my knees when pulling from the floor and my form is in good shape, I usually pull the weight to lock out. However, it is usually at this point that if you have flawed technique, the weight is more likely to be on the toes and stopping you from locking out, hence the sticking point in the knee area. Pulling from the blocks makes me keep the weight on my heels and lets me focus on form for reps.

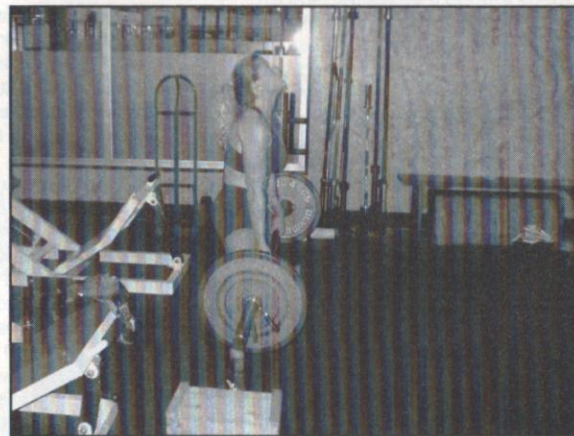
Another method of using block pulling is a descending block method. To explain, I will use my wife's training recently as an example. Kris is a naturally strong puller. She uses sumo and has issues with the weight getting out in front of her at maximal weights. This is very typical. As I have watched her pull thousands of times, I would tell her that the weight was moving away from the body and the weight was also on the toes and not the heels. We have used video and several different methods to remedy this. We started with the same 2x8 blocks that I use. With Kris's training, we did use a percentage of her max. The first 5 weeks was 4 sets of 8 reps with the percentages of 65%-80%, with set one being 65%, then set two would be 70% and so on. As long as she got all of the reps, the following week, she would add 5 lbs to each set. The second 5 weeks, we went to 5 sets of 5 reps with the percentage range of 70%-90%. Kris would then use 2x6 blocks and add 5 lbs. to each set each week of the phase. The last phase we use 5 sets of 3 reps and the percentage range was 75%-95%. Keep in mind with the adding 5 lbs. each week the percentage actually went up. When she was done with a phase, she would use the actual percentage and, in effect, would wave the weight. For each rep in all phases the focus was to lift with bar against the legs and keep the weight on the heels. Also, learning to use the hips and push through at the top was crucial for Kris. At the end of each phase, she would pull a few heavy singles from the floor to get a feel of pulling form the floor again. Her results were quite good. Roughly a



Setup Kris Johnson prepares to pull off the blocks.



Start Kris assumes her efficient pulling position.



Midway through Kris maintains a strong position.



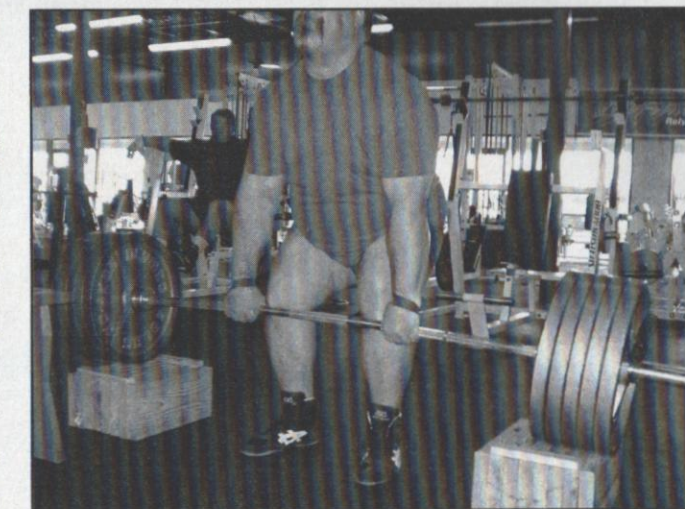
Finish of the Pull Kris has her weight on her heels.

year ago at a bodyweight of 165, Kris pulled 353 in a meet using a suit and belt. This past July weighing right at 140, she pulled 355 with a belt only. After losing 25 pounds in a year, using no equipment save a belt, she was able to maintain her strength and save the lower back by pulling from the blocks. What Kris was able to learn from the blocks was feeling the weight on her heels as the blocks forced that issue. I would explain even as she watched watch the video, but until she felt it, we could not come up with a solution to improve her form. Also, Kris works on her feet all day and after pulling sessions, she would pay for it for a couple of days and I had to find a way to get the work in and still save her back. The blocks accomplished this: She has little to no back discomfort and is stronger now than she was 25 lbs. of bodyweight ago. Now that Kris is down to 135, she again tested in gear that fit at 165 and pulled 360. The focus again was primarily on saving the lower back, but getting more reps in pulling.

So to review, those of us in my training group that have gone the block pulling route have seen gains in strength while saving the lower back. If you have troubles with your pulling, give the block pulls a try. The blocks are cheap and easy to build and, make a great place to sit in the gym should you need it.

Until next time-lift heavy, train smart & eat more pizza!

Wade



Upper Left Wade Johnson makes his own blocks by bundling up 2x8s ... Upper Right.... blocks of this size put the bar just below the knees, which is the sticking point for many lifters. Left Wade is not opposed to using straps in this movement, particularly since it is done for reps, and not maximum weight, and also because he is working on developing a hook grip. (all photographs provided by Wade Johnson)

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Boxers have cornermen; golfers have caddies; Batman has Robin. When it comes down to the actual competition, the boxer, golfer, and the Caped Crusader have to come through on their own, but their assistants play a key role in their success. The powerlifter is out on the platform alone and that's all between the lifter, the weight, and gravity, but for best results at a meet, each lifter needs some specialized and dedicated support and that comes from his meet assistant. This support extends far beyond just yelling encouragement to the lifter on the platform. This is where an individual sport gets some team flavor.

In past articles I presented several checklists for lifters to review before and after a meet. The goal of those checklists was to help ensure a lifter was prepared for all items leading up to a meet as well as to learn from each meet's successes and failures. This checklist will lay out the job description of the meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

Pre-Meet

1. Submitting opening attempts
2. Weigh-in assistance
3. Get understanding of meet rules
4. Ensure all lifting gear, etc., is good-to-go

Squat

1. Bar height and rack in/out setting for each attempt
2. Assist putting on squat suit for each attempt
3. Belt tightening
4. Knee wrapping
5. Knee wrap re-rolling after attempts
6. Assist loosening equipment between attempts
7. Chalk and powder application on lifter

Bench press

1. Assist putting on and removing bench shirt
2. Adjust bench shirt between attempts

STARTIN' OUT

A special section dedicated to the beginning lifter

ASSISTING AT THE MEET

as told to Powerlifting USA by Doug Daniels

Pre-Meet

1. Submitting opening attempts
2. Weigh-in assistance
3. Get understanding of meet rules
4. Ensure all lifting gear, etc., is good-to-go

Squat

1. Bar height and rack in/out setting for each attempt
2. Assist putting on squat suit for each attempt
3. Belt tightening
4. Knee wrapping
5. Knee wrap re-rolling after attempts
6. Assist loosening equipment between attempts
7. Chalk and powder application on lifter

Bench press

1. Assist putting on and removing bench shirt
2. Adjust bench shirt between attempts

3. Chalk application on lifter
4. Belt tightening
5. Foot platform location (if needed)
6. Hand off, if allowed

Deadlift

1. Assist in putting and removing lifting gear
2. Belt tightening
3. Powder application to lifter's legs

Miscellaneous

1. Warm-up room help
2. Keeping track of lifting order
3. Location of lifting gear
4. Assist in determining next attempts
5. Communicating next attempts to scorer's table
6. Quick check if bar is at least symmetrically loaded for attempt
7. Ask for spotters to clean excess chalk, etc., from platform and bar
8. Check lifter's standing during meet
9. Food and beverages
10. Critique lifting technique

11. Taking meet photos or videos

As you can see, the assistant's job description is substantial. I'm sure there are other duties you could add through brainstorming, so this list could easily grow. On the occasions when I was an assistant, I've felt as exhausted as the lifter I was helping. You cannot underestimate the value of a competent aide at a meet. I've seen lifters not even take the platform for an attempt because they were not aware it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

The combination of critiquing lifting technique, realistic attempt selection, proper and timely lifting gear application, and paying attention to what's going on at the meet can mean the difference between a successful meet and a disaster. Without good meet assistance, lots of hard work can go right down the drain. Of course, shouting encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.

Doug Daniel's Web address:
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ddani12345/
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WPO President Kieran Kidder assisted James Hoskinson with his lifts at the WPC World PL/BP Championships in Fresno, California. (photograph by Mike Lambert)

Monster Muscle WABDL National
21,22 AUG 04 - Portland, OR

Table listing lifters, weights, and class categories for the Monster Muscle event. Includes categories like BENCH WOMEN, Junior, Class-1, etc. and lists lifters such as K. Buschke, A. Bladow, J. Noblit, etc. with their respective weights and class numbers.



Jo Walker deadlifted an amazing 440 lbs., best ever pull on formula.

Continuation of the lifter list, including lifters like N. Huxley, P. Michaels-Olson, M. Roach, etc. with their weights and class numbers.

Continuation of the lifter list, including lifters like J. Taylor, Master (40-46), V. Fernandez, etc. with their weights and class numbers.



Matt Lamarque broke through another barrier ... to an all time best 738 lbs. at 220 lbs. (All photographs are courtesy of Namea Designs)

who benched 639 at 242 raw, put up a respectable 435. At super, former powerlifting great Randy Patterson (914 squat in a single-ply suit - no canvas for him, 585 bench raw and 780 deadlift raw) blitzed 611.7 for a world record at age 56. He will be the first man in the world to bench 600 at age 60. In master (75-79) Arthur Winston, age 79 and still practicing law, set an Oregon record of 111.1 at 148. In master 80-84 Bob Woods who was in "retirement" for four years, came back and set an unbelievable world record of 308.5. At 198 Dave Holmes set a Washington record with 325. Robert O. Smith is a member of the Screen Actors Guild - the only powerlifter in the world other than Gus Rethwisch to be a member of the guild. (Gus has had his SAG card since 1978 and has been in 11 movies, Magnum PI, Hawaii 5-0 and even did a play with Juliet Prowse called Kismet in 1988 at the Pasadena Civic where the Emmys are held). Roberts O. has been in numerous movies and TV shows and does voiceover for many video games and cartoons. Now, on to Robert O.'s latest accomplishment, a 512.5 world record at age 61, he was the first man in the world to bench 500 at age 60 in June 19 in

record with 126.7. At 114 Carolyn Schwarz set a California record with 143.2. At 198 Margie Huston set a world record with 177.3. Kathy Cash was second with an Oregon record 159.7. In master women 54-60, Barbara Anderson set a world record 165.2 at 148. In master women 61-67 Martha Hopkins set a world record 93.5 at 123. In master 75-79 at 132 Melicent Whinston set a world record with 73.7. In open men at 148 Alfredo Evangelista set an Oregon record with 413.2. At 165, Joe Luther, who was the greatest teenage benchman with a 413 at 151# at age 17, is also making his mark in junior, blew up 473.7 at 161 for a world record in junior as well as winning the Nationals in the open. At 198 Gus Warrington upped the world record to 584 with a picture perfect stroke as well as winning best lifter for the lightweight division. At 220, Matt LaMarque, who has passed three drug tests, including at this meet, did the most perfect "big weight" bench I have ever seen, 738 pounds. He was slow and controlled coming down, slow and controlled off the chest, slow and controlled in the middle of his stroke, slow and controlled at the end and a perfect lockout. Drug free, no stupid 3-ply or 4-ply or who knows what the hell some of these lifters are wearing and no split neck or completely open back. It was a 2-ply denim. 738 beats Jesse Kellum and George Halbert, it beats everybody in any federation! Many lifters are very jealous of Matt LaMarque and his training partners Phil Davi and Steve Wong, who also are drug free and have passed two drug tests each. Davi has benched 628 at Junior 242 and Wong has benched 760 at 285, in a single-ply shirt. Matt's comment to me was if whoever is complaining about either illegal shirts or drug usage call him and have the shirts to list your name and tell him over the phone or better yet, face to face. His cell phone is 831-277-4766. I've received a few phone calls, letters and e-mails from two, maybe 3 or 4 people who have threatened me in a veiled sort of way, i.e. "I'm surprised you're still alive." I've received calls from other people who themselves have been accused of steroid usage, complaining about Matt LaMarque or Bill Gillespie. Success will always breed contempt or jealousy. Back to open 220

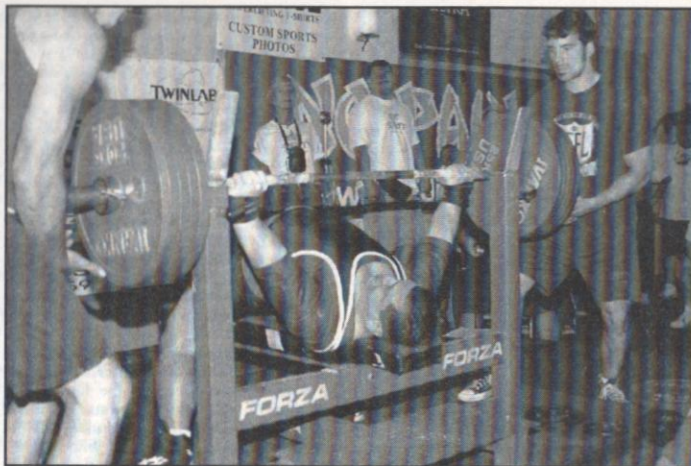
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Gus Warrington won one of the Best Lifter awards with 584 @ 198.

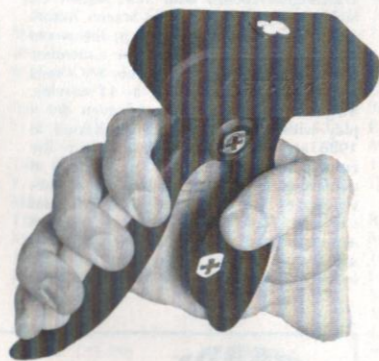
Dennis Schmidt Jr. finished fourth but set a Minnesota record 374.7. At 259 Eric Krych of Minnesota set a state record 462.7 for first place and Phil Davi benched 600.7 at 242 for first. At 308 open Steve Wong had to settle for 727 on an opener. He locked out 788 twice, but his butt was off the bench about an inch both times. 788 would have beaten Bobby Leitz's world record of 761 and would have beaten Bill Gillespie's 782 at super for the highest bench in WABDL. In open women 165, Sherri Klocke set an Oregon record with 226.8. At 198 Kathy Cash set an Oregon record with 159.7. At unlimited Dawn Richards set a Utah record with 225.7. In submaster men Ron Hildebrand at 148 set an Oregon record with 304.1 his second state record of the day having already broken the class-1 record. At 165 Mark Feldman who returned from a five month tour of duty in the Air Force in Iraq, set a state record at 165 with 386.8. In second place was Andrew Somera of Washington who set a state record 374.7. At 181, A. J. Agamao of California and who trains at Matt LaMarque's Iron Society, put up a California record 473.7. At 198 Andre Flanchon also of the Iron Society, set a California state record 485. At 242, David Jacobson got a PR 473.7. At 259, Jason Steffers set a Minnesota state record with 402. At super, 410# Vince Eldridge, who has a world record dead in submaster super with 451, put up a huge 540, a Washington state record. A year ago, he was benching 451, but as with many lifters lately, found the beauty of the single-ply rage and fury shirt to be better than many double denims and he put on 90# almost instantly. In submaster women at 181, Jodi Steele set a Washington record with 176.2. In teen men 13-15 148# class, Cesar Luna set a Washington record with 231.2. Cody Anderson of Minnesota set a Minnesota record with 160.8 to finish third. In teen 16-19 220, Chad Anderson set a Washington record 451.7 and was named best teenage lifter. In all, 25 lifters benched over 500#, 5 benched 600# or more and two benched over 700# and 20 world records were set in the bench press. Now moving on to the deadlift. The big story was Tom Eiseman opening with a world record deadlift at 181# with 727, a world record in both open and master 40-46. Then he jumped to 744 and smoked it and then to 771 which he locked out, but hitched when he tore a callous. He went 800 at 181 and I think he will get it. Tom Gustavo Warrington and Matt Lamarque were drug tested and all passed. In class-1 deadlift, Mike McGrath of Illinois at 198 set a state record with 507. At 259 Clayton Gillespie of Oregon was fourth with a state record 628, Carl Stumbo of Washington was third with 633, Washar Brumfield of Washington was second with a state record 650.2 and Eric Krych won with 666.7, a Minnesota record. At 275, Carl Winman of Utah pulled out a narrow win over Daniel Martinez 590.6

to 589.5 and got a Utah record besides. At super, David Edgell set a Utah record with 666.7 and Jeffrey Place was second with 590.6. Barry Kunkel, who pulled 468.2 at 148, was best lifter in the lightweight and Eric Krych was best lifter in heavyweight. In junior deadlift, Andrew Kim set an Illinois state record at 181 with 474.8 and Nicolas Lepine also of Illinois set a state record 606 at 242. Both are students at the University of Illinois and are coached by John Hudson, who deadlifted 700 for the first time. Phil Davi of California won at 242 with a 710.7 and was named best lifter. At 259, Jesse Word set a Washington record with 490.5. In junior women at 123, Stacie Sakai set a Maryland and world record with 326.1 and was named best lifter. At 165, Kristy Scott set a Maine state record with 385.7. At 198, Francesca Manganogang set a Washington record with 352.5. In unlimited Jana Prothman set a world record 363.7. She is coached by Joe Head of Headquarters Fitness, whose team tied Bull Stewart's team for second place and his team also tied for first at the 2004 World Championships in Las Vegas. In law/fire master 40-47, Yanto Soekardi ripped up 700.8 for a world record and best lifter at 259. He's coached by Matt LaMarque and his Iron Society Team who won the team title. Don Bodinstab was second with an Oregon state record 534.5. Randy Patterson set a world record at master law/fire 48+ with 622.7 at age 57. Lynda Christopher set an Arizona record at law/fire master with 270 at 123. In law/fire open at 220 Matt Lamarque pulled 661. In law/fire open 242, Greg Babst pulled a PR 644.7 for the national title and Derek Arredondo was second with a California record 573. In law/fire submaster James Taylor pulled an Oregon record 562 at 308. In master 40-46 at 181, Alex Zorbas pulled a Minnesota record 457.2. At 181, Tom Eiseman pulled a phenomenal 744 for a world record and probably the best deadlifter in the world today, pound for

pound, at age 46 no less. Yanto Soekardi pulled 700.8 at 259 for a California state record and only 10# shy of Bob Vessel's world record. At super, Jeffrey Place pulled an Oregon record 590.6. In master 47-53, Freddie Evangelista pulled 485 at 148 for an Oregon record. At 181, Leamon Woodley set a world record 694.2. He was tested once last year once the year before and passed both. He was tested in Tacoma on June 19 and passed, and we are waiting for the results from a meet in Aberdeen, Washington, shortly after this meet. At 242, Jerry Capello pulled 705, which was a bad day for him. He's usually around 745-750. In master 54-60, Dan Stevens and Randy Patterson pulled world record of 600.7 and 622.7 at 308 and super respectively. In master 61-67, Dave Holmes pulled 490.5 for a Washington state record. In 61-67, 308, Robert O. Smith of Canada pulled a world record 551. He has set 5 world record over the last 12 years in bench and deadlift. In master 68-74, Larry Vincent set an Oregon record of 358 at 148#. In 75-79, Arthur Whinston set an Oregon record 132.2 at 148. And, Cal Davis at age 80 pulled 330.5 for a world record, in the 259# class. In master women 40-46,

Heidi Gantz pulled a world record 418.7 at 148. At 165, Nadine Huxley pulled a Washington record 347. At unlimited, Kelli Sandoval pulled an Oregon record 391.2. In master women 47-53 at 198, Margie Huston yanked a 286.5 world record. Kathy Cash hauled in 314 on a very long pull for an Oregon record at 198 to beat Margie Huston. At 54-60, Pat Robey set a Washington record 254.6. In master 61-67, 63 year old Jo Walker pulled an unbelievable 440.7, weighing 128.4, which has to give her the highest deadlift coefficient of all time, and therefore she is the best female deadlifter of all time! 78 year young Melicent Whinston pulled 152#, weighing 131 for a world record. Jo Walker's 440.7 broke Carol Myers open world record by 16#. In open men, Tom Eiseman, Jerry Capello, Phil Davi, Joe Fernandez, John Hudson and Andy Medak all pulled over 700#, with Eiseman being the lightest at 181.2, pulling the most at 744#. John Hudson, who brought at team from Illinois and who is taking my coaching advice, pulled 705 at 275 for an Illinois record. Joe Fernandez pulled 716 for an Oregon record at 259. At super David Edgell set an Utah record with 666.7. In submaster 259, Joe Fernandez set an Oregon record with 716 and John Hudson set an Illinois record at 275 with 705.2. In submaster 259 women, Jennifer Taylor set a world record 402.2 at 181. At 114, Tami McGonagle set an Oregon state record 303 and Jodi Steele who was runner-up to Jennifer Taylor pulled a nice Washington record 363.7. Tami McGonagle was best lifter, pulled 303 at 110#. Sean Mahoney was best lifter for teenage with 540 at 198 and Marie Rochat was best lifter for teen women with 319.5 at 148 and an Oregon state record to boot. I want to thank Gary and Elma Thomas for running a perfect weigh-in room, and doing the computer work. Joe Fernandez and Vaughn Fernandez for bringing in the warm-up weights. James Patch and Andy Harding did a great job of spotter loading. They did 94 flights in 6 days at the world and the flights averaged 17 lifters. Dr. Don Bell was the M.C. Gary Thomas and Christi Hansen were the scorekeepers. The judges were Donna Dellere, Brian Baertlein, Don James, Terry Luehrs, Ken Anderson, Gus Warrington. Platform weights were provided by Ivanko and the competition bench was by Forza. Mike Scott was a judge and did some M.C. duty. The sponsors were Michelle Kampen of the Powerlifting Superstore, and Wes Kampen of Monster Muscle the magazine, Rick Brewer of House of Pain, Mike Lambert of Powerlifting USA, Roberts Walker of Twinlab, Jim Starr and Neal Spruce of Apex Fitness Group, Jim Wendler and Ave Tate of Elite Fitness Systems, Karin Klein of Karin's Extreme, Pete Alaniz of Titan Support Systems, Chet Groskreutz of Ivanko Barbell, Wolf Werner of Morgan Distributing, Sean Madero of GLC Direct the best joint formula on the planet, Chris Hansen of Parr Lumber, Steve Zusman of Metro Metals, Bob Hill of LoPrinzie's Gym, and Laura Lee Grizzle of High Cascade Emu Oil. (thanks to Gus Rethwisch for results)

NEW PRODUCT



The new Adjustable Grip is a great tool for anyone enjoys sports where having a strong grip is important. The Adjustable Grip's new patented design features interchangeable weight resistance caps. The caps come in weight increments of 30, 35 and 40 pounds. The caps are easily changed by pulling the handles apart, pulling up gently on one end of the cap, and then the other. To change the weight, simply select a weight resistance cap of another weight increment and place one end of the cap on the top of the handles, then slide the opposite end into place until it clicks. The Adjustable Grip's ergonomic thermoplastic handles are designed to comfortably fit any size hand. The outside of the handles feature bright yellow aerospace cushioning inserts that are molded into the handles for added comfort. The Adjustable Grip retails for \$15 and is available at most major, independent and specialty sporting goods retailers nationwide. For more information on Harbinger visit www.harbingerfitness.com.

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President's Message: Working at the Grassroots Level

I've mentioned before that there are many different aspects of outreach to our grassroots level lifters occurring in USA Powerlifting. While we are proud of our elite-level athletes, no program can focus entirely on its very accomplished members without a focus on development of talent and values at every level. Over its history, USAPL has been an organization of normal people who add powerlifting to their lives to enrich them. Because we want you to be involved in USA Powerlifting wherever you are, we continue to develop meet promoters in every location and at every level. The lessons learned at the National and International level translate down to the local competition.

One area where a number of people have worked extensively recently is in providing training camps and seminars to increase the knowledge of novice and non-elite level lifters so that their progress is accelerated and success maximized.

Over the next year, USA Powerlifting members will be hosted in a number of cities including Killeen, Texas, Baton Rouge, Louisiana and others. These have been very well received by the membership and give our more accomplished athletes and officials an opportunity to share their expertise with those less experienced.



Caitlin Miller, who started lifting in the Youth Division, garnered the Silver Medal at the IPF Sub-Junior World Championships this year.



Bench Press National Champion, Lance Karabel assists at a recent training camp. (Photographs provided to PL USA courtesy of Dr. Larry Maile)

Championships in a low-stress, friendly environment. This year, look for many of our elite athletes to participate as "guest lifters," showcasing their lifting, attempting American and World Records, and tuning up for National and World meets. They will also be available for seminars, a press conference, and question and answer sessions. For more information, see the link on the USAPL Calendar page: <http://www.usapowerlifting.com/schedule.shtml>. Plan to be in Philadelphia this December.

2006 Women's Nationals, St. Louis, February 5-6, 2006

The 22nd USA Powerlifting Women's National Championships in St. Louis, Missouri continues to get top billing in our calendar. This is the largest women's strength exhibition in the world. This is the second year of our Youth Division lifters participation in the Nationals, and they proved to be one of the highlights of last year's competition. The Open and Master athletes could not help showing their pride in their accomplishments to these young athletes. We expect to top 140 participants this year. Don't miss this show in St. Louis in February!

Top Twenty

This month, we feature the top 20 women at 44 kg. (97 lbs.) and the top 20 men at +125 kg. (Superheavyweight) To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

Merchandising

The USA Powerlifting Merchandising program continues to be a source of pride for our organization (<http://www.usapowerlifting.com/merchandise/index.shtml>). Your response has been gratifying as you show your pride wearing the logo of USAPL. We have quarterly specials and will have an end of the year membership special as well. Check it out! You can join USA Powerlifting via the e-store, or donate to support our programs.

American Open: Philadelphia, December 11-12, 2005

Just a quick update on the 3rd American Open: This competition is shaping up to be a premier event for lifters who haven't achieved an elite total. It incorporates every aspect of an Open National

2004 Top 20-97 lb. Class Women				
1. Ashley Robbins	331	154	314	799
2. Tina Carder	287	138	298	716
3. Caitlin Miller	276	138	292	705
4. Erin Dickey	265	148	265	676
5. Barb Seips	253	137	286	676
6. Cheryl Anderson	231	143	292	667
7. Catherine Solan	237	132	292	661
8. Donna Aliminos	215	110	255	584
9. Sarah Deville	210	100	243	551
10. Stevie Cross	193	105	231	529
11. Valerie Naymick	175	105	215	495
12. Abby Shields	187	99	204	490
13. Katie Somers	176	93	214	485
14. Miranda Mueller	176	66	203	446
15. Jade Geatreux	150	90	200	440
16. Stephanie Sitkawitz	154	88	187	429
17. Kalysa Maile	154	93	165	413
18. Evelyn Newton	110	80	205	395
19. Brandi Morales	143	66	176	386
20. Krystal Hernandez	148	72	165	386

2004 Top 20- Superheavyweight Class Men				
Brian Siders	937	700	816	2453
Brad Gillingham	871	634	838	2342
Randall Harris	827	623	755	2205
Dennis Huslander	849	606	716	2172
Nick Minneti	840	555	775	2170
Lance Karabel	838	584	722	2144
Brian Laudadio	805	623	623	2111
Kory Wnuk	777	617	700	2094
Josh Chovanec	805	579	694	2078
Jason Christus	805	601	639	2045
Mike Neal	760	615	635	2010
Tony Saunders	928	452	623	2001
Harry Archer	854	457	678	1990
Jeff Peshek	705	634	645	1984
Scott Ward	739	540	661	1940
Cory Rideout	750	450	735	1935
Paul Fletcher	745	470	705	1920
Greg Collins	722	485	694	1901
Daniel Gaudreau	650	612	639	1901
Ken Ryder	639	507	705	1852

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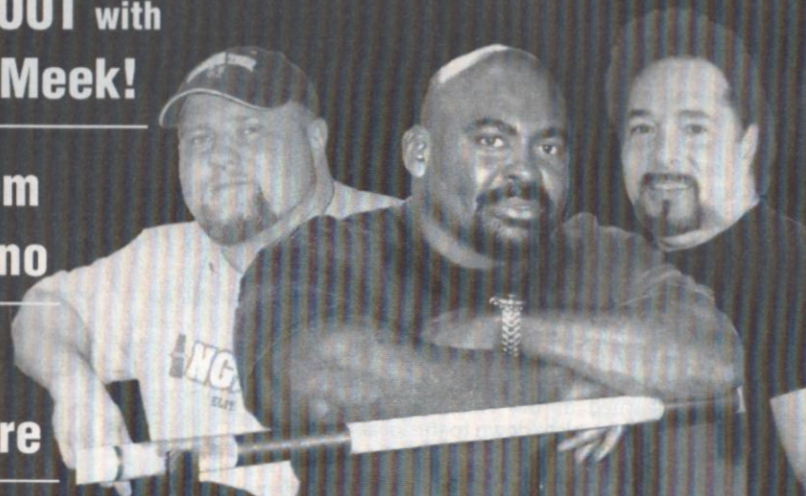
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POW!ER SCENE

POW!ER SCENE finally got to stay in L.A. for awhile, and we visited with star bencher Scot Mendelson, who's been busy recently, moving to a new home, building his personal training business (FIT), doing his own training, and appearing in two national TV commercials. But that's not all -- Scot is now promoting a big invitational BP meet, scheduled for next February's LA Fit Expo. Five grand in prize money, and lots of big benchers from across the USA.

Scot himself won't be in the meet, since he's running it; he'll be benching the day (or night) before during the IRONMAN bodybuilding show. Check out www.scotmendelson.net and www.thefitexpo.com for more info.

Powerlifter Lance Slaughter is a campaign director for the Leukemia & Lymphoma Society, and we caught up with Lance at one of their events, the Light the Night Walk. Lance tells us these walks occur all over the country, and raise millions of dollars. We saw Lance busily attending to lots of set-up stuff, and we saw our POW!ERLIFTER VIDEO co-host Chuck LaMantia, in a big tent, deejaying the event.

The Leukemia & Lymphoma Society helps fund research and treatment for blood cancers, and provides information, treatment, and sometimes even supplemental financial support for afflicted people. You can visit their site at www.lls.org. Like Scot Mendelson, Lance is also busy meet promoting, and he has a big one coming up -- the USAPL Masters Nationals, in Palm Springs, CA from May 20-22, 2005. You can learn more at www.usapl-ca.org.

Next year, Lance will be back on the lifting platform, starting his second decade as a lifter in competition. Currently, his PRs are 475 SQ, 424 BP, and 485 DL, all at 148. We'll see what next year brings.

POW!ERLIFTER VIDEO's other co-host, Vicky Hembree, has been taking the year off from competition, but she's still in the gym training and staying strong. Last time Vicky took some time off, it lasted 18 years, from 1981 to 1999. This lay-off will probably be a lot shorter.

For everyone else out there, we hope all your lay-offs are short, and by choice.

'til next time, stay strong and healthy, and we'll see you on video.

Ned Low



Lance Slaughter is totally committed to his philanthropic work, with our co-host, Chuck La Mantia (seen at left).



Vicky Hembree not only keeps herself in great form but stays busy as POW!ERLIFTER VIDEO'S Co-host.



Star Bencher Scot Mendelson... is leading a very active and fulfilling life these days.

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-
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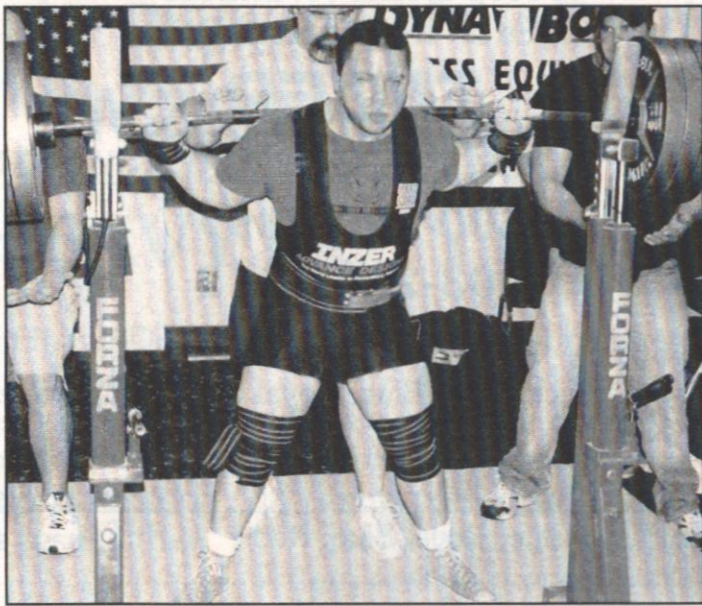
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APA California Open
21 Aug 04 - Sacramento, CA

198	4th	310c
Junior 20-23	55-59	
B. Galena	40-49	
40-49	Mike Lutz	
T. Robinson	300	Drug Tested
Drug Tested	Mike Lutz	
T. Robinson	300	Deadlift
220 Open	165	
Jarroo Mills	400	16-17
40-49	John Keller	400
H. Williams	275	40-49
242	Philip O'Neil	365
Open	198	
Steve Pena	525	50-59
Drug Tested	Kenneth Kirk	305
Steve Pena	525	4th
315c	40-49	
D. Pelott	405	55-59
60-69	242	
M. Bonifield	325	60-69
275	Gerald Lively	290
Drug Tested	SHW	
Len Webb	510	40-49
SHW	Art Ramsey	570
Open	50-59	
L. Contreras	425	L. Contreras
465	Drug Tested	465
L. Contreras	425	L. Contreras
465	Open	
L. Contreras	425	Art Ramsey
570	T. Galina	300
L. Contreras	465	L. Contreras
465	SQ	BP
DL	TOT	
220		
16-17	A. Contreras	185
255	360	775
Submaster	T. Weston	335
300	450	1085
242	40-49	
C. Sims	500	450
625	1575	4th
50-59	D. Robinson	365
305	365	1000
60-69	G. Lively	305
225	290	780
SHW	50-59	
L. Contreras	405	425
465	1210	4th
405c	1245c	Drug Tested
L. Contreras	405	425
465	1210	4th
405c	L. Contreras	405
425	465	840
242	Open	
Push/Pull	G. Lively	225
60-69	290	495
SHW	Open	
L. Contreras	425	465
840	Drug Tested	
L. Contreras	425	465
840	50-59	
L. Contreras	425	465
840	181 lbs. Open	



Justin Vititoe sets up for a 700 lb. squat attempt at the APA US Open.

c denotes California Record. Special thanks to Chip Conrad for providing a great facility and helpers for this meet. Referee's for the event were Scott Cartwright, Chip Conrad and Scott Taylor. Judging and spotting were excellent. All competitors received beautiful swords mounted on display boards as awards. We look forward to the next upcoming APA California meet. (Thanks to Scott Taylor for results.)

APA Battle on the Bayou
17 JUL 04 - Ruston, LA

BENCH				WOMEN	
165 lbs.		1245c		K. Tallion	
Open		1245c		P. Burnett	
A. Tucker		195#		123 lbs.	
350#*		T. Smith		230	
148 lbs.		470		150	
Teen (16-17)		405		260	
K. Simms		290		640	
250#		320		M. Small	
165 lbs.		460		650	
Teen (16-17)		1135		Open DT US	
A. Kerai		440		650	
245#		415		Open BP	
Junior (20-23)		1165		Open BP	
Submaster (33-39)				M. Small	
360#				650	
J. Micka-b				Open DT	
590#				420	
220 lbs.				330	
UNL				415	
JR (20-23)				1165	
T. Williams				Submaster DT	
280**				BP	
180**				J. McElveen	
350**				—	
810**				325	
181 lbs. Open				—	
				255	
				—	
				365	
				—	
				181 lbs. Open	
				550	
				340	
				510	
				1400	
				J. Finlayson	
				515	
				310	
				495	
				1320	
				Open BP	

W. Mann	—	405	—	—	
D. Hahn	—	—	—	—	
(40-49) DT	—	—	—	—	
W. Mann	—	405	—	—	
198 lbs. Open US	—	—	—	—	
D. Czadzack	500	430	555	1485	
American	—	—	—	—	
B. Highnote	500	—	—	—	
Open DT	—	—	—	—	
B. Highnote	500	—	—	—	
BP	—	—	—	—	
W. Stover	—	280	—	—	
220 lbs. (16-17) DT American	—	—	—	—	
B. Carson	525*	345	480*	1350	
(18-19) DT	—	—	—	—	
M. Williams	450	405	600	1435	
S. Hunter	485	—	—	—	
Open DT	—	—	—	—	
S. Hunter	485	—	—	—	
US	—	—	—	—	
J. Gosey	550	340	540	1430	
Open BP	—	—	—	—	
G. Wilson	—	420	—	—	
(16-17)	—	—	—	—	
B. Williams	—	205	—	—	
(18-19)	—	—	—	—	
J. Whearly	—	360	—	—	
(50-59)	—	—	—	—	
G. Wilson	—	420	—	—	
242 lbs. Open DT US	—	—	—	—	
J. Vititoe	650	470	540	1660	
Novice	—	—	—	—	
D. Johnson	435	380	475	1290	
G. Rollins	405	315	435	1155	
Open BP	—	—	—	—	
E. Hubbs	—	425	—	—	
(40-49)	—	—	—	—	
E. Hubbs	—	425	—	—	
275 lbs. (40-49) American	—	—	—	—	
D. Long	560	385	525	1470	
Submaster BP	—	—	—	—	
S. Cassell	—	415	—	—	
(40-49) DT	—	—	—	—	
J. McNeal	—	375	—	—	
Novice	—	—	—	—	
J. McNeal	—	375	—	—	
Open DT	—	—	—	—	
J. McNeal	—	375	—	—	
308 lbs. Open DT American	—	—	—	—	
M. Small	650	—	—	—	
Open	—	—	—	—	
M. Small	650	—	—	—	
Open DT US	—	—	—	—	
M. Small	650	—	—	—	
Open	—	—	—	—	
M. Small	650	—	—	—	
Open BP	—	—	—	—	
M. Small	650	—	—	—	
Open DT BP	—	—	—	—	
W. Ferguson	—	350	—	—	
M. Small	—	—	—	—	
(40-49) BP	—	—	—	—	
W. Ferguson	—	350	—	—	
Open DL	—	—	—	—	
M. Small	—	—	—	—	
Open DT DL	—	—	—	—	
M. Small	—	—	—	—	

b=Best Lifter. !=World Record. *=American Record. #=State Record. (Thanks to Ryan Cizdik for providing these results.)

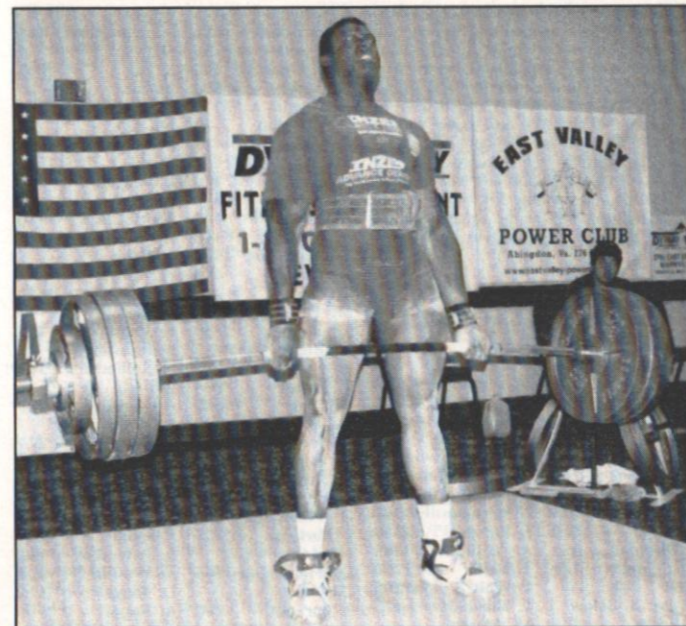
APA US Open/American
11-12 SEP 04 - Bristol, VA

WOMEN	SQ	BP	DL	TOT
(40-49) DT American				
K. Tallion	—	—	—	—
123 lbs.				
MEN				
165 lbs. Open DT				
D. Agostini	470	320	460	1250
(18-19) DT				
D. Willis	405	290	440	1135
(40-49) DT				
L. Walker	420	330	415	1165
Submaster DT BP				
J. McElveen	—	325	—	—
Open DT				
J. Ball	—	255	—	—
Submaster DT DL				
J. McElveen	—	—	365	—
181 lbs. Open DT				
G. Sesler	550	340	510	1400
J. Finlayson	515	310	495	1320
Open BP				

*=American Record. Special thanks to the spotters and loaders for doing a great job all weekend, Kenny Burnett of Bristol Barbell and his crew for providing some great equipment and meet help, Dan Levesque and crew for setting the meet up and providing great help throughout the weekend, Wade Johnson for providing some great Forza and Crain equipment and judging all weekend, Jerry Tancil, Len Walker, Jeff Finlayson for judging, House of Pain for setting up a products booth and providing competitors with great equipment and all else who contributed to making this a great event. All competitors received some huge and unique collectors swords as awards. In the American Championships Graham Sesler took best Lightweight honors while Marlon Williams took heavyweight honors. In the Bench Press event Wayne Mann took best lightweight honors while George Wilson took best heavyweight honors. Justin Vititoe took best lifter honors in the US Open event. (Thanks to Scott Taylor, APA, for results.)

100% Raw Battle of the Border
20 MAR 04 - Barco, NC

BENCH	M. Bertrand	185*
WOMEN	MEN	
132 lbs.	165 lbs.	
Open	Master (45-49)	
K. Wescott	155*	F. Wescott
165 lbs.	181 lbs.	265



Teenager Marlon Williams ended his day with a 600 deadlift (Photographs provided courtesy of Scott Taylor, APA President)

Teen (18-19)	Open	Teen(16-17)			
M. Wilson	240	D. Owens	370	J. Coltrain	350
198 lbs.	??2 lbs.	275 lbs.	205	205	415
Master (75-79)		Teen (16-17)		205	415
J. Sheehan	245*	R. Moore	335	415	970
220 lbs.	Master (40-44)	W. Gurganus	255	180	320
Teen (14-15)	A. Proctor	450	180	320	755
B. Hopkins	350	319 lbs.	340	275	425
Teen (16-17)	Master (45-49)	450	250	150	300
S. Hopkins	385	K. Green	335	700	700
WOMEN	SQ	BP	DL	TOT	
132 lbs.					
Teen (16-17)					
T. Mercer	160*	105	185	450	
SHW					
Submaster	235*	130*	250*	615*	
S. Gurganus					
MEN					
123 lbs.					
Teen (12-13)					
B. Corbitt	135	95	210	440	
132 lbs.					
Teen (14-15)					
A. Swain	155	135	250	540	
148 lbs.					
E. Blalock	275	185	315	775	
D. Craft	225	190	250	665	
Teen (18-19)					
E. Woolard	370*	205	370	945	
Open					
J. Tilley	225	250	345	810	
165 lbs.					
Teen (14-15)					
S. Kellerher	185	170	250	605	
Teen (16-17)					
C. Balance	320*	230*	415*	965*	
T. Brown	285	205	325	815	
Teen (18-19)					
B. Hooker	400*	235	435	1070	
D. Sylvester	335	250	405	990	
D. Paszt	245	195	380	820	
Master (40-44)					
R. Young	275	250	325	955	
Master (45-49)					
J. Moore	330*	225	400	955	
Open					
D. Inman	195	160	335	690	
181 lbs.					
Teen (14-15)					
S. Green	295	205	285	785	
Submaster					
D. Parrish	450*	275*	475*	1200*	
198 lbs.					
Teen (16-17)					
S. Woolard	440*	250	450	1140	
J. Woolard	265	235	400	900	
220 lbs.					
Teen (14-15)					
C. Freeman	300	200	315	815	
Teen (16-17)					
T. Manning	500*	340	560*	1400*	
242 lbs.					
Teen (14-15)					
T. Perkins	225	180	275	680	

Teen (14-15)	Open	Teen(16-17)			
J. Coltrain	350	205	415	970	
275 lbs.					
Teen (14-15)					
W. Gurganus	255	180	320	755	
Teen (16-17)					
A. Moore	340	275	425	1040	
D. Dunn	250	150	300	700	
Police/Fire					
R. Slate	525*	385	570*	1480*	
S. Stazer	225	148 lbs.			
R. Slate	525*	385	570*	1480*	
Teen (14-15)					
B. Ange	250	225	405	880	
P. Glisson	135	125	225	485	
A. Crowder	—	200	385	585	
Master (40-44)					
C. Caesar	515*	435*	440*	1390*	

Granite State Open
30 Aug 03 - Keene, NH

DEADLIFT	J. Hayward	550
MEN	J. Frazier	190
Open 181 lbs.	C. Frost	485
J. Myers	420	198 lbs.
198 lbs.	K. Fisk	440
D. Newkirk	635	Submaster (33-39)
220 lbs.	M. Arhern	212
A. Cardinal	625	A. Currier
P. Thomsen	500	R. Pursell
275 lbs.	500	P. Wardner
A. Stroud	600	A. Currier
J. Cross	585	R. Guyer
G. Sibley	500	Master (40-44)
R. Guyer	47	



Team Weasigay at the Beast of Chrome and Steel Meet. (McCaslin)

Beast of Chrome & Steel
10 JUL 04 - Bedford, PA

Category	Name	Weight	Name	Weight
BENCH	C. Seefer	505	L. Ciccarelli	505
WOMEN	275 lbs. Junior		B. Younker	585
132 lbs. Open	K. Ruckle	440	B. Carmack	450
M. Barbight	110	C. Phillips	425	Master (50+)
148 lbs. Open		S. Lattimer	500	B. Carmack
Submaster	740	M. Coulter	480	2nd IPA W. Metro Auto BP Bash
T. Daly	155	D. Spry	480	10 APR 04 - Elk River, MN
198 lbs. Open	B. Carmack	320	148 lbs. Pro Open	
S. McCaslin	305	Submaster	480	AM PFM
MEN		D. Spry	480	J. Gould
181 lbs. Open		308 lbs. Open		C. Giving
C. Lambert	350	B. Younker	305	AM Open
B. Magiera	275	Master (50+)		M. Lewis
Masers		B. Godden	475	165 lbs. Am Jr
T. Myers	315	B. Carmack	320	Am Teen
198 lbs. Open		SHW Open		L. Hamilton
c. Frantz	435	S. Lattimer	850	300 J. Strangfeld
J. Gibson	310	S. Lewis	480	AM Teen
Submaster		DEADLIFT		J. Schroeder
R. Daly	530	WOMEN		315 C. Hanson
Master		198+ lbs. Open		198 lbs. 275 lbs.
B. Shafer	330	K. Dugas	375	Am Master I
J. Gibson	310	MEN		J. Struntz
220 lbs. Open		123 lbs. Teen		365 E. Knudsen
M. Ferman	600	M. Coulter, Jr.	200	AM Master
Master (40+)		J. Grove	175	Pro Open
T. Steinhauer	350	D. Ribner	150	AM Submaster
Master (50+)		165 lbs. Teen		345 Pro Open
D. Barbight	315	D. Snyder	450	C. Bjork
D. Lyons	290	C. Lambert	480	J. Hirdler
Open		Master		345
T. Bumgardner	435	T. Myers	610	Thanks to all the participants and spectators
Master (40+)		220 lbs. Open		who came out this year to watch some of
				the best Bench Pressers in the area and one
				in the World competition. Hundreds of
				people came out to watch one lifter in
				particular lift Andy Fiedler, who competed
				at 275 lbs. class weighing in at 269 Andy
				walked away with the best lifter trophy and

was the first 700 bench in MN with a warm-up lift at 715 then opened at 775 very easy lift then 805 went up most in attendance thought it was a good lift but yours truly knew he could do it better so I red lighted and made him redo the lift and it went up easy took a 4th at 810 and again another great lift a triple bodyweight lift. Other honorable mentions are Mike Lewis at 148 lb. class hit 645 opening lift barely missed 660 he will get this in the future. (Thanks to IPA Chair Lloyd Hemenway for results)

100% Raw Worlds
22 NOV 03 - Barco, NC

WOMEN		J. Smith	260
D. Flanagan	165	S. Peterson	255
T. Nauman	250	M. Veillux	250
S. Baldwin	145	D. Biggs	115
M. Bertrand	175	A. Roper	—
T. Michie	125	J. Bike	—
J. Burkett	105	198 lbs.	—
G. Woodson	180	W. Lynch	450
A. McDougald	145	J. McDougald	390
H. Hoffer	135	J. Herman	340
H. Knupp	100	J. Wright	330
M. Dishman	85	A. Williams	285
S. Crichton	140	T. Bell	250
J. Whitt	205	J. Whitt	205
J. Sheenah	—	J. Sheenah	—
J. Mukite	335	M. Marsh	—
D. Moore	315	D. Perry	—
J. Tilley	295	220 lbs.	—
T. Hague	275	P. Bossi	465
C. Clay	270	R. Smith	430
M. Wilson	270	S. Freeman	390
T. Ostrum	195	C. Pannell	410
B. Swain	195	T. Manning	360
S. Johnson	200	D. Lhota	365
D. Serrell	185	D. Owens	360
R. Tornabene	180	B. Hopkins	350
C. Waggoner	145	M. Leibacher	335
D. Jones	135	J. Fox	290
Q. Thomas	55	J. Hood	250
M. Perry	—	G. Holzmilller	245
D. Rouse	—	J. Bushee	155
M. Neese	—	R. Brideman	—
D. Sylvester	—	242 lbs.	—
165 lbs.		K. Burkett	475
J. Baggett	370	O. Helmer	455
I. Figueroa	275	K. Mallory	440
L. Neese	285	J. Cox	400
P. McClean	250	A. Proctor	420
S. Smith	245	T. Cain	405
J. Hayden	185	J. Bates	405
G. Harrison	165	G. Goad	320
S. Redfern	365	S. Duell	300
B. Cross	315	C. Betts	155
A. Biggs	300	275 lbs.	—
Y. Sumner	275	M. Belk	530
T. Broyels	260	A. Roberts	460

J. Hilliard	445	(16-17)
M. Steward	415	G. Harrison
C. Ceasar	435	(18-19)
J. Dishman	405	J. Fox
F. Banks	385	Junior
J. Spruill	315	L. Neese
M. Stidman	—	(45-49)
R. Staten	—	J. Baggett
319 lbs.		Open
470	J. Baggett	370
470	I. Figueroa	275
405	P. McClean	250
390	S. Smith	245
360	181 lbs.	
450	(12-13)	
370	D. Biggs	115
360	M. Turner	(18-19)
330	B. Cross	315
—	Submaster	
330	S. Redfern	365*
275	(40-44)	
315	A. Biggs	300*
265	(50-54)	
340	Y. Sumner	275!
350	Open	
365	S. Redfern	365
275	Y. Sumner	275
260	T. Broyels	260
105	J. Smith	260
255	S. Peterson	255
250	M. Veillux	250
115	D. Biggs	115
—	A. Roper	—
—	J. Bike	—
—	198 lbs.	—
340*	J. Herman	340*
205	J. Whitt	205
330	J. Wright	330
—	M. Marsh	—
390	J. McDougald	390
250	T. Bell	250
245*	J. Sheehan	245*
450!	W. Lynch	450!
330	J. Wright	330
285	A. Williams	285
250	T. Bell	250
205	J. Whitt	205
—	J. Sheenah	—
—	M. Marsh	—
—	D. Perry	—
350*	B. Hopkins	350*
155	J. Bushee	155
360*	T. Manning	360*
250	(18-19)	
250	J. Hood	250
410	C. Pannell	410
390	S. Freeman	390
335	D. Lhota	365
335	M. Leibacher	335
290	J. Fox	290
185*	(55-59)	
185*	S. Sexton	185*
245	(60-64)	
245	G. Holzmilller	245
430!	Police/Fire	430!
390	R. Smith	390
185	S. Freeman	185
Open	S. Sexton	Open
465!	P. Bossi	465!
410	C. Pannell	410
390	S. Freeman	390
365	D. Owens	365
360	D. Lhota	365
360	T. Manning	360
350	B. Hopkins	350
335	M. Leibacher	335
290	J. Fox	290
250	J. Hood	250
245	G. Holzmilller	245
185	S. Sexton	185
155	J. Bushee	155
—	R. Brideman	—
242 lbs.	(14-15)	
155	C. Betts	155
—	Junior	—
—	J. Cox	400*

(25-29)	A. Roberts	460*
O. Helmer	455*	J. Dishman
K. Mallory	440	F. Banks
Submaster		R. Staten
T. Cain	405*	Open
S. Duell	300	M. Belk
(40-44)		4th
K. Burkett	475	J. Hilliard
A. Proctor	420	M. Steward
A. Hayden	315	J. Dishman
(50-54)		F. Banks
G. Goad	320	J. Spruill
Police/Fire		R. Staten
A. Proctor	420	M. Stidman
T. Cain	405	319 lbs.
J. Sexton	165	(30-34)
Open		S. Cornick
K. Burkett	475!	(40-44)
O. Helmer	455	G. Briggs
K. Mallory	440	(45-49)
A. Proctor	420	W. Ferguson
T. Cain	405	Submaster
J. Bates	400	S. Cassell
J. Cox	400	R. Biggs
G. Goad	320	Open
A. Hayden	315	S. Cornick
S. Duell	300	M. Prosser
Junior		J. Gentry
J. Spruill	315	R. Biggs
Submaster		W. Ferguson
A. Roberts	460	G. Briggs
M. Stidman	—	SHW
(40-44)		Police/Fire
C. Caesar	435*	M. Turner
R. Staten	—	Open
(45-49)		H. Canada
J. Hilliard	445*	J. Lopes

beth City Jaycees, Applebee's of Elizabeth City, Darryl & Vickie Moore of Elizabeth City, MCM Auto Sales of Asheboro, NC, W.T. Francis Electric of Chesapeake, Flex Gym of Virginia Beach, Elizabeth City Trophy & Awards of Elizabeth City, Vann11 Restuarntee of Elizabeth City, Bo Dean's Cafe & Catering of Elizabeth City, Byron Swain of Elizabeth City. (Thanks to Paul Bossi for the results)

USAPL West Virginia BP/DL
31 JUL 04 - Wheeling, WV

Youth	SQ	BP	DL	TOT
105 lbs.				
D. Wrobel	175	95	185	455
165 lbs.				
H. Ferns	135	155	135	425
Masters (50-54)				
P. Sutphin	610*	355*	540	1505
Junior (20-23)				
242 lbs.				
T. Keim	535	360	455	1350
Open 242 lbs.				
D. Hilliard	350	320	450	1120
PUSH/PULL				
WOMEN				
K. Reed	—	110	185	295
Masters 165 lbs.				

J. Fremont — 280 290 570
Open 242 lbs.
D Steltenkamp — 510 585 1095
* West Virginia State Powerlifting Record. This was a meet put together rather quickly but we had some high quality lifters who traveled a good distance to compete. Paul Sutphin had a great day in the Masters Division with records in the squat and bench. Tom Keim of Bluefield, VA and Dan Steltenkamp of Bedford Heights Ohio had great totals in the 242 as did Jeff Fremont of Poconos, PA, in the Masters 165 division. Our two ladies are multi-sport competitors with Kim Reed also competing in bodybuilding and Heidi Ferns, in her first meet, competes in race walking. We hope to make this an annual summer event. Thanks to the J. B. Chambers YMCA for sponsoring this event. (Meet report provided to POWERLIFTING USA Magazine by Dan Hilliard)

Fun In the Sun LCF Open
25 JUL 04 - Coldwater, MI

SQUAT	Fincher	—
132 lbs.	181 lbs.	—
Brent B	Whitaker	405
148 lbs.	Zitz	375
Garza	255	Champman
255	255	Mitchell
165 lbs.	198 lbs.	315

A special thank you for Dep. Warden Welke for allowing us to hold the meet and many thanks to Mr. Tee Young. You would not know it but, he is up there the old cool! Tee, I love ya like a brother, and proud to be your friend! *Thanks: Oh, Tee Young was the meet director too. The head judge was Rakim. A thanks goes out to all workers. P/A system R. Hill. The meet workers always lift more than anybody! Thanks fellas! You held a first class meet. Results by Wali Allen. (Thanks to Lloyd Tisi for providing this report)

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USAPL Southern Ohio PL/BP 21 Aug 04 - Moraine, OH

	SQ	BP	DL	TOT
MALE				
52 kgs. Youth (12-13)				
J. Vapreznan	160	75	170	405
D. Wrobel	170	90	200	460
60 kgs. Teen (16-17)				
C. Ault	275	205	360	840
75 kgs. Teen (18-19)				
N. Royer	420	375	420	1215
B. Childress	325	260	450	1035
Open				
J. Caputo	405	265	480	1150
67.5 kgs.				
M. Buck	465	330	405	1320
52 kgs.				
D. Cohn	—	265	—	—
75 kgs.				
F. Newbill	—	390	—	390
82.5 kgs. Teen (18-19)				
C. Williamson	375	245	445	1065
Junior (20-23)				
J. Collins	385	275	460	1120
90 kgs.				
D. Good	405	325	450	1180
Master-1				
D. Wilke	450	315	520	1285
Novice				
F. Lucente	475	260	510	1245
W. Eagle				
100 kgs.	—	335	—	335
J. Bellanca	555	260	525	1440
J. Shoopman	—	—	—	—
Master-1				
J. Riley	—	335	—	335
110 kgs. Open				
E. McKelvey	540	380	600	1520
Teen (18-19)				
N. Manciocchi	—	430	—	430
Open Novice Master-1				
K. Robbison	—	480	—	480
Open				
C. Hootman	—	475	—	475
FEMALE				
UNL Novice Master-1				
G. Kelly	115	125	180	420

	SQ	BP	DL	TOT
60 kgs. Open				
K. Dalton	300	145	265	710
UNL Open				
S. Waughtel	240	135	275	650
82.5 kgs.				
D. Eagle	225	180	315	720
UNL Junior (20-23)				
S. Dzurnak	305	195	315	815
90 kgs. Open				
J. Watkins	530	285	505	1320
Side Referees: Cathy Maksteiner and Gary Auerbach. (Thanks to USAPL for results)				

USAPL Indiana High School (kg) 6 Mar 04 - Indianapolis, IN

	SQ	BP	DL	TOT
Girls				
105				
K. Wheeler	60	35	47.5	142.5
132				
J. Johnson	90	55	100	245
Letitia Easom	70	37.5	87.5	195
148				
Whitney Ball	97.5	70	130	297.5
T. Shelman	97.5	45	115	257.5
K. Overby	57.5	52.5	80	190
165				
B. Winston	95	42.5	102.5	240
198+				
W. Barnett	102.5	62.5	125	290
Boys				
114				
C. Baldwin	122.5	77.5	142.5	342.5
Ramell Tucker	107.5	60	120	287.5
Mike Green	70	55	105	230
123				
Julius Mayes	142.5	75	150	355
132				
A. Johnson	160	97.5	160	417.5
148				
Jeff Capati	140	77.5	177.5	395
Chris White	145	80	155	380
Paul Nyugen	125	75	142.5	342.5
165				
Tommy Scott	212.5	117.5	170	500
Marcus Brown	145	87.5	185	417.5
Scott Dinnsen	125	80	145	350

	SQ	BP	DL	TOT
181				
Josh Wheat	212.5	160	220	592.5
Tyrone Frye	187.5	105	192.5	485
David Weitz	135	95	175	405
N. Pribbeno	142.5	77.5	175	395
Q. Hunter	145	92.5	157.5	395

	SQ	BP	DL	TOT
198				
Anthony Bova	190	125	242.5	557.5
Antonio Wells	180	100	182.5	462.5
Joe Baker	125	70	165	360

	SQ	BP	DL	TOT
220				
A. Murphy	220	115	182.5	517.5
Nick Bridges	182.5	115	197.5	495
Rich Snyder	170	105	187.5	462.5
J. Mason	150	85	140	375
A. Johnson	150	85	140	375

Outstanding Male Lifter of the Meet: Josh Wheat. Outstanding Female Lifter of the meet: Whitney Ball, High School Boys Team State Champions: North Central High School, High School Girls Team State Champions: North Central High School. (Thanks to USAPL for these meet results)

USAPL S.H. Qualifier 21 Aug 04 - Kensington, MD

	SQ	BP	DL	TOT
Women PL				
Open				
114				
S. Hartwig	250	155	270	675
Youth				
105				
M. Daniel	115	75	155	345
Meet was held at Planet Fitness in Kensington, Md. There were two participants: World Champion 2003 lifter Suzanne Hartwig and 1st time youth lifter Marlana Daniel. Siouxz lifted raw and performed				

with great form execution and power. She was a wonderful role model for 1st time 11 year old Marlana Daniel who made 7 of 9 attempts. Referee's were Robert L. Sam, John Mogavero and Matthew Gary. (Thanks to USAPL for providing the meet results.)

USPF West Virginia State 27 MAR 04 - S. Charleston, WV

	SQ	BP	DL	TOT
West Virginia Squat				
308				
John Pauley	451			
Teen 16-17				
132				
SHW				
C. Speggan	*231	Jeff Johnson	*400	
W. Virginia BP				
Teen 14-15				
148				
123				
Adam Runyon	*198	Jon Ward	181	
Senior		Masters 45-49		
181				
Kwitakowski	*600	Kenny Bolar	264	
Junior		Senior		
220		D. Robbins	501	
Dave O'Brien	402	Masters 60-64		
Law/Fire		165		
Masters 50-54		Ken Samples	242	
242		Senior		
J. Rubenstein	*501	198		
Masters		Danny George	374	
55-59		Master 55-59		
C. Stanley	*451	Bud Sampels	303	
275		Collegiate		
50-54		Dorian Cox	314	
J. Messinger	*600	Sub Master		
59-59		D. Lewellyn	NL	
Mike Highfield	*534	Master 40-44		
Junior		242		
308		C. Bednar	358	
John Pauley	435	Junior		
Teen 16-17		275		
SHW		A. Johnson	402	
West Virginia DL		Senior		
Women		SHW		
Teen 16-17		A. Crawford	407	
132		Holley Open DL		
Women				
C. Speggan	*286	Teen 16-17		
Boys		132		
Teen 14-15		C. Speggan	286	
148		Teen 14-15		
Adam Runyon	*303	148		
Masters 60-64		Adam Runyon	303	
165		Master 60-64		
Ken Samples	*253	165		
Senior		Ken Samples	253	
181		Senior		
Kwitakowski	529	181		
Junior		Kwitakowski	529	
220		Junior		
Dave O'Brien	402	220		
Law/Fire		Dave O'Brien	402	
Masters 50-54		Law/Fire		
J. Rubenstein	*523	Masters 50-54		
50-54		242		
J. Messinger	*600	J. Rubenstein	523	
50-59		Junior		
C. Stanley	*562	308		
55-59		John Pauley	451	
275		Teen 16-17		
M. Highfield	*534	SHW		
Junior		Jeff Johnson	440	
Womens PL		BP		
SQ		DL		
TOT				
132				
Teen 16-17				
C. Speggan	231	122	286	638
148				
Boys				
Teen 14-15				
A. Runyon	198	154	303	655
Masters 60-64				
165				
K. Samples	105	242	253	600
Senior				
181				
Kwitakowski	600	385	529	1514
Masters 45-49				
J. O'Laughlin	55	*385	110	550
198				
55-59				
Don Hall	143	143	143	429
220				
40-44				
Rick Perkins	341	380	407	1128
Collegiate				
220				
Ryan Ray	424	374	573	1371
Junior				
220				
Dave O'Brien	402	319	402	1123
Law/Fire				

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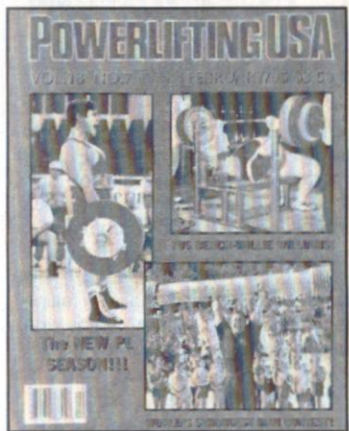


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BACK ISSUE OF THE MONTH



"Peanutbutter sandwiches, pizza, hotdogs, hamburgers, Budweiser, and a lot of each" and his prediction for his own ultimate bench poundage (850+). We had a full report on the WSM (Magnus Ver Magnusson was the winner). Our Workout of the Month was the squat routine of Jesse Kellum and we had a great article on "Evolution Training versus the Other Guys" with Jay Schroeder hooked up to a wild looking electro muscle stimulation machine. Next up, we had an in-depth report on the IPF World Bench Press Championships in Jarvenpaa, Finland (James Henderson won the SUPERS), and Louie Simmons had an insightful article entitled "Squatting for the Deadlift", graphically illustrated by Chuck Vogelpohl. ADFPA star Joe Onosai (and future strongman contest competitor) was interviewed by Bob Gaynor. In Ned Low's POWER SCENE we had a couple of interesting photos of Sioux-z Hartwig... lifting, and in a "more relaxed pose". Rev. Brad Olson was interviewed by Bruce Citerman... "I am already older than my memories, but have not yet lived my dreams!" Marty Gallagher reviewed the behind

the scenes story of Ed Coan's lifting performance at the just past IPF Worlds in South Africa. Dr. Tom Fahey reviewed Video and Computer Technology and how it can affect the powerlifter in our Power Research column. On our TOP 100 list for the 1980s, the top lifters were Tony Kamand (765 squat), Jesse Kellum (584 bench), Leon Humphreys (738 deadlift), and Gene Bell (1917 total). Larry Traub was 89th in the squat (628), Jim Rouse was 86th in the bench press (430), Tony Succarotte was 89th in the deadlift (620), and Walter Thomas was 27th in the total with 1730. In our report of the ADFPA Nationals Masters we had a shot of the previously mentioned Walter Thomas, who won his ADFPA National title only days before he left for the IPF Worlds and yet another Men's Open title. At the top of Herb Glossbrenner's list of All Time Best Deadlifters in the 165 lb. class was John Inzer's 748 with Joe Oregina's 630 coming in 89th. We introduced the world to the "Adaptive Bench Press System" to allow spotterless bench press attempts. For information on how to order this back issue and any of the many others we still have available, see the listing on pages 48-51 of this edition of PL USA.

	SQ	BP	DL	TOT
Masters 45-49				
242				
B. Reynolds	55	*341	154	550
50-54				
J. Rubenstein	*501	*319	*523	
*1343				
55-59				
C. Stanley	451	363	562	1376
Senior				
Ron Harbert	551	512	551	1614
Tim Hayner	556	358	523	1437
Collegiate				
275				
Jim Compon	451	385	540	1376
Masters 50-54				
275				
J. Messinger	*600	*402	*600	
*1602				
55-59				
M. Highfield	534	363	501	1398
Junior				
308				
John Pauley	435	413	451	1299
Teen				
SHW 16-7				
Jeff Johnson	402	303	440	1145
This year's Championships again, reflect the hard work, dedication and loyalty of some very high quality folks. Each year some very familiar faces and long time friends rally around what has become an annual homecoming, as well as, a venue for some of our state's finest lifters to showcase their strength and skills. Although each and everyone of our competitors are very important to us, there are a few names that are worthy of an extra mention. This year we talked Masters Lifter 60-64, Ken Samples into competing in all three lifts. We did this because Ken's special benching ability needs to be preserved in the record books. Ken's 242 pound bench in the 165-60-64 will fit perfect on the list of outstanding USPF state records. Another Master 181-45-49 lifter who competed in the powerlifting this year in order to post an outstanding bench record was Jerry O'Laughlin. Jerry's 385 pound shattered				

the 319 pound record of West Virginia's fine old competitor, John Bayless. Adam Kwitakowski has shown us all that he is a fine 181 pounder -yet, it will be hard for him to stay at this weight. Adam gets bigger and stronger every time and his potential at 198 or 220 should give West Virginia another National Contender for a title if he continues to improve and grow. Two Masters' lifters that deserve the respect and admiration of all those whose lives they touch are Don Hall and Jim Rubenstein. Don is the only lifter to have lifted in all 29 of our West Virginia USPF State Championships. What makes Don's annual visit to the platform even more special to us is the fact that less than 10 months prior to our contest Don underwent triple by-pass surgery and had a heart valve and heart artery replaced. If you want to see dedication, toughness and an unending desire look no further than Don. Jim Rubenstein set 4 new Law/Fire Masters -50-54 state records in the 242 pound weight class. What makes this even more special is the fact that Jim weighed just a pound or two off the 220 class limit. Read the results- Jim's lifts were very respectable for any 242 pounder in any age class or division. Jim is a very special person who is always there to help out in any situation. Whether it's working in a meet as an official, helping a fellow lifter, or traveling half way around the world to help a world champion, Jim is always the first to take time from his very busy schedule as Corrections Commissioner here in West Virginia, to lend a hand. Bless you, your wife Linda and your family for always being there for us. The last thing I want to say is how much I appreciated all our lifters and all our Holley Strength team members. You see three years ago, two weeks prior to our annual state championships, I suffered a life threatening stroke. According to doctors my blood pressure went so high while straining during lifting that it burst a

blood vessel in my brain and caused a stroke. Lifting and competing suddenly became the least of my priorities. Staying alive and simply walking were the immediate issues. Well, by all medical standards and according to doctors I recovered for all intent and purposes with no noticeable side affects. Ultimately, after almost 3 years away from the platform I consulted my doctors about giving it one more try. I always said that after I turned 50 years old I wanted to make a run for our Masters state record and then call it a career. Well with my doctors half hearted approval, and my promise to cut back on the poundages I was able to make once more trek to the lifting platform. Mission accomplished - 3 attempts, 4 new state Masters records, "RETIREMENT", I think!! Believe me, there is a God, never doubt it, never debate his plan for you, have Faith, no matter how dark the day is, there is and will be light, hope and rewards!! One more note, West Virginia and the lifting community lost one of it's all-time greats and characters in April of this year. Luke Lams passed away at the age of 55. There will be more to come about Luke in the weeks to follow. Thank you to all our lifters and those who offered help at the contest. Without all of you we just would not make it. Mike Highfield, your efforts and great lifting is not forgotten- great job, you are a special person and lifter! (Thanks to John Messinger for the results.)

	SQ	BP	DL	TOT
Paul Sechser	65	140	140	345
165				
David Lerach	227.5	140	242.5	610
Bob Sainati	160	90	220	470
Jim Gardner	160	110	195	465
181				
Tony				
Reid	237.5	185	267.5	690
D. Gieske	197.5	187.5	245	630
Jason Eggers	245	130	220	595
Sid Reid	192.5	122.5	217.5	532.5
L. Jaques	180	112.5	222.5	515
D. Roggenbuck	145	112.5	180	437.5
198				
Sean Timonen	265	167.5	282.5	715
Sten Linquist	262.5	167.5	282.5	712.5
Doug Miller	237.5	175	245	657.5
Blake Hanson	245	157.5	255	657.5
Cory Nelson	227.5	172.5	232.5	632.5

USAPL International Qualifier (kg)
10 Apr 04 - Ft. Lauderdale, FL

Women US	SQ	BP	DL	TOT
C. Miller	125	67.5	147.5	340

Men	SQ	BP	DL	TOT
K. Miller	110	60	107.5	277.5
T. Saunders	421	205	282.5	907.5
D. Rodgers	332.5	190	320	842.5
Jamie Stark	270	137.5	240	647.5
W. Player	175	138	185	497.5

IPF North American Regional Women Team 1

	SQ	BP	DL	TOT
P. Ribic	210	142.5	232.5	585
S. Kubik	117.5	72.5	140	330
A. Simons	132.5	107.5	135	375
M. McLean	147.5	80	170	397.5
M. Stonecek	92.5	57.5	112.5	262.5

Team 2

	SQ	BP	DL	TOT
Carly Nogle	137.5	85	177.5	400
Katie Ford	182.5	112.5	187.5	482.5
Leah Marietta	155	77.5	147.5	380
Deb Hariston	112.5	62.5	135	310
Lora Marietta	125	67.5	130	322.5

PR

B. Morales	105	57.5	107.5	270
J. Quinones	100	35	115	250
Anais Velez	142.5	57.5	137.5	337.5
Jessica Pagan	155	70	157.5	382.5
Giselle Costas	185	97.5	217.5	500

V. Collado

Can	137.5	85	177.5	400
Susan Barrest	182.5	112.5	187.5	482.5
Guate	155	77.5	147.5	380
Brenda Lemus	67.5	70	92.5	230
Venez	177.5	92.5	150	420

Men US

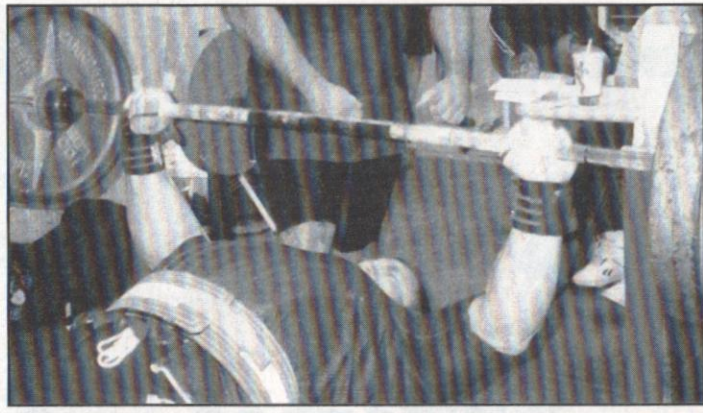
Team 1	390	267.5	372.5	1030
B. Gillingham	347.5	210	330	877.5
Nick Tyutkl	192.5	157.5	202.5	552.5
Peter Wong	310	210	287.5	807.5
Ryan Stills	242.5	145	247.5	635
Derek Brixius	362.5	235	312.5	910

Team 2

R. Benemerito	337.5	230	310	877.5
David Ricks	315	202.5	305	822.5
A. Whigham	222.5	120	240	582.5
E. Nicholson	280	180	287.5	747.5
Mike Macri	260	202.5	265	712.5

PR

E. Rodriguez	185	85	202.5	472.5
Harold Milan	335	172.5	285	792.5
Adam Ramos	242.5	165	260	667.5
Marino Brito	275	205	282	762
Howard Milan	275	205	282	762
Lazaro Nieves	210	135	205	550
Can	177.5	112	170	459.5
Hoang Tran	210	135	205	550
F. Drouin	177.5	112	170	459.5
Remi Fortier				



Paul McGeorge...his first official 500 bench at the SLP Open Nationals.

SLP Open National PL 25 Sep 04 - Tuscola, IL

	SQ	BP	DL	TOT
G. Gagne	265	162.5	240	667.5
David Bolton	250	152.5	260	662.5
Dom Fontaine	245	148	242	635

BENCH PRESS

open women	P. McGeorge	500*		
132	(4th)	520*		
E. Haislar	200*	master men	55-59	
teenage men	13-15	275		
165	E.T. Williams	320*		
Jake Dias	295*	police & fire/50-54		
junior men	275			
148	John Beggs	450*		
Joshua Reyes	335*	police & fire open		
220	308			
Matt Bell	415*	Richard Lear	535*	
R. Benemerito	425	open men		
Andy Dood	425	open men		
submaster men	220	Ed Meinders	300	
220				
L. Peoples	400	308		
(4th)	415*	John Massey	430	
275				
Otha Boyd	220	DEADLIFT		
master men	40-44			
308				
G. Messenger	480	junior men		
master men	45-49	220		
275				
Roger Ryan	510*	Matt Bell	580*	
master men	50-54	submaster men	242	
220				
Robert Kuhn	450*	K. Kneuppel	720*	
		220		
		165		
		Dave Felton	600*	

Power National Powerlifting Championship was held September 25, 2004 at Son Light Power Gym in Tuscola, Illinois. A much smaller turnout than last year, but still some great lifts were seen by all. In the powerlifting event newcomer Steven Peach did well at junior 148 with the win there. Steven opened with a deep 355 squat, followed by a 265 bench. He then finished with a strong 405 pull for a 1025 total. Phil Halverson won at junior 165, setting all new personal records along the way. Phil finished with a 375 squat, got a double-bodyweight bench of 330 and a 405 deadlift for a 1110 total. In the submaster division we had three fine lifters. First at 198 was Steve Arahoad. Steve was nursing a shoulder injury, so only took a token lift in the bench, but set national records in both the squat (560) and deadlift (510) on his way to a 1125 total. Tom Oberle broke the national records at 242 for the squat, with a great 685 second attempt and the total with 1715. Tom also got a 450 bench and a great 580 pull. At 308 it was Kevin Knueppel, who had his greatest day of lifting ever. Kevin finished with a personal best 800 squat, followed by a 515 bench and a 720 deadlift. This gave Kevin his first ever 2000 total, ending with 2035! In the master men's 40-44/242 class it was Mark Chellino with a 1830 total. Mark finished with a 740 squat, a 540 bench and a 550 pull. After a few years off from competition and hip replacement surgery, Mark had a great day with new national records in the squat, bench and total. Great to have Mark back on the platform again. David Anderson had a good day also, taking the win at 45-49/181. David set all new national records for his class, finishing with a 550 squat, 310 bench and 540 deadlift for a great 1400 total. Larry Readman retained his title at 50-54/242 with a 400 squat, 300 bench and 500 deadlift. Larry's national record pull gave him a 1200 total. First-timer Robert Hesterly set all new national marks as well with his win at 60-64/275. Robert, who had a perfect 9 for 9 day of lifting, finished with a 440 squat, followed by a 320 bench and a 450 pull for a great 1210 total. Massey set all new national records for the police & fire/308 class, finishing with a 450 squat, 430 bench and a 450 deadlift. This gave John a great personal best 1330 total. In the open division Steven Gawlik returned for the title at 181, finishing with new prs in the squat (585), deadlift (550) and total (1470). Steven also got a solid 335 bench on his way to a perfect 9 for 9 day of lifting. Steven Zelmer returned to competition after about a year off, taking the win at 220 with a 525 raw squat, 400 bench and a 475 pull for a 1400 total. Ed Clark had some problems with his depth in the squat, settling with his 750 opener, though locking out with 800. His 630 bench was a new national record and along with his 570 pull gave Ed a solid 1950 total. Taking his second title of the day was Kevin Knueppel at open 308, shattering all of the records there with that big 2035 total! Kevin was also awarded the best lifter trophy for the powerlifting competition. In the bench press event Erica Haislar got her first ever 200 bench! Lifting in the open women's 132 class, Erica set the national record along with the Illinois state record there. Jake Dias set the national mark at 13-15/165 with a personal best 295, just missing his first ever 300! Joshua Reyes broke the existing national record at junior 148 with 335 while Matt Bell won at 220 with a new national record of 415. Andy Dodd finished second at 220 with 425 raw, after bombing with his 535 opener, having problems with his new shirt. This was Andy's first meet. At submaster it was Lamon Peoples with 400, before coming back with a great national record 415 fourth. Otha Boyd won at 275 with 450. In the master men's 40-44/308 class, national record holder there, Gary Messenger, finished with 480, getting nothing from his shirt. Roger Ryan set the national mark for the 45-49/275 class with 510, while Robert Kuhn did the same at 50-54/220 with a personal best 450. Paul McGeorge got his first



Kevin Knueppel with a national record and PR squat @ submasters 308 at the SLP Open Nationals (Photos courtesy of Dr. Darrell Latch)

official 500 bench with his win at 50-54/242! A fourth with 520 was also good! E. T. Williams got the record at 55-59/275 with 320 while newcomer John Beggs set the mark at police & fire/50-54/275 with 450. Richard Lear only got in his opener with an easy 535, but it was good enough for a new national record and the best lifter award! Richard went all the way up to 645 with his new shirt, trying to get the weight to touch, and even though in each case he could lock the weight out easily, Rich was never able to get the weights to touch his chest! If he ever gets that shirt to work, Rich will be the next 700 bench! In the open division Ed Meinders won at 181 with 300. John Massey was first at 308 with his 430 personal best. In the deadlift

Matt Bell set the national mark at junior 220 with a solid 580 while Dave Felton pulled an amazing 600 @ 165! Wow, that's 105 pounds over triple bodyweight! Thanks to my son Joey for all his help, Dustin Shum, Joe Dias and a great powerlifter, Bill Centano, for all their help. And a special thank you to my wife for her help with the judging. See you all next year! (Results Dr. Darrell Latch)

USAPL No Frills Teen/Jr. Qualifier 08 May 04 Goodrich, MI

	SQ	BP	DL	TOT
Men	370	225	340	935
Teen 1 (14-15)				
148				
D. Schuessler	370	225	340	935
165				

J. Armstrong	350	175	400	925
242				
Alan Easton	330	330	380	1040
275				
Celso Florez	—	220	400	DQ
T2 (16-17)				
132				
J. Sheridan	290	175	355	820
148				
E. Olmstead	415	250	415	1080
N. Stevens	305	180	365	850
181				
Jason Hesch	365	245	—	DQ
198				
M. Johnson	475	225	405	1105
A. Lickliter	395	225	465	1085
John Lloyd Jr.	395	225	450	1070
S. Edwards	375	270	425	1070
220				
M. Bradburn	480	285	405	1170
275				
Matt Armon	585	360	510	1455
Jake Cannon	515	350	500	1365
SHW				
Jon Burns	475	290	450	1215
M2 (45-49)				
SHW				
B. Edwards	135	135	135	405
Open (24-39)				
181				
M. Coleman	135	135	135	405

USAPL Spring Recordbreakers 10 Apr 04 - Ketchikan, AK

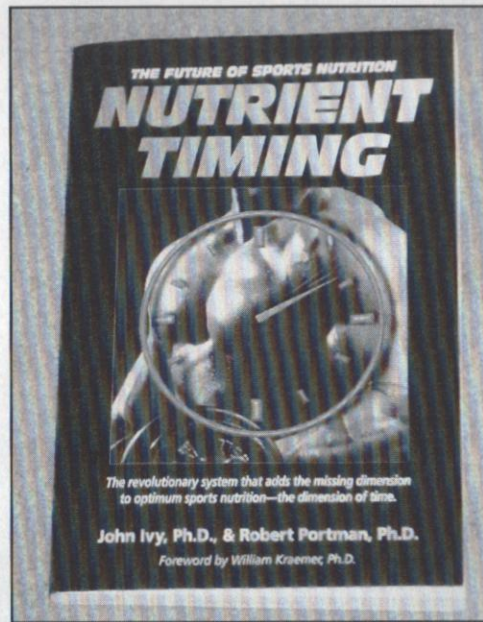
Men/Women	SQ	BP	DL	TOT
123				
T. Gregg	195	110	215	520
148				
M. Goodwin	260	135	295	690
198				
T. Eubanks	200	405	605	
Floyd Frank	405	280	485	1170

A. Wolford 250 135 330 715
220
Pat Stack 450 365 550 1365
SHW
J. Silverthorne 480 325 500 1305
Trevor Eubanks got off to a rough start with trouble in the squat. He managed to get back his focus and reset the K-High bench press record for his age and weight category and finished with a huge deadlift which was another K-High record. Jim Silverthorne arrived on the ferry from POW in time to put up some great numbers. He added 50 pounds to his squat, 25 to his bench and 70 to his total! Miss Goodwin, competing in her second meet added 35 pounds to her squat with her opener, 25 pounds to her bench and 35 pounds to her deadlift. She had the largest total increase of any of the lifters adding an incredible 95 pounds to the total. She feels she has more to go. Unfortunately she is leaving us! Hopefully she will get hooked up with some lifters in Salem, Oregon and come back in December to visit and lift! Taylor Gregg continued her k-High record breaking streak with new records in the Squat, Dead and Total. She has tied the state record for the bench and her total is now only 30 away from the state record. Next meet she could be a state record breaker! Pat Stack added 25 pounds to every lift! He boosted his total to 1365; the biggest total of the meet! Floyd Frank had an outstanding meet. He had a personal best in every lift. His total is closing in on 1200! He just gets stronger every meet! Andrew Wolford, also from POW, in his second meet added 65 pounds to his total and with his body weight and age adjustments edged out Floyd for the best lifter award! Way to go Andrew. (USAPL)

Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants and chain are 14k gold. Options for chain length are 18" to 20" with 1.5 mm rope chain. Silver Pendants & Chains also available. All pendants are also available as tie tacks and lapel pins. Come to the AAU drug tested world powerlift and intl. BP in Laughlin, Dec 3-5, and get 15% off on ALL jewelry.

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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 synthesis, 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.

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 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.

BENCH	165 lbs.	---	---	---	---
Drug Free (13-15)					
K. Hobden	---	225	---	---	---
POWER	181 lbs.				
Junior Drug Free					
Walguainery	---	---	---	---	---
(13-15)					
M. Gacek	---	---	---	---	---
Open Drug Free					
J. Burdette	500	540	505	1545	
PUSH-PULL					
(13-15) Drug Free					
M. Gacek	---	160	255	345	
Junior Drug Free					
Walguainery	---	315	450	765	
DEADLIFT					
(13-15) Drug Free					
M. Gacek	---	---	255	---	
BENCH	242 lbs.				
Junior Drug Free					
D. Yates	---	530	---	---	
POWER	275 lbs.				
Open Drug Free					
C. Wainwright	505	345	505	1355	
P. Savage	500	315	450	1265	
(40-49) Drug Free					
C. Wainwright	505	345	505	1355	
BENCH	308 lbs.				
Open					
T. Hess	---	---	---	---	
POWER	308 lbs.				
Open Drug Free					
C. Savage	600	400	625	1625	

Referees: Shelby Robbins, Chris Coaker, Scott Taylor. Meet Site: Alabama Elite, Mobile, Alabama. Meet Co-Ordinator: James Flowers. This meet was a lot of fun. Lifting quality was great as was the sportsmanship and a great audience of spectators to support the lifters. Thanks to James Flowers the meet equipment was great including monolift, all kinds of specialty bars, Forza Deadlift helper etc. Hurricane Charlie hit my hometown direct the day before and my wife could not get out due to a work situation and was stuck behind. The meet went on because Mobile, Alabama was a good escape route anyway so we headed in that direction. Our house was trashed and we lost a great deal of personal property. The important thing is she survived. I would like to thank all the lifters and spectators who were so great at keeping my children occupied and distracted during the meet. They had a lot on their minds and I appreciate the fact that people were so understanding. Believe me, it kept their stress levels down quite a bit. Special thanks to James Flowers, a great crew of spotters, and some outstanding referee's for making this a top notch event. (Thanks to Scott Taylor for results)

**WNPf Upstate New York
18 SEP 04 - Clyde, NY**

BENCH	Raw				
Equipped	MEN				
MEN	181 lbs.				
198 lbs.	(70-79)				
Lifetime	O. Vanbuskirk	335*			
C. Hewitt	385*				
220 lbs.	Lifetime				
(40-49)	S. Woods	420*			
J. Mitchell Jr	425*				
Raw	SQUAT				
FEMALE	S. Wittton	530*			
(14-16)	Raw				
K. Grimm	70*				
220 lbs.	MEN				
Lifetime	242 lbs.				
A. Lewis	420*				
242 lbs.	Lifetime				
(50-59)	E. Dibari	500*			
R. Haensch	250*				
275 lbs.	MEN				
Lifetime	181 lbs.				
D. Lowery	435*				
SHW (35-39)	O. Vanbuskirk	120*			
J. Hall	450*				
DEADLIFT	220 lbs.				
Equipped	(40-49)				
FEMALE	M. Peters	140*			
(60-69)	SQ				
Winkelblech	210!	100!	280	590!	
MEN					
148 lbs.					
(50-59)					
D. Brochey	365	275	360	1000	
181 lbs.					
(50-59)					
T. Williams	480	320	510	1310	
198 lbs.					
Lifetime					
T. Evans	550	350	500	1400	
198 lbs.					
(50-59)					
V. Peterson	460*	290	505	1255*	
220 lbs.					
Lifetime					
R. Pearo	620	330	580	1530	
242 lbs.					
Lifetime					
E. Winter	635!	475*	550	1660*	
Raw					
MEN					
198 lbs.					
(40-49)					
W. Sedorus	350*	225*	420*	1050*	
220 lbs.					
Lifetime					
A. Lewis	530*	420*	560*	1510*	
220 lbs.					
(35-39)					
S. Whitton	430	300	530	1260	
242 lbs.					

winning the female 13-16 division. Rich Haensch did a strong lift in the 242 lb. masters division as did 275 lb. lifter Dwayne Lowery and SHW lifter Joseph Hall. Shane woods and master lifter Owen Vanbuskirk. Set new state records in the deadlift only divisions and Vanbuskirk also set a new state record in the Powercurl. Matt Peters also set a state record in the 220 lb. masters Powercurl division. Thanks go out to the owners of the Lancaster Party House for providing a venue with a great atmosphere and food in winch to hold a meet. Thanks to Michelle and Steve and the rest of the crew, And all the lifters for their help in making this another successful meet. As always it's a pleasure to do a meet in New York. (courtesy of Ron Deamicis)

**APA Panhandle Open
14 AUG 04 - Mobile, AL**

POWER	SQ	BP	DL	TOT
148 lbs.				
Drug Free (18-19)				
G. France	500	235	500	1235
Junior Drug Free				
J. Roberson	180	90	285	555



Trophy winners... (back l-r) Pat Savage, Chris Savage, Curtis Wainwright, Kurt Hobden, Jerry Robeson, James Burdette; (front l-r) Dustin Yates, Glenn France, Michael Gacek at the APA Panhandle Open.

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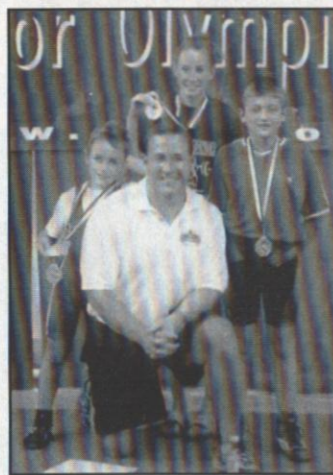
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AAU Junior Olympics
31 JUL-1AUG 04 - Des Moines, IA

MALE

Age	WT	SQ	BP	DL	TOT
Teen (14-15)	308 lbs.				
K. Tobin	303				
Assisted					
MALE					
220 lbs.					
Junior (20-23)					
J. Ferrulle	534	330	540	1405	
275 lbs.					
Teen (16-17)					
J. Culver	363	225	369	959	
114 lbs.					
C. Blake	165	82	148	396	
132 lbs.					
O. Mueller	148	99	225	473	
165 lbs.					
E. Morrow	203	104	231	540	
Teen (16-17)					
198 lbs.					
M. Weichack	451	264	440	1157	
242 lbs.					
N. Nickerson	248	154	330	733	
Teen (16-17)					
M. Farace	567	341	556	1466	



Young winners at the AAU Junior Olympics ... Bryce and Connor McDonnell, Danielle Peiron with their coach Russ McDonnell.

Age	WT	SQ	BP	DL	TOT
Youth (12-13)	4th-DL-292				
C. Banzhof	236	148	281	666	
181 lbs.					
Teen (16-17)					
A. King	330	319	479	1129	
198 lbs.					
M. Massey	181	203	352	738	
236 lbs.					
J. Banzhof	236	148	281	666	
4th-DL-292					
Teen (18-19)					
L. Hobbs	380	259	496	1135	
220 lbs.					
Junior (20-23)					
C. Hoffman	435	341	556	1333	
165 lbs.					
P. Collins	165	88	176	429	
4th-SQ-176					
Teen (16-17)					
S. Kreutzer	363	314	523	1201	
Teen (18-19)					
M. Randolph	479	303	534	1317	
Youth (12-13)					
T. Proctor	121	82	154	358	
Teen (14-15)					
M. Bowne	336	341	424	1102	
Teen (16-17)					
B. Bobbert	418	297	407	1124	
C. Diehl	341	220	462	1025	



Robbie Karstendiek totalled 358.

Age	WT	SQ	BP	DL	TOT
Teen (18-19)					
C. Rowe	292	194	359	845	
Teen (14-15)					
T. Johnson	231	176	303	710	
K. Sullivan	214	110	297	622	
J. Walters	154	132	264	551	
Teen (16-17)					
R. Bosso	319	220	402	942	
Teen (18-19)					
D. Bosso	264	187	352	804	
Youth (12-13)					
J. Moon	270	154	327	751	
4th-BP-187					
DL-336					
Teen (14-15)					
148 lbs.					
C. Hogan	220	137	253	611	
Teen (16-17)					
A. Hake	347	192	380	920	
Youth (12-13)					
M. Oxier	303	192	363	859	
Teen (16-17)					
165 lbs.					
J. Gerideau	380	236	407	1025	
4th-SQ-391					
B. Quinn	310	259	407	977	
M. Peditto	259	248	380	887	
Teen (18-19)					
S. Cupec	418	281	451	1151	
J. Walters	214	159	330	705	

Age	WT	SQ	BP	DL	TOT
K. Winters	275	275	424	975	
Teen (18-19)					
B. Golab	473	352	501	1328	
Teen (14-15)					
275 lbs.					
A. McElhinny	451	319	462	1234	
Teen (16-17)					
Laudermilch, Jr	490	259	518	1267	
A. Wick	347	270	435	1052	
Teen (14-15)					
308 lbs.					
J. Livengood	275	236	358	870	
FEMALE					
Raw					
Kids (6-7)					
88 lbs.					
V. Vasquez	77	60	110	248	
4th-SQ-84					
BP-66					
Kids (8-9)					
97 lbs.					
A. Fleming	110	66	137	314	
Youth (12-13)					
D. Peiron	99	55	143	297	
Teen (18-19)					
123 lbs.					
S. Powell	126	104	203	435	
Teen (14-15)					
132 lbs.					
M. Herrington	115	99	187	402	
Teen (16-17)					
K. Morris	225	126	319	672	
Junior (20-23)					
148 lbs.					
L. Laughlin	225	132	270	628	
4th-DL-281					
Teen (14-15)					
K. DuFour	192	115	242	551	
A. Little	192	110	242	545	
Teen (16-17)					
T. Cockrell	192	99	236	529	
Kids (10-11)					
165 lbs.					
F. Wilson	88	60	121	270	
Teen (14-15)					
198 lbs.					
K. Casto	270	159	292	722	
Teen (16-17)					
198+ lbs.					
R. Wilcox	253	148	314	716	
4th-SQ-270					
L. Hannagan	176	104	253	534	

They came! They conquered! 74 lifters from 13 states descended on Des Moines, Iowa July 31st-August 1st for the 2004 AAU Junior Olympics. Lifters ranged in age from 7 to 23 years of age. There were 14 girls and 60 boys. Five teams from Pennsylvania, North Carolina, and Virginia provided tight competition till the end. 1st place - Team Lancaster County (Pennsylvania), coached by Russ McDonnell. 2nd place - "Big Zeke's" (Pennsylvania), coached by Connie and Zeke Wilson. 3rd place - Tim Kings Gym (North Carolina), coached by Perry Wyrick. 4th place - "Big Zeke's" (Pennsylvania), coached by Connie and Zeke Wilson. 5th place - Team Fredericksburg (Virginia), coached by Mr. Walters. Junior Olympics is the AAU National Youth and Junior Champion-



Jared Fleming @ the AAU Jr. O.

ships. It provides lifting opportunities for youths, teens and juniors competing in Raw and Assisted Divisions. This year there were 8 Assisted lifters. The heaviest weight lifted during the weekend was done by Michael Farace (Maryland) in the Assisted Division with a total of 1466 lbs. There were 66 raw lifters at the meet. The heaviest weight lifted in the raw division was by Craig Hoffman with a total weight of 1333 lbs. AAU Powerlifting has become sort of a family affair. This year at the Junior Olympics, several lifters were coached by their fathers who also lifted with the AAU and are National and World Champions. There were also a large number of siblings at this year's event. Jordan, Jason, Justin Walters (brothers) from Virginia, Connor & Bryce McDonnell (brothers) from Pennsylvania, Jared, Derrek, Ryan Boss (brothers) from Pennsylvania, Amanda & Jared Fleming (sister/brother) from New York, John & Clint Banzhof (brothers) from Pennsylvania. Plans are underway for an even bigger and better Junior Olympics for 2005. The Virginia Powerlifting Association will be managing the meet. AAU hopes to attract 120+ lifters from across the United States to attend the games in New Orleans, Louisiana. The exact dates have not been identified but, it will be sometime in July. Teams or individuals interested in more information should contact Judy Wood, Meet Director, at 804-559-4624 or email at judi6108@aol.com (courtesy Judy Wood)

USAPL Louisiana Tech Qualifier
19 Feb 04 - Ruston, LA

Women	SQ	BP	DL	TOT
148				
R. Meloncon	330	190	330	850
165				
A. Bertram	260	135	235	630
Men				
132				
Sekou Toure	310	190	385	885
D. Villafranca	300	225	365	890
Z. Cieloncki	345	200	340	885
148				

E. Randolph	435	250	400	1085
181				
J. Albritton	455	310	480	1245
Pierre Brown	485	275	505	1265
Justin Scalfano	430	270	445	1145
Chris Owen	465	290	510	1265

220				
David Turnage	540	355	525	1420
J. Bertrand	470	355	475	1300
Don White	520	260	495	1275
Steve Bouyelas	370	245	445	1060
242				
Matt Walt	470	305	515	1290
275				

USAPL LaCrosse Collegiate Open
28 Feb 04 - LaCrosse, WI

Women	SQ	BP	DL	TOT
123				
H. Mertzig	175	105	200	480
132				
Jenna Kraska	225	140	255	620
N. Hartman	350	170	325	845
Jolynn Ennis	310	175	325	810
N. Gorius	240	135	255	630
C. Schreiner	250	90	260	600
Joanna Rush	190	95	215	500
165				
J. DesRosier	260	200	270	730
198				
C. Warren	225	115	275	615
Men				
148				
L. Al-Ghamdi	350	250	425	1025
K. Maxwell	330	250	375	955
165				
Chris Carter	415	290	445	1150
Peter Nees	415	265	450	1130
C. Schumacher	415	230	445	1120
181				
E. Koziowski	425	270	450	1145
Philip Paulsen	370	255	450	1075
Mark Wilcox	—	275	400	650

Ben Roehl	430	360	555	1345
N. Schlottbauer	410	210	450	1070
242				
Jeff Heimerl	—	240	370	610
275				

Chris Alitz	600	365	550	1515
W. Zenisek	460	335	475	1270

(Thanks to USAPL for providing results.)

USAPL St. Xavier Qualifier
27 May 04 - Louisville, KY

Men	SQ	BP	DL	TOT
Open				
114				
A. Miroff	240	125	265	630
123				
A. Thompson	280	150	280	710
132				
B. Hatfield	360	200	380	940
K. Markwell	280	180	270	730
148				
T. Redmon	375	235	405	1015
T. Brangers	360	215	390	965
Jordan Shontz	350	205	370	925
Eric May	345	185	300	830
165				
Will Schemp	380	220	395	995
J. Stillwell	410	210	350	970
Agammonus	335	175	420	930
181				
Clay Wade	440	255	405	1100
Paul Belshoff	410	235	390	1035
Mike Tullis	315	220	425	960
Matt Meyer	3			

USAPLOzark Meet (kg)
24 Jul 04 - St. Louis, MO

Bench Press		SHW			
Men/Open		Jary Dawson		—	
teen		Masters			
220		181			
K. McNease	167.5	Randy Stone	172.5		
198		198			
A. Odenwald	147.5	James Clark	—		
Womens		220			
165		Gene King	182.5		
Cheryl Gee	102.5	Curt Dreyer	137.5		
Mens		181			
Randy Stone	172.5				
198					
Tyson Greene	155				
220					
Brady Stewart	202.5				
275					
K. Mahendra	202.5				
Women		SQ		BP	
123				DL	
L. Gaines	37.5	27.5	70	135	
Men/Open					
165					
S. Gaines	40	27.5	72.5	140	
Teen					
148					
Ben Cavar	95	85	150	330	
G. Gaines	62.5	42.5	92.5	197.5	
T. Stafford	125	97.5	182.5	405	
165					
C. Friedman	200	127.5	207.5	535	
John Dunlap	140	115	190	445	
Josh Kirsh	160	105	160	425	
198					
K. Neuling	142.5	135	185	462.5	
Tyson Greene	252.5	155	262.5	670	
A. Odenwald	205	147.5	215	567.5	
220					
K. McNease	227.5	167.5	255	650	
Womens					
148					
Kim Smith	115	52.5	117.5	285	
Maureen Post	97.5	95	132.5	325	
Mens					
165					
Rick Bertel	155	97.5	197.5	450	
181					
Peyton Stone	272.5	152.5	227.5	652.5	
Randy Stone	260	172.5	250	682.5	
198					
James Clark	—	—	—	—	
220					
C. Simmons	92.5	112	137.5	342	

(Thanks to USAPL for providing results)



Chad Aichs missed 1003 in the squat, but came back to get it, with a roar, at the AAPF Nationals in Las Vegas. (Lambert photograph)

AAPF Nationals
20,21 MAR 04 - Las Vegas, NV

BENCH		Trey Brewer 220	
Women Open		Men Submaster	
82.5		75	
J. Phillips	102.5	Chris Livolsi	125
90+			
V. Huddle	75	Kevin Farley	210
Women Teen 13-15		Jeff Rebera 192.5	
60		100	
Rachel Mayer	52.5	F. Woodson	205
Women		110	
Master 45-49		K. Wentworth 197.5	
75		140	
I. Ciesielski	67.5	D. Guerra	247.5
Women		John Heldt 165	
Master 50-54		Men Master 40-44	
60		75	
Susan Mies	60	D. Naughton	168.5
Men Open		82.5	
67.5		D. VanAffelen 190	
James Love	150		
75		McConaughy 247.5	
Tim O'Neill	167.5	Roger Flynn	220
P. O'Neill	140	Men Master 45-49	
82.5		110	
D. VanAffelen	190	D. Murphy	195
90		Bob Eickstaedt	
Kevin Farley	210	Men Master 50-54	
J. Rebera	192.5	90	
100		R. Marchant 160	
Cory Dexter	220	100	
110		Tim Daley 105	
Trey Brewer	220	Men Master 55-59	
Roger Flynn	220	82.5	
125		Tom Wilson 147.5	
Peter Kletz	245	90	
125		Ronald Cuny 147.5	
D. Szymanski	227.5	125	
140+		VanBrooklin 157.5	
Chad Aichs	282.5	Men Master 60-64	
Men Junior		82.5	
90		Rudy Lozano 170	
Tyson Orwall	142.5	J. Lamboley	147.5
140		90	
Michael Christian	Anczerewicz 115		
Men Teen 18-19		100	
110		F. Kucharski 125	
Powerlifting		SQ	
Women Open		BP	
56		DL	
Kristin Tom	137.5	75	115
K. Moore	110	57.5	112.5
60		280	
Alison Franciscus	67.5		
S. Powell	180	82.5	165
75		427.5	
Brook Curry	210	92.5	167.5
Lisa Denison	200	95	172.5
82.5		467.5	
J. Phillips	185	102.5	192.5
90+		480	
J. Conner	215	112.5	187.5
Women Junior		515	
60			
C. Piatek	122.5	67.5	110
Women T 13-15		300	
60			
R. Mayer	110	52.5	125
Women T 18-19		288	
56			
Kristin Tom	137.5	75	115
Women Submaster		327.5	
75			
Tywnia Brewton			
Women M 40-44			
60			
Alison Franciscus			
90+			
J. Connor	215	112.5	187.5
Women M 45-49		515	
56			
S. Lucchesi	107.5	80	125
82.5		312.5	
Amy Razor	137.5	72.5	130
90+		340	
T. Merenkov	137.5	72.5	130
Women M 55-59		340	
52			
C. Brigham	87.5	60	130
Women M 60-64		267.5	
67.5			
E. Keresy	100	50	130
Men Open		280	
67.5			
C. Morse	210	132.5	212.5
Men Master 45-49		547.5	
82.5		502.5	
D. Barnes	182.5	137.5	182.5
75		502.5	
Eric Stone	250	155	215
Men Master 45-49		620	
82.5		565	
R. Rhinehart	215	107.5	242.5

82.5	Joe Wilson	260	172.5	227.5	666
J. Thomas	260	160	230	650	
Putt Houston	245	165	225	635	
N. Akyempong	217.5	127.5	217.5	562.5	
90					
John Dorsten	297.5	182.5	285	765	
Wayne Flesh	305	182.5	247.5	735	
J. Rebera	275	192.5	235	702.5	
James Proce	242.5	182.5	227.5	632	
K. Downey	150	110	165	425	
Robert Clark					
Ronnie Paras					
Evan Arntzen 335 190 280 805					
Steve Landry 285 210 300 795					
M. Szudarek 330 172.5 292.5 795					
J. Williams 282.5 177.5 265 / 705					
Jason Howe	272.5	200	230	702.5	
110					
C. Eaton	320	227.5	315	962.5	
J.R. Mancini	220	202.5	220	642.5	
125					
Mike Allocco	441	272.5	302.5	1015	
Jimmy Garza	287.5	205	235	727.5	
Pete Arroyo					
140					
J. Vaughn	373.5	233.5	327.5	932.5	
140+					
Chad Aichs	455	282.5	295	1032.5	
C. Symons	332.5	207.5	255	795	
John Magee	327.5	190	227	745	
Men Junior					
60					
S. Sheklianian	152.5	105	182.5	440	
82.5					
J. Thomas	260	160	230	650	
90					
Tyson Orwall	215	142.5	220	500	
100					
Justin Fitz	312.5	182.5	295	790	
125					
A. Oseguera	297.5	167.5	281	745	
Teenage 13-15					
110					
Hunter Beck	170	150	182.5	502.5	
Teenage 16-17					
67.5					
J. Bickford	242.5	125	227.5	560	
75					
Kyle Southall	207.5	120	192.5	515	
90					
Elliott Shults	205	172.5	232.5	587.5	
100					
V. Abrego	270	160	227.5	657.5	
Eric Hibler	250	137.5	230	612.5	
P. Luczkowski	207.5	117.5	202.5	527.5	
125					
Max Tooker	260	165	240	665	
Teenage 18-19					
90					
Erick Graves	227.5	120	227.5	575	
100					
N. Mezera	260	150	237.5	647.5	
Men Submaster					
67.5					
C. Morse	210	125	212.5	547.5	
82.5					
Scott Nautel	271	161	260	690	
90					
Jeff Rebera	275	192.5	235	702.5	
James Proce	220	182.5	227.5	632	
100					
Kevin Emery	250	170	102.5	522.5	
140					
Greg Payne	355	240	332.5	927.5	
Joseph Jano	290	205	227.5	722.5	
Darrin Guera					
Men Master 40-44					
67.5					
Jim Oswood	182.5	137.5	192.5	512.5	
75					
Steve Lumpe	255	140	197.5	592.5	
D. Naughton	230	168.5	160	557.5	
82.5					
M. Larsen	175	87.5	185	447.5	
100					
B. Kelly	307.5	155	277.5	740	
Victor Calia	250	190	295	735	
P. O'Neil	262.5	182.5	260	705	
110					
B. McConaughy	282.5	247.5	217.5	747.5	
Rick Roberts	305	182.5	232.5	720	
Delbert Shay	240	152.5	207.5	600	
140					
David Tooker	242.5	182.5	260	685	
Men Master 45-49					
82.5					
R. Ruettiger	275	165	242.5	682.5	
Don Graham	265	137.5	235	637.5	



Kevin Farley did some nice benching in the 198 lb. class. (Lambert)

Tracy Frein	240	160	240	640
100				
G. Pessell	317.5	192.5	285	795
140+				
K. Luczkowski	222.5	167.5	205	542.5
Men Master 50-54				
90				
Mario Nigro	245	127.5	195	567.5
Jim Razor	172.5	127.5	165	465
100				
Dick Zenzen	325	170	230	725
125				
G. Ridgeway	295	185	235	715
140+				
John Magee				
Men Master 55-59				
67.5				
Mike Wider	190	100	195	485
67.5				
R. Charles	190	92.5		
82.5				
Tom Wilson	172.5	147.5	195	515
90				
Ed Sapienza	197.5	152.5	197.5	547.5
David Solan	290	160		
Men Master 65-69				
67.5				
Fred Glass	170	67.5	182.5	420
75				
R. Flores	217.5	122.5	217.5	557.5
Men Master 75-79				
60				
N. Kawasaki	150	102.5	182.5	435

(Thanks to the APF for providing results)

USAPLPlainwell "No Frills"
24 Apr 04 - Plainwell, MI

Women		SQ		BP		DL		TOT	
132	(Teen-1)								

New! COOL CAPS

from... **INZER**
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!



A DENIM CAP — Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.

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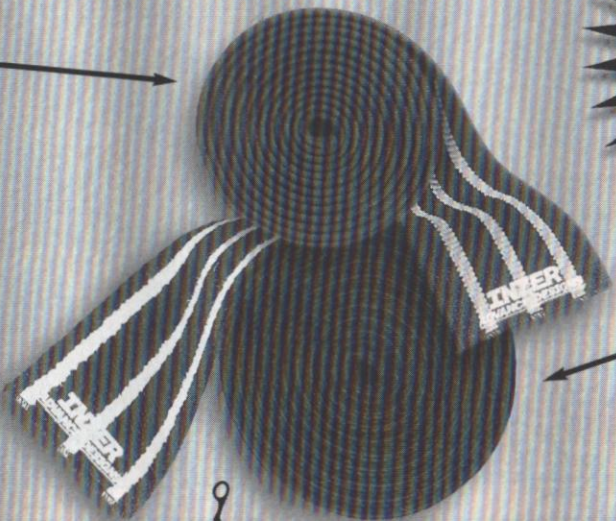
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The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

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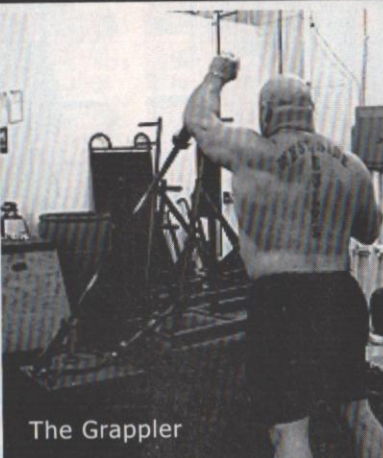
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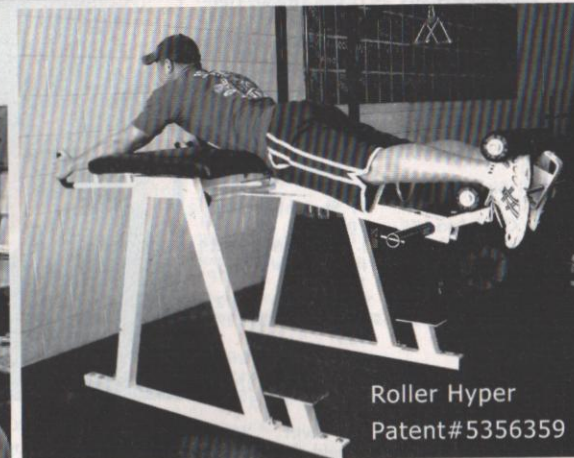
Name _____
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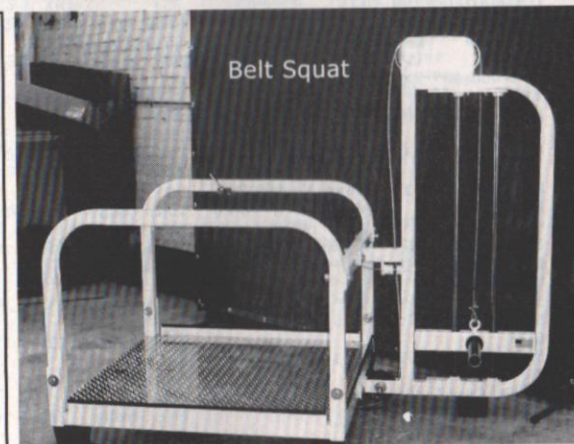
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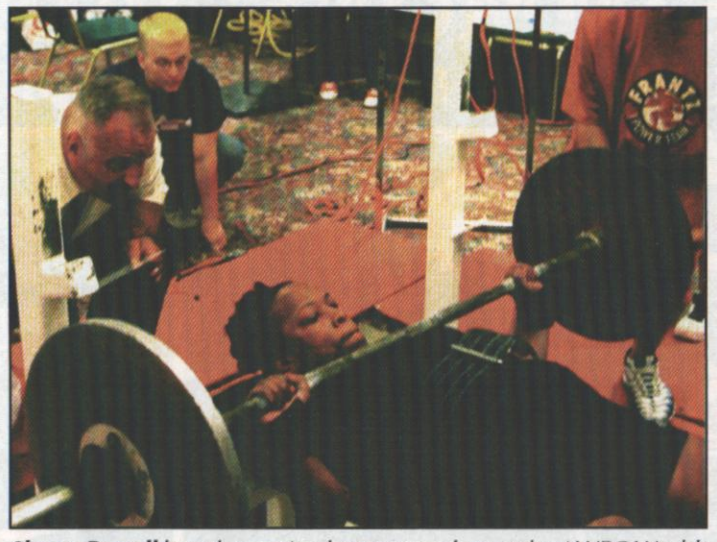
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AWPC WORLDS (kg)

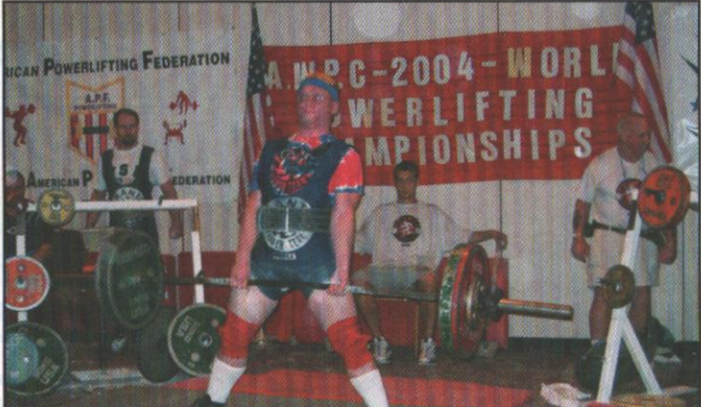
21,22 AUG 04 - Chicago, IL

BENCH PRESS			
WOMEN			
Open	Zintsmaster	145	
67.5	Men Master	40-44	
Eva Siskova 25	D. VanAffelen	190	
90+	Tim Wider	1	
Sidney Thoms 122.5	Michael Capriotti		
Master 40-44	100		
56	K. Sladek	47.5	110
Master 45-49	McConaughy	257.5	
48	Men Master	45-49	
C. Krochmal 67.5	82.5		
60	L. Boynton	160	
Jill Simbro 62.5	90		
75	F. Sbalchiero	200	
I. Ciesielski 75	100		
Master 50-54	J. Zintsmaster	152.5	
60	Jim Pinckard	215	
Susan Mies 57.5	110		
90+	D. Murphy	192.5	
Sidney Thoms 122.5	T. Bartolomei	227.5	
Master 70-74	125		
90	Cozy Cozine	207.5	
Betty Tenorio 37.5	Jan Siska	125	
MEN OPEN			
75	Men Master	55-59	
Timothy O'Neill	Dan Swift	182.5	
82.5	Ronald Cuny		
D. VanAffelen 190	125		
90	VanBroeklin	147.5	
J. Rebera 217.5	140		
100	Tom Nelson	182.5	
F. Woodson 227.5	Men Master	60-64	
110	75		
K. Wentworth 200	J. Lamboley	137.5	
125	90		
D. Szymanski 235	Anczerewicz	125	
140			
D. Guerra 237.5	Floyd Kucharski		
Men Junior	Men Master	70-74	
90			
Tyson Orwall 160	B. Rosenfield	150	
Powerlifting	SQ	BP	DL
Women Open			
52	M. Kirkland	172.5	77.5 160 410
67.5	S. Powell	175	87.5 165.5 427.5
75	Fineis Curry	202.5	107.5 172.5 482.5
Women Junior			
75	J. Desrosier	157.5	93 137.5 387.5
Women T 13-15			
60	R. Mayer	112.5	57.5 95 265
Women T 18-19			
56	Kristin Tom	160	75 125 365
Women M 40-44			
52	M. Kirkland	172.5	77.5 160 410
75	T. Brewton	127.5	82.5 152.5 362.5
82.5	Kim Packer	182.5	85 147.5 415
Women M 45-49			
52	B. Zintsmaster	107.5	50 135 292.5
90+	T. Merenkov	130	85 135 350
Women M 60-64			
67.5	E. Keresy	120	65 150 335
Men Open			
52	Rob Leoni	197.5	95 200 492.5
67.5	C. Morse	192.5	142.5 210 545
75	Eric Stone	260.5	162.5 200 622.5
82.5	Erwin Chang		
Joe Wilson 245	162.5	227.5	635
Putt Houston 235	157.5	225	617.5
90	James Proce	252.5	187.5 240 680
J. Rebera 305	215	260	780
110	Jason Patrick	425	282.5 342.5 1050
125	Mike Allocco	410	275.5 300 985
125	Jimmy Garza	277.5	185 265 727.5
140	D. Guerra	255	237.5 290 782.5
Joseph Jano 327.5	205	227.5	760
140+			



Sharra Powell bench pressing her way to glory at the AWPC Worlds in Illinois. (Photos courtesy of Fred Meighan, Digital Paradise Studios)

Chad Aiches 460	295	322.5	1077.5	67.5	Mike Wider	192.5	95	197.5	485
Chris Therman					Ted Feight	160	92.5	160	412.5
Men Junior					75				
60	S. Shekhanian	172.5	115	182.5	470	Jon Smoker	232.5	120	222.5
						Ed Sapienza	200	145	200
						140+			
						John Magee	282.5	195	250
						Men Master	60-64		
						90			
						75			
						Tony Noplos	175	120	195.5
						Men Master	65-69		
						67.5			
						Fred Glass	170	65	165
						67.5			
						R. Gidcumb	157.5	110	165
						75			
						R. Flores	233	125	242.5
						110			
						Earl Davis	207.5	125	197.5
						(Thanks to Amy Frantz for meet results)			
						This meet was one of the best meets ever			
						held. Co-meet directors Amy Jackson and			
						AWPC/WPC Founder Ernie Frantz did a			
						fantastic job in terms of equipment,			
						logistics, and attention to details. Each			
						lifter received a goody bag filled with a			
						water bottle, snacks and supplements, and			
						a T-shirt. Even the bags were top notch.			
						The equipment was the best available. Any			
						time the folks at Frantz Sports Center run			
						a meet you can count on it. The loaders and			
						spotters did a good job. They saved a few			
						lifters during the weekend. Thanks to the			
						judges who also did a wonderful job: Russ			
						Barlow, John Burghard, Radar and Janie			
						Capehart, Erwin Chang, Terry and Nancy			
						Dangerfield, Bob Kelly, Eric Stone and			
						Mike Sweeney. Bob Spaulding and Maris			
						Anne Sternberg did the Technical Officer			
						job with aplomb! AWPC/WPC CEO Kieran			
						Kidder was in attendance to referee and			



Eric Stone deadlifting at the AWPC World Championships in Chicago.

meet and greet all the competitors. Maris kept the meet moving with her inimitable style and flair. But without Ernie Frantz and Amy Jackson at the scorer's table it would have been a very different story.

The meet began with the Bench Press Competition. Eva Siskova traveled all the way from Slovakia to compete. She did an admirable job. As did Carol Krochmal and Sidney Thoms of the USA who took best lifter honors. Sidney made best lifter in the open and Master's divisions. The men's and women's master division proved that you're never too old to have fun lifting. Over 70 year old lifters Betty Tenorio and Burt Rosenfield lifted very well, both of them setting records at the same time, with Burt taking Best Lifter. The open men had some very strong lifts with Fred Woodson taking home best lifter honors. In the master division, Bob McCaughnehy took best lifter honors with a fantastic 567.5 at 242. While placing second to Cozy Cozine, Jan Siska was another lifter from Slovakia to make the trip. It was good to see Dave VanBroeklin back after major hip surgery. It's always great to see Walter Anczerewicz. He's my DONUT MAN and I love him dearly!!!

In the full powerlift division the chalk dust settled and there were some minds boggled. Margaret Kirkland totaled 903 in the 114 lb. Class. That was good enough for Best Lifter status and some more great records for her. Other names to watch were Brooke Fineis Curry who totaled 1062 in the 165's. Sharra Powell is going to be a household name in Powerlifting very soon. She totaled 940 in the 148's and she hasn't even hit her stride yet. With her most perfect form she will be lifting super big weights before long. Another woman who you'll always find outstanding in the field is 64 year old Evangeline Kersey. I had the privilege of lifting with her 20 years ago and she's back. And you'd better watch out because she is as strong as ever.

The men's division held no slouches either. Rob Leoni dropped to the 114's for this meet. He's been battling cancer for several years already and still won Best Lifter Light with 1085. One of the most outstanding performances of the century, I think, so far was Jason Patrick who took Best Lifter Heavy with a 2310 total. Chad Aiches was another big totaller with 2370 in the Supers.

Shant Shekhanian, in the Juniors has to be the guy with the worst track record for traveling to and from meets that I have ever seen. At Nationals they lost his luggage and the same thing happened again at this meet! Thankfully they delivered his stuff just in time to lift both times. But who needs the aggravation! His flight for the last three meets I've seen him at all somehow got all screwed up, too! Maybe next time will be the charm. Tyson Orwall had a very nice day, as did Tony Luna who won his first world championship at this meet. Congratulations Champs! Truly outstanding, Hunter Beck, became the first teenager ever to bench over 400 with his 402.5. He's quite impressive. If he keeps on as he is, he'll become one of

the all-time stars of our sport.

There were some good battles in the Masters. Bob McCaughnehy and Rick Roberts had a bit of a fight going, but with his extraordinary bench, Bob picked up the win. Buddy McKee did a great job. Only one successful squat still was enough to get him a Best Lifter crown. Tim Lane in the 308's had a fine performance going 8 for 9 while winning his first World Championship. He is one of the true gentlemen of the sport. Rudy Ruettiger had his usual fine lifting as did Mario Nigro, both mult World and National Champions again. Dick Zenzen helped coach, judge and still had strength to add another World championship to his resume. Jon Smoker set a word record squat he's been working for on the way to his victory. His strength is only eclipsed by his niceness. What looked like it could develop into a close battle were Fred Glass and Rich Gidcumb. These two have been competing against each other for years. This time it could have been close, except for Rich's superiority in the Bench Press. After that Fred could only play catchup which he wasn't able to do. Rich Flores, perennial champion took home world records and Best Lifter in the 65-69 175's. He just gets stronger and stronger.

All in all, I would say that a grand time was had by all. Next year the World will be held in the same place, July 29-31. Also watch for details on AAFP Nationals coming in March in Maine with Russ Barlow and his posse. Until then, stay healthy and stay strong. Maris

USAPL Little Bitty Qualifier Pt.2

13 Mar 04 - Baton Rouge, LA

Men PL	SQ	BP	DL	TOT
J. Geatreaux	150	90	200	440
132				
Amy Ingram	195	90	225	510

Emily Burnette	145	85	185	415
148	SHW			
Lacey Weaver	300	150	275	725
148				
Mike Roy	375	275	375	1025
181				
Dan McGehee	415	225	525	1165
198				
Ryan Kline	350	225	475	1050
220				
Aubey Bolon	430	230	500	1160
John Clay	500	350	475	1325
242				
J. Rifenburg	500	325	465	1290
T. Halphen	445			

(Thanks to USAPL for providing results.)

United We Stand BP/Curl

11 SEP 04 - Stanardsville, VA

BENCH	FEMALE	Raw
245	275 lbs. Open	540
125	CURL	140
181 lbs. Open		155
181 lbs.	J. Self	220 lbs. (60-69)
J. Self	365	220 lbs.
J. Jackson	330	275 40-49
M. Lester	155	155

the 275 weighing in just over the 242 limit. Thanks to all the lifters for a great day. (Thanks to John Shifflett for these results)

USAPL NJ Bench Open (kg)

14 AUG 04 - Rockaway, NJ

BENCH	Formula	Lite	Heavy
D. Cieri	277.5	R. Palumba	57.5
Master			
S. Krawczyk	130	F. Conte-141	32.5
S. Patterson	147.5	Team	
R. Hurley	142.5	Penridge	1
R. Titus-162	122.5	MEN	
B. Phillips-205	200	Open	148 lbs.
D. Pora(2)-174	120	M. Ciano	100
Submasters		G. Stewart	117.5
J. Young(2)-255	147.5	M. Santiago	170
C. Welsch-175	130	165 lbs.	
M. Cooper-242	182.5	D. Ambrosano	142.5
D. Krieg	202.5	M. Hollis	—
P. Porcelli-276	210	Guest	197.5
R. Miller(2)	—	M. Richmond	181 lbs.
Juniors (Formula)	137.5	D. Pora(2)	120
Robertaccio	137.5	N. Chiarolanza	130
J. Zick(2)-191	175	Guest	130
C. Nasser-207	182.5		
Schwedman	197.5	J. DeMatteo	212.5
Raw (Formula)	198 lbs.		
J. Youna(2)-255	147.5	R. Hanington	102.5
Robertaccio	137.5	J. Zick(2)	175
V. Yarnall-133	107.5	G. Weber Jr.	205
C. Yarnall-162	130	220 lbs.	
C. Neal-245	192.5	F. Vogel	132.5
C. Apistar-157	110	A. Meoli	142.5
Teen (Formula)		B. Gilbert	172.5
M. Ciano-144	100	D. Ceri	277.5
M. Crocco-127	90	242 lbs.	
M. Derstine	127.5	M. Cooper	182.5
S. Turzanski	142.5	T. Lehrer	232.5
S. Gravesande	155	275 lbs.	
P. Godshall	127.5	B. Lombardi	237.5
G. Bealo Jr.	87.5	K. Hebert	240
R. Pachata-220	—	SHVY	202.5
P. Sabba-121	—	D. Krieg(2)	—
WOMEN		R. Miller(2)	—

(Thanks to USAPL for providing results)

1st Annual Galesburg Bench Blast

14 Feb 04 - Galesburg, IL

Women	BP	Tom Reese	475
Ann Park	210	Randy Malone	320
Cindy Blair	135		
Amy Suddle	155	M. Underwood	480
Beth Malone	120	R. Lombardi	430
Men		Joey Vrabel	390
Masters 40-49			
Tom Reese	475	Tony Nash	470
Randy Malone	320	Jake Sabo	345
50-59			
1	Jake Sabo	345	Brian Ware
Men/Open			
165			
100	James Parr	335	
117.5	Jeff Akin	310	
170	181		
	Randy Malone	320	
	John Erthal	290	
	198		

Meet Director: Marty Akin. (Meet results were submitted by Julie Akin & Jim Malone.)

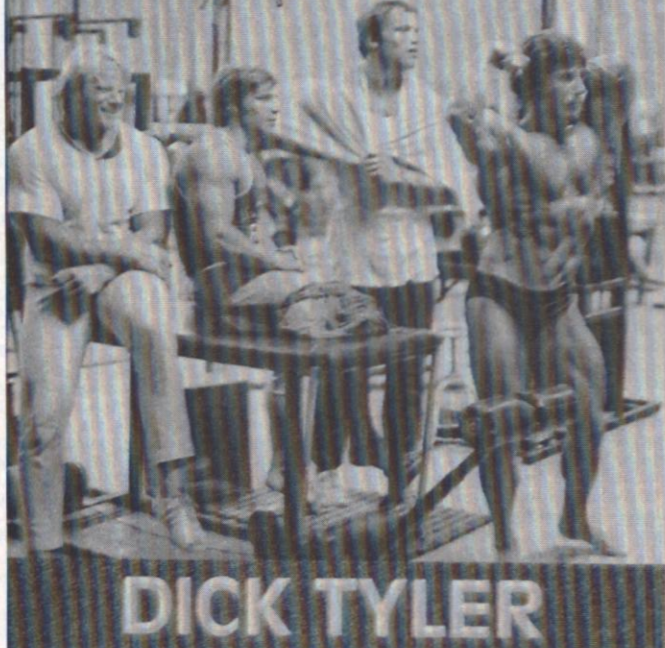
USAPL Florida Collegiate BP (kg)

15 MAY 04 - Ft. Lauderdale, FL

WOMEN	90 kg.	C. Wilcoxson	145
102.5	67.5 kg.	N. Smith	130
175	T. Thompson	70	100 kg.
205	MEN		
60 kg.			
132.5	B. Creel	100	R. Hayne
142.5	67.5 kg.		150
172.5	P. Gallagher		
277.5	G. Fils-Aime		112.5
	M. Manzo		
	S. Bissoon	72.5	
182.5	82.5 kg.</		

WEST COAST BODYBUILDING SCENE

The Golden Era



DICK TYLER

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 Zuver'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 a 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.

SPF Tennessee Push/Pull 7FEB 04 - Hixson, TN

MEN	
308 lbs.	181 lbs.
G. Hicks	1225
275 lbs.	B. Parsley
J. Robinson	1145
J. Whisman	960
242 lbs.	K. McKenzie
R. Clevenahgen	1110
N. Peppers	1045
B. Bell	905
220 lbs.	220 lbs.
T. Weller	840
198 lbs.	148 lbs.
M. Lockley	890
181 lbs.	Submasters
J. Maples	740
165 lbs.	P. Andrich
B. Parsley	705
148 lbs.	308 lbs.
K. McKenzie	590
308 lbs.	J. Hall
D. Smith	805
165 lbs.	242 lbs.
Z. Marsh	580
148 lbs.	B. Maples
R. Whitmore	610
148 lbs.	C. Wooten
B. Grayson	340
132 lbs.	181 lbs.
C. Thompson	340
C. Pell	310
MEN	
Masters	308 lbs.
J. Bible	1010
220 lbs.	242 lbs.
B. Monroe	800
148 lbs.	T. Snelling
K. McKenzie	590
Grand Masters	198 lbs.
B. Morgan	870
275 lbs.	C. Grant
J. Robinson	825
242 lbs.	181 lbs.
B. Maples	660
148 lbs.	J. Maples
J. Love	325
Open	D. DeLorenvo
MEN	K. McKenzie
Super Heavy	235
E. West	475
308 lbs.	R. McCay
J. Hail	495
275 lbs.	220 lbs.
J. Robinson	510
T. Horn	500
P. Andrich	465
242 lbs.	R. Home
148 lbs.	285
T. Brewer!	475
C. Larnbersie	350
E. Pitts	375
R. Home	285
Teens	
B. Bell	905
220 lbs.	220 lbs.
T. Weller	840
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220 lbs.	242 lbs.
B. Monroe	800
148 lbs.	T. Snelling
K. McKenzie	590
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(article continued from page 5)

years later. At 181, Doug VanAffelen was best at 40-44 (424.38). At 65-69 CA's Coy Sanders came out of retirement and earned top honors with 264.55 @ 65 years of age. 90 kg. (198.41) - Tyson Orwoll, 21, USA, went 3 for 3 and did 157.5 kg. (347.22). Orwoll had a theory he would've lifted more if held been immersed underwater, but he saved the big dunks for his 3 lift competition later on. At 45-49, Mike Miller, 47, of Akron, OH hoisted 440.92 (200 kg.) on his opener for the win; 7.5 kg. more than he did in winning the Nationals 6 mos. earlier. 110 kg. (220.46): Richard Briggs, 19, an Omaha, NE cornhusker out of Big Iron Gym in Omaha, NE reaped a huge Fall harvest by elevating a 2nd attempt 255.0 kg. (562.17) for an 18-19 WPC WR. He stormed 262.5 (578.70) a last ditch effort - but missed. The Masters 45-49 saw Golden State Great Bob Evans, 58, (219.13) take top honors with his 185.0 (407.85) 3rd attempt. He raised the bar to 200.5 (442.02) to assault the WR on an extra attempt. At a future date, perhaps it shall be his. Terry Lancaster, 61, USA weighed exactly the same as Evans, and had his way in the 60-64 bracket, lifting 3-3, final weight

187.5 kg. (413.36). The 70-74 champ is Igor Goldman, 71, the Russian team coach (I think). He broke the WR three times: 130.0 (286.59), 140.0 (308.64) and on a 4th attempt: 145.0 (319.66)! I forgot to mention that David Beckinsale, 61, USA, was runner up to Lancaster with 165.0 (363.75). 110 kg.: (242.50) Junior champ this year (20-23) Christian Fredette elevated 227.5 (501.54) on an opening attempt, and just missed 237.5 (523.59) twice. At 40-44 it was Mark Hennessy, 44, from Huxley, IA (USA) also making 227.5 (501.54) successfully on his 3rd. He made 182.5 (402.33) winning the Nationals. With the same family name of a bench pressing legend (HENNESSY) he's got a lot to live up to even if there is no blood kinship. (Minnesota Monster MEL HENNESSEY did 259 kg. (571.0) no shirt, @ 221 on 23 AUG. '70 in New Orleans, LA at the AAU Sr. Nationals). Runner-up to Mark here was Hairi Hissa, 42, of FIN with 210.0 (462.96). 125.0 (275.57): 18-19 - Andrew Liu,



Jim Pressley, who was Tom Manno's handoff man at the meet, has an appropriate license plate ... his are 24 1/2" cold! (Herb Glossbrenner photo)

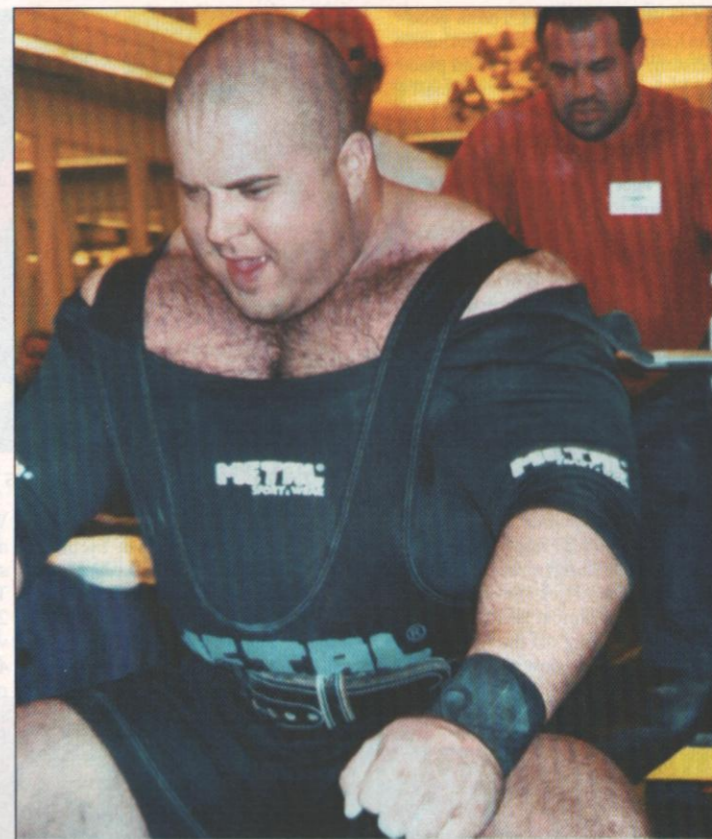
tries with an overly ambitious 282.5 (622.79). Mike DaLaval, 42, captured the 40-44 division when he aced a great 285.0 (628.31), then missed one uncooperative stab at 295.0 (650.35), and waived his final try. 140.0: (308.64): Kari Kalliola, 41, went on a tear. He first eclipsed his own (40-44) WR of 273.0 (601.86), which he'd established at last year's Worlds in Calgary, CAN. Right off the bat he commenced with 280.0 (617.28) here - success! Then he leapt big - up to 295.0 (650.35) and got that also. He passed his last saving some for the full powerlift competition. At 45-49, Tom Manno, 46, better known as Captain Bench America has an official 321.0 (707.68) this year. He tried 310.0 (683.42) three times here, but couldn't lock his arms sufficiently to please the judges. Zero - today, but he'd be back for the Open competition tomorrow. David Dickey, 42, (318.34) was the sole SHW and won the 40-44 Masters World title

USA, won his age group with 222.5 (490.52). He tried a WR 228.5 (503.75) extra attempt, but didn't get it. Mark Sumner's hopes to become the Juniors (20-23) World Champ faded away, missing all his

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with a 3rd attempt effort of 250.0 (551.15).

All the Open Men contested on Wed. Oct. 13. Two men weighed twice and lifted twice. Repeat winners included Surrender Dhah @ 67.5 (148.81) and Doug Van Affelen @ 181 who lifted more in his second outing: 197.5 (435.40). A couple of others pulled themselves up by the bootstraps. Nick Marinis opened less auspiciously and got 175.0 (385.80) on the board, and vindicated himself from the previous day's bomb. Tom Manno, 46, in red white and blue, made a "light" start of 282.5 (628.31), which was enough not only to put another notch on his mile long resume, but established a WPC 45-49 WR @ SH in the process. Being **HARDCORE** doesn't mean **START WITH MORE**. Right, Tom? At 60.0 (132.27) Russian Anatoly Nefedov was elated not only with his win, but in having no misses: 140.0 (308.64). Good show, bro! The 100 kg. class had four hard hitters in contention! Ryan Gerard, USA, had high hopes that didn't work out. His bold opener: 260.0 (573.19) tilted going up - unfinished. A repeat was up - down, also no lift. His final try was a desperation jump to 275.0 (606.26), but it also failed. Earning 3rd was Yuri Ustinov, 29. He's President of Russia's WPC and WPO, the newly appointed EPC Records Keeper, as well as publisher of glossy cover PL Magazine in Russia. Yuri served as interpreter for Russian team, and his English got better every time I saw him. Yuri lifts smart and made all 3: 225.0 (496.03). Fred Woodson, 37, did himself proud. He'd won the submaster division with 217.5 (479.50) at the Nationals, but here he had no misses for a great 245.0 (540.12). The winner was the powerhouse Ukrainian Vitaly Ponomarenko, 30, 217.81. Vitaly is a former IPF World BP Champ, and last March made a huge impression going head to head with the big boys at the Arnold Classic Bench Bash for Cash. He opened here with a huge 300.0 (661.38), equivalent to his PR, and smashed it right up. He elected to go straight after the WPC Open record (305.0/672.40) record held by Kenneth Patterson. He ordered up 310.0 (683.42) and came ever so close on two tries, the bar tilting and stalling on a near lockout. I'll predict that not only will he break the record next time, but most likely will surpass the 700 barrier. Vitaly Bobdnenko, 71, from Ukraine proved that old powerlifters never quit, they just become benchers. Bobdnenko lifted 264.6, good enough to finish 3rd @ 110 kg. In 2nd place was Oleg Zaitsev, RUS,



Mikko Hamalainen, readies for a shot at 767!! (Glossbrenner photo)

241.62, who manhandled 200 kg. (440.92) on his 2nd round and waived his 3rd. A PL legend of the Eighties, alive and reincarnated, drew top billing here. Joe Ladnier, 41, a living breathing facsimile of the "Farnese Hercules" proved his incredible muscularity is not just a showcase, as he is strong as an ox. Joe opened with a WPC WR, 40-44, (PR also) 327.5 (722.0) and rammed it up like a broomstick. He was inspired to go straight to 348.0 (767.20) and took two potshots, trying not only to up his own mark but claim the biggest lift of all time in this category. George Halbert's 347.5 (766.09) remains intact, but Joe showed he may be the only man capable of beating it. David Coleman, 37, 370.37, gained 20 kg. (44 lb.) since winning the Nats with 227.5 (501.54). Shooting for the moon, he opened with 265.0 (584.21), missed twice; then went up to 272.5 (600.75) for his do or die try.

This left one man to share the limelight with Ladnier. Mikko Hamalainen, 37, weighed in at 136.40 (300.71). He'd posted a 3 lift TOT of 1085 kg. (2392) almost 3 years ago at the WPO Powerlifting Finals in Columbus, OH (USA). That was where he injured himself executing a 355 kg. (782.63) deadlift. His herniated discs had not responded to rehab; and therefore forced him out of action as a top PLer. So, he turned to the BP only, with outstanding results. On Sep. 7,

came back strongly to make it on 2nd attempt. This was a new WPC 33-39 (submaster) WR, besting the record of 310.0 (683.43) set just one year ago by USA's Dan Cummings. Mikko went to 337.5 (744.04) for his final lift and nailed it, but he wasn't done yet. He called for a 4th attempt of 348.0 (767.20). Nikko had hopes of eclipsing the record of another BP legend. The 140 kg. (308.64) record was held by Scot Mendelson, also 347.5 (766.10), established March 17, 2002 in Red Deer, Alberta, Canada at Bruce Greig's CPC Canadian Nationals. Mikko gave it a spirited try, but missed. He had set two World Records, and become WPC World Bench Press Champion. Next year the WPC Worlds will be held on Mikko's home turf as it was in 2002, FINLAND! Will we see one of the Fabulous Finns inaugurate the World 800 Club? We will have to wait and see. As far as the 900 club - that is a barrier that only 175 kg. (385.80 lb.) American Eugene Rychlak has surpassed. Both Kennelly and Mendy have been knocking on that door, but it hasn't opened for either yet. Talks of the 1000 lb. bench are now infiltrating the internet chat rooms. So far only Peter Thorne's forklift record remains out of reach. I hope and pray for his sake that he did it in an Inzer shirt.

WPC World Bench Press 12-17 OCT 04 - Fresno, CA

FEMALE	(70-74)	Open	(4th-319!)
Erkhan RUS	176	110 kgs.	243.20
Murancanova	286	125 kgs.	280.00
Thomas USA	—	140 kgs.	308.64
Rantanen FIN	369!	150 kgs.	330.75
Mendelson	275	155 kgs.	343.75
MALE	(18-19)	Open	(20-23)
Bobrovitz	CAN 281!	275 kgs.	606.26
DaLaval	USA 628	282.5 kgs.	622.79
Dhah	USA 154	308.64 kgs.	683.43
Kalliola	RUS 650!	319.66 kgs.	710.57
Martynuk	330	327.5 kgs.	722.00
Marinis	USA —	347.5 kgs.	766.10
Glossbrenner	214	347.5 kgs.	766.10
Mattison	USA 231	363.75 kgs.	801.00
Gillier	USA 275	385.80 kgs.	854.64
VanAffelen	424	424 kgs.	936.00
Sanders	USA 264	424 kgs.	936.00
Orwoll	USA 347	440 kgs.	968.80
Miller	USA 440	440 kgs.	968.80
Briggs	USA 562!	440 kgs.	968.80
Ruiz	USA 380	440 kgs.	968.80
Evans	USA 407	440 kgs.	968.80
Lancaster	USA 413	440 kgs.	968.80
Beckinsale	363	440 kgs.	968.80

The Gripper That Changed the World

In the late 1980s, IronMind got the idea of bringing back something like the super-tough grippers that had been a cult item in the 1960s. Sure, we beat the drum for grip strength, put the top grip men on center stage, and dramatically improved the basic product when we introduced our Captains of Crush grippers, but who would have guessed what would happen in the next 15 years?

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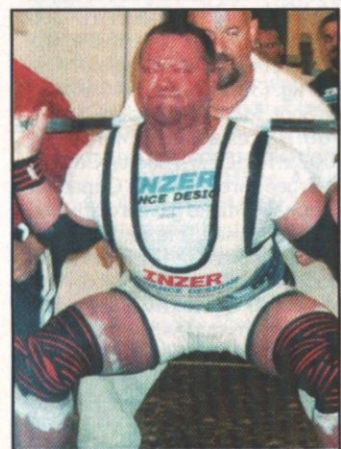
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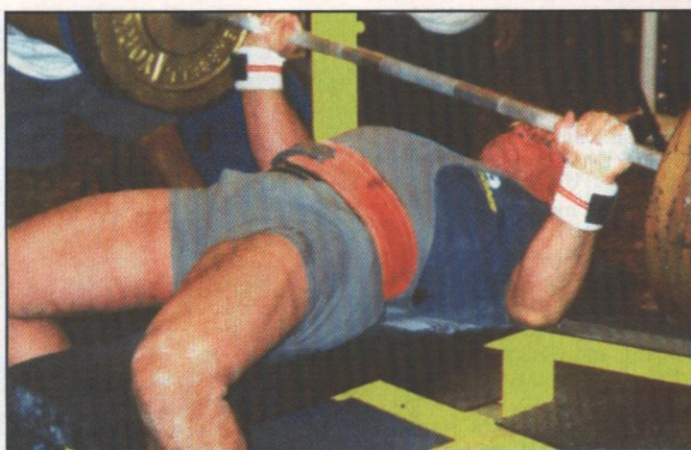
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(article continued from page 7) and a TOT of 1802.26. Tom is a passionate fellow, and tried hard to pull out the win with a 677.9 DL. It didn't pan out. He got upset and then really got demoralized when he was



Larry Mistic trying 766 (Herb G.)

told he was disqualified. Thank goodness Kieran Kidder reversed this harsh decision. Thomas deserves 2nd place and by golly he has it - it's official! I almost forgot Thomas also tried 513.7 W/R BP on a 4th try to surpass the name of a PL pioneer - Ronnie Ray. He didn't get it, but it is on his agenda. The winner was a legend himself. Larry Mistic, 48, is a household word in Texas PL going back some 20 years. He added the World title here to his long list of accomplishments: 716.49 SQ, 490.52 3rd attempt BP, and a doggone impressive 650.35 DL final, coming back from a missed attempt with 639.4 on his 2nd, TOT 1857.37. 242, 50-54, saw a wounded Ken Wheeler SQing a great 722, and then token out the rest of the meet to avoid further injury, and win 3rd. In 2nd place was Michael Bechard, 51, USA with 1091.27 aggregate. Winning the whole thing (no surprise) was IL police officer Dick (never say die) Zenzen. Dick almost did die a few years back, falling off the roof of his house. It's been a slow recovery and



Mike Taylor, 220s 40-44, trying a 545 bench press (Glossbrenner photo)

he's still not back 100% yet. His SQ is though. His 727.51 is a lifetime best, and I think Dick will reach his life's dream of 800. TOT 1636.91 a fine result. At 60-64 Skip Sandburg, 64, took it easy in the SQ and DL, but was red hot in BP, setting two WPC

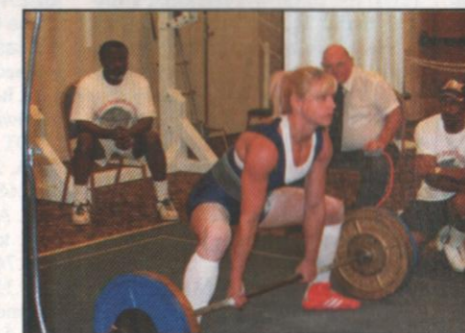
WRs with a 451.94 3rd attempt BP, as well as an additional 4th attempt success with 462.9 - TOT 1620.39. The Skipper was feeling chipper! The 275s, 308s and SHWs Masters reconvened Friday morning! Troy Morris, 43, who is almost as tall as a CA redwood earned the 40-44 275 title with well balanced lifting: SQ 667.91, BP 451.94, and DL 650.35, for a 1780.21 TOT. At 45-49, 275, USA's Mike McDaniel prevailed, hitting a big 788.14 3rd attempt SQ, a good 485.01 BP and his opener 595.24 DL, TOT 1868.40. Runner-up to Mike was Pekka Rantanen, coach and big daddy of the Rantanen Finnish clan. Pekka pecked through his 705.47 SQ, coasted home to a 1703.05 final total. In the Masters 50-54 it was a USA sweep: 1-2-3. Mike Moore (1708.58), followed by Gary Ridgeway (1587.32) with good ole Delmar Brown, 51, capturing 3rd place in the worlds with 1532.21. On to the 308 class. Omaha big boy, 42, Dale Pearson, had his way in the 40-44 bracket. Dale smoked his opener 799.16 SQ, but couldn't satisfy the judges depthwise with 854 nor 871. Dale I believe hit a PR BP with his 529.10 (got all 3). He pulled 733.03 DL for his winning 2061.30TOT, but

missed his final try at 755. David Tooker, 45, followed in the footsteps of his son, who'd won the 18-19 275 title earlier on with his own victory in the 45-49 class. Dave tipped the scales at 296.3. Like father like son - big runs in the family. Tooker went 5-9. SQ 600.75 a 3rd attempt following a miss same weight on his 2nd. He made all 3 BP: 446.43 and yanked a 2nd round 606.26 for 1653.45 TOT. Brian Meek 58, came in at 290.56, the biggest I've seen him in a while (if ever). He satisfied himself with two SQ's (777.12) and passed his last. Brian tried a new shirt with rousing success hitting a WR 513.67 on a 3rd and looked good for a lot more. Two deadlifts for Meek (644.84) - TOT 1934.53. My biggest task of lifetime as a statistician would be trying to do a Brian Meek Chronology. He's been in over 500 meets. Is that a record that anyone out there can top? Winner at 45-49 and the only Master SHW was all about the Benjamins - Nick that is. He carried the biggest body mass (351.85) and did some nice solid lifting: SQ 705.44 (miss 744), BP 562.17 (miss 633.8) and DL 551.15 failing with 628.3 for 1818.79.

The afternoon of Friday Oct. 15 all the women lifted: Two competed at 123. Laura Wilson, 42, USA won the Masters 40-44 going 8-8TOT 782.63. In the Women's Open, Susan Rinn, 42, prevailed. She does plyometric leaps before each lift. Susan SQed 352.73 on her opener, missing big tries with 374.8 and 380.3 with her narrow stance style. The BP is Susan's showcase lift. Weighing a mere 118.16, donned in her single ply "Fury" shirt by Titan, she hoisted a 40-44 World age group mark of 253.53, her lifetime best according to her coach Gary Pendergast who started Susan lifting (I believe he said) 8 years ago. She hails from Seguin, TX. Gary, by the way, will be hosting the 2005 APF National Masters, Junior, Teen age in Austin, TX. Susan DLed 330.69 2nd missed 341.7 for a fine TOT of 936.95. At 132, Heidi Burke, USA, won with a good 325.17 SQ and 777.12 TOT. Kristen Peterson, 17, a Omaha B.I. girl won the 16-17 age group for Team USA with a 722 TOT. At 148 we had a bunch of World Record setters. Bernice Green-Fuss, 47, weighed in light at 143.30, but made good lifts of 358.24 SQ and 347.49. This Canadian damsel is an ex bodybuilder who was inspired by Nance

Avigliano when she saw her lift in CAN. Bernice BPed 231.4, and almost made a WR 249.12 BP for the 45-49 age bracket, and finished with 936.96, fine lifting in view of the fact she's only been at it for a couple of years. She recently married Duane Fuss who accompanied her and lifted in the Mens Masters, as reported earlier. Evangeline Kiser-Kersey, now 63, came out of retirement and shows she still has the pizzazz that she did when she lifted back in the Seventies and Eighties. Evangeline set no less than 9 WRs, shattering the 148, 60-64 age group records with nearly every lift: SQ 275.57, then even more with 292 on a 4th. In the BP she broke the WR twice (148.81), and in the DL 2 more WRs (347.22). In the TOT it was again 2 more WRs As amazing as her lifting was her radiant, captivating smile. In the women's open, 2nd place, 26 year old Natalia Erkhani was tall and absolutely drop dead gorgeous! Her lifting wasn't half bad either. The Women's open 148

champ, retaining her title from last year, was Melissa Ortega, 27. The Texas strong woman gave us a few anxious moments taking all 3 to get her big 501.54 SQ on the board. Melissa has a set of thighs that appear to be 26 or 27" in circumference. She BPed 314.15 on a 2nd attempt following a miss, then failed a monster try of 341.7 DL. With her opening DL of 479.5, Melissa established a Women's Open TOT WR of 587.5 (1295.2). This erases the record of 1258.82 held by WPC Women's PL icon Mariah Liggitt. Ortega went on to twice try a 501.55 DL and came ever so close but couldn't lock out. Lisa Denison, 35, captured the World title she'd hoped for in the Women's Open, but not the lifts she hoped for - TOT 1008.60. She did, however, salvage a PR 214.95 BP. Lisa also filled in as emcee, at times, to relieve Maris and Bob. Ali Huston, 18, reduced down to 165 and established 4 WR in the 18-19 age group: SQ 451.94, DL 457.45 and broke the TOT record twice (1107.81). Later, she and the other girls got even with prankster coach Rick Hussey of their Big Iron Gym in Omaha, NE. Nicknamed "Big Mac" cause she like to eat a lot of them, Machia sat deep with her 573.20 SQ, following a mis grooved opener, a new WR. She's done 600.75 officially back home, and I'm told by Rick that makes her the first teenage girl to hit the Big Sixer. Dudley stroked 3 WR benches (270.06 best) and pulled two WR deadlifts (418.87) for a big TOT (broke it twice) WR 1262.13. On Sat. 10/16 the open men started lifting, 114 thru 198 in the morning with 220 and 242 that afternoon. 132 - Shant Sheklianian, USA, who'd lifted earlier in the week, was inspired to weigh in again and win the Men's Open Title and try to beat his personal bests from Wed. He had 3 days to rest and did 270.06 PR and a final 413.36 which also upped his best DL mark. Was it worth it Shant? 'You betcha,' he replied! Victorious at 148 was Charles Morse, 38, of IL. Charles TOT 1179.46, but is way tall for this



Natalia Erkhani of Russia (Yuri Ustinov photo)



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Marc Caplan closes out in the DL.

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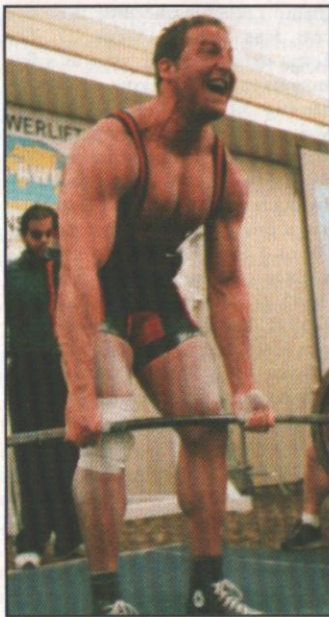
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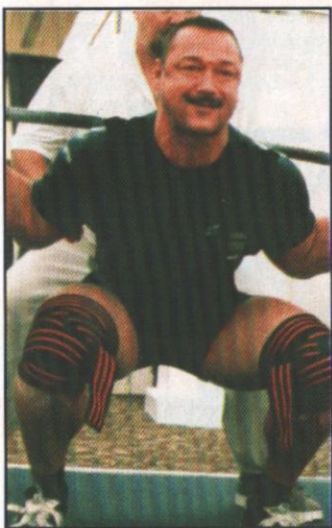
Shank Sheklianian a double winner at the WPC World Championships

class (5'8"). At 198 it was a 1-2-3 sweep for USA. In 3rd place was John Villarreale (1681.00). James Kegrice of San Diego, CA challenged Mike Brown, 27, from Omaha, the reigning APF Srs. Champ. Brown took the lead after two lifts 1179.46 to 1107.81 for Jimmy. Kegrice had the biggest SQ with 694.45, but couldn't sink his 727.5 and 738.6 attempts. Kegrice Bped his 391.31 opener, then failed twice with 402.3. Brown took a substantial lead with his big 501.55 BP, making all 3. It came down to the DL. Brown stopped at 622.80, and had an 1802.26 TOT. This left the door open for Kegrice, a pulling specialist. He pulled 644.8 to assure 2nd place (694.45). One lift would decide it. Kegrice tried 716.5 which would tie Brown's TOT, but since both men weighed in at 198.41, the outcome would necessitate a re-weigh. As it turned out, Kegrice failed his golden opportunity - 2nd place TOT 1780.21. At 220, Brian Mull, 31, USA, latched onto 4th place with his 644.84 2nd attempt DL. He subsequently missed 661.4 - TOT 1835.33. Finishing in 3rd was Adam Driggers, also 31, USA. Adam missed, then made an 826.72 SQ, and then tried 870.8 but couldn't recover. Adam got 3W on his 2nd attempt (518.08) and came very close to locking out 551.1 on his last effort. DL: he pulled 600.75, then passed his 2nd attempt to charge his energy reservoir. Up to 661.4 last try. Couldn't do it - TOT 1945.56. Finishing runner-up was Brian Carroll, 23, also USA. Brian got off to a great start. After an 826.7 SQ open, he went to 854.28 - good - a new 20-23 (Junior) WR. He increased to 876.4. He struggled up, but got 2R for depth. Brian Bped 496.03, moved up to 511.6, and got it up. No lift. Carroll pulled 650.36, which assured runner up spot (2000.67) then attempted 666.9, but it wouldn't go. Having lifted less than a week earlier at the WPO Finals in Marietta, GA, Harald Selsam, 36, of GER, proved his vast superiority. Possessing huge



Rozen's Final Deadlift of 749 lbs.

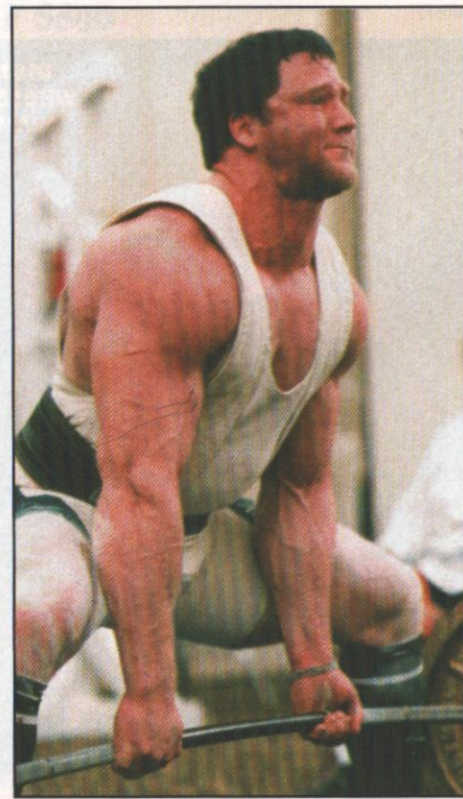
thighs (he's a quad squatter), Harold opened with a nice 826.7 dunk - very strong. He went straight to a PR 415 kg. (914.91), got up, but was called on depth. On his last lift he sat deep and powered right up. A splendid lift, and a 33-39 WPC WR. He had trouble finding the groove and missed 462.97, and we thought he might eliminate himself. Not to worry, he smoked it like an empty bar to stay alive. Harald made 3 great DLs, finishing at 727.52 for 955 kg. (2105.39) TOT which was also a submasters WPC WR. The 242s had four strong contenders. Kari Pontinen, FIN, had a big 3rd attempt SQ 837.75, but fell back of the others with only his BP opener (440.92). Kari pulled 672.40 on his 2nd round DL, but could not negotiate the 705.4 lift he tried for his final - TOT 1951.09. Warren Rozen, 25, weighing a mere 221.78, just failed to make the 220 limit and had to go against much heavier opponents. With curly hair and laughing eyes, from down under (Australia), he had his work cut out for him. He opened with a deep, deep 771.61 for a good lift. He went on to a big 826.7, came up, but lost his balance at the top. In the process he tore cartilage in his knee and had to be assisted off the platform. He didn't appear for his 3rd. "What a shame", I thought, "after traveling all that way - he's done". Warren proved me wrong. With his knee bandaged he hobbled out for a token 143.30 BP to stay alive. Then he tested himself further with 352.7. Warren couldn't position his feet back the way he wanted to, which hampered his performance. Still he gamely came out and upped 440.92 on a 3rd attempt, far below his best, I learned later.



Harald Selsam - a crowd favorite

Ditto the deadlift. He came out and did a token 143.30 DL to at least assure totaling. Next he surprised me and came out to yank up 661.4 like a broomstick on his 2nd attempt. Courageous, I thought, but it would be impossible for him to lift enough to get a place. He was 66 lbs. behind the FINN. Then, surprise of surprise, and, in what was unquestionably the performance of the whole meet, the bar was loaded to 340 kg. (749.56) for his 3rd and final attempt. Rozen limped out, bent over, grasped the bar and stiff legged it to completion using all back. It went up so fast and easy that the audience, including myself, went nuts. This catapulted his TOT to 1962.09, beating out Pontinen for the bronze medal. A week after this meet, I got confirmation that his surgeon had confirmed he did indeed have a cartilage tear and would undergo surgery to repair it. Oh, by the way, Rozen's DL was a PR. Earning the runner-up honors was Oleg Zaitsev, of Russia, whose lifts were 799.16 SQ, BP 551.15 and DL 683.42 (2nd) for 2033.74 TOT. USA's Justin Graafls, 24, another of the Omaha wrecking crew, was looking mighty strong making all 3 SQs no problem (881.84). He Bped 507.05, and led by 38 going into the DL, where he pulled 710.98 for 2099.88. His last attempt of 727.5 wouldn't cooperate. Nothing hinged on it, as he'd already won.

The final day, Sunday 10/17, was finally at hand with the 275, 308 and SHWs ready to go at it. The 275 class saw 15 year old Daniel Macri back in action. He came in at 263.23. Danny wanted to break his own 13-15, 275



Justin Graafls moved big iron for Big Iron Gym

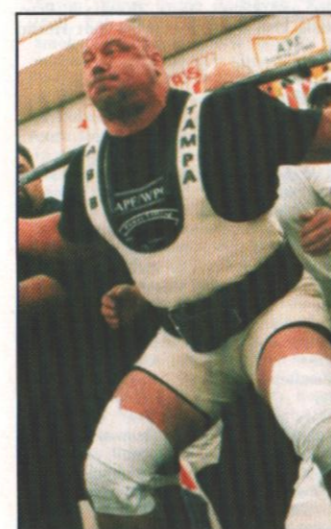
DL. Aaron pulled 738.55 on his 2nd attempt, and passed this 3rd - TOT 2127.46. Kari Kallioli, 41, was at it again. He had lifted in the BP only competition earlier in the week, setting a 40-44 single lift record of 650.3. Kari eases himself down in the SQ slow and controlled. He opened big with 914.91, losing balance on the way up. His 2nd attempt was slow and difficult but he got 3W. Kari tried 947.97 on his 3rd attempt, but got pinned. BP: Kallioli had hopes to BP bigger than ever. Following a 628.3 lift, he leapt to 672.40, missed, but came back for a 40-44 record in full power competition. His previous best had been the 601.8 he'd lifted at the Worlds last year in Calgary, a 71 lb. gain in a year is serious progress. Maybe, he will become the 4th FIN to bust the 700 barrier in the near future. Kallioli raised a 617.29 DL opener which gave him entrance to the 1000 kg. Total Club - 2204.62, but he missed further increases with 661.4 and finally 677.9, and was runner-up. The 308 champ was James Hoskinson, 34, of

class World Records, which he'd established four days earlier. He exceeded 5 more here to bring his TOT to 11 for the whole meet. Yes, that tops everyone else. On two SQs, 512.6 and 518.08, he horsed right up using an unorthodox "humpback" style. On a 3rd attempt he beat his own BP record with 325.17. In the DL, he busted his own WR with a 490.5 3rd attempt, plus an extra attempt 507.05 also good. His 1333.78 was yet another record for this ambitious young man. He got 3rd in the 275 open. In 2nd was a new face, Ryan Healy, 28, with fine lifts of 749.56 SQ (3rd), BP 551.15 (opener) and 705.47 (all 3 DLs good) - TOT 2006.20. This year the winner was James Grandick, 35, grabbing the 275 World title that had slipped from his grasp in last year's controversy in Calgary. There would be no denying Jim this year. He SQed 854.28 on an opener, but missed twice with 903.9. Coach Rick Hussey picked his benches just right. He made them all: 644.8, 661.4, and finally 672.4, not quite his best, as he'd done 683.4 in a single lift meet in IA last August. Jim had himself primed for a PR deadlift and did just that, hoisting on his final try a 733.03, following successes of 694.4 and 722.1 - TOT 2259.71. 308: Garrett Harper, USA, 28, had the misfortune to miss 804.68 and was out of the competition. Aaron Lawrence, 34, a familiar face to me, made three fine SQs - 837.74! Aaron secured his missed 551.15 BP opener the 2nd time around, but 573.2 stopped him cold. DL: Aaron pulled 738.55 on his 2nd attempt, and passed this 3rd - TOT 2127.46.

WPC World Championships
13-17 OCT 04 - Fresno, CA

FEMALE	SQ	BP	DL	TOT
132 lbs.				
Teen (13-15)				
Lanier USA	374	170	286	832
MALE				
132 lbs.				
Juniors (20-23)				
Sheklian USA	396	264	407	1069
148 lbs.				
Teen (13-15)				
Sumner USA	501	314	402	1217
220 lbs.				
Juniors (20-23)				
Orwell USA	518	347	512	1377
Teen (16-17)				
Fredette USA	650	396	611	1658
275 lbs.				
Teen (13-15)				
Macri AUS	507	319	485	1311
Teen (18-19)				
Tooker USA	562	413	573	1548
308 lbs.				
Juniors (20-23)				
Higgins USA	826	623	633	2083
Teen (18-19)				
Weech USA	903	551	672	2127
Graham USA	—	—	—	—
132 lbs.				
Master (45-49)				
Richey USA	407	259	666	374
1041				
148 lbs.				
Master (40-44)				
Tanabe USA	473	192	501	1168
Master (45-49)				
Judge USA	479	352	451	1284
Master (50-54)				
Bobrovitz CAN	110	310	137	556
Master (55-60)				
Feight USA	352	225	363	942
Dhah USA	143	143	264	551
Master (70-74)				
Stockinger	319	242	440	1003
165 lbs.				
Master (45-49)				
Cirigliano USA	473	325	573	1372
Master (65-69)				
Flores USA	523	264	529	1317
Mattison USA	330	242	374	947
Master (75-79)				
Garry USA	325	220	402	947

181 lbs.				
Master (40-44)				
Graham CAN	661	418	573	1653
Master (45-49)				
Richardson US	578	363	600	1543
Fabiano USA	501	402	534	1438
Peterson USA	562	314	534	1410
Master (50-54)				
MacMillan USA	540	319	562	1421
Summer USA	518	319	457	1295
Master (65-69)				
Sanders USA	275	275	275	826
198 lbs.				
Master (40-44)				
Fleming USA	672	462	600	1736
Mullen USA	573	358	562	1493
Master (45-49)				
Caplan USA	749	435	639	1824
Kanemoto USA	710	451	529	1692
Master (50-54)				
Bush USA	655	253	589	1499
Master (55-59)				
Razor USA	424	424	402	1135
Master (65-69)				
Wilson USA	479	479	402	1229
220 lbs.				
Master (40-44)				
Taylor USA	761	545	661	1968
Master (50-54)				
Maxwell USA	749	363	705	1818
Olinger USA	551	363	507	1421
Master (55-59)				
Burgard USA	562	308	501	1372
Birch AUS	485	281	468	1234
Master (60-64)				
Lancaster USA	479	418	507	1405
Master (65-69)				
Irons USA	407	270	402	1080
242 lbs.				
Master (40-44)				
Ward USA	—	—	—	—
Master (45-49)				
Mistic USA	716	490	650	1857
Montenbault	755	424	628	1730
Bowman USA	672	501	551	1802
Fuss CAN	639	468	606	1714
Master (50-54)				
Zenzen USA	727	396	512	1636
Wheeler USA	722	132	143	997
Bechard USA	407	308	374	1091
Master (60-64)				
Sandburg USA	584	450	584	1620
275 lbs.				
Master (40-44)				



Jim Hoskinson - WPC Champ @ 308

Clermont, FL. Jim has a unique story. He's only been PL a short time. A few years ago he suffered a terrible accident which severed both patella tendons in his knee and tore both quadriceps loose from the bone. Doctors said he'd never walk again, but James is one of the toughest guys on the planet. Not only did he turn to PL after he had rehabilitated himself, but

he has several official thousand pound squats under his belt, plus an official 2303 TOT he'd made 19 JUN 04 in Ft. Lauderdale, FL in APF competition. James is a scary looking dude, and in the past has excelled in the Ultimate Fighting ring, yet in reality, he is very soft spoken, humble and polite. Following his opening SQ of 970.02 - good - Big Jim went straight to 462.5 (1019.62). This would equal the WPC WR held by L.A.L.C.'s Oan Basson who'd set the record at the 2003 APF Sr. Nationals in LA. The WPC record roster still mistakenly had the record listed at 458.5 (1010.80) belonging to Al Mehan (CAN) from the 2000 WPC Worlds in Las Vegas. He made this lift, but it was ruled shallow. He came out for 465 on his final attempt (1025.14) hoping to be record holder. A misload was discovered - they loaded an extra 20 kg. on the right side. Nobody caught it until Jim told them it was way heavy when he tried to take it out the rack. Then, with the weight correctly loaded, Hoskinson succeeded (2W) for a new WR. BP: he missed, then made, 551.15 BP, but had hip raise trying 589.7. Jim pulled all 3 (710.98) for 2287.30. He's the new 308 World Champion. The SHWs had two big bulls hailing from Baton Rouge, LA. Garry Frank, now

Morris USA	677	451	650	1780
Master (45-49)				
McDaniel USA	788	485	595	1868
Rantanen FIN	705	468	529	1703
Master (50-54)				
Moore USA	722	385	600	1708
Ridgeway USA	655	407	523	1587
Brown USA	600	429	501	1532
308 lbs.				
Master (40-44)				
Pearson USA	799	529	733	2061
Master (45-49)				
Tooker USA	600	446	606	1653
Master (55-59)				
Meek USA	777	512	644	1934
SHW				
Master (45-49)				
Benjamin USA	705	562	551	1818
FEMALE				
123 lbs.				
Master (40-44)				
Wilson USA	297	187	297	782
Open (Seniors)				
Rinn USA	352	253	330	936
132 lbs.				
Open (Seniors)				
Burke USA	325	143	308	777
Teen (16-17)				
Peterson USA	314	132	275	722
148 lbs.				
Master (45-49)				
Fuss CAN	358	231	347	936
Master (60-64)				
Kersey USA	275	148	347	771
Open (Seniors)				
Ortega USA	501	314	479	1295
Erkhan RUS	308	192	352	854
165 lbs.				
Open (Seniors)				
Dennis USA	418	214	374	1008
Teen (18-19)				
Huston USA	451	198	457	1107
181 lbs.				
Master (40-44)				
Packer USA	413	187	352	953
Master (45-49)				
Razor USA	319	176	303	799
198 lbs.				
Master (45-49)				
Pardi USA	—	—	—	—
Master (55-59)				
Polansky USA	330	176	363	870
220 lbs.				
Master (55-59)				

Children USA	209	104	242	556
308 lbs.				
Teen (18-19)				
Dudley USA	573	270	418	1262
SHW				
Master (55-59)				
Sternberg USA	473	187	402	1063
90+ kgs.				
(45-49)				
Merenkov	308	181	275	766
MALE				
132 lbs.				
Open (Seniors)				
Sheklian US	369	270	413	1052
148 lbs.				
Open (Seniors)				
Morse USA	462	286	429	1179
198 lbs.				
Brown USA	677	501	622	1802
Kegrice USA	694	391	694	1780
Villarreale USA	628	462	589	1681
220 lbs.				
Open (Seniors)				
Selsam GER	914	462	727	2105
Carrol USA	854	496	650	2000
Driggers USA	826	518	600	1945
Mull USA	733	457	644	1835

USAPL California State Meet
17 Apr 04 - Napa, CA

Bench Press	220			
Open/Women	Steve Pena	501		
105	Jason Burnell	402		
Carin Fujisaki	148	M4		
114	Dave Marba	380		
K. Aanenson	198	T3		
123	Luis Castillo	369		
Rocky Patten	143	M5		
T3	Raye Girouard	303		
Kevin Luu	137	Open		
Open	Jerry Castro	281		
148	M3			
Scott Layman	380	Don Robinson	231	
Yael Mourad	—	Open		
Open	242			
165	James Hunter	529		
Ian Champeny	319	M4		
M8	Dale Jensen	341		
B. Fornachon	192	M5		
Open	Mike Bonifield	314		
Bob Levering	451	Open		
M1	275			
Bob Levering	451	Eric Johnson	402	
M5	M5			
Rudy Lozano	363	L. Maggard	402	
Open	Open			
T. Robinson	264	Marlan Bacon	385	
M2	M3			
T. Robinson	264	Jim Masten	374	
M5	M3	Rich Ludlum	—	
G. Hawkins	253	M3		
M4	SHW			
198	Leo Contreras	402		
D. Cummerow	347	Open		
Open	242			
Jim Stinson	325	Russell Kitani	578	
Josh Meixner	—	PNF		
Ian Chapman	—	165		
Open	M. Minnetta	—		
Women	SQ	BP	DL	TOT
Open				
K. Buffinton	225	143	286	6
Teen 1				
132				
C. Tremblay	231	132	314	677
M. Cuevas	275	159	303	783
Teen-1				
132				
C. Tremblay	231	132	314	677
Open				
148				
S. Layman	584	380	507	1471
E. Nahorniak	385	325	435	1146
Open				
Women				
148				
M. Cuevas	275	159	303	738
Men				
148				
J. Stanley	—	—	—	—
J. Stanley	—	—	—	—
J. Randazzo	—	—	—	—
Open				
165				
G. Wiltshire	551	330	529	1410
M3				
G. Wiltshire	551	330	529	1410
Open				
George Payne	347	231	407	986
M2				
R. Cirigliano	143	143	540	826
Open				
Fay Schneider	270	132	270	672
181				
Eric Steinley	352	248	457	1058
198				
G. Buffington	551	424	567	1543
R. Whitlock	473	341	490	1306
M1				
Mike Koufos	462	270	496	1229
Open				
C. Roberson	352	325	341	1019
220				
Jason Burnell	210	705	402	661
M2				
Mike Musto	606	413	611	1631
John LaGrill	551	380	584	1515
Donald Davis	540	341	584	1466
Kevin Fisher	507	319	617	1444
Open				
Steve Pena	137	501	303	942
M2				
Wayne Jandoc	451	—	—	—
Open				
242				
Steve Silver	705	507	666	1879
M1				
Robert Ciano	556	407	644	1609
Open				

NEW PRODUCT



NEW LOMI MASSAGE CHAIR MORE THAN JUST FUN FURNITURE - Next-generation Massage Chair Offers Real Relief for Sports Injuries, Back Pain, Arthritis And Other Common Physical Ailments (PORTLAND, Oregon, October 4, 2004) The Hawaiian Lomi Group today announced the availability of the Hawaiian Lomi Chair, the first massage chair specifically designed to offer real therapeutic aide for pain caused by sports injuries, chronic back problems, arthritis and other physical ailments. The Hawaiian Lomi Massage Chair was originally designed for use by chiropractors and other healthcare professionals in the treatment of patients. The chair's internal mechanisms replicate specific kneading, tapping, rolling and vibrating motions that provide an individually customizable deep tissue massage for the complete body or isolated areas including hamstrings, glut muscles, calves and feet. According Hawaiian Lomi Group president, Ron Loveday, "those that experience this chair can instantly tell that this is not just grandpa's vibrating lounge or yesterday's robotic furniture that simply undulates and pounds. The Hawaiian Lomi Massage Chair recreates the movements and patterns that mirror the ancient Hawaiian art of Lomi massage." Unlike traditional massage techniques that are applied with the fingers and hands, lomi is a deep tissue massage that uses the blunt pressure of the palms, fists, elbows, knees and feet. "I find the therapeutic value of this chair so evident that I have actually incorporated it into my daily practice," said Dr. Peter Cranton, Chiropractor, Peachtree Battle Chiropractic Center, Atlanta, Georgia. "All my patients love it and I find it makes a real difference in their road to recovery." Massage has been proven to help in a variety of physical ailments. According to research published in the Journal of Bodywork and Movement Therapies, January 2000, entitled "High blood pressure and associated symptoms were reduced by massage therapy" hypertensive adults who received regular biweekly massage sessions showed a significant decrease in instances of high blood pressure. The Hawaiian Lomi Massage Chair has been shown to help alleviate other medical conditions as well including fibromyalgia, diabetic neuropathy, poor circulation, head and neck aches, sports injuries, sleeplessness, chronic fatigue, arthritis, bursitis, sore muscles, tired feet, and stress. The Hawaii Lomi Massage chair retailing at \$3,995, is available through select distributors and direct from the Hawaiian Lomi Group. For more information, visit the Hawaiian Lomi Group's web site at www.hawaiianlomi.com.

Doug Carroll	622	374	606	1603
Greg Nolen	600	363	567	1532
M1				
Greg Nolen	600	363	567	1532
Open				
Satterthwaite	435	402	462	1300
M2				
Gary Stevens	501	275	501	1278
T3				
242				
Tim Duran Jr	347	303	435	1085
M3				
275				
M. Burrue	655	363	628	1647
R. Meulenberg	—	—	—	—
M3				
SHW				
Leo Contreras	380	402	462	1245
PL-OOSM - out of state				
T3				
275 (NV)				
M. Bevilacqua	606	363	611	1581

(Thanks to USAPL for providing results.)

Dungeon Gym BP Challenge 16 OCT 04 - Galt, CA

BENCH		K. Harrison	315
MEN		220 lbs.	
Youth (7-9)		B. Campbell	350
105 lbs.		275 lbs.	
D. Knight	65*	M. Knight	625*
Open		Master (45-49)	
198 lbs.		275 lbs.	
R. Johnson	330	M. Knight-258	625*

*=Personal Record. The Dungeon Gym Bench Press Challenge was held on Saturday, October 16, 2004, in Galt, California. David Knight benched a big PR 65 lbs. raw, in the 105 lbs. class, and only 8 years old. Ricky Johnson benched 330 in the 198 lbs. class, edging out Kevin Harrison who only got his opener, but took a good run a 365 missing it twice, he'll get it next time. In the 220 class, Bob Campbell benched a big 350, just missing 405 on his last attempt. Last up was 46 year old master lifter, Mike Knight, who opened with 605 and then blasted 625 for a new PR in the 275 class. Mike missed his last attempt 650, which is what he was shooting for, look for him to get it in the near future. Mike had just PR'ed in August with a 625 @ 242 and was trying to make it 650 @ 275. lid like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (from Kurt Heath)

Malibu Bench Bash 07 AUG 04 - Lewiston, NY

WOMEN			
Novice		K. Fillinger	300
181 lbs.		Open	
R. Coughenour	210	T. Schmidt	545
Open 198+ lbs.		242 lbs.	
J. Putnam	365	Novice	
MEN		P. Clifton	315
165 lbs.		S. Ragusa	270
Master		R. Ziolkowski	250
D. Brochey	280	Master	
Open		A. Kirby	420
J. Elsberry	365	Junior	
181 lbs.		G. Larson	585
Master		V. Aloian	500
R. Penale	275	V. Dean	440
Open		Open	
R. Daly	480	P. Dick	610
198 lbs.		M. Furman	550
Novice		275 lbs.	
K. Dean	450	Novice	
220 lbs.		B. Dussault	325

Best Lifters: Ron Daly 0-181 Class, Pat Dick 182-242 Class, Jean Putnam 242+ Class. I would like to thank the spotters and loaders for all the help. Jeff Miller, Shawn Hailey and Matt Rydelek. These three gentlemen did a wonderful job, worked non stop for the entire meet and ensured no injuries. Thanks to Bill Crawford, Sebastian Bums, Zane McCaislin and Paul Childress for refereeing the contest. I also like to acknowledge Carl Seeker for the top notch announcing and awards and Sandi McCaislin for the web space in promotion and results. Big thanks to all those who help set up and tear down, some of whom lifted as well. Last but big thanks to Pete Nastasi and Dennis Brochey, without these two guys the meet would never have been possible. (Thomas Delorimiere)

14th Endless Summer BP/DL 29 AUG 04 - Granger, IN

BENCH	242 lbs.		
Novice	B. Hoffman	550	
165 lbs.	R. Moore	405	
S. Conley	250	275 lbs.	
181 lbs.	R. Reed	560	
W. Mailloux	250	L. Robinson	380
WOMEN	SHW		
Open	S. Jarausch	620	
165 lbs.	Open		
L. Boshoven	250	220 lbs.	
132 lbs.	J. Heinz	220	
B. Soule	110	B. Hoffman	550
165 lbs.	275 lbs.		
J. Chapman	85	S. Powell	605
242 lbs.	G. Bolt	445	
S. Downs	185	C. Wishieski	410
Teen (14-15)	SHW		
132 lbs.	T. Skiver	700	
C. Cooper	140	DEADLIFT	
148 lbs.	Youth		
D. Duncan	155	75 lbs.	
181 lbs.	S. King	140	
G. Hines	350	Master	
Teen (18-19)	220 lbs.		
132 lbs.	M. King	500	
N. Kunnrie	—	Master (50+)	
220 lbs.	220 lbs.		
D. Dwan	405	T. Sheehan	515
Master	Master (55+)		
181 lbs.	148 lbs.		
F. Stokes	320	M. Wider	455
198 lbs.	WOMEN		
D. Horn	350	165 lbs.	
Master (50+)	J. Chapman	280	
220 lbs.	Open		
T. Sheehan	400	148 lbs.	
Master (55+)	J. Stefanski	470	
G. Fay	265	R. Burris	405
242 lbs.	181 lbs.		
G. Washington	315	D. Machak	435
Natural	198 lbs.		
148 lbs.	E. Agoanaga	575	
J. Stefanski	300	220 lbs.	
R. Burris	230	C. Dailings	642
198 lbs.	275 lbs.		
E. Aguanaga	435	C. Wisnieski	600
J. Whiteman	325	SHW	
220 lbs.	T. Skiver	—	
C. Dailings	470		

Best lifter Bench Press: Tom Skiver. Best lifter Deadlift: Chad Dailings Special thanks to: Mike Wider, Larry Boynton, Anson Wood, Lynne Boshoven, Randy Hull, Rob Reed, Al Reed And Jon G. Smoker. Thanks to Anson Wood's promotion this was the best turnout ever for The Endless Summer BP/DL contest Tom Skiver showed up and treated those in attendance to some big time lifting as he used this contest as a tune-up trouble spotting meet for a bigger one he had coming up. He started with 700 in the bench but couldn't get the bar to his chest. So he switched to a looser shirt and rammed it up easily. He then tried 800 with the tighter shirt. He handled the weight but still came up about 2 inches short of his chest, but pressed it from that point 131ber easily. This meet was on a Sunday and Tom had just squatted two days before in a workout, so his 800 deadlift came up kind of shaky and he dropped it at the top but the strength was clearly there. As long as Tom has his long time cohort, Steve Powell, around he won't be getting a big head anytime soon. They were sitting close enough to me that I was able to catch the put-down humor he constantly dishes out at Tom. Some of it was pretty funny actually. In between his running comedy roast of Tom he also came up with a big 605 bench himself at 275. Also in the bench, NPC National qualifier in the 50 and over, Tim Sheehan made a pr 400 at 220, proving that his muscles are functional as well as aesthetic. The rapidly improving Brian Hoffman won both 242 divisions with a 550. Also in the 275's Rob Reed came back after hip surgery with a great 560. And also in the SHW's, recent top 100 qualifier, Steve Jarausch, inexplicably missed his opening attempt, only to come back strong with 2 attempts, finishing with a great pr 620 which will put him higher up the top 100 list It was disappointing to see teen phenom Jeremy Heinz bomb with 500 at

(article continued from page 36)

the legs' conditioning one last step further. These are done in a rack with 2 spotters. The lifter should begin by placing the pins so that when the bar is resting on them, the athlete will be at legal depth when they get under it. The squatter starts in this position from a dead stop to begin the exercise. The athlete should select a weight they will not be able to come up with after approximately 5 reps. When they become stuck at the bottom, the two spotters should help them up, and the spotters should place the pins about a third of the way up. Then the squatter goes to failure again from this position. In step three, the pins are placed two thirds of the way the up. Lifting to failure at this position completes the exercise. Every muscle involved in squatting is involved in tandem with this exercise and all of them, including even the upper back, will experience some degree of soreness the next day.

The third workout done once every other week, is practicing a heavy single with all the gear on that will be used at the meet. This is essential. This is practicing your craft. Just as you would not expect a pole vaulter to use a bamboo stick in training and then switch to a fiberglass pole at a meet, so too a lifter must practice using all his equipment. The athlete will not be going to failure. They will work up to a heavy single that is 90-95% of their max single at the time. Maxing out is reserved for meet day.

Putting it all together, box squats are done on Tuesdays and are preceded by a heavy set with 3 reps of power squats as a way to get warmed up. The weight for this triple should be about 100 pounds less than what a lifter can do for a single with a single ply suit. If a lifter is using more advanced equipment, this differential will be greater. A heavy duty deadlift workout is done on Friday. The second week the heavy single workout is done on Monday and the high intensity workouts on Wednesday. A speed deadlift workout is done on Saturday. Based on a previous best squat of 500 pounds, the routine is as follows, however, if the heavy triples and/or heavy singles begin to feel really easy, they can be calibrated upwards as well as the meet day projections:

Week 1: Monday, stretching, warm up, work up to a heavy single with all gear at 425. Wednesday, warm up, stretching, non lockout Platz squats, 4 x 5 x 325

Week 2: Tuesday, stretching, warm up, power squat, 1 x 3 x 350, box squat, 1 x 10 x 450

Week 3: Monday, repeat week 1, heavy squat, 1 x 450. Wednesday, non lockout Platz squats, 4 x 5 x 340

Week 4: Tuesday, power squat, 3 x 370, box squats, 470 x 10.

Week 5: Monday, heavy squat, 1 x 470. Wednesday, super set leg extensions 4 x 8 or to failure x 140 with non lockout Platz squats, 4 x 5 or to failure x 335

Week 6: Tuesday, power squat, 1 x 3 x 385, box squats, 1 x 10 x 485

Week 7: Monday, heavy squat, 1 x 485. Wednesday, super set leg extensions 4 x 8 or to failure x 150 with non lockout Platz squats, 4 x 5 or to failure x 345

Week 8: Tuesday, power squat, 1 x 3 x 395, box squats, 1 x 10 x 495

Week 9: Monday, heavy squat, 1 x 495. Wednesday, trisets with leg extensions 3 x 8 or to failure x 160 and non lockout Platz squats, 3 x 5 or to failure x 355 and leg presses, 3 x 8-10 or to failure x 350

Week 10: Tuesday, power squat, 1 x 3 x 405, box squats, 1 x 10 x 505

Week 11: Monday, heavy squat, 1 x 505. Wednesday, trisets with leg extensions 3 x 8 or to failure x 170 and non lockout Platz squats, 3 x 5 x 365 or to failure and leg presses, 3 x 8-10 or to failure x 365

Week 12: Tuesday, power squat, 1 x 3 x 415, box squats, 1 x 10 x 515

Week 13: Monday, heavy squat, 1 x 515. Wednesday, Russian cage squats, 3 x 5 or to failure at each 3 levels x 400

Week 14: Tuesday, power squat, 1 x 3 x 425, box squats, 1 x 10 x 525

Week 15: Monday, heavy squat, 1 x 525. Wednesday, Russian cage squats, 3 x 5 or to failure at each 3 levels x 415

Week 16: Monday, power squat, 1 x 3 x 375, box squats, 1 x 10 x 450.

Meet: Saturday, warm up to 440, 1st attempt - 480, 2nd attempt - 530, 3rd attempt - 550

One final note: the box squats also have a great psychological benefit. Before your 2nd and 3rd attempts, you can tell yourself the weight is not going to feel heavy because you have had 525 pounds on your back for 10 reps. Believe me, this works.

If anyone has questions about this routine or my off season training, which is the key to my longevity in this sport (32 years and counting, without surgery), send \$25 to:

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30907 C. R. 16
Elkhart, IN 46516
with your phone number

220. But I'm sure as talented a young man as he is, he will come back better than ever. Starting off the deadlift, little Stephen King got a pr 140. Tim Sheehan did the lift for the first time in a meet and pulled a great 515. Not too many body-builders his age are going to top that in the 55+ A WPC champion Mike Wider managed to top his association world record with a smooth 455. Best lifter and the only guy who pulled a top 100 deadlift was Chad Dailings with an excellent 642.5 at 220. (Thanks to Jon Smoker for providing the meet results)

6th Deadlift on the River 19 SEP 04 - Elkhart, IN

Teen (16-17)	Open		
148 lbs.	198 lbs.		
J. Smoker	250	A. Robinson	430
Novice	Master (55+)		
181 lbs.	148 lbs.		
D. Sanderson	300	M. Wider	432

Special thanks to: Dan Martin, Larry Boynton, Mike Wider, Lany Boynton and Jon Gabriel Smoker. This outdoor meet was marked by absolutely beautiful weather just on the cusp of fall. Jon G. Smoker made 250 for the first time with room to spare. Doug Sanderson came down from Michigan and made a nice 300 for his first meet ever. A friendly competition developed between Mike Wider and Al Robinson for the best lift of the meet. When Mike made 430, Al countered with a hard fought 432.5. For a little extra incentive Mike decided to try and top his AWPC record of 455 with a 460. He got it moving, but it was not to be. The next Central Bench Press League event will be the granddaddy of them all, the 17th Annual Elkhart Bench Press Classic. Anyone interested should contact Jon Smoker at 800-760-3257. (Thanks to Jon Smoker for these results)

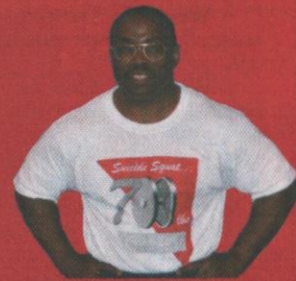
ADAU "No Druggies Allowed" BP 18 SEP 04 - Erie, PA

BENCH		M. Anderson	330
123 lbs.		B. Sisko	330
P. Zalar-12	—	Junior (20-23)	
Teen (12-13)		R. Goodrich	350
P. Zalar	—	Master (40-44)	
148 lbs.		B. Sisko	330
G. James	255	Master (50-54)	



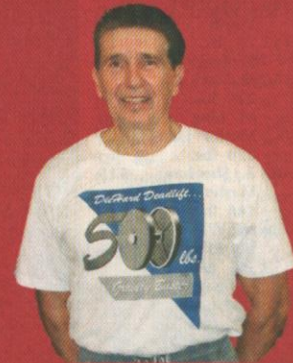
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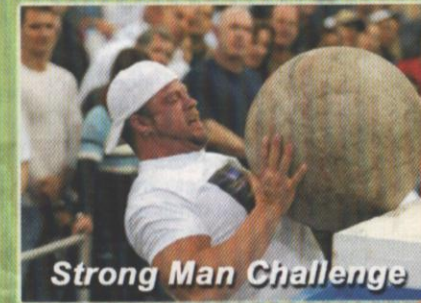
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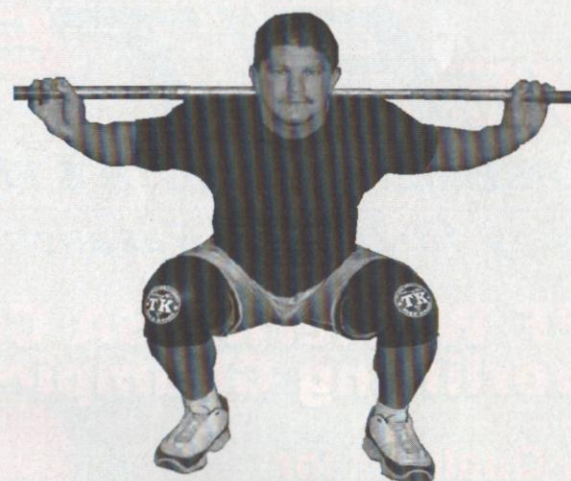
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THE STORY BEHIND THE T.K. KNEE BANDS by Tommy Kono



I never had knee problems until I gave an informal demonstration at a Boy Scout Jamboree near Dover, Pennsylvania. I performed a Split-style Squat of 135 lb. My best Squat at that time was 297 lb. using the Squat-style so you would think that a measly 135 should not bother me. Well, evidently my forward knee, the right one, must have flexed a little out of alignment for it did not feel right after I gave the exhibition. I did not think anything of it and went on to Warsaw, Poland for the '59 World Weightlifting Championships. At the Championships I tried a World Record lift of 374 lb. in the Clean and Jerk. I shouldered the weight but failed the overhead portion of the lift. The very next day after spending some waking hours moving around, I tried to sit on a chair and found I could not bend my right leg enough to sit correctly. It was stiff and the knee looked swollen. From then on I had a knee problem. Because my right knee was bad I started to favor it and use my left leg more in all my movements, even transferring much of my training load to my left leg. Yes, you guessed it. I had a problem with my left knee too. I was plagued with both knees being bad going to the 1960 Rome Olympics. My once thickly muscled legs, especially right above my knees, started to shrink in size for I could not perform the full knee bends or tax them without being in pain. Sports medicine was unknown and especially in Hawaii such a thing as arthroscopic surgery was nonexistent. I suffered through 4 more years but in early 1964 I created a support for my knees that worked wonders. It kept my knees stable, warm and provided good support. I used it every time I used my legs and that meant for Olympic lifting, of course. It was like having a new pair of knees! If I had these knee bands earlier it would have prolonged my weightlifting career...and I may have even won my third gold medal at the 1960 Olympics. When I was coaching in Mexico I gave a pair to Bob Bednarski at the 1966 World Weightlifting Championships that was staged in East Berlin. He took it back to York and used it in training. It was used by Tommy Suggs, then editor of Strength & Health magazine, and Bill Starr, the assistant editor. It was common for all three to take turns using it because they had only one pair between them. When I developed the knee band, I called it T.K. Knee Bands. When Bob Hoffman of York took over the marketing, he renamed it B.H. Knee Bands. Now, for the first time since then, the original design and material are now available to keep your knees in top shape. These specially developed knee bands are not your typical knee sleeves, knee supporters or knee braces. When you wear them, you know you have something that will protect your knees from injuries. After you have used them in your training and remove them, your knees will feel as if they are well lubricated and feel like new. Your knees will actually be sweating. Because of their special elastic quality, the Regular size will accommodate knees of athletes that weigh 130 lb. to 250 lb. Large size is recommended for those weighing over 250 lb. or for those who have exceptionally large knees. COST PER PAIR \$39.95 FOR REG. \$42.95 FOR LARGE PLUS S/H \$6.75. To order by credit card call toll free 1-888-669-6316 or send check or money order to: COUNTRY POWER INC., 85-979 FARRINGTON Hwy., Waianae, HI 96792

TOP 100

For standard 132 lb./ 60 kg. USA lifters in results received from Jul 2003 thru August 2004

SQUAT	BENCH	DEADLIFT	TOTAL
1 600 Williams, C..7/9/04	425 Unten, K..8/9/03	580 Hawthorne, R..12/12/03	1471 Williams, C..7/9/04
2 551 Hawthorne, R..11/7/03	402 Rinehart, T..3/6/04	540 Whigham, A..7/9/04	1405 Hawthorne, R..11/7/03
3 545 Washington..7/19/03	390 Myszka, A..2/7/04	534 Williams, C..7/9/04	1377 Washington, H..7/19/03
4 540 Whigham, A..7/9/04	385 Goetz, B..4/17/04	512 Washington, H..7/19/03	1339 Whigham, A..7/9/04
5 515 Weisberger, A..8/8/03	380 Smith, J..8/23/03	507 Cunningham, T..7/19/03	1306 Weisberger, A..11/7/03
6 505 Kamp, M..3/27/04	341 Petrencak, S..5/1/04	496 Kupperstein, E..1/25/04	1295 Cunningham, T..7/19/03
7 501 Cunningham..7/19/03	336 Weisberger..11/7/03	485 Trejo, D..3/27/04	1200 Tankersley, J.R..3/27/04
8 470 Kuhns, M..7/19/03	336 Williams, C..7/9/04	473 Benjamin, J.D..3/20/04	1170 Hynson, B..3/27/04
9 465 Tankersley, J..3/27/04	325 Harrison, J..7/17/04	468 Weisberger, A..3/5/04	1160 Moore, T..3/27/04
10 462 Dugosh, B..4/3/04	319 Washington..7/19/03	468 Hynson, T..7/9/04	1157 Kupperstein, E..1/25/04
11 460 Hynson, B..3/27/04	315 McCormick..9/28/03	462 Urso, S..10/25/03	1146 Dugosh, B..4/3/04
12 451 Urso, S..4/3/04	315 Love, J..10/11/03	460 Baffoe, M..3/27/04	1146 Smith, T..7/9/04
13 450 Moore, T..3/27/04	315 Morrow, J..5/8/04	457 Derstine, M..3/20/04	1140 Kamp, M..3/27/04
14 430 Mendez, D..3/27/04	314 Hrenchir, A..4/17/04	455 Burns, G..3/27/04	1124 Carpenter, D..8/15/03
15 425 Kaufman, J..4/3/04	314 Thompson, J..5/1/04	451 Carpenter, D..8/15/03	1124 Sheppard, D..3/20/04
16 424 Bissen, J..12/6/03	308 Altizer, B..1/31/04	450 Tankersley, J.R..3/27/04	1118 Derstine, M..3/20/04
17 424 Phillips, A..1/24/04	303 Corpus, Jon..12/9/03	446 Dirienzo, T..2/7/04	1115 Trejo, D..3/27/04
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19 420 Rash, K..3/27/04	303 Kearby, D..7/24/04	440 Phillips, A..1/24/04	1105 Gonzalez, B..3/27/04
20 418 Kupperstein, J..1/25/04	300 Melancon, C..11/5/03	440 Sheppard, D..3/20/04	1102 Urso, S..4/3/04
21 418 Sheppard, D..3/20/04	300 Gonzalez, B..3/27/04	440 Lidester, S..3/20/04	1095 Burns, G..3/27/04
22 418 Richey, S..5/8/04	300 Surly, B..5/8/04	440 Hynson, B..3/27/04	1091 Richey, S..5/8/04
23 418 Smith, T..7/9/04	292 Hawthorne, R..11/7/03	440 Polk, M..3/27/04	1090 Pack, J..3/27/04
24 415 Bernal, R..3/27/04	292 Fellows, S..4/17/04	440 Goolbsy..5/1/04	1085 Altizer, B..1/31/04
25 415 Gann, C..3/27/04	292 Snider, C..8/21/04	440 Kavarnos, J..7/9/04	1085 Mendez, D..3/27/04
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27 407 Derstine, M..3/20/04	286 Cunningham, J..7/19/03	435 Diamond, M..11/14/03	1060 Baffoe, M..3/27/04
28 405 Diamond, M..11/14/03	286 Olcsvary, J..11/22/03	430 Myers, S..11/22/03	1060 Polk, M..3/27/04
29 404 Nero, C..4/3/04	285 Johnson, C..7/5/03	430 Medrano, M..3/27/04	1058 Benjamin, J.D..3/20/04
30 402 Altizer, B..10/10/03	285 Tankersley, J..3/27/04	429 Hunn, J..11/15/03	1055 Diamond, M..11/14/03
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53 363 Hunn, J..2/28/04	253 Bridges, C..2/29/04	407 Shekianian, S..4/24/04	975 Ouradnik, T..3/20/04
54 363 Benjamin, J..3/20/04	253 Derstine, M..3/20/04	405 Gonzalez, B..3/27/04	970 Slaasted, N..3/20/04
55 363 Shekianian, S..4/24/04	253 Richey, S..5/8/04	402 Stein, E..10/10/03	970 LaBarbera, N..4/3/04
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60 358 Hile, J..12/14/03	250 Pack, J..3/27/04	400 McFarland, C..4/3/04	959 Lee, W..11/15/03
61 358 Ouradnik, T..3/20/04	250 Gann, C..3/27/04	400 Lagravis, S..7/9/04	959 Frederick, M..11/15/03
62 358 Slaasted, N..3/20/04	250 Cross, T..4/3/04	400 Whitehead, B..8/14/04	959 Kawasaki, N..3/20/04
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73 350 Hernandez, A..3/27/04	240 Overdeer, A..9/6/03	380 Altizer, B..10/10/03	910 Kalil, F..1/17/04
74 347 Adelman, T..8/14/04	240 Burns, G..3/27/04	380 Patterson, C..10/26/03	909 Salem, N..9/20/03
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94 315 Hoek, C..11/15/03	230 Bourgoyne, J..1/17/04	365 Silva, A..3/19/04	876 Trujillo, R..12/7/03
95 315 Godbold, K..12/14/03	230 Baumbach..2/21/04	365 Hernandez, A..3/27/04	876 Thompson, J..7/9/04
96 315 Keenan, N..3/13/04	230 Trejo, D..3/27/04	363 Vega, M..8/2/03	870 Townsend, J..3/20/04
97 315 McDonald, J..4/17/04	230 Rash, K..3/27/04	363 Jankowski, J..8/2/03	870 Goulas, E..3/27/04
98 315 Goolbsy..5/1/04	230 Kottle, K..4/3/04	363 Kavarnos, A..3/6/04	865 Hile, J..12/14/03
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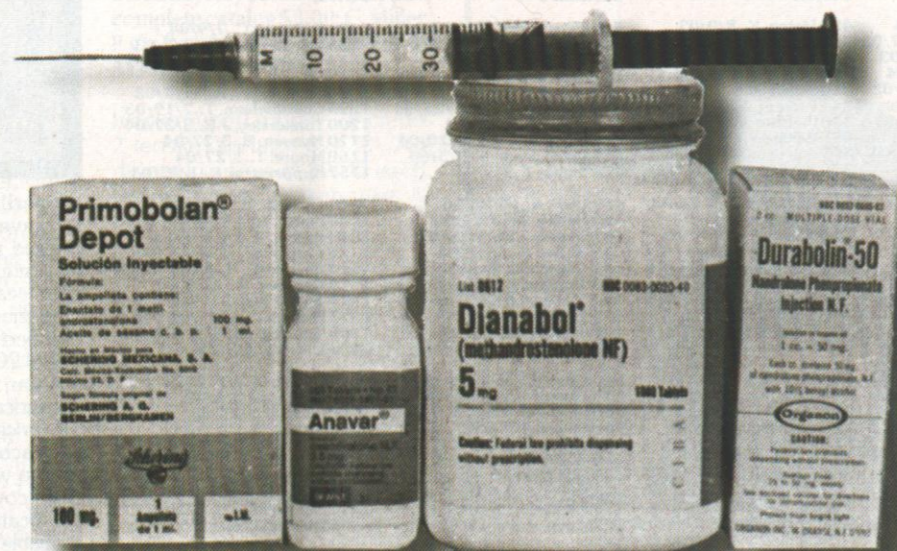


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NEXT MONTH... TOP 148s

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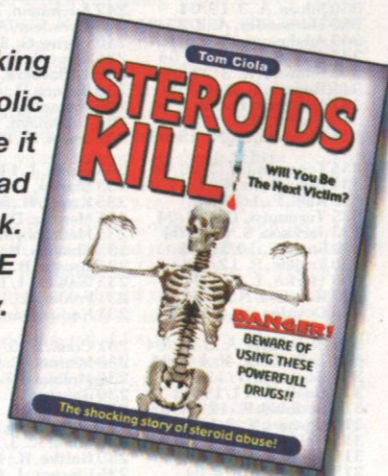
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