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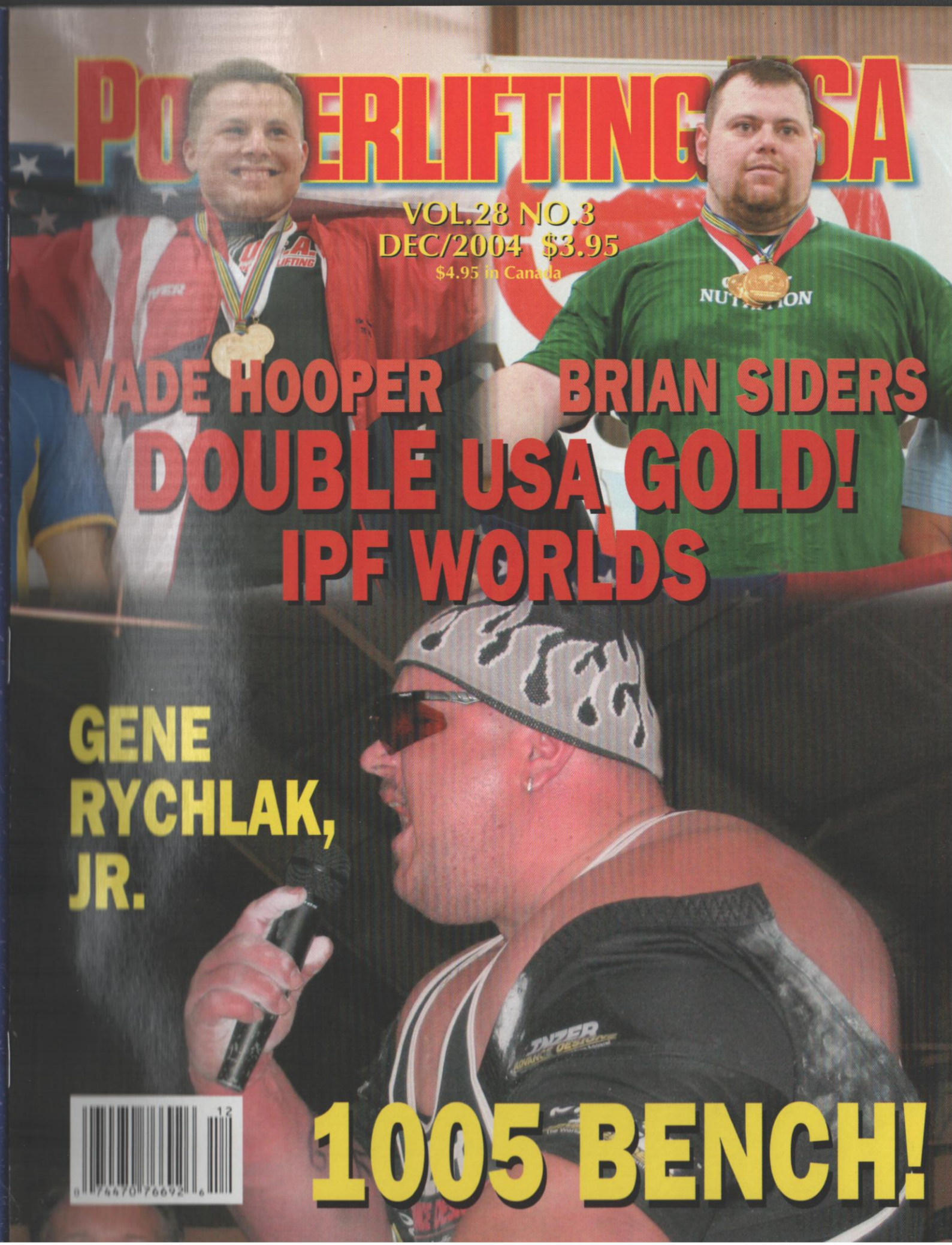


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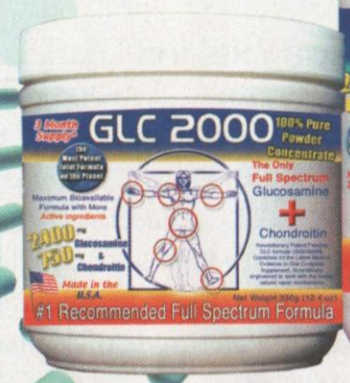
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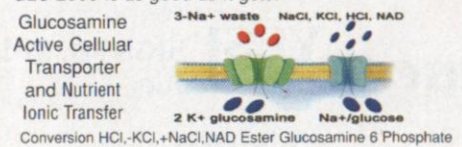
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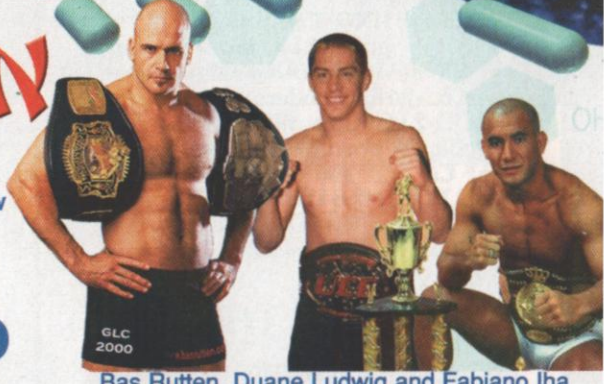
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**ON THE COVER** ..... 2004 IPF Gold Medalists at the Men's IPF Worlds - Wade Hooper (left) and Brian Siders (right) in Christy Newman photos, and 1005 bencher Gene Rychlak Jr. (DePanfilis)

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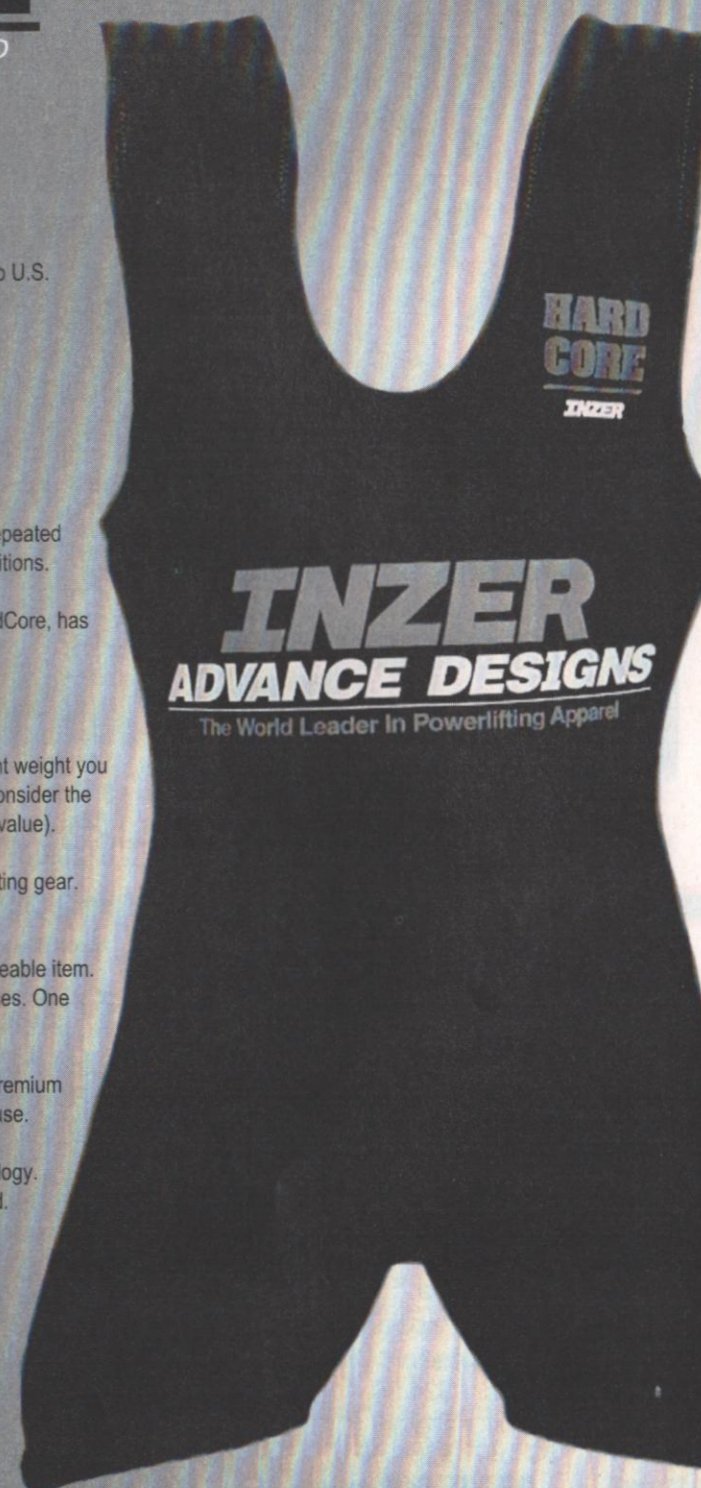
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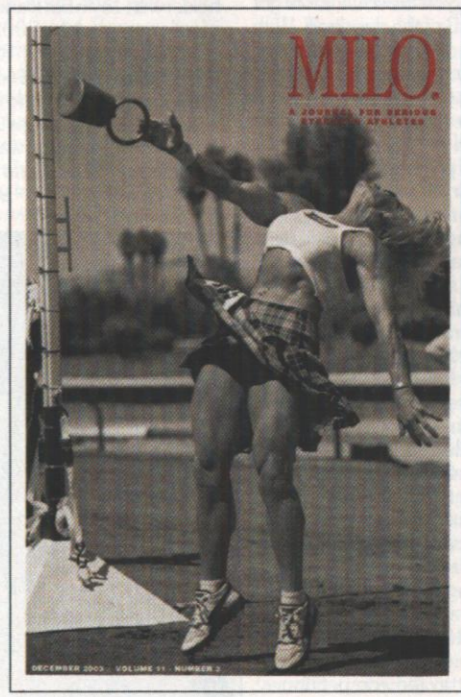
**1005 lb. Bench Press .. by Gene Rychlak Jr at the IPA Nationals.** He opened with an easy 950, then missed his groove on 1005 on his 2nd attempt, but then came back on a 3rd attempt and drove it straight up, for three white lights. Judges were Louie Simmons (head), Rob Capozzolo, and Sebastian Burns. (photograph by Scott DePanfilis of www.bodytech usa.com ... see his site for further coverage of this lift)

## 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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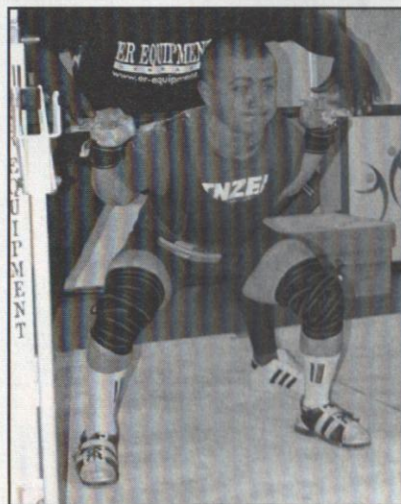
Team USA made the long trek to Cape Town, South Africa for the 2004 IPF World Championships. Cape Town is located on the far southwestern tip of Africa and it took about 25 hours or so to reach depending upon the area of the U.S. from which you were departing. Those who flew through Atlanta had the joy of three legs totaling about 22 hours, including two separate layovers during which we were not allowed to depart the plane. Team USA arrived with tired legs and weary eyes to one of the most picturesque cities in the World. It was summertime in the Cape so the climate was warmer than in the States with temperatures in the 70's and low 80's most days. The landscape is quite diverse with several large mountains located close by sheltering sandy beaches and a waterfront area filled with a variety of modern shops and restaurants that served such delicacies as warthog, impala, crocodile and a wide selection of fresh seafood. A quick ferry ride out of the harbor was the Robben Island Prison, now a museum, which had housed apartheid prisoners, including Nelson Mandela for more than a quarter of a century. Many in the Team USA contingent took a tour of the prison along with a ride up the famous Table Mountain for some breathtaking views of the city. The lifting venue was the Good Hope Centre located in downtown Cape. Not up to the standards of previous Worlds, the venue was small without adequate ventilation. It was reported that some IPF officials were unhappy with the setup and that a future Worlds in this country will be given to a different meet director.

Due to a series of unforeseen circumstances, the 52KG class ended up with the fewest lifters of any Open Men's World class in many years. After Team USA's Ervin Gainer was unable to make weight only four lifters remained. The most surprising absence was Poland's 8-Time WC and WR holder in the squat and bench Andrej Staneszek. There were a variety of explanations for his no show, including that he has retired to pursue a career in politics. Without Andrej, the silver was available for the taking. India's Puraxil Suresh left early at 462 in the squat, including his opener where he nearly vomited on the fast departing head judge Robert Keller. Taipei's Yun-Chi Yu received bronze medals across the board to take 3<sup>rd</sup>. For the 2<sup>nd</sup> year in a row, Great Britain's Patrick Constantine took full advantage of his situation with a 9/9 day, including a 507 pull for the silver.

Defending champ, 22-year old Sergey Fedosienko of Russia, continued his dominance over this class. Sergey added 10KGS to his squat from last year, with a deep and strong 573. After having to repeat a 341 opener, Sergey smoked 363 on a 3<sup>rd</sup> which left one thinking 385

# IPF MENS WORLDS

as told to Powerlifting USA by Dr. Patrick Anderson



Sergei Fedosienko - astonishing lifting

might have been there. A 2<sup>nd</sup> attempt pull at 529 bumped his WR total up to 1465 and a Wilks score of 658, the highest in PL history. A close miss at 545 kept Sergey from adding to the record on this day. Next year in Florida, a 600 SQ and/or a 400 BP should be in reach for the powerful young Russian.

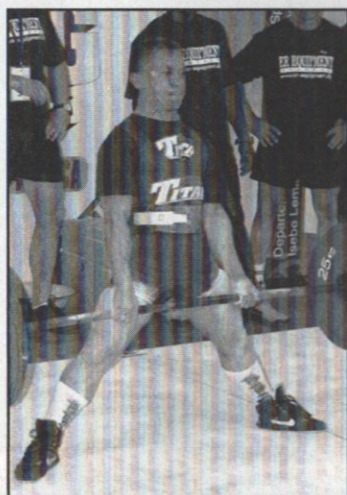
The low turnout at 114 was offset by a larger than usual entry lift at 123. Twelve lifters was the final count with two bombing out in the squat. Team USA's Ervin Gainer was forced to go up to 123 after an agonizing morning of trying to make weight. Using every trick imaginable, including standing on his head right before getting on the scale, Ervin got to within 1/2 LB of the class limit. With little or no bodyfat to burn and dehydrated to the max, Ervin's body just wouldn't go any further. As the weigh-in time expired, reality set in for Ervin and the Team USA staff. Mentally and physically weakened by the ordeal, Ervin had to warm-up for the squat and be ready for his opener in just over 30 minutes. Ervin could hang his head and quit, making a bad situation worse, or he could forge ahead and bring back some momentum to Team USA. Ervin chose to tough it out and the first order of business was getting through the squat. A drastically reduced opener was turned down on depth followed by two strong lifts ending at 407. Ervin's strength began to rise to the tune of 3/3 in the bench with a PR 314. A 496 pull earned Ervin the deadlift bronze and a 6<sup>th</sup> place finish. Japan's Hiroyuki Isagawa, at 51 years young, was awarded the bronze medal with a 1333 total. The 7-time Open WC needed three tries in the bench to get in the competition. From there he tried to up his WR bench with 415 on a 4<sup>th</sup> to no avail. Only six years old at the time of

Isagawa's 1<sup>st</sup> world title, Shih-Wu Lu of Taipei pulled a class high 556 to end at 1361 and the silver medal.

Konstantin Pavlov of Russia joined an ultra elite group of powerlifters with his 9<sup>th</sup> consecutive Open World title. Only Pacifico, Gant and Inaba have exceeded this feat with Dan Austin being the only other lifter with nine titles. With Golds in the SQ, DL and total, Pavlov dominated this class with an 82 LB victory. As a side note, a handful of the Team USA contingent had the chance to talk with Pavlov using a translating program on his laptop computer. It was an interesting session with Pavlov stating that he considered Coan, Sivokon, and Inaba to be the greatest lifters of all time. Also, he is looking forward to coming to the U.S. for the first time next year and winning his 10<sup>th</sup> title and that he is

aware of Gant's 15 and Inaba's 17 titles and would like to be able to reach them. Finally, in regards to Brian Siders, he stated in succinct Russian style "he should win easily on Sunday."

One of the great joys of coming to the Worlds each year is that you get a chance to see history made before your eyes. On Wednesday, November 10, 2004 in Cape Town, South Africa this was one of those moments. It took 21 years for Joe Bradley's immortal total record to fall in 2001, a few short years later three different lifters smashed the record in the same day. The trio was comprised of last year's silver medalist 22-year old Tsung-Ting Hsieh, the current WR holder with 1576 Bin Darimin Sutrisno of Indonesia and the 2002 Champ at 114 Ravil Kazakov of Russia. The battle started with Hsieh opening 15KGS above where he finished last year and taking big jumps to finish with a tough 3<sup>rd</sup> at 595 that was passed 2/1 by the judges. Sutrisno moved into 2<sup>nd</sup> place with a 617 2<sup>nd</sup> attempt only

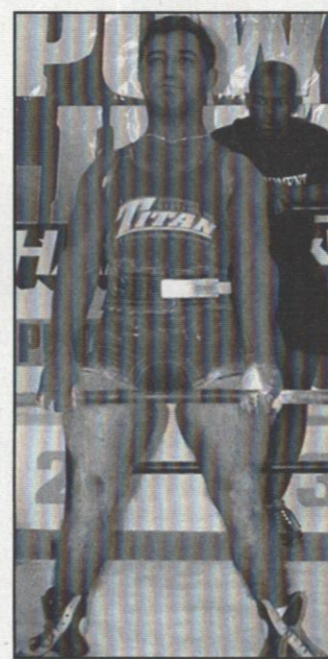


Konstantin Pavlov wins another

to have a close miss at 639 that was the eventual difference in the final margin. Kazakov motored through three strong squats ending with a 661 that had room to spare. Hsieh followed the same pattern in the bench by opening 25KGS over where he finished last year and ending with a tough 3<sup>rd</sup> at 396 on a 2/1 decision. Sutrisno kept pace with a PR 396 to stay in 2<sup>nd</sup> by 10KGS at subtotal. Kazakov opened up his lead with 3/3 in the bench ending at a WR 457. The 457 did receive one red light and the jury even went so far as to review the videotape, not to overturn, but more as an evaluation of the judging. Personally, it appeared as though his opener was a borderline pause with each attempt that followed getting quicker as the weight went up.

At subtotal, Kazakov led by 105 LBS over Sutrisno and 126 over Hsieh. However, Kazakov was the heavier lifter and the weakest puller of the trio. Kazakov opened easily at 462, which gave him a new WR total of 1582 followed by a solid 496 pull that upped the total record to 1614. On 2<sup>nd</sup> attempts, Sutrisno closed the gap with a strong 573 to put him at 1587 and Hsieh pulled a tough 600 that moved him into 2<sup>nd</sup> at 1592. The Russian coaches called for a PR 512 for Kazakov, 60LBS more than he pulled at last year's Worlds. With not just one, but two, world-class pullers on his heels, it was clear that this lift as necessary for the Gold. In a calm, cool manner that belies his youth, Kazakov pulled a perfect 3<sup>rd</sup> attempt with little room to spare. The lift gave him a 9/9 day with a WR bench and three WRs in the total ending at a mind-boggling 1631 total. Sutrisno turned his focus to the silver with a tough 3<sup>rd</sup> at 600 and a 1614 total. Hsieh had his eyes on Gold and 639 was loaded on the bar for his 3<sup>rd</sup>. The bar actually left the floor, but his right foot slid outward thus ending any hopes for the upset. Nonetheless, only Gant has ever had the audacity to put such weight on the bar at 132. The summary of what we had witnessed from the top three was staggering, 27 out of 29 attempts were successful. Either of the two misses would have changed the final outcome. Simply put, in order to win the Gold at 132 on this day, not only would you need to go 9/9, but also lift more than anyone else in powerlifting history at 132.

Team USA's twenty-year old Caleb Williams had the misfortune of making his Open Worlds debut amidst such tough competition. Caleb's a former Junior World Champion, so he isn't in awe of the big stage. After his 578 opening squat was turned down on depth, he came back to make it on his 2<sup>nd</sup>. A 3<sup>rd</sup> at 595 was unsuccessful. The bench got off to a rocky start with Caleb missing 325 twice due to some shirt troubles. After a quick shirt change in the back Caleb got in the meet on his 3<sup>rd</sup>. Caleb had switched back to sumo since the Nationals, but 545 was a little too much on this day. Caleb's 4/9 left him



Ravil Kazakov .. history at 132

with 1432 and a 4<sup>th</sup> place finish. Caleb's total would have finished in 2<sup>nd</sup> last year and would have won many Worlds in the past, which only shows how tough the competition was this year.

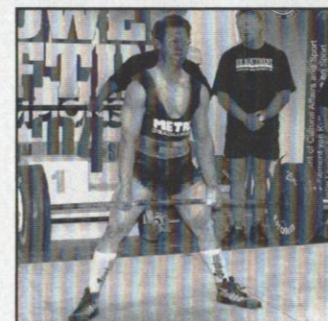
At 148 Team USA had Greg Simmons achieving his long time goal of lifting in the Open Worlds. Greg had won a tough battle at the Nationals in July to make the team and had trained hard for this meet. Greg started off nicely with three good squats ending at 556. In the bench, Greg hit 352 with a narrow miss at 363. The deadlift has been Greg's Achilles in recent meet's so it was nice to see him go 3/3 with a solid 540 to end the day 8/9 and a 1449 total. Greg was able to win the first flight of this class and finish in 7<sup>th</sup> out of 14 lifters. France's Hassan El Belghitti pulled 617 for the bronze to finish 5<sup>th</sup>. Great Britain's Philip Richard rode a 628 squat into 4<sup>th</sup>. Sweden's only medal of the meet went to Amit Selberg who finished 1576 for the bronze. Huang Lung-Hsing of Taipei won the gold in the bench with 446 to take the silver overall.

For the 3<sup>rd</sup> year in a row, Poland's Jaroslav Olech dominated the 148s. Sporting a pair of quads that look like they belong on a 198er, Olech broke the world record squat TWICE with 738 and 749. That's the heaviest 5-times bodyweight squat in IPF history and even exceeds the WR held by Wade Hooper at 165. Olech put 15KGS on his bench since last year and won the bronze in that lift. After an easy opener at 644 in the DL, Olech jumped to 666 for his 2<sup>nd</sup> and an 1835 WR total. The lift was solid and 683 was a close miss for another total record. The 1835 eclipsed the legendary Alexi Sivokon's total and gave Olech the 2<sup>nd</sup> highest Wilks of the championship. With a 699 WR DL already in his possession Olech now joins Ed Coan (who incidentally

was on hand supporting Team USA) as the only lifters to hold three IPF World records in the same class. It is not out of the realm to imagine a 1900 total in Olech's future courtesy of 760, 435, 705 or maybe a jump up to the 65's for a shot at a 2000LB total.

It has been eight long years since Wade Hooper last stood atop the medal stand at the IPF Worlds. First there were the aforementioned Sivokon to deal with and then the tough Russian Furazhkin the past few years. With Sivokon retired and Furazhkin up a class, the door seemed to be open for Wade. A pair of junior lifters, 20-year old Dmitry Dvornikov of Russia and 22-year old Oleksandr Borysov of Ukraine, had every intention of shutting that door. The young duo recorded dueling 699 squats with Dvornikov having a surprising miss at 710. Meanwhile the veteran squatter from the U.S. went 3/3 ending at 738. At first glance you might wonder why Wade didn't even attempt to break his current WR of 744. Well, there are several reasons. First, it was an absolute stove in the warmup room and with Wade's class having 15 lifters, it was broken into two groups. I was wrapping Wade and after each attempt and getting the wraps off and straps down, Wade would have about two minutes before we had to start wrapping again. Next, the platform was not up to the usual high standards of this competition and for a wide-stance squatter like Wade that can make a large difference. Finally, there was a Russian in the head judge's chair so Wade's lifts needed to be just about perfect. The 3<sup>rd</sup> attempt was an absolute gut-buster that defines a champion and put Wade out in front. Wade continued his momentum in the bench by upping his own WR to 507. Dvornikov fell farther back after only getting his opener at 440 and Borysov in 3<sup>rd</sup> with 418. In the most blatant example of biased judging that I have ever personally witnessed, Dvornikov's 3<sup>rd</sup> bench was turned down 2/1 for an obvious touch and go lift with the one white coming from his fellow countryman in the head chair. Wade followed up with a tough but legal 507 that was passed 2/1, with the only red coming from the head judge, of course.

It was strategy time in the deadlift with Wade out in front by over 100 LBS. After an easy opener with 562, the 2<sup>nd</sup> attempt selection was crucial.



Greg Simmons pulling for USA

The Team USA staff discussed our options, with Head Coach Johnny Graham making the call of 595. The lift was slow to lockout, but Wade held on and that gave him 1840, the highest total ever by an American at the IPF Worlds. Names like Austin, Bridges, Crain and Ricks have competed in this class, so that is quite an accomplishment. Borysov was now out of the hunt and went to 688 for the silver. The lift was a no go and he finished at 1796 for the bronze. Johnny selected 617 to finish off the Russian but Wade's grip nemesis popped up and the bar came crashing back to the platform. Now it was Dvornikov's turn, after pulling a solid 666 on his 2<sup>nd</sup>, it would take 699 for the win. In our coaches meeting the night prior, we had come to the consensus that anything below 694 would be in his range, but on this day it would actually be even less than expected. With Wade pacing like a bull eyeing a matador, Dvornikov was unable to even get the weight moving and Team USA had its first Gold of the weekend. This gives Wade back-to-back 8/9 performances at the toughest meet in powerlifting, another WR in the bench to go with his squat WR, two Open world titles along with one in the Junior division. Next year this meet comes to Wade's home soil, so you have to figure a run at the total record of 1901 and another title is on Wade's agenda. During the playing of the National Anthem, tears streamed down Wade's face as the emotion of the moment set in. Eight years is a long time to get back to the top, but that just made the journey that much sweeter. Wade, along with his wife Kim and Eddy Coan, celebrated early the next morning by climbing into a cage and swimming with sharks for an experience that was equally as memorable as the title itself.

Fourteen lifters were on the roster at 181, including two former World Champions and a silver medalist. However, when the dust settled it was a hard-nosed Ukrainian who stood atop the medal stand. Sergiy Naleykin of Ukraine, a 2003 Silver Medalist at 181, was one of the pre-meet favorites. The 21-year old son of former World Champion Viktor struggled in last year's meet going 3/9 and losing by 16LBS. Visibly more confident this year, Sergey motored through three squats ending at 793, just 20 KGS from Mike Bridges seemingly unbreakable record of 836. With a 20 KG lead going into the bench, Sergey opened way too heavy and was unsuccessful with three tries at 485. Sergey's misfortune opened the door for defending champ and bench WR holder Jan Wegiera of Poland. Wegiera attempted to up his WR to 562 on a 3<sup>rd</sup>, but was able to take the bench Gold easily with 551 to finish in 3<sup>rd</sup> place. Viktor Furazhkin of Russia, the 2-time defending champ at 165 was the consensus pre-meet favorite. Furazhkin struggled from the start, getting only his opener at 716 in the squat, the same weight he squatted at 165 last year. The bench

went much better for Viktor with a 3/3 ending at 512. The roller coaster went back down in the deadlift, as he was only able to register a 683 opener, 11LBS less than he pulled in 2003. It is very rare to see a Russian lifter of Viktor's caliber, struggle as he did in making only openers in the SQ and DL. Viktor only weighed 174 at this meet so it will be interesting to see if bulks up to a full 181 or goes back down to 165 for a battle with Wade. The surprise winner at 181 was last years bronze medalist at 165 and Tony Succarotte's long lost twin brother Oleksandr Kutcher of the Ukraine. Kutcher rode the gold medal squat (749), bronze medal bench (485) and gold medal deadlift (727) to the top of the medal stand. For the 2<sup>nd</sup> year in a row Kutcher's deadlift style baffled the crowd assembled. His opener of 694 was an absolute limit lift, and he didn't appear to have 695 in him. A modest jump to 705 was very slow although slightly easier than the opener. The 3<sup>rd</sup> at 727 was the easiest of the three and sent Succarotte, (I mean Kutcher), into an absolute frenzy. Russia and the Ukraine are bitter rivals and this upset turned the momentum Ukraine's way.

That momentum continued for the Ukraine at 198 with another surprising upset. Ivan Shlyakhta, a 22-year old Ukrainian, made his Open world debut in a huge way. Fresh off the Europeans where he broke the Open WR in the total, Ivan was up against a pair of tough Russians, Andrey Tarasenko and Aleksey Zvarykin. Tarasenko, the WC in 2001, had lost a tough battle with Ivan Freyduin last year and was looking to get back his title. Zvarykin, lifting in his first Open Worlds, used a 793 squat to total 1995 and hold off Poland's Michal Wilk for the bronze. The battle for the top spot was heated from the start with Tarasenko making wise choices to go 3/3 and finish at 799. Meanwhile Shlyakhta was on fire. After a strong 771 opener and breaking the 800 barrier on his 2<sup>nd</sup>, 827 was loaded onto the bar to break Dr. Fred Hatfield's 24-year old World Record. Shlyakhta, who wasn't even born when Dr. Squat set the record at the 1980 Worlds in Arlington, Texas, calmly wrote his name into the record books with a successful 3<sup>rd</sup> lift. This was the oldest squat record left on the books, but with Ivan's youth and recent progress, it is not hard to imagine the record getting broken again in the near future. Tarasenko continued making all his lifts in the bench by upping his own WR to 578. This gave him a 16 LB lead at subtotal, following Shlyakhta's clutch 534 3<sup>rd</sup> attempt.

When the bar hit the floor the battle continued with the lead changing hands six different times. On Shlyakhta's 2<sup>nd</sup> pull, an easy 777, he broke his own total record with 2138. Tarasenko followed up with a PR 3<sup>rd</sup> pull of 766 that pushed him to the limit and upped the record to 2143.

(continued on page 88)

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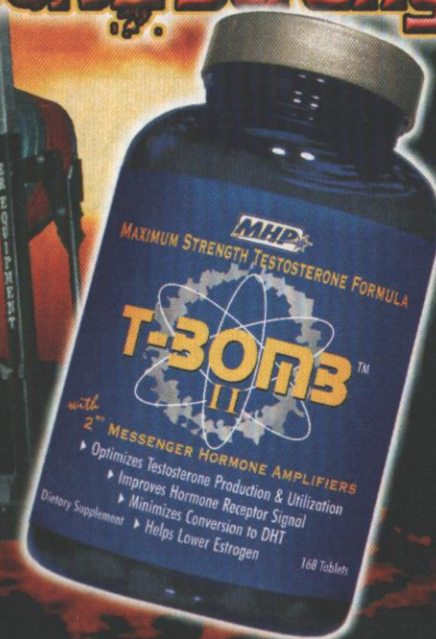
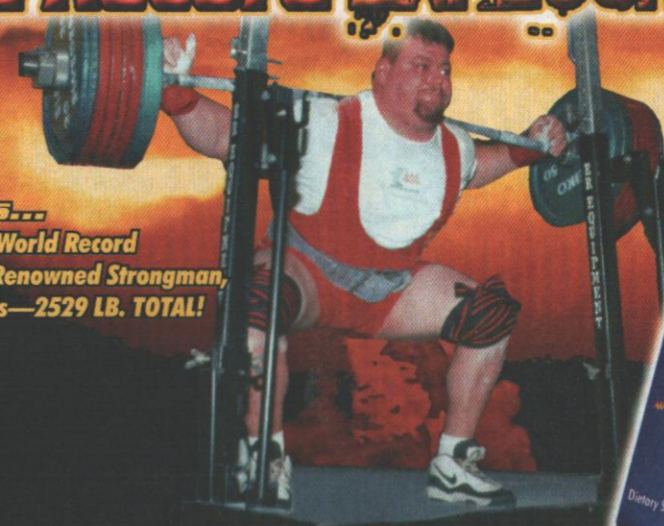
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# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

## IPF WORLD CHAMP BRIAN SIDERS

as interviewed for POWERLIFTING USA by Dr. Larry Miller

Dr. Larry Miller recently spoke with Brian Siders about a variety of powerlifting topics. The following are excerpts from the interview:

**Larry Miller:** Brian, let's start out with some background information on your age, occupation, and family.

**Brian Siders:** My name is Brian Siders and I am 26 years old. I am a Correctional Psychologist at a maximum security prison. My wife's name is Amy and we do not have any kids.

**Larry Miller:** Since your major is Psychology, do you believe that powerlifters are lacking in training the psychological aspect of lifting?

**Brian Siders:** I think the best powerlifters have found a way on their own to develop the best techniques for them to perform psychologically. I think that the novice lifters probably need some help. Many novice lifters tend to have a more negative attitude and lack the self confidence that the elite lifters have. Over time, most elite lifters develop their own psychological techniques.

**Larry Miller:** How did you get into the sport and how long have you been competing?

**Brian Siders:** I did a bench meet in High School in 1995 and I started to play football so I lifted weights for football. I played football in college for one year. My second season I started to concentrate on powerlifting. I started competing regularly in 1998 in 3 lift meets.

**Larry Miller:** Did you have any mentors when you started training?

**Brian Siders:** When I was 17 years old a friend introduced me to a gym where I still train today. There I met John Messinger and Vince White. They showed me just about everything I know in the sport.

**Larry Miller:** What are your views on drug testing and the equipment issue and the number of organizations?

**Brian Siders:** It would be nice if the organizations could condense themselves. I understand that people want a choice if they want use

special equipment or drugs. I guess that they should be allowed to do so. That allows for separation from people who don't want to do those things. I think USAPL does a great job, especially with their out of meet drug testing which is crucial to prove that people are drug



Brian Siders at the Mountaineer Cup with his long time supporter Sherm Ledford.

free. I think the IPF needs to work on that. I don't think all the countries are as strict about it as we

are. I have done a WPO meet. I think a lifter should try different things to see what makes them happy.

**Larry Miller:** How has the experience of being on the World Team been for you?

**Brian Siders:** The first experience was an eye opener - as in - taking a class in World Travel 101. It taught me that it isn't easy traveling halfway across the world and doing your best. I was much happier the second time around in Denmark compared to Slovakia. It has a lot to do with the psychological aspect. I think a lot of people get intimidated going to their first world meet and often times they show a lack of confidence.

**Larry Miller:** Do you see more camaraderie on the world team than your typical meet?

**Brian Siders:** Yes, but I have seen a great deal of camaraderie at every meet I have ever gone to. At Nationals, all the superheavyweights know each other. I have always had a good experience at meets, meeting new people.

**Larry Miller:** Have you developed any special friendships over the years?

**Brian Siders:** At the World's, Sherman Ledford and Wade Hooper are always the first people to help me out. It is good to have someone with as much experience as Wade has. Everyone else that travels to the world meets are very helpful as well. Even though powerlifting is an individual sport, big totals can not exist without the people behind the scenes.

**Larry Miller:** What is your training regimen like? How many days a week do you train?

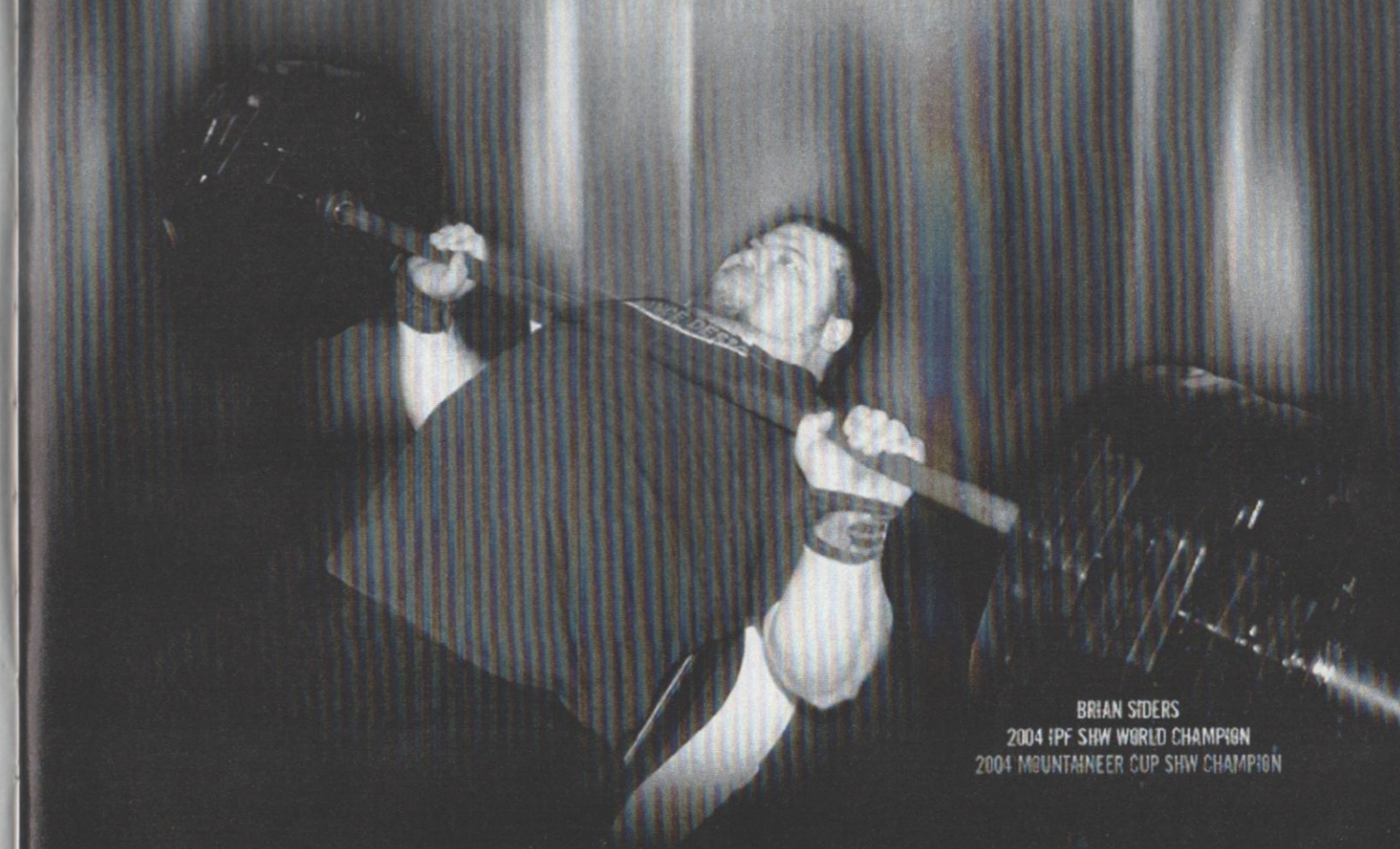
**Brian Siders:** I have probably tried about every training program there is. Now I am using a combination of what I have learned and what I have added myself. I currently am training 6 days a week. I do use a lot of assistance exercises and I use the "Jump Stretch" bands and chains. I find ways to use them on everything. There are sometimes when I may not do the actual lifts for a while and just do bands and chains. I do box squats, regular squats, chain squats, band squats. I

(continued on p. 48)

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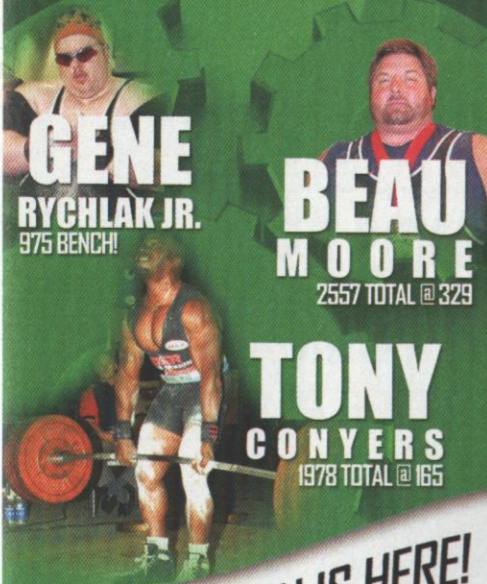
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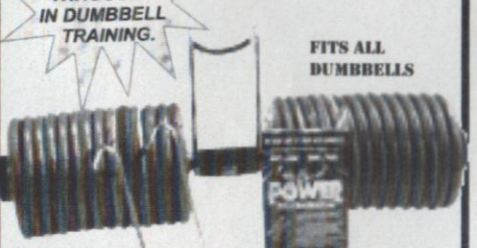
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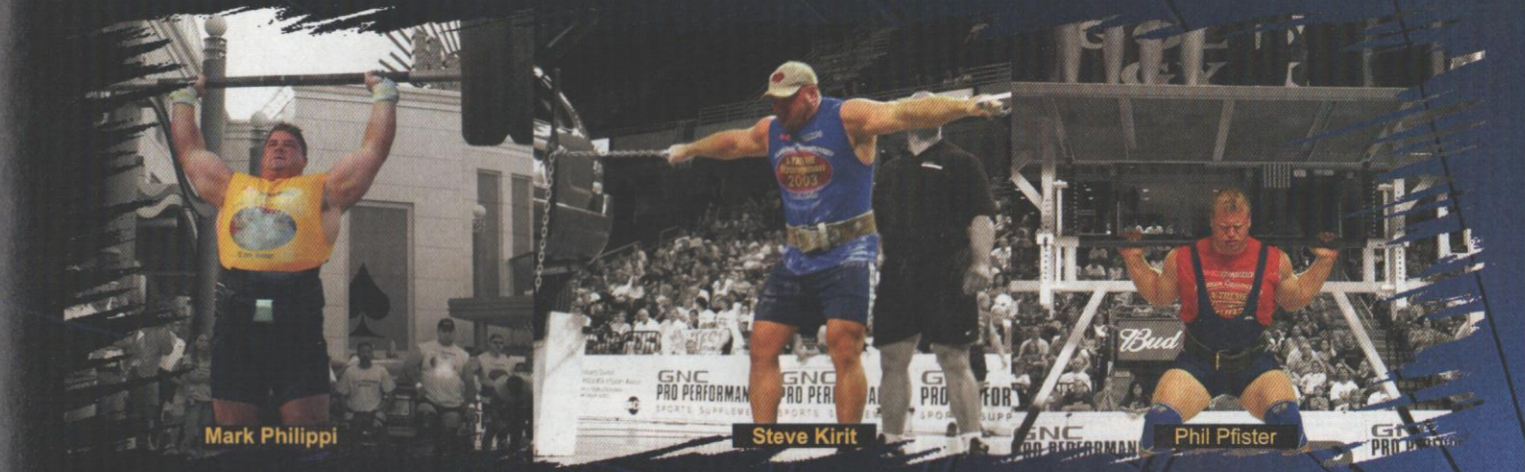


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# TRAINING

## DEADLIFT TRAINING

as told to *Powerlifting USA* by Louie Simmons

There are approximately 65 700+ benchers and 35 1000+ squatters. But when one looks at the deadlift, there are only 8 900+ deadlifters. The incredibly strong Eddie Coan made 901 at 220 in 1991. He is by far the lightest of the group. My old friend Danny Wohleber, of Cleveland, OH, was the youngest, at 21 years old in 1982, and at a bodyweight of 268. This brief bit of history illustrates how difficult the deadlift truly is.

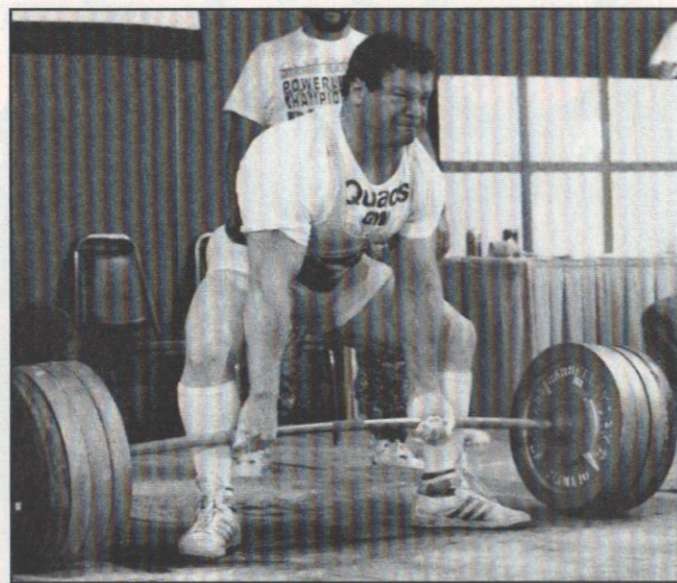
We also got lazy in the deadlift. After all, Ted Arcidi made the first official 700 (705) bench in 1985. Now, at least 65 others have done that much. My old friend Dave Waddington made the first 1000 (1003) pound squat in 1981. Now we have 35 and the number is growing.

I believe there are several reasons for this. One is the lack of

supportive gear in the deadlift. Put down a few Benjamins for a better bench shirt and squat suit and your bench and squat will probably go up. Although there are deadlift suits, they don't have the same impact as other power gear.

Except for Eddie Coan, most men found it necessary to gain a large amount of weight, which helped the squat, but destroyed the leverage needed to pull such weight. Only three out of the eight made at least 3 times bodyweight.

What can be done for the deadlift? Well, let's try training. First, speed pulls are a necessity to pull big weights. We have had great success with Jump-Stretch band pulls. Our platform is designed to provide 100 pounds of tension at the start and 220 pounds at lock-out. The bar weight is about 60-65% of your meet deadlift. We also will add more



**THE LIGHTEST...** Ed Coan starting up with 901, sumo-style, at 220!

band tension at the lock-out only, leaving the original start tension the same.

A second method is to drape chains over the bar. For a 700+ pull, use three or four sets of 5/8 inch chains that are 5 feet long. A variation of the chain method is to attach the chain to the platform on one end. As the bar is pulled upward, the chain will fall on the bar at any height desired.

The lightened method is also used quite often for speed work. We place the strong blue bands over the power rack pins at 5 ft. 6 in. off the floor. This will reduce 135 pounds to about zero at the floor. The bar weight is 70% of your best pull. All speed pulls should be done right after speed squats for 5-8 singles.

### Max Effort Work

Westside lives on good mornings of all types.

\* Concentric good mornings. Here we support the bar in chains suspended from the top of our power rack. We work up to a max single. It may look like a half-squat/half-good morning. Regardless of your form, if you break your record, you are stronger.

\* Bent-leg arched-back good mornings.

\* Bent-back bent-legged good mornings.

\* Straight-leg arched-back good mornings.

\* Good mornings with heels raised.

\* Good mornings with toes raised.

\* Good mornings with one foot raised 2-4 inches.

\* Good mornings with weight and bands.

\* Good mornings with weight and chains.

\* Good mornings with weight, chains, and bands.

### Squatting for the Deadlift

\* Very low box squats will build a

large deadlift. Squat off a box that is 2-4 inches lower than the box you use for training the squat.

\* Safety squat bar.

\* MantaRay squats.

\* Buffalo bar on a low box.

\* 14-inch cambered bar.

\* Dave Draper's squat device, which rapidly changes the body position. This is precisely why squatting with special bars work; they artificially change the length of the spine.

\* Belt squats. These build tremendous leg strength without taxing the back.

### Deadlifts

\* Ultrawide deadlifts, sumo style. This develops extremely strong hip muscles. Tim Harold went from a hard 700 pull to an easy 775 pull in 3 month's time.

\* Box deadlifts off a 2-4 inch box, conventional style. Use a 2 inch box for sumo deadlifts.

\* Deadlift with a wide hand grip.

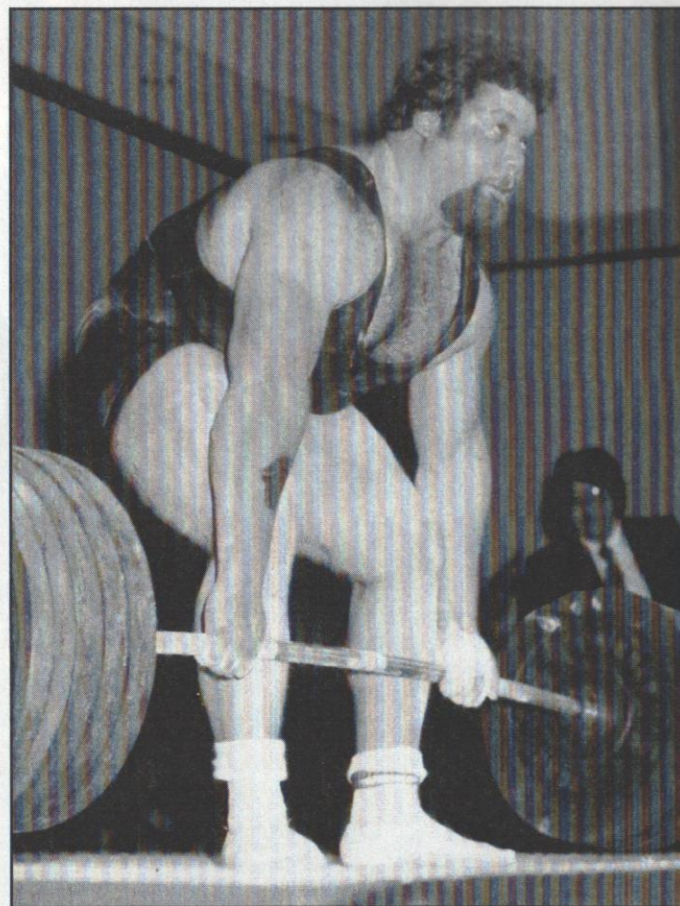
\* Rack pulls. Choose pins that allow only about 10% over your best regular deadlift.

\* If you pull conventional, try a sumo record. One style will help the other.

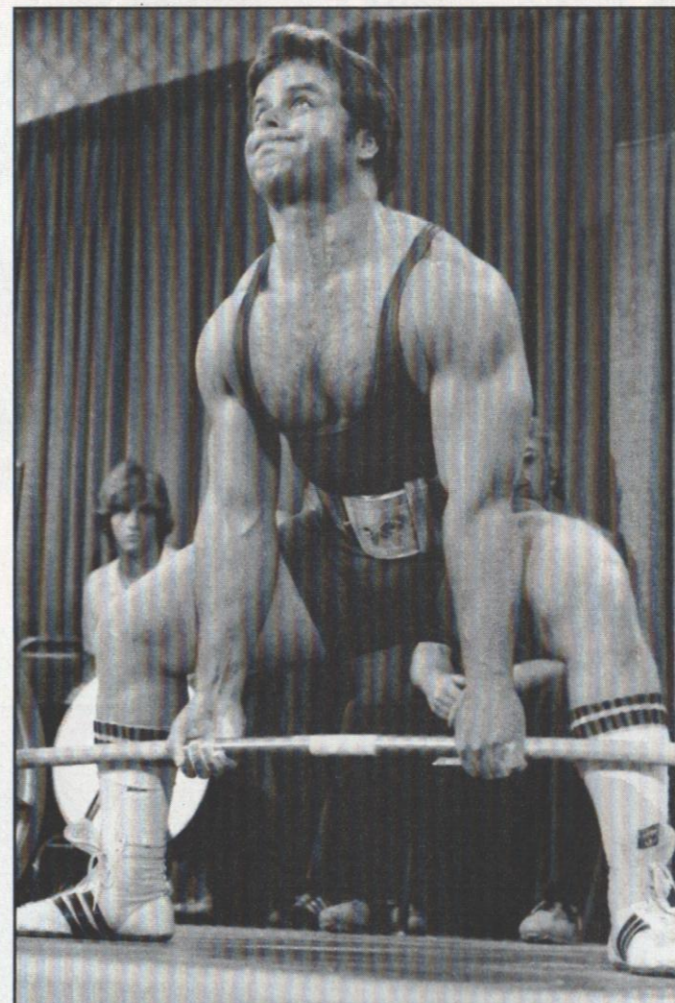
One must also use special exercises to increase the deadlift. Very few lifters can excel by only deadlifting. I've already talked about good mornings and special squats, but there are exercises that isolate certain muscle groups. The deadlift is done for singles, squats 1-3 reps, and good mornings 1-5 reps. The special exercises below are to be done in the 6-12 rep range or higher.

\* Glute-ham raises. These are to be done to 2-10 reps per set, depending on the amount of weight used. You can increase the difficulty of this exercises by raising the rear of the glute-ham bench. Sometimes this version is referred to as an inverse curl.

\* Pull-throughs. Face away from a



**THE FIRST & YOUNGEST....** to pull over 900 pounds in competition, Danny Wohleber was astonishingly explosive in the deadlift.



**Mike Bridges...** what an efficient starting position for the deadlift.

low-pulley device, grab a single handle attachment connected to the cable, and walk forward a few feet. Squat down with the arms straight and stand back up.

\* Modified glute-ham raises. Do these on a 45 degree hyper bench. While performing a back raise with a bar on your back, simply perform a partial glute-ham raise simultaneously.

\* Belt squats. Use a belt squat machine or stand on boxes using a belt from which you can suspend weight. These not only build the entire lower body but also correct pelvic tilt.

\* Band leg curls. Attach a band around the lower support of a power rack. Place a bench about 4 feet from the rack. Hook your heels in the band, sit on the bench, and do leg curls.

\* Band good mornings. Place a band around your neck and stand on the other end.

Next, work the abs in many forms.

### Deadlift Technique

For conventional deadlifts, for poor lock-out, the feet should be pointed straight ahead. This will allow the hips to rotate forward farther and stronger. If

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the feet are turned out, less hip rotation is achieved.

For sumo style, always push

the feet apart while pulling. This brings the hips forward as fast as possible, increasing leverage. The strongest style is feet straight forward. How straight your feet will be is dependent on your flexibility, which also determines the width of your stance. Push the feet apart and pull backward toward the body. This keeps the shoulders above or, hopefully behind the bar.

I learned to deadlift from many, but Mike Bridges was most instrumental in my technique and teaching technique. My old friend Vince Anello taught me that it takes many exercises besides the deadlift to excel at it. When asked what make his deadlift so great, 821 at 198, Vince replied, "anything makes my deadlift go up." He was right. For grip, Ed Coan told me to train the fingers to hold on to the bar. Training the forearms makes them bigger and your hands thicker, making your grip worse.

I hope some of these tips get you a new record in the deadlift.

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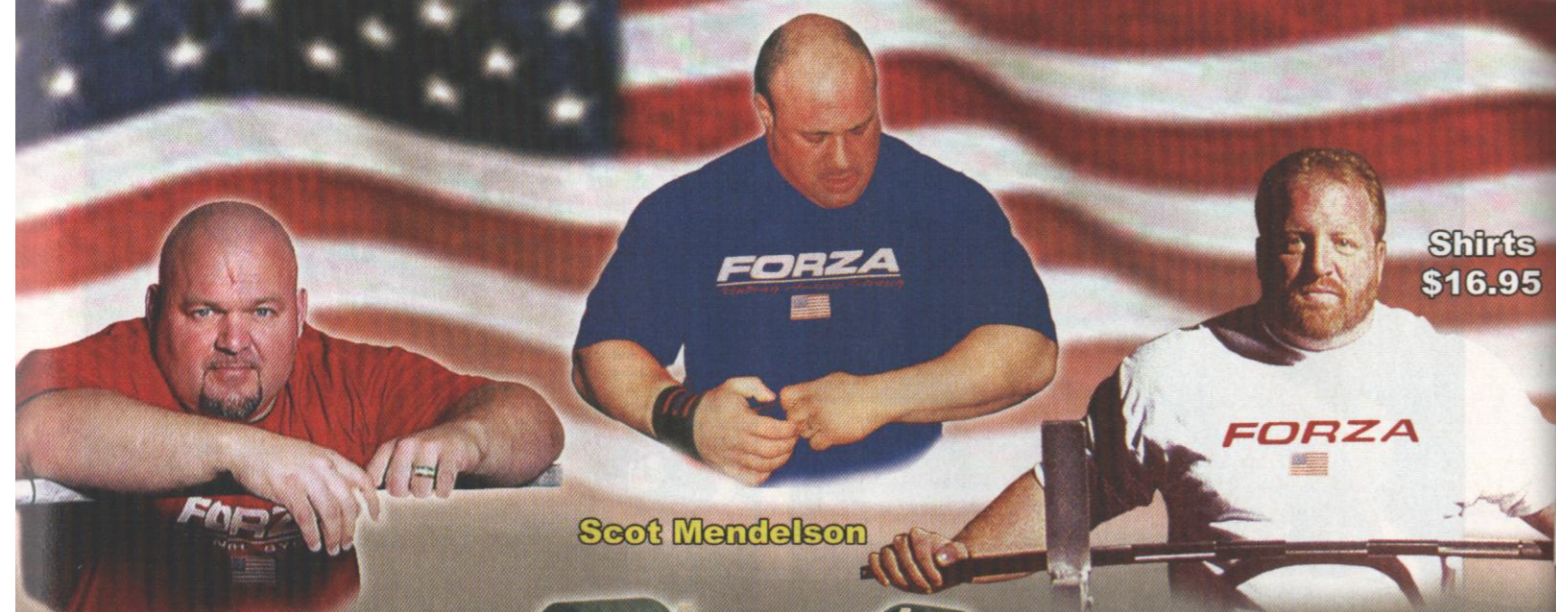
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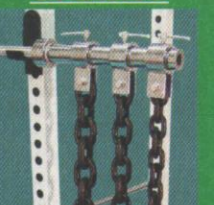
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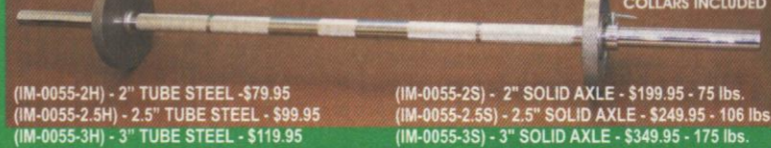
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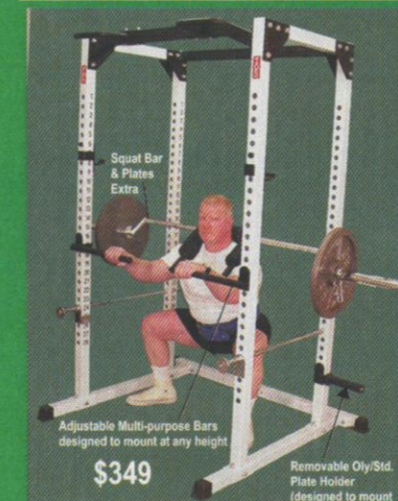
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*"When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying."*

Desire-Joseph Mercier

Many of you who know me are aware that I teach health classes at Albany State University. One of my favorite courses is entitled *Death and Dying*. I know it sounds morbid, but it is a fantastic course, one that every student in America should be required to take. Unfortunately, as far as I know we are the only school in America, or the world for that matter, that has a class listed as *Death and Dying 101* in the curriculum, and I am probably the only professor who is idiotic enough to teach it. It's rather interesting that one of my greatest heroes, Leo Buscaglia, taught *Love 101* at Southern Cal. He taught people how to love and live. At Albany State, I teach people how to die. Believe it or not, both issues are very closely related, because thinking about death can literally teach you how to love and live. It teaches you how precious life and loving really are. As Thornton Wilder once said, "There is a land of the living and the land of the dead, and the bridge is love ... the only survival and the only meaning."

I find it very interesting that most of my classes fill up within the first hour of the registration period. As a matter of fact, there are always students trying to get into my classes after they are closed out. My *Death and Dying* class,

## DR. JUDD

### LIVING LIFE...REALLY LIVING as told by Judd Biasiotto Ph. D.

however, is never full. In fact, the college advisors tell me that they have to manipulate, coerce, and downright bully students to sign up for the course. Even with all that pressure being implemented throughout the campus, I still only get 10 or 15 students in the class as compared to a full complement of 40 students. Those are the ones that initially sign up; keeping them in the class is an entirely different problem.

The first assignment that I give them is to write their own obituary. It literally freaks them out. As soon as I dismiss the class, half of them will run right over to the registration office and drop the course. They will say, "Biasiotto is sick; he wants us to think about dying." It just goes to show you how uncomfortable people are in America with facing their own mortality. In truth, most of us don't know how to handle death, in fact, we run from it our entire lives. Then, when it comes time to deal with it, we totally "freak out." It's like we are carrying this albatross around our neck for our entire life, worrying about this dreadful thing called dying. We have to learn that death is just another

aspect of life. The only way you can accept life is to accept death. We need to learn how to accept our death. That is one reason why the class is so essential.

Anyhow, by the time the class really gets underway, I usually have about 8 to 10 students who are still hanging in there. The University dislikes small classes because they lose money, but I love them. It gives me a chance to get to know my students on a personal basis. I get to see them up front and personal. The small class also

gives us an opportunity to visit some truly educational places that we could never go to with a full class. For instance, during the semester we visit a morgue, a crematorium, and a mortuary. If I can arrange it, we also attend an embalming and an autopsy. What the kids really take pleasure in is when we visit a convalescent home or some terminally ill patients. They interview these people, and it is truly amazing how these people, on death's door, reach out to us with their insights about living life fully. To be honest, I learn more than I teach in this class.

At the end of the semester, I give my students a rather thought provoking assignment. (Actually, I stole the idea from Buscaglia's *Love* class.) I ask them to write an essay that is centered around the following theme: If you only had one week to live, and you could do anything you wanted to do, how would you spend that time? Occasionally I will get some really crazy answers:

*"I would get stoned for the entire week*

*with some really good \_\_\_\_\_. In other words, I would blast off before I took off."*

*"I would kill myself because I couldn't take the pressure of knowing I was going to die."*

*"I would make a list of all the people I hated and then take them with me."*

More often though the answers are fulfilling and heartwarming:

*"I would go to confession and ask God to forgive me for all the stupid things I did in my life."*

*"I would seek out all the people who have given my life meaning, and face to face tell them how much they mean to me."*

*"I would tell my parents how much I appreciate everything that they have done for me and how much I love them."*

*"I would tell my children how much they have enriched my life and tell them I love them."*

My response to all of these wonderful thoughts is: "Why don't you do those things now? (The suicide, murder and drug trip withstanding) What are you waiting for? Do it now!" And do you know what? Many of my students will go right home after class and do exactly that. They will call their parents, their boyfriend, or their buddies and tell them how much they mean to them and how much they love them. That is the essence of the entire class ... to get people to live in the moment, to live NOW ... to stop sweating the small stuff ... not to worry about who doesn't like them, who has more, or who's doing what. Instead, they should cherish the relationships they do have with those who love them ... dream what they want to dream, go where they want to go, be what they want to be. Like all of us, they have only one life and one chance to do all the things they want to do ... and to do those things NOW! You know it is really funny ... we live as if we will never die, and then we die as if we never lived. "Oh, God, to have reached the point of death," said Thoreau, "only to find out you have never lived."

You know, we think that wealth and possessions are what are essential ... big homes, lots of money, expensive things. We spend day and night chasing after beautiful cars, clothes, and houses, and when we get them, we are not any more fulfilled than when we didn't have them. Then there are my friends who will literally surrender their entire lives for the sole purpose of being successful in

sports. In fact, they seem quite willing to sacrifice the very essence of life just to achieve physical greatness. In many cases, they will place a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. Yes - many of these lost souls are powerlifters!

By making our dreams the end rather than the means, we cease to live in the moment. Consequently, we miss out on ourselves and the people and things around us. We miss out on what is happening to others and ourselves right now. Believe me the happiest of people don't necessarily have the best of everything; they just make the most of everything that comes their way. All of this material stuff is not necessary. It's nice, but it's not necessary.

I want to read you something that I absolutely love ... it was written by Erma Bombeck. I am sure most of you are familiar with Erma Bombeck, but just in case you have been living in a cave in Tibet for the last thirty years let me fill you in on her. Bombeck is one of the greatest humorists who ever picked up a pen. She is absolutely hilarious. To my knowledge, I have read everything that she has put on paper. She is the absolute best when it comes to disseminating thought provoking ideas in a flippant and joking manner. Many nights I have found myself laughing out loud, uncontrollably, while reading her material. She is just that great!

In light of the many perversions and jokes she has written for the explicit purpose of amusement, this is a little different: This was not intended to be a joke, and it's not funny; it was intended to get us thinking. She wrote it after she found out she was dying from cancer. She says, "If I had my life to live over again I would try to be less perfect next time and allow myself to make more mistakes."

Isn't it amazing how even distinguished and prominent people have perfection fetishes? It just goes to show you that we are all human.

She continues, "I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day." This is something we all can learn. I don't care who you are or what you do; this magnificent world of ours is going to go right on, with or without you.

This part really gets to me. She says, "I would have invited friends over to dinner even if the carpet was stained, or the sofa faded. I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to

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*light a fire in the fireplace. I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed. I would have sat on the lawn with my grass stains. I would have burned the pink candle sculpted like a rose before it melted in storage. I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.*

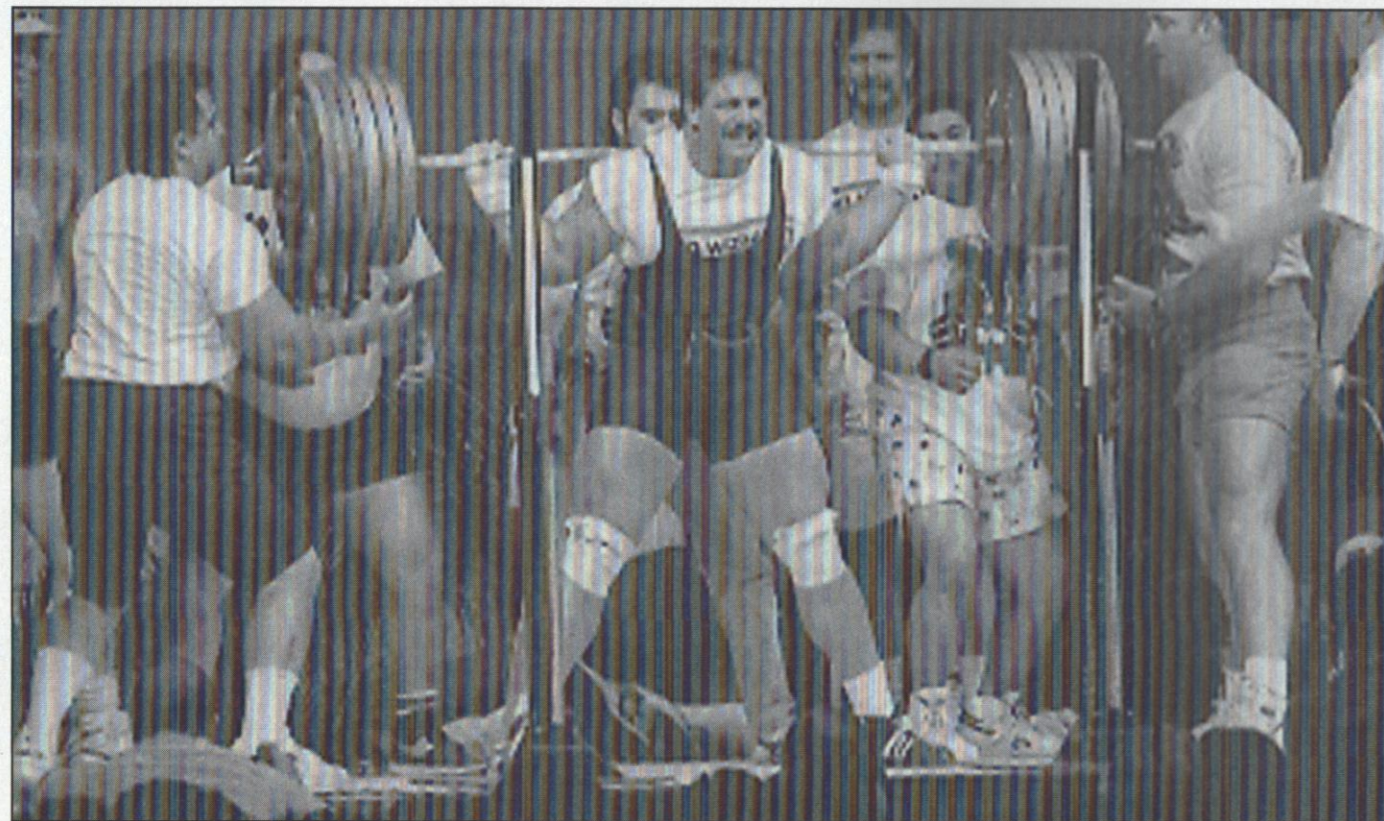
This is exactly what we are talking about here. In other words, she would have just let go and lived more. I mean really lived her life ... not worried about the small stuff ... really got in to living life fully. And that's the true reality, to be in touch. Like I said, the time to live your life is NOW!

This is the part I really love because she talks about reaching out to others, putting life in its real perspective. "I would have talked less and listened more." She says, "I would have taken the time to listen to my grandfather ramble about his youth. Instead of wishing away 9 months of pregnancy I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed

up for dinner." There would have been more "I love you's." More "I'm sorry's." "But mostly" she concludes, "given another shot at life, I would seize every minute ... look at it and really see it ... live it ... and never give it back."

Isn't that great! There is so much to experience in life, and we are satisfied with so little. Put a stop to that type of apathy this very moment. Tell yourself that you are going to start experiencing life the way God intended you to experience it. Come into contact with all of God's gifts. Experience all the splendor around you; look at the stars, the sky, the ocean; feel the warmth of the sun, the splendor of a light breeze, and the freshness of a cool day. Smell the fragrance of earth; hear the exuberance of sounds; feel the tranquillity of silence; be in touch with the brilliance of humanity. Start feeling things ... the celebration of pleasure, the merriment of joy, the sadness of disappointment and sorrow and the discontent of loneliness and depression ... be a part of it all. Reach out and touch the people you love; be aware of yourself, your transformations, your growth, and your being. There is just so much to experience and just so little time to experience it. Don't miss any of it. Start living, and do it NOW!



**Dave Pasanella** had been living his life to the fullest: rapidly building a successful career as Director of Player Development at Georgia Tech, squatting deep into the 1000s when almost no one else was, posting an all time best total of 2458 (1030 573 854 as a 275er) with bigger numbers clearly on the way, he had just started a mainstream supplement company and was about to get involved in the administration of the World Powerlifting Congress, and he was on the cover of PL USA, when a car crash took his life at the age of - 28.

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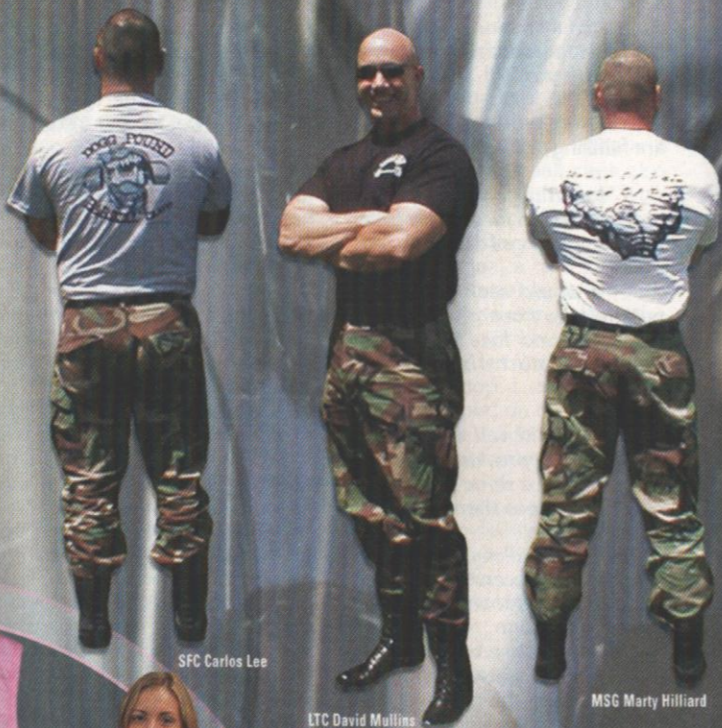
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Jerri Lynn Lippert @ the '03 WABDL Worlds

RANK	FORMULA PTS.	LIFT (KG)	LIFTER	BIRTH YR/NAT.	BDWT.	DATE	ORG.
1.	180.237	182.5	Rinehart, Tina	68USA	60.00	06MAR04	WPO
2.	163.551	195.0	Scanlon, Julie	76USA	74.65	06MAR04	WPO
3.	160.463	170.0	Lippert, Jerri-Lynn	73USA	63.50	14DEC03	WABDL
4.	158.169	227.5	Swanson, Rebecca	73USA	108.20	05MAR04	WPO
5.	157.491	175.0	Bohigian, Kara	75USA	67.50	08OCT04	WPO
6.	155.764	183.0	Suzuki, Paula	68USA	73.02	10JUN00	APF
7.	155.493	130.0	Fukushima, Yukako	70JPN	47.10	14JUL02	IPF
8.	151.416	177.5	Earney, Oebra	54USA	72.80	11DEC95	APF
9.	150.768	180.0	Dedulya, Svetlana	75RUS	74.80	24MAY03	IPF
10.	150.609	152.5	Weisberger, Amy	65USA	60.00	07NOV03	WPO
11.	146.851	147.5	Nelubova, Valentina	66RUS	59.40	23MAY03	IPF
12.	146.052	137.5	Althaus, Tamara	78GER	54.80	05DEC02	IPF
13.	145.236	160.5	Kudinova, Marina	77RUS	67.00	26FEB03	IPF
14.	143.545	182.5	Grimwood, Tamara	64USA	82.50	29MAY94	APF
15.	143.293	165.0	Harrell, Janet	59USA	74.10	03DEC88	APF
16.	142.961	170.0	VanDeweghe, Stefanie	55USA	74.34	13DEC98	APF
17.	142.137	170.0	Terentyeva, Anna	75RUS	75.00	02OCT03	IPF
18.	141.851	142.5	Thompson, Jennifer	73USA	59.30	23AUG03	USAPL
19.	141.237	135.0	Eltsova, Tatyana	78RUS	55.85	10MAR04	IPF
20.	141.018	142.5	Poletaeva, Irina	82RUS	59.85	10MAR04	IPF
21.	140.306	175.0	Mills, Jill	71USA	80.00	29NOV03	WPC
22.	139.876	204.11	Sizenore, Karen	64USA	114.22	30MAR02	IPA
23.	139.173	124.74	Faraone, Janet	67USA	51.53	06SEP03	IPA
24.	139.081	125.0	Lamina, Olesya	79RUS	51.70	10MAR04	IP
25.	138.642	140.0	Altizer, Bettina	62USA	59.80	31JAN04	USAPL
26.	138.264	140.0	Mathias, Rachel	60USA	60.00	21AUG94	USPF
27.	137.293	145.0	Zhylskaya, Yulia	78BLR	63.25	05AUG04	IPF
28.	136.530	175.0	Zavodszky, Timea	71HUN	84.00	05DEC03	IPF
29.	136.514	122.5	Olsson, Anna	74SWE	51.60	05AUG04	IIT
30.	136.372	150.0	Kasharyan, Clara	59FRA	66.60	11DEC99	IPF
31.	136.152	137.212	Blakey, Ann	USA	59.65	11DEC93	APA
32.	134.694	180.0	Lugovaya, Irina	74RUS	89.80	11MAR04	IPF
33.	134.074	120.5	Nikolaenko, Svetlana	81RUS	51.70	26FEB03	IPF
34.	133.866	135.0	Revva, Marlya	77RUS	59.70	10MAR04	IPF
35.	133.808	170.5	Hung, Min-Chu	83TPE	82.80	02MAY03	IPF
36.	133.656	160.0	Kudryavtseva, Tatyana	82KAZ	75.10	05DEC03	IPF
37.	133.056	176.0	Rumyntseva, Natalya	70RUS	88.20	05DEC03	IPF
38.	132.641	175.0	Millen, Cathy	67NZL	87.80	03DEC94	IPF
39.	132.242	176.90	Allen, Kym	70USA	90.00	26APR97	APF
40.	131.917	132.5	Potselueva, Galina	80RUS	59.40	10MAR04	IPF
41.	131.515	145.0	Holzmann, Gabi	56GER	66.80	31OCT98	IPF
42.	131.093	142.5	Ortega, Melissa	77USA	65.60	15OCT04	WPC
43.	130.892	125.0	Jeffrey, Mary	60USA	55.79	16JUL88	APF
44.	130.870	181.44	Arvin, Jolynn	67USA	98.00	08FEB98	APF
45.	130.826	145.5	Blackburn, Linda	USA	67.50	06JUL02	IPF
46.	129.910	131.54	Schwenker, Vanessa	63USA	60.00	03MAY97	APF
47.	129.731	140.0	Fomina, Elena	69RUS	65.00	05AUG04	IPF
48.	129.228	190.0	Chao, Chen-Yen	71TPE	118.20	02MAY03	IPF
49.	129.116	172.5	Orobets, Inna	71UKR	89.75	06JUN04	IPF
50.	129.000	160.0	Priest, Bonnie	73USA	79.30	03JUN00	USPF
51.	128.992	122.5	Simakhina, Irina	75RUS	55.40	23AUG02	IPF
52.	128.948	142.5	Ribic, Priscilla	72USA	67.00	09JUL04	USAPL
53.	128.798	142.5	Dedulya, Svetlana	75RUS	67.10	21OCT98	IPF
54.	128.443	136.08	Sverchek, Julie	77USA	63.50	11MAR04	APF
55.	128.384	160.0	Mazailova, Evgenya	82RUS	79.90	11MAR04	IPF
56.	128.137	170.0	Gaiduchenko, Ludmilla	66UKR	88.65	30JUN01	IPF
57.	128.067	127.5	Niklander-Rantanen, E	69FIN	58.75	08SEP02	IPF
58.	127.723	145.0	Danilevich-Yakovleva, T	69RUS	69.50	05AUG04	IPF
59.	127.693	138.35	Vaughn, Amy	80USA	65.32	30AUG03	APA
60.	127.485	150.0	Phelps, Rebecca	77USA	73.20	05JUN01	AP
61.	126.630	167.5	Rantanen, Tarja	57FIN	88.20	23MAR02	WPC
62.	126.174	127.5	Solovyeva, Larysa	78UKR	59.85	02MAR04	IPF
63.	125.899	145.0	Freiman, Brooke	USA	70.95	02MAY04	BA/USM
64.	125.898	120.0	Wada, Maki	68JPN	55.60	08DEC00	IPF
65.	125.881	140.0	Roge, Janice	58USA	67.50	07AUG03	WPC
66.	125.634	120.0	Belova, Lyubova	63BLR	55.80	16AUG97	IPF
67.	125.634	120.0	Kotkova, Larisa	74RUS	55.80	10MAR04	IPF
68.	125.543	113.0	Pintana, Kirsi	72FIN	51.80	27OCT02	WPC
69.	125.527	123.0	Hahn, Simone	73GER	57.60	18AG 02	IPF
70.	125.271	142.5	Zimmer, Michaela	60AUT	69.70	06DEC02	WPC
71.	124.987	112.5	Dmytruk, Oxana	83UKR	51.80	02MAY04	IPF
72.	124.796	112.5	Podpalnaya, Tamara	72RUS	51.90	10DEC99	IPF
73.	1211.674	147.5	Zaugolova, Yulia	81RUS	73.80	11MAR04	IPF
74.	124.348	135.0	Ivanova, Zhanna	84UKR	65.50	05JUN04	IPF
75.	124.338	115.0	Rinn, Susan	62USA	53.60	15OCT04	WPC
76.	124.236	182.5	Farrell, Deborah	64USA	117.70	11MAY03	USAPL
77.	124.077	155.0	Mendelson, Shawna	72USA	80.20	05JUN04	APF
78.	124.075	148.0	Sell, Oaniela	70GER	74.70	27MAY00	IPF
79.	124.015	157.5	Riveccio, Annie	62USA	82.35	03JUN03	APF
80.	123.909	117.5	Boudreau, Carrie	67USA	55.30	09AUG97	IPF
81.	123.786	115.0	Dmytruk, Olena	83UKR	53.90	02MAR04	IPF
82.	123.750	145.0	Coscojuela, Lola	68SEP	72.75	05AUG04	IPF
83.	123.727	117.5	Safonova, Irina	75RUS	55.40	08AUG03	IPF
84.	123.669	97.5	Teslova, Svetlana	75RUS	43.50	05DEC03	IPF
85.	123.351	152.5	Payusova, Natalya	75RUS	78.90	19JUN98	IPF
86.	123.319	140.0	Newman, Christine	77USA	69.50	23AUG03	USAPL
87.	122.959	122.5	Heiniluoma, Helena	62FIN	58.80	16AG'7	IPF
88.	122.850	155.5	Puzanova, Tatyana	74RUS	81.90	01JUN02	IPF
89.	122.850	180.0	Karpov, Galina	68RUS	116.40	11MAR04	IPF
90.	122.810	133.81	Hood, Brittany	USA	65.80	08AUG03	IPF
91.	122.655	97.5	Svjantekova, Eva	73SLO	44.00	08DEC00	IPF
92.	122.542	122.5	Darling, Jill	78USA	58.60	24AUG02	USAPL
93.	122.508	155.0	Strik, Ilja	73NLD	81.85	06JUN04	IPF
94.	122.364	142.5	Odendaal, Liz	54-98NLD	72.10	21JUL89	IPF
95.	122.037	106.0	Sakuri, Shoko	59JPN	49.50	01SEP01	IPF
96.	122.019	135.0	Liggett, Mariah	58USA	67.10	23JUN01	APF
97.	121.836	110.0	Kond, Anzhelika	75RUS	52.00	10MAR04	IPF
98.	121.804	144.24	Reshel-Sharon, Dawn	55USA	73.93	23MAY92	APF
99.	121.456	132.5	Yakovleva, Anastasya	83RUS	65.90	10MAR04	IPF
100.	121.385	135.0	Keidel, Violet	GER	67.50	24JUN95	IPF

# STARTIN' OUT A special section dedicated to the beginning lifter

## MEET SAFETY as told by Doug Daniels

Workplace safety is a major concern at most businesses and they spend thousands or even millions of dollars to ensure a safe place to work. But did we ever stop to think about safety at a powerlifting meet? Of course, lifters do not have to deal with explosives, molten steel, hi-voltage electricity or unstable file cabinets, but there are safety issues involved in lifting competition. The question is how can each lifter prepare to insure that his competitive experience is a safe one?

The meet director is responsible for providing all lifters the safest possible and most meet friendly conditions, yet I believe there are no safety standards that are required to be met by any organization. For example, spotters require no certification or previous spotting background. They are usually the meet director's buddies; some that have probably never seen a lifting meet, let alone spotted someone squatting 500 pounds or more. Sometimes in a pinch, spotters can be volunteers from the audience. The meet director should also provide properly working equipment, which should include secure locking collars, sturdy squat racks, and non-slippery platforms, in both the meet and warm-up areas, but as many veteran lifters know, this varies greatly from meet to meet. Too many meets happen with unsafe equipment, inexperienced spotters and loaders, and plain old bad lifting conditions.

Taking that into consideration, each lifter must basically look out for themselves. I would suggest working together with your buddies who accompany you to the contest. Before each attempt, one of you should check to make sure the bar is loaded symmetrically on each side. Sometimes one loader will not load

the bar correctly and the bar will be heavy or light on that side. This can prove to be dangerous to the lifter as well as the spotters, if the lifter loses his balance. Also, the spotters should make sure the collars are on securely and the plates are tight together from the inside collar to the outside collar. Loose plates can also compromise the lifter's control during execution of the lift.

Another worthwhile check is to make sure that the platform is dry and uncluttered. Spotters may get distracted and not place the loose plates back on the racks,

the loaded bar. If you see any unsafe situation, let the head judge or meet director know as soon as possible.

The squat is the lift where competitors miss the most attempts. The lifter's duty is to try to stay with the bar even if he misses an attempt. The spotters may not be able to catch the weight if the lifter drops it off his back. This places everyone, including the lifter, in a precarious situation.

The meet platform is not the only place that has safety issues. An even greater threat is the warm-up room. Warm-up rooms are basically free-for-all areas with an every man or woman for themselves attitude. There is no structure or order in the warm-up room. There are no dedicated spotters or loaders back there, each lifter must fend for themselves. Don't get the impression that no one helps each



"Stuff Happens" at meets, and lifters need to be prepared for any possibility. (Lambert)

which can create a serious tripping hazard. Another hazard is excessive chalk or powder dust on the platform. Ask the spotters to wipe the excess up if needed. As the squats proceed, I have seen the racks edge farther and farther forward until they are almost tipping off the platform. This is caused by the many re-racks after squat attempts. If the racks are not pushed back where they were originally, they may tip off the platform with

other there, but you must be aware that the ultimate responsibility of safety rests on you. You can contribute significantly to safety in the warm-up room by making sure you have no lifting gear, etc., in the way where lifters are warming-up or walking. Be considerate and help spot (safely) fellow lifters in the room. They will usually, in turn, spot you. I would suggest finding lifters of similar strength levels to share warm-up platforms with. If

you are a 300 lb. squatter, I would not ask to join a group of 600 pound squatters or more.

When walking around the warm-up room, be aware of things going on around you like lifters warming-up or wrapping, as a collision could be disastrous. If you are not warming-up or helping your buddy warm-up, stay out of the warm-up room and watch the meet from the audience. It's a good policy for meet directors to limit entry to the warm-up area to meet workers, lifters and helpers.

Considering the amount of attention given to infectious virus's etc., it is important to wash your hands regularly. Bring some bandages and antiseptic for your own use in case you cut yourself or rip calluses. It's just common sense and good hygiene.

Another factor that could be overlooked is the temperature and ventilation at the meet facility. I've been at high level meets that were in hotel hallways and pool areas. Some were just off a steamy beach. These conditions can effect a lifter's energy levels and could cause cramping or blackouts from overheating. Grab some fresh air and cool water whenever possible to minimize these stresses.

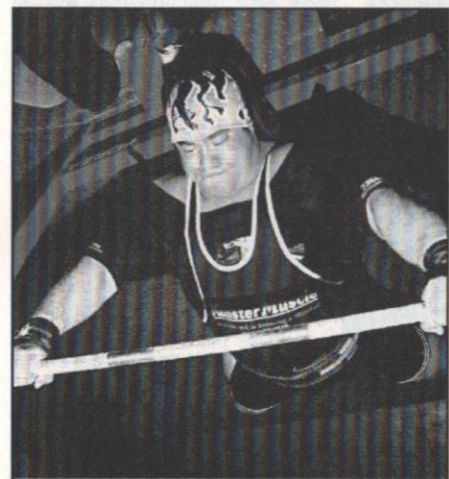
The vast majority of meets are safe, but accidents can occur. Safety in any environment comes down to common sense. Be aware of unsafe conditions and act accordingly. If you notice a problem at the meet, let the meet director or judges know as soon as possible. Most of these safety issues can be applied to your workouts in the gym too. Do your part as a meet director, judge, lifter, helper or spectator to make each meet an accident free success.

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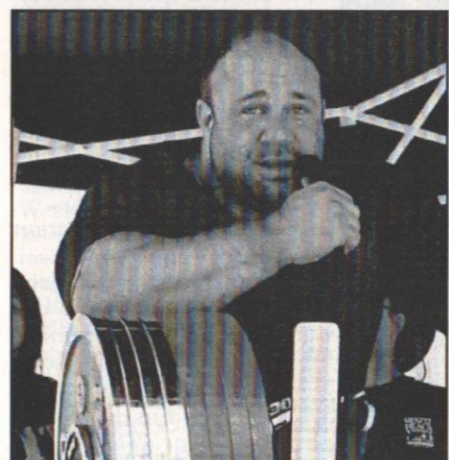
## MEN'S All Time Bench Press Ratings compiled according to the New Glessbrenner Formula



Markus Schick went 4 x bodywt. with 645



Ryan Kennelly just broke the 900 lb. barrier!



Mendelson is recovering from a car accident

RANK	FORMULA PTS.	LIFT(KG)	LIFTER	BIRTH YR/NAT	BDWT.	DATE	ORG.
1.	232.178	455.860	Rychlak, Eugene	68USA	169.64	21NOV04	IPA
2.	217.704	409.367	Kennelly, Ryan	74USA	139.25	04DEC04	APA
3.	210.979	397.000	Mendelson, Scot	69USA	139.70	12JUL03	APF
4.	205.813	375.0	Fiedler, Andrew	66USA	122.02	07AUG04	APF
5.	205.656	293.0	Schick, Markus	76GER	73.10	27NOV04	BVDK
6.	204.373	350.0	LaMarque, Matt	74USA	98.95	13NOV04	WABDL
7.	198.550	333.90	Kellum, Jesse	65USA	94.80	26APR03	USM
8.	197.998	363.0	Crawford, William	71USA	124.95	06MAR04	WPO
9.	197.521	365.0	Wong, Steve	67USA	129.15	12NOV04	WABDL
10.	197.146	350.0	Jackson, Jason	64USA	109.45	13NOV04	WABDL
11.	195.764	347.5	Halbert, George	71USA	109.40	25SEP04	WPO
12.	195.378	390.0	Lattimer, Shawn	76USA	181.90	06MAR04	WPO
13.	194.940	363.10	Meeker, Paul	71USA	133.54	26JUN04	APA
14.	193.334	380.0	Frank, Garry	64USA	170.50	04APR04	APF
15.	192.809	365.0	Cooke, Chris	74USA	143.50	25SEP04	WPO
16.	191.240	278.959	Mazza, Joseph	66USA	75.00	02OCT04	IPA
17.	190.518	311.0	Rabine, Scott	70USA	89.80	25SEP04	WPO
18.	190.350	337.5	Carpenter, William	73USA	108.95	06MAR04	WPO
19.	190.347	351.534	Holdsworth, J.L.	78USA	128.82	APR04	IPA
20.	189.871	348.132	Dizenzo, Vincent	69USA	125.00	13DEC03	APA
21.	189.095	342.466	Putnam, Richard	77USA	118.84	21NOV04	IPA
22.	189.0011	325.0	Patterson, Kenneth	72USA	99.90	28OCT04	WPO
23.	187.754	331.122	Fields, Robert	72USA	107.05	17APR04	APF
24.	186.951	370.0	Brandenburg, Clay	74USA	175.90	25SEP04	WPO
25.	186.916	355.0	Gillespie, William	59USA	146.60	26JUN04	WABDL
26.	186.456	320.0	Albano, Scott	74USA	99.45	06MAR04	WPO
27.	186.006	345.5	Leitz, Robert	75USA	132.00	24JUL04	WABDL
28.	185.103	327.5	Ladnier, Joseph	63USA	108.20	13OCT04	WPC
29.	184.939	324.318	Caopozzo, Robert	69USA	105.23	08JUN02	IPA
30.	184.788	365.741	Miller, Michael	68USA	180.60	17APR04	APF
31.	184.306	182.5	Stanaszek, Andrzej	71POL	50.00	04NOV03	IPF
32.	183.902	340.194	Key, Paul	73USA	129.73	APR04	IPA
33.	183.691	316.0	Mash, Travis	73USA	100.00	08OCT04	WPO
34.	183.369	340.0	Rantanen, Tomi	80FIN	131.00	17JUL04	WPC
35.	183.192	320.0	Wardell, John	68USA	104.05	26NOV03	WPC
36.	183.061	335.658	Coulter, Marcus	73USA	125.00	10JUL04	IPA
37.	183.017	351.534	Clark, Anthony	66USA	153.35	02MAR96	APA
38.	181.379	341.0	Kovacs, Daniel	70USA	139.12	27SEP03	WPO
39.	181.158	286.0	Waterman, David	71USA	84.82	09SEP00	WPO
40.	181.085	340.0	Toranzo, Joel	71USA	138.30	06MAR04	WPO
41.	180.698	280.0	Kilts, James	71USA	82.35	25SEP04	WPO
42.	180.309	337.5	Hamalainen, Mikko	77FIN	136.40	13OCT04	WPC
43.	180.272	340.0	Riley, Brian	66USA	141.15	27SEP03	WPO
44.	180.208	320.0	Kelley, Brad	71USA	109.55	02MAY04	BA/USM
45.	179.643	328.854	Burns, Sebastian	72USA	124.28	10AUG02	IPA
46.	179.351	328.854	Taylor, Christian	72USA	25.00	13MAR04	USM
47.	179.264	243.806	Fokken, Roy	70USA	68.95	03JUN01	USM
48.	179.095	346.998	Galligan, John	60USA	159.66	21NOV04	IPA
49.	179.081	333.5	Fusner, Robert	75USA	133.45	08SEP01	WPO
50.	179.042	342.5	Moore, Beau	66USA	150.55	08OCT04	WPO
51.	178.942	307.5	Hein, Bradley	80USA	99.75	25SEP04	WPO
52.	178.815	327.5	Zemlin, John	73USA	124.50	10NOV02	WPO
53.	178.623	333.390	Brown, Michael	85USA	134.72	21NOV04	IPA
54.	178.419	301.638	McVicar, Jeffrey	68USA	96.16	26JUL03	IPA
55.	178.407	327.5	Chabot, Glen	66USA	125.65	26FEB00	WPO
56.	177.909	326.586	Hickey, Robert	USA	125.65	22MAY99	IPA
57.	177.370	340.0	Galligan, John	69USA	152.00	17JAN04	USM
58.	177.087	330.0	Tokarski, Craig	64USA	133.81	04JUN95	APF
59.	176.601	322.5	White, Benjamin	73USA	123.15	27SEP03	WPO
60.	176.561	317.5	Meszaros, Laszlo	68HUN	115.10	07DEC03	IPF
61.	176.511	287.5	Woffley, Michael	77USA	89.45	25SEP04	WPO
62.	176.50	231.330	Warr, Gregory	69USA	66.00	04JUN94	USM
63.	176.377	317.514	Hicks, Allen	75USA	115.67	21SEP02	USM
64.	176.312	310.0	Confessore, Chris	65USA	106.05	03NOV94	WPC
65.	176.170	377.5	Lain, Kenneth	57USA	132.45	24OCT90	APF
66.	175.988	322.5	Lane, Horace	64USA	124.75	02MAY04	USM
67.	175.437	337.5	Siders, Brian	78USA	154.42	14NOV04	IPF
68.	175.662	271.0	Boldt, Fred	76USA	81.80	25SEP04	WPO
69.	175.177	300.0	Stewart, Chip	74USA	98.95	06MAR04	WPO
70.	174.915	292.5	Inesch, Rene	64SWI	94.00	06MAR04	WPO
71.	174.709	318.0	Peshek, Jeff	USA	121.50	13NOV04	WABDL
72.	175.290	300.0	Ponomarenko, Vitaly	74UKR	98.80	13OCT04	WPC
73.	174.584	320.0	Obradovic, Jerry	74USA	124.85	24FEB02	WPO
74.	174.539	322.051	Blakey, James M	65USA	128.37	16JUN01	IPA
75.	174.236	322.051	Desmond, Ryan	71USA	129.27	23JUN01	IPA
76.	174.177	270.0	Savino, Gregory	74USA	82.40	06MAR04	WPO
77.	173.808	320.0	Kravtsov, Vladimir	72RUS	127.70	30NOV03	WPC
78.	173.656	207.5	Kazakov, Ravil	RUS	59.70	10NOV04	IPF
79.	172.936	297.5	Pfraumer, Frank	61GER	100.00	13DEC97	WPC
80.	172.915	335.658	Harris, Jamie	71USA	161.05	25MAR95	IPA
81.	172.902	319.782	Shell, Jamie	76USA	129.62	13OCT01	APF
82.	172.456	227.5	Schwab, Brian	74USA	66.50	05MAR04	WPO
83.	172.228	227.5	Clark, August	62USA	66.60	01MAR03	WPO
84.	172.217	340.0	Thompson, Donald	64USA	173.95	08OCT04	WPO
85.	172.213	310.0	Grandick, James	68USA	115.65	07AUG04	APF
86.	172.149	190.0	Ohtsubo, Makato	68JPN	55.20	03JUN00	IPF
87.	171.904	320.0	Arcidi, Theodore	59USA	133.20	03MAR85	APF
88.	171.562	305.0	Golmohanmadi, Reza	75IRN	110.00	04	WPC
89.	171.492	330.0	Rodriguez, Miguel	62USA	154.60	27SEP03	WPO
90.	171.483	205.5	Isagawa, Hiroyuki	53JPN	59.88	07DEC01	IPF
91.	171.450	250.0	Kodama, Daiki	79JPN	75.40	10OCT04	BA/USM
92.	171.121	205.0	Kawakami, Toshihuru	63JPN	59.86	01SEP01	IPF
93.	170.970	312.98	Stafford, John	76USA	124.28	18JAN98	USM
94.	170.799	317.514	Skiver, Thomas	66USA	132.45	18JAN98	USM
95.	170.734	312.5	Bartley, Marc	68USA	124.20	08OCT04	WPO
96.	170.578	312.5	Lade, Scott	69USA	124.65	02MAY04	BA/USM
97.	170.564	246.0	Chesnokov, Andrei	74RUS	74.30	26NOV03	WPC
98.	170.528	330.0	Tuita, Kiu	USA	158.76	23NOV96	USPE
99.	170.249	321.0	Manno, Thomas	58USA	140.95	22MAY04	WABDL
100.	169.977	275.0	Daly, Ronald	66USA	88.40	25SEP04	WPO

# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

**Question:** I noticed in your training logs that you guys have been using looser bench shirts for your training. Why are you doing this? I thought everyone was trying to figure out how to use a tighter, more radical shirt?

**Answer:** The bench press shirt is one of the most difficult things to figure out. We receive dozens of calls and e-mails everyday on the bench shirt; how to touch heavy weights, how to set up the shirt, how to get the correct groove. We all know the story. What has happened is that the bench shirts have gotten very sophisticated in terms of design and performance and lifters have learned how to maximize their training in a very tight shirt. It takes a lot of time and effort to learn how to bench press in a tight fitting shirt. So how do you learn? One way is to use a looser shirt during training.

A loose shirt offers several advantages that will definitely help you learn how to use a tighter shirt. A loose shirt will allow you to handle

lighter weights than you normally would when training with a shirt. This is a good idea when learning the correct bar path and mastering your technique. We all know that form and technique is essential for getting the most out of your shirt. By wearing a loose shirt you will be forced to get the maximum from the minimum; what I mean by this is that you will be forced to learn how to get the maximum performance from your shirt even with minimal support. You will be surprised at how much better your technique will have to be when using loose gear. If your technique is correct and proficient, you can get quite a bit out of it. This takes some time and practice. Another advantage of wearing a looser shirt is that it can give your body (especially your shoulders and elbows) a break from the extreme weights. Many people are getting extreme carryovers in the shirts and practicing the shirt requires them to routinely handle weights

that are insane.

Make sure that the looser shirt that you use is the same style and brand as your competition shirt. Every shirt style and brand offers a different kind of groove and thus requires a different kind of technique. You play how you practice.

**Question:** I have a bench press and deadlift meet coming up in a few months. Should I only concentrate on deadlifting on max effort and dynamic days or should I continue squatting?

**Answer:** I don't see any reason why you should stop squatting. The squat will help strengthen the muscles of the deadlift while also giving your body a break from heavy pulling. Because you are only pressing and pulling, I would probably do a fair amount of squat work with a cambered squat bar or a safety squat bar. This is because it will allow for a fair amount of recovery for your shoulders and

elbows and therefore allow you to have better bench training. Also, these two bars, especially the safety squat bar, is one of the best bars to help your deadlift. This is because it really develops your entire back; from your traps to your erectors. These two bars can be used on dynamic and max effort day. Be sure though to pay special attention to your deadlift form. Since you are not competing in the squat you can spend some more time perfecting this lift.

**Question:** I can floor press more than I can bench press. What is the problem?

**Answer:** This question comes up more than one would think. A lot of people can floor press about what they can raw bench press or are just a few pounds off. The biggest reason for this is leg drive or lack thereof. What I like to teach people is that the bench press, although championed as the king of upper body lifts, should be thought of as a total body lift. This does not give you license to lift your butt off the bench and look like a fish out of water. But by thinking of the bench press as a total body lift it will help you incorporate every part of your body into the lift; from your head to your toes. So the first step in getting leg drive is to change your way of thinking. The second thing you must do is focus entirely on driving your feet and heels into the ground and actually "squatting" the weight up. This sounds kind of silly but it works. Watch people bench and look at what happens with their feet and legs. They look like Nemo. When doing this, do not try to improve on any other aspect of technique work. I have found that if you are trying to really focus on developing a certain technique on a lift, it is difficult to learn more than one or two different things. The last thing that needs to be done is constant and consistent coaching throughout the entire lift. The biggest "trick" to learning leg drive in a bench press is to have someone reminding you of it during the lift. If the bar is on your chest and your training partner yells "Legs!" as a verbal cue, I guarantee that you will become better over a short amount of time.

For more information regarding training equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit us at our website:  
[www.EliteFTS.com](http://www.EliteFTS.com).



Elite Benchers like Dan Petrillo need to master a number of factors to make it all work on the platform.

# WORKOUT OF THE MONTH

## SCOTT LADE'S BENCH PRESS WORKOUT

This training cycle will be 12 weeks long and will consist of three waves of 4 week work cycles. I will plug in numbers that accommodate a 500# bench press without a bench press shirt.

I train bench press on Monday and Thursday. My training style is strongly influenced by Westside Barbell and I would like to thank Louie Simmons for all of his insight on training methods. I train max effort work on Mondays and this article will focus on that day.

**Weeks 1, 5, and 9** - Bench press with the bar suspended in bands. I use heavy (blue) bands and suspend the bar from the top of the rack so an empty bar floats about 1 to 2 inches above lockout. I do work sets of 5, 5, 3, 3, and 1 reps. Example lifts would be: 455 x 5, 475 x 5, 515 x 3, 545 x 3, 575 X 1. Each session try to push the weight up 5-10 lbs from previous cycle.

**Weeks 2, 6, and 10** - Bench press on to a 3" or 4 1/2" board with chain attached to the bar. Use 70# - 80# of chain and have the chain completely de-load as the bar touches the board and have all the chain suspended from the floor at lock out. Try using the 3" board Week 2, the 4 1/2" board Week 6, then the 3" again on Week 10, and try to establish new records over week 2. Use 5, 3, 3, 1, and 1 rep work sets. Example: lifts on a 3" board would be: 385 x 5, 415 X 3, 445 X 3, 465 X 1, and 480 X 1.

**Weeks 3, 7, and 11** - Bench press work with a bench shirt on. I suggest work on a 3" board on Week 3, working up to a max. On Week 7 do work on a 1 1/2" board, working up to a max. On Week 11, use this session as if it were a meet. Set yourself up to make 3 attempts that resemble meet day and use meet day timing of 10-15 minutes between attempts and have training partners call full commands as per your federation.

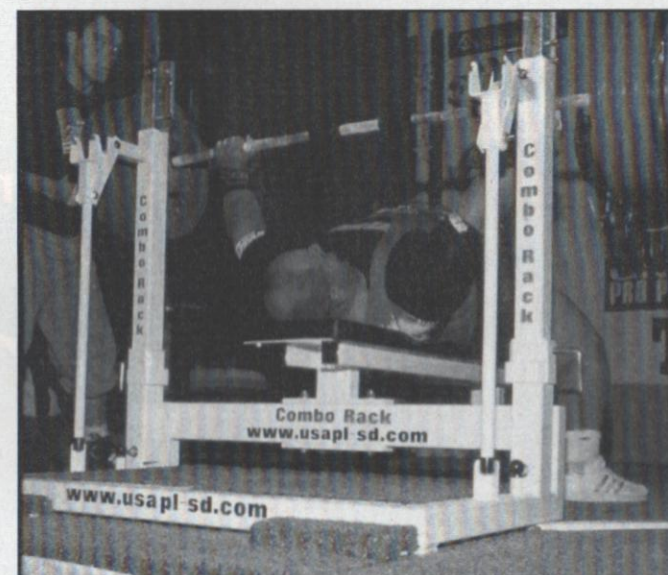
**Weeks 4, 8, and 12** - This is my down week, so to speak. I do dumbbell presses on this day. I do 3 sets of 20 reps with 2 minutes of rest in between sets. Do these on a

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).

bench and use the same weight for all 3 sets, using 80#-120# dumbbells. This workout will get the blood flowing and help you recover from the heavy workouts in the 3 weeks prior.

Throughout all 12 weeks my assistance work is pretty constant. I follow bench press work with smith machine front shoulder presses, 5 sets of 5-8 reps. Follow this with tricep extensions using a barbell, 5 sets of 6-12 reps. Next, do barbell rows for 4 sets of 8-10. Finish with rear delts using dumbbells, 3 sets of 12-15 reps.

This workout is designed to improve your bench press using a bench shirt. I strongly suggest using the Titan Fury or F6 bench shirt. I have found these shirts to be easy to use, very supportive, and hold up well to use and abuse. You will become strong using this workout, but will especially develop the top end strength to lock out the big press you've been shooting for. In 12 weeks an improvement of 25lbs., to as much as 100lbs. in a bench shirt, could be seen. Good luck, train real hard, and smash your old records to bits.



Until the recent IPF Men's World Championships, Scott Lade was the IPF World Record holder in the three lift Bench Press competition category, for the 275 lb. weight class, with 661. (Lambert photo)

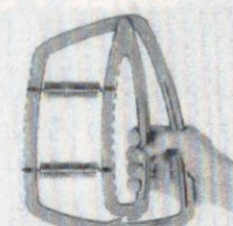
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# POW!ER SCENE

Happy December, and for POW!ERSCENE, that usually means our annual Holiday shopping guide. First, though, we visited the USAPL's Southern California Regional Championships, and met Liz Freel, competing in only her second meet. Well coached by masters champ Sam Alduenda, Liz hit a 325 SQ at 165, and should be on to bigger things as she continues competing. We wish her success.



Liz Freel with Sam Alduenda.

Liz and Sam are just two of the lifters who train regularly at Kevin and Melody Jordan's great garage gym, which Kevin refers to as the Lighthouse (there's one nearby), and which Melody calls the Heavy House! Kevin hit a 518 SQ, and then set a BP PR at 352, capping a remarkable recovery



In her garage - Melody Jordan

from illness last year. Melody is in training for January's NorCal Winter Classic. Other gym members Dave Lewandowski, Dan Mahan, and Robert Cortes were also there, competing and/or cheering.



Kevin Jordan (l) and Dan Mahan regulars at the "Lighthouse" gym.



Bob Evans hitting a state record.

Bob Evans hit a solid 485 SQ, and then just missed on his attempt for a state masters record in the bench at 407. There's always next year, and since this is December, next year isn't very far away.

And speaking of December, on to the annual POW!ERSCENE Holiday Shopping Guide, with gift ideas of all types, for all types of powerlifters.

Crain's Muscle World (800-272-0051), Elite Fitness Systems (888-854-8806), and Weightlifter's Warehouse (800-621-9550) all offer a big selection of great powerlifting products. Crain's has just about everything you can think of, from suits and shirts to books, videos, and clocks in the shape of weight plates.

Bill Ennis' Weightlifter's Warehouse has bars, benches, plates, dumbbells, grippers, medicine balls, boxing equipment,

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Dave Lewandowski goes for it.

years, and you can purchase their many bench shirts, squat suits, t-shirts, wraps, belts, etc. directly from them (800-222-6897; <http://www.inzernet.com/>), or from one of their distributors, two of which we'll mention next.

House of Pain makes workout and casual wear with an attitude, and you can check out their great styles, plus Inzer gear, at <http://www.houseofpain.com/>, or by calling 888-463-7246. <http://www.irongladiators.com/> is the site of lifting great Brent Mikesell; visit it for the latest on equipment, belt fasteners, cool t-shirts, Inzer gear, and videos.

Randy Strossen's IRONMIND (<http://www.ironmind.com/>) has all sorts of different strength related equipment, including the famous Captains of Crush grippers and Red Nails, for working

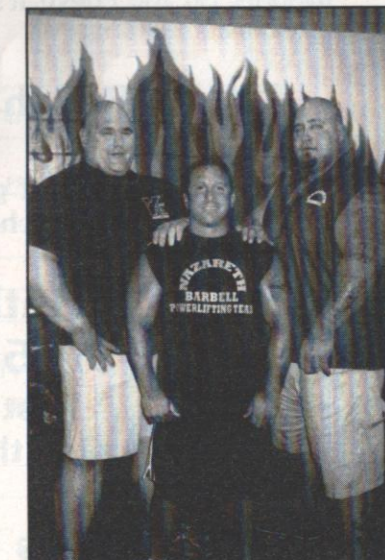
your hand and grip strength, plus they publish the quarterly print magazine MILO, a journal of strength related training, contests, feats, and more.

Finally, of course, there's POW!ERLIFTER Video Magazine, which covers the lifting scene, including Star Workouts, featuring many lifting greats. Mike Miller, Joe Mazza, and Shawn Lattimer are featured in one of next issue's big segments; the current issue features Jon Grove, Steve Goggins, Kara Bohigian, and Tom Manno. Plus new subscribers receive FREE the Special Edition "Bench Press Kings", with the actual bench workouts of Scot Mendelson, Ryan Kennelly, and other star benchers.

The quarterly videos, usually 50-55 minutes, have been made since 1992, and are still just \$22.90. You can call toll-free 800-227-2355 to sign up or just to get more info.

Well, that's it 'til next year. Hoping you all have a Happy, Healthy, and Strong Holiday Season. We'll see you on video.

Ned Low



Watch for Sean Lattimer, Joe Mazza, and Mike Miller in an upcoming issue of POW!ERLIFTER VIDEO Magazine.

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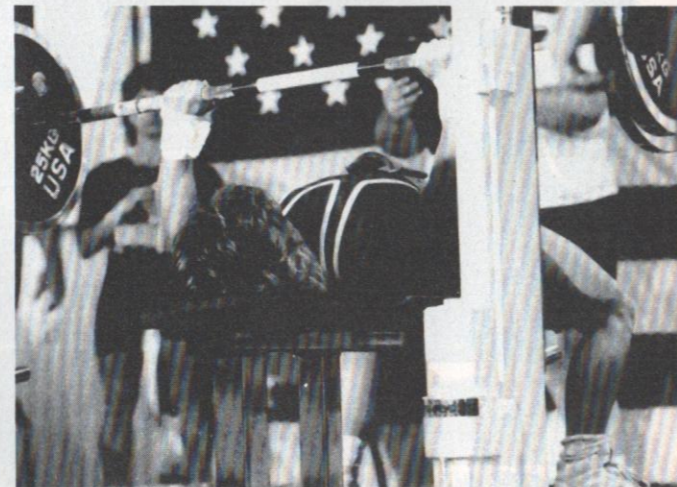
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Z-SUIT and CHAMPION SUIT on next page

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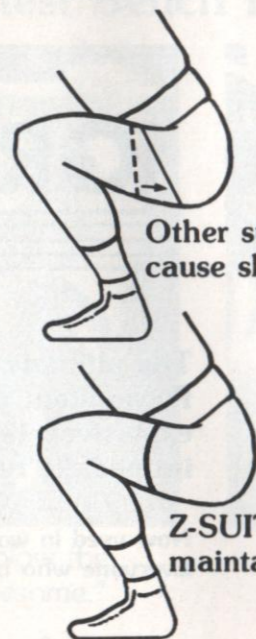
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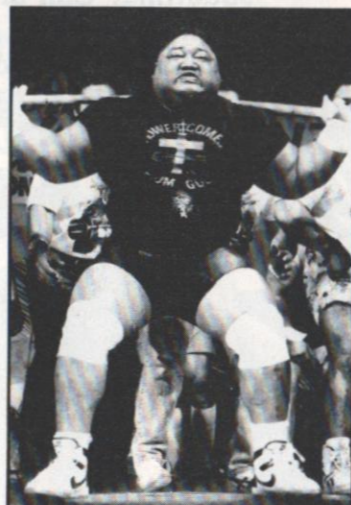


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## ASK THE DOCTOR

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

**Hi Mauro:** I've just purchased the Radical Diet to help me lose a lot of fat fast and keep the muscle. However, in reading it over I'm enthused about everything in it except that I didn't see how this diet wasn't inducing a state of ketosis with the level of carbohydrates that one takes in. **Ron**

**Hi Ron:** Your question is a good one and to answer it fully would take several pages. However, here's a brief answer to your question.

The circulating levels of ketone bodies are determined by their rates of production (ketogenesis) and utilization (ketolysis). The former is fairly easy to influence while the latter is not. In the Radical Diet I have mainly tried to minimize the production of ketones by decreasing ketogenesis. I am also presently working on ways to increase ketolysis.

One of the ways is to decrease ketogenesis is to increase the direct utilization of fatty acids for energy rather than having the fatty acids broken down into ketones and then releasing these ketones into the general circulation. For example the use of exogenous carnitine (found in MRPLoCarb, LipoFlush, Metabolic, ReNew and several other MD+ products) has been shown to increase the efficiency of fatty acid entry in the mitochondria and increase beta oxidation of fatty acids rather than the formation of ketones. By supplying more fuel directly from fatty acids the need for ketone utilization and formation decreases.

Decreasing ketogenesis is also done by two other routes. One is by increasing insulin sensitivity and the other by increasing endogenous production of glucose (gluconeogenesis). Again, both are done by a combination of the food choices is the Radical Diet food list and by the use of the supplements that I recommend in the Radical Diet. For example MRP LoCarb provides several ingredients that increase insulin sensitivity including conjugated linoleic acid (CLA), chromium, and alpha lipoic acid. MRP also contains protein, specific gluconeogenic amino acids, and various other ingredients that increase gluconeogenic efficiency. These and other ingredients are also present in several of the MD+ supplements.

The bottom line, and this is substantiated by the many patients in which I've tested their urinary ketones, is that ketosis is minimal on the Radical Diet if it's followed properly. About 25% of the people on my diet show small amounts of urinary ketones in the first few weeks while hardly any show any significant amounts of urinary ketones after the first month. Best regards, **Mauro**

**Dear Mauro:** What is your opinion of alpha lipoic acid? **Rickey**

**Hi Rickey:** Do you want the short or long version? The short version is that alpha lipoic acid is a useful compound but they're making way too many claims about it, and the R+ALA. The racemic mixture of ALA, the one I use in my products, contains the R+ enantiomer and

in my opinion is just as useful as the straight R+ALA.

I recognized the usefulness of ALA over a decade ago. That's why I include it in several of my products. For example have a look at the attached info file for Creatine Advantage where you can see where the ALA fits in - I copied one of the studies below that I used when I reformulated Creatine Advantage earlier this year.

As far as R+ALA, the studies showing its effectiveness have only been done on obese Zucker rats (I've attached the latest one published last month showing the combined beneficial effects of exercise and ALA - I've also copied the citation and abstract below) and likely do not translate directly into humans. An example of this is seen from one study where the metabolism of ALA is different in humans compared to rats. I've attached that study so you can have a look at it. I've also attached another study looking to find more effective and bio-available ALA derivatives. I'm looking at incorporating one of these in my next Creatine Advantage formulation - I reformulate all of my products on a regular basis. Although there is a lack of studies done on humans, that doesn't mean that ALA, whether the racemic mixture of the R+ALA, isn't useful because it is. Only that you have to be careful in what you say about ALA in general and R+ALA in particular. However, like so many other so called "supplement superstars" the marketing is overkill and the justifications for the marketing scarce at best.

Between me and you I have to tell you that I don't know how people can take all the bullshit marketing used these days. It's gotten to the point that I almost hate telling anyone that I own a supplement company. That's because it's at the point that most people equate supplement companies with scammers, and with good reason. The problem with 99 percent of the supplement companies is that they ignore metabolic processes in the body, mainly because they lack the knowledge to do so and doing it that way is too expensive, and concentrate on a magic bullet. When they think they've found it they then make all kinds of extravagant claims to basically sucker people into buying it. It's all about marketing these days rather than providing products that really work. And because of the marketing the companies charge exorbitant prices both to pay for the marketing and of course to line their pockets as much as they can. And it happens that way, at least until people figure out that it's all hype and no action.

When I formulate my products I look at all the angles and metabolic pathways. I then use whatever ingredients I need to use, regardless of price, that will work best to optimize these pathways and produce results. If you want an example of this have a look at the on line info on my LipoFlush at <http://www.mdplusstore.com/pdfs/lipoflush.pdf>, or GHboost at <http://www.mdplusstore.com/pdfs/GHboost.pdf> or TestoBoost at <http://www.mdplusstore.com/pdfs/testoboost.pdf>, etc.

Also I use a pharmaceutical facility to manufacture my products (besides the fact that the procedures and processes used are meticulous, the facility doesn't make use of prohormones or ephedra so that athletes who are drug tested are assured that what's on the label is in the products - AND nothing else), use only the highest quality ingredients to minimize contaminants such as heavy metals (you can buy most ingredients at either a high or low price depending on the purity you get), and have each batch tested by HPLC/GC for quality assurance.

Even with all this I find it hard to compete with the bigger supplement companies, even though I only mark up my products so that the list price is only about 4 times what it costs to produce it - as against the usual 10 to 20 times that the others mark up their products - some mark them up to over 50 times the cost of the ingredients) because I won't match their disgusting marketing hype. Hype that make their products look like the answer to everything that a consumer is looking for, no matter how ridiculous it sounds. To me all the ads are infomercials for their product - long on promises but short on results.

If you want the longer version on ALA and the enantiomers, let me know, keeping in mind that I won't be able to send it to you until sometime next week as I'll be taking off tomorrow and won't be back until Monday. Best, **Mauro**

**"Decreasing ketogenesis is also done by two other routes. One is by increasing insulin sensitivity and the other by increasing endogenous production of glucose..."**

**Dr. Mauro Di Pasquale**

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Now that Garry had made the all time heaviest deadlift in history with his 931, it was back to the drawing board to make sure that this wasn't a fluke. Hell, I knew this wasn't a fluke, but the direct result of Garry's dialed-in nutrition and supplementation plan. It was now time to step it up a notch and prepare Garry for the next round of competition. Here he would embark on his goal of the ultimate total. What would we do with Garry for his upcoming contests? Where would we take his performance in the next coming months? What would be written in the strength history books when it was all over? All these questions would soon be answered when Garry stepped on stage against those looking to dethrone him.

#### Time To Heal

As I sat down with Garry after his super sweet victory we realized that there was still a lot that had to be done to get the most out of his nutrition plan. It was time to focus in on specific areas that needed to be addressed. We had to make sure that no rock was to be left unturned as we planned his quest for power. The first thing that we were going to do is let Garry's body and digestive system take a little break over the next 6 weeks. Yes, you heard it right. Not only does the body along with the joints take a beating during a pre contest cycle, but the digestive tract also needs a break from a serious nutrition plan. This will help get his mind focused again for the upcoming contest cycle and let him take a breather from the massive nutritional pounding that I put him under for the last several months. Don't get me wrong here, I wasn't giving Garry free rein to go and chow down at the "All You Can Eat" smorgasbord on a daily basis. I will admit it was time to allow him a few more cheat meals as well as to reduce the overall volume of food. It was time to heal and rest and map out the battle plans for the upcoming war that we were going to wage against all those who stepped in our path! During this off-season time here I kept his diet quite clean, but I did reduce his protein intake and allowed a little more variety in the types of carbs that he could consume. I also allowed him to bump up his fat intake a little to help with the healing process. I also dropped out all his supplements and just kept him on his multivitamin and basic whey protein shakes. What a lot of people don't realize

# NUTRITION

## THE ROAD TO 2800+ THE GARRY FRANK CHRONICLES PART 2

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

is that you will get better results from your supplements by cycling them throughout the year. The reason why I kept the multivitamin and protein shakes was to make sure that we weren't missing any valuable micronutrients and to make sure that his protein intake didn't drop too low. The goal was to take one step backwards now, so that during the next training cycle we could take three steps forward. This is a theory that not only works for the lifting end of Powerlifting, but also the nutrition and supplementation end as well. Another very important point, which most people don't realize, is that staying on a high protein diet for long periods of time will actually decrease how much the body will absorb. Taking this into account, I cycle protein intake with my athletes to make sure that they get the best results possible. Remember, it's not just how much protein you take in on a daily basis, but how the body will absorb and utilize it towards protein synthesis.



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

Another major plan of action with Garry is the cleansing program that I created specifically for strength athletes. I will be launching this unique system known as the XP3 Power Cleanse sometime very soon. Keep your eyes posted in my column or check out my website to find out more info. I have mentioned cleansing the organs of toxins and pollutants several times in past articles. During a hard training cycle toxins do build up in the body.

After a contest is the best time to cleanse the different organs to allow them a rest and to rejuvenate them. I have specific protocols for cleansing the liver, gallbladder, kidneys, colon, blood and more. The purpose here is to rid the body of pollutants that can, down the road, cause health problems. The reality of our sport is that the large majority of powerlifters don't take care of their health. This sad reality is seen on a monthly basis in the pages of PL USA with the passing of many lifters way before their time. I put Garry through a comprehensive colon and liver cleanse to make sure that his body was running like a fine tuned machine. Many of you make poke fun at all this "Cleansing Talk", but make sure it's out of earshot of Garry, as he may just

turn you into a human pancake. If the world's supreme powerlifter can open his mind to nutrition and cleansing, then the ignorant out there should double think their current doubt on what the nutritional sciences can do for their total!

#### The New Game Plan

We reassessed what areas we needed to hone in on with Garry's new nutrition plan. After that, it was a consensus that we were going to get Garry's weight back up in the range of 390-405 pounds. The reason was that Garry needed to get his Bench and Squat up a little more and with the new added weight it would provide more stability and increased leverages for these particular lifts. The main thing here was to make sure that the large majority of the weight we put on him was lean muscle tissue. We didn't want just to pack on more fat weight because we would end up right where we started..

#### The Reconstruction

With all this said and done it was now time to focus our attention on what areas that Garry needed to change to make sure that he was going to come into his next few contests destroying anything and everything in his path. The first thing that we had to do was get his calories up. Now, when I am talking bringing up his calories I am not talking just a couple hundred or even an extra thousand per day like most powerlifting mortals may think. We were looking to get them up from his last plan by at least another 3-5,000 calories. Now most of you guys out there, even super heavyweights, don't take in 3-5,000 calories per day in total and here I am talking about bringing his current nutrition plan up by that much. Garry is a beast and just as you can't train the way he does, don't expect to eat the way he does either. I don't want you to get the wrong idea. When I am talking about bringing up his calories by another several thousand you must be thinking that I just added in a couple pints of ice cream and some hot. Sorry, young buck; that's not the case. I am talking quality calories here, not garbage food. Remember good food in, excellent performance out. Bad food in, garbage performance out! You are what you eat and if you eat like a garbage disposal then you will lift like one. And for you genetic freaks out there, if you are eating horribly and you are performing well, I guarantee you that if you follow my advice you will see new heights in powerlifting faster than you could imagine. The power of nutrition is that good, yet most of you are probably still doubters.

#### Eat, Eat and Eat some More!

With Garry's calories up even more than his last plan, we had to also increase his meal frequency, up to 8 per day. It was now time for Garry to eat every 2 waking hours. If Garry wasn't eating a meal, he was either thinking about his next one or having Teresa prepare it. I know most of you probably eat twice or three times a day and think that's just fine, well, think again. Eating like that won't keep you on top of your game! With his calories up and his meal frequency through the roof, there was yet still more we had to perfect.

#### The Science of Pre and Post Workout Nutrition

Next up was designing his pre and post workout meals. Most of you eat just about anything before you train without putting any thought into it. When it comes to what a lot of powerlifters eat after they train, that's just as bad if not worse. I have heard not one, but numerous, powerlifters tell me that they stop by the good old "Drive Through" at their local heart clogger on the way home from their workout. This is just great if you want to have a heart attack by 35. Those who want a little more than a life of fast food and angina accompanied by some tingling down the arm, better fine tune your nutrition plan a little more than just wolfing down some grease at the local joint. The point is here that I had to customize both Garry's pre workout meal as well as his post workout meals. I had to make sure that the meal prior to Garry's training would keep his glycogen stores full so that he would have the endurance to get through his mind boggling workouts. I also had to make sure that his blood sugar levels would be stabilized throughout the entirety of his workout to make sure he didn't get a nice dose of hypoglycemia right before he put 1000 pounds on his back. Most lifters don't realize how important the meal prior to your training session is. After I discussed with Garry the finer points of pre workout nutritional sciences, he now understood why I made sure he was doing as I instructed.

Next I had to design the ultimate post workout nutrition plan for him. Most of you probably don't know it, but what you consume within the 30 minute window after you train, and also the three hour period after your workout will have an important effect on your performance. This includes such things like your rate of recovery, glycogen replenishment, protein synthesis, cortisol suppression, cell volumization, insulin manipulation and much much more. The first thing that I did was give Garry my secret post workout formula. This is a post workout formula that I

developed specifically for powerlifters. It is one that I only give out to my elite athletes and my selected clientele. Now with such a specimen as Garry I had to fine tweak it to make sure that it was going to get the job done. This formula is one that can make a huge difference in one's performance, increasing your strength, improving your rate of recovery and it will give you pumps like never before. Another benefit with it is that most of my athletes gain up to ten pounds in only the first week without an increase in bodyfat. Garry wondered what the hell I was making him drink after his workout. It was no simple protein shake to say the least. Garry thought I was giving him some type of witch's brew that would give him some magic powers. Well, he was partly right because I knew that if he drank this as instructed he would see the results right away.

Next I had to customize his first post workout meal to work in conjunction with the formula and his pre workout meal. Whew, I am getting tired just thinking about all the work and number crunching that was going on, but I knew it would be well worth it. Everything that takes place when using the Nutrition XP3 program is very much customized and scientifically designed to make sure that whether you are the strongest man in the world or you are a 58 year old lightweight masters competitor you will see results like never before.

#### You are what you Absorb

Another area of concern was how well Garry would absorb and utilize the nutrients from his new plan. You are only worth what you can assimilate, so we had to make sure that his body was processing the massive intake of nutrients. The fiber content of his diet was greatly increased along with other supplements that would help him metabolize his food better. Fiber is one of the most overlooked nutrients in the powerlifter's diet and I wanted to make sure that Garry was taking in enough. A wide assortment of digestive enzymes and probiotics would help make him get that little extra out of the food he was consuming. Since he was eating enough for a small village we had to make sure that we didn't overwork his digestion to the point where he would not process these superhuman portions of food. Most people don't realize how important this area of sports nutrition is for increasing your performance. With Garry, there



Since gaining solid bodyweight, Garry's bench press has soared past 800

was going to be no area of concern neglected in our quest for the ultimate total.

#### Hydrate to Dominate

Let's not forget his hydration level. With his increased caloric intake and new protein demands we had to get Garry's water intake much higher. The three to four liters a day that we were taking in prior to his last show would not cut it. We had to get him in the range of six to eight liters, day in and day out. What a lot of people don't understand is the more protein that you consume - the more water you need - because you will find that you get dehydrated much easier than before. This will also keep the kidneys flushed and keep your muscle cells saturated, which will help to shuttle more nutrients inside them. Even a 3% dehydration level will cause a dramatic strength loss. Drinking more water will not only increase your performance and help you drop more bodyfat, but it will also keep your organs healthy including your liver and kidneys.

#### Not Giving Away All the Secrets

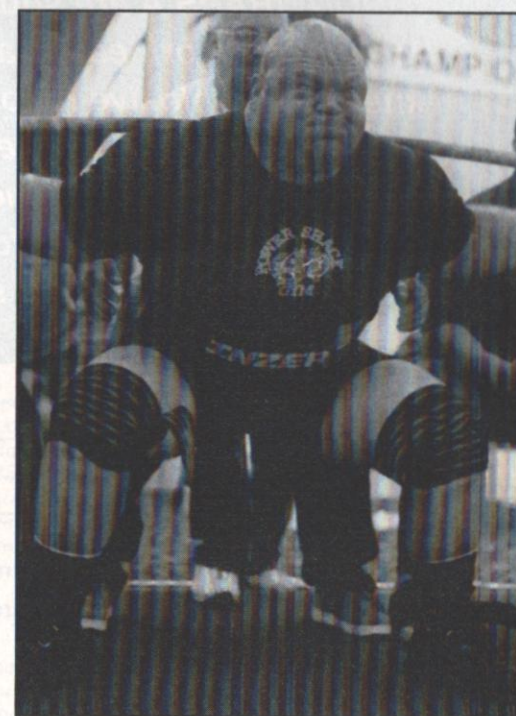
Now this wasn't all the things we changed with his nutrition and supplementation plan, but just a few. There are many complicated and advanced ideas that we put into place to make sure he was coming home with the gold. I wanted to give you a brief overview of some of the things that we changed up, but I don't want to give away all our secrets. The Nutrition XP3 program is no doubt the most versatile customized nutrition program specifically designed for strength athletes. No other program comes close to the customization that takes place. Garry wouldn't trust his success to some generic nutrition plan from the local bookstore. He wanted a customized nutrition and supplementation plan

that changed as his body and workouts changed. He wanted the best and wasn't going to put his faith in anything less than the best. This is why Garry put all his faith in the only customized nutrition system for the powerlifter ... the Nutrition XP3 Program!

#### A Beast waiting for the Attack

Over the next several month's Garry, with Teresa's help, stuck to his nutrition plan like a soldier. Week by week we saw his weight climb. Not only that, but his strength was going through the roof. He was hitting PRs in all his lifts and was doing triples with weights that were previous contest maxes. Garry's mind had never been so focused on destroying the unthinkable powerlifting records of the past. Garry has the heart of a true champion and he was rolling down the track like a freight train with only one thing on his mind ... the final destination! That destination was the unthinkable total of 2800 pounds, a total so unreal it makes the strongest men wince at the thought of trying to accomplish it, a total so massive it makes totals in the elite 2400-range look like child's play. With Garry's sweat and toil in the gym and with Teresa in the kitchen making more meals than a gourmet chef, we both knew that Garry would be soon taking on records that would shock the powerlifting world and would have his competitors wishing they had taken up another sport. Garry would soon set new powerlifting records that would forever engrave his name in the history of strength.

For more information about the Nutrition XP3 Program you can check out my website at [www.NutritionXP3.com](http://www.NutritionXP3.com) Or you can email me at [aricciuto@X-tremepower.com](mailto:aricciuto@X-tremepower.com).



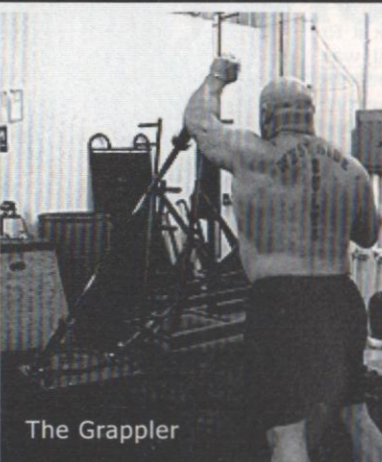
1000lb. squats are now commonplace for Frank.

# LOUIE SIMMONS' PRESENTS

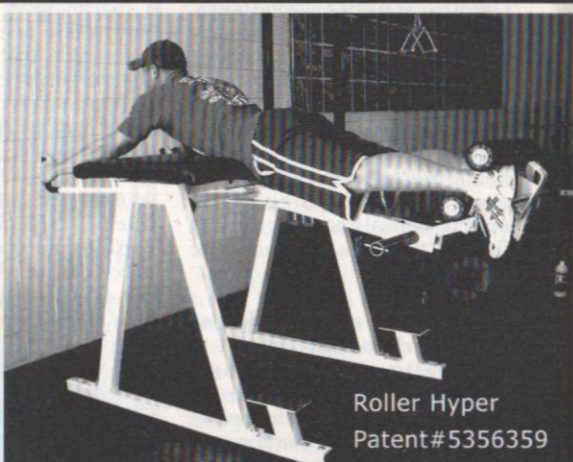
## "Often Imitated, But Never Duplicated"



PLYO Swing  
Patent Pending



The Grappler



Roller Hyper  
Patent#5356359



Power Rack



**PLYO Swing**  
**\$2,895**

**The Grappler**  
**\$300**

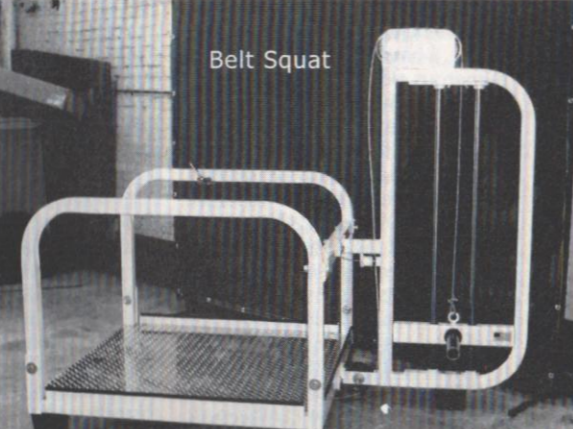
**Roller Hyper Machine**  
**\$1,590**

**Belt Squat Machine**  
**\$2,800**

**Tread Sled**  
**\$1,295**

**Safety Squatbar**  
**\$349**

**Power Rack**  
**\$900**



Belt Squat



Tread Sled



Safety squat bar

IPF World Subjuniors					Sakiyama JPN286				SHW					
8-12 SEP 04 - Pretoria, RSA					198 308 793				Rainela FIN 644 385 535 1565					
WOMEN	SQ	BP	DL	TOT	Danilov RUS	485	281	468	1234	Deep IND	507	225	507	1240
105					Cross USA	374	242	369	986	Newsome	661			
Kuznetsova	308	165	308	782	Devender	319	231	396	947	(Thanks to the IPF for these results)				
Miller USA	270	137	292	699	132					<b>Ashtabula YMCA Bench</b>				
Watabe JPN	187	121	242	551	Krasilnikov	540	314	507	1361	<b>16 OCT 04 - Ashtabula, OH</b>				
114					Youhmi VEN	429	253	512	1195	<b>Masters</b>				
Ryzhkova	396	198	369	964	Seman SVK	396	308	468	1173	<b>M. Keyser 480</b>				
Singh IND	197	137	275	710	Takei JPN	374	264	385	1025	<b>B. Lenzi 580 C. Manes 480</b>				
Marietta USA	175	143	253	672	De Waal RSA	330	220	352	903	<b>R. Manes 360 S. Prozy 475</b>				
Schmidt RSA	225	115	259	600	148					<b>L. Anderson 490 242 lbs.</b>				
Karowski	248				Kanazawa	485	264	418	1168	<b>B. Smock 375 J. Burke 570</b>				
123					Narsimo IND	407	231	473	1113	<b>B. Bowyer 400 C. Hudson 400</b>				
Khasanova	369	192	369	931	Abe JPN	165				<b>165 lbs. S. Sardella 400</b>				
Nogle USA	347	192	380	920	165					<b>C. Venturella 405 275 lbs.</b>				
Kozyupa UKR	352	187	352	892	Agafonov	573	308	584	1466	<b>J. Clipner 340 T. Gibson 610</b>				
Vandna IND	264	143	275	683	Fukushima	440	397	440	1278	<b>S. Gregori 315 C. DiNardo 440</b>				
Manami JPN	209	121	220	551	Lappalainen	451	308	440	1201	<b>181 lbs. C. Wilson 435</b>				
Paladugu IND	132				Heenop RSA	369	292	440	1102	<b>S. Schaefer 400 308 lbs.</b>				
Medvedeva	407	264	385	1058	Konita JPN					<b>C. Stitt 360 B. Lenzi 580</b>				
Ron VEN	286	198	264	749	Johansson SWE	181				<b>R. Manes 360 L. Anderson 490</b>				
Viljoen RSA	259	143	297	699	181					<b>198 lbs. N. Rolle 455</b>				
Kuroyanagi	220	170	297	688	Teotia IND	595	363	639	1598	<b>B. Smith 390 SHW</b>				
Sunohara JPN	198	110	242	551	Pawandeep	429	308	429	1168	<b>J. Lardi 385 A. Lechler 575</b>				
148					van Wyk RSA	440	264	462	1168	<b>R. Dietrich 380 C. Cline 455</b>				
Bulgakova	380	225	347	953	Arai JPN	418	264	418	1102	<b>220 lbs. D. Champ 385</b>				
Dennany USA	341	209	369	920	198					<b>NOTE: The Schwartz and Foster Formula</b>				
Jovanovich	303	176	286	766	Pankov RUS	639	446	639	1724	<b>was used in the Masters class. This</b>				
Janis IND	165				Biryukov RUS	650	385	606	1642	<b>year's contest we had 34 lifters, which</b>				
Petrovska	402	248	374	1025	Saltzman USA	551	325	600	1477	<b>beats last year total of 27. More than half</b>				
Matt USA	330	220	352	903	1477					<b>of the lifters set personal records, which</b>				
Sayali IND	209	99	220	529	Sharma IND	429	292	485	1207	<b>meant a great day of lifting. Once again</b>				
Nishida JPN	325				Swanepoel	440	275	462	1179	<b>the lifters were treated to free pizza</b>				
181					220					<b>donated by Domino's and free Gatorade</b>				
Randeep IND	209	66	220	496	Dovganyuk	655	429	618	1703	<b>and bottled water donated by Deck</b>				
198					Berlin RUS	639	437	617	1686	<b>Vending. The lifters were also given a</b>				
Brown USA	451	231	440	1124	Onerud SWE	606	369	622	1598	<b>chance to pick a prize from a table full</b>				
					Steyn RSA	440	341	628	1410	<b>of goodies donated by Inzer Advance</b>				
					Watanabe	462	297	462	1223	<b>Designs, Monster Muscle, House of</b>				
					242					<b>Pain, GNC, Vitamin World, Elite Delivery</b>				
					Krogman USA	666	407	628	1703	<b>Technologies, Karin's Xtreme Power</b>				
					Khoroshev	600	407	562	1570	<b>Wear, and magazines thanks to</b>				
					Shinoda JPN	485	396	440	1322	<b>Powerlifting USA. At this year's event</b>				
					Dayal IND	468	270	446	1185	<b>Jeff Peshek was our guest lifter. Jeff</b>				
					275					<b>opened at 650# and then jumped to 700#</b>				
					Harvey USA	584	402	523	1510	<b>and made both attempts look easy, then</b>				
					van Vuuren	562	341	573	1477	<b>on his third attempt just missing 725#.</b>				
					Dubrovsky	562	314	573	1449	<b>Our Outstanding lifter was Terry Gibson.</b>				
					Knight USA	314	181	325	821	<b>Terry ended the day with 610# bench.</b>				
					Hietala FIN	523	308	578	1410					



**For the Record... Bonica Brown**  
received 4 gold medals at the IPF Subjunior Worlds in South Africa, and hold alls four IPF Subjunior world records. (photo courtesy of Pamela Brown)

The Most Weight Bench award went to Jeff Peshek with that amazing 700# bench. Our Most Improved award went to Sonny Schaefer. Last year Sonny benched 310#, and this year he benched 400#. And this year our Furthest Distance award went to Stephen Gregori, all the way from Maryland. A Special Award went to Dr. William Seeds for all his support and dedication to the event for the past several years. I would like to personally thank all the sponsors for supporting this contest over the last sixteen years and running. Because without them, this event would not be possible. (These results provided by Meet Director Lonnie Anderson)

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A little while back, I promised to teach you how to bobsled 'Southern Style'. When I was about 16 years old, we got a heavy snow in Texas. One of the things that is often overlooked when discussing 'hell freezing over' is what the residents of hell will think about all of the snow and ice. A similar confusion arises in central Texas when we get a lot of snow.

This confusion helped us discover Southern Style Bobsledding when I was teenager. We took canoes to a local golf course, and carried the canoes to the top of a snow covered hill. With two energetic, but stupid, boys on each side, we picked up the canoe and ran full-tilt toward the hill's drop off. Just as we went over the edge, we all dove into the canoe!

The canoe careened down the hill at top speed, and took us on a wild ride! Southern Fried Bobsledding! Of course, there is no way to steer or control the canoe as it races down the hill. I remember the bloody explosion when the canoe veered into the trees, and slammed dead center into a tree. Jimmy broke the wooden cross brace with his nose, which exploded in a red spray all over the snow. We died laughing! Southern Bobsledding is a lot of fun until someone gets hurt, and then it's even more fun laughing at the injured person! If you get a chance, try this on a big hill the next time it snows. Then e-mail me about who got hurt.

I get a lot of e-mails about these articles. Here are a few samples (2 bad, 2 good) from many e-mails; see if you can tell what we're looking for:

Q: You wrote an article about my gym, but didn't include a photo of me. I'm stronger than X who you featured in the article. Why didn't you tell about me?

A: Because there are 1200 members of the gym, and you were one of the ones that we didn't like. Comb your hair and shave.

Q: I saw jam rally grate on stret near mine hous. Beg strawn gis train ther and you shoold rite abot it. Her's my pitcher.

A: If you don't take your medicine, you'll never get better.

Q: What information do you need to consider a Hard Core Gym for review? The gym I go to is owned by an elite female powerlifter (Lynn Boshoven), and we would like to submit it for review. We can provide, pictures, summary of our training, bio of the owner, and list of member accomplishments.

A: You have everything we need. Send actual photos, plus a drop of blood or a severed finger.

Q: Here is the info, with actual

## HARD CORE GYM #37

*Southern Style Bobsledding and Hell's Gate Gym as told to Powerlifting USA by Rick Brewer*



Hell's Gate Gym has an extensive array of heavy duty PL equipment.



photos. You requested a drop of blood or severed ring. We were going to send the bloody nipple ring we tore out of one of our members, but he left before we could extract it.

A: Good enough! (Here follows the information following this actual exchange.)

"When national and world level lifters the likes of Pat Hall, Rich Salvagni and Tom Skiver visit Grand Rapids, Michigan, they don't go to the any of the local Powerhouse Gyms or YMCAs, but instead head to a small gym located behind the residence of Lynn Boshoven.

Lynne got into the gym business in 1983 shortly after joining a gym to lose weight. She is 5'4" and weighed 87 pounds at the time! Fortunately, she changed her goals quickly and began training for and competing in bodybuilding and then powerlifting. She competed in her

first meet at 148 and since then has been in all the weight classes from 165 on up. She has won the APF Senior Nationals, Budweiser World Record Breakers, and World's Deadliest Deadlift. For almost all of the past 20 years, her name has appeared in the PL USA Top 20 women's list in several weight classes and usually at or near the top. Recently, she briefly revisited the bodybuilding scene, competing in and winning the Masters division of the NPC Southern States competition. She hated the dieting and feeling weak and immediately after the meet returned to powerlifting. In 1986 when the lease on her commercial gym was not renewed, she built the current structure behind her house and moved her operation there. In December of 2002, when the company where she was working as an IT professional closed its doors locally, she made the gym and personal training her full time job. The gym is so jam

packed with equipment that it is difficult to even get from one side of it to the other.

In addition to the machines used for training her fitness oriented clients and for assistance work for the powerlifters and bodybuilders, the gym stocks tons of plates and dumbbells as well as many specialty bars including a cambered bar, an Okie deadlift bar and a thick (2") bar. Other specialty equipment that appeals especially to powerlifters are a belt squat machine, the only real Monolift squat rack in Michigan (the APF owns two, but they are 3rd party clones), and a Monolift bench which is designed to make hand offs easier. Out in front there are a couple of Atlas stones and a dragging sled. A tire may be added soon.

The gym provides not only the equipment for some serious lifting; it can also provide the attitude.

The main source of the attitude though is Lynne, referred to by many as Satan's Gatekeeper. Lynne personally oversees everyone's workout and will add weight to the bar until she 'personally feels good about the matter.' Many newer powerlifters have added over 100# to their squat and/or deadlift and 50# to their bench within a couple of workouts here and sometimes on their first one. Lynne says they were simply now aware of their current ability and were training much below it. "Working with other serious lifters who push you helps too," she adds. In fact, joining in the Sunday squat crew (all heavier squatters lift together on Sunday to insure adequate spotting) with only a 500 pound squat might earn you a nickname like 'Alice'. She will also stop a lifter from trying something way beyond their capability or from going too heavy too often and overtraining.

Her attitude carries over to her fitness clients too, who have often discovered this gym after their bouts of training in commercial gyms when the trainers there brought them little or nothing in the way of desired results. Lynne's old school emphasis on multi joint exercises and adding weight to the bar when possible has brought these people the weight loss and strength gains they sought but could not get at the foo foo places where there was no advice or the trainers seemed afraid to make their clients work outside their comfort zones.

All ages train here from a 9 year old powerlifter (who started at 7) with a 2 times bodyweight squat and deadlift up to a 74 year old man training to get in better shape. Lynne even has success with teens where many are afraid to try or fail. She has them deadlift

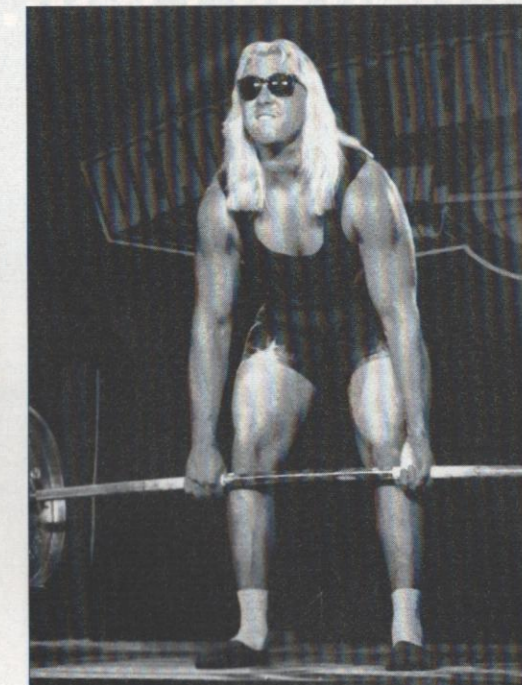


Even the restroom reflects the gym's style.

with her for their first workout. She will then handily outlift them, all the time reminding them that she is 'just a little blonde haired girl.' If they are serious about training they continue on with their teen ego in check, otherwise, they never return. Sometimes she even lets other lifters in on the fun like the time others took a turn in killing Kenny (South Park style) by handily outlifting him. It is not unknown for a teen caught smoking on the property to be giving a swirly.

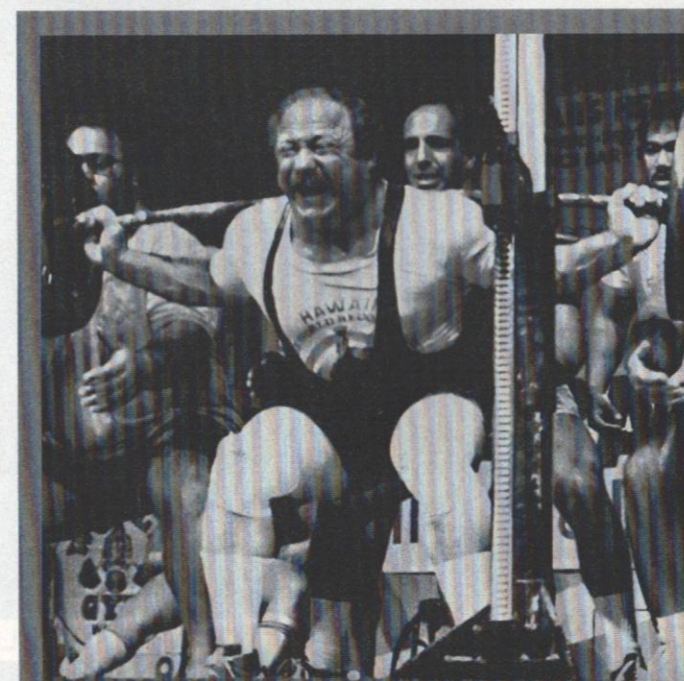
While there are a lot of fitness oriented people at the gym, the fact that many powerlifters train here and this is Lynne's forte has caused it to catch on. Many of them have asked to and have competed in powerlifting meets. She takes lifters (both serious and somewhat casual) to many meets, both sanctioned and non sanctioned, as well as holding meets at the gym. "We go to meets where we like the environment independent of federation politics. In the long run, unless you are WPO or IPF bound, federation association or lack thereof makes no difference." The latest news is that the gym is expanding. Lynne hopes to double its size in the near future. "Don't expect there to be any more free floor space than there is right now though," Lynne adds. "I plan on filling it up with equipment."

Sounds good to me! Thanks to Mike King for the well written info, and hat's off to Lynne for the cool gym. Next month, we'll take a look at more wacky comments from our emails, and see what we can find.



Lynne Boshoven hauling in iron at John Inzer's Deadliest Deadlift in the World contest (Lambert)

Questions and stupid comments: rick@houseofpain.com or HOUSE OF PAIN PO Box 333 Fate, TX 75132



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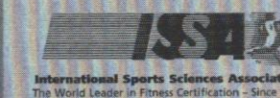
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## USA POWERLIFTING CORNER

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### President's Message: (Almost) End of the Year Report

As we approach the end of the year, I'd like to review some of our successes. This year, as an effort to increase transparency of our drug testing program, we have placed our entire drug testing data base online. You can see who has been tested and the result. As of today, there are over 600 records entered, with another approximately 200 to be entered. As we transition to a WADA compliant system, this type program, modeled after the U.S. Antidoping Agency database will set the standard for all powerlifting organizations that aspire to viable doping control programs. Please see: [www.usapowerlifting.com/committees/drugtesting/drugtestingdb/index.php](http://www.usapowerlifting.com/committees/drugtesting/drugtestingdb/index.php). We will also offer a certification course in the next few months for those conducting drug tests to assure accuracy in completion of this important function.



**Men's Open Team at the World Championships in Capetown, South Africa**

Over 2004, membership and sanctioned competitions are up. As of August, we welcomed approximately 200 new members to the USAPL family. With 40 additional meets scheduled in the last three months of the year, we expect to significantly top last year's numbers. We will exceed 150 sanctioned powerlifting meets in 2004, an increase of 20% over 2003.

This year, we have certified more than 50 new referees. These range from the State level to the International level. We will hold our first ever referees clinic at the Women's Nationals in St. Louis in February to assure that all the new rules, and the existing ones are understood by

those in attendance. Our Technical News page in Powerlines, our electronic newsletter keeps officials up to date on recent rule interpretations. For the most recent edition, please see: [www.usapowerlifting.com/newsletter/21/technical/technical.html](http://www.usapowerlifting.com/newsletter/21/technical/technical.html).

### USA Powerlifting Fundraiser Position

USA Powerlifting is initiating a fund raising position to assist in supporting our expanded programming, including our efforts in the area of publicity and marketing and our expanded drug testing program. This position will be commission-based with increased incentives for greater success. If interested, please contact USAPL Treasurer, Geoff Plante at: [plante@nystec.com](mailto:plante@nystec.com) or President Maile at the email or phone number above.

### Youth Program Revisions

The USAPL Youth Program, which has been so successful will undergo revisions after the first of the year. IPF rules do not allow competitive powerlifting under 14, so in order to remain consistent with the mandates of our international affiliate, USA Powerlifting will re-examine this program and place less stress on the competitive aspects of lifting. Additional exercises may be added, and use of equipment is likely to be limited.

### 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.

### Changes to National Meet Schedule

This year, anticipating the changes in the IPF meet schedule, we are beginning adjustments in the USA Powerlifting National Competition Schedule. The first changes will be in the Men's Nationals, which will move to early May. The North American Championships, which had previously been held in the Spring, will move to June to help free up the busy March/April/May timeframe. In 2006,



**Ervin Gainer is ranked #1 at 114 this year.**

when the IPF Men's and Women's World Championships will be held together in November, Women's Nationals will be moved later in the year. The IPF Bench Press World Championships will also be moving to May to fill the vacant timeframe absent the Women's Worlds. The long-term plan by the IPF leadership is to combine competitions such that there are 5 World Championships: Open, Master's Powerlifting, Juniors and Subjuniors, Open Bench Press, and Master's Bench Press. Stay tuned for further changes in the USAPL competition schedule.

### Top Twenty

This month, we feature the top 20 women at 48 kg. (105 lbs.) and the top 20 men at 52 kg. (114 lbs.) To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.



**Jennifer Maile is ranked No. 1 on the USAPL 105 lb. list.**

Women's 105 lb. class:				
Jennifer Maile	353	204	375	920
Ashley Matherne	281	193	342	816
Ann Leverett	276	171	325	772
Caitlin Miller	276	149	325	750
Tina Carder	276	160	287	722
Barb Seips	248	138	292	678
Judy Gedney	259	127	270	656
Audrey Karbowski	248	105	298	651
Jordan Callais	230	127	270	617
Jonna O'Campo	226	116	270	612
Chelsea Richard	226	122	259	606
Jasmine Lee	243	110	254	606
Leslie Kiletico	231	132	237	601
Melinda Stonacek	204	121	254	579
Amy Seebruck	232	94	254	578
Gayle Sampson	215	132	232	578
Megan Buiischart	220	110	237	568
Kim Ryman	204	105	248	557
Carley McCord	190	95	250	535
Alyssa Wilson	204	83	248	535

Men's 114 lb. class:				
Ervin Gainer	424	309	518	1251
Mike Kuhns	474	309	331	1113
Tony Scheldrup	314	237	413	965
David Summers	342	226	375	942
Denny Barleen 298	231	364		893
Marc Barbier	276	215	386	876
Ian Bell	303	154	380	838
Jeremiah Welch	309	171	353	832
Matthew Knight	314	182	325	821
Eric Kratz	248	177	342	766
Cord Baldwin	270	171	314	755
Tyler Baines	270	177	303	749
Morgan Crapsey	265	143	331	739
Mathew Molosso	270	149	303	722
C. Momoh	275	140	305	720
Danny Wather	259	143	314	716
Ryan Bachorz	259	159	292	711
Zach Karbula	248	132	314	694
John Liner	242	132	298	672
Travis Conner	259	132	248	639

**USAPL Deadlift Nationals**  
19 SEP 04 - Aurora, CO

DEADLIFT	R. Clark	270		
MEN	B. Thomas	260		
(12-13)	R. Robertson	—		
R. Boh	75	(50-54)		
48 kgs.	T. McNevin	217.5		
(10-11)	(60-64)			
A. Weisiger	80	190		
(12-13)	100 kgs.			
A. Wax	92.5	Open		
N. McCabe	72.5	M. Woody	295	
52 kgs.	R. Landis	277.5		
(14-15)	B. Thomas	260		
J. Rein	122.5	S. Carridine	235	
R. Maestas	110	W. Lowey	—	
T. Costigan	82.5	(40-44)		
56 kgs.	J. Miller	192.5		
(14-15)	(55-59)			
L. Pruneda	115	D. Finley	142.5	
V. Scavozzo	112.5	110 kgs.		
Open	(65-69)			
D. Hall	140	B. Fleming	205	
60 kgs.	125 kgs.			
(14-15)	F. Baja	262.5		
P. Abeyta	127.5	(55-59)		
J. Posey	100	P. White	250	
(16-17)	125+ kgs.			
E. Mathews	142.5	Open		
(18-19)	M. Ricker	275		
J. Rein	160	T. Mooney	260	
(55-59)	D. Grieffs	255		
R. Trujillo	200	WOMEN		
67 kgs.	52 kgs.			
(14-15)	Open			
J. Polakovic	167.5	O. Sage	110	
D. Weisiger	110	(40-44)		
(40-44)	O. Sage	110		
C. Brown	262.5	(60-64)		
W. Payne	227.5	G. Winn	100	
K. Leins	185	56 kgs.		
A. Petranelli	155	Open		
(60-64)	K. Hughes	137.5		
B. Beamer	197.5	J. Sellers	100	
75 kgs.	S. Warren	80		
(12-13)	(40-44)			
A. Cross	117.5	K. Hughes	137	
(14-15)	S. Warren	80		
S. Devlyn	115	(45-49)		
(16-17)	J. Sellers	100		
F. Pruneda	185	60 kgs.		
Open	(40-44)			
M. Sigala	260	S. Hacki	120	
(50-54)	(45-49)			
M. Thomas	245	J. Rivet	147.5	
82 kgs.	75 kgs.			
(18-19)	(45-49)			
B. Beikmann	250	D. Waddell	122.5	
S. Oakey	242.5	90 kgs.		
Open	(45-49)			
D. Fletcher	282.5	J. Bennett	105	
90 kgs.	90+ kgs.			
Open	Open			
B. Thomas	260	L. Schaefer	205	
(40-44)				
MEN	BP	DL	TOT	
67 kgs.				
(40-44)				
C. Brown	130	262.5	392.5	
K. Leins	92.5	185	277.5	
A. Petranelli	102.5	155	257.5	
75 kgs.				
Open				
M. Sigala	160	260	420	
82 kgs.				
(18-19)				
B. Biekman	135	250	385	
90 kgs.				
(40-44)				
R. Clark	185	270	455	
B. Wischkowski	120	190	310	
100 kgs.				
Open				
S. Carradine	170	235	405	
(40-44)				
J. Miller	160	192.5	352.5	
125 kgs.				
(50-54)				
F. Baja	125	262.5	387.5	
WOMEN				
52 kgs.				
Open				
O. Sage	70	110	180	
(40-44)				
O. Sage	70	110	180	
56 kgs.				
Open				
K. Hughes	75	137.5	212.5	
S. Warren	35	80	115	
(40-44)				
K. Hughes	75	137.5	212.5	

**MHP Athletes - Breaking Serious Records!**

MHP would like to extend a HUGE CONGRATULATIONS to the each of these sponsored lifters for amazing performances at their most recent meets!

**Joe Mazza Breaks IPA World Bench Record at PowerPalooza - 615 lbs. at 165!**

History was made on Saturday, October 2, 2004, when MHP sponsored athlete and resident lifter of Nazareth Barbell gym bench pressed more than any other man on the planet ever in the 165 lb. weight class! With the 615 lb. lift, he broke the previous record of 607 lbs. set by fellow 165 lb. bench press sensation Marcus Shick of Germany just one week earlier at the WPO sanctioned Bench Bash for Cash in Orlando.

**Brian Siders Strikes Again, Breaking IPF World Record in the Total!**

After breaking Kaz's 23-year old IPF record for the in July with a 2452 total, Brian this time has broken his own record with a 2529 lb. total at the IPF World Championships in South Africa!

**Bill Scully Wins Gold Medal in the Squat, Bench and Overall Total at IPF Masters!**

Bill Scully received three gold medals at the IPF Masters World Championships, Oct 5th - 10th, in Udaipur, India. Bill competed at 181 lbs. and had lifts of 600 lbs. in the squat, 402 lbs. in the bench and 1587 lbs for his total.

J. Westleigh	265	167.5	245	677.5
A. Arguin	250	170	250	670
J. Sullivan	65	65	262.5	392.5
Open 220 lbs.				
S. Blanchard	375	237.5	317.5	930
R. Trundy	367.5	217.5	322.5	907.5
A. Daignault	247.5	150	242.5	640
D. Sneed	115	80	185	380
Open 242 lbs.				
M. Kalter	350	187.5	300	837.5
J. Sylvia	300	227.5	217.5	745
P. Halliwell	327.5	205	295	827.5
C. Popovich	227.5	227.5	210	665
R. Goldstone	265	175	212.5	652.5
275 lbs.				
G. Panora	410	255	345	1010
B. Mimnaugh	377.5	237.5	295	910
M. Rhodes	355	200	295	850
C. Ryder	340	192.5	275	807.5
C. Murphy	272.5	167.5	227.5	667.5
Teen				
Addenbrooke	292.5	210	275	777.5
R. Santiago	292.5	175	227.5	695
WOMEN				
AAPF				
E. Morey	137.5	67.5	152.5	357.5
S. Ross	90	62.5	115	267.5
Master				
L. Burgess	120	85	120	325
S. Ross	90	62.5	115	267.5
Open 148 lbs.				
B. Winslow	140	70	152.5	362.5
181 lbs.				
E. Morey	137.5	67.5	152.5	357.5
Teen				
R. Mayer	122.5	60	112.5	295

**APF Pine Tree State (kg)**  
30,31 OCT 04 - Turner, ME

MEN	SQ	BP	DL	TOT
AAPF				
Submaster				
R. Clark	292.5	182.5	290	765
P. Halliwell	327.5	205	295	827.5
E. Baker	282.5	200	257.5	740
C. Ryder	340	192.5	275	807.5
J. Sylvia	300	227.5	217.5	745
J. Maggia	227.5	172.5	227.5	627.5
J. Curran	172.5	132.5	212.5	517.5
Junior				
T. Irving	250	205	255	710
W. Benson	215	132.5	205	552.5
Master (40-49)				
P. Halliwell	327.5	205	295	827.5
L. Deutch	345	250	235	830
R. Pushard	195	142.5	205	542.5
M. Strumph	207.5	137.5	187.5	532.5
D. Naughton	50	197.5	70	317.5
Master (50+)				
M. Toderico	285	192.5	250	727.5
B. Todd	227.5	142.5	175	545
E. Brown	157.5	115	170	442.5
Open 165 lbs.				
E. Cressey	185	120	240	545
Open 181 lbs.				
G. Brochu	272.5	185	262.5	720
E. Nesti	357.5	220	290	867.5
J. Sodano	267.5	167.5	265	700

**United We Stand BP/DL**  
11 SEP 04 - New Castle, PA

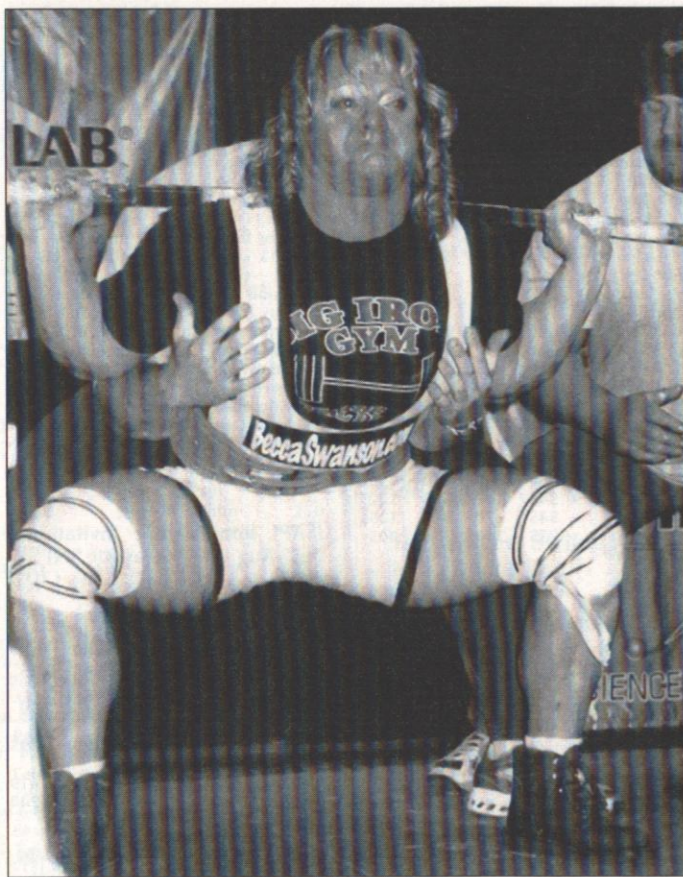
BENCH	SHW		
MEN	B. Clark	590	
Open	308 lbs.		
123 lbs.	L. Anderson	425	
J. Patterson	215	Submaster (33-39)	
148 lbs.	220 lbs.		
C. Venturella	385	M. Keyser	460
181 lbs.	242 lbs.		
J. Smith	480	T. Gibson!	605
S. Schaefer	325	Junior (20-25)	
198 lbs.	123 lbs.		
N. Dechicko	485	J. Patterson	215
R. Vanek	420	H. Claypatch	201
220 lbs.	148 lbs.		
M. Geysler	460	D. Gatti	305
242 lbs.	165 lbs.		
T. Gibson!	605	A. Reino	300
275 lbs.	198 lbs.		
M. Gatti	450	N. Dechicko	485
SHW	Teen (14-16)		
B. Clark	590	114 lbs.	
Raw	M. Dewhirst	130	
123 lbs.	123 lbs.		
H. Claypatch	201	C. Pulia	190
165 lbs.	Novice		
W. Claypatch	292	114 lbs.	
181 lbs.	M. Dewhirst	130	
T. Proya	430	181 lbs.	
R. Johnson	380	D. Sunseri	285
220 lbs.	198 lbs.		
M. Jackson	410	C. Bundy	425
242 lbs.	220 lbs.		
D. Sledge	425	F. Jackson	290
SHW	275 lbs.		
B. Clark	520	C. Dinardo	440
Police/Fire	WOMEN		
181 lbs.	Teen (17-19)		
R. Johnson	380	148 lbs.	
220 lbs.	P. Bartz	145	
R. Verdi	385	DEADLIFT	
275 lbs.	WOMEN		
C. Dinardo	440	Teen (17-19)	
Grandmaster	148 lbs.		
(60-69)	P. Bartz	315	
181 lbs.	165 lbs.		
J. Loomis	130	J. Welsh	260
(50-59)	Open		
198 lbs.	MEN		
R. Maines	315	181 lbs.	
308 lbs.	J. Smith	540	
B. Boyer	400	Police/Fire	
Master (40-49)	220 lbs.		
165 lbs.	R. Verdi	400	
W. Claypatch	292	Junior (20-25)	
181 lbs.	198 lbs.		
T. Proya	500	L. Daugherty	425
J. Humara	360	Novice	
242 lbs.	181 lbs.		
D. Dolde	440	D. Sunseri	415
275 lbs.	Teen (17-19)		
T. Hamborsky	505	148 lbs.	
N. Rolle	410	J. Patterson	260
Push/Pull	BP	DL	TOT
WOMEN			
Teen (17-19)			
148 lbs.			
P. Bartz	145	315	460
MEN			
Junior (20-25)			
Police/Fire			
165 lbs.			
B. Myers	250	350	600
Teen (17-19)			
181 lbs.			
M. Norge	225	365	590
Master (40-49)			
198 lbs.			
C. Loomis	275	445	720
Grandmaster (50-59)			
220 lbs.			
R. Verdi	385	400	785
Novice			
SHW			
D. Champ	375	475	850

!Best Lifters. Special thanks to Tina Williams, from EDT (Elite K - Nitric - X - 02), Chuck Ulrich - Nu Bodies, Ryan Firmi - Ironworks Gym. USAPL rules apply on pause in this meet. (Thanks to Charles Venturella, Meet Director, for results)

**DON'T TRAIN ALONE - ALWAYS USE SPOTTERS**  
**DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR**

**Dear APF/WPC lifter:**

From this day forward all APF/WPC will be handled in Florida. I'm taking the APF/WPC out of Aurora Illinois for good. This is being done in conjunction with the judgement I was granted in Athens Georgia. Forcing WP-Committee to change their initials to GPC(Global Powerlifting Committee). The division of the WPC mostly had to do with the perception that Ernie Frantz was to domineering and never operated as a democracy. I have inherited that same perception. But have never wanted to be perceived as a dictator, but totally understand why/how it happend. Many WPC Countries viewed Ernie selling me the WPC as, "there goes Ernie doing whatever he wants again". That Ernie just sold first, then told them second. In Ernie's defense back in 1997 he offered the WPC countries to buy shares of the WPC, but none of the countries had the money to do it. Either way this perception has divided the WPC, and I want to break away from that perception. Nothing against Ernie it's just business. I feel strongly that by moving the APF/WPC out of Aurora Illinois will send a very positive message. That I'm dead serious about the WPC Countries feeling that their voices/opinions are important to me!! There will be a new



Three Weeks after the Arnold Classic, BECCA SWANSON crushed the 800 lb. barrier in the squat with an 843. (Glossbrenner photo)

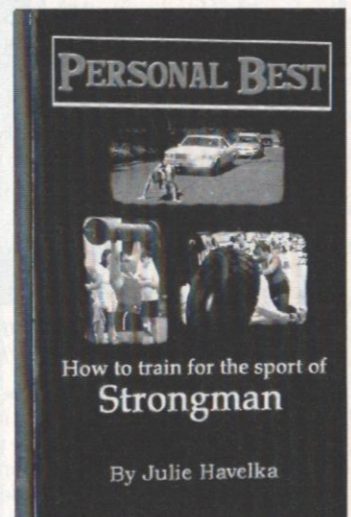
APF NE/IA State - Midwest Open		220 lbs.		275 lbs.		315 lbs.		355 lbs.	
27 MAR 04 - Council Bluff, IA		R. Briggs		Z. Voprada		T. Kowal		M. Moody	
BENCH		Junior		Master-1		Open		Open	
WOMEN	573	716	463	622	1802	661	474	534	1659
Nebraska									
Master									
132 lbs.									
J. Beaudin	55								
Teen (13-15)									
181 lbs.									
T. Groves	32								
MEN									
Nebraska									
Novice									
242 lbs.									
J. Jared	501								
Junior									
B. Hein	672								
Open									
220 lbs.									
J. Lottman	413								
242 lbs.									
B. Simet	418								
J. Groves	463								
J. Jared	501								
WOMEN									
Iowa									
Master-1									
148 lbs.									
N. Fuller	170	341							
Midwest									
Submaster									
148 lbs.									
N. Fuller	170	341							
MEN									
Nebraska									
Novice									
220 lbs.									
R. Bauer	374	501							
Open									
J. Burnett	314	474							
Iowa									
Junior									
220 lbs.									
B. Griffin	374	529							
MEN									
Nebraska									
Teen									
198 lbs.									
J. Knutson	644	402	551	1598					

Master-1				
181 lbs.				
D. Widdis	512	231	402	1135
Open				
198+ lbs.				
B. Swanson	843	143	143	1129

(Thanks to Big Iron Gym for these results)

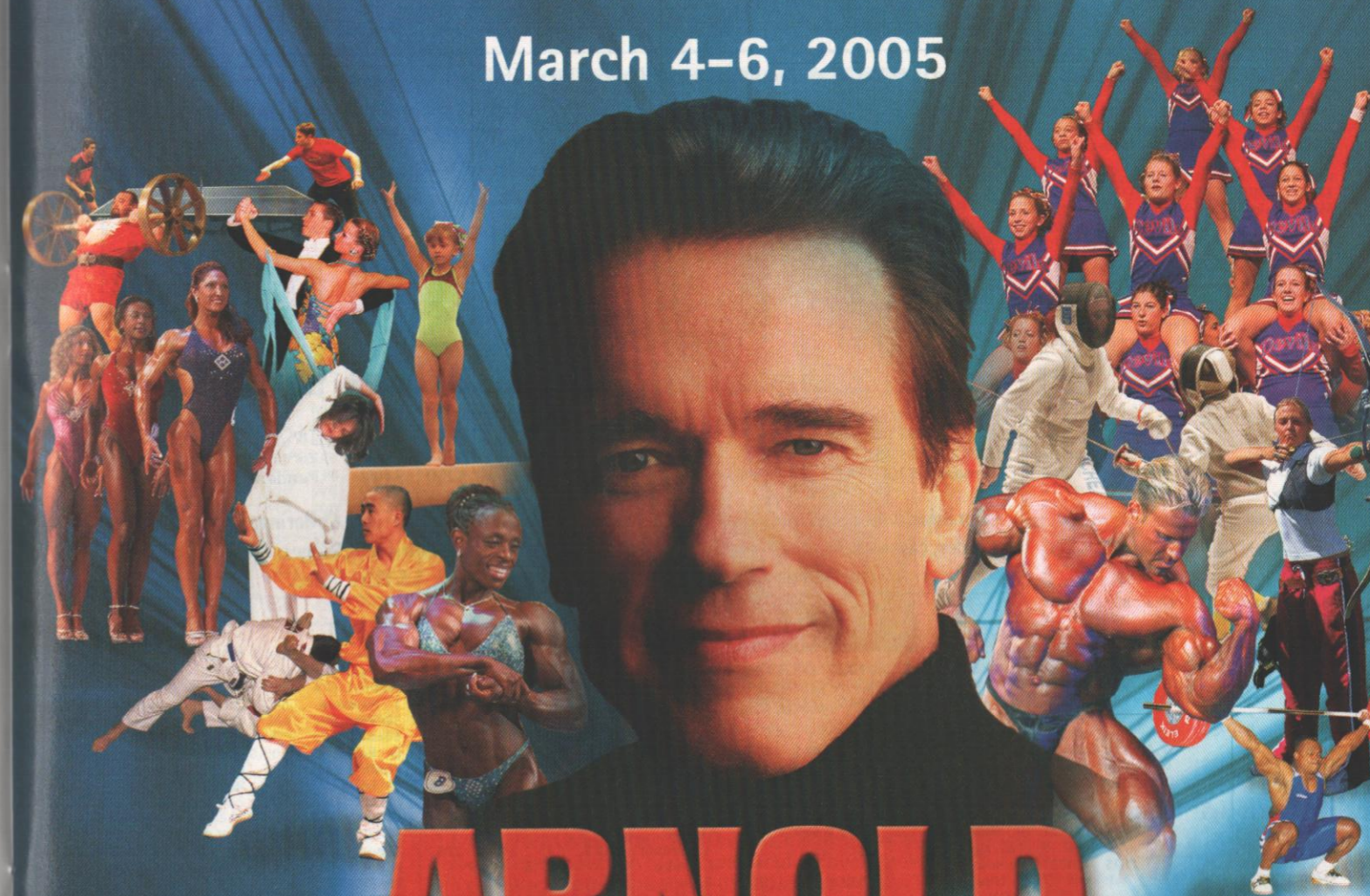
APA Tennessee State				
JUN 04 - Goodlettsville, TN				
Ladies:	SQ	BP	DL	TOT
123 Open				
Sherry Talley	275	160	290	725
Men:				
132 Open				
J. Williams	380	220	425	1025
16-17				
J. Williams	380!	220	425	1025!
181 Open				
J. Brown	500	325	500	1325
Thomas Rollins	420	275	425	1120
18-19				
Thomas Rollins	420	275	425	1120
198 Open				
Jim Shipley	440	295	525	1260
J. Williams	400	275	450	1160
18-19				
Andrew Burr	425	345	450	1230
33-39				
Jim Shipley	440	295	525	1260
40-49				
J. Williams	400	275	450	1160
220 Open				
Spence Hunter	500	400	550	1450
Bill Zaroni	535	340	550	1425
14-15				
Ben Burton	350	250	400	1000
18-19				
Spence Hunter	500	400	550	1450
40-49				
Bob Campbell	500	350	400	1250
40-49				
Ken Jones	450	240	465	1155
50-59				
Bruce Beerman	485	355	550	1410
242 Open				
Patrick Dean	555	450	565	1570
Frank Phillips	585	400	585	1570
Will Barabas	490	375	595	1550
33-39				
Frank Phillips	585	400	585	1570
40-49				
B. Clairborne	455	325	500	1280
275 50-59				
Will Shipley	135	175	250	560
308 Open				
Monty Gaisser	575	355	460	1390
SHW Open				
Jay Gibson	900	650	600	2150
16-17				
Wes Johnson	660*	375	565	1600*
Bench Only:				
198 13-15				
R. McMullen	225		225	
308 Open				
R. Washburn	600		600	
33-39				
Matt Day	475		475	
Deadlift Only:				
198 13-15				
Richard McMullen	275		275	

restaurant, and Nashville Auto Auction. Without the help and support of these folks, there wouldn't be the quality meets we are able to provide. Thank you Carl Seeker and Mount Juliet Trophy for the best and top-notch awards. We had lifters from Indiana, Tennessee, Kentucky, Alabama, and Arkansas. The meets continue to grow and we are excited about holding more in the future at the Goodlettsville World Gym.



**FOR REVIEW ....** Julie Havelka, an accomplished powerlifter (first woman in the Pacific Northwest to bench over 300 lbs.) has made the transition to strongman competitions and, along with her partner Tod Becraft, she has produced an extensive book (over 600 pages) called "PERSONAL BEST" with more than 400 photos on what strongman is about, how to train for it, her own personal lifting history, and much more ... chapters include: Beginner Training, the Events, Grip Training, Strongman Necessities, Conditioning, Explosive Training, Intermediate/Advanced Training, Competing, Risk Assessment, and more. There are many photos and profiles of top lifters and strongman competitors ... including some very recent shots (see where Becca Swanson recently tore her bicep!). There's many exercise demonstration shots and those hard to find technique tips for the various strongman events. Throughout the book is the compelling personal journal of how Julie got into strength training and why she has continued in this new direction. Powerlifters will appreciate this book and non-PL athletes wanting to try strongman competition will find it invaluable as well. The price of the book is \$21.95 plus \$3.00 shipping and handling to Julie Havelka, PO Box 66474, Portland, OR 97290 or you can find more information on her website [www.JulieHavelka.com](http://www.JulieHavelka.com).

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USAPL Cornhusker State Games  
17 JUL 04 - Lincoln, NE (kg)

BENCH	R. Hart	135			
WOMEN	S. Marshall	112			
52 kgs.	Master-3				
Teen-2	S. Marshall	112			
M. Hampton	47	Master-7			
67.5 kgs.		Goodwin Sr.			
Teen-3		82 kgs.			
M. Hogmire	42	Open			
75 kgs.		T. Mason		135	
Open		Sp. Olymp.			
R. Swanson	97	T. Vrba		70	
Teen-1		Master-2			
T. Eisenbarth		T. Shaal		110	
SHW		100 kgs.			
Teen-2		Teen-1			
T. Walter	70	M. Harre		120	
MEN		Master-1			
67.5 kgs.		G. Rhodes		142.5	
Master-3		J. Probasco			
T. Fuller	115	126 kgs..			
75 kgs..		Teen-1			
Open		D. Walter		112	
R. Worden	137	BP	DL	TOT	
IronWOMAN					
48 kgs.					
Master-1					
S. Cruse			25	55	80
Open					
B. Sieps			62.5	132.5	195
52 kgs.					
Teen-2					
M. Hampton			47.5	85	132.5
60 kgs.					
Open					
K. Stonagek			35	80	115
Teen-2					
R. Proust			37.5	97.5	135
K. Borer			32.5	90	122.5
67.5 kgs.					
Teen-2					
J. Indra			67.5	147.5	215
Teen-3					
M. Hogmire			42.5	92.5	135
75 kgs.					
Open					
R. Swanson			97.5	165	262.5
Teen-1					
T. Eisenbarth				105	105
SHW					
Teen-2					
T. Walter			70	155	225
IronMAN					
40 kgs.					
Youth-2					
C. Worden			37.5	75	112.5
67.5 kgs.					
Open					
S. Stinson			132.5	217.5	350

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75 kgs.						52 kgs.						40 kgs.					
Master-7						Teen-1						Youth-2					
D. Goodwin Sr.	72.5	117.5	190			L. Proust	65	32.5	80	177.5		C. Worden	50	37.5	75	162.5	
Open						R. Proust						52 kgs.					
R. Hart	135	212.5	347.5			M. Hampton	65	47.5	85	197.5		Youth-1					
100 kgs.						R. Sorenson	60	42.5	87.5	190		T. Swanson	52.5	30	70	152.5	
Open						B. Plouzek	142.5	265	407.5			56 kgs.					
B. Plouzek						Teen-3						Teen-3					
110 kgs.						M. Pankoke	105	50	107.5	262.5		D. Robinson	102.5	47.5	152.5	302.5	
Teen-2						67.5 kgs.						Youth-2					
Z. Houdek	100	190	290			Teen-1						N. Indra	87.5	42.5	105	235	
Teen-3						K. Bergmeier	32.5	27.5	77.5	137.5		67.5 kgs.					
B. Hinrichs	142.5	227.5	370			Teen-2						Open					
125 kgs.						A. Helmet	75	35	95	205		S. Stinson	212.5	132.5	217.5	562.5	
Teen-2						J. Jindra						Teen-2					
J. Hinrichs	132.5	225	357.5			Teen-3						H. McFarlane	140	82.5	155	377.5	
SHW						M. Hogmire	77.5	42.5	92.5	212.5		N. Beran	97.5	80	120	297.5	
Sp. Olympian						75 kgs.						Teen-3					
B. Bader	60	107.5	167.5			Teen-1						C. Borer	125	77.5	152.5	355	
Teen-1						T. Eisenbarth	100			105	205	75 kgs.					
D. Walter						200						Master-7					
WOMEN	SQ	BP	DL	TOT		M. Zaborktsky	60	37.5	102.5	200		Goodwin Sr.	80	72.5	117.5	270	
48 kgs.						SHW						Open					
Open						S. Walter	162.5	70	155	387.5		R. Hart	182.5	135	212.5	530	
B. Sieps	112.5	62.5	132.5	307.5		MEN						Teen-2					
												A. Hellbusch	132.5	105	172.5	410	
												Teen-3					
												R. Prusa	142.5	92.5	167.5	402.5	
												82 kgs.					
												Open					
												J. Indra	165	102.5	190	457.5	
												90 kgs.					
												Master-1					
												K. Cronwell	165	140	205	510	
												Open					
												B. Jarecki	250	160	272.5	682.5	
												Sp. Olympian					
												J. Horten	70	55	97.5	222.5	
												D. Branble	70	60	85	215	



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Signature \_\_\_\_\_

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

USAPL Hudson Natural Open  
23 OCT 04 - Hudson, WI

WOMEN	SQ	BP	DL	TOT
K. Sullwold	190	125	275	590
K. Somers	190	100	225	515
Master				
J. Drenth	265	160	325	750
S. Whiting	180	110	220	510
J. Rivet	145	145	300	590
Open				
D. Doan	355	295	350	1000
S. Dura	335	200	350	885
L. Mueller	185	110	220	515
P. Banister	185	125	255	565
N. Tale	185			
MEN				
Teen				
J. Uecker	540	300	570	1410
J. Little	475	350	475	1300
E. Allen	500	290	445	1235
Master (40-49)				
R. Kolbeck	600	420	605	1625
M. Becker	610	390	570	1570
G. Grahm	460	310	460	1230
P. Robbins	505	380	550	1435
M. Laabs	425	275	530	1230
T. Dierks	520	330	520	1370
M. Delsart	360	315	360	1035
Master (50+)				
B. Briggs	445	315	475	1235
S. Reid	445	275	480	1200
B. Sainati	350	205	450	1005
148 lbs.				
T. Hartman	375	250	425	1050
F. Jones	380	250	410	1040
165 lbs.				
C. Labrie	470	290	525	1285
J. Gardner	375	220	420	1015
P. Castillo	370	225	415	1010
181 lbs.				
J. Maccanelli	585	360	600	1545
B. Farral	525	295	505	1325
198 lbs.				
S. Lindquist	580	375	620	1575
J. Merchlewitz	550	425	545	1520
J. Shields	565	375	550	1490
M. Daft	515	360	555	1430
J. Wietzel	445	300	555	1300
220 lbs.				
M. Edelstein	580	385	635	1600
M. Becker	619	390	570	1570
S. McDermott	525	505	475	1505
E. Thompson	330	215	400	945
242 lbs.				
P. Diamond	600	460	625	1685
B. Hinrichs	515	335	500	1350
J. Shields	315	285	465	1065
J. Nault	565			
275 lbs.				
K. Belisle	640	470	535	1645
G. Kiriaki	565	400	565	1530
R. Wilson	375	260	475	1110
SHW				
B. Madvig*	770	545	735	2050
B. Salscheider	745	500	66.5	1910
D. Seitz	450	350	465	1265
K. Milnes	580			
*=American Record? **=Best Lifter. (Thanks to USAPL for providing these meet results)				

10th Lockheed Martin BP  
01 OCT 04 - Littleton, CO

MEN		T. Cencich	
Sub (30-34)		242 lbs.	
181 lbs.		T. Ashley	366
J. Burford	226	Masters (45-49)	
242 lbs.		132 lbs.	
C. Rhoades	316	J. Vincent	211
Sub (35-39)		148 lbs.	
198 lbs.		L. Bailey	241
M. Bauer	326	181 lbs.	
220 lbs.		E. Beach	191
R. Roberto	316	Masters (50-54)	
Masters (40-44)		181 lbs.	
148 lbs.		S. Reimer	246
J. Behnke	255	198 lbs.	
4th-266		R. Herring	286
165 lbs.		Masters (60-64)	
K. Theis	216	D. Rudolph	176

The 10th Lockheed Martin Bench Press had some outstanding lifting and a tight race for the Best Lifter. After rechecking calculations the Best Lifter went to Jim Behnke who just beat out Mike Bauer. I would like to thank Chris Ortiz and Joan Miller for putting together the entry forms and weighing in everyone for the event. Thanks again to the lifters for making this a special event and looking forward to next October for the 11th Annual. (results from Tim Welton)

USAPL Front Range Fort Lift II  
15 AUG 04 - Ft. Collins, CO

BENCH		J. Obechina	435
-------	--	-------------	-----

(articled continued from page 10)

incorporate some speed work in my training. I don't go heavy, percentage wise, like a lot of lifters do. When I get about 4 weeks out I start hitting weights over 90%, but other than that I train pretty light most of the year. It just depends on what my goals are for each training cycle.

**Larry Miller:** Now that you have won the Worlds, where do you go from there?

**Brian Siders:** I would like to work on my deadlift. I don't have a very good deadlift, but have been able to pull 800 at a few meets. There are meets where I might take a lighter bench to save something for my deadlift. Sometimes my arch will knot up my back. I just do what I need to in order to get the highest total. I don't really worry about the individual lifts. My other goal is to do what I can to help the sport grow. I want to help get more media attention and help promote big meets like Bench America. I saw a few fans there who probably never lifted a weight in their life. It was nice to see people like that buying a program and checking out the venue. Powerlifting is not that much fun from a spectator standpoint. Of course, I don't understand how

golf and bowling are spectator sports. Maybe, over time, powerlifting will be able to reach more people.

**Larry Miller:** Do you think that bringing money into the sport will make a difference?

**Brian Siders:** It will definitely unify the best lifters. A number of lifters at BA came from multi-ply shirt federations, and there have been a number of single ply lifters who have been successful in the WPO. I think the money definitely helps unify the sport. The Mountaineer Cup is a good example, where double ply lifters compete in single ply gear.

**Larry Miller:** As far as equipment goes, what do you use?

**Brian Siders:** I use Inzer gear and they are nice enough to sponsor me now. I used their gear before they sponsored me because it has always seemed to work best for me.

**Larry Miller:** What kind of advice do you have for the novice lifters who are just starting out?

**Brian Siders:** Don't worry about the weight as much as the technique. A lot of novice lifters want to max out and they often get hurt or burned out before they get started. They tend to be impatient and not take the time to learn the right technique. Sometimes, trial and error is the

best approach, instead of being a lifter who has had everything handed to them.

**Larry Miller:** Who are some of your favorite lifters both past and present?

**Brian Siders:** The first powerlifter I ever read about was Ed Coan. When I was a sophomore in high school I bought a Muscle & Fitness magazine and Ed Coan was interviewed. At the time I liked bodybuilding, but after reading the article I thought, I want to powerlift. Some of my favorite lifters are Wade Hooper, Steve Goggins and, internationally, I have been impressed with the Ukrainian lifters, their technique and their precision. Papazov is young like I am and his total is almost as high as mine, but he is in the 275 lb. class. The lighter international lifters are tremendously impressive, pound for pound. Some of them look like they have never lifted a weight, but they put up some impressive numbers. I guess they utilize their equipment better than we do.

**Larry Miller:** What kind of assistance exercises do you like to do for the three lifts?

**Brian Siders:** For the bench I like board presses, inclines, and shoulder presses. For the squat, box squats with bands or chains

and close stance squats and for the deadlifts I do good mornings, stiff legged deadlifts, and sumo deadlifts off of five inch blocks, which has really helped my hip flexibility.

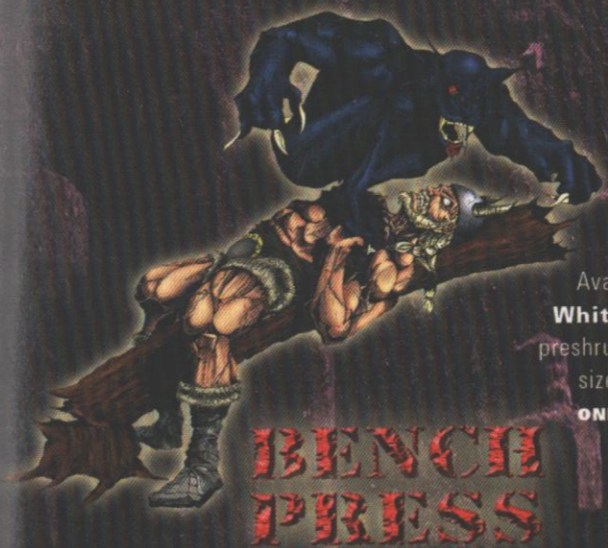
**Larry Miller:** Have you done some flexibility stretches with the bands?

**Brian Siders:** I have done some stretches, but not a lot. That is probably something I could add to my training. I used to have pec problems, but using the cambered bar helped resolve that. For my bench workout, I will do about 4 sets with the cambered bar with moderate weight. I have success with a high volume program, which most people can't do. It took a lot more volume to get from 1900 to 2000. It seems like to break each barrier, I had to add a day or increase my volume.

**Larry Miller:** Brian, do you have any parting thoughts?

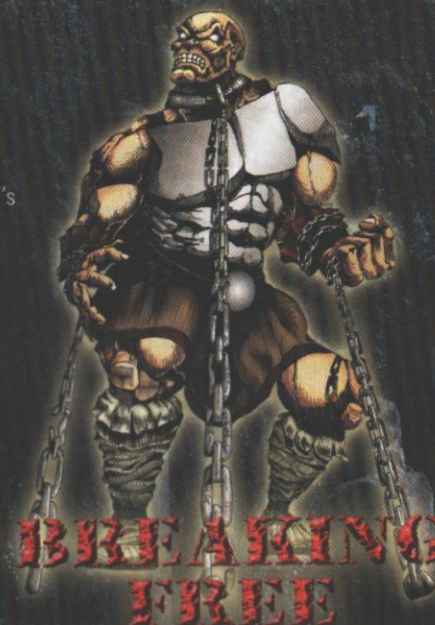
**Brian Siders:** I'd like to thank Inzer, Quest Nutrition, PsiMed/PsyCare - whom I work for, Charleston Physical Therapy, and MHP. I'd also like to thank my wife Amy for all her support. I'd like to thank John Messinger and Vince White and my current workout partners John Pauley, Wyatt Derr, Phil Pfister, and Chuck Mooney for their endless hours of support and dedication, and, of course, my family.

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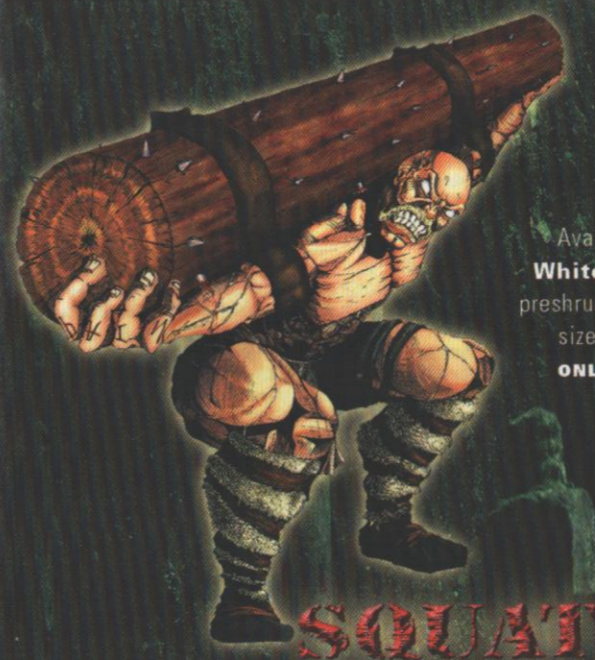


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# PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hemia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.  
**Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s.  
**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.  
**Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics,

Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** Triple SENIORS ISSUE ADFPA/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stem Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPFWorldMasters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**Jul/96...** AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reacts" by Louie S., Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
**Jun/97...** J.M. Blakley, Dream Team Pt. 2, ADFPA National's Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
**Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
**Aug/97...** Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s  
**Sep/97...** USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltws.  
**Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

**Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
**Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Speed Strength, TOP 100 220s  
**Mar/98...** Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98...** Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
**Jul/98...** Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flyws.  
**Aug/98...** USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam.  
**Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
**Nov/98...** A World to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelts., Isoflavones.  
**Dec/98...** IPF Masters/Juniors - Mens/WPC/WDFPF/AAU/AAPF/World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
**Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFF Worlds, Jerry Tancil, TOP 100 198s.  
**Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
**Apr/99...** The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
**May/99...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.  
**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs  
**Aug/99...** the Rubber Band Man, the "Muscle town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
**Sep/99...** USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.  
**Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
**Feb/00...** WPC Worlds Pt. I, Battle of the

Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s  
**Mar/00...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
**Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.  
**Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s  
**Aug/00...** USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00...** USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Eric Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
**Nov/00...** Best Bench of All Time, final More from Ken Leistner, Drug Free Bz! Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s  
**Dec/00...** Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s  
**Jan/01...** IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s  
**Feb/01...** Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01...** TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01...** Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s  
**May/01...** Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's  
**Jun/01...** Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01...** IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01...** Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S.,

Warrior Spirit., TOP 100 123s  
**Sep/01...** WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01...** World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.  
**Nov/01...** Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01...** IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02...** IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02...** WABDL DL Worlds, IPF BP Worlds, WNPFF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02...** USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02...** WPO Finals/Qualifer/Arnold Bench Bash, Anu Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s  
**Jun/02...** Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.  
**Jul/02...** Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.  
**Aug/02...** APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.  
**Sep/02...** Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s  
**Oct/02...** 556 squat @ 132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s  
**Nov/02...** Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s  
**Dec/02...** WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181  
**Jan/03...** IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.  
**Feb/03...** IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.  
**Mar/03...** Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists  
**Apr/03...** WPO Finals & Bench Bash for

**California**

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Cash, Crawford Benches 785, Jamie Harris Pt. I, Equipment, Never Looking Back by Louie, TOP 100 242s.  
**May/03...** Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.  
**Aug/03...** Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs  
**SEP/03...** USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s  
**Oct/03...** Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. Louie Simmons, TOP 100 114s  
**Nov/03...** Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s  
**Dec/03...** WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s  
**Jan/04...** IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**Feb/04...** IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s  
**Mar/04...** USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

**Apr/04...** Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s  
**Jun/04...** TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
**Jul/04...** APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s  
**Aug/04...** IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs  
**Sep/04...** IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s  
**Oct/04...** WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s  
**Nov/04...** WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

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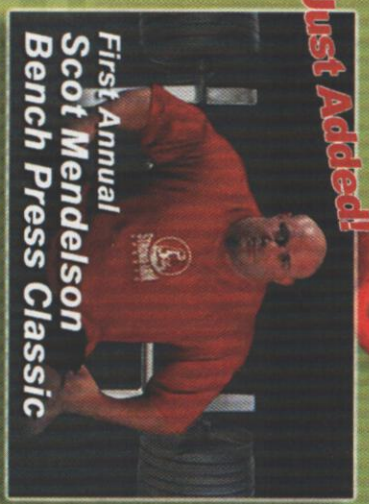
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**8 JAN**, APA Iron Gladiator BP, DL, PP (Louisville, KY) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, FAX 413-828-6102, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**8 JAN**, 6th NASA Ohio State BP, West Liberty, Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, [squat@youyou.net](mailto:squat@youyou.net)

**8 JAN**, (tentative) APA Iowa Battle of the Bad (Pl. BP, DL, PP - Coralville, IA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, FAX 413-828-6102, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**8 JAN**, APF/AAPF Windy City Ironman (Learning Tower YMCA, Niles, IL) Eric Stone, 630-892-7793, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)

**8 JAN (NEW DATE)**, USAPL New York State BP/DL, Brewster Health & Fitness, 1620 Rt. 22, Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246, [www.geocities.com/brucewanson500/files/1204USAPLBENCHDEAD.htm](http://www.geocities.com/brucewanson500/files/1204USAPLBENCHDEAD.htm)

**8 JAN**, ABA Arkansas Open, BP (Bygott, AR) D.D. Nickrak, 2122 Mitty Circle, Barton, Ar 72015, 501-860-6851

**15 JAN**, NASSA E. Texas Open (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)

**15 JAN**, WNPF Florida PL, BP, DL, PC (Stuart, FL) Brian Burritt, 772-621-8988, [burrbit@hatsback.com](mailto:burrbit@hatsback.com), or [members.aol.com/wmpf](mailto:members.aol.com/wmpf)

**15 JAN**, Glenwood Athletic Club Open BP, G.A.C., 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250

**15 JAN**, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumplin Rd., Augusta, GA 30906, 706-790-3806, [PYTHONGYM@AOL.COM](mailto:PYTHONGYM@AOL.COM)

**15 JAN**, ABA Battle of Gettysburg Push/Pull (Gettysburg, PA) Kim Neuman, [kim@movexfitness.com](mailto:kim@movexfitness.com)

**15 JAN**, SLP Central Illinois Winter BP/DL Classic (Athens, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**15 JAN**, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenberg, 925-803-5029, [rnmuelenberg@hotmail.com](mailto:rnmuelenberg@hotmail.com), Lance Slaughtier, 310-995-0047, [lanceslaughtier@yahoo.com](mailto:lanceslaughtier@yahoo.com), [www.usapl-ca.org](http://www.usapl-ca.org)

**15 JAN**, YMGCA/White's Truck Stop Winter BP/DL, John Shiftlett, Box 941, Stanardsville, VA 22973, [valliting@adelphia.net](mailto:valliting@adelphia.net), [www.virginiasapl.com](http://www.virginiasapl.com)

**16 JAN**, Powerlifter Gymtouch 'n go Open BP (Middletown, OH) 513-825-3604, [ohioppc@aol.com](mailto:ohioppc@aol.com)

**16 JAN**, SLP LOCK OUT AT THE

**LOCK UP BP/DL CHAMPIONSHIP** (Taylorville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**22 JAN**, SLP HESTER'S FAMILY FITNESS WINTER BP/DL CLASSIC (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**22 JAN**, Iron Boy Push-Pull 7 6 6 3 3 4 7 (Mocksville, NC) Keith Payne, 336-766-6334, [keith@ironboycoaching.net](mailto:keith@ironboycoaching.net)

**22 JAN**, NISA Metroflex Gym Push-Pull Challenge, Brian Dobson, 2921 S. Cooper St. #109, Arlington, TX 76015, 817-465-9331, [briandobson57@comcast.net](mailto:briandobson57@comcast.net)

**22 JAN**, APA Louisiana Record Breakers, Matt Walker, Southeastern LA Football, SLU 10309, Hammond, LA 70402, 985-549-5795, [walkers24@hotmail.com](mailto:walkers24@hotmail.com)

**22 JAN**, APP Yellowhammer Open BP DL, P.P (Chatham, AL) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, FAX 413-828-6102, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**22 JAN**, NASSA East Texas Open, PL, Ing. BP, Push/Pull & Power Sports, Longview, TX, Rich Peters, Phone: 405-527-8513, E-mail [SQBPD@aol.com](mailto:SQBPD@aol.com), P.O. Box 735, Noble, OK 73068

**22 JAN**, AAU/USPF Oklahoma Winter Sports Festival BP/DL, Grain's Muscle World Ltd., 405-275-3689, [rrainh@charter.net](mailto:rrainh@charter.net)

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

**22 JAN**, APF Johnny Perry Memorial (J.P.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**29 JAN**, SLP EDO'S/INDIANA OPEN BP/DL CHAMPIONSHIP (Beach Grove, In.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**29 JAN**, 100% Raw Eastern USA BP, John Shiftlett, Box 941, Stanardsville, VA 22973, [valliting@adelphia.net](mailto:valliting@adelphia.net), [www.virginiasapl.com](http://www.virginiasapl.com)

**29 JAN**, Smokers Iron Works 14th annual Winter Classic & DL (Smyre's Gym, Elkhart, IN) Anson Wood, 574-903-4586, [info@e-normous.biz](mailto:info@e-normous.biz), [www.e-normous.biz](http://www.e-normous.biz)

**29 JAN**, USAPL Fitness Factory, 1st Annual PL Open (Charlotte, NC) Eileen Jones, [fitnessfactory@bellsouth.net](mailto:fitnessfactory@bellsouth.net)

**29 JAN**, USAPL Wisconsin State, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

**29 JAN**, Boardwalk Gym BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601

**29 JAN**, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forest Dr., Houston, TX 77049, [TomMcCuern@aol.com](http://TomMcCuern@aol.com)

**29 JAN**, USPF Cold Iron Gym's Deadlift Shootout (Tombsstone, AZ)

## COMING EVENTS

Danni Eldridge, 520-457-3955, [gyhl@vnetfire.com](mailto:gyhl@vnetfire.com)

**29 JAN**, SLP Bluegrass Open Open BP/DL (Harttsburg, KY) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

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

**30 JAN (NEW DATE)**, SLP ACCOLD DAY IN... TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**30 JAN**, WNPF Delaware PL, BP, DL, PC (Newark, DE) Lester Fields, 7 7 0 - 8 4 2 - 2 1 3 7, [lesterwfields@aol.com](mailto:lesterwfields@aol.com), [members.aol.com/wmpf](http://members.aol.com/wmpf)

**5 FEB**, SLP CHAINO LAKES BP/DL CHAMPIONSHIP (Wausau, WI.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-ll.com](mailto:sonlight@netcare-ll.com)

**5 FEB**, NASSA Virginia State, PL, Ing. BP, Push/Pull & Power Sports, Wytheville, VA (Greg & Susan Van Hooser, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail [gyhl@vnetfire.com](mailto:gyhl@vnetfire.com))

**5 FEB**, WNPF Tennessee PL, BP, DL, PC (Nashville, TN) Lester Fields, 770-842-2137, [lesterwfields@aol.com](mailto:lesterwfields@aol.com), [members.aol.com/wmpf](mailto:members.aol.com/wmpf)

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

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

**12 FEB**, NASSA National Awards Banquet (OKC, OK) Rich Peters 12 FEB, USAPL Northwest PL, Dean Reece, 25977 NE Battleville Rd., Aurora, OR 97002, 503-789-9504

**12 FEB**, W. Va. State High School (S. Charleston H.S., S. Charleston, W. Va.) John Messenger, 304-766-0352 (school: 304-744-2475/home)

**12 FEB**, APA North California Open PL, BP, DL, PP (Sacramento) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, FAX 413-828-6102, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**12 FEB**, USA "RAW" BENCH PRESS FEDERATION WINTER NATIONALS (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

## APF/AAPFWPO Schedule

(through 6-25-05)

- Jan 22nd: APF Johnny Perry Memorial, Ron Shirley, Clayton NC
- Feb. 19th: APF Illinois State, Eric Stone, Chicago Illinois
- Feb. 20th: APF Scott Mendelson Pro/Amb/Bench Press, Los Angeles CA, Scott Mendelson
- March 4th-5th: WPO Super Open Finals, WPO West Bench Bash, Arnold Classic Weekend, Columbus Ohio, Kieran Kilder.
- March 12th-14th: APF/AAPF Alabama State PL, 48P, Buddy Mckee, Atalla Alabama.
- March 12th-13th: APF/AAPF Virginia State, BP, Frenno CA, Bob Packer
- March 19th: APF South Carolina Open PL & BP, William Mann, Charleston, SC
- March 19th: APF/AAPF Midwest Open, Kansas City, KS, Susan Sharp-Patterson.
- March 19th: APF 9th Annual Frank Kosoy Memorial PL, Lancelotti PL, Ken Snel.
- March 19th-24th: APF Junior Nationals, BP+DL (WPO Qualifier) Chris Wier, Lewiston Maine.
- March 19th-20th: APF Maine State PL, Chris Wier, Lewiston Maine.
- April 7th: APF Jacksonville Open PL, Jacksonville, Florida, Wayne Tillman.
- April 9th: APF House of Iron Open PL, 48P, Gary Pentegras, Round Rock TX
- April 16th: APF Louisiana State PL, Championship, Gary Frank, Baton Rouge LA
- April 16th: APF Metal Millatla Bench Wars, Glen Falls NY, Bill Crawford.
- April 16th: APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES.
- April 22-24: APF Nationals PL, 48P, Russ Barlow, Saco Maine.
- May 14th-15th: APF Master, Junior, Teenage Nationals, Austin TX, Gary Pentegras.
- June 4th: APF South Texas PL, 48P, Seguin TX, Gary Pentegras.
- June 4th-5th: APF Senior Nationals PL, 48P/WPO Qualifier, Detroit MI, Jim Hintze.
- June 11th: APF Florida State PL, 48P, Ft. Lauderdale, Florida, Kieran Kilder.
- June 25th: APF Florida State PL, 48P, Ft. Lauderdale, Florida, Kieran Kilder.
- June 25th: APF Metal Millatla Powerlifting Wars, Bill Crawford, Clarks Falls NY.
- June 25th: APF Central California BP+PL, Fresno CA, Bob Packer.

sonlight@netcare-il.com

12 FEB, 14th New Castle BP (men, master, women, teen) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

12,13 FEB, **NASA Natural Nationals (PL, BP, PS - OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

13 FEB, WNPf Ohio PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

13 FEB, SLP CHICAGO'S **HARDCORE OPEN BP/DL CHAMPIONSHIP** (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 FEB, SLP ILLINOIS STATE **POWERLIFTING / BP / DL CHAMPIONSHIP** (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 FEB, 2nd Candy Azz Classic BP/DL/IronMan (Tribes Hill (upstate), NY) www.ironasylumgym.com, candyazz@ironasylumgym.com, 518-858-7002, Sandi or Zane

19 FEB, APA Maine Winter Games (BP, DL, Strict Curl) Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajhstork@earthlink.net

19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, darinilley@aol.com

19 FEB, WNPf Georgia PL, BP, DL, PC (Fitzgerald, GA) Troy Ford, 770-997-0589, wnfp@aol.com, members.aol.com/wnfp

19 FEB, APA Northeastern U.S. BP, DL, PP (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

19,20 FEB, USPF Western USA Cup (Mountaineer Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

20 FEB, APF Scot Mendelson Bench Press Classic (open amateur div., pro div. by invitation) Scot Mendelson, 13752 Ventura Blvd., Sherman Oaks, CA 91423, Mendy1000@sbcglobal.net

26 FEB, UAPC **National BP (Gainesville, GA - AWPC World Qualifier)www.amateuzzworldpowerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-713-3080, LBBAKER@irondawg.com**

26 FEB, SLP MASON-DIXON OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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26 FEB (revised listing), **NASA MO State & Open High School State (PL, BP, PS, PP) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

26 FEB, Bill Beckwith Memorial BP & DL, Wayland, MI, Richard Van Eck, 269-521-4031

26 FEB, **W.N.P.F. National Masters, Wayland, MI, Richard Van Eck (269) 521-4031**

26 FEB, NCAAAU State/Open Regional (Clarion Hotel, Greensboro, NC - 3lift for NC residents, Regional & BP only to all AAU lifters) www.ncaau.org/powerlifting, kingsgym@triad.rr.com, 336-622-3886

26 FEB, WNPf natural Northeastern PL, BP, DL, PC (Piscataway, NJ) Troy Ford, 770-997-0589, wnfp@aol.com, members.aol.com/wnfp

26 FEB, AAU-USPF Oklahoma State, 405-275-3689, rrcrain@charter.net

26 FEB, USAPL Upper Ohio Valley Meet, (J.B. Chambers YMCA, Wheeling, WV 26003) Dan Hilliard, pushnpulliron@yahoo.com, 304-242-8086

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

27 FEB, SLP G's Gym Open BP/DL (Girard, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

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

4,5 MAR, **WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic Weekend, Columbus Ohio. Kieran Kidder, 386-734-3128, worldpowerlifting.org**

5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

5 MAR, **NASA BP Nationals & Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

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

5 MAR, APA Battle of the Iron Barbarian (BP, DL, PP - Williamston, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 MAR, 6th **Police & Fire Nationals & Open PL, OP Assembly of God Gymnasium, 7700 W. 75th St., Overland Park, KS 66206, Jim Duree, 913-596-7326, jduree7086@aol.com**

5 MAR, WABDL California State BP/DL (Monterey, CA) Matt Lamarque, 831-277-4766, www.bovinestrengthsystems.com

5 MAR, SLP TENNESSEE OPEN BP/DL CHAMPIONSHIP (Clarksville, TN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 MAR, SLP Hillsboro Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 MAR, WNPf Carolina PL (Greenville, SC) WNPf, Box 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

12 MAR, **NASA PowerSports (Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

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

12 MAR, USAPL Massachusetts High School & Youth, Eric COrdeiro, 35 Berkeley St., Watertown, MA 02472, 617-923-7062

12 MAR, USAPL Ozark/MO State, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 MAR, Smoker's Iron Works annual Cabin Fever BP/DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-normous.biz, www.e-normous.biz

12 MAR, USAPL Indiana High School State, Marc Anderson, 1801 E. 86th, Indianapolis, IN 46240, 317-566-0856

12 MAR, Walker's Gym Bench Press Classic for St. Jude's Children's Hospital (open, raw, men, women, teen, master, military, police/fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

12,13 MAR (NEW DATE), APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491

12,13 MAR, APF California State (teen, master, submaster, jr., women, open - Center Point Athletic Club, Fresno, CA) Bob Packer, 559-658-5437, 559-322-6805, www.calapf.com

13 MAR, WNPf Upstate New York (Buffalo, NY - PL & single lifts) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

13 MAR, Lawrence Co. Super BP & DL (raw or equipped - all divs. - trophies 1st-5th, free meet t-shirt, \$30 entry fee) Charles Venturella, 718 Mabel St., New Castle, PA 16107, 724-654-4117

19 MAR, AAPF 9th annual Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnellpower.com

19 MAR, USPF 30th W. Va State PL, SQ, DL & Holley Open PL & DL (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

19 MAR, APF/AAPF Midwest Open (Kansas City) Susan, 816-914-9709, www.midwestbarbell.com

19 MAR, NASA Illinois State (PL, BP, PS - St. Charles, IL) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

19 MAR, APF South Carolina Open PL & BP, Will Millman, Charleston, SC, 386-734-3128, worldpowerlifting.org

19 MAR, SLP HEATH CLIFTON MEMORIAL BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 MAR (REVISED DATE), USPF California State PL/BP (Los Alamitos, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

19 MAR, SPF Tennessee State PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

19 MAR, Iowa State, PL'ing, BP, Push/Pull & Power Sports, Des Moines. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK 73068

19-20 MAR, WNPf **Teenage, Junior & High School Nationals & American Cup (Philadelphia, PA) WNPf, Box 142347, Fayetteville, GA 30214, 770-**

997-0589 or wnfp@aol.com  
19,20 MAR, **APF Junior National BP & PL (WPO qualifier - open to all elite & master level lifters) Chris Wier, 14 Fern St., Auburn, ME 04210, 207-777-3393**

19,20 MAR, APF Maine State PL & National Qualifier (open to all lifters) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

19,20 MAR, USAPL Florida State PL, Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl

20 MAR, USPF Rhode Island State PL & BP, USPF Rhode Island Police & Fireman PL & BP, USPF Rhode Island High School PL & BP (open state meet for all lifters) Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org

25 MAR, Arizona State, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK 73068

26 MAR, APF West Coast BP, 559-658-5437, 559-322-6805, www.calapf.com

26 MAR, SLP "LIFT FOR THE LORD" BP/DL CHAMPIONSHIP (Scottsville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 MAR, APF Minnesota State, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave Harrison, 763-441-4232, or Jerry Gnerre 763-

753-0569  
26 MAR, USAPL Virginia Open PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

26 MAR, APA Southern States (PL, BP, DL, PP - Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

26 MAR, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781

1 APR, ADAU 42nd Great Lakes Open (open & all ages - men & women) Joe Oregina, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

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

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

2 APR (DATE CHANGE), WNPf Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

2 APR, APF Jacksonville Open PL/BP, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551, Wayne Pullum, 904-786-2822

2 APR, SLP HARVEY'S GYM OPEN BP/DL CHAMPIONSHIP (Columbia,

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

2 APR, WNPf Georgia PL (Atlanta, GA) WNPf, Box 142347, Fayetteville, GA 30214 770-997-0589 or wnfp@aol.com

2 APR, NASA Wisconsin State Powerlifting Championships, Sheboygan, WI. Job Hou-seY. @insurance@earthlink.net

2,3 APR, **NASA High School Nationals PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

3 APR (corrected date), 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708

3 APR, USA 'RAW' BENCHPRESS FEDERATION SPRING NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

9 APR, WNPf Dungeon Power Works Push-Pull (Three Rivers, MI) Mark Mellinger 269-435-7586

9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

9 APR, APC Georgia State Open PL & BP (Natl. qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.americanpowerliftingcommittee.com

9 APR, W.N.P.F. Powerworks BP & DL, Three Rivers, MI, Mark Mellinger (269) 435-7586

9 APR, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 APR, SLP PRIMETIME FITNESS BP/DL CHAMPIONSHIP (Crestwood, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

9,10 APR, APF/AAPF Southwest PL & BP (VEGAS - "Bring it if you got it"), Mark Swank 702-245-6852, 702-656-6762 or thegymlasvegas@earthlink.net, entry forms available

16 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnellpower.com

16 APR (new date), NPA (drug free) Midwest Open BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifed@cs.com

**UPCOMING WNPf MEETS DRUG FREE POWERLIFTING Website - members.aol.com/wnpf**

**Florida Powerlifting, bench, deadlift & powercurl, Stuart, Florida, Jan. 15, 2005, Brian Burritt, 772-621-8988 or bburritt@hatshack.com**

**Delaware Powerlifting, bench, deadlift & powercurl, Newark, DE, Jan. 30, 2005, Lester Fields, 770-842-2137 or lesterwfields@aol.com**

**Tennessee Powerlifting, bench, deadlift & powercurl, Nashville, TN, Feb. 5, 2005, Lester Fields, 770-842-2137 or lesterwfields@aol.com**

**Georgia powerlifting, bench, deadlift & powercurl, Fitzgerald, GA, Feb. 19, 2005, Troy Ford, 770-997-0589 or wnfp@aol.com**

**Natural Northeastern Powerlifting, bench, deadlift & powercurl, Piscataway, NJ, Feb. 26, 2005, Troy Ford, 770-997-0589, or wnfp@aol.com**

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\$5000 Winner Take All (Pro)  
Entry Deadline - Feb. 17, 2005

For entry information or for more info visit Scotmendelson.net or e mail Scot at Mendy1000@sbcglobal.net

To learn more about TheFitExpo or for discounted admission coupons, visit www.thefitexpo.com or call (888) FIT-EXPO

**16 APR**, Northern VA Raw PL & BP Open (Sterling Community Center, Sterling, VA) John James, 703-475-9885, www.northernvarawpower.com  
**16 APR**, NASA Ohio State Champs, PL'ing, BP, Push/Pull & Power Sports, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**16 APR**, APF Louisiana State PL, Garry Frank, Baton Rouge, LA, 386-734-3128, worldpowerlifting.org  
**16 APR**, APF Metal Militia Bench Wars, Glens Falls, NY, Bill Crawford, 386-734-3128, worldpowerlifting.org  
**16 APR**, APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES, 386-734-3128, worldpowerlifting.org  
**16 APR**, Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3, women) Wayne Hammes, Box 403, Oskaloosa, IA 52577, 641-673-5240  
**16 APR**, SLP ALABAMA PUSH PULL CHAMPIONSHIP (Northport, Al.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**16 APR**, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196, P\_Battle@hotmail.com  
**16 APR**, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250  
**16,17 APR**, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com  
**22 APR**, 15th AAPP/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 2 0 8 - 5 2 1 - 3 4 3 4 / 5 2 0 -- 8 7 7 3, snakeriver@yahoo.com  
**22-24 APR**, AAPF National BP & PL, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070  
**23 APR**, Red Swain Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net  
**23 APR**, Kern County High School (Stockdale H.S., Bakersfield, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800  
**23 APR**, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**23 APR**, SLP TRUMAN STATE IRON DOGS/JACKSON WEIGHTLIFTING CLUB POWERLIFTING/BP/DL SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**30 APR**, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**30 APR**, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajhstork@earthlink.net  
**30 APR**, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com  
**30 APR**, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com  
**30 APR**, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**30 APR**, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail


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**30 APR-1MAY**, WPNF Pan-American PL (Orlando, FL) WPNF, BOX 142347, Fayetteville, GA. 30214 770-997-0589 or wnpf@aol.com  
**APR**, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 7 0 4 - 4 8 3 - 6 3 3 2, www.carolinapowerlifting.com  
**APR**, WNPFL Maryland PL, Lester Fields, 770-842-2137 or lesterwfields@aol.com  
**APR**, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM  
**6-8 MAY**, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779  
**1 MAY**, SLP STEVE "MAD DOG" HOUSTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**7 MAY**, SLP CROSS COUNTY PULL BP/DL CHAMPIONSHIP (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,



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**7 MAY**, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**7 MAY**, NASA New Mexico State (Rio Rancho, NM) Mike Adelmann, powerlifter@surbest.net, 505-453-6637  
**7 MAY**, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net  
**7 MAY**, W.N.P.F. National Bench Press, Lansing, MI, Jeff Buchin, (517) 622-3890  
**7 MAY**, W.N.P.F. CAN-AM Championships, Lansing, MI, Jeff Buchin (517) 622-3890  
**7 MAY**, W.N.P.F. National Deadlift, Lansing, MI, Jeff Buchin (517) 622-3890  
**14 MAY**, WNPFL Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPFL BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com  
**14 MAY**, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**14 MAY (New Date)**, APC Excalibur Classic PL & BP (open, novice, master, teen, woman) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy. #100, Birmingham, AL 35216, 205-817-6811/823-4745 (g)  
**14 MAY**, USPF Open BP & DL (sponsored by Eric C. C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898  
**14 MAY**, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**14,15 MAY**, APF Master, Junior, Teenage Nationals, Austin TX. Gary Pendergrass, 386-734-3128, worldpowerlifting.org  
**20-22 MAY 05**, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com  
**21 MAY**, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 804-737-9622  
**21 MAY**, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**21MAY**, WNPFL Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterwfields@aol.com  
**21 MAY**, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**21,22 MAY**, USAPL New York State, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760  
**22 MAY**, SLP SOUTHEAST MISSOURI BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**28 MAY (NEW DATE & NAME)**, USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800  
**28 MAY**, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**MAY**, NASA Kentucky State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or email qwhl@wirefire.com  
**4 JUN**, APF South Texas (Seguin - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com  
**4 JUN**, SCHA Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)  
**4 JUN**, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power,

122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**4 JUN**, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520  
**4 JUN**, Bartlesville BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, Jim Duree, 913-596-0245, jduree7086@aol.com  
**4 JUN**, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com  
**4,5 JUN**, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**4,5 JUN**, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com  
**4,5 JUN**, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3128, worldpowerlifting.org  
**10-12 JUN**, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779  
**11 JUN**, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**11 JUN**, AAPF Florida State PL + BP, Ft. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org  
**12 JUN**, WNPFL North Americans & Elite Nationals (Ephrata, PA) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com  
**18 JUN**, USA "RAW" BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**18 JUN**, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**18,19 JUN**, USPF Nationals (Los Alamitos, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800  
**20 JUN**, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812  
**25 JUN**, AAU-USPF Sooner State Games, 405-275-3689, rcrain@charter.net  
**25 JUN**, APF Florida State PL+BP, Ft. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org  
**25 JUN**, APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY, 386-

734-3128, worldpowerlifting.org  
**25 JUN**, APF Central California Open/Novice, Bob Packer, 559-658-5437, 559-322-6805, www.calapf.com  
**25 JUN**, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**25,26 JUN**, WNPFL Drug Free Nationals PL & Single Lift, Ron DeAmicus, 6531 New Road, Youngstown, OH 44515, 330-792-6670  
**JUN**, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridusapl  
**2 JUL**, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com  
**2 JUL**, NASA Houston Grand, PL'ing, BP, Push/Pull & Power Sports, Alvin, TX. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**8-10 JUL** (revised listing), GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbaker@amcarpowerliftingcommittee.com, www.irondawg.com  
**9 JUL**, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com  
**9 JUL**, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**9 JUL**, NASA Western States Nationals, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**10 JUL**, WNPFL USA Open Championships & Women's Nationals (Atlanta, GA) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com  
**10 JUL**, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**16 JUL**, ANPPC WORLD CUP


**12,13 March - APF California State (Teen, Master, Submaster, Junior, Women, Open - Center Point Athletic Club, Fresno, CA)**

**26 March - APF West Coast Bench Press (Teen, Master, Junior, Women, Open), John Ford**

**30 July - APF West Coast Push Pull (Teen, Master, Junior, Women, Open)**

**17 September - APF Northern California Powerlifting/Bench Press (Teen, Master, Junior, Women, Open)**

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**16 JUL**, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**16 JUL**, World Games  
**23 JUL**, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**23 JUL**, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com  
**23 JUL**, WNPFL South Florida BP, DL, PC (Stuart, FL) Brian Burritt 772-621-8988 or bburritt@hatsback.com  
**30 JUL**, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**30 JUL**, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitte@bbspeedy.com  
**30 JUL**, APF West Coast Push-Pull, 559-658-5437, 559-322-6805, www.calapf.com  
**30 JUL**, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851  
**30 JUL**, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire,

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single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, [www.seguinfitness.com](http://www.seguinfitness.com)  
**JUL**, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, [www.seguinfitness.com](http://www.seguinfitness.com)  
**JUL**, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, [PYTHONGYM@AOL.COM](mailto:PYTHONGYM@AOL.COM)  
**JUL**, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**JUL**, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, [ussapl@hotmail.com](mailto:ussapl@hotmail.com)  
**6 AUG**, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, [www.seguinfitness.com](http://www.seguinfitness.com)  
**6 AUG**, USPF Venice Beach Push-Pull (combined total) Steve Denison, [pwrfltr@msn.com](mailto:pwrfltr@msn.com), [www.powerliftingca.com](http://www.powerliftingca.com), 661-333-9800  
**6 AUG**, WNPFL Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-

997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)  
**7 AUG**, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**13 AUG**, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**13 AUG**, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, [lanceslaughter@yahoo.com](mailto:lanceslaughter@yahoo.com), [www.usapl-ca.org](http://www.usapl-ca.org)  
**13, 14 AUG**, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, [E-mailSBPDL@aol.com](mailto:E-mailSBPDL@aol.com), P.O. Box 735, Noble, OK 73068  
**13, 14 AUG**, AAO Open Nationals (Massachusetts) Larry Larsen, 781-767-0764, [www.aausports.org](http://www.aausports.org)  
**14 AUG**, WNPFL Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890  
**14 AUG**, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), 997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)

8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**10 SEP**, USPF Venice Beach PL/BP, Steve Denison, [pwrfltr@msn.com](mailto:pwrfltr@msn.com), [www.powerliftingca.com](http://www.powerliftingca.com), 661-333-9800  
**10 SEP**, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**10 SEP**, WNPFL Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770-842-2137 or [lesterfields@aol.com](mailto:lesterfields@aol.com)  
**17 SEP (New Date)**, NPA (drug free) Naationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, [fitlifed@cs.com](mailto:fitlifed@cs.com)  
**17 SEP**, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**17 SEP**, APF Northern California Open, Bob Packer, 559-658-5437, 559-322-6805, [www.calapf.com](http://www.calapf.com)  
**17 SEP**, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**17 SEP**, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, [powerlifter@surfbest.net](mailto:powerlifter@surfbest.net)  
**24 SEP**, WNPFL Lifetime Drug Free Nationals (Bordentown, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)  
**24 SEP**, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-596-7326, [jduree7086@aol.com](mailto:jduree7086@aol.com)  
**24 SEP**, SLP OPEN NATIONAL POWERLIFTING / BP / DL CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**24 SEP**, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**1 OCT**, SLP FALL BENCH PRESS / DEADLIFT CLASSIC (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**20 AUG**, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, [valifting@adelphia.net](mailto:valifting@adelphia.net), [www.virginiausapl.com](http://www.virginiausapl.com)  
**20 AUG**, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**21 AUG**, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**27 AUG**, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**27 AUG**, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**AUG**, WNPFL AL-MS-LA State Championships - Lester Fields, 770-842-2137 or [lesterfields@aol.com](mailto:lesterfields@aol.com)  
**3 SEP**, SPFL Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**3 SEP**, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**1 OCT**, SLP FALL BENCH PRESS / DEADLIFT CLASSIC (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
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**29 OCT**, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**OCT**, WNPFL Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031  
**OCT**, NASA Big River Classic, Tobey

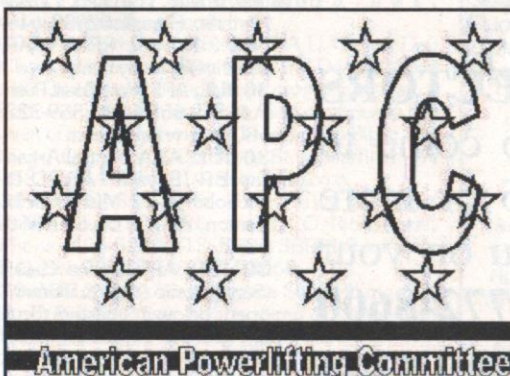
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**8 OCT**, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Oregia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727  
**8 OCT**, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**8 OCT**, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**9 OCT**, SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**15 OCT**, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**15 OCT**, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**15 OCT**, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, [pwrfltr@msn.com](mailto:pwrfltr@msn.com), [www.powerliftingca.com](http://www.powerliftingca.com), 661-333-9800  
**22 OCT**, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**22 OCT**, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**22 OCT**, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest, continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [al@pikilup.com](mailto:al@pikilup.com)  
**23 OCT**, SLP HARD CORE OPEN IIBP/DL CHAMPIONSHIP (Chicago, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**29 OCT**, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**29 OCT**, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**OCT**, WNPFL Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031  
**OCT**, NASA Big River Classic, Tobey

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& Daryl Johnson, Blytheville, AR.  
**OCT**, NASA Kentucky Regional 'PL'ing, BP, Push/Pull & Power Sports, Louisville, Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or [gvhl@wirefire.com](mailto:gvhl@wirefire.com)  
**5 NOV**, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, [www.seguinfitness.com](http://www.seguinfitness.com)  
**5 NOV**, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**5 NOV**, USAPL California State (PL, BP, DL) Jason Burnell, 510-232-4755, [deepsquatter@deepsquatter.com](mailto:deepsquatter@deepsquatter.com), 310-995-0047, [lanceslaughter@yahoo.com](mailto:lanceslaughter@yahoo.com), [www.usapl-ca.org](http://www.usapl-ca.org)  
**19 NOV**, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**19-20 NOV**, WNPFL Drug Free for Life Championships (Orlando, FL or Atlanta, GA) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)  
**26 NOV**, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**NOV**, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, [ussapl@hotmail.com](mailto:ussapl@hotmail.com)  
**3 DEC**, APF Rio Grande Valley

527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK 73068  
**12-13 NOV**, WNPFL World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)  
**13 NOV**, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**APR 06**, USAPL Collegiate Nationals (Nova Southern Univ. - Ft. Lauderdale, FL) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**APR 06**, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**APR 06**, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**JUL 06**, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
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**3 DEC**, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**4 DEC**, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [al@pikilup.com](mailto:al@pikilup.com)  
**10 DEC**, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**10 DEC**, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
**10 DEC**, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, [GSat2950@aol.com](mailto:GSat2950@aol.com)  
**10 DEC**, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, [valifting@adelphia.net](mailto:valifting@adelphia.net), [www.virginiausapl.com](http://www.virginiausapl.com)  
**10,11 DEC**, APF Mr. Iron Man, Bob Packer, 559-658-5437, 559-322-6805, [www.calapf.com](http://www.calapf.com)  
**17 DEC**, WNPFL New Jersey State/Open (Bordentown, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or [wnpf@aol.com](mailto:wnpf@aol.com)  
**31 DEC**, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)



### APC/WPC: Upcoming meets in the U.S.

APC Georgia State Open (APC National qualifier)  
April 9, 2005

WPC American Cup - Canada/USA  
(World Powerlifting Committee World Championship qualifier)  
July 9 & 10, 2005

<http://www.americanpowerliftingcommittee.com>  
lbbaker@irondawg.com 770/725-6684; 770/713-3080

USPF Venice Beach PL/BP						
18 SEP 04 - Venice, CA						
BENCH	Master (50-59) Formula					
148 lbs.	T. Reynolds 485	308 lbs.	B. Meek-58 650	473 628 1752		
N.Mansourian! 363	B. Meek! 473	Sommerman-52 462	203 435 1101			
165 lbs.	Master (40-49)Frmla	275 lbs.	Master (60-69)			
Junior (16-17)	C. Sims-47 473	D. Herrera-67 540	407 462 1409			
F. Sanchez 231	R. Garcia-41 358	4th-BP-418				
Open	181 lbs.	165 lbs.				
A. Benes 242	F. Fleet-49 203	T. Miller-63 374	203 424 1002			
198 lbs.	Master (50-59)Frmla	198 lbs.				
N. Herroz 385	308 lbs.	R. Taylor-64 176	187 352 716			
J. Hernandez 352	B. Meek-58 473	! =Best Lifters. State Powerlifting records set: Brian Meek 308 Open Men, 473 bench. Clinton Sims, 242 Master 45-49, 473 bench, 1714 total. Danny Herrera, 275 Master 65-69, 540 Squat, 418 bench, 1410 total. State Single Lift Bench Records set: Freddy Sanchez, 165 Junior 16-17, 231 lb. bench. Bob Evans, 220 Master 55-59, 418 lb. bench. Larry Manly, 198 Master 65-69, 281 lb. bench. American Powerlifting records set: Brian Meek, 308 Master 55-59, 473 lb. bench 628 lb. deadlift, 1752 lb. total. Danny Herrera, 275 Master 65-69, 540 squat, 418 bench, 1410 total. American Single Lift Bench records set: Bob Evans 220 Master 55-59, 418 lb. bench. Larry Manly, 198 Master 65-69, 281 lb. bench. Thanks to all of our valuable help at the meet. Ken Wheeler, National referee. Lisa Denison, National Referee. David Foster, State Referee. Scott Layman, State Referee. Kevin Meskeu, National Referee. Steve Denison, National Referee & Meet Director. Jemma Santos, Scorekeeper. David Rulz, Expeditor. Marvin Lemus, Scorekeeper. Spotter/Loaders: Marvin Lemus. Nicki Ianon, Scoreboard, spotter on bench. Leon Sparanao. (results courtesy Steve Denison)				
A. Waldon 462	A. Waldon-53 462					
M. West 374	B. Evans-57 418					
R. Garcia 358	198 lbs.					
275 lbs.	L. Vallot52 192					
P. Collard! 501	Master (60-69)Frmla					
308 lbs.	L. Manly-68 281					
WOMEN	BP DL TOT					
Open						
123 lbs.						
S. Lucchesi 225	181 281 688					
132 lbs.						
S. Haflich 281	159 308 749					
MEN						
Open						
165 lbs.						
I. EsDinoza 435	292 413 1140					
S. Sommerman 462	203 435 1101					
198 lbs.						
J. Hernandez! 507	352 473 1333					
M. Belluscio 501	275 462 1239					
220 lbs.						
DiBartolomeo 501	391 562 1454					
M. Jadav 440	374 501 1317					
242 lbs.						
M. West 479	374 485 1339					
275 lbs.						
R. Speno! 672	462 617 1752					
K. Boyce 644	391 567 1603					
E. Paez 551	369 573 1493					
W. McCaslin 451	374 518 1344					
308 lbs.						
B. Meek! 650	473 628 1752					
Master (40-49) Formula						
242 lbs.						
C. Sims-47 600	473 639 1713					
220 lbs.						
V. Callia-40 556	440 655 1653					
198 lbs.						
Belluscio-41 501	275 462 1239					

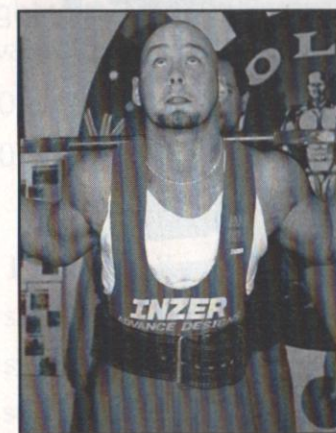
APA White Mountain Regionals					
09 OCT 04 - Keene, NH					
	WOMEN	SQ	BP	DL	TOT
	148 lbs.				
	D. Slaga 340!	240	380	960	
	R. Crapo 265	145	315	725	
	4th-DL-340	750			
	(40-49)				
	D. Slaga 340!	240	380	360!	
	MEN				



**Steve Beaupre** won the distinction of being *Best Lifter* at the APA White Mountain competition with a 1515 total at 162 bodyweight.

165 lbs.	242 lbs.				
Teen (18-19)	Submaster				
B. Cran 285	G. Banks —				
Drug Tested 250	G. Banks —				
S. Beaupre 580	275 lbs.				
	Open				
	J. Brum 460	325	425	1210	
181 lbs.	! =World Records. Referee's: Al Stork, Glen Russo, Scott Taylor. Female Best Lifter: Donna Slaga. Overall Best Lifter: Steve Beaupre. Best Lifter Bench Press: Bill Gialluca. Meet Site: Gold's Gym of Keene, New Hampshire. This was an awesome event and special thanks are in order to Gold's Gym who provided a great venue and spotters and to Al Stork for providing a great platform and set of competition racks. Judging was excellent and the spotters were some of the best I have ever seen in my 20+ years of promoting meets. Donna Slaga of Connecticut wowed everybody taking the Women's Master and Junior Women's Drug Free 148 class with some awesome lifts including a 340 squat, 240 bench, and 380 deadlift for a 960 total! Rebecca Crapo of Vermont did quite well in the Women's 148's with a 265 squat, 145 bench and almost 175, and a nice 340 deadlift for a Vermont record. Steve Beaupre of Maine was the most intensely focused lifter I have seen in a long time. Weighing in at a mere 162 pounds he				
Teen (16-17)					
T. Aldrighetti 345					
Teen (18-19)					
D. Trask 405					
4th-SQ-430					
—	285				
R. Lupo —					
Drug Tested —					
M. VanVrarkin —					
198 lbs.					
Teen (18-19)					
C. Robertson 320		250	365	935	
N. Bodge —		265	—	—	
4th-BP-275!					
W. Eichhorn —					
220 lbs.					
J. Durharn 390		340	525	1255	
Drug Tested —					
B. Gialluca —		420	—	—	
(40-49)					
B. Gialluca —		420	—	—	
C. Wasniewski 550		385	630	1565	
4th-DL-650		1585			
C. Wasniewski 550		385	630	1565	
4th-DL-650		1585			

squatted 580, benched 385, and pulled a 550 deadlift for a 1515 Maine record total. Simply incredible! Cory Wasniewski of Connecticut did some great lifting as a Junior (20) and set several Connecticut records with a 550 squat, 385 bench, and a HUGE 650 deadlift for a 1585 record total. This young fellow is real strong and it will be interesting to watch his progress as he gets older and even stronger. Lots of great lifting took place regardless of the efforts of a small time local promoter who did his best to sway lifters from competing in our event. People like that only hurt themselves in the long run and the AP A will be bringing several top quality meets to the area in the very near future. Lifters came from New Hampshire, Vermont, Oregon, Maine, Massachusetts, Connecticut, and New Jersey to compete in this event. Beautiful swords mounted on wooden wall shields were presented to the lifters and special collector swords presented to best lifters. Loads of great AP A meets are coming up year round to the New England area. On November 6, Al Stork will be directing the Maine State Bench Press Championships in Newport, Maine. Contact Al at [ajhstork@earthlink.net](mailto:ajhstork@earthlink.net) for more details. Al has some fantastic trophies for this meet and some top notch lifters will be attending. He also has some awesome equipment and platforms. On November 21, Donna Slaga will be hosting the Annual APA Nutmeg State Open Bench Press & Deadlift. This is one of the largest meets held each year. Computerized scorekeeping and weightloading programs, an awesome carpeted platform, chromed Ivanko plates, suede seated Forza benches and more make this a real cool event to attend. Several APA events have been scheduled for Vermont and New Hampshire for the year 2005 in the winter, spring, summer, and fall. We look forward to seeing some of you there. (Results by Scott Taylor, APA President)

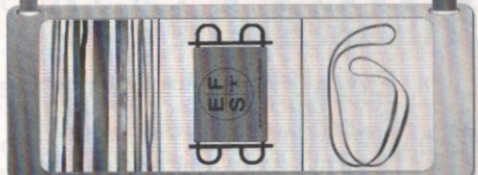


**Darrick Trask (18)** totaled 1280 for an APA Maine State Record at the White Mountain competition (photos provided by Scott Taylor)

ISCI Power Meet				
11 SEP 04 - Boise, ID				
	SQ	BP	DL	TOT
Lightweight				
F. Laub-130 275	225!	325	825	
S. Fetter-117 155	135	275	565	
J. Eden-120 —				
Welterweight				
M. Perez-150 465!	295	525!		
1285!				
J. Pascual-134 325	230	425	980	
Almeraz-150 365	205	420	990	
J. Barajas-154 335	235	430	1000	
C. Ritchie-141 335	220	355	910	
Z. Ziegler-160 275	205	350	830	
McCrary-153 255	150	375	780	
Middleweight				
Laughlin-171 370	275	450	1095	
Hernandez-167 315	185	445	945	
T. Pruett-185 275	275	400	950	
R. Zimney-198 355	235	385	975	

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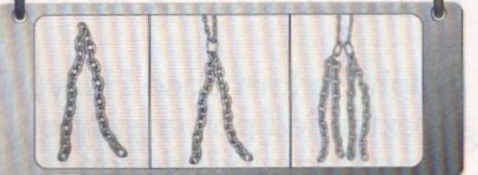


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Busnardo-220 460	325	555!	1340
Callahan-222 525!	300	475	
1300!			
Hocking-205 315	270	415	1000
D. Ruiz-239 405	315	405	1125
Master			
L. Murray-222 225	225	315	765
Outstanding Lifters:	Name	TOT	Points
Place			
Martin Perez 1285	975.315	1st	
Juan Pascual 980	824.180	2nd	
John Busnardo 1340	755.760	3rd	
! =ISCI Records. Twenty lifters participated in this year's power meet. Again, this was Martin Perez's year. Martin smashed all his previous records set last year. He added 10 lbs. to his squat and 5 lbs. to his deads, which added 15 lbs. to his record setting total. Martin clearly outdistanced all competitors to win not only his division but also the outstanding lifter for the 3rd year in a row. Two of our favorite heavyweights came out of retirement to face each other for the first time. Rusty Callahan last competed in 1993 where he did a squat of 500 lbs. and a 535 lbs. dead in the 198 class. In 2004, Rusty came in at least 15 lbs. heavier and set a new squat and total record in the 242 lbs. class. Rusty now holds records in two			

different weight classes. John Busnardo added 2 lbs. of bodyweight and 140 lbs. in his total over a two-year period. He set a new deadlift record, which elapsed the record previously set by Ed Biggs 13 years ago. The new faces to watch out for are Forrest Laub and Juan Pascual. Forrest came into this meet with a strong bench of 225 at the bodyweight of 130. Juan quietly knocked on the back door of Martin. I believe he will be a force to be dealt with. This meet would not have taken place without the hard work and dedication of all the lifters. Especially Martin, who pushed to have this power meet. We would like to thank Wayne Kuntz, Kelly Wilson and Bryan Jacobs for being professional and impartial judges. To the loaders and spotters, Daniel Torres, Derek Johnson, Monte Moon, Jerry Castaneda, Nicholas Olsen and John Lopez, who kept the meet safe and injury free. To our scorers and announcer Sam Barber and Albert Adermann for keeping everything flowing smoothly. To all the guys who helped set up and tear down the lifting platform. And the audience who's excitement and cheering helped pump up the lifters. Most especially, a very special thanks to Sgt. Barroso and cpt Elliot, who supported and helped us pull this all together. See y'all again next year. (Thanks to Douglas Austin for the results)

### USAPL Louisiana Tech Invitational

02 OCT 04 - Ruston, LA					
	WOMEN	SQ	BP	DL	TOT
Collegiate					
105 lbs.	Erica 114 lbs.	135	90	135	360
148 lbs.	S. Williams 150	75	195	420	
198 lbs.	R. Chovanec 198	100	215	510	
Senior	S. Sebastian 225	145	270	640	
Junior Open	SHW S. Greenup 365	185	350	900	
MEN					
Collegiate					
114 lbs.	D. Summers 235	170	250	655	
132 lbs.	J. Moreno 285	200	340	825	
148 lbs.	M. Houston 409	250	425	1075	
165 lbs.	B. Hoffman 385	325	385	1095	
220 lbs.	Jeremy S. 450	250	470	1170	
275 lbs.	J. Chovanec 475	355	475	1305	
SHW	J. Davis 415	305	415	1135	

(Thanks to USAPL for providing the results)



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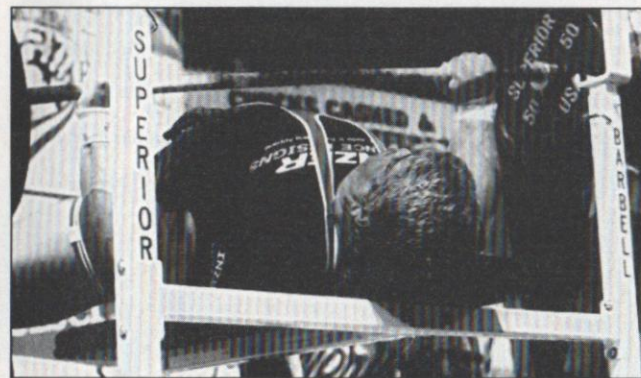
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WABDL Washington BP/DL  
25 SEP 04 - Aberdeen, WA

Table listing lifters and their results in the WABDL event. Columns include category (MEN, WOMEN, JUNIOR, MEN), lifter name, weight class, and lift weight. Results range from 105 lbs to 309+ lbs across various classes.

Table listing lifters and their results in the WABDL event. Columns include lifter name, weight class, and lift weight. Results range from 181 lbs to 259 lbs.

Table listing lifters and their results in the WABDL event. Columns include lifter name, weight class, and lift weight. Results range from 148 lbs to 358 lbs.

Table listing lifters and their results in the WABDL event. Columns include lifter name, weight class, and lift weight. Results range from 181 lbs to 203 lbs.

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Table listing lifters and their results in the WABDL event. Columns include lifter name, weight class, and lift weight. Results range from 181 lbs to 203 lbs.

He was sidelined with his firefighting school and then the rigors of being a firefighter. In master men 47-53 259# class Kevin Smith set a Washington record with 462.7. Perry Plush pulled 551 to win the 181 lb. class. His WA SR is 568.5. At 148 Michael Jameson set a world record 424.2 in age group 54-60. In the same age group, Terry Bohn set a Washington state record 363.7 at 165#. In master men 61-67 308 John White set a world record 462.7 at 308 and Cal Davis set a world record 359.1 in 75-79 at 242#. In the open division at 259 Mike Camlin set a world record 744. In submaster men 181 Jody Cranston set a Canadian record 551. In submaster women deadlift, Jackie Russell at 123 set a Washington record 265.6 and at 148 Karen Caldwell set a Washington state record 270. At 198+ Marilyn Wilber set an Oregon record 352.5 to finish 2nd and Sheri Wyatt in the 198+ with a world record 416.5 in a very hard fought pull - very impressive. In teen men 3-15 148# class Timothy Priebe set a Washington record 417.7 at 165. In law/fire open 259, Mike Camlin set a world record 744. Mike at age 18 in 1994, had the potential to be a world beater when he pulled 680 at 220.



Michelle Ichiyama went on from this meet to become a WABDL World Champion in Las Vegas.

record 133.3. In master women 54-60 148 Barbara Anderson set a world record 149.8 and was ably coached by Joe Head of Headquarters Fitness, whose team won the team title. In Master men 61-67 132# Sharee Olson set a world record 95.7 in the bench. In open women 148# Victoria Reese set a Washington record with 264.5 and was named outstanding female lifter. At 198 Michelle Ichiyama set a Washington record 236.7. Both ladies are coached by Joe Head of Headquarters Fitness. In teen women 13-15 at 148# Alison VanZandt set a Washington record 104.5 in the bench. In teen men 16-19 123 Alex Kolb set a Washington record 181.7. In submaster women 132 Sara Hill set a Washington record with 144.3. At 198+ Marilyn Wilber set an Oregon record 170.7 in the submaster. In submaster men 165 Gil Dizol set a Washington record 347 and at 181 Jody Cranston set a Canadian record 341.5. In open men at 259 George Nelson opened with 540 and that's all he got but it was enough for best lifter of the entire meet. George is 58! In master men 68-74 308 James Noggles set a world record with 292. James is nicknamed the "Big Kahuna" and still weighs 280 at age 70. In master men 61-67 198 Dale Palmer, coached by the legendary Jeff Magruder, pushed a Washington record 341.5. In master men 54-60 148 Michael Jameson popped a Washington record 275.5. In master men 47-53 181# Perry Plush pushed a Washington record 359.1. In Master 40-46 132# Kajohn Southwood set a Washington record 242.5. In law/fire open 259# class Mike Camlin set a world record 512. In law/fire master 165 Robert Straker set an Oregon record 242.5. Robert has consistently set state record over the last 5 years. In junior men 259 Jeremy Martin set a Washington record 418.7. In class-1 105# Vince Vasquez set a Washington record 93.5. At 242 Jason Lake set a Washington record 468.2. At 259 Jeremy Martin set a Washington record 418.7 and J. Mario Ceccarelli set a Washington record with 473.7. Mario has the best tattoos anywhere in the world. His whole body is covered in a very creative design. Brent Mikesell, guest lifted in the squat, and did a 1000#. Ryan Kennelly guest lifted in the bench and popped 755 and missed 805. Don Bell was the Meet Director and he puts on a first class meet. However, it was a long day due to 139 lifters and 33 squatters. Judges were Gus Rethwisch, Terry Leuhrs, Gus Warrington, Donna Delleree, Kristi Hansen and Larry Benner. (results courtesy Gus Rethwisch)

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**IPA West Coast Open**

**26 JUN 04 - Newport, OR**

<b>DEADLIFT</b>		<b>Masters (40-44)</b>	
Amateur			
Masters (40-44)	M. Connor!	501	
181 lbs.	T. Pyle	363	
D. Guches 540	275 lbs.		
242 lbs.	M. Jackson	429	
B. McCanse 584	Police		
275 lbs.	220 lbs.		
M. Jackson 617	D. Gaskill	275	
Masters (50-54)	SHW		
198 lbs.	T. Heddle	413	
C. McFarland 556	Teen (14-15)		
Masters (55-59)	114 lbs.		
308 lbs.	B. Wallman	148	
R. Hamilton 451	148 lbs.		
Police	R. Wortman	215	
SHW	B. Winburn	132	
T. Heddle 518	Teen (16-17)		
Teen (14-15)	181 lbs.		
114 lbs.	N. Edinger	303	
B. Walman 292	198 lbs.		
148 lbs.	E. Gahlsdorf	259	
B. Winburn 203	Teen (18-19)		
Teen (16-17)	FEMALE		
198 lbs.	165 lbs.		
E. Gahlsdorf 407	A. Bladow	176	
Teen (18-19)	Juniors		
Female	181 lbs.		
165 lbs.	M. Connor	308	
L. Tarkon! 275	242 lbs.		
Teen (18-19)	S. Dudley	325	
MALE	Open		
198 lbs.	FEMALE		
D. McFarland 485	165 lbs.		
242 lbs.	T. Kribs	137	
I. McKay! 661*	Open		
Open	MALE		
165 lbs.	165 lbs.		
R. Godard 529	R. Godard	314	
Submaster	181 lbs.		
220 lbs.	R. Cunningham	248	
C. Jackson 501	SHW		
BENCH	J. Borton	551	
Professional	Submasters		
Open	FEMALE		
198 lbs.	123 lbs.		
D. Piggee! 551	A. Senn!	170	
Masters (45-49)	165 lbs.		
198 lbs.	K. Mahoney	215	
D. Piggee 551*	4th	220*	
Submasters	Submaster		
FEMALE	MALE		
165 lbs.	220 lbs.		
K. Mahoney 215	B. Risch	380	
220*	275 lbs.		
Amateur	K. Hostkoetter	429	
Professional	SQ		
Open	BP		
165 lbs.	DL		
J. Reese 661	TOT		
242 lbs.	418	606	1686
B. Stussy! 826	644	683	2155



**Blaine Stussy, Best Lifter in the Men's Pro Division at the IPA West Coast Meet.** (all photographs are provided courtesy of Bruce Read)

M. Ross	402	303	452	1157
242 lbs.				
N. Eller	595	363	556	1515
275 lbs.				
J. McGrath	523	341	523	1388
Teen (14-15)				
308 lbs.				
S. Morris	501	303	501	1306
Teen (16-17)				
198 lbs.				
E. Gahlsdorf	385	259	407	1052
Teen (18-19)				
198 lbs.				
D. McFarland	402	270	485	1157
308 lbs.				
T. Ingram	474*	314*	496*	1284*
181 lbs.				
M. Connor	501	308	418	1229
198 lbs.				
D. Fusco	518	303	226	1047
Open				
165 lbs.				
R. Godard	507	314	529	1350
242 lbs.		4th	540	
N. Eller	595	363	556	1515
T. Shoepe	617	303	551	1471
275 lbs.				
J. McGrath	523	341	523	1388
308 lbs.				

308 lbs.	R. Straker	374	226	413	1014
T. Fannon	903	661	551	2116	
SHW	M. Connor	650	501	600	1752
B. Mikesell!	903	578	810	2292	
Submasters	B. McCanse	617	385	584	1587
181 lbs.	4th	396			
J. Riley	523	374	474	1372	
242 lbs.	Masters (45-49)				
D. Boell	672	479.5	628	1780	
Masters (50-54)	SHW				
308 lbs.	S. Pecktol!	711*	501*	711*	1923*
Amateur Division	Amateur Division				
WOMEN	Master (40-44)				
SHW	K. Sandoval	380*	209	385*	975*
4th	4th	220*			
Submasters	181 lbs.				
181 lbs.	J. Taylor	264	181	385	832
4th	4th	192			
Teen (16-17)	J. Miller	237	132	275	644
148 lbs.	Open				
275 lbs.	123 lbs.				
J. Miller	K. Gutierrez	231	132	275	639
237	132	275	639		
123 lbs.	MEN				
K. Gutierrez	Masters (40-44)				
231	165 lbs.				
132					
275					
639					



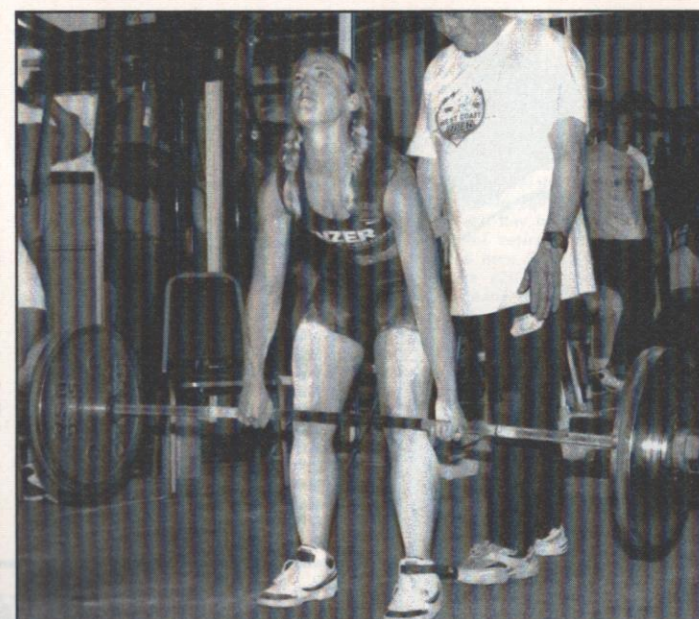
**Sam Pecktol was Best Masters Lifter - seen with his 711 deadlift.**

J. Patterson	573	424	639	1636
		4th	650	
C. Kribs	600	407	578	1587
SHW				
D. O'Neill	633	429	562	1625
Submasters				
198 lbs.				
K. Eller	562	292	529	1383
4th	564			

!Best Lifters. \*=World Records. The 24th Annual West Coast Open recently made history by becoming the first meet sanctioned by the IPA to be held on the west coast. With IPA President Mark Chaillet in attendance, Rick McClung and the crew from Big Bears Gym put on what many are calling one of the best powerlifting meets ever held. With nearly 70 lifters, the meet saw 19 IPA world records and nearly 100 state records broken. Seanzilla Katterle and a local DJ cranked the tunes and the commentary, creating an atmosphere that couldn't help but keep the crowd and the lifters pumped for the action on stage. With the largest group of lifters in the meet, the masters division also provided some of the best lifts and most exciting moments of the entire day. Best masters lifter Sam Pecktol threw up some insane numbers in the mens 50-54 age group, 308 class, with 4 world records of 711, 501.6, 711, 1923.5. In the 198 class, Chuck McFarland needed every bit of his 474, 319.7, 556.7, 1350.3, to edge Walt Ream, who finished second with lifts

of 429.6, 226, 407.9, 1063.7. In the masters 45-49, SHW class, Washington strong man Paul Ratsch came away with 3 amateur world records with a 523.6 bench, a 661.4 deadlift, and a 1785.7 total with a 600.8 squat thrown in for good measure. In the 40-44 division, 242 class, Mike Connor came away with best amateur bench presser, a world record bench and an elite amateur total with a 650.4 squat, 512.6 bench, and 600.6 deadlift for a 1752.7 total. Second place in the 242 class went to Buz McCanse with lifts of 617.3, 396.8, and 584.2 for a 1587.3 total. Not to be out done by the guys, Kelli Sandoval came through with 4 world records of her own in the women's masters 40-44 division, 198+ class with lifts of 380.3, 220.5, and 385.8 for a 975.5 total. Keeping pace with the elder counter parts, the teens put on a very impressive display. Jessica Miller put up some awesome numbers in the 16-17 age group, 148 class with lifts of 237, 132.3, and 275.6 for a 644.9 total. In the 18-19 division, 308 class, Tyrell Ingram took home 4 world records with amazing lifts of 474, 314.2, and 496 for a 1284.2 total. The police division saw the only 3 way fight in the 198 lb. weight class. Lifting in his first meet and lifting raw, Mark Ross came in 3rd with lifts of 402.3, 303.1, and 452 for a total of 1157. Now that Mark has been bitten by the powerlifting bug, we are looking for some major gains from this champion bodybuilder. Kevin Eller came away with 2nd place with lifts of 562.2, 292.1, and 529.1 for a 1383.4 total. And coming away with the first place trophy was everyone's favorite cop, Terry Wilson with a very impressive 600.8 squat, 385.5 bench and a 556.7 deadlift, for a 1543.2 total. Once we finally teach Terry how to use that denim bench shirt, you're going to see his total shoot through the roof. In the professional open division, John Reese proved that dynamite does indeed come in small packages. At a weight of 165, John's lifts were nothing short of unbelievable, with a squat of 661.4, a 418.9 bench and

a 606.3 deadlift for a 1686.5 total. This kid is going to be someone to be taken very seriously in WPO in the very near future. Best overall lifter for the meet was 242 pound Blaine Stussy. Having what had to be considered a career meet, Blaine finished with lifts of 826.7, 644.9, and 683.4 for a 2155 total. Being one the truly nicest and most helpful guys in this sport, Blaine was also taking time to help out with his training partner and friend Tommy Emmon who finally got the monkey off his back with a 903.9 squat and a 661.4 bench. By adding a 551.2 deadlift Tommy finished with a 2116.4 total in the 308 lb. class. A big thanks goes out to these two professionals, who stopped their lifting to help spot while Ryan Kennelly was attempting a totally insane 881 bench press. Lifting raw and coming back from injury in the SHW class, Brent Mikesell had the best total of the meet with lifts of 903.9, 578.7, and 810.2 for a 2292.8 total. Brent has been to every West Coast Open held in Newport and never ceases to amaze the crowd. We look forward to seeing him again next year. Kleanna Gutierrez took home the best amateur women's lifter honors in the 123 lb. open division with lifts of 231.5, 132.3, and 275.6 for a 639.3 total. With lifts of 507, 314.2, and 540.1 for a 1350.3 total in the 165 lb. class, Robert Godard was named best amateur mens lifter. In the 308 class Josh Patterson narrowly defeated Christopher Kribs. Josh's lifts of 573.2, 424.4 and 639.3 for a 1636.9 total, bested Chris' lifts of 600.8, 407.9, and 578.7 for a 1625.9 total. In the single lift portion of the meet, the best deadlifter trophies for the men and women both went to teenagers. For the ladies, lifting in the 165 lb., 18-19 division, Laura Tarkon hoisted an impressive 275.6. For the guys, lifting in the 242 lb., 18-19 division, Ian McKay made sure that his last meet as a teen was one that many will not soon forget. Ian's world record lift of 661.4 should be enough to make some of the junior and open division lifters take notice of this phenomenal kid.



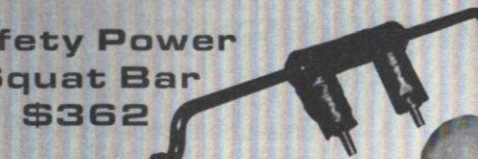
**Kleanna Gutierrez was the Best Female Lifter in the Amateur Division.**

Darius Piggee took home the Best Pro Bench press trophy, and a world record in the masters 45-49 division with an easy 551 at only 198 lbs. Lifting in only his second competition and limited to the bench press because of a leg injury suffered during training, John Borton won the SHW amateur division with a lift of 551. The closest competition of the day turned out to be for the womens best bench press trophy in the amateur division. Lifting in the 165 lb. class, Kelley Mahoney set a new submasters world record with an amazing lift of 220.5,


only to finish second, by less than one point, to the 123 lb. submasters champion Amy Senn who lifted an awesome 170.9. A big thanks goes out to all 35 of the volunteers who sacrificed a very long day to make this meet, what many competitors and spectators are still calling the best meet they've ever been too. We could not have done this with out each and everyone of you. Celebrating its 25th anniversary, the 2005 West Coast Open promises to be a meet that everybody will want to be a part of. (Thanks to Bruce Read for the results)

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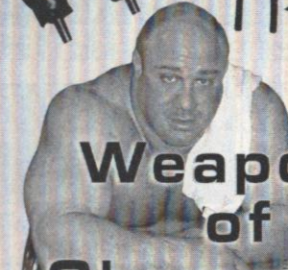
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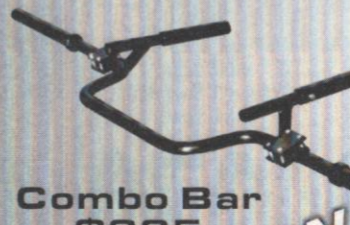


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Best Lifter at the WABDL Night of Champions LARRY RUSSELL is one of the premier master deadlifters in the nation. In 2003 he returned to Los Angeles, where he had won the 1974 Junior National title (625 430 655 1710 at 198 lbs.) to pull at the same Venice Beach contest where Scott Mendelson benched 875 lbs.

**WABDL Night of the Champions**  
25 SEP 04 - Lakeland, FL

BENCH	181 lbs.
WOMEN	242 lbs.
114 lbs.	185!
(16-19)	K. Joyner
K. Hutchinson	100+ (16-19)
(40-46)	220 lbs.
J. Bailed	90! T. Brown
123 lbs.	259 lbs.
(40-46)	R. Brown
M. Kirkland	175! Junior
165 lbs.	198 lbs.
(13-15)	C. Lang
C. Kirkland	75! 220 lbs.
Open	T. James
A. Cossack	205! T. Haynes
(61-67)	259 lbs.
D. Margaritis	80! V. Dubois
198 lbs.	Submaster
(40-46)	220 lbs.
C. Cobb	192! V. Lee
(40-46)	405!
MEN	(13-15)
148 lbs.	G. Ford
97 lbs.	295!
B. Silk	75! 198 lbs.
105 lbs.	A. Stevens
E. Striz	70! 220 lbs.
148 lbs.	R. Whatley
H. Joyner	165! (47-53)

S. Beasley	130!	B. Silk, Jr.	325!	Open	198 lbs.
K. Conway	360	B. Hungerford	265	C. Reynolds	450!
242 lbs.	181 lbs.	259 lbs.			(40-46)
D. Prevatt	385!	R. Brown	320	415!	181 lbs.
(54-60)		C. Mortimer	305	308 lbs.	T. Calhoun
259 lbs.	295!	C. Brawley	290	220 lbs.	515!
F. McBride	(48+)	220 lbs.		R. Whatley	560
Law/Fire		T. James	405!	(47-53)	
F. McBride	295!	242 lbs.		S. Beck	520!
(61-67)		T. Nash	385	V. Lee	520
165 lbs.		DEADLIFT		Class-1	148 lbs.
B. Nussear	235	WOMEN		114 lbs.	L. Casanova
242 lbs.	275	(13-15)		S. Beasley	260!
R. Denney	165 lbs.			181 lbs.	600!
259 lbs.		C. Kirkland	175!	T. Calhoun	515
R. Zareck	335!	(40-46)		C. Brawley	480
275 lbs.		114 lbs.		L. Russell	600!
E. Hargrove	280	J. Ballietie	185!	R. Russell	600!
Open		123 lbs.			
198 lbs.		M. Kirkland	330!		
A. Stevens	500	MEN			
465	(13-15)				
R. Gordon	340	97 lbs.			
242 lbs.					
B. Silk	385!	105 lbs.			
T. Nash		E. Striz	210		
Class-1		181 lbs.			
114 lbs.					

Jeanne could show us how much it could lift in Lakeland with its 100+ mph winds. Despite the hurricane looming just hours away, there were only 6 lifters out of 40+ who did not show. These lifters will be credited with their entry fee to lift in our next WABDL meet on 4-16-04 at no charge. In the women's category, Margaret Kirkland's daughter, Cari, set a state record with a 75 lbs. bench. Katie "Hootie" Hutchinson benched an outstanding 100 lbs. to set a state and national record in the 16-19 division. Katie also took the "best dressed" powerlifter award again. In the open division, Amber Cossack benched a whopping 205 lbs. to set a state record in the women's 165 lbs. class. Competing in her first contest, Julie Bailed benched a nice 90 lbs. to set a state record in the 40-46 division. Julie only trained 3 weeks for this contest and her daughter, Sunny, designed the awesome art work for the meet t-shirts. Mighty Margaret Kirkland proved once again why she is among the best lifters for her weight class, in the nation, by benching a state record 175 lbs. at 117 lbs. bodyweight. She and her husband, Barclay, are two of

the nicest people you'll ever meet. Cheryl Cobb came all the way from Tennessee to set a TN state record with a 192 lb. bench. Also lifting in her first contest was Dottie Margaritis, who benched a state record 80 lbs. in the 61-67 age division. Brandon Silk started the men's category of the bench press with a state record 75 lbs. in the 13-15 age group. Ethan Striz also set a state record with a 70 lb. bench in the 105 lb. 13-15 class. State records were also set in the 13-15 age division by Hunter Joyner, Brian Silk, Jr., and Kamran Joyner. In the 16-19 age division, Troy Brown set a state record with a 377.5 bench in the 220 lbs. class. Robert Brown won the 259 lbs. class with a state record 220 lbs. bench. Clayton Lang benched an outstanding 465 lbs. to set a new state record in the junior 198 lbs. class. Tim James also set a state record with 405 lbs. in the junior 220 lbs. class, which gave him 1st place over Terrance Haynes. Vladimir Dubois benched a state record 435 lbs. to win the junior 259 lbs. class. Vernard Lee benched a state record 405 lbs. to win the submaster 220 lbs. class. The masters 40-46 age group started off with Glen Ford

setting another state record in the bench press with a 295 lbs. lift in the 148 lbs. class. Anthony "Amp" Stevens opened with a state record 500 lbs. He tried 520 lbs. twice for a world record, but couldn't quite get it. His opened was enough to give him best lifter honors in the bench press. Ray Whatley, from Colorado Springs, set the CO state record with a nice 430 lbs. bench in the 220 lbs. class. Kim Conway took first in the master 47-53 age group 198 lbs. class with 360 lbs. Dan Prevatt set a state record with 385 lbs. in the 242 lbs. class 47-53 age group. Francis McBride set state records in the 54-60 age group and the 48+ Law/Fire division with a 295 lb. bench in the 259 lb. class. The 61-67 age group had 4 competitors with Bob Nussear winning the 165 lbs. class with a 235 lb. bench. Rovert Denney won the 242 lb. class with a 275 bench press. Richard Zareck, who came all the way from Hurricane Ivan ravaged Pensacola, set the state record in the 259 lb. class with a nice 335 lb. bench. Ed Hargrove finished out this age group with a 280 lb. bench in the 275 lb. class. In the open division, Amp Stevens took 1st place over

Clayton Lang, and Rudy Gordon respectively. Tom Nash set a state record with 385 lbs. in the 220 lb. class and Tom Nash won the 242 class with a 385 lb. bench. The deadlifts started with Cari Kirkland setting a state record with a 175 lb. deadlift in the 13-15 age group 165 lb. class. Julie Bailed pulled a nice 185 lb. state record to win the 114 lb. class 40-46 age group. Margaret Kirkland deadlifted an amazing 330 lbs. for a new Florida state record in the 123 lb. class 40-46 age group. The two teenage divisions had their share of state records with Brandon Silk deadlifting a state record 175 lbs. in the 97 lb. class 13-15 age group. Ethan Striz pulled a personal best 210 lbs. to win the 105 lb. class 13-15 age group. Brian Silk Jr. pulled a nice 325 lb. state record to win the 181 lbs. 13-15 age group. Cody Reynolds was looking strong with his state record 450 lb. deadlift in the 181 lb. class 16-19 age group. Robert Brown pulled a state record 415 lbs. as did Joe Laflamme with 510 lbs. Terrance Haynes won the junior 220 lb. class with a 500 lb. deadlift and Bernard Lee won the submaster 220 lb. class with a 520 lb. pull.

In the class-1 division, Scott Beasley won the 114 lb. class with a 185 lb. deadlift. Tim Calhoun won the 181 lb. class over Carson Brawley with a 515 lb. deadlift to Carson's 480 lb. lift. Larry Russell set the state record in the 198 lb. class with an outstanding 600 lb. deadlift. Rudy Gordon won the open 198 lb. class with a nice 520 lb. deadlift. Tim Calhoun and Roy Whatley each won their weight classes respectively in the 40-46 age group. Tim Pulled 515 at 181 and Ray hoisted 560 at 220. Coming out of retirement, Steve Beck locked out a nice 520 lbs. for a state record in the 220 lb. class 47-53 age group. The man with the bad attitude showed all attitude on the 520 lb. pull. In the 54-60 age group, Louis Casanova pulled a state record 260 lb. to win the 148 lb. class. Larry Russell pulled an amazing three-times his bodyweight 600 deadlift in the 54-60 age group 198 lb. weight class. The lift was a new state record and earned him the best deadlifter of the meet award. There are few people Larry's age that can deadlift triple bodyweight. Robert Denney pulled a nice 405 lb. deadlift to win the 242 lb. class 61-67 age group. A special thanks to all the lifters, spectators, and volunteers who made this meet possible, in spite of hurricane Jeanne, just hours away from striking us. We really appreciate your support and determination to lift in your contest. Thanks also to Louis Waltz, All American Gym, Junk Yard Dogg Dan "The Man" Jovas, Special Agent Randy "Make My" Dey, Jerry Lee Williams, B.J. Stigall, Brett Moore head, Johnny "The" Best, Julieanne Dunham, Maggie Weeks, Gus Rethwisch, and everyone who volunteered their valuable time. (Thanks to Ken Snell for the results)

APF Maine Push-Pull  
18 SEP 04 - Turner, ME

MEN	BP	DL	TOT
Submaster			
J. McQuaid	150	300	450
Master (40-49)			
M. Israel son	215	295	510
C. Burgess	152.5	270	422.5
M. Vainas	157.5	—	157.5
Master (50+)			
J. Boulos	147.5	235	382.5
R. Austin	175	—	175
F. Ventriglia	67.5	142.5	210
Open			
S. Blanchard	262.5	282.5	545
G. Panora	237.5	327.5	565
G. Brochu	162.5	260	422.5
C. Ryder	195	282.5	477.5
A. Daignault	147.5	227.5	375
F. Ventriglia	112.5	197.5	310
D. Sneed	92.5	197.5	290
R. Pursell	212.5	—	212.5
Submaster			
S. Blanchard	262	—	262
R. Pursell	212.5	—	212.5
C. Mehmel	150	—	150
R. Austin	175	—	175
R. Pushard	142.5	182.5	325
R. Pursell	212.5	—	212.5
Teen			
K. Davis	212.5	240	452.5
K. Roberts	155	215	370
WOMEN			
Junior			
K. Scott	87.5	177.5	265
Master (40-49)			
L. Burgess	85	122.5	207.5
S. Ross	67.5	115	182.5
Master (40-49)			
D. Dahms	67.5	100	167.5
J. Stable	47.5	115	162.5
Open			
B. Winslow	52.5	137.5	190
Submaster			
S. Ross	67.5	115	182.5

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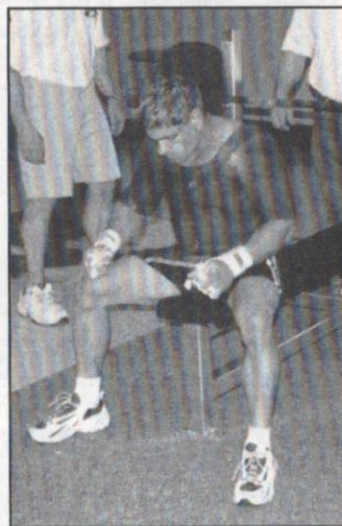
I would like to take this opportunity to thank all my spotters & loaders and general help: Norm Guay, Lynne Barlow, John Pelletier, Gary Gravel, Lance Logan bill, Rob Trundy, Tim Lane, Chris Wiers, Mike Danforth, Mike Scott, Greg Trochu, Randy Pushard and Jill. Without quality help there would not be a Maine State Push/Pull. (Thanks to Meet Director Russ Barlow for providing these competition results to Powerlifting USA Magazine)

WPA World BP/APA East Coast SC		(50-59)		W. Skillings	
26 SEP 04 - Leominster, MA		E. Flanders 120	4th-140!		
		Drug Tested	(50-59)		
BENCH WOMEN		E. Flanders 120	R. Sanderson 130		
(40-49)		181 lbs.	Open		
114 lbs.		Teen (18-19)	J. Jacques 130		
J. Poirier 105		R. Kielczweski 110	Drug Tested		
123 lbs.		(60-69)	W. Skillings 135		
C. McComb —		A. Colonis 110	242 lbs.		
(50-59)		198 lbs.	Teen (16-17)		
S. Silvia 100		(40-49)	D. Campbell 100		
132 lbs.		J. Miller 110	(50-59)		
(13-15)		220 lbs.	P. Shuren 180!		
T. Campbell 135!		Submaster (33-39)	275 lbs.		
148 lbs.		K. Biron 165!	Submaster (33-39)		
(40-49)		(40-49)	P. Herrick 130		
D. Slaga 250		R. Sanderson 345	!-World Records. 1st Place Team: Power Plan, from Leominster, MA. 2nd Place Team: Bay Area Fitness, from Belfast, ME.		
4th-255!		242 lbs.	Overall Best Lifter: Damian Osgoode. Runner-up: Jason Nobler. Drug Tested		
Drug Tested		E. Gordon 290	Best Lifter: Joe Bianchi. Runner-up: Noel Doucette. Teenage Best Lifter: Rick Kielczweski. Master Best Lifter: Angelo Colonis. Female Best Lifter: Donna Slaga. Strick Curl Best Lifter: Peter Shuren. Meet Site: Knights of Columbus, in Leominster, MA. Meet Directors: Ken Mattson, APA MA Chairman and Scott Taylor, APA President. Several records were broken at this years WPA World Bench Press Championships and the APA East Coast Strict Curl event which took place after the World Bench Press. It was a very well run meet with excellent spotters and referees. Lots of ladies took part in the bench press and put up some incredible lifts. 15 year old Tiffany Campbell set a Teenage world record in the women's 13-15 bracket with a smooth 135 bench. Donna Slaga smoked 255 to set women's master records and drug tested records. Tiffany Campbells mom Karen was competing and set a World master and women's drug tested record with a huge 300 bench. Dustin Campbell won his class in the curl event. Lots of Campbell's competed and put up some huge lifts. As a master lifter Frankie Pacheco is proving that one can improve with age. At a bodyweight of 146 he bench pressed 330 pounds which is quite a remarkable achievement for any age! Frankie is a lifetime drug free lifter. Damian Osgoode is a young man making quite a name for himself. At 20 years of age and bodyweight of 163-1/2 he shocked everybody with an amazing 500 opener. He went on to nearly succeed with 540 and took the overall best lifter award. Amazing! Another amazing competitor in the 165 category was Gene Marshall competing in the Drug Tested 165 class and benching a huge 405 at 16414 bodyweight. At 61 years of age Angelo Coloms is phenomenal. Angelo benched 325 at 175 bodyweight and took Master Best Lifter honors. His friend Eugene Rodriguez was also amazing with a 250 world record		
D. Slaga 250		J. Nobler 600	E. Haskell 560		
4th-255!		275 lbs.	Submaster (33-39)		
Drug Tested		P. Herrick 340	(40-49)		
M. Canon 180		N. Doucette 550	B. Sweeney —		
165 lbs.		Open	340		
Drug Tested		F. Pacheco 330	Drug Tested		
D. Gearing 175		N. Doucette 550	330		
50-59)		308 lbs.	(40-49)		
UNL		(40-49)	500		
(40-49)		A. Petrino —	Drug Tested		
K. Campbell 300		A. Petrino 405	(50-59)		
Drug Tested		A. Petri no 315	SHW		
K. Campbell 300		(50-59)	530		
Drug Tested		A. Stork 530	Drug Tested		
K. Campbell 300		A. Stork 530	CURL		
MEN		WOMEN	123 lbs.		
148 lbs.		123 lbs.	(40-49)		
Teen (13-15)		C. McComb 70	4th-75!		
D. Art 195		148 lbs.	Drug Tested		
(16-17)		(40-49)	M. Cannon 75		
S. Spring 190		N. Doucette 550	4th-80!		
J. Staples 155		Open	UNL		
(40-49)		330	(40-49)		
F. Pacheco 330		Drug Tested	K. Campbell 90		
Drug Tested		165 lbs.	MEN		
F. Pacheco 330		308 lbs.	165 lbs.		
Junior (20-23)		(40-49)	530!		
D. Osgoode 500		500			
Submaster (33-39)		500			
G. Marshall 405		405			
Drug Tested		405			
G. Marshall 405		405			
Open		500			
D. Osgoode 500		500			
181 lbs.		530			
Teen (18-19)		530			
R. Kielczweski 290		530			
(60-69)		530			
A. Colonis 320		530			
4th-325		530			
Open		530			
M. Limbaugh 370		530			
G. Uphold 325		530			
198 lbs.		530			
Submaster (33-39)		530			
R. Frederick 385		530			
(40-49)		530			
T. Welton 310		530			
UNL		530			
(70-79)		530			
E. Rodriguez 250!		530			
Drug Tested		530			
J. Bianchi 530!		530			



**Donna Slaga** had a banner day at the WPA World Bench Press Championships, with successful record attempts at 230, 250, 255 to win Women's Best Lifter. (all photographs provided by Scott Taylor)

bench at 76 years of age! Joe Bianchi took drug free best lifter honors with a big 530 bench at 197 bodyweight. All the 242's were tough. Elwin Paskell took the Master II 242 class veteran Jack Dufresne smoked an easy 460 and just missed 480. Jack is one powerhouse who has been on the platform astounding the audience for decades. Amil Bruneau won the drug tested 242's with a nice 450. He had technical difficulties on his first two attempts but came back strong on his 3rd with 450. Jason Knobler led the pack in the Open 242's with his opener of 600. He was going to go to 665 but passed on his second and third attempts due to an elbow injury flaring up on his opener. It was reported that he had done way over 700 at a meet a couple weeks prior to this one. Had he not had the injury I can only imagine what he would have done because the 600 attempt few up in a split second with no hesitation. Noel Doucette of Nova Scotia took the Master I. And Drug Free 275 class with an effortless 550 at 259 bodyweight. He also smoke 570 just as easy but was red lighted for jumping the press command. 570 went up like nothing and I do believe he will be hitting 600 very soon. This man is amazing. Big Al Stork of Maine hit a huge 530 Master record to end his day. While I can't



**Frankie Pacheco** attempts to give 350# a ride at 146 bodyweight!



**Peter Shuren** (51) won Best Lifter at the APA East Coast Strict Curl.

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mention everybody I would just like to say that the lifting quality was excellent and the sportsmanship shown was outstanding. The curl event that followed was also very exciting with some big curls being performed under very strict judging conditions. Special thanks to the spotters, judges, Ken Mattson, Donna Slaga, Al Stork, and the many others who contributed to making this a great event. A very memorable part of the meet for me was looking into the audience and spotting two guys I graduated high school with. I had not seen them in 35 years so it made a nice way of spending intermission time! (Scott Taylor)

USAPL Sioux City Open			
29 Feb 04 - Sioux, IA (KG)			
	SQ	BP	DL
Teen			TOT
Dan Walter	95	62.5	142.5 300
Corey Taylor	92.5	57.5	125 275
132			
Chris Bridges	142.5	115	150 407.5
Open BP			
Todd Schmidt	127.5		
148			
B. Strawn	140	52.5	115 307.5
Teen			
Stephen Fuller	142	102	165 410
Master			
165			
Jerry Ochs	137.5	95	170 402.5
Dan Goodwin	90	75	125 290
Bench Press			
Jerry Ochs	95		
Dan Goodwin	75		
IM			
Jerry Ochs	95	17	265
Dan Goodwin	75	125	200
Teen/Women			
181			
Hope Block	100	57.5	120 277.5
Teen/Men			
181			
T. Weichel	217.5	100	235 552.5
Master/BP			
Rob Holtz	117.5		
Teen/Women PL			
198			
Tamara Walters			360
Open			
181			
Ryan Kolarik	187.5	127.5	232.5 547.5
Bryan Sayer	175	130	200 505
Teen			
198			
Brian Jarecki	242.5	135	232.5 610
Joey Smith	192.5	107.5	230 530
S. McConnell	205	100	227.5 532.5
BP			

Brian Jarecki	135		
Open			
Bob Boyles	262.5	155	255 672.5
Brian Jarecki	242.5	135	232.5 610
David Odekirk	175	107.5	205 487.5
BP			
M. Fitzgerald	155		
Master			
Bob Boyles	262.5	155	255 672.5
Kevin Crowell	170	137.5	197.5 505.5
BP			
M. Fitzgerald	155		
Rick Easton	147.5		
Kevin Kemp	127.5		
Teen			
220			
C. Rutherford	155	87.5	175 417.5
Brandon Clark	187.5	132.5	167.5 487.5
Open			
Carey Mitzel	215	170	242.5 627.5
BP			
Carey Mitzel	170		
Master			
John Probasco	180		
Teen			
242			
B. Hinrichs	187.5	130	222.5 547.5
K. Christensen	197.5	120	205 522.5
Tony Bland	192.5	102.5	207.5 502.5
BP			
B. Hinrichs	130		
Open			
242			
Dave Berger	252.5	212.5	240 704
BP			
Jake Prazak	227.5		
Teen			
275			
J. Hinrichs	202.5	127.5	235 565
BP			
J. Hinrichs	127.5		
Open			
275			
Joe Kvidera	242.5	167.5	190 600
Nick Schluter	217.5	137.5	227.5 582.5
Teen			
SHW			
Brett Jensen	227.5	125	227.5 580

David Krupp 275 147.5 205 627.5  
Izsc Edsill 187.5 120 227.5 535  
DC Walter 182.5 112.5 192.5 487.5  
(Thanks to USAPL For providing results)

**Octoberfest Bench Press**  
20 OCT 04 - La Crosse, WI

165 lbs.	181 lbs.		
Teen	Master-5		
R. Cook	240!	C. Roffler	190
181 lbs.		SHW	
Submaster		Open	
S. Gates	335!	D. Lewis	605!
Master			
T. Williams	335		
165 lbs.			
Master-2			
Christopherson235			

!-PR. The First Annual DWG Production LaCrosse Octoberfest Bench Press Championship was held on October 2nd, 2004, at the Ironworks Gym in downtown LaCrosse. This meet was sponsored by House of Pain, thanks again for your support. Thanks goes out to gym owner Cully Lee for hosting this event. The turnout was light but the lifting certainly wasn't. In the 165 Teen class Rory Cook finished up with 240 lbs. in just his 1st meet, nice day of lifting for this young man. Scott Gates came in and benched 335 lbs. to win the 181 submaster class and tying his PR in the 181 master class Tony Williams also finished up at with 335 lbs. on his birthday no less. Tom Christopher son, who had dropped bodyweight and weighed in at 149.5 lbs. bench pressed 235 lbs. to win at Master 165. At 181 Master was Chris Roffler who is still going for PRs at age 63 (we all hope to be so lucky!) Finished with 190 while just missing at 215. The big lifter today was David Lewis who was competing in the SHW Open class. After driving up 585 David called for 605 on his 4th attempt and rammmed it up quite easy. (These meet results provided via DWG Productions)

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**WABDL House-Of-Pain Southern**  
24 JUL 04 - Dallas, TX

DEADLIFT WOMEN		Weight	Points
Master (48+)	R. Lenaburg	220 lbs.	446
Law/Fire	E. Gunn	4th-723!	672
181 lbs.		242 lbs.	
C. Luprete	231 G. Johnson	259 lbs.	606
Master (40-46)		148 lbs.	473
H. Betz	275 Open		
198 lbs.		Law/Fire	
V. Johnson	303	148 lbs.	
Master (47-53)		181 lbs.	507
199+ lbs.		4th-524	
K. Berryman	286 D. Bickerstaff	4th-501	501
4th-303		148 lbs.	
Master (61-67)		Submaster	
148 lbs.		148 lbs.	
S. Clark	253 D. Renn	148 lbs.	507
4th-264		Law/Fire	
Open		Submaster	
105 lbs.		198 lbs.	
K. LaCour	264 B. Stone	4th-501	486
198 lbs.		Master (40-46)	
V. Johnson	303	148 lbs.	
Teen (13-15)		199+ lbs.	
199+ lbs.		T. Eggers	534
A. Ashberry	203	4th-540	
Teen (16-19)		198 lbs.	
114 lbs.		D. Moser	540
L. Guzman	264	220 lbs.	
4th-275!		W. Koval	473
198 lbs.		J. Moore	413
A. Calvo	336	309+ lbs.	
4th-358!		J. Tabarlet	435
MEN		Master (47-53)	
Class-1		198 lbs.	
148 lbs.		P. Plush	574
A. Fernandez	440	Master (54-60)	
165 lbs.		181 lbs.	
R. High	523	R. Contreras	529
181 lbs.		Open	
C. Bell	600	259 lbs.	
D. Bickerstaff	501	J. Laskowski	644
4th-524		4th-655	
J. Christian	473	Sp. Olympian	
D. Garcia	429	198 lbs.	
220 lbs.		A. Markham	303
W. Koval	473	308 lbs.	
309+ lbs.		A. Whitsey	391
J. Tabarlet	435	Submaster (34-39)	
Junior (20-25)		259 lbs.	
148 lbs.		J. Laskowski	644
F. Jackson III	264	Teen (16-19)	
165 lbs.		165 lbs.	



**BIG GUNN.... Eric Gunn, 22 years old, pulls a WABDL World Record 723 deadlift at the Southern Regional.** (by courtesy of Gus Rethwisch)

D. McLaughlin	363	R. Contreras	325
259 lbs.		198 lbs.	
B. Bell	473	D. Bell	352
4th-501		J. Snodgrass	325
C. Sherwood	451	242 lbs.	
Junior (20-25)		S. Finegan	567
148 lbs.		259 lbs.	
F. Jackson	154	G. McCoy	473
165 lbs.		J. Park	429
R. Coffey	385	4th-451	
R. Lenaburg	270	Open	
181 lbs.		132 lbs.	
Z. Jones	319	D. Kearby	303
198 lbs.		D. Vo	287
B. Baker	501	165 lbs.	
D. McLaughlin	363	G. Baker	451
220 lbs.		S. Welngust	435
R. McKeefer	531	181 lbs.	
4th-567!		M. Rodriguez	473
E. Gunn	424	D. Garcia	451
242 lbs.		198 lbs.	
D. Burns	624	J. Gardner	468
K. Lloyd	435	220 lbs.	
G. Johnson	374	H. Rhoton	529
J. Erickson	661!	242 lbs.	
Law/Fire		E. Wright	—
Master (40-47)		J. Jackson	705
184 lbs.		4th-733	
L. Banks	462	259 lbs.	
309+ lbs.		J. Laskowski	545
P. Lattanzi	512	G. McCoy	473
F. Lattanzi		275 lbs.	
Open		J. Erickson	661
148 lbs.		308 lbs.	
D. Renn	286	F. Alexander	—
242 lbs.		B. Leitz	761
J. Jackson	705	E. Morrow	468
4th-733!		309+ lbs.	
C. Sherwood	451	M. Hamby	650
Law/Fire		Sp. Olympian	
Submaster		105 lbs.	
148 lbs.		C. Henson	66
D. Renn	286	A. Markham	192
198 lbs.		220 lbs.	
B. Stone	325	J. Brown	181
259 lbs.		242 lbs.	
S. Ross	—	B. Tanner	314
Master (40-46)		4th-319	
181 lbs.		J. Hines	192
L. Banks	462	Submaster (34-39)	
198 lbs.		123 lbs.	
D. Moser	424	V. Williams	242
220 lbs.		198 lbs.	
J. Campbell	440	K. Mauer	385
J. Moore	341	259 lbs.	
242 lbs.		S. Ross	—
E. Wilkinson	600	J. Laskowski	545
T. Luce	473	308 lbs.	
E. Ross	468	E. Morrow	488
275 lbs.		Teen (13-15)	
K. Malone	534	148 lbs.	
308 lbs.		B. Leitz	203
D. Reece	639	198 lbs.	
309+ lbs.		E. Howard	314
T. McKinney	—	Teen (16-19)	
Master (47-53)		165 lbs.	
165 lbs.		B. Bond	330
G. Baker	451	181 lbs.	
S. Weingust	435	T. Jewett	424
181 lbs.		T. Woods	275
G. Mekuly	347	198 lbs.	
198 lbs.		B. Farias	352
B. Welker	391	C. Pinson	286
4th-402		Stephen	248
P. Plush	363	220 lbs.	
J. Guardado	248	D. Rogers	429
220 lbs.		D. Calvo	330
T. Leach	431	259 lbs.	
4th-451		F. Espinoza	352
242 lbs.		4th-369	
B. Whited	523	Teen (18-19)	
Master (54-60)		308 lbs.	
181 lbs.		J. Quickie	473

the day with 524.6 at 181. In l/f submaster, Barron Store set a TX record with 501.5 at 198#. In master men 40-46, Todd Eggers of Kansas set a KS state record 540. He hold the world record 529 in submaster and is only 11# away from J.P. Carrs world record of 551 in the master (40-46). At 198, Don Moser put up a respectable 540. In master men 47-53, Perry Plush pulled out a gut-buster WA state record 574.1 at 198. He is coached by Joe Head who brought 6 lifters from Seattle. In master women 40-46 198#, Veranda Johnson set a TX state record with 305. In master women unlimited, Kay Berryman set a TX state record with 655.7 at 259#. The 655.7 was also a TX record in submaster. In teen women, Leslie Guzman, in 16-19 114#, set a world record 275.5. she is a very soft spoken, shy teenager who is very strong. She changes into a deadlift machine on the platform with a "take no prisoners" attitude. In 16-19 198 Alexandria Calvo who pretty much fits the same description as Alexandria hauled in a world record as well with 358. Moving on to the bench press in class-1, Chad Bell set a TX state record with 419.8 at 181, and has now moved up into the open class in both bench and deadlift with a stellar performance in his last class-1 outing with his 600.7 dead and 419.8 bench at 181. However, Timothy Brown on a 4th attempt ended up with the Texas state record in the bench with 424.2. At 259, Brian Scott Bell set a TX state record with 501.5. Brian, Chad Bell and Eric Gunn are all part of the North Texas Iron Addicts Team out of Denton on the Red River. In junior men, Randy Caffey set an Oklahoma record with 385.7. At 220, Richard McKeefer of Oklahoma set a world record 567.5 and was fairly close with 600.7. At


242 Dusty Burns set a world record with 624.9 beating Phil Davis record of 623.8. In 275 John Erickson set his 5th world record in 5 meets with a 661 and locked out 705 but his butt was off the bench. John has locked out as much as 716 with a single ply shirt. In junior women, Melissa Leach set an Oklahoma record at 114 as well as a national record with 176.2. In law/fire master 40-47 at 181#, Leroy Banks set an Illinois record of 462.7. At super, Pete Lattanzi set a TX record with 512.5. In law/fire open, David Renn set a Texas record 286.5 at 148#. At 242, Jason Jackson popped a huge 733 for a world record in a single ply shirt and was only 10 pounds from the all time best at 242. Jason has passed 3 drug tests and is in law enforcement as a sheriff. At 259, Cole Sherwood set an Oklahoma record with 451.7. In master men 40-46, Ed Wilkinson set a world record 600.7 at 242. At 275, Ken Malone set a TX record with 534.5. Ken has his contingent of Big Thomas McKinney, Steven Ross and Keith Wilkerson to back him up and they did a great job of getting Ken to the state of mind to lift his pr state record. David Reece, another one of Malones crew, busted up a 639.2 at 308. In master men 47-53 at 181, Gary McKuly set a state record with 347. At 198 Brian Walker set a TX record 402.2 and won the House of Pain Southern Regional. At 220 Tony Leach set an Oklahoma record with 451.7. At 242 Brian Whited set an Oklahoma record with a very large 523.5. In master men 54-60 259, Johnny Park set an OK record 451.7. In open men, Sheldon Weingust set a TX record 435.2 at 165. Jason Jackson benched 733 at 242 for the 2nd highest all time bench in 242 and of course it was a WABDL world record with 661 beating Paul Bargas

657.8 who had beaten Tiny Meekers 656.7 in Lansing, Michigan the weekend before. At 308, Bobby Leitz beat Steve Wong' world record of 760 with 761.6 and almost made 800#. At super, Mike Hanby set an OK record with a large 650.2. In submaster 259, Jason Laskowski set a TX record 545.5. Brade Tanner of Kansas who is a special olympian, got a picture perfect 319.5 for a class-1 record at 242. Trey Jowell set a TX teen record of 424.2 at 181. Josh Quickie set an Oklahoma record 473.7 at 308. I want to thank the judges, in particular Tom Ekenberg who had shoulder surgery 3 days before the event and who was in a lot of pain. He judged for 10 hours. I can't thank him enough. Tom also stored much of my equipment for me. Other judges who also gave of their time and were very accurate with their calls were Jim Snodgrass, Ken Snodson, Richard McKeefer and Jason Jackson. Jamey Maudlin was the scorekeeper for both the attempt cards and score sheets and was my sidekick. He did a top of the line job as scorekeeper. Teresa Rethwisch did a great job of selling tickets. I also want to thank Jason Greaser and Josh Moscov of the House of Pain who helped me for 3 hours loading my equipment and storing much of it at the House of Pain Headquarters. I want to thank our sponsors, Rick Brewer of House of Pain, Robert Walker of Twinlab, Michelle and Wes Dampen of Powerlifting Superstore, and Monster Muscle.com the magazine, Shawn Madre of GLC Joint Formula, the most potent joint formula ever. Chet Groskreutz of Ivanko, Neal Spruce and Jim Starr of Apex Fitness, Dale Tate and Jim Wendler of Elite Fitness Systems, Mike Lambert of Powerlifting USA, Pete Alaniz of Titan Support Systems, and Billy

Driscoll of Ben E. Keith Distributing and Doug Patterson and Keith of MAC Barbell. MAC Barbell provided all of the warm-up weights. Ivanko Barbell provided the kilo set and a Forza bench was used as the competition bench. The spotters & loaders were R.J. and David Crow and Josh Moscov who did a great job. Floyd Jackson II, and Floyd Jackson III opened numerous boxes of trophies. (THANKS TO GUS RETHWISCH FOR MEET RESULTS)

**USAPL Rit Push Pull Challenge**  
17 APR 04 - Rochester, NY

Univ.	SQ	BP	DL	TOT
132 lbs.	---	185	231	415
E. Dana	---			
181 lbs.	---	240	365	605
G. Migliaccio	---			
L. Smith	---	235	350	585
B. Lelli	---	185	325	510
Open	---	450	410	860
J. Delgado	---			
Univ. 198 lbs.	---	225	500	725
J. Vestal	---	215	350	565
I. Sawicki	---			
Junior	---	500	505	1005
D. Bellarca	---			
Open Master (40+)	---	325	530	855
G. Beck	---			
Master (50+)	---	260	450	710
T. Harmon	---			
Junior 220 lbs.	---	370	515	885
D. DeSol	---			
Open	---	355	540	895
J. Bellarca	---			
Univ. 242 lbs.	---	285	450	735
C. Fink	---			
Master SHW	---			
M. Harding	---			
Coordinator: Brian Laudadio. (Thank you to the USAPL for providing these results)				



**Application for Registration**  
**WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)**

Last Name	First Name	Initial	Renewal	Current Czrd # (if Renewal)
Y N				
Street Address				Club Name
City		State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:  
Adults \$25  
Teens \$15

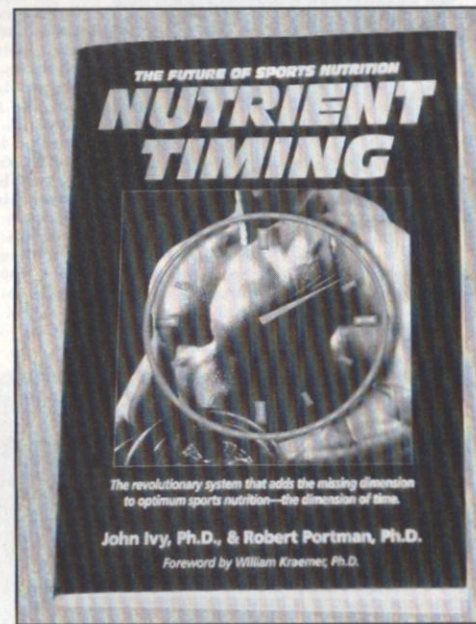
Make checks payable to and mail to:  
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS  
P.O. Box 27499  
Golden Valley, MN 55427

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

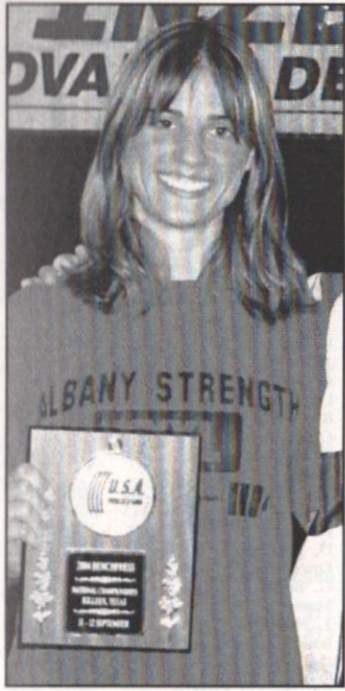
If under 18, have parent initial \_\_\_\_\_ Signature \_\_\_\_\_

This was a very energetic meet charged with competition and camaraderie. Everybody in the warm-up room helping each other put on bench shirts and numerous records and pr's. there were 117 lifters total and 184 benchers & deadlifters. Ed Wilkinson, Bobby Leitz and dusty Burns passed their drug tests. In the deadlift in class-1 David Bicker staff at 181 set a TX state record with 524.6, but that record was broken by Chad Bell who hauled in 600.7 and took home the gold. In junior men, Eric Gun, after missing 723.1 pulled 723.1 for the world record at 220 on the last lift of the meet to top everything off. The crowd went berserk and you could feel the electricity. In law/fire open, David Bickerstaff set his 2nd TX state record of



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

in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein 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.



Valerie Naymick with her award at the USAPL Bench Press Nationals. (all photographs by Larry Stephenson by courtesy of the meet director Johnnie Graham)

USAPL Bench Press Nationals 10-12 SEP 04 - Killeen, TX (kg) Table with columns for Men and Women, Open, Junior, Master-1 to Master-5, and various weight classes.

Continuation of USAPL Bench Press Nationals results for Men and Women, Open, Junior, and Master classes.

Continuation of USAPL Bench Press Nationals results for Master-1 to Master-5 classes.

Continuation of USAPL Bench Press Nationals results for Master-1 to Master-5 classes, including women's results.



Dr. Mike Hartle with a 518 lb. press, good enough for 2nd place in the Lifetime Drug Free category.

APA Houston Open 18 SEP 04 - Houston, TX Table listing results for Squat, SHW, Bench, and Deadlift across various weight classes.



Tiny Meeker attempting a GIGANTIC 900 lb. bench press at the APA Houston Open (photograph provided courtesy of Tom McCullough)

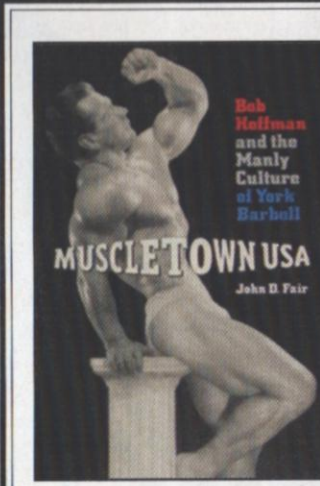
APA Houston Open results and commentary. Mentions judges, spotters, and lifters like Chad Matthews and Donny Adams.

14th Weightlifting Unlimited BP 24 APR 04 - Winchester, VA Results. Mentions lifters like J. Robertson, J. Henderson, and B. Vance.

USA Powerlifting (formerly ADPPA) Membership Application form. Includes fields for Name, Address, Signature, and Membership Price options.



Karen Siemmsen's 310 lb. APA Texas State Record (McCullough)



MUSCLETOWN USA ... 'Bob Hoffman and the Manly Culture of York Barbell' by John D. Fair. Book description and pricing.

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# IRONWRAPS

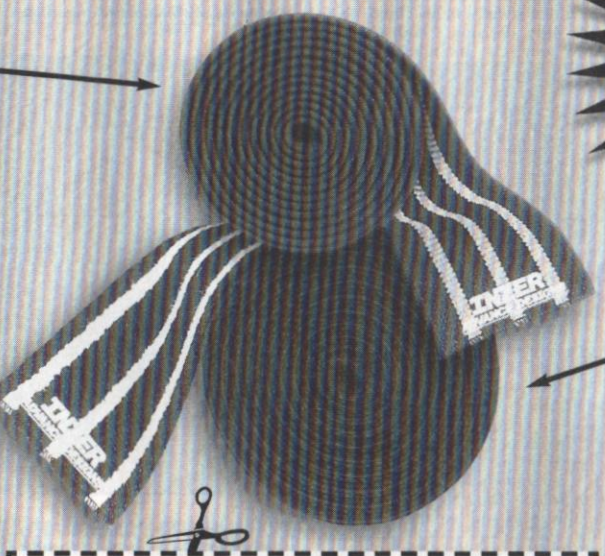
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**Qty.**

_____ Denim Cap (A)	\$16
_____ Twill Cap <input type="checkbox"/> B <input type="checkbox"/> C	\$12
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_____ Ironwraps Z	\$22
_____ 2 pair	\$40
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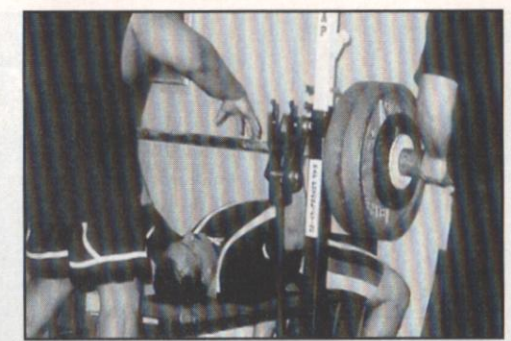
## A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Patrick Hall  
Top National Competitor,  
Fireman and CPT

### NAP's First Nationals 24 JUL 04 - Metairie, LA

NAP's First Nationals were action packed with lots of surprises. First we would like to give special thanks to Paul Fletcher and the great loaders and spotters he provided us with. Paul was our MC and ran the score table. We could not have pulled it off without his help and support. "Thanks Paul". We would like to thank the Holiday Inn in Metairie LA for their great support and accommodations as well. NAP will be putting more meets there soon. NAP's headquarters may be in Texas but Louisiana lifters showed us their heart and talent on July 24th. They really came out strong to support their lifters. We had some great and upcoming stars at the Nationals. The future of powerlifting in Louisiana showed strong in the teen division. Woman's teen sensation Amye Segura has a great future ahead of her. In the teen 148 lb full meet Amye went 2/3 in the squat finishing with a deep 237 lb squat. In the deadlift she had an impressive 3/3 day finishing with a strong 259lb deadlift setting Louisiana State, National and World records. Watch for this teen to shatter many more records in the future. Glenn France had one of the most impressive performances for a teenage 148lb lifter we have seen in a long time. Glenn opened his squat with an impressive 446lb opener making it look easy. Glenn took 485lbs on his second attempt making that look easy as well. Glenn muscled up an impressive 524lb third attempt for 3 white lights and new State, National and World Records. Glenn finished the meet with an impressive 8/9 and a 1,268lb total. Glenn went home with the Teenage "Outstanding Lifter" award and 12 State, National, and World Records. Glenn will be a major force to reckon with in years to come. John Clay in our Junior Division had an impressive day as well. John a dir-hard lover of the sport spent over 4 hours on a bus to travel from Alexandria, LA to New Orleans. He was not disappointed nor was the crowd. John went 7/9 for the day posting the heaviest squat of the day of 540lbs in the 220lb

division, a 364lb bench and a 485lb deadlift to finish with a 1,389lb total and several State, National and World records. Let's not forget our Full Meet Master lifters. Paul Rando in the Masters 308lb division at 58 years young finished his day with an impressive 463lb deadlift and an overall total of 1069 lbs. Keep it up Paul. Another new face and someone we expect to see a lot from is New Orleans' very own Alan Sheen. Alan competes in the Masters 165lb division at 54 years young. Alan went an impressive 9/9 and had a great 766lb total. We had several other great performances from masters' lifters like Houston's Travis Smith, 198lb division and in the 45-49yr age group. Travis went 8/9 and finished with an impressive 441lb deadlift. Other full meet outstanding performances came from up and coming teen Michael LeSacherre. This was Michael's first competition, and he went 3/3 on his squat finishing with an impressive 457lbs and some to spare. Impressive teen lifter Daniel Hutchinson in the 198lb division went 8/9 on the day and finished with the biggest deadlift of the day of 518lb and a 1262lb total. We look forward to great things to come from the teen lifters in Louisiana and the great coaching they are receiving. Last but not least were NAP's Tony Turco Chairman of Military and Olympic Divisions. Tony competed in his first military competition since coming home in April after serving 370 days in the Army in Iraq. After knocking some of the rust off, Tony finished the day strong with a 386lb Deadlift. Tony lifted in the Military 165lb division and set several State, National and World records. In the Bench only competition, we had NAP's very own 220lb, 48 year old Charlie Turco, Vice Chairman with the biggest bench of the day. Charlie opened with a 452lb opener

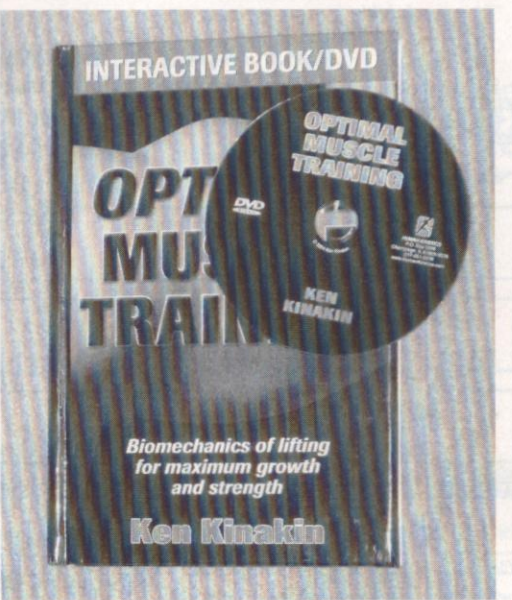


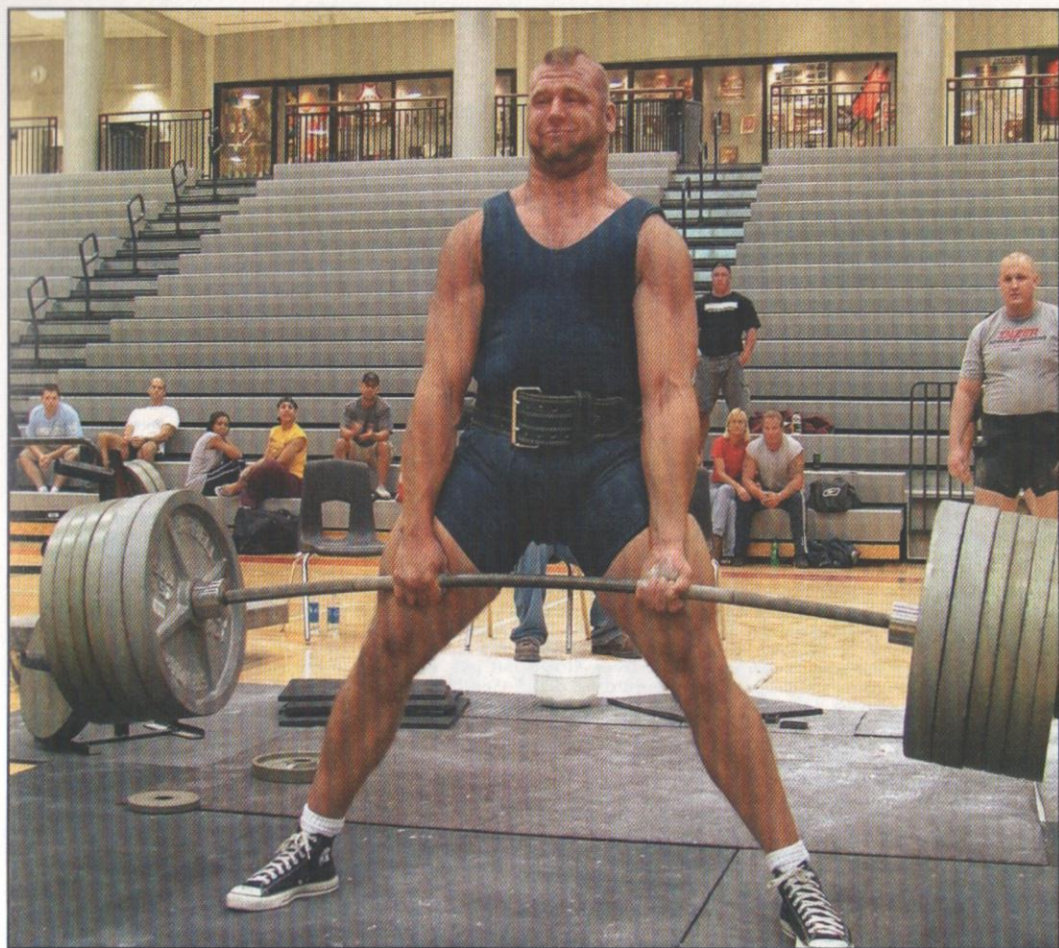
NAP Nationals Best Master Lifter - Charlie Turco (Photograph provided by Charlie Turco)

and after some technical difficulties with his shirt received 3 red lights. Charlie came back to fire up 452lbs on his second attempt. On his third attempt the bar was loaded to 474lbs for a new National and World record attempt. Charlie blew it up, 3 white lights and it was in the books! His son Tony Turco convinced dad to try a 4th attempt to increase the record. The bar was loaded to 501lbs. Charlie gave it a good ride but could not lock it out. When asked how 501lbs felt, Charlie was quoted as saying " It felt like I was under my car and someone kicked the jack out from underneath the car!!" (See Photograph) In our "RAW" Division we had Masters lifter Toni Oepeliger with another impressive day weighing in at 119lbs., 40-44 Masters division and the lightest lifter of the day. Toni hit 149lbs on her 2nd attempt to set a State, National and World Record. Toni will be a force to reckon with in any federation as soon as we get her in a fitted bench shirt. Keep it up Toni. Louisiana's own Masters 220lb. 45-49 Rickey Boudreaux had a great day finishing second with a 413lb bench to set a new Louisiana State record. Rickey attempted a 4th attempt at 479lbs. that looked strong but was unable to lock it

out. Rickey will be tough to beat when he competes again in the 198lb class. Texas Teen 275lb Division Elijah Owens made some adjustments after missing his opener but hit his last two to finish strong with 364lbs and a new State, National and World record. Houston Masters lifter Jason Frickey competed in the 40-44 198lb Division and finished with an impressive 397lbs and a new State, National, and World record. Let's not forget Houston's "Mister Consistency" Jason McCullough. Jason just came back after a serious injury and lost 30 lbs. Jason competed in the 220lb open division and finished with an impressive 402lbs for a new State, National and World record. Who says age has anything to do with strength? We had great performances from Jimmy Duckett 60-64 259lb Division and Aaron Gonzales 50-54 275lb Division. Jimmy Duckett the "Gem of Oklahoma" entertaining as usual went 2/3 and finished with an impressive 320lbs. Jimmy is 63 years young and still going strong. Aaron finished the day with an impressive 3/3 performance and a final lift of 408lbs. Both lifters set State, National and World records. And don't forget one of Houston's favorites, Marloe Mosley. In the 45-49 Masters 165lb division Marloe set State, National and World records in the bench with a 270lb lift and the Deadlift with an impressive 446lb attempt. Everyone at NAP would like to give a special thanks to Houston's World Record holder John Stewart for making the trip to New Orleans. John assisted many of the lifters putting on bench shirts and great lift offs on the bench. NAP would also like to thank all the lifters, staff and families who helped everyone have a fun, safe and well organized event. Next years' Nationals will be BIGGER and BETTER, you can count on it. (Thanks to Bob Garza for results)

**OPTIMAL MUSCLE TRAINING** .... "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin .... is this just another training book? .... no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a body-builder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus ..... additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)





Kyle Gullledge, just 20 years of age, with his 830 deadlift in the 275 lb. class at the APF/AAPF Midwest Classic. This was a new APF National Record, and Kyle qualified for future WPO competition with his 2200 total. (this photograph was provided by courtesy of meet directora Susan E. Sharpe-Patterson)

### APF/AAPF Midwest Classic 18 SEP 04 - Overland PARK, KS

MEN		BENCH	SQ	BP	DL	TOT
220 lbs.		220 lbs.				410
Open	Submaster (33-39)					
220 lbs.	242 lbs.					
L. Huddle	K. Parish	510		125	290	640
T. Luke	Master (40-44)	410		95	300	635
242 lbs.						
K. Parish	B. Stevens	640		280	125	695
Junior (20-23)	D. Vanhuss	390				
148 lbs.						
R. Salvino		250		145	260	655
D. Mitchell		315		175	335	825
Junior (20-23)						
148 lbs.						
R. Salvino		250		145	260	655
Submaster (33-39)						
132 lbs.						
H. Burke		280		125	290	695
Teen (16-17)						
220 lbs.						
C. Shelby		405		275	295	975
Open						
165 lbs.						
R. Broeg		360		265	405	1030
Teen (18-19)						
181 lbs.						
D. Kiewer		460				
Submaster (33-39)						
181 lbs.						
R. Guevara		390		285	420	1095
Master (45-49)						
165 lbs.						
R. Broeg		360		265	405	1030
Open						
198 lbs.						
S. Baker		650		420	605	1675
N. Gentges		610		475	555	1640
220 lbs.						
J. Griggs		700		500	650	1850
C. Reynolds		625		475	600	1700
S. Shoemaker		750		385	550	1685
C. Hauser		625		385	640	1650
J. Mann		575		410	620	1605
B. Chamras		135		135	615	885
242 lbs.						
M. Reynolds		750		500	640	1890
J. Schneider		640		540	610	1790
275 lbs.						
K. Gullledge		800		570	830	2200
D. Buck		860		570	620	2050
M. Majerle		800		515	700	2015
S. Kelley		575		345	520	1440
308 lbs.						
D. Buchanan		575		385	560	1520
Teen (18-19)						
198 lbs.						
N. Gentges		610		475	555	1640
Junior (20-23)						
181 lbs.						
M. Prewitt						
220 lbs.						
C. Reynolds		625		475	600	1700
C. Hauser		625		385	640	1650
J. Mann		575		410	620	1605
B. Chamras		135		135	615	885
275 lbs.						
K. Gullledge		800		570	830	2200
M. Majerle		800		515	700	2015
Master (40-44)						
198 lbs.						
B. Cramer		500		225	525	1250

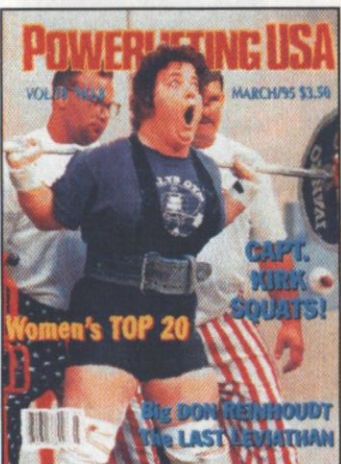
MEN		BENCH	SQ	BP	DL	TOT
220 lbs.		220 lbs.				410
Open	Submaster (33-39)					
220 lbs.	242 lbs.					
L. Huddle	K. Parish	510		125	290	640
T. Luke	Master (40-44)	410		95	300	635
242 lbs.						
K. Parish	B. Stevens	640		280	125	695
Junior (20-23)	D. Vanhuss	390				
148 lbs.						
R. Salvino		250		145	260	655
D. Mitchell		315		175	335	825
Junior (20-23)						
148 lbs.						
R. Salvino		250		145	260	655
Submaster (33-39)						
132 lbs.						
H. Burke		280		125	290	695
Teen (16-17)						
220 lbs.						
C. Shelby		405		275	295	975
Open						
165 lbs.						
R. Broeg		360		265	405	1030
Teen (18-19)						
181 lbs.						
D. Kiewer		460				
Submaster (33-39)						
181 lbs.						
R. Guevara		390		285	420	1095
Master (45-49)						
165 lbs.						
R. Broeg		360		265	405	1030
Open						
198 lbs.						
S. Baker		650		420	605	1675
N. Gentges		610		475	555	1640
220 lbs.						
J. Griggs		700		500	650	1850
C. Reynolds		625		475	600	1700
S. Shoemaker		750		385	550	1685
C. Hauser		625		385	640	1650
J. Mann		575		410	620	1605
B. Chamras		135		135	615	885
242 lbs.						
M. Reynolds		750		500	640	1890
J. Schneider		640		540	610	1790
275 lbs.						
K. Gullledge		800		570	830	2200
D. Buck		860		570	620	2050
M. Majerle		800		515	700	2015
S. Kelley		575		345	520	1440
308 lbs.						
D. Buchanan		575		385	560	1520
Teen (18-19)						
198 lbs.						
N. Gentges		610		475	555	1640
Junior (20-23)						
181 lbs.						
M. Prewitt						
220 lbs.						
C. Reynolds		625		475	600	1700
C. Hauser		625		385	640	1650
J. Mann		575		410	620	1605
B. Chamras		135		135	615	885
275 lbs.						
K. Gullledge		800		570	830	2200
M. Majerle		800		515	700	2015
Master (40-44)						
198 lbs.						
B. Cramer		500		225	525	1250

### Walker's Gym BP 16 OCT 04 - Hopewell, VA

MEN		BENCH	SQ	BP	DL	TOT
165 lbs.		181 lbs.				270
Open	Open					
165 lbs.	220 lbs.					
J. Preskar	W. Bullock	195		220	460	455
M. Robbins	C. Tiller	305				
D. Mason	Master (40-49)	350				
275 lbs.						
L. Hill	J. Jackson	435		275	510	510
SHW	F. Rosas					400
A. Sykes	Police/Fire	550				
Masters (40-49)	SHW					
275 lbs.	M. Lilly					505
B. Green		330				

(Thanks to Walker's Gym for these results)

## BACK ISSUE OF THE MONTH



The March 1995 cover of PL USA had one of the USA's most successful competitors, and the newly elected chairperson of the IPF Women's Committee ... SHELBY CORSON. First up in the issue was the Women's TOP 20 rankings for 1994 ... Lynne Boshoven led the 198ers in all categories ... 555 325 500 1370, Amy Weisberger was in the 123s and did 369 squat (4th), 220 bench (3rd), 369 deadlift (5th), and a 947 total (4th). ADFPA Star

Betsy Ojanen was ranked on the list, and was interviewed by Bob Gaynor, and Teen phenom Jennifer Moser and Ann Lacombe were also interviewed. We even had the bench routine of the first woman to bench press 400 lbs. ... Tamara Rainwater Grimwood. On our TOP 100 rankings for the 220 lb. class, the best lifts were by Ed Coan (932 squat, 832 deadlift, and 2281 total), and Kim Brownfield's 610 bench. Chad Holmes was 97th in the squat with 650, Kit Price had 95th spot in the bench (460), Mitch Edelstein's 645 deadlift ranked 79th, and Jim Cahill's 1650 total was 96th. One of the most respected powerlifters in US history was extensively profiled by Herb Glossbender: DON REINHOUTD ... The Last Leviathan". The late Tom Milanovich, of Quad's Gym fame, was pictured in Ned Low's POW!ER SCENE as he appeared in the motion picture 'ROOKIE OF THE YEAR'. Mark Holowchak wrote a challenging article 'The Ethics of Ergogenics' ... regarding what makes steroids unfair, and not other substances. Marty Gallagher dug into the belly meat of how Kirk Karowski squats, and there is an astonishing photo of Kirk at a ripped 242 lbs. Dave Caster explained how squatting 405 in training equaled 700 in a meet, by using the methods that Louie Simmons recommended. In Dr. Judd's column two German lifters (Gierz and Brugger) challenged any and all Americans to a two man deadlift contest at the Arnold Classic. Dr. Ken Leistner is pictured (with his kids!) trying to squat what must be the World's Biggest Barbell. Our first featured meet was the WPNF World Cup (275 lifters!). In our results section, in the San Jose vs Fresno, California vs Nevada bench meet, one Matt Lamarque got 2nd place in the 198s, with a 380 bench, and Steve Pena was 4th with 314! Dr. Larry Miller won the ADFPA Ohio BP/DL meet with a 430 push in the 165s, and Tony Succarotte won the 198s at the Upper Bucks YMCA BP meet with a 480. 500 plus bencher at age 60, Robert O. Smith won the CDFPA Yuletide Classic with a 360 in the 275s. Rudy Ruettiger won the 165s at the ADFPA Law Enforcement and Firefighter Nationals with 501 308 490 1300, and future IPF World Masters Champ Pat Beaumaster took the 148s with 529 314 512 1355. James Henderson broke the 700 lb. barrier in the bench press, without a bench shirt, at a meet in Miami. At the USPF Maryland State meet, Pat Anderson went 707 418 617 at 242 and his brother Mike went 650 424 644 at 275. Dr. Mike Hartle was 3rd in the 242s at the ADFPA Hudson Natural Open with 585 415 545 1545. At the APF Midwest Open, North American Strongman Society executive Willie Wessels won the 220s with 775 530 730 2035 (and he broke the 600 BP barrier at another meet in this issue!). Pro Wrestler Nick Busick won the SHWs at the Eastern Ohio BP meet with a 505. On Herb Glossbender's All Time Pullers in the 181s, Ed Coan led the way with 791, and Craig Terry was #100 with a 672. We had more on the passing of the most influential man in the history of American Powerlifting, Brother Bennet. We also had a full page commentary from Andrea Sortwell about the beginning of yet another new powerlifting organization in the United States. This issue and dozens of others are still available ... see our Back Issue listing, elsewhere in this edition of PL USA, for ordering information. (pgs. 50-51)

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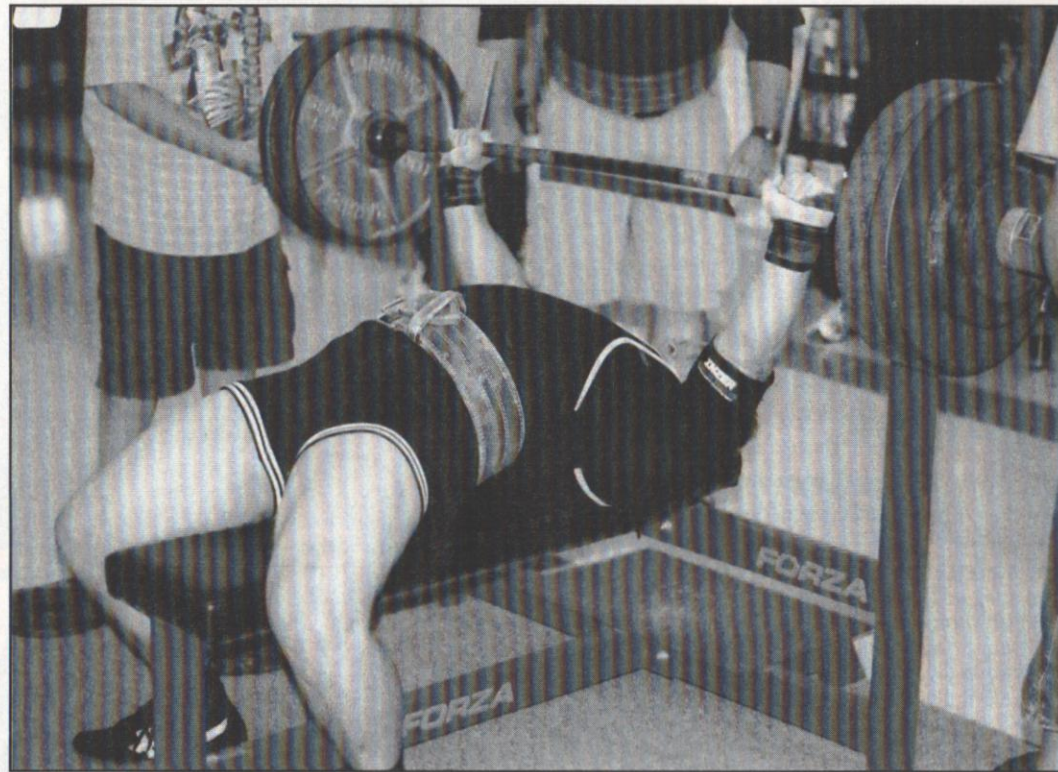
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SLP Fall BP/DL 2 OCT 04 - Mattoon, IL		
BENCH PRESS	220	
novice men	Tim Wilke	380
220	242	
Bryan Russell	Heittokangas	460
(4th)	(4th)	465
teenage men 18-19	DEADLIFT	
165	novice men	
B. Russell	220	
junior men	Bryan Russell	440
148	teenage men 16-17	
M. Mongeon	148	
master men 55-5	Brett Faught	355
242	(4th)	365
Gary Gandy	junior men	
(4th)	148	
open men	M. Mongeon	405
148	master men 45-49	
C. Krumrey	198	
198	Mike Raya	555
J. Harrison	242	
(4th)	James Ewing	450
	(4th)	470

Best Bencher - JANNE HEITOKANGAS. Best Deadlifter - MIKE RAYA. The twenty-first annual Son Light Power Fall Bench Press/Deadlift Championship was held October 2, 2004 at Cross County Mall in Mattoon, Illinois. Thanks again to the Mall Association and manager Mike Witwicki for their continued support of the sport of powerlifting. In the bench press event first-time competitor Bryan Russell won at novice 220 with new personal records for his third (320) and fourth (325) attempts. Brother Brandon Russell took the 18-19/165 class with a personal best 225. This was also Brandon's first meet, who just started training four months ago. Matthew Mongeon did good at junior 148, taking the win there with 225. Gary Gandy won at 55-59/242 with 260, then returned with a great pr fourth of 270! In the open division Chad Krumrey won at 148 with 330, just missing his final attempt with 340. At 198 it was newcomer Jerry Harrison with 265, followed by a personal best fourth of 270. Tim Wilke won the 220 title with a solid 380, just missing 400 twice. Then at 242 it was best lifter Janne Heittokangas with 460. Janne followed that with a 465 fourth, both of



Janne Heittokangas, was awarded the Best Bencher honors at the SLP Fall BP/DL Championships in Mattoon, IL, for his 465 effort in the Open 242s. (photograph provided by courtesy of Dr. Darrell Latch)

which were new prs for him. In the deadlift competition Bryan Russell won his second title of the day at novice 220, finishing with a personal best 440. Brett Faught, who recently qualified for the WABDL Worlds coming up in November, pulled a personal best 365 on his fourth attempt, after finishing with 355 as he

won at 16-17/148. Matthew Mongeon also won his second title at junior 148 with a new personal best 405. At 45-49/198 Mike Raya pulled a meet high 555 for the title there. Mike also won the best lifter title for the deadlift competition. James Ewing, the world's strongest Rotter-Rooter Man, won at 45-49/242 with an easy 450, finishing up with a fourth of 470. Thanks to my son Joey and grandson Daniel for their help loading and spotting and to my wife Susie for all her help. Thanks also to Mike who presented me with a special award commemorating the more than twenty years of my promoting powerlifting events. See you all in December for the annual Christmas for Kids BP/DL meet! (from Dr. Darrell Latch)

NPA Nationals 18 SEP 04 - Freeport, IL		
BENCH	J. Miller	380
WOMEN	Master	
Sp. Olympian	220 lbs.	
165 lbs.	Felhauser	280!
A. Meissen	65!	275 lbs.
MEN	H. Kehl	355!
Teen (16-17)	DEADLIFT	
181 lbs.	WOMEN	
P. Kohler	215!	Sp. Olympian
Open	165 lbs.	
181 lbs.	A. Meissen	95!
G. Dixon	330!	MEN
220 lbs.	Open	
M. Murray	355!	220 lbs.
242 lbs.	M. Murray	525!
P. Alercado	425!	275 lbs.
275 lbs.	F. Luyando	500
F. Luyando	535	SHW
308 lbs.	A. Miller	555

!Personal records. The 2004 Nationals was a great meet. First we would like to say THANK YOU to our sponsors! House of Pain Ironwear, Monster Muscle magazine, Powerlifting U.S.A. magazine, Titan Support Systems and the Myo Store! THANK YOU! Also thank you to all our help at the meet. Judy Cotherman, Chad, Mike Pettinger, Myself, Don Powers, and Rob Luyando. First time lifter Alicon Meissen coached by Don Fowers won the Special Olympian class in the bench and deadlift. Alicon went three for three in the bench press with 65 lbs. being her best of the day. Alicon pulled an easy 95 lbs. on the deadlift

to take the win and finish her first meet. First time lifter Philip Koehler, lifting in the teenage class, took the win with his second lift of 215 lbs. Not bad for a 17 year old in the 181 class lifting with no bench shirt. In the mens open it was Glen Dixon hitting a solid 330 lb. lift to take the title in the 181 Class also lifting with no bench shirt. Mike Murray trying a bench shirt for the first time in a meet won the 220 class with a strong press of 355 lbs. Paul Mercado went 3 for 3 and went passed his goal he had set hitting a solid 425 lb. bench! This guy will hit 500 lbs. next year. Frank Luyando won the 275 class with his opener of 535 lbs. His other attempts just missing on his second and the third unable to get the bar to his chest. Joel Miller won the 308 class with his second attempt of 380 lbs. Joel just missed a pr at 435 lbs. on his third attempt. In the masters it was Don Felhauser taking the win with a pr of 280 lbs. lifting with no bench shirt. Harry Kuehl won the masters 275 class with a pr lift of 355 lbs. also lifting with no bench shirt. In the deadlift it was Alicon Meissen winning the special olympian 165 class with an easy 95 lb. pull. Great job Alicon! Mike Murray won the 220 open with a pr of 525 lbs. Frank Luyando took the win in the 275 open with his opener of 500 lbs. Adam Miller completed our day with his second attempt of 555 lbs. to take the win in the SHW class. Our lifters came from 3 states to compete, it was a small meet but a good one. Many personal records were set and everyone got to see a very special athlete compete by the name of Alicon Meissen. Our next meet will be in March 2005. If anyone would like information please send me an email At fitlifedb@cs.com. Our meets are more for the novice lifter, but we welcome anyone that loves the sport. Till next time train hard and train smart, try to do something to make the world a better place for our children. (Thanks to Duane Burlingame for providing these results)

USAPL Derby Classic 24 APR 04 - Henderson, KY					
	FEMALE	SQ	BP	DL	TOT
Open	114 lbs.				
L. Rapiere!	205	115	225	545	
A. Murray	190	100	200	490	

198+ lbs.	S. Claire	185	105	225	515
Teen-2 (16-17)	L. Buswell	250	135	290	675
MALE					
Open					
123 lbs.	D. Hall	220	120	275	615
198					
A. Pernice	495	315	555	1365	
M. Rapiere	425	300	450	1175	
220 lbs.					
B. Thomas	510	325	585	1420	
E. Williams	450	300	480	1230	
R. Williams	365	265	430	1060	
C. Pyles	275	200	305	780	
242 lbs.					
E. McKelvey	525	375	550	1450	
275 lbs.					
K. Hayes!	750	510	660	1920	
R. Pirtle	575	400	600	1575	
275 lbs.					
A. Goodson	430	305	450	1185	
Teen-2 (16-17)					
275					
A. Goodson	430	305	450	1185	
Master-1 (40-49)					
198 lbs.					
B. Ely	415	260	435	1110	
T. Velela	200	200	300	700	
220 lbs.					
B. Thomas	510	325	585	1420	
242 lbs.					
R. Ganong	500	425	555	1480	
275 lbs.					
R. Pirtle	575	400	600	1575	
Master-2 (50-59)					
198 lbs.					
P. Titzer	325	210	375	910	
High School-JS					
165 lbs.					
L. Brown	225	270	315	810	
181 lbs.					
F. Brown	275	325	295	895	
242 lbs.					
D. Washington	285	250	405	940	
165 lbs.					
W. McNeally	280	300	320	900	

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!Best Lifters. First meet under new chair. 29 records were set. The community came together with some donation of equipment and supplies, the meet was run on computer and displayed on the wall at all times. This allowed the meet to run fast and awards to be given out right after the lifting. (The meet ran from 10:30 am to 2:30 pm, with 28 lifters). Two communities were put

together - Henderson and Louisville, Kentucky. These two communities were instrumental in making this meet a success. Many lifters voiced their praises and appreciation for the USAPL becoming active in Kentucky again. We will begin working on the state championship in the near future. (Thanks to USAPL for providing these meet results to Powerlifting USA)

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

WOMEN	A. Mangini	470
Heavy	220 lbs.	
V. Muscato	305	M. Schmidt 540
4th-320		R. Jenks 505
MEN	M. Anderson	450
123 lbs.	P. Rosenstern	—
Teen (12-13)	M. Schmidt	540
P. Zalar	—	R. Jenks 505
181 lbs.	Master (50-54)	
R. Susann	480	M. Anderson 450
D. Swingle	460	242 lbs.
K. Tucker	415	D. Grandinetti 500
B. Quick	350	275 lbs.
Master (40-44)	J. Lawson	580
K. Tucker	415	J. Sladkey 530
198 lbs.	J. Thomas	500
S. Jeschenig	625	319 lbs.
N. Rovanssek	500	M. Kantz 610
A. Mangini	470	
J. Shreffler	—	
Teen (14-15)	—	
J. Shreffler	—	
Master (50-54)	—	

Champion of Champions: Shane Jeschenig. Team Champions: Joe's Gym of Erie. Val Muscato was the lone women at this years contest, so she made it look good. She went four for four, ending up with an open raw American record of 320 pounds. At 181, Rob Susann pulled off the big win with 480 pounds and master Lifter, Don Swingle, was on his tail for the silver, with 460. Shane Jeschenig ran away with the 198 gold and Champion of Champions. Shane pulled an awesome 625. Mark Schmidt was top man at 220 with his 540 attempt. Rick Jenks pulled 505 for the silver. Dave Grandinetti pulled 500 for the 242 gold, while master lifter Jeff Lawson ended up with 580 for the win at 275. The 319 class was won by Matt Kantz with his gut busting third attempt of 610. "Let us be thankful for the fools. But for them the A.D.A.U. could not be so successful!" -Mark Twain. (Thanks to Joe Orenigia for providing these results)

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"Steroid use has become an enormous problem not only in bodybuilding but in virtually all athletics as well," Ciola noted. "However, while the use of performance enhancing drugs continues to become more rampant," Ciola added, "their many dangers and side effects are often underplayed. So many young athletes are turning to dangerous bodybuilding drugs without ever hearing the other side. Now they can hear the other side."

The timely book is loaded with hard-hitting facts and

poignant interviews and should give pause to anyone considering the use of steroids. According to Ciola, STEROIDS KILL! has two primary objectives. The first is to discourage athletes from ever using anabolic steroids and other dangerous bodybuilding drugs and the second is to encourage those athletes who have already developed a dependency on these drugs to quit using them.

Ciola said that because of the importance and urgency of this message, the \$19.95 book is being offered for a limited time free of charge. (There is a small \$4.95 shipping and handling fee.)

To order a free copy of this book, send the \$4.95 S&H fee to Athletes Against Steroids, 731 Kirkman Road, Orlando, FL 32811. Or call toll free at 1-877-914-9910 or order on line at [www.AthletesAgainstSteroids.org](http://www.AthletesAgainstSteroids.org).

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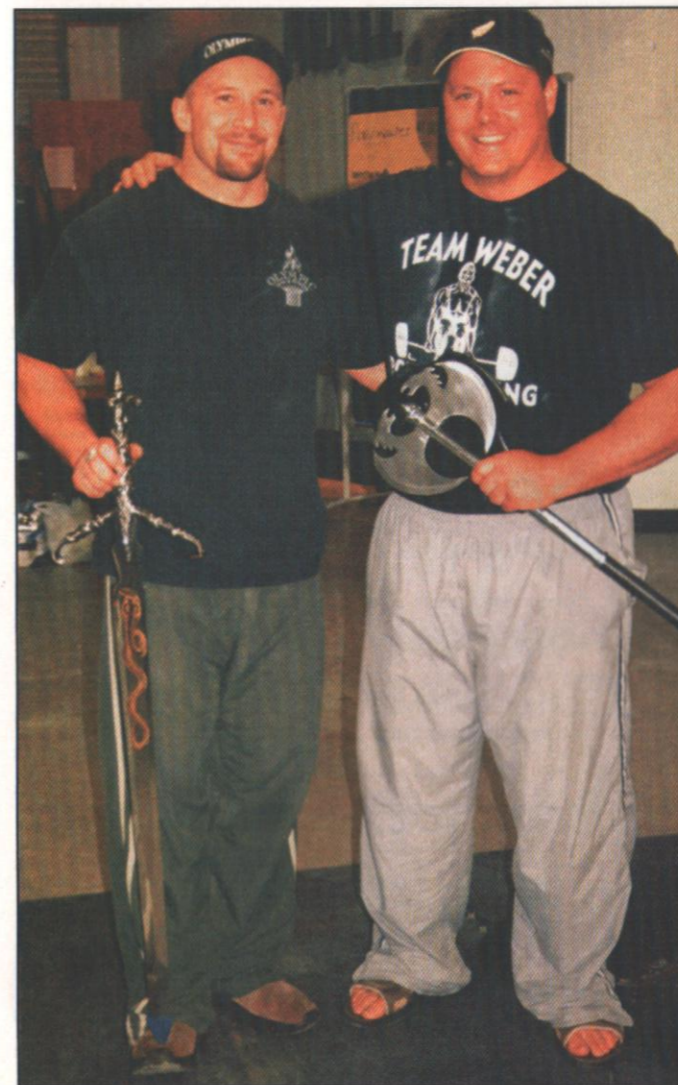
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Chris Belshe (left) and Bob Weber (right) were Best Lifters in the Full Power category of the APA Central USA Powerday. (Scott Taylor)

to the lifters as awards with special swords mounted in sculptures as best lifter awards. Loads of great lifting took place and a lot of record setting took place. Several huge totals were set and some awesome lifts were made. We look forward to the next APA Iowa event which should be soon. (Scott Taylor, APA.)

### USAPL Albany Strength PL 13 MAR 04 - Albany, NY

WOMEN	SQ	BP	DL	TOT					
T. Ward-132	175	100	220	495	J. Basile	485	340	530	1355
B. Brown-141	170	80	190	440	P. Zagaroli	—	—	—	—
C. Towne-161	210	90	255	555	S. Gagnon	525	370	560	1455
E. Brown!-173	235	105	285	625	275 lbs.				
Open					C. Oakland	400	275	455	1150
165 lbs.					S. Culnan	735	525	745	2005
M. Macri	585	350	—	—	G. Plante	550	565	525	1640

D. Fragol 380 270 400 1050  
181 lbs.  
H. Scholnick 560 370 535 1465  
L. Gibson 620 450 630 1700  
M. Remillard 380 285 430 1105  
R. Hartwick 365 265 455 1085

198 lbs.  
T. Piazza 500 325 545 1370  
T. Gibson 625 450 625 1700  
220 lbs.

D. Randy 315 315 545 1175  
D. Desol 535 350 475 1360  
R. Matos — — — —

242 lbs.

J. Basile 485 340 530 1355  
P. Zagaroli — — — —

S. Gagnon 525 370 560 1455

275 lbs.

C. Oakland 400 275 455 1150  
S. Culnan 735 525 745 2005  
G. Plante 550 565 525 1640

! = Best Lifter. (These results by USAPL)

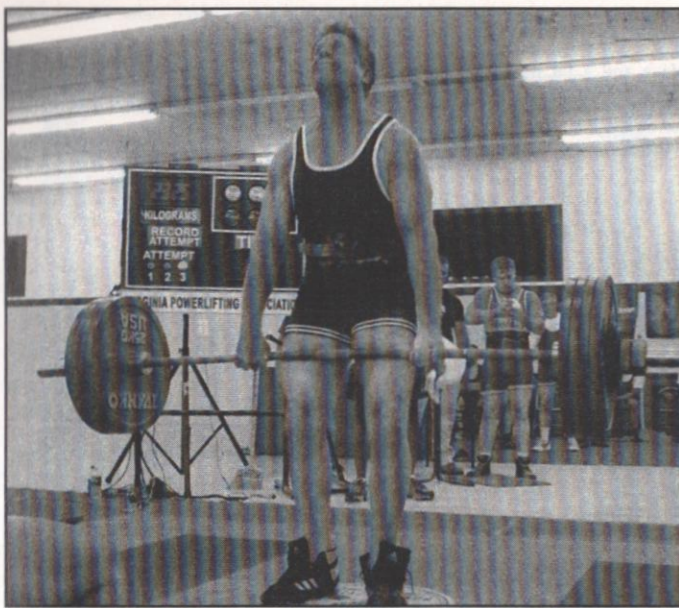


# World Games 2005 Duisburg Bottrop, Oberhausen Mülheim an der Ruhr

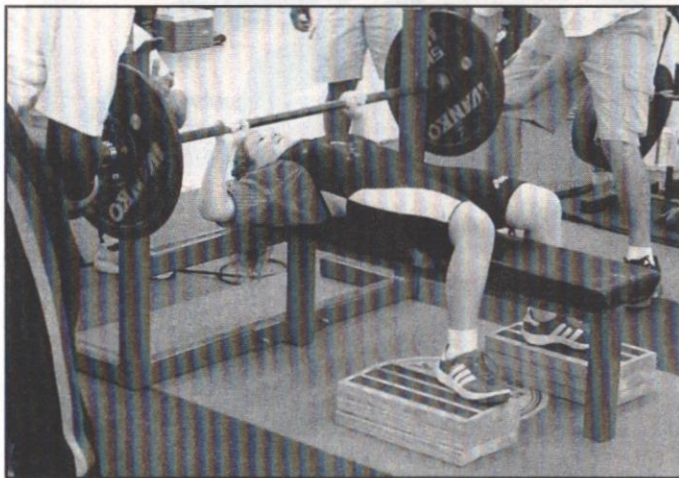
The World Games of 2005 will take place under the patronage of the Chancellor of the Federal Republic of Germany Gerhard Schroeder. The Powerlifting competition will take place on the 16th and 17th of July, at the 900 seat Rheinhausenhall, in Duisburg-Rheinhausen, Germany. Overall, the World Games will involve 500,000 spectators, 38 sports, 177 disciplines, 3000 athletes from 100 nations, and 27 venues hosted in 4 cities.

### APA Central US Power day 23 OCT 04 - Cedar Falls, IA

BENCH	N. Muhlbauer	415	(13-15)	J. Salmon	145	135	230	510
MEN	T. Wilke	360	Open	T. Dann	—	275	470	745
Drug Tested	Junior	220 lbs.	Open	C. Belshe	785	455	660	1900
165 lbs.	D. Ballheim	380	220 lbs.	B. Flaek	625	440	6330	1695
J. Even	J. Murphy	295	Drug Tested	S. Murphy	500	450	540	1490
M. Bartt	(40-49)			C. Diefenderfer	500	315	515	
D. Phipps	(50-59)	335						
(40-49)	S. Mingus	335						
R. Holtz	242 lbs.							
Junior	(40-49)	340						
198 lbs.	G. Steege	340						
L. Even	DEADLIFT							
(40-49)	220 lbs.							
M. Fitzgerald	Junior	450						
220 lbs.	W. Danzer	450						
Drug Tested								
WOMEN	SQ	BP	DL	TOT				
165 lbs. DT								
S. Ulmer	255	110	295	660				
MEN								
Drug Tested								
181 lbs.								
R. Grill	510	335	525	1355				
Junior								
R. Grill	510	335	525	1355				
D. Phipps	—	370	480	850				
198 lbs.								
Open								
T. Crigger	600	470	615	1685				
Drug Tested								
C. Herbert	590	390	530	1510				
M. Kennan	510	340	545	1395				
Chamberlain	360	280	510	1150				
Junior								
M. Kennan	510	340	545	1395				
J. Enshin	480	360	500	1340				



Martin Gallagher, 54, out of Pennsylvania, pulling in the 198 class.



Victoria Vasquez of Maryland bench pressing at only 7 years of age!

**AAU Raw Nationals (kg)  
22,23 MAY 04 - Richmond,**

VAMALE	SQ	BP	DL	TOT
123 lbs.				
Teen (16-17)				
J. Life (18-19)	90	65	137.5	292.5
C. Rowe 148 lbs.	115	82.5	162.5	360
Lifetime				
Master (40-44)				
R. Houle	142.5	100	207.5	450
Open				
D. Wilson	142.5	145	210	497.5
Master (55-59)				
P. Griffith	75	112.5	75	262.5
Open				
D. Wilson	142.5	145	210	497.5
Teen (14-15)				
T. McNealy 165 lbs.	107.5	72.5	142.5	322.5
Junior (20-23)				
J. Herring	167.5	150	200	517.5
Law/Fire				
Master (45-49)				
R. Herbst	125	132.5	202.5	460
Lifetime				
Master (40-44)				
R. Barth	137.5	105	212.5	455
M. Petrous	137.5	105	212.5	455
(45-49)				
R. Herbst	1125	132.5	202.5	460
Lifetime				
M. Petrous	137.5	105	212.5	455
Master (40-44)				
R. Barth	157.5	127.5	202.5	487.5
Master (45-49)				
R. Herbst	125	132.5	202.5	460
Open				
J. Poplawski	162.5	120	192.5	475
Teen (16-17)				
J. Poplawski	162.5	120	192.5	475
J. Carter	165	110	195	470
J. Taylor	115	67.5	167.5	350
Teen (18-19)				
B. Heiney	97.5	77.5	152.5	327.5
181 lbs.				
Kids (10-11)				
P. Collins	50	42.5	73	165.5
4th-BP-43			DL-75	
Lifetime				
Master (60-64)				
D. Parsons	137.5	120	147.5	405
Open				
W. Roy	207.5	125	247.5	580
W. Walle				
Teen (16-17)				
B. Randolph	122.5	82.5	172.5	377.5
198 lbs.				
Junior (20-23)				
N. Roten	237.5	160	265	662.5
Lifetime				



Eddie Hayes, 18, of Virginia, competed in the 275 lb. class (all photographs were provided by the courtesy of Barbara Beasley)

Master (55-59)				
D. Mansfield	212.5	117.5	225	555
Lifetime				
Open				
C. Miller	222.5	152.5	237.5	612.5
Master (40-44)				
T. Williams	182.5	142.5	250	575
L. Prestipino	195	122.5	215	532.5
Master (50-54)				
J. Hannah	195	125	250	570
M. Gallagher	197.5	127.5	232.5	557.5
Master (55-59)				
D. Mansfield	212.5	117.5	225	555
T. Smith	165	120	235	520
Open				
N. Roten	237.5	160	265	662.5
T. Williams	182.5	142.5	250	575
M. Gallagher	197.5	127.5	232.5	557.5
Submaster (35-39)				
W. Rendell	227.5	170	265	662.5
Teen (16-17)				
K. Taylor	142.5	92.5	215	450
Youth (12-13)				
T. Proctor	57.5	40	70	167.5
220 lbs.				
Lifetime				
Open				
K. Spitzer	220	162.5	232.5	615
Master (55-59)				
J. Roten	240	150	260	650
Teen (16-17)				
S. Mills	172.5	105	190	467.5
Junior (20-23)				
S. Miller	227.5	147.5	237.5	612.5
275 lbs.				
Teen (16-17)				
W. Claiborne	182.5	143	172.5	498
M. Fisher	147.5	75	165	387.5
Teen (18-19)				
E. Hayes	182.5	100	202.5	485
4th-SQ-185				
308 lbs.				
Teen (18-19)				
A. Townsley	190	112.5	227.5	530
FEMALE				
88 lbs.				
Kids (6-7)				
V. Vasquez	15	29	25	69
105 lbs.				
Lifetime				
Master (50-54)				
E. Newton	52.5	37.5	85	175
Master (50-54)				
E. Newton	52.5	37.5	85	175
123 lbs.				
Open				
S. Hoffman	100	52.5	137.5	290
148 lbs.				
Master (40-44)				
R. Souders	110	60	132.5	302.5
4th-SQ-112.5				

308 lbs. Teen (18-19)

A. Townsley 190 112.5 227.5 530

88 lbs. Kids (6-7)

V. Vasquez 15 29 25 69

105 lbs. Lifetime

Master (50-54)

E. Newton 52.5 37.5 85 175

Master (50-54)

E. Newton 52.5 37.5 85 175

123 lbs. Open

S. Hoffman 100 52.5 137.5 290

148 lbs. Master (40-44)

R. Souders 110 60 132.5 302.5

4th-SQ-112.5

Best Lifters Day One - Raw Open Female:

Sharon Hoffman. Raw Master Female:

Ruth Souders. Raw Open Male: David

Wilson. Raw Master Male: David Wilson.

Best Lifters Day Two - Raw Open Male:

Nate Roten. Raw Master Male: Jack Roten.

(Thanks to Barb Beasley for these results)

NOTE: Parent/Guardian signature required if member under 18 years old.

**2nd AAFP Tom Foley BP/DL  
23 OCT 04 - Nantuet, NY**

BENCH (Formula)	C. Jenkins	600
	275 lbs.	
WOMEN	K. Hibert	405
G. Kussner	165 DEADLIFT	
J. Klein	115 (Formula)	
Juniors		
To 181 lbs.	G. Kussner	315
J. Tripodi	205 Juniors	
Juniors	181+ lbs.	
181+ lbs.	B. Trois	375
C. Mile	375 Teens	
B. Trois	390 To 181 lbs.	
Teens	J. Spanakos	375
To 181 lbs.	A. Badgular	300
M. Arrington	250 M. Arrington	395
Submasters		
J. Dunne	400 181+ lbs.	
J. Bowden	365 F. Riccardi	475
M. Grace	315 Submasters	
G. Kuzian	375 C. Russo	595
C. Russo	430 J. Bowden	500
Masters	G. Kuzian	430
C. Serra	425 Masters	
P. Darbouze	440 C. Slaybaugh	665
C. Tallman	425 P. Darbouze	460
A. Gonzalez	510 A. Gonzalez	550
T. Nelson	375 Open	
Open	165 lbs.	
165 lbs.	H. Roca	550
H. Roca	375 181 lbs.	
181 lbs.	W. Fahrenfeld	640
W. Fahrenfeld	370 198 lbs.	
C. Ruskie	345 K. Fahrenfeld	600
198 lbs.	220 lbs.	
K. Fahrenfeld	390 B. Fahrenfeld	650
220 lbs.	242 lbs.	
B. Fahrenfeld	370 D. Hoebmann	505
P. Belgie	350 275 lbs.	
242 lbs.		
K. Hibert	605	

Best Bench: Colin Jenkins. Best Deadlift: Warren Fahrenfeld. IRON WOMAN: Glenda Kussner. IRON MAN: Warren Fahrenfeld. The 2nd Annual AAFP Tom Foley Bench/Deadlift Classic was held at Premier Fitness in Nantuet, New York on Saturday, October 23, 2004. Twenty-seven (27) lifters showed up to compete with all classes having great numbers. In the Bench Press Women's Division, Glenda Kussner (118 lbs.) benched 165 lbs. Jan Klein did a great job in her first contest by benching 115 lbs., taking 2nd place. In the Men's Division, Justin Tripodi benched 205 lbs., winning the Juniors up to 181 class. Chris Miele (183 lbs.) benched an astonishing 375 lbs., taking 1st place in the Juniors 181+ class. Bob Trois took 2nd place by benching 390 lbs. at his first meet. In the Teens up to 181 class, Matt Arrington easily benched 250 lbs. Matt definitely had more in him and will bench more in the future, learning from his first competition. The Submasters class was done by formula with great numbers achieved. John Dunne (180 lbs.) took 1st place with a 400 lb. bench. Jeff Bowden (195 lbs.) benched 365 lbs. Mike Grace (176 lbs.) did well in his first contest with a 315 lb. bench. New York State Trooper, Gerard Kuzian (208 lbs.), pressed 375 lbs. Montclair, NJ Firefighter, Chris Russo, benched 430 lbs., just missing 440 on a technicality. The Masters Class was the most competitive. Carmine Serra (208 lbs.) won by 5 points by bodyweight, benching 425 lbs. Phil Darbouze (217 lbs.) took 2nd Place by pressing 440 lbs. and had more in him. Cliff Tallman was thrown in with the 40 Year Old Masters Class. Cliff is 61 years old and benched 425 lbs., an Unofficial American Record in the 55-69 Year Old Class, taking 3rd Place. Armando Gonzalez talked his way through his 510 lb. bench and Thomas Nelson hit 375 lbs. The Open class was the smallest of the group. Hector Roca (163 lbs.) benched 375 lbs. in a double denim shirt. Warren Fahrenfeld trained 3 weeks to take 1st Place in the 181's class with 370 lbs. Chris Ruskie pressed 345 lbs. for 2nd Place. Kevin Fahrenfeld (190 lbs.) benched 390 lbs. Meet Director, Brian Fahrenfeld (208 lbs.), benched 370 lbs. and Old Bridge, NJ Police Officer, Phil Belgio (211 lbs.), did great in his first meet benching 350 lbs. Colin Jenkins (229 lbs.) came all the way from South



The BROTHERS FAHRENFELD ..... (left to right) Kevin Fahrenfeld, Warren Fahrenfeld, and Brian Fahrenfeld... all of these guys deadlifted over 600 and benched over 370 while competing in the AAFP Tom Foley Classic in Nantuet, New York. (photograph provided by the courtesy of Premier Fitness)

Glens Falls, New York and used his double denim to the fullest with a 600 lb. bench. Kevin Hibert finished up the bench competition at 405 lbs. In the Deadlift competition there were five lifters who pulled over 600 lbs. Glenda Kussner pulled 315 lbs. In the Juniors 181+ Class, Bob Trois pulled 375 lbs. In the Teens up to 181 class, John Spanakos did great by lifting 375 lbs. Anand Badgular (114 lbs.) came back from his first semester at college to pull 300 lbs. Matt Arrington rounded out his first competition by pulling 395 lbs. Fred Riccardi's first meet went well by deadlifting 475 lbs., just missing 505. Submasters winner, Chris Russo, pulled 595 lbs. after missing 590 on his second attempt. Jeff Bowden gave the deadlift a try and succeeded by lifting 500 lbs. Gerard Kuzian finished the group off with a 430 lb. pull. Masters lifter, Charlie Slaybaugh, easily pulled 665 lbs., missing 700 on his third attempt. First-time deadlifter, Phil Darbouze, pulled 460 lbs. Armando Gonzalez pulled 550 lbs. Phil beat Armando by formula. The Open Deadlift had some of the best

numbers a meet could hope for. Hector Roca (163 lbs.) pulled 550 lbs. Warren Fahrenfeld locked out at 640 lbs., taking the 181 class. Kevin Fahrenfeld (190 lbs.) lifted 600 lbs. to win the 198's class. Brian Fahrenfeld returned to deadlifting after a layoff from two herniated discs, pulling 650 lbs. and missing 665 on his third attempt. Dave Hoehmann muscled up 505 lbs., missing 525 on his third attempt. Kevin Hibert finished the Open Class with a 605 lb. pull in the 275's class. Thanks to Head Judge, Jason Zaretsky, and Side Judges, Tony Harlin and Fred Massa, for judging a fair and successful meet. A special thanks to loaders/spotters, Bryan Weiss and Gerard Milidantri, for never "misloading the bar". This meet was dedicated to FDNY Firefighter Tom Foley of Rescue 3, who was tragically killed in the WTC 911 Terror Attacks. Tom was an avid powerlifter, teammate & friend of many of the lifters who participated in this event. Proceeds raised from t-shirt sales were donated to the Thomas J. Foley Scholarship Fund. (Results provided to Powerlifting USA by Premier Fitness)

**Fall Classic  
17 OCT 04 - W. Lafayette, OH**

AAFP	P. Bible	400!
BENCH	APF	
220 lbs.	Open	
198 lbs.		
A. Dobson	450! M. Maxwell	550!
S. Given	315! 220 lbs.	
Master	J. Murphy	640!
B. Botson	420! J. Brown	550
APF		
Open	S. McKimnee	550!
181 lbs.		
A. Rowan	350!	
220 lbs.		
J. Brown	525!	
275 lbs.		
S. McKimnee	550!	
DEADLIFT		
AAFP		
Open		
165 lbs.		
J. Riley	430!	
T. Sarver	405!	
Best Lifter Bench:	John Brown. Best Lifter Deadlift:	Josh Murphy.
(Thanks to Meet Director, John Blackstone, for providing these meet results)		

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irondawg.com

Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended and/or denied for my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for banned substance, I agree that the results of the test are conclusive and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

Signature: \_\_\_\_\_ If under 21 yrs. Parent Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Reg. # \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ UAPC Registered Club Represented: \_\_\_\_\_

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year; any meet) - \$15.00 • Special Olympian \$10.00  
Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs.) • Masters (40 yrs & up) • Military  
Police & Fire High School Special Olympics

Cash/Check/Money Order # \_\_\_\_\_ Membership Price \$ \_\_\_\_\_

All memberships expire 12 months from date of purchase.

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS.  
DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR.

**ASSOCIATION OFFICE COPY**

This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-800-AAU-4USA. AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

AAU National Headquarters  
c/o The Walt Disney World Resort  
PO Box 10,000  
Lake Buena Vista, FL 32830

SPORT CODE	ASSOCIATION CODE	MEMBERSHIP CATEGORY	CHECK ONE:
_____	_____	_____	<input type="checkbox"/> Athlete <input type="checkbox"/> Coach <input type="checkbox"/> Official <input type="checkbox"/> Volunteer
_____	_____	_____	<input type="checkbox"/> Youth Program <input type="checkbox"/> Adult Program <input type="checkbox"/> Added Benefit <input type="checkbox"/> Yes <input type="checkbox"/> No
_____	_____	_____	Club No. _____ Club Name: _____ E-Mail _____
_____	_____	_____	ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? <input type="checkbox"/> Yes <input type="checkbox"/> No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

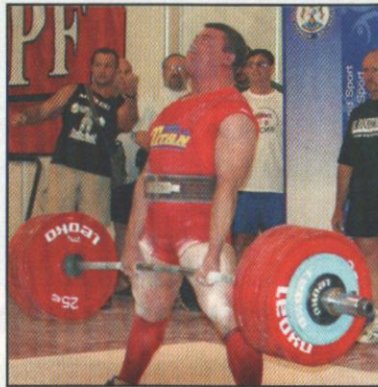
NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_

(continued from page 7)

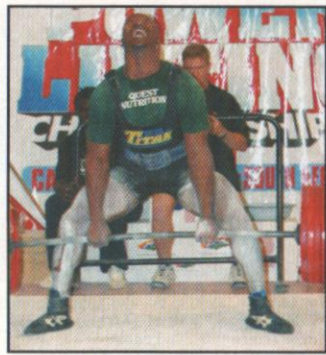
Weighing only 194, Shlyakhtha pulled the minimum needed lift of 782 to take the record back and win the gold medal. The lift was so easy that he called for a 4th attempt of 822 to break Walter Thomas DL record set in 1982. The lift was moving when his foot slid out and the attempt was aborted. As an aside, Walter Thomas' greatest rival, Ron Collins, formerly of Great Britain but now residing in South Africa, was in attendance as well. Looking trim and fit at nearly 70 years of age, Ron remembered fondly helping Sean Scully and myself work strategy for Walter 10 years earlier during his amazing victory at the '94 Worlds in Johannesburg. Shlyakhtha is an interesting sight to see, not overly muscular like Tarasenko, but more streamlined, like a larger version of Alexi Sivokon in years past. He could easily move to 220 in the future and have a shot at some of Coan's marks, maybe even 242. Only time will tell for this fast rising power superstar. For Andrey Tarasenko it was a

bitter disappointment again. In back to back years, he has broken the existing WR in the total only to lose on the final pull by 2.5 KGS. The most amazing aspect of the story is that just a few years ago, Tarasenko was the most dominant 198er on the planet, smashing the competition at the Worlds by more than 100 LBS. His tale only reinforces how deep and difficult the competition has become at the IPF Worlds.



Tarasenko (photos by Dr. Larry Maile)

After having the day off on Friday, Team USA resumed action on Saturday with Nick Tylutki and Charr Gahagan in the 220s. Nick and Charr had both made their Open World debuts last year, finishing in 4th and 6th respectively. At the Nationals in July, Charr pulled out the win on his final pull. Since July, Nick and his wife Sara have had their first child, Blake, so Nick's training schedule had to undergo some modifications with the addition to the family. By November, Nick was feeling stronger than ever and he finished up his squat training with 560 for 5 sets of 5 with no equipment whatsoever. After two solids squats of 727 and 771, Nick had a very close miss at 799 on his 3rd. The bar seemed to roll up Nick's back on the ascent and pushed him forward to a position of no return. The 799 ended up being only 10KGS from the gold in this class, but hurt Nick's medal chances overall. Needing every lift from here on out, Nick hit 440 and a tough 462 on a 2nd bench. After some slight shirt adjustments by the coaching staff Nick hit a nice PR lift of 473, that was easier than his 2nd, only to be turned down 2/1 for his butt coming off the bench. With



Char Gahagan more than a puller

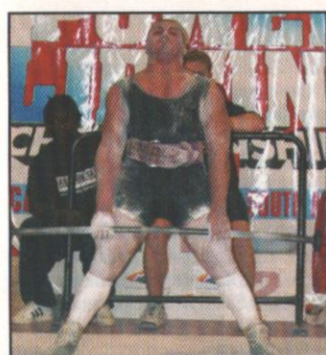
two close misses, Nick was backed into a corner needing a large pull. An easy 683 opener was followed by a passed attempt at 733. The 733 would not have moved Nick up in the rankings so he chose to conserve energy for a shot at 755 and 5th place. It was not to be on this day and Nick was left with a 6th place finish. The final score doesn't show how close Nick was to medalling, with the two near missed 3rd attempts he would have only needed 744 for the bronze and it would have been very close. Veteran Masters lifter, Petr Theuser only weighed 209, but hit a bronze medal squat to total 1984 and take 5th. Jarmo Sohlman of Finland needed three tries to get 562 passed in the bench to hit 2011 and take 4th.

Wade Hooper's and Brian Siders' performance will get most of the publicity for Team USA, and rightfully so, however the most improved lifter and an equally impressive performance was by Charr Gahagan. Charr opened conservatively, took wise jumps and hit tough 3rds in both the squat and bench. Everyone knows about Charr's world-class deadlift ability, but he is making fast gains in the other two disciplines. After smoking a buried 683 squat, Charr hit a solid 727 2nd and a limit lift at 755. This was the perfect attempt call as Charr fought the weight for several seconds and represented a 60LB improvement over last year's meet. The long arms that are to Charr's advantage in the pull are no friends in the bench but he still hit 3/3 including a PR 490. After subtotal, Charr takes over. An easy 727 opener put Charr into 3rd and a large jump to 771 sealed the bronze. The 771 seemed to get out of the groove and had a sticking point at the top, even receiving one red light. That lift put Charr over 2000 for the first time with a 2017 total. The final lift at 782 was moving to the knees, but just couldn't get quite past them. A pair of bronzes for the deadlift and total was Charr's reward for an excellent performance. After the meet, Charr, an assistant strength coach at USC, was proudly wearing his Trojan colors and happy to report that they had beaten another Pac 10 foe to remain undefeated.

Russia and Ukraine squared off again for the gold with Ukraine pulling out the win for the 3rd class in a row. Dueling 23-year olds broke the 2200

either. One spot ahead of Tony was the 21-year old Voroshynin with a Silver medal pull of 821 that gave him 2171.

Two young Russians dominated this class; 30-year old Yuriy Fedorenko broke 2200 with a Gold medal deadlift of 826 to take the silver overall. Fedorenko is still rather lean for this class and might have a future as a 275er someday. Nikolay Suslov made his return to the Open Worlds a very successful one. Looking much thicker and more powerful than the last time we saw him, Nikolay manhandled big weights all day long. After two strong squats, 892 was a surprising no lift. The strength appears to be there so a shot at Ivanenko's WR of 920 is not too far off. The bench is where Suslov has made his largest progress. A 600 LB 2nd attempt took Jeff Magruder's long-standing bench WR off the books. That record only lasted a few minutes as he came back to bump it up to 611 with more left in him. Suslov added to his record



Ivan Freydnun - 9/9 in the 220s

barrier to close in on Coan's WR total mark of 2281. Last year's Silver Medallist, Maxim Barkhatov of Russia added 100 LBS to his total only to finish in 2nd again. Barkhatov's miss at a gold medal 837 squat proved costly, as he needed an 843 pull for the win to no avail. His 815 2nd attempt won the deadlift Gold and gave him a 2232 total. The aforementioned 2003 champ from 198, Ivan Freydnun went 9/9 to total 2254 for the victory. Freydnun received a Gold in the squat with 821 and then benched like nobody in IPF history. A near WR opener of 595 was smoked followed by 617 and 633 to break Tony Succarotte's WR set earlier this year. Great benchers usually don't make great pullers, but 799 at 220 qualifies as great in my book. I read an interview with Freydnun, a few years back, where he stated that one of his goals was to break Ed Coan's 220 LB total record. At the time he was totaling around 2000 at 198 and it seemed like the false bravado of youth talking. Now he is backing it up in the only place where it matters... the platform. With Coan's record less than 30 LBS away; it is not a matter of if but when for this young powerhouse.

The 242's were the largest class of the competition for the 2nd year in a row with 21 lifters on the roster. Team USA's Tony Harris had the meet of his life in Cape Town. After a smoked opener at 738, Tony hit a solid 782 and then a PR 804 squat that had room to spare. The 3rd attempt was particularly impressive because the score table had several mix-ups in this class and coupled with someone dumping the bar a few lifters in front of Tony meant he ended up being wrapped and unwrapped and wrapped again before his lift. Tony's 3rd squat actually put him in the bronze medal position until Roman Voroshynin of the Ukraine made his final lift at 815. Tony stayed on a roll with three successful benches ending at 512 to keep him in 4th at subtotal. An easy opener at 722 put Tony at 2039 and wrapped up 4th overall. At this point Tony jumped to 766 for a Masters WR in the DL that also gave him a PR total of 2083. A final try at 777 was Tony's only miss of the day. Now in the Masters division Tony has designs on competing in that category, but he showed this weekend that he isn't done lifting against the worlds best



Nikolay Suslov exploded @ 242

collection on his opening pull at 749, which broke his own WR in the total. A modest jump to 777 bumped the record up to 2259, followed by a final try at 793 that gave Nikolay five WR's on the day ending at a large 2276. Nikolay lifted well within himself and if pushed should be over 2300 the next time out.

A smaller than usual class of 12

lifters showed up at 275. After several years of climbing the ladder Team USA's Tony Cardella was primed for a shot at the medal stand. A PR 2204 total at the Seniors separated Tony from the rest of the pack stateside, now it was time to take on the World. An 826 squat equaled his lift from July but 837 was not there on this day. Tony was definitely "on" in the bench; three solid benches were dispatched one after the other with a bronze medal PR 622 on the 3rd that didn't slow throughout the lift. Tony is clearly mastering the groove with his Rage bench shirt and we should see PRs for several meets to come, 650 in May at the Seniors is a definite possibility. Unexpectedly Tony's



Istvan Arvai.. a beltless 876 DL

undoing was in the deadlift. A 722 opener was no problem, but a jump to 766 on his 2nd got out of the groove and came crashing back down to the platform. Backed into a corner Tony needed 766 on his final try to move into 5th place. The lift was tough, but Tony fought to stay in the groove and lock the weight out only to have it turned down by the judges. Tony's trademark consistency has spoiled us all but even on an off day he finished 6th in the world with a 2171 total. Look for him to get back on track with a total in the 2250 range in May at the Seniors. Great Britain's Clive Henry was unable to locate one of his typical huge squats, but showed nice progress in the bench with 573 to take 5th overall. Sweden's Jorgen Ljungberg was never able to get on track. It took three tries with 881 to get in the meet and with only one bench at 556 he was behind the eight ball at subtotal. A strong 2nd pull at 815 got him back in the hunt but 865 to move into 3rd was out of his realm, but not by a large margin. Yevgen Yarymbash, another Junior lifter from the Ukraine, made nine lifts the unconventional way to take the bronze with 2298. Yarymbash made all his squats and pulls but had to repeat a 2nd attempt bench with 650. The successful 3rd allowed him to take a 4th and break Scott Lade's WR with 662.

For the 2nd year in a row, Vitaliy Papazov and Istan Arvai squared off in a battle for the ages. Papazov, the 24-year old Ukrainian, had registered a 2430 at the Ukrainian Nationals earlier this year. Arvai, the hunchbacked Hungarian, had set the WR total with 2359 at the Europeans in May. Papazov took the early lead



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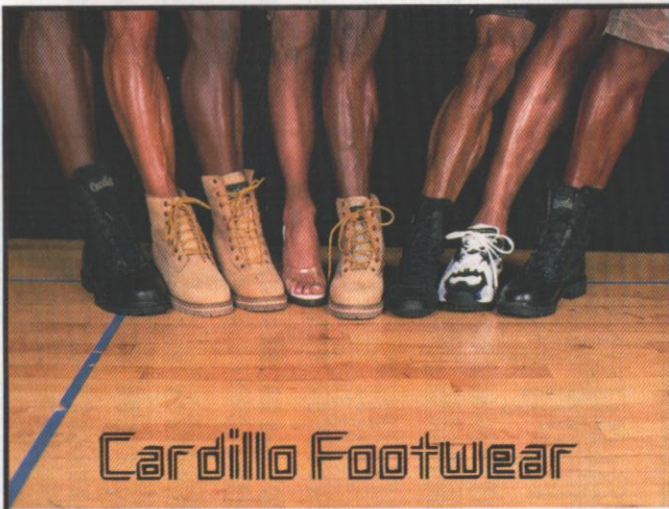
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with a gold medal 914 squat but Arval added 20KGS to his squat from last year with 903. The Ukrainian added to his lead with 3/3 benches that ended at 639. Arval trailed by 44LBS at subtotal and was the heavier lifter. As the current WR holder in the DL he was unfazed by the deficit. After solid openers for both lifters the score was tied at 2347 apiece. Papazov stunningly missed 826 on his 2nd attempt while Arval jumped all the way up to a WR 876. Pulling without a belt, Arval made a slow steady pull that broke his own WR total to give him 2386. That total equaled Brian Siders for the highest total in IPF history. Vitaly came back for a try at 832 that didn't get to his knees and he was left with the silver and 2359. He now holds the distinction of the highest IPF Worlds total to not win the Gold medal. Already the winner, Arval still gave 881 a yank but he was clearly not into it. Arval's progress in the last five years is remarkable, from a 1962 total as a 242er in 1999 to 2386 five years later. We could see both of these lifters go over 2400 at next year's meet.

While most people considered this years SHW class to be the "Siders show" there were some tight battles for the placing behind him. Hungary's Tibor Meszaros battled back from a bad miss with an 815 opening squat to finish in 6th with 2270. Tibor made a solid 881 pull on a 2nd and even locked out a WR 903 3rd but not to the judge's satisfaction. Two-time WC Brad Gillingham was 2.5 KGS ahead of Tibor to finish in 5th. Much like Nick Tylutki the day before, Brad suffered some close misses that kept him off the medal stand. A PR squat of 876 was fought through a difficult sticking point only to be turned down on depth. In the bench 606 looked solid but 617 wasn't there on this day. After pulling 821 on a 2nd, there was a flurry of score table activity that left Brad with the 843 he needed for the bronze medal. The weight was moving steadily off the floor but never got high enough for Brad's patented lockout strength to kick in. The three close misses would have given Brad 2336, which has only been exceeded by Siders, Noren and Kuc in this class at the Worlds. Brad will now turn his focus to the World Games next July, which he considers the most prestigious meet in all of Powerlifting. He won the silver in 2001 and will be training harder than ever to put a PR total together for that contest. Zdenek Sedmik of Czech Republic, also missed all of his 3rds, but managed to finish one spot ahead with 2292. Volodymyr Muravlyov of the Ukraine suffered a nasty leg injury on his 2nd squat that forced him to dump the bar and pass his 3rd attempt. Much like Tony Harris last year, he gamely continued on and managed to pull 804 for the bronze on bodyweight over Sedmik. Kenneth Tallqvist of Finland has been making fast progress lately and off his win at the Europeans in May had plenty of momentum coming to South Africa. A silver

medal in the squat with 903 got him going followed by a 639 bench that put him in 2nd at subtotal. A highly controversial 2nd attempt deadlift of 771 locked up the silver for Tallqvist. The lift appeared to go back down several times but was passed 2/1. That lift became inconsequential when he came back and hit 782 to the tune of three white lights and a 2325 total. The final lifter of the contest reminds me of a famous quote that golfing legend Bobby Jones once uttered about a young upstart named Jack Nicklaus, "He plays a game with which I am not familiar." Ladies and Gentlemen, Brian Siders lifts big weights in a way with which I am not familiar and just about every other mortal is not familiar.

His performances have crossed the threshold past comparison. Brian truly is competing only against himself. After watching him cause mouths to gape all across the venue, I firmly believe that Brian will do to the supers what Ed Coan did to the 220s. He will take powerlifting numbers to a whole new level and because of his size there won't be anyone in his neighborhood .... PERIOD. Brian opened in the squat with 925, which I believe is the highest opener in IPF history. Brian approached the bar like the proverbial "bull in a china shop", showing no regard for the enormity of the moment, he took the weight down and back up with powerful disdain. A 2nd attempt at 964 was attacked with the same fury

and the same result occurred. Only Kirk Karwoski has squatted as much in the 34 year history of the Worlds. Now it was on to the WR and 1009 was loaded onto the bar, the most weight ever loaded onto the bar at the IPF Worlds. Brian stood wrapped and ready to go. Off to the side of the platform, Sherman Ledford of Quest Nutrition and his handlers had already worked him into a frenzy. By the time Brian hit the platform I half expected him to break the bar in two as much as squat it. I have never seen him that fired up. The tough to impress IPF crowd was at a fever pitch, Brian manhandled the walkout and descent only to shoot out of the hole and lose his balance backwards. It wasn't a

strength issue but rather the momentum of 1000 LBS being hard to stop even for someone of Brian's immense power. The crowd didn't even have time to get their eyes checked to make sure they weren't imagining what they had just witnessed before Brian was at it again. A 712 LB WR opening bench was vaporized to the stunned disbelief of the 27 countries assembled. A jump to 744 was shot to arms length without hesitation for another WR. A quick shirt change in the warm up room necessitated a large jump to 793 for an out of this World Record. The lift was just as explosive off the chest but much like in the squat, just seemed to get out of the groove at the top. Brian

actually locked the weight out but there was a clear hitch at the top where it appeared to lockout and then unlock out. The lift was turned down but the mesmerized crowd applauded anyway. Brian now had a 165 LB lead over the toughest group of supers in IPF history. A strong opening pull at 777 raised Brian's WR total up to 2485. A steady 2nd at 821 moved it across the 2500 barrier all the way to 2530. Brian put in 826 to allow Brad more time for his final pull but never came out for the lift. When the dust had settled we had witnessed two WR's in the bench and two more in the total, a near miss on a WR squat and a 200+ LB victory at the World

Championships of Powerlifting. His 3rd attempts would have garnered an unheard of 2630 total. Brian's future is limitless; the only potential roadblocks seem to be health and desire. At the tender young age of 26, Brian seems bulletproof with the ability to train and recover at an unheard of level of volume and intensity. The desire is definitely in abundance, as crazy as the numbers seem to us Brian has much bigger goals in store. Brian's not the boastful type, so I will do it for him. Conservatively, I would say that the WR squat will be his in 2005 with an 1100+ lift being in his reach in the years to come. Brian's bench is still climbing with a 630 for 8 sets of 3 in training for this meet ... that is with no

shirt, by the way. He also hit 815 with the shirt he wore for the 3rd attempt, so 800 will fall shortly with 900+ being his eventual destination. His deadlift gets overshadowed, but the 821 was not a limit lift and his form is improving rapidly over recent meets. Look for 850 or so next year with 900 not being out of his reach someday. He would love to be the first man since Reinhoudt to hold all four Supers records so that could be motivation enough to drive his deadlift up even more. Put that all together and you can see that 2600 will be gone shortly with 2700 being possible for next November in Florida. Brian is considering doing the Arnold Strongman next year so let's all cross our fingers that he doesn't suffer the fate of another great USAPL Super - Brad Gillingham's two years of injuries at that contest.

Russia won the team title with 66 points followed by Ukraine with 61. Brian's points pushed Team USA to a 3rd place finish with 52 points, both of which are improvements over the last few years. Including Wade's Gold it was also the first time the USAPL has had two Golds in the same Men's Worlds. The key was teamwork and making lots of attempts. For the first time in several years there were no bombouts and after the first day not a single first attempt was missed by Team USA. We also saw four lifters; Simmons, Hooper, Gahagan and Harris go 8/9 under the toughest conditions in powerlifting. Head Coach and Masters World Champ Johnny Graham led Team USA confidently. Johnny's assistants included Lanette Lopez, Sherman Ledford, Nolan Crabbe and myself. A special mention to James Townsend, who absolutely busted his tail in a warm up room without air conditioning or much ventilation to speak of, and to David Ricks who traveled all the way to South Africa as an alternate/coach to help and support the team. Gary Grahn and Gale Gillingham handled Brad and Nick excellently. Pete Alaniz of Titan served as Team Manager, and his father accompanied him on the trip and they took some breathtaking photos of the Cape Town scenery. Bettina Altizer, Dr. Larry Maile, and Robert Keller served as judges and represented the US at the IPF congress. We had our usual contingent of beautiful and supportive powerlifting wives on hand including Kim Hooper, Brandi Gahagan, Naeli Harris, and Kathy Crabbe. Sandra Perron took her International Referee's exam and helped out the coaching staff when needed. Christy Newman took literally hundreds of great photos of the competition. Peter Thorne from Inzer made the trip as well. Once again it was an exciting and adventurous trip to the IPF Worlds. Next November the meet returns to our home soil for the first time in 21 years. West Palm Beach, Florida is the locale and Robert Keller is planning a memorable event for both lifters and spectators alike.

Dr. Pat Anderson

### IPF Men's World Championships - 9-14 NOV 04 - Cape Town, South Africa

Class	Nat	SQ1	SQ2	SQ3	4th	BP1	BP2	BP3	4th	ST	DL1	DL2	DL3	4th	TOT
114 lb.															
Sergey Fedosienko	RUS	507	540	573	341	341	363	936	496	529	545	1466			
Patrick Constantine	GBR	407	440	451	220	231	242	694	451	485	507	1201			
Yuen-Chi Yu	TPE	352	418	440	269	209	225	644	407	451	451	1052			
Puravil Suresh	IND	462	462	462											
123 lb.															
Konstantin Pavlov	RUS	529	551	562	374	396	407	959	462	485	485	1444			
Shih-Wu Lu	TPE	507	529	529	253	264	275	804	518	540	556	1361			
Hiroyuki Isagawa	JPN	435	457	468	385	385	385	415	843	462	490	597	1333		
Slawomir Sledz	POL	462	507	518	319	336	352	859	451	479	479	1311			
Dariusz Wszola	POL	462	485	507	308	319	325	810	407	429	429	1240			
Ervin Gainer Sr.	USA	352	374	407	275	303	314	722	457	496	512	1218			
Tomoyuki Kondo	JPN	440	462	468	325	341	352	804	374	407	407	1179			
Thomas Wuffeld	SWE	385	385	418	220	220	220	639	407	473	490	1129			
Chun-Hsiung Hu	TPE	507	529	540	55	220	---	584	518	540	556	1102			
Karl Christians	RSA	330	358	358	198	198	209	567	418	446	457	1014			
P. J. Shoby	IND	485	485	485											
Maik Tronke	GER	485	485	485											
132 lb.															
Ravil Kazakov	RUS	628	650	661	418	440	457	1118	462	496	512	1631			
Darimn Sutrisno	INA	573	617	639	352	385	396	1014	540	573	600	1614			
Tsung-Ting Hsieh	TPE	540	573	595	374	391	396	992	573	600	639	1592			
Caleb Williams	USA	578	578	595	325	325	325	903	501	529	545	1432			
K. Bahtcevanov	BUL	496	518	518	330	341	352	848	507	529	540	1388			
Chung-Liang Chiu	TPE	451	485	---	292	292	---	777	551	573	600	1350			
Nisse Forsman	SWE	462	485	496	336	347	358	843	462	473	479	1317			
Etienne Lited	FRA	462	462	462	253	264	264	727	473	485	507	1212			
Morten Rasmussen	DEN	407	440	440	286	286	286	694	385	407	407	1080			
148 lb.															
Jaroslaw Olech	POL	694	738	749	385	407	418	1168	644	666	683	1835			
Lung-Hsing Huang	TPE	529	573	595	395	429	446	1019	617	644	672	1664			
Amir Selberg	SWE	573	611	628	396	413	424	1036	507	540	556	1576			
Phillip Richard	GBR	595	628	628	374	374	385	1014	507	540	540	1521			
Hassan El Belghitti	FRA	556	573	573	319	330	336	887	551	617	639	1504			
Ahmed Fayyaz	IND	573	573	573	330	352	374	948	551	562	---	1499			
Greg Simmons	USA	523	545	556	330	352	363	909	507	529	540	1449			
Eric Oishi	BRA	485	518	534	330	347	347	848	518	540	556	1388			
Lewis Noppers	CAN	462	501	501	303	319	336	799	529	573	584	1372			
Karel Ruso	CZE	507	529	540	242	253	259	799	485	512	529	1311			
Jean Rheume	CAN	418	446	462	325	341	347	810	440	473	501	1284			
Yi-Hsin Kuan	TPE	275	385	---	198	220	220	584	275	440	462	1025			
Pawel Pracownik	POL	518	518	529	440	440	440								
Conan Ries	RSA	485	485	485											
165 lb.															
Wade Hooper	USA	694	722	738	473	496	507	512	1245	628	647	1840			
Dimitry Dvornikov	RUS	672	699	710	440	462	462	1140	633	666	699	1807			
Oleksandr Borysov	UKR	639	688	699	396	407	418	1118	630	677	688	1796			
Jacek Szychala	POL	639	661	677	396	407	407	1069	617	639	650	1708			
Robert Michailov	BUL	573	611	617	385	407	429	1003	639	672	688	1692			
Peter Vateha	SVK	573	606	639	374	396	413	1019	673	617	644	1664			
Yusuke Fukuda	JPN	573	606	628	352	374	385	1003	573	573	617	1576			
Enrique Richie Rosales	PHI	440	507	507	385	424	435	931	418	523	540	1471			
Jayabalan Pardeep	IND	485	518	---	264	286	---	804	551	644	683	1449			
Sean Muir	AUS	501	529	529	330	347	347	876	529	556	573	1449			
Chih-Lun Su	TPE	396	473	518	344	341	374	859	551	584	595	1444			
Neville Harris	AUS	496	518	529	352	369	369	870	529	551	567	1438			
Walter Schmidt	RSA	485	485	507	341	352	363	826	573	595	611	1421			
Brent McCormack	NZL	440	485	529	341	363	374	848	462	473	485	1311			
Ming-Hui Lin	TPE	440	440	485	286	297	---	771	440	462	485	1256			
181 lb.															
Oleksandr Kutcher	UKR	727	749	760	462	485	501	1234	694	705	727	1962			
Viktor Furazhkin	RUS	716	749	749	473	496	512	1229	683	699	699	1912			
Jan Wegiera	POL	683	705	727	534	551	562	1256	595	639	661	1895			
Marcel Lindholm	FIN	661	694	694	385	396	396	1080	639	661	661	1718			
Andries Dawid Randall	RSA	647	617	661	363	396	429	1014	617	630	661	1664			
Dean Van Wyk	RSA	529	573	573	330	352	352	903	595	639	639	1499			
Erik Rasmussen	DEN	529	556	578	385	402	418	959	496	518	534	1476			
Vraig McMillan	NZL	518	518	518	319	341	363	859	512	556	573	1432			
Stephen King	NZL	485	529	551	275	297	308	859	496	540	578	1399			
Chia-Hao Kuo	TPE	551	595	595	220	352	374	771	573	606	---	1344			
Jeevan Singh	IND	507	---	---	286	---	---	793	440	---	---	1234			
Favio Pardo	ARG	418	418	462	275	297	308	727	462	507	540	1234			
Wataru Kobayakawa	JPN	639	661	661	440	462	479	1124	573	573	573				
Sergiy Naleykin	UKR	738	771	793	485	485	485								
198 lb.															
Ivan Shlyakhta	UKR	771	804	827	485	512	534	1361	749	777	782	2143			
Andrey Tarasenko	RUS	749	782	799	529	562	578	1377	694	737	766	2143			
Aleksey Zvarykin	RUS	771	793	815	462	462	473	1267	705	727	749	1995			
Michael Wilk	POL	749	782	782	496	518	529	1300	661	688	694	1962			
Patrik Turesson	SWE	705	733	744	429	446	457	1162	661	688	694	1851			
Petrus Erasmus	RSA	595	661	661	485	507	529	1190	673	600	617	1807			
Alexander Nikolov	BUL	661	683	683	440	462	473	1135	617	661	683	1796			
Pjotr v.d. Hoek	NED														

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### 12th Senior Olympics BP 13 JUN 04 - Arcadia, CA

WOMEN	
Age (55-59)	Heavyweight
Lightweight	Sneider, H. 355
70	SHW
Middlewt.	Barboosa, R. 250
Brown, S.	100 Age (65-69)
Connelly, A.	90 Light-Heavyweight
Sposato, S.	55 Johnston, J. 245
Age (60-64)	Morgan, R. 205
Middleweight	242 lbs.
Leach, M.	65 Coen, J. 255
Jones, L.	125 Smith, D. 245
Age (65-69)	Hoover, D. 275
Middleweight	Age (70-74)
Holinsworth, B.	60 Lightweight
Willis, P.	50 Mora, M. 190
Age (75-79)	Keolian, G. 135
Middleweight	Mighell, J. 135
Martin, L.	65 242 lbs.
Age (80-84)	Dolfi, R. 235
Mauldin, B.	55 Holinsworth, D. 180
MEN	275 lbs.
Age (50-54)	Thomason, L. 315
242 lbs.	Age (75-79)
DiPietra, J.	335 Lightweight
Rochester, R.	265 Scott, G. 115
Age (55-59)	Light-Heavyweight
220 lbs.	Bahr, D. 200
Connelly, R.	200 Heavyweight
275 lbs.	Bonnell, R. 205
Nielsen, E.	215 Age (80-84)
Age (60-64)	Mid-Heavyweight
Lightweight	Mello, B. 120
Smith, G.	220 Heavyweight
Middleweight	Glosser, I. 175
Nichols, S.	150 Age (85-89)
Mid-Heavyweight	Light-Heavyweight
Lynch, J.	340 Malin, E. 140
Altschiller, A.	210

Best lifter a wards for 2004: Women's Division - Beatrice Maullin, Light Weight Class. Louise Jones, Mid-Heavy Weight Class. Men's Division - Gary Smith, Light Weight Class. Jack Lynch, Mid-Heavy Weight Class. The 2004 Senior Games in Powerlifting had its usual drama - enthusiasm, energy, and youthful faces of cheering lifters and fans filled the room. These ever youthful participants enjoyed the finest lifting in the state championships. Many are committed to total fitness and breaking of their personal records in the year ahead. These games are a great incentive for many to continue on till next year. HUBBA, HUBBA! (Thanks to Harry, Sarah and Rob Sneider for these results)

### 10th Press For Pizza 29 MAR 04 - Lowell, IN

BENCH	
S. Gray-186	275
LHS Football	S.1 Schulz-153 230
C. Caputo-198	170 A. Vrabel-97 150
E. Ping-149	180 S. Sodaro-201 300
E. Wine-188	230 Tienstra-193 315
Marzotto-229	290 B. Girard-162 275
J. Ritter-165	210 D. Smith-188 330
C. Lampa-158	205 J. Alessia-165 300
S. Peck-138	180 Callahan-168 335
R. Lukasik-200	270 Hamady-176 355
J. Stephan-140	205
=Top 5 Lifters. Best Lifters: Jim Vrabel - LHS, Jack Hamady - F.O.P. LHS Team 178.6%. F.O.P. Team 185.62%. Top Lifters: Jack Hamady F.O.P., Jim Vrabel. Guest Lifter: George Politakis L.H.S. The 10th Annual Pizza Push in Lowell, Indiana was held at the Lowell High School. Shane Tucker did an excellent job once again organizing this event. The two teams were the Fraternal Order of Police against the Lowell High School Football Team. There were 10 members of the F.O.P. against 24 members of the football team and two guest lifters on the football team's lineup this year. Shane Tucker invited Jim Vrabel and renowned strongman Brian Schoonveld. Both of these lifters were enthused to partici-	

pate with the football team. The event started off with the members of the football team watching Strongman Brian Schoonveld warm up with 475 lbs raw. For many of these young lifters they had never seen a man bench this much weight in real life, but more was yet to come. Schoonveld finished with a 540lb lift just missing his final attempt 580100 raw. The football team led off this event and looked very good this year. Every lifter got their opener and continued on. But at the end of the event the top 5 lifters from each team were calculated with their best bench and their bodyweight. The F.O.P. took the rock for the third straight year, in the face of strong opposition by the Lowell football team. The Lowell High School Team had a total percentage of 178.6% and the F.O.P. had a total of 185.62%. Jim Vrabel received the top lifter award for the L.H.S and Jack Hamady received the top lifter award for the F.O.P. Many of the lifters walked away with beating their own personal records and were very tough competitors. Look out next year! (Thanks to Jack Hamady for the results)

### USAPL Squat Nationals 09 OCT 04 - Eureka, MO (kg)

FEMALE	
Teen	Open
132 lbs.	V. Stanec 267.5
K. VanDusen	150 220 lbs.
MALE	R. Fowler 310
Youth-1	F. Williams 240
?? lbs.	275 lbs.
J. Gaines	25 B. Wagle 272.5
S. Gaines	45 SHW
Teen	A. Borden 237.5
148 lbs.	Master
B. Cuvur	115 SHW
165 lbs.	A. Borden 237.5
T. Stafford	165
198 lbs.	
K. Neuling	165
220 lbs.	
K. McNeese	230
275 lbs.	
B. Wagle	272.5
SHW	
J. Newsome	317.5

(Thanks to USAPL for these meet results)

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

WOMEN	
S. Jeschenig	500
V. Muscato	240 N. Rovansek 370
4th-250	A. Mangini 365
MEN	Master (50-54)
123 lbs.	A. Mangini 365
P. Zalar	220 lbs.
Teen (12-13)	M. Schmidt 535
P. Zalar	242 lbs.
148 lbs.	D. Grandinetti 470
G. James	390 E. Betza 455
181 lbs.	275 lbs.
D. Swingle	285 J. Lawson 490
198 lbs.	J. Sladkey 470
Champion of Champions: Mark Schmidt. Team Champions: Joe's Gym of Erie. Val Muscato may have been the only woman at this years contest but she showed us she is a force to behold. Val didn't miss a lift including a fourth attempt open, raw record of 250 pounds. George James won the 148 class and just missed a new American record of 403, after hitting rock bottom with ids successful 390. Don Swingle may be 57 but he gets better every contest. Donn won the 181 class this year. At 198, Shane Jeschenig ran away with the gold when he hit a beautiful 500 pound raw attempt. Nick Rovansek and Al Mangini went back and forth with Rovansek winning the silver with 370 and Mangini bronzed with 365. Mark Schmidt squeezed into the champion of champions title with his awesome 535 at 220 and at 49 years. At 242, Dave Grandinetti did a 470 for gold with Ed Betza on his tail with 455 for silver. Jeff Lawson and Jacob Sladkey battled for the gold at 275 with Lawson winning with 490 to Sladkey's 475. Great battle. "Education is what survives when what has been learned has been forgotten" - B. F. Skinner. (results by Joe Orenjia)	

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

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

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

## TOP 100

For standard 148 lb./67.5 kg. USA lifters in results received from August 2003 thru Sept 2004

SQUAT	BENCH	DEADLIFT	TOTAL
1 716 Hoerner, T.J. 6/504	501 Schwab, B. 3/4/05	633 Williams, M. 5/1/04	1758 Schwab, B. 3/5/04
2 700 Hatch, N. 3/27/04	462 Hatch, N. 6/5/04	605 Hoerner, T.J. 1/17/04	1675 Hatch, N. 6/5/04
3 655 Schwab, B. 3/5/04	446 Matsumoto, 12/10/03	600 Schwab, B. 3/5/04	1647 Hoerner, T.J. 6/5/04
4 625 DeCarlo, C. 11/14/03	446 Collins, T. 9/10/04	578 Veal, W. 3/20/04	1515 Layman, S. 12/13/03
5 605 Heath, D. 8/9/03	440 Smith, J. 5/1/04	578 Brown, C. 9/19/04	1500 DeCarlo, C. 11/14/03
6 600 Layman, S. 12/13/04	425 Lewis, M. 4/10/04	573 Niedoliwka, V. 3/20/04	1485 Heath, D. 8/9/03
7 567 Simmons, G. 7/10/04	424 Tom, T. 12/10/03	552 Kaneshiro, D. 12/10/03	1482 Simmons, G. 7/10/04
8 567 Sisk, K. 7/10/04	424 Pinkett, T. 3/6/04	551 Shocket, S. 11/14/03	1432 Niedoliwka, V. 3/20/04
9 567 Bickford, J. 8/21/04	420 Harmon, K. 5/8/04	550 Whigham, A. 11/22/03	1425 Williams, J. 3/27/04
10 560 Williams, J. 3/27/04	413 Evangelista, 8/21/04	540 Grayes, R. 10/4/03	1410 Brown, C. 2/14/04
11 552 Bohigian, K. 11/7/03	407 Williams, C. 5/1/04	540 Belt, D. 10/4/03	1399 Scisney, K. 7/10/04
12 535 Wilson, K. 2/14/04	405 Heath, D. 8/9/03	540 Millian, H. 10/31/03	1394 Bohigian, K. 11/7/03
13 535 Taylor, D. 3/14/04	402 Ruelan, M. 5/1/04	540 Nosek, R. 11/8/03	1394 Nosek, R. 11/8/03
14 534 Brown, C. 6/5/04	401 Ventourilla, C. 9/14/03	540 Simmons, G. 7/10/04	1390 Grayes, R. 3/14/04
15 530 James, B. 3/27/04	392 Mansourian, 3/20/04	540 Eggers, T. 7/24/04	1377 Wong, P. 7/10/04
16 525 Piermattei, M. 7/10/04	391 Crawford, C. 6/12/04	535 Wilson, K. 2/14/04	1370 Wilson, K. 2/14/04
17 524 France, G. 7/24/04	391 Knight, E. 7/10/04	534 Weinstein, L. 10/9/03	1355 Adolph, E. 6/5/04
18 518 Nosek, R. 11/8/03	385 Wong, P. 8/23/03	531 Dunn, n. 12/10/03	1355 Ribic, P. 7/9/04
19 518 Ribic, P. 7/9/04	385 Layman, S. 12/13/03	529 Layman, S. 12/13/03	1344 Veal, W. 3/20/04
20 512 Niedoliwka, V. 3/20/04	385 Cekoivsky, J. 4/17/04	529 Mikulecky, S. 3/20/04	1340 Whigham, A. 11/22/03
21 510 Liggett, M. 8/9/03	385 Love, J. 6/26/04	529 Ribic, P. 6/4/04	1335 Hill, A. 3/27/04
22 510 Green, 5/1/04	380 Mukite, J. 8/23/03	525 Rohan, B. 11/22/03	1322 Weinstein, L. 10/9/03
23 507 Ortega, M. 11/29/03	375 Odegaard, 10/18/03	525 Williams, J. 3/27/04	1315 Alford, S. 11/22/03
24 507 Edmondson, 4/20/04	375 DeCarlo, C. 11/14/03	523 Robinson, M. 8/16/03	1315 Crosby, D. 3/27/04
25 507 Wielgos, S. 8/7/04	375 Zerbe, S. 5/1/04	523 Hatch, N. 6/5/04	1311 Judge, T. 1/28/03
26 505 Whigham, A. 11/22/03	374 Bohigian, K. 11/7/03	523 Adolph, E. 6/5/04	1311 Millian, H. 12/7/03
27 505 Grayes, R. 3/14/04	374 Lippert, J. 12/10/03	520 Hill, A. 3/27/04	1311 Robinson, M. 8/21/04
28 501 Schollmeyer, 11/27/03	374 Simmons, G. 7/10/04	520 James, B. 3/27/04	1295 James, B. 3/27/04
29 501 Adolph, E. 6/5/04	374 Santonio, M. 8/14/04	520 Bayhia, L. 3/27/04	1295 Callagan, T. 3/27/04
30 500 Hill, A. 3/27/04	374 Imamura, J. 8/21/04	518 Alford, S. 9/13/03	1280 Taylor, H. 3/27/04
31 500 Crosby, D. 3/27/04	371 Edralin, A. 9/20/03	518 Chiodo, K. 12/10/03	1278 Tipton, C. 12/7/03
32 500 Taylor, H. 3/27/04	370 Heiner, B. 10/18/03	510 Taylor, H. 3/27/04	1275 Piermattei, M. 7/10/04
33 500 Jackson, B. 3/27/04	370 Strucinski, 12/14/03	507 Payne, P. 10/4/03	1270 Green, 5/1/04
34 495 Vaughn, A. 8/30/03	370 Celio, J. 3/21/04	507 Renn, D. 7/24/04	1267 France, G. 7/24/04
35 490 Callagan, T. 3/27/04	369 Balanga, C. 12/10/03	505 Houston, M. 3/27/04	1267 Wielgos, S. 8/7/04
36 490 Wong, P. 7/10/04	365 Dukes, R. 8/16/03	501 Tipton, C. 12/7/03	1265 Jackson, B. 3/27/04
37 485 Charles, R. 8/9/03	360 Collins, C. 8/2/03	501 Balanga, C. 12/10/03	1262 Bickford, J. 8/21/04
38 485 Judge, T. 11/28/03	358 Stewart, S. 9/20/03	501 Tanabe, V. 12/13/03	1255 Rohan, B. 11/22/03
39 485 Robinson, M. 8/21/04	354 Chamie, A. 12/6/04	501 Bickford, J. 3/20/04	1255 Woodliff, B. 3/27/04
40 480 Grifaldo, T. 3/27/04	350 Yu, Joseph. 8/2/03	501 Wong, P. 7/10/04	1251 Ortega, M. 11/29/03
41 479 Weinstein, L. 10/9/03	350 Beaudry, J. 8/9/03	501 Phillips, J. 8/14/04	1245 Villefranca, 11/15/03
42 475 Petrarca, M. 5/15/04	350 Young, D. 9/20/03	500 Centauro, V. 8/30/03	1245 Houston, M. 3/27/04
43 473 Morse, C. 10/25/03	350 James, W. 9/20/03	500 DeCarlo, C. 11/14/03	1245 Petrarca, m. 5/15/04
44 473 Millian, H. 12/7/03	350 Mountjoy, 10/18/03	500 Reyes, J. 2/21/04	1240 Tanabe, V. 12/13/03
45 473 Tipton, C. 12/7/03	350 Villefranca, 11/15/03	500 Crosby, D. 3/27/04	1240 Stinson, S. 7/17/04
46 473 Tanabe, V. 12/13/03	350 Judge, T. 6/12/04	500 Stovall, C. 3/27/04	1230 Stovall, C. 3/27/04
47 473 Buck, M. 4/17/04	350 Rosali, T. 7/17/04	500 Santonio, H. 3/27/04	1229 Bowens, F. 11/22/03
48 470 Boyd, E. 3/27/04	347 Montague, B. 9/6/03	500 Piermattei, M. 7/10/04	1229 Mikulecky, S. 3/20/04
49 468 Stinson, S. 7/17/04	347 Norris, S. 12/10/03	500 France, M. 8/14/04	1223 Morse, C. 10/25/03
50 465 Woodliff, B. 3/27/04	347 Niedoliwka, 3/20/04	495 Danchez, D. 11/8/03	1223 Buck, M. 4/17/04
51 465 Jacobs, K. 3/27/04	345 Byers, R. 11/16/03	495 Callagan, T. 3/27/04	1223 Edmondson, D. 4/20/04
52 462 Alford, S. 9/13/03	345 Grayes, R. 3/14/04	493 Cortes, R. 12/10/03	1215 Liggett, M. 8/9/03
53 462 Bowens, F. 11/22/03	341 Scisney, K. 7/10/04	490 Scisney, K. 11/8/03	1215 Bayhia, L. 3/27/04
54 462 Marshall, J. 4/3/04	340 Peters, R. 11/1/03	490 Copus, Jan. 12/10/03	1215 Santiago, H. 3/27/04
55 460 Barnhart, C. 3/27/04	340 Rover, N. 11/16/03	490 Bohigian, K. 3/5/04	1212 Hoff, R. 2/21/04
56 457 Hoff, R. 2/21/04	340 Williams, J. 3/27/04	490 Stazer, J. 3/20/04	1210 Barnhart, C. 3/27/04
57 457 Veal, W. 3/20/04	340 Jackson, A. 5/15/04	490 Jackson, B. 3/27/04	1205 Vaughn, A. 8/30/03
58 455 Cina, J. 3/27/04	336 Lawrence, J. 8/23/03	485 Hoff, R. 2/21/04	1200 Grifaldo, T. 3/27/04
59 455 Foreman, L. 7/25/04	336 Nosek, R. 11/8/03	485 Woodliff, B. 3/27/04	1195 Reyes, J. 2/21/04
60 451 Catlin, C. 4/3/04	336 White, T. 2/14/04	485 Green, 5/1/04	1190 Boyd, E. 3/27/04
61 450 Stovall, C. 3/27/04	335 Weisberger, 9/21/03	485 Evangelista, A. 8/21/04	1185 Price, M. 3/27/04
62 450 Santiago, H. 3/27/04	335 Hoerner, T.J. 1/17/04	480 Corsi, D. 10/25/03	1185 Cina, J. 3/27/04
63 450 Price, M. 3/27/04	335 Byrnes, C. 6/6/04	480 Wong, C. 3/6/04	1185 Stephen, D. 3/27/04
64 450 Stephen, D. 3/27/04	335 Reyes, J. 9/25/04	480 Price, M. 3/27/04	1180 Danchez, D. 11/8/03
65 450 Ortiz, T. 3/27/04	330 Guthrie, M. 9/27/03	479 Judge, T. 11/28/03	1180 Gengo, J. 11/14/03
66 445 Villefranca, 11/15/03	330 Romanello, 10/31/03	479 Hedrick, T. 12/6/03	1180 Foreman, L. 7/25/04
67 445 Nied, J. 4/3/04	330 Hedrick, K. 12/7/03	479 Haynes, M. 12/10/03	1175 Charles, R. 8/9/03
68 440 Danchez, D. 11/8/03	330 Chiodo, K. 12/10/03	479 Copus, Jan. 12/10/03	1175 Toselli, T. 3/21/04
69 440 Portis, S. 2/7/04	330 Brown, C. 2/14/04	479 Sverchuck, J. 6/12/04	1168 Clark, B. 12/6/03
70 435 Randolph, E. 2/19/04	330 Panzarella, 5/15/04	479 Stinson, S. 7/17/04	1168 Portis, S. 2/7/04
71 430 Gengo, J. 11/14/03	330 Adolph, E. 6/5/04	475 Kinlaw, L. 8/2/03	1165 Jacobs, K. 3/27/04
72 430 Harrod, J. 12/6/03	330 Buck, M. 8/21/04	475 Heath, D. 8/9/03	1162 Romanello, M. 10/31/03
73 430 Houston, J. 3/27/04	330 Pacheco, F. 9/26/04	475 Neurohr, R. 10/26/03	1162 Dyer, M. 11/15/03
74 429 Mikulecky, S. 3/20/04	325 Flowers, C. 8/23/03	475 Vallot, B. 11/15/03	1157 Galka, M. 3/6/04
75 425 Reyes, J. 2/21/04	325 Clark, B. 9/6/03	475 Simone, L. 2/8/04	115

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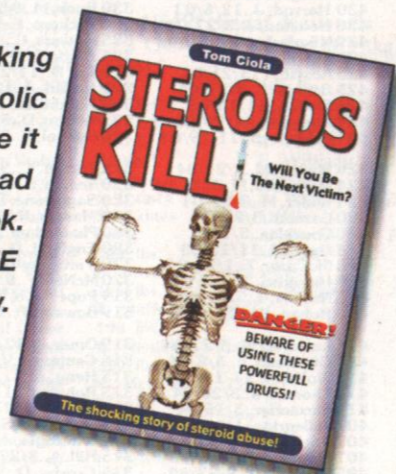
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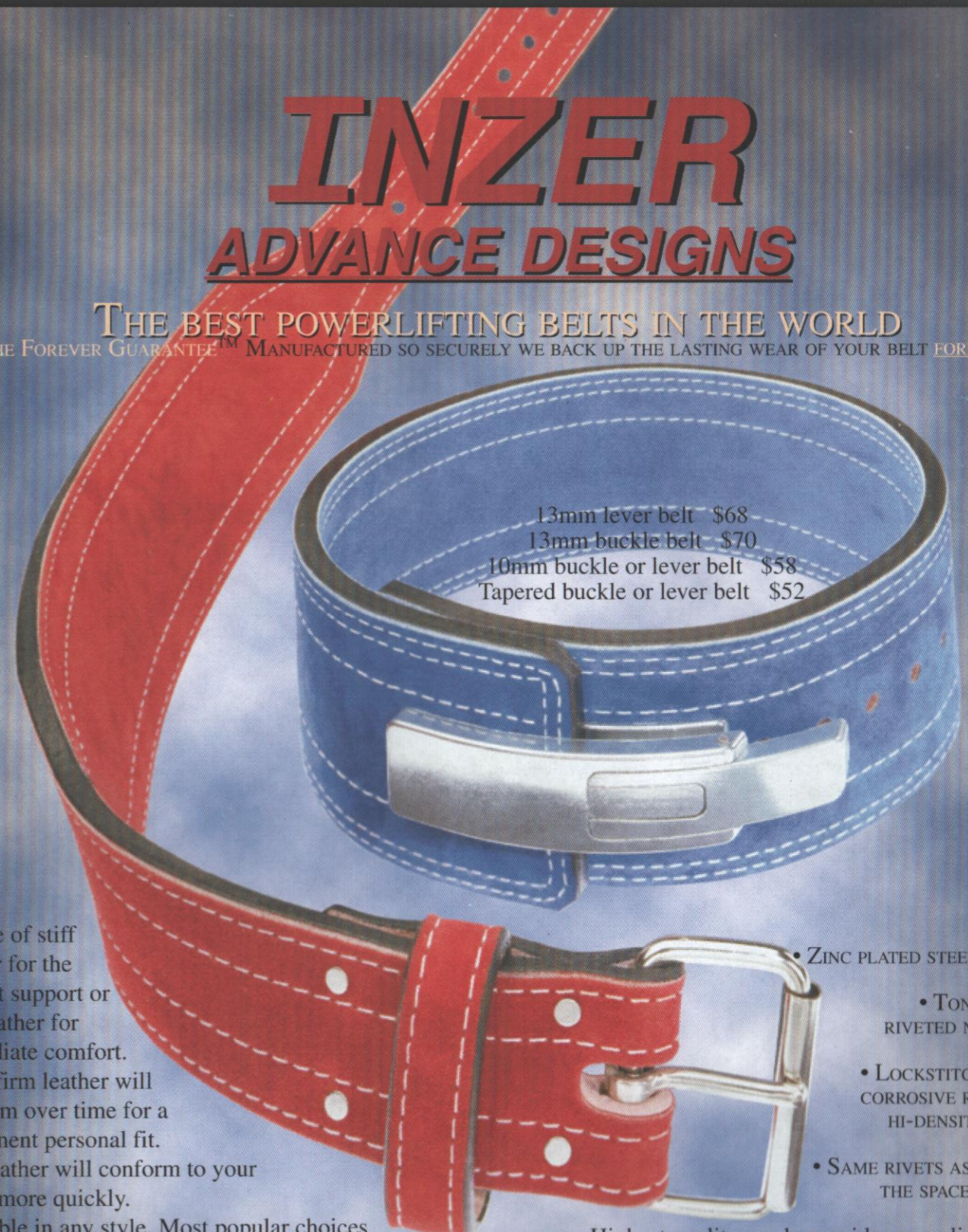
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