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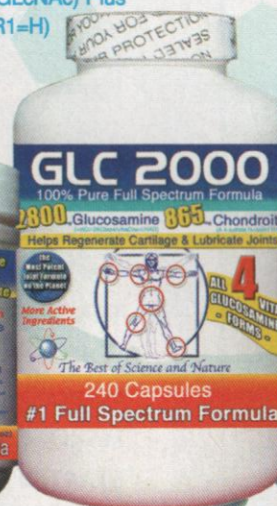
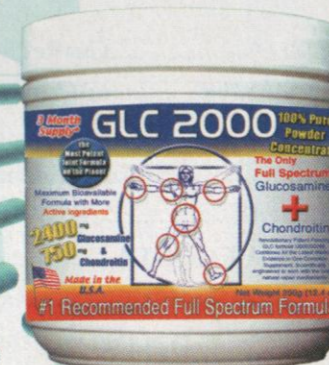
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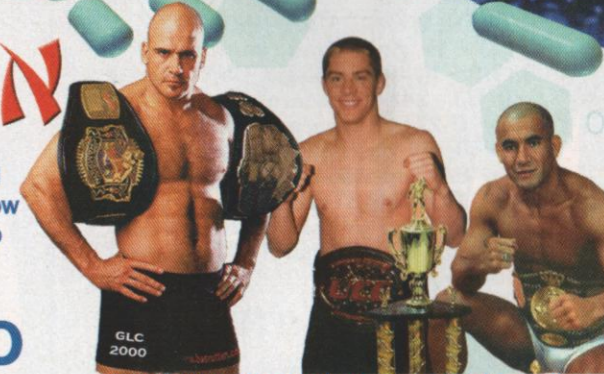
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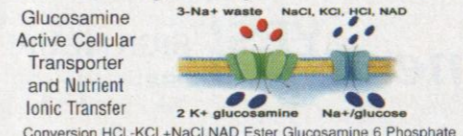
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1 yr...\$54.00
 Outside USA, surface mail \$42 US
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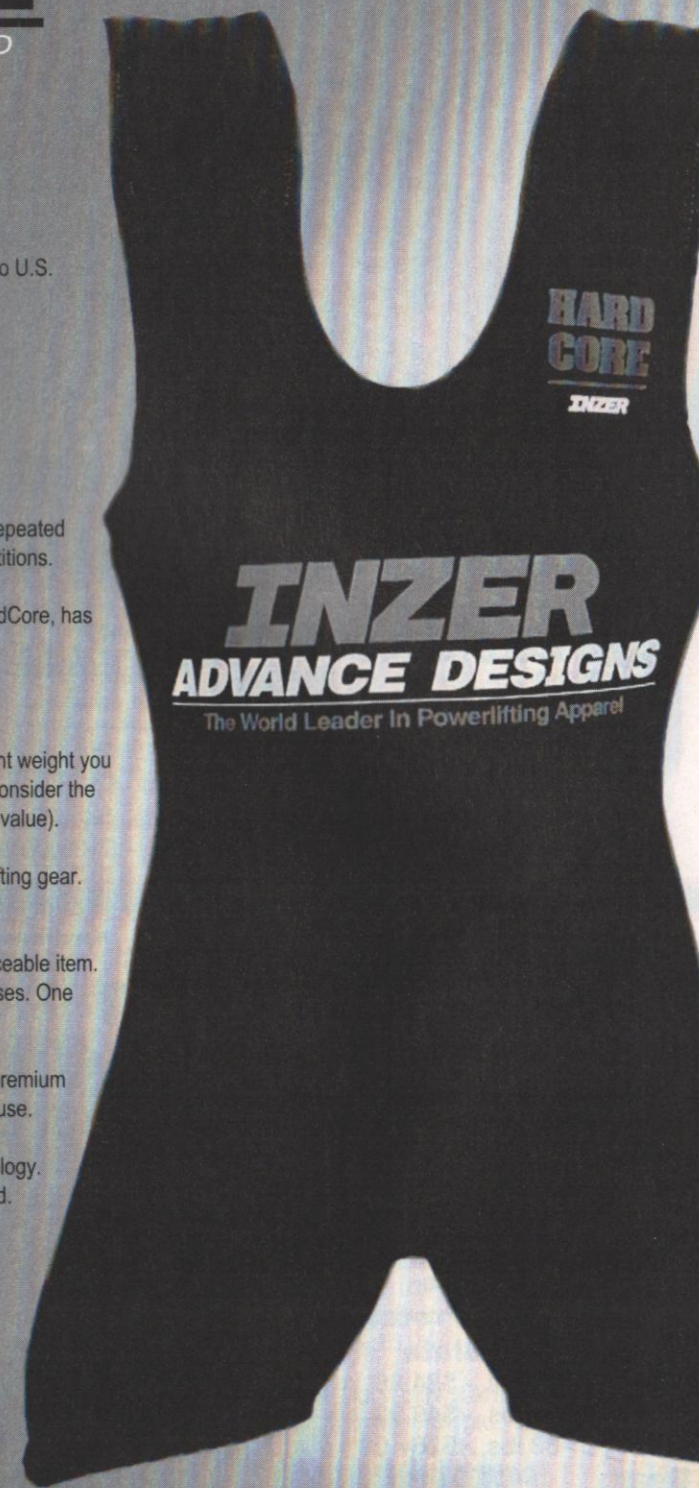
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WABDL WORLDS

by Gus Rethwisch, WABDL President

This was the 8th Annual WABDL World Championships (this year held at the Peppermill Hotel, Reno, Nevada, November 10th-15th). TWINLAB has been the Title Sponsor 5 out of the 8 years. There were 718 lifters who signed up and 682 who actually participated. We had eight more lifters than last year. The progression in years for number of lifters is as follows: 1997 - 290, 1998 - 402, 1999 - 474, 2000 - 520, 2001 - 567, 2002 - 610, 2003 - 674 and 2004 - 682. There were 131 World Records set this year. First, the Deadlift competition report.

In Class 1 Deadlift at 132, Alexander Kang set a Maryland State Record with 374.7#. Tony Pina set a California Record with 507 at 165 - very impressive for any class. Tony Munoz set a Michigan Record with 451.7 at 165 and was 2nd, so Tony Pina won the Worlds with a 56# lead over his closest rival. At 181, Vince Anderson-Lujan was the World Champion with 540. There were 8 competitors. Andrew Kim set an Illinois record with 507 and placed 3rd. Andrew leaves nothing on the platform. He passed out twice from all out pulling at the Nationals in August. Daniel Fischer set an Oregon Record with 462.7 and placed 5th. Robert Staley set a Missouri Record

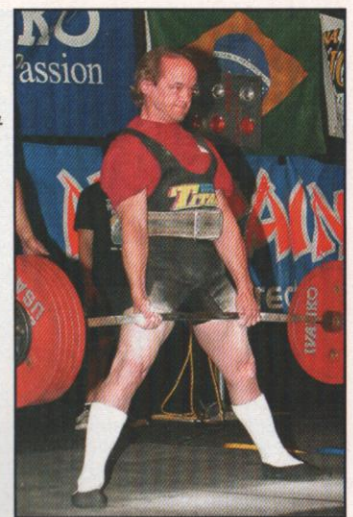
with 380.2 and finished 8th. At 198 there were 6 competitors and Luke Richesson, with only a singlet, won the World Championship with 617 and set an Arizona Record. In 2nd place was an old veteran, Larry Russell, who is 58 and pulled 606 for a Florida Record.

At 220 there were 10 competitors. Doug Tracy of Nevada won the World Championships with 600.7. John Boettger of Missouri was the heavier man and did the same weight, 600.7, for runner up and a Missouri State Record. Dennis Schmidt Jr. was 3rd with a Minnesota State Record 589.5. Lorenzo Nino was 4th with a California Record 585.1. At 242, Carl Erhardt beat out a field of 7 with 622.7 for the World Title. At 259#, Eric Krych set a Minnesota State Record with 677.7 for the World Title. Runner up was Brandon Runnestrand with an Oklahoma Record 672.2. In 3rd Place was Vashon Brumfield with a Washington Record 666.7. Terry Putman of Oklahoma was 4th with an Oklahoma Record 661.2, and Michael Smyser was 5th with a California

Record 529. At 275, Tilden Watson was the World Champion with a Missouri Record 611.7. At Super, David Edgell set a Utah State Record of 688.7 for the World Title.

In Disabled Men, Matthew Taylor was Outstanding Lifter with a 507 at 181. Matthew takes dialysis treatments 3 times a week. At 308, Omar Sanchez set a World Disabled Record with 600.7.

In Junior Men, Stefan Hudson, who lifts for the Washington School for the Blind, set a World Record at 105 with a courageous 214.7 pull. At 132, Quoe Le of South Korea set a Korean National Record with 337 and won the World Championships. At 148, Josh Reyes of Illinois won the World Title in a field of four with a 473.7 Illinois State Record. At 165, Ryan Snelling set a Missouri State Record and World Record 606 weighing only 159. Jeremy Benezra was 2nd with 578.5. Blake Richards was 3rd with an Illinois record 486.1. At 181, Andrew Kim won the World Championship with 507 and Bennett Bossert was 2nd with a Minnesota State Record 451.7. At



Dave Edmondson setting a record

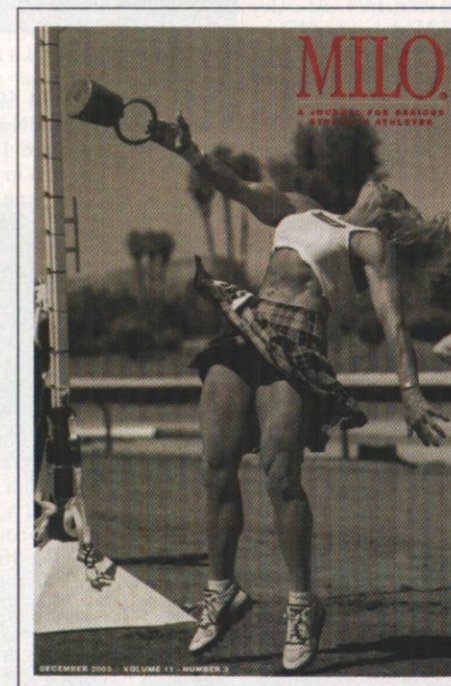
198, Matt Christie of Georgia was the World Champion with 562. At 220, Eric Gunn, the World Record Holder with 723, had to settle for 705 and a World Title. Eric will pull 750 before the year is over. He has a lot of raw talent. Jim Behan of California was 2nd with a State Record 677.7. Steven McShane was 3rd with a Michigan record 611.7. Dennis Schmidt Jr. of Minnesota was 5th with a State Record 589.5 and Davey Silva of Hawaii was 6th with a State Record 562.

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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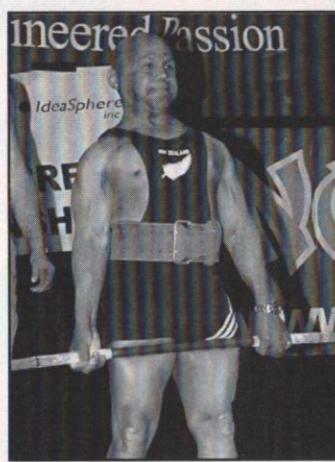
At 242, Nicolas Lepine won the World's with a 611.7 Illinois State Record and at 259, Ryan Harth set a World Record with a Viking like attitude and a pull of 683.2. At 275, Jerry Pritchett who holds the World Record with 744, had an off day and settled for 650, but it was enough to win the World Championship.

In Junior Women Deadlift, Leslie Guzman of Texas set a State Record with 264.5 weighing only 108#. At 123, Stacie Sakai of Maryland hauled in a huge World Record of 341.5 with the aid of a lot of screaming intensity. At 181, Kristy Scott set a World Record 413.2. Her husband, Mike Scott, also lifted, judged, assisted in the weigh-in room and was extremely helpful in many facets of the meet. He coached her superbly and the result was the World Record. Lisa Elliot of Oregon was 2nd with a State Record, 336. At 198, Francesca Mangaang-Brodine set a World Record 365.9. She was coached by Bull Stewart. In 198+, Jane Prothman set two World Records, 364.8 and 402.2, and she was coached superbly by Joe Head of Headquarters Fitness. In Law/Fire Master Men 40-47 Deadlift at 148, Dave Edmondson pulled a perfect looking World Record 529. About 3 1/2 times his body weight of 146.8, plus he's 47 years old. At 220, Zach Clark who volunteered to help in the weigh-in room, won Worlds with 644.7 and Yanto Soekardi won at 242 with 655. Both men have pulled 700# in the past.

In Law/Fire Master 48+, Charles McFarland pulled an Oregon State Record 584 at 198 and at 259, Manny Burruel hauled in a World Record 622.7. In Law/Fire Women 48+, Camellia Luprete pulled a World Record 236.7.

In Law/Fire Open, Dave Edmondson set another World Record with 529 at 148 and Charles Walker set a World Record 600.7 at 181, a bigger than your average bear pull. At 220, Law/Fire Open, Matt LaMarque won the Worlds with 661. His best is 688. If you put together his best lifts of 700# Squat, 771# Bench, and 688# Deadlift, you have a 2159 total. At 242 Greg Babst of Oregon was the World Champion with 650. William Hamilton was runner up with an Alabama State Record 600.7 and Derek Arredondo was 3rd with a California Record 584.

In Law/Fire Submaster at 148, David Renn pulled 440.7 for the Gold. At 165, Richard Anderson pulled an Alabama State Record of 407. At 198, Steven Pearson hauled in a World Record 600.7. Barran Stone was runner up with a Texas State Record of 502.6. At 220, Lorenzo Nino ripped up Gold with a 585 California Record. At 259, Lance Davis came up Gold



Precious McKenzie ... still going

with a 618.3 Utah and World Record.

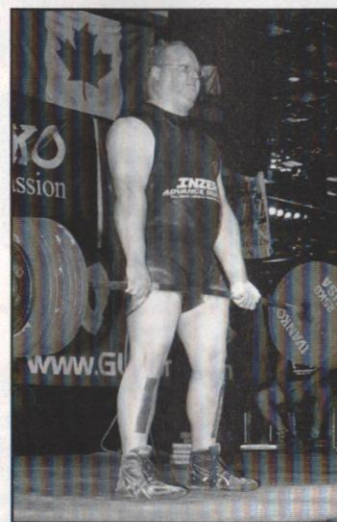
In Master Men 40-46, at 181, Tom Eiseman set a World Record 755 at age 45 - a huge over-the-top kind of lift when you consider that the heaviest deadlift in the Open Division for 242# and up was 771. Tom had set the World Record at 198 with 767 in May in Minneapolis. His goal is still 800# at 181. At 220, George Herring smoked 783.6 for a World Record. There was no doubt about this one as soon as it left the floor. He tried 800.1, but couldn't quite get it, surprisingly enough. Rick Garcia of Texas was 2nd with 644 and Zach Clark of California was 3rd with a State Record 644, but was the heavier man. At 242, Al Dawson was the World Champion with 650. Darwin English was runner up with a Nevada Record 606. and Mike Bennett was 4th with a Utah Record 556.5. At 259, Bobby Driskell hauled in Gold with 694. At 308, Andy "Conan" Medak set a Washington State Record 722. At Super, Paul Ratsch was World Champion with 661.

In Master Men 47-53 at 181, Leamon Woodley set a World Record 705.2. At 220, Kevin Fisher pulled a California Record 655 for the World Title and was closely pursued by David Stratton who did 650 and Duane Burlingame of Illinois who shot up a State Record 644. At 242, Jerry Capello set his umpteenth World Record with 727.5. At 259, Dan Davidson set a World Record 699.7. At 275, Ted Stewart set a Nevada Record 600.7 for Gold. At 308, Joe Mickelson won the Worlds with a Washington Record 562.

In Master Men 54-60, Ted Feight set a Michigan Record 369.2. Ted was on the warm-up room computer for 6 days and did a fine job. He is the Michigan State Chair for WABDL. At 181, Robert Krowach set a Minnesota Record with 567.5 to beat out 7 contestants. At 198, Larry Russell set a Florida Record with 606.2 to edge out 6 contestants. Bob Hochstein

of Illinois was runner up with 556.5, a State Record. At 259 at age 60, Mike Fryar won Gold with 622.7 - 11# shy of the World Record. At Super, Randy Patterson set a World Record with 633.7 to go along with his 672 World Record in the Bench.

In Master 61-67 at 198, Dave Holmes set a Washington Record 491.6 to win the Worlds - definitely an above-the-norm lift for his age. At 242, Mr. Back - Bud Davis - set a World Record 644.7 at age 62 - unbelievable considering all of his attempts are stiff-legged. At 308, Manuel Herrera of Utah set a State Record 518. Manuel is a cousin of Ted Williams and has given me some unbelievable pictures of Williams when he played for the Minneapolis Millers in Triple A Ball in 1938 when Williams hit .366, had 46 home runs, and drove in 142. At Super, Donald James set a World Record 463.8.



William Mott .. with a huge pull

In Master 68-74, 69 year old Precious McKenzie of New Zealand pulled a World Record 435 weighing 131.6. Precious is in the Olympic Lifting Hall of Fame.

In Master 75-79, George Blue of Indiana set a World Record 479.5 at age 76!! In the 220# Class. He set a World Record earlier in the year with 507 at age 75 in the 242# class!! The only man in the world to dead lift 500 at age 70 or over and he did it at 75!

In the 181# Class. 83 year old Dr. Donald Dreyer of Louisiana set a State Record 253.5 weighing 167. Dr. Dreyer is still a practicing physician!! At 259, at age 81, Cal Davis set a World Record 336. In Master Women 40-46. Sandra Stowers of Georgia set a World Record 266.7 in the 97# class - almost a triple bodyweight deadlift. At 148, Suzanne Hedman set a California Record 347 to beat out 5 contestants. At 181, Cindy Webber pulled in 380 for the World Title. Annette Sozzi-Dangel of

California was Runner up with 363.7. In Unlimited, Jane Morales Costa of Brazil was World Champion with 352.5.

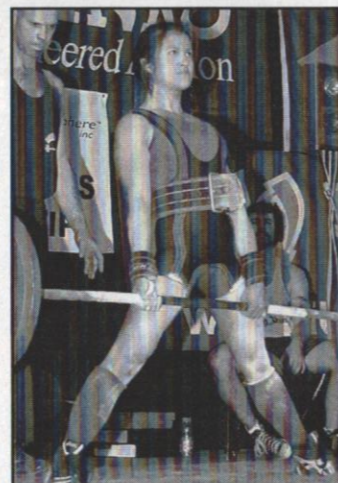
In Master Women 47-53, four World Records were set by: Jeanne Marris 225.7 at 105. Sophia Zadubera of California with 292 at 144, Carol Myers with 415.4 at 123, and Marilyn Lewis with 320.6 at 181.

In Master Women 54-60, 105# Mary Pederson set a World Record 187.2.

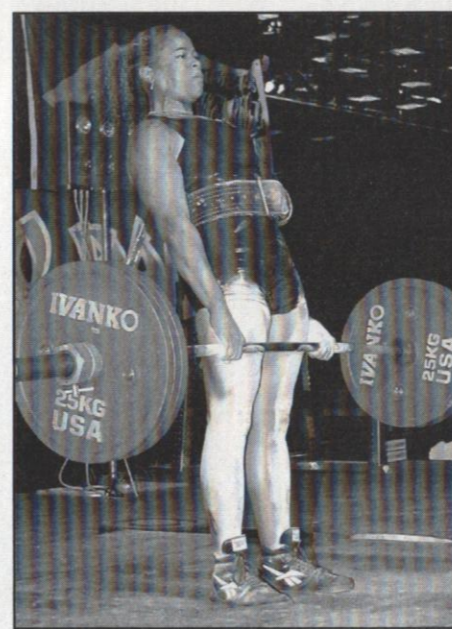
In Open Men, Tom Eiseman and George Herring were the stars with 755 at 181 for Eiseman and 783.2 for Herring at 220, both of them were World Records. At 198, Ryan Lewis was notable with a California Record 705 and Evandro Casagrande of Brazil pulled 727 at 220. At 242, Brent Howard won his 3rd World Title in a row with 733, never underestimate "Sergeant Rock". At 259, Jani Ihalainen of Finland won the World Championships with 705. At 275, Patrick Holloway set an Arizona Record with 766 and got a World Title. At 308, William Mott set a National Record with 771.5. He's about to become an 800# deadlifter. At Super, 400# Brian Oldham won with 744 and David Edgell of Utah set a State Record with 688.7 and finished 3rd.

In Open Women, at 97#, Cheryl Anderson set a National Record 303 with a very gutsy pull and no room to spare. That's more than three times her body weight! At 123, Carol Myers set a World Record 415.4, also more than three times her weight. At 148, Jeanne Watts pulled a California Record 386.8 10 beat out 6 contestants. At 165, Leonetta Richardson pulled a World Record 419.8. At 198, 14 year old. Randalyn Nohara set a Hawaii Record 407. At Unlimited, Dawn Richards of Utah beat a field of 5 with 424.2.

In Special Olympian Men, Jon Shapiro pulled 336 at 148 to win Best lifter.



Cheryl Anderson .. going for #1



Jeanne Watts ... (all photos courtesy Namea)

In Submaster Men, World Records were set by Monte Hokoana at 165 with 601.8 and Jeff Ray at 198 with 688.7. The 220# Class was won by Evandro Casagrande of Brazil with 727.5. At 275, Patrick Holloway of Arizona was World Champion with 766 and John Hudson of Illinois was 2nd with a 727 State Record. Dean Munsey won at Super with 705. Flavia Danna of Brazil won 181 with 512.5.

In Submaster Women at 132, Lucia Feraud Montenegro of Ecuador won with 286.5, and World Records were set by Jeanne Watts at 148 with 386.8 and Teresa Jacobs at 165 with 385.7.

In Teen Men (16-19) 148, Kyle Chiodo of Minnesota set a World Record 540 and was expertly coached by his father. His brother Derek Chiodo pulled 573 at 165 for the World Championships and a Minnesota Record, the only time in WABDL history that two brothers won World Championships. At 308, Nick Heppner of Oregon set a World Record with 700.8 and the 2nd Teenager to deadlift 700 in WABDL. At 259, Jacob Miskimins and Barry Driskell of Washington exchanged World Records at 259 - Jacob winning out with 584.

In Teen Women, World Records were set by: Brittany Braguine of California with 341.5 at (13-15) 148, Randolyn Nohara with 407.7 at (13-15) 198, Kayla Taueli with an incredible 462.7 at age 15 in Unlimited, and Marie Rochat with 353.6 in 16.19 148#. Kayla Taueli, again she is only 15, had 501 over her knees!! She is coached by Joe Head. Randolyn Nohara, coached by Keith Ward, should deadlift 470# before she turns 20. She is only 14! If Kayla Taueli sticks with it, look for 600# drug free as a teenager!!

Moving on to the Bench Press. In Class 1, Van Williams at 123 set

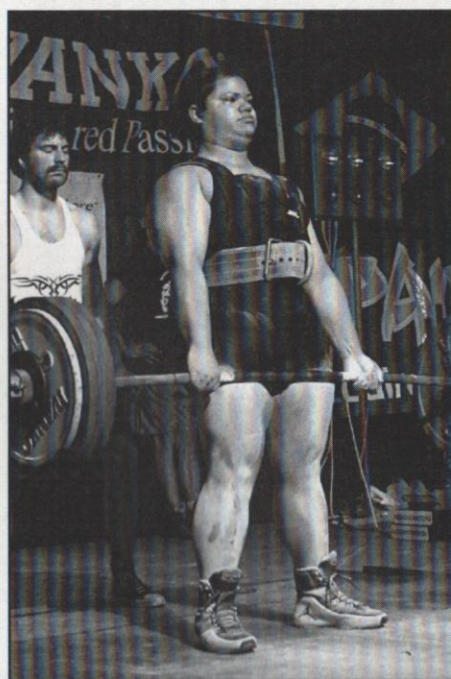
an OK record 187. At 132, Alexander Kang set a Maryland Record 198. At 165, Mark Feldman beat out 5 competitors with the World Title ensured by a Nevada State Record 430.8. At 181, Andrew Kim of Illinois beat out 6 competitors with a State Record 424. At 198, colorful Bill Cox, a biker (Harley, of course), loaded with tattoos and a nice guy and has steadily improved and beat out 6 competitors with a 446 Oregon Record. At 220, Tony Leach tied the Oklahoma Record with 490.5 for the World Title. Doug Tracy was 3rd with a Nevada Record 468. There were 14 contestants. At 242, Janne Heittokangas of Finland won the World Title with 507. He was one of five lifters from Finland. At 259, Michael Smyser of California won the World's with 462.7. Frank Gonzales was 3rd with a Nevada Record 440.7. At 275, Ricardo Nort of Brazil won the Worlds with 573 and Big Jim Presley with 24 1/2" arms cold came in 2nd with 540. At 308, Mario Ceccarelli of Washington set a State Record 523.5. At Super, a Gentleman and Scholar, Leo Contreras benched a PR 440.7 for the World Title.

In Disabled Men, Cody Colchado was Outstanding Lifter with 451.7 at 242.

In Junior Men, Andres Valleza set a Washington Record 380 at 148 for Gold. At 165, John Alves set a California Record with 424 for the World Title. At 181, Stephen Judah set a Florida Record with 485 to beat his closest rival by 60#. Clifton Bonds set an Alabama Record with 402 and Anthony Zaffino set a Georgia Record 396.7 at 181. At 220, Jerame Linnell was World Champion with 490.5. Eric Gunn was 3rd with a Texas Record 451.7. Jason Smith was 4th with an Arizona Record 441.8. At 242, Richard McKeefer who holds the World Record at 220 with 567 won at 242 with 578 and a close shot at 600, but his bench shirt shredded. Richard also helped in the weigh-in room and was a judge. At 259, Michael Womack set a World Record with 601.8. At age 21, he is an up-and-coming star that should hit 700 before too long.

In Junior Women at 123, Erica Haislar, who is the WABDL Illinois State Chair along with John Hudson, set a State Record 176. Jana Prothman set a World Record at Unlimited with 189.4

In Law/Fire Master Men 40-47, World Records were set by Dave Edmondson, Utah, 319.5 at 148, Kenneth Cook, Texas, 447.3 at



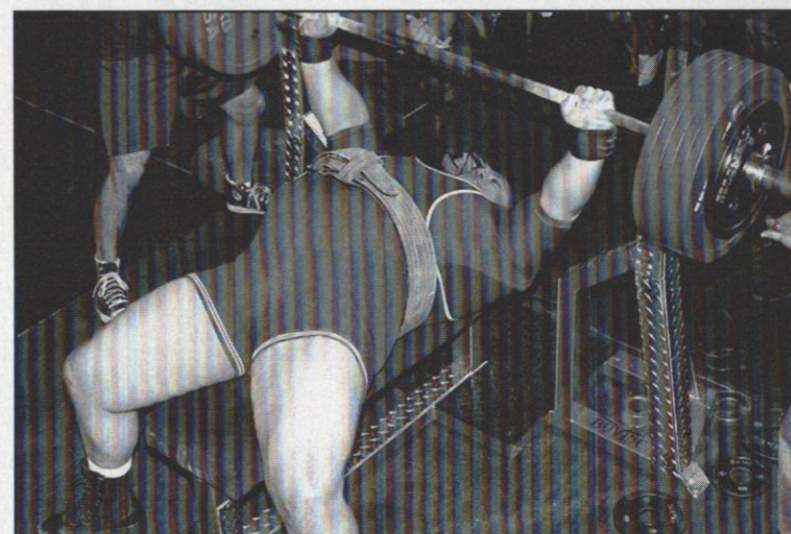
Kayla Taueli ... phenomenal future prospect

165, Reed Bueche, Louisiana, 512.5 at 259, Mike McKenzie, Colorado, 529 at 242, Wayne Watts, Georgia, 601.8 at 308, and Dave Marchant did 650 at Super. Dave Edmondson set 3 World Records in the Bench and Deadlift and also judged. Reed Bueche did a fine job as M.C. for much of the meet and also helped out in the weigh-in room. Mike McKenzie is a lot of fun to get together with and talk about the old days and Wayne Watts is a true Southern Gentleman and huge, 6'5" and 291. For him to bench 601.8 is a major feat of strength. Dave Marchant along with his brother, Randy, are the WABDL State Chairmen for Utah. They put on a WABDL meet every June in Salt Lake City. Next year, the meet is June 25 and it is called the Rocky Mountain Regional.

In Law/Fire 48+, World Records were set by Butch Martinez, California, 429.7 at 220 and Roger Ryan, Illinois, 529 at 259. State Records were set by Kevin Heller, West Virginia, 396.7 at 220, Ed Acey, Utah, 429.7 at 259, Bruce Sabin, California, 479.5 at 275, John Beggs, Illinois, 424 at 275, and John Von Rohr, North Carolina 407.7 at 308. John is the North Carolina State Chair.

In Law/Fire Open, World Records were set by Mark Feldman, Nevada, 430.8 at 165, Charles Walker of California put up a huge 529 at 181, Matt Lamarque, California, put up the highest all-time anywhere in the universe 771.5 at 220, Jason Jackson, Oklahoma, put up the highest all-time anywhere in the universe 771.5 at 242, and Wayne Watts, Georgia, 601.8 at 308.

In Law/Fire Master Women 40-47, World Records were set by Palo Alto, California Police Woman Donna Arndt with 198.2 at



Dave Marchant ... one of the premier bench press competitors at the contest

(continued on page 76)

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Bobby Leitz, spotter

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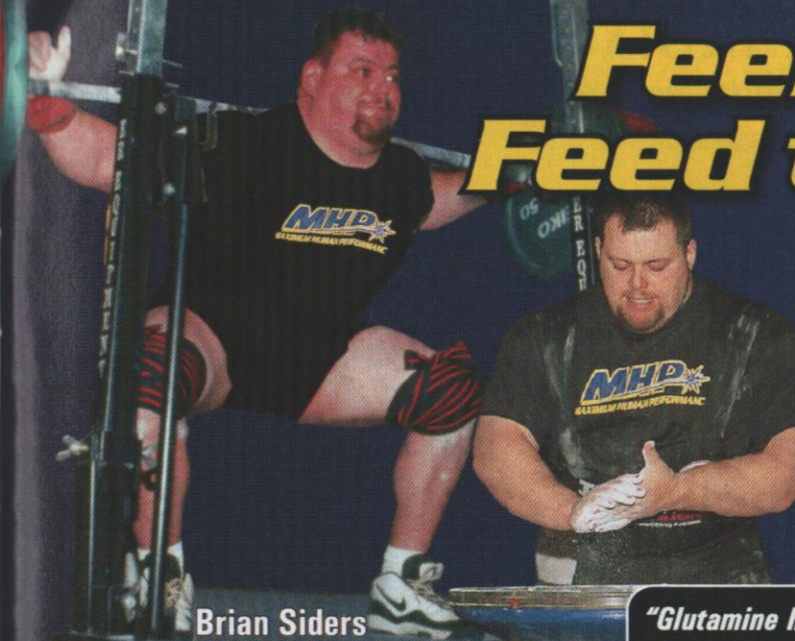
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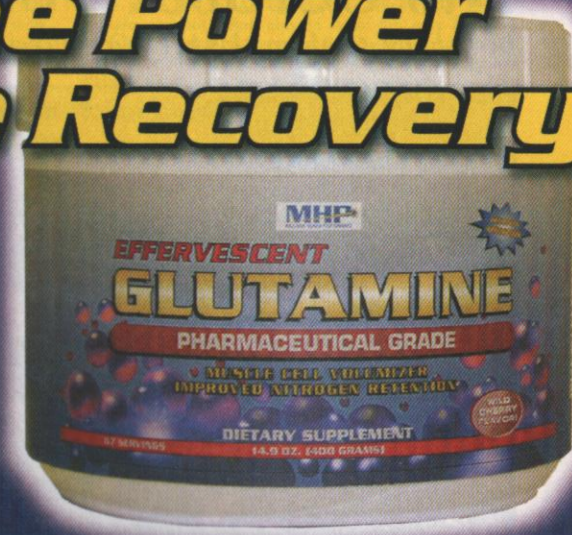
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2004 IPFWORLD MASTERS CHAMPIONSHIPS 5-10 OCTOBER - UDAIPUR, INDIA

by Johnny Graham, USAPL Vice President, Masters Coach/Chairman



At the IPF World Masters Championship - Team USA ... 1st row: Dana Palmer, Paul Houston, Kim Ryman, Gina Stepleton, Faith Ireland, Leigh Haines. 2nd row: Bill Scully, John Bissen, Dave Clark, Dean Reece, David Bracken, Dan Goodwin. 3rd row: Will Morris, Johnny Graham, Bill Clayton, Bill Callahan, Jeff Capps, Sean Anderson, Gerry Dally, Bill Collins, Stan Chatis, Bill Helmich, Frank Palmer, Greg Jones (missing from photo: Jim Yeats)

The 2004 World Masters Championships were held in Udaipur, India. Udaipur is known as the City of Lakes, with a population of over 600,000. In India, a population of 600,000 is considered a small town, with the national population of just a little over one billion. I don't know about the rest of India, but in my opinion, Udaipur has to be the Moped capital of the world. You MUST have an operational horn on your vehicle to get around this town. I can't count how many times I thought we were going to run into another vehicle.

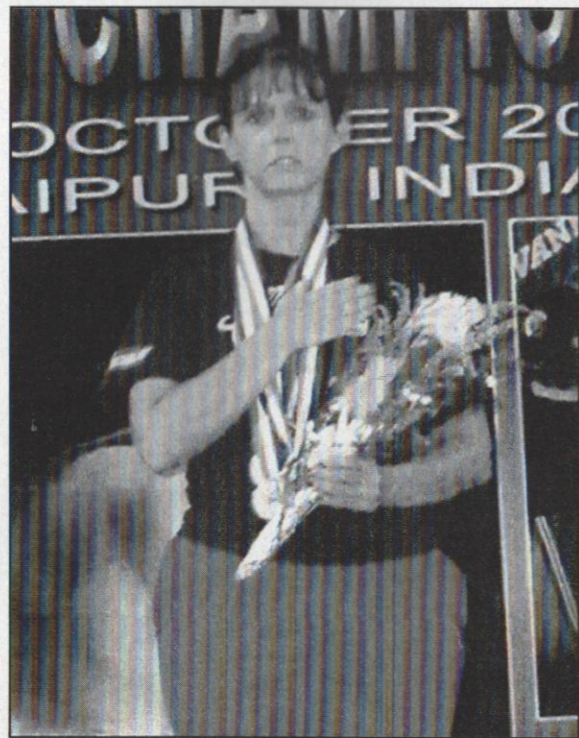
Most of the US team members arrived together, either meeting in the Twin Cities or Mumbai (Bombay), India. We were met at the Udaipur airport by the meet director, Subrata Dutta and his staff, and given a ceremonial greeting then bused to the meet headquarters hotel. After a 36 hour trip, we were ready to check into our hotel to shower and rest. The meet staff had other ideas, as they were waiting for us to pay them for our hotel rooms. After some major discussions, and even while most lifters had credit cards to pay for their rooms, we were bused to the hotel and checked in. Two hours later, we were bused back to the meet HQ and then to a local banking office to get cash advances to pay for the rooms.

The US team was housed at the Fateh Prakash, a five star hotel, surrounded by the City Palace. We actually stayed on the same grounds where the King of Rajasthan lived. This place was really prepared for western tourists and we were delighted with the service and the great staff. Everyone involved with the servicing of the hotel was always willing to give us support in whatever we needed. You couldn't ask for a better staff.

After all the rooms were paid for, I had the opportunity to go view the meet site and check out the area. The event was being held at the College of Agriculture, which was about a 15 minute drive from our hotel. I was really surprised when I saw several LARGE posters of Ed Coan all over the area. Ed, are you a master lifter yet? Also, a large background poster of Kirk Karwoski is in every picture taken of the lifters on the platform.

After seeing the warm-up, wrapping, and lifting area, I informed the team that we would be getting very close and personal with our competition. The warm-up area was a hallway with four platforms and the wrapping area about the size of a large bedroom. Needless to say, we were literally walking over each other in the warm-up and wrapping area.

After the technical meeting on Tuesday, we saw a very long traditional Indian cultural show with many dancers. I didn't know a person could dance with 10 feet of bowls on her head while walking on glass and knives. After watching two hours of this, it was time to return to the hotel to prepare and rest for the first day of lifting.



Gina Stepleton... Assistant Head Coach and 1st place M1 132 lb. (this photograph provided by courtesy of Johnny Graham)

team traveler Gerry Dally were always there to lend a hand and supply great support to the lifters. Working with this dedicated group of veteran lifters made it a lot easier for the newcomers to just do their job of lifting.

As the first day of lifting started, you could see the nervousness of some of the lifters as they were about to perform on the "BIG STAGE". Newcomer Kim Ryman brought a supportive staff with her that was also very helpful throughout the week. Lifting in the 105 lb class, this is one lady that will soon be wearing the Gold medal around her neck. With her coach "Roy" wrapping her knees and keeping her focused, she finished with the bronze with great lifts of 231 sq, 115 bp, and 253 dl. This is one lady to watch out for in the near future as she has only just begun.

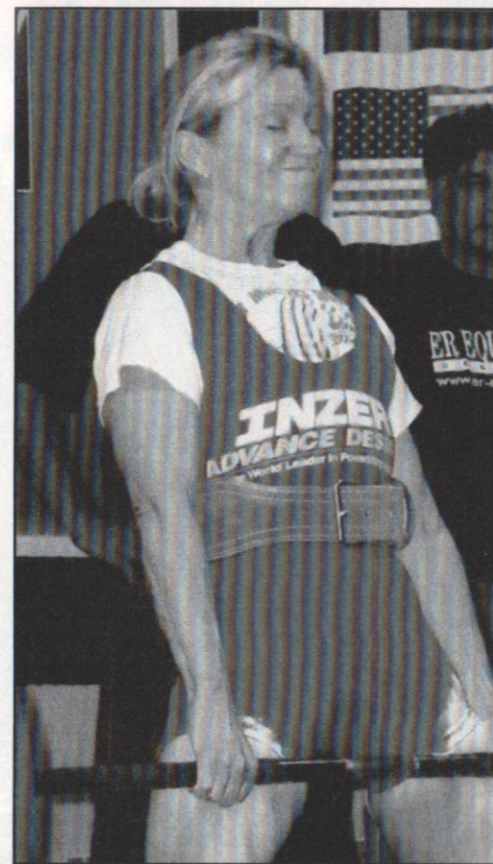
Dana (Deutsch) Palmer has really had a hectic two months schedule. After getting married to the best person in the world to help you with bench shirts, Frank Palmer, she was on the team, off the team, and back on the team all within 3 weeks. The new life hasn't sapped her ability as she transitioned into the 114 lb class and gave the team great points with her 2nd place finish. I think her and Frank were still trying to find time to have their honeymoon on this trip, but it didn't happen with all the work they did during the week. She only weighed in at 112 lbs, but was solid on all her lifts. Dana has been on several World Bench Press teams and her bench press powers showed as she won the gold in that lift. Once she gets more comfortable in her new weight class, she will be on the platform with the National Anthem playing. Speaking of the National Anthem, the CD player didn't work, so every time a US lifter won the Gold, the team would sing the National Anthem from the audience. I must admit, we really did sound great singing it.

Leigh Haines is making the transition from a bench press specialist to full powerlifter with great success. After lifting in the Bench Press Nationals three weeks earlier at 114, she went back up to the 123 and garnered much needed team points at 4th place. She proved that her bronze medal in the Masters Bench Press Worlds was no fluke, as she got the silver in her signature lift. I'm sure we will see her on the medal platform soon.

The hardest working person in powerlifting, Gina Stepleton, finally got the chance to stand on the medal platform. As I said earlier, she did an outstanding job before, during, and after the meet, and never had a day's rest. For the past five years, Gina has assisted, lifted, and done whatever was needed to support our teams, and now all her hard work and efforts paid off with a GOLD in the 132 lb. class. As coach for the past five years, I think I was the happiest person in the crowd, as our first Gold medal at this World Championships was awarded to Gina. With John Bissen leading the USA in the singing of the National Anthem, it was an honor to be singing it for Gina and seeing her with her four golds around her neck. A well deserved win for a great person. Washington State Supreme Court Judge, Faith Ireland, has had a run of bad luck at recent world meets, but this year was not the case. After missing her first squat, she came back strong on her second. She was on her way to the silver medal in the 132 lb, M2 class. Faith was our only lifter in the M2 class, but that didn't stop her from some great lifting. She also secured the silver in the squat, bronze in the bp, and silver in the dl. It was nice to see Faith with her million dollar smile on the platform.

What can you say about Paula Houston that hasn't already been said. Now we can add on the title as WORLD CHAMPION. Paula has won many national titles, but fell short at the Worlds, however, 2004 was her year. I have known Paula for many years and this was the biggest smile I have ever seen on her face when she found out she made a clean sweep of the Gold Medals in the 148 lb class. Her only disappointment was once again missing the American record on the bench press. Paula finished up the team lifting for the ladies and with her win, locked up the M1 Women Team title for the USA. This is the 5th straight year that the ladies M1 have won the world title.

As the second day of lifting started, we were always keeping a eye on John Bissen. John is the person most likely to get lost and this was proven as he came a day late from oversleeping in Bombay and missing his plane. When it was time to lift, John was ready and smiling. John was



Dana Palmer's... Silver Medal Winning Deadlift.

also a last minute replacement, as he was given about a three week notice that he made the team and got all the items needed to make the trip on short notice. His hard work paid off as he got the team some very valuable 4th place points and a bronze medal in the squat in the M1 132 lb class.

Not having anyone in the 148 lb M 1 thru M3 was really strange. Not seeing defending World Champions, Lloyd Weinstein and Robert Cortes, with us was very different. But when it came time for the 165 lb class to lift, the coaching staff got busy. David Bracken showed that not only is he a very intelligent man (a nuclear physicist), but also one very strong lifter. David calculates all his lifts down to the ounce for training as he prepares for a meet, along with analyzing years of history on his competition. It must have paid off, as Dave figured his way into 2nd place in the 165 M1 and also took the gold in the bench press. A 606 lb. squat is nothing to forget and he has more where that came from. Look out for some great things from Dave in the future. Jim Yeats brought along his wife, Vicki, with him and I think she put as much work into assisting the team as I did. It was always great to have her there with us and helping whenever we needed it. I guess she knows a thing or two, as Jim is by far one of the best lifters I have witnessed for many years. All his lifts are done with perfect form and it showed with his gold in the deadlift and silver overall in the M3. Jim also walked (flew) back home with the silver in the squat and bench press.

I had to give this guy a story unto himself. A barber from Omaha, NE, with a smile as wide as you can see, at the young age of 72 years, Dan Goodwin was the oldest lifter in the contest. You can't tell he is 72 by the shape of his body. NEVER have I seen someone of his age with as much muscle mass and muscular definition. Dan was in awe at his first world championship. This is a guy who lifts in nothing but a wrestling singlet. His 4th place finish gave us very much needed points as we knew we had a fight for the team title against the always strong team from Japan. This is just the beginning of what he will do in the future.

Longtime USA Masters team member Bill Scully had the meet he has been working on for years. I want to make it a point that no one was more proud of him finally standing on the podium with that GOLD medal around his neck than me. Bill has come so close on several occasions, but lost it on the deadlift. Yes, his deadlift also sucked on this day, but he took a commanding lead in the squat and bench press, taking a gold in both events, and just had to sweat out the final

pulls of two Russians for the gold. His New Jersey counterpart, Bill Clayton, pulled triple duty as lifter, referee, and coach during the week. With all this work, he still managed a 3rd place, (Bronze), in the 181 M2. Now let's talk about the dancing deadlift. Only Bill can walk around the platform with the bar in his hand while deadlifting. You have to see it to believe it. Needless to say, Bill Scully didn't let him forget it the rest of the weekend.

Defending 198 lb M1 Masters World Champion Greg Jones didn't have the day he was looking for. Greg is a trucker and being on the road for almost a month and getting into India the day before lifting took its toll on him. Even after enduring so much get there, he still managed a Bronze in the squat, deadlift, and total. Greg was about 60 kgs off his national win and that would have easily secured him his second gold. He will be back.

How Gerry Dally travels, trains, and deals with Bill Scully, and still keep his sanity is beyond belief. Gerry usually lifts in the 198 lb class, but had to move up a class for team points. Gerry is also another guy who was assisting everyday when he wasn't lifting. His knowledge of the sport is well known as he had assisted the Benemerito brothers for years. Gerry had a good showing at his first Masters Worlds with a 5th place. Another longtime World Masters lifter, and former Gold medal winner, Dave Clark couldn't get a squat passed. The judging was very strict during his flight and I'm sure he will be back. Don't ever count out a former Vietnam Veteran Marine. Stan Chatis has traveled the world with the Masters Team several times and he is always a great pleasure to be around. Never is there a dull moment when Stan is around. When he not out on the platform winning World titles, as he did again this year, you can usually find him somewhere with a cigar, just relaxing. Stan is one of those guys who just loves this sport and he has a gold in each lift to prove it.

The 242 lb class was where we felt we had our best shot to take gold in every age group. With Brian Callahan and Jeff Capps leading the way in the Masters I, we were in pretty good shape. These two guys will have some battles



Bill Scully Squats 584 (Dana Palmer photo)

in the near future, but this time it was Brian's turn to take home the gold. With some solid lifting until the deadlift, Brian had to wait for Jeff's final pull to see if he could hold on. Not only did he have to worry about Jeff, but also Bill Henderson from New Zealand, who missed his final pull to try to overtake Brian. Something about those New Jersey lifters and the deadlift scares the hell out of the coaching staff. Brian collected a gold in the squat, and silver in the bench, just winning by 2 1/2 kgs over Bill. It wasn't finished yet, as Jeff loaded his final deadlift to 310 kgs for the gold. He had the lift all the way up to the top his knees before losing his grip, and then it was a sigh of relief for Brian.

Bill Sindelar was unable to make the trip after injuring his shoulder, so I stepped in for a chance to get team points. Having had double hernia surgery just

14 weeks before the Worlds, I had no idea how I would do. After being told by Asst. Head Coach Gina Stepleton to keep training, and having Lanette Lopez coach me while at home, I was ready to just try to get some good lifts in. All my openers were really low to be safe and not being able to wear the only belt I've used for 20 years made me a little nervous. Maybe it's time for a change, as I had my first 9 for 9 day, and walked away with the gold. I also received the gold in the squat, bronze in the bench press, and silver in the deadlift to finish off the perfect day.

We made a call to move Bill Helmich up to the 242 lb class in the M3 and he had to eat to make the weight. I guess he will continue to eat, as he walked away with a clean sweep of golds. Not only did he win, but he won by over 500 lbs over his closest competitor. I think he just might like this new class.

The 275 lb class was another one where we had all the age brackets filled, and big guys can lift big weights and proof of it was another clean sweep of the golds for him in the M1 class. Being on the big stage was really making Bill nervous and after some corrections, he went on to record a 644 squat, 501 bench, and 617 deadlift. Dr. Sean Anderson kept us informed of his every move from three months out of the meet and when it was time to perform, he was still at it. Something must have been right, as he went out there and secured a bronze in the 275 M2 class. Sean received a great writeup from the Idaho State U. newspaper for his lifts. Glad to see that the lifters are being recognized for all the hard work they put forth towards this event.

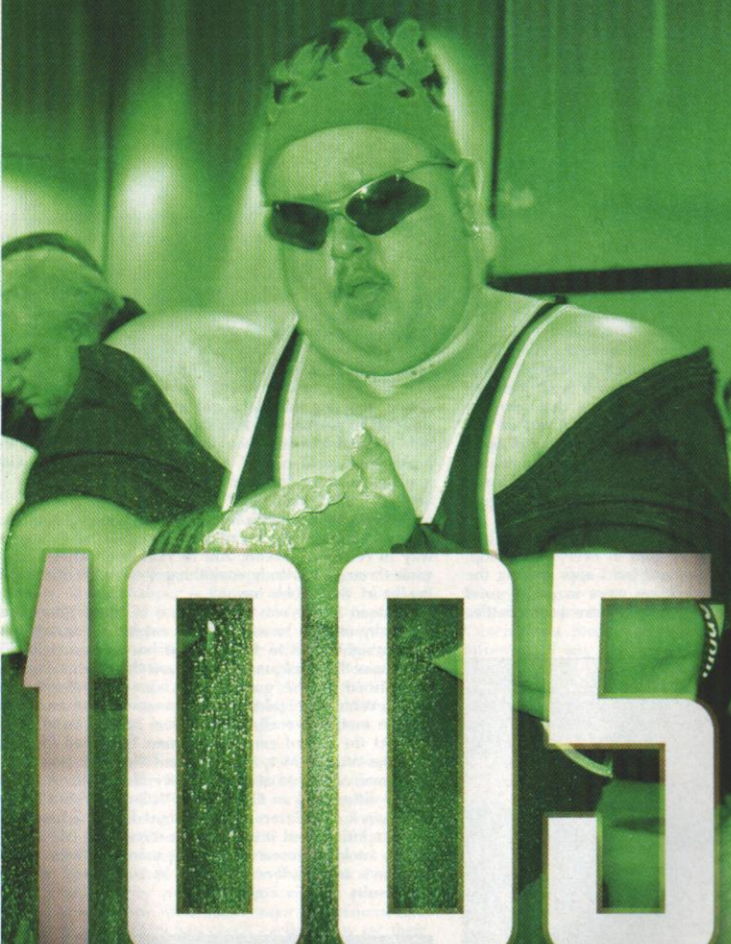
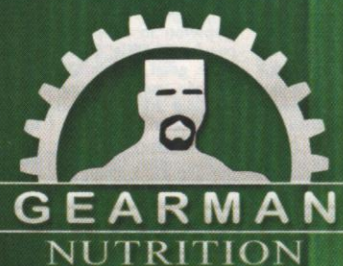
Will Morris has been on the gold medal platform before and he was ready to do it again. One of the best M3 benchers in the world, his other lifts aren't bad either. Showing that he is not just another bench, he went on to perform a clean sweep as Bill and the others did. He still had to prove that he is a bench, as he broke the world record (which was already his) with a easy 195.5 kg lift. Just to see Robb Grisham lift is always a good sign. Two years ago, Robb got injured on his way to Argentina for the Masters worlds and was barely able to walk. I can truly say that he is on the way to recovery. Taking 2nd to Will after what he has gone through was truly something. I wish all lifters had the heart that Robb has.

Dean Reece was another one of those lifters that get lucky enough to eat before a meet. We moved him up a weight class to SHW and it once again paid off. Dean was the most surprised person there when he was announced as the gold medal winner in the bench press. With that gold, he also came home with the bronze medal overall, with a fine 785 kg total.

At the award ceremony, Team USA walked away with the Women M 1, Men M 1 and Men M 2 team title. With one of the smallest team we have had in years, all the lifters did an OUTSTANDING job with all their hard work. All lifters were assigned jobs when they weren't lifting, and it made for a wonderful FAMILY of lifters. Looking forward to seeing many of them at the Women's and Masters Nationals in 2005. (see page 86 for results of this contest)



Johnny Graham on the I.P.F. victory stand



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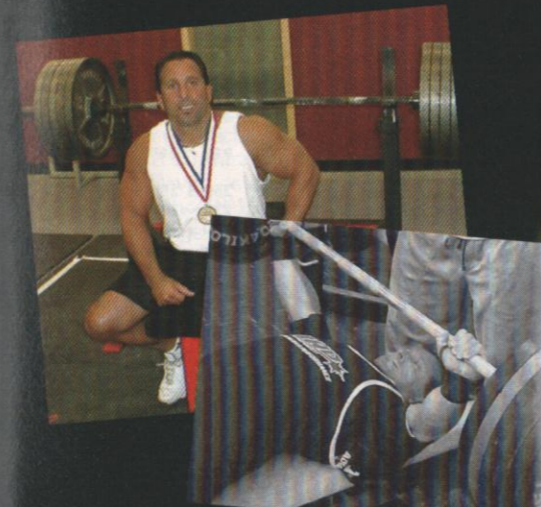
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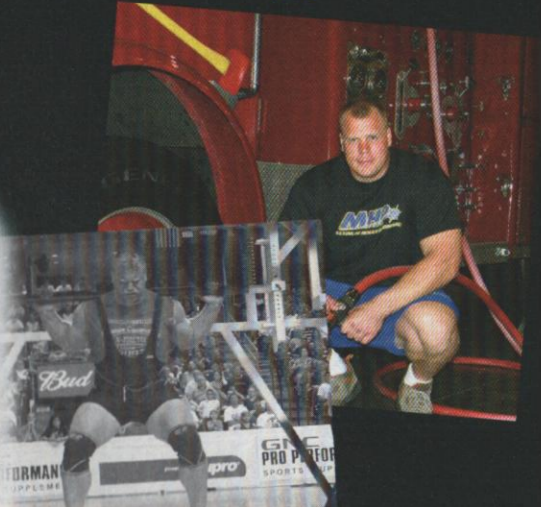
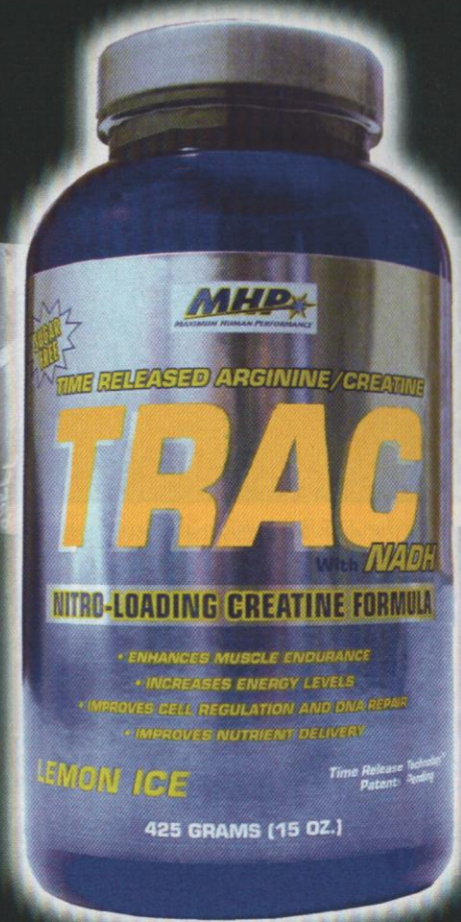
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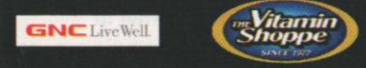
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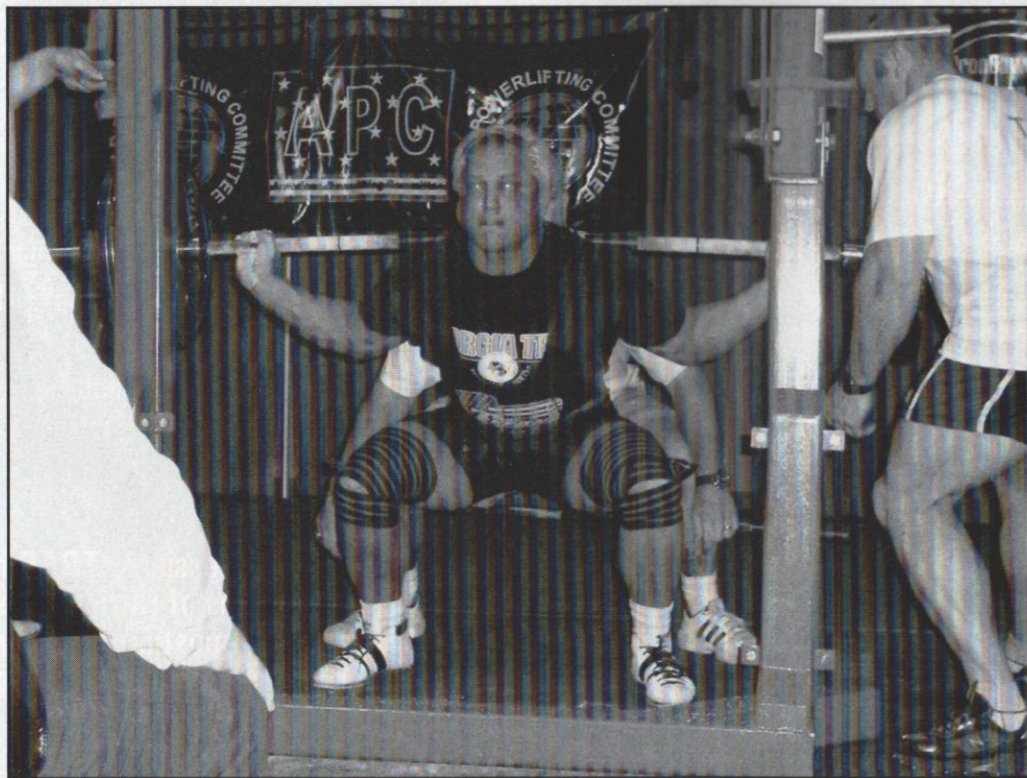
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Al Mehan of Canada topping off a 1035 kilo total in the 275 lb. division (photos courtesy L. B. Baker)

GBC World Championships 3-7 NOV 04 - Athens, GA (kg)					
BENCH					
MEN	BP1	BP2	BP3	Best	
Teen (13-15)					
82.5 kgs.					
M. Gacek USA 85	400	400	—		
Teen (18-19)					
82.5 kgs.					
D. Lee USA	125	430	430	125	
90 kgs.					
S. Faulkner	192.5	205*	245	205	82.5 kgs.
J. Botha ISA	150	160	470	160	S. Brodie IRE
Junior					150
75 kgs.					160
R. Brown GBR	430	130	140	140	100 kgs.
K. James GBR	100	115	425	115	C. Scott USA
125 kgs.					205
A. Conrad GER	230	250	262.5	262.5	247.5
Open					217.5
67.5 kgs.					207.5
Harmon USA	175	482.5	485	175	J. Jackson USA
					320
					337.5
					340
					320
					Zimmerman CAN
					267.5
					282.5
					300
					300
					Inhalainen FIN
					235
					250
					260
					250
					Parkhurst USA
					220
					232.5
					235
					235
					Bakhtiyar AZE
					210
					220
					235
					220



Squatting at the Global Powerlifting Committee World Championships was 48 year old Tom Bowman

GPC Worlds by L.B. & Nadine Baker

F. Retief ISA	190	200	210	210
P. Scogin USA	205	247.5	220	205
125 kgs.				
Powers USA	207.5	227.5	240	227.5
Paden USA	217.5	237.5	250	217.5
A. Strobl AUS	160	170	180	180
140 kgs.				
J. Mentula FIN	305	305	340	—
Master (40-44)				
75 kgs.				
J. Butler IRE	130	135	140	140
82.5 kgs.				
Hofmeyer ISA	110	120	430	120
90 kgs.				
L. Banks USA	202.5	247.5	220	202.5
100 kgs.				
J. Pukkila FIN	200	245	245	200
125 kgs.				
J. Chenin FRA	250	252.5	256.5	256.5
Seminatore	225	235	240	235
A. Hunter USA	490	190	205	190
Master (45-49)				
60 kgs.				
Bradley USA	97.5	107.5	442.5	107.5
75 kgs.				
M. Fauque FRA	135	145	145	135
82.5 kgs.				
A. Mattei FRA	150	155	160	155
B. Morgan IRE	140	450	455	140
100 kgs.				
S. Lee USA	205	217.5	227.5	217.5
110 kgs.				
Slosarek GER	200	225	235	200
140+ kgs.				
Ramsay USA	247.5	227.5	232.5	232.5
Master 50-54				
60 kgs.				
Bobrovitz CAN	60	113!	120!	120
4th				
125!				
75 kgs.				
D. Hamby USA	177.5	400	180!	180
82.5 kgs.				
O. Pitman USA	160	470	400	160
90 kgs.				
K. Kruger GER	200	210	215	215
R. Glenn USA	140	150	160	160
100 kgs.				
Y. Howah USA	210	225!	230	225
110 kgs.				
D. Douet FRA	145	152.5	457.5	152.5
Master (55-59)				
100 kgs.				
Newsome USA	182.5	187.5	190	190
Master (60-64)				
75 kgs.				
R. Peters ISA	85	95	107.5	107.5
82.5 kgs.				
T. Dillon IRE	120	130	140	140
90 kgs.				
F. Taylor USA	455	165	477.5	165
4th				
177.5!				
100 kgs.				
Hachenberger	150	160	465	160
Master (65-69)				
75 kgs.				
K. Merta GER	100	110	—	110
82.5 kgs.				
I. Morris ISA	80	100	440	100
100 kgs.				
LeBoulay FRA	177.5	185	187.5	187.5
110 kgs.				
M. Verges FRA	155	165	470	165
125 kgs.				
L. Dettler AUS	150	155	455	150
Master (80-84)				
P. Pothee FRA	60	65	70	70
WOMEN				
Open				
52 kgs.				
L. Watson GBR	57.5	60	62.5	62.5
56 kgs.				
L. Bohse GER	72.5	77.5	77.5	72.5
67.5 kgs.				
V. Pukkila FIN	105	110	445	110
Michiels BEL	90	90	405	90

The Global Powerlifting Committee (formerly World Powerlifting Committee) World Powerlifting and Bench Press Championships were held at the Classic Center in beautiful downtown Athens, GA. I want to

thank all the spotter/loaders, judges and everyone else who helped out with running the meet. A special thanks to Cybex International for their sponsorship and displaying equipment. Thanks also to Titan and Ken Anderson for their sponsor help and for bringing shirts, suits and other powerlifting goods to the contest. In 5 days there were no misloads and the bar didn't touch the floor until it was supposed to in the deadlift. There were 60 benchers in Session One bench press day, and the USA was the team champion with France as runner up. Michael Gacek was the lone 13-15 entrant in the 82.5 kgs. class. David Lee won the 82.5 kgs. class in the 18-19 class. In the 18-19 teenage class Steven Faulkner of Gainesville, GA, won over Jean Botha of South Africa with a world record 205 kgs. In the junior division it was Richard Brown over his teammate from Great Britain with 140 kgs. The lone competitor in the 125 kgs. junior class was Andre Conrad from Germany with a European record of 262.5 kgs. Jason Jackson of the US was the star of the open men's division with a 320 kgs. bench at 109.8 bodyweight in the 110 kgs. class earning him best lifter for the bench division. Jeremy Zimmerman became the strongest Canadian bench ever with 300 kgs. taking 2nd to Jackson followed by Jani Ihalainen of Finland in 3rd place with 250 kgs. In the 125 kgs. open it was Heath Powers over teammate Robert Paden of the US followed by Alois Strobl of Austria. Marc Chenin of France in the (40-44) 125 kgs. master's division had a European record of 256.5 kgs. and Gary Bobrovitz of Canada had a world record 120 kgs. in the 50-54 in the 60 kgs. class. Frank Taylor of the US had a World Record with a 4th attempt 177.5 in the 90 kgs. master 60-64 division. In the women's division Virpi Pukkila of Finland made a European Record 110 kg winning her best lifter in the Women's Division. Session two brings the teenage division with Michael Gacek of the US leading the way in the 13-15



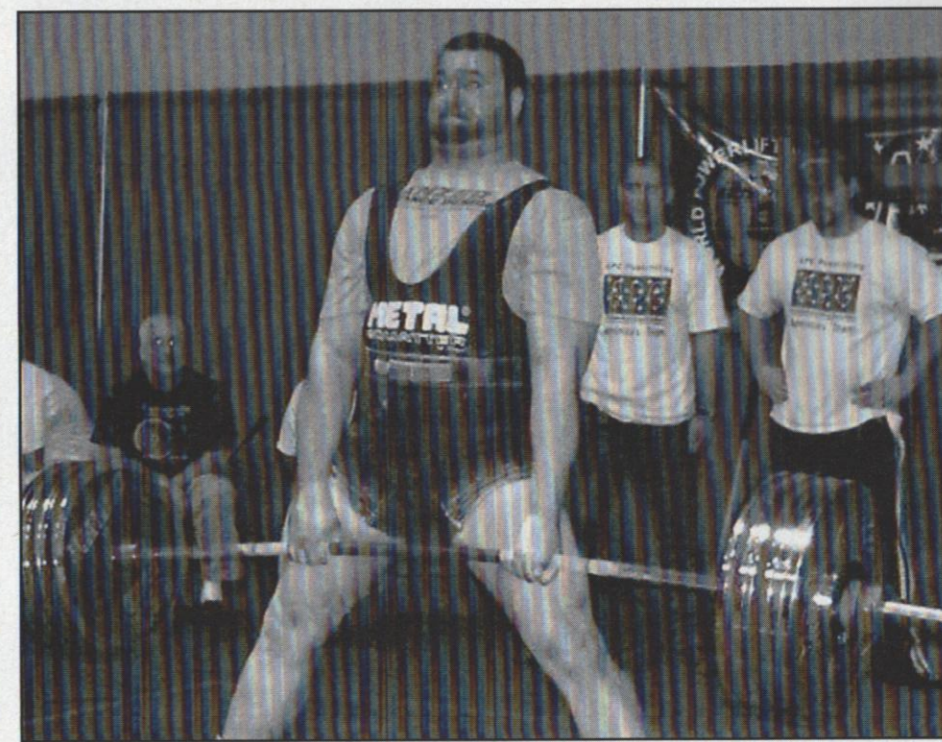
The Women Lifters at the competition in Athens, Georgia (see above) represented six different countries

division and Jean Botha of South Africa winning the (18-19) 100 kgs. class. In the Junior division Pieter Calus of Belgium won the 67.5 kgs. class with Benna Bartsch of Germany in the 75 kgs. class over Kieran James of England. Ben Williams of England won the 125 kgs. class. Lightweight masters 40-44 division was led by Gerry

McNamara of Ireland in the 67.5 kgs. class followed by Jim Butler of Ireland in the 75 kgs. class. Gary Bobrovitz of Canada took the 50-54 age group in the 67.5 kgs. class with Danny Thompson of the US taking the (55-59) 75 kgs. class. Budgie Mullen of England won the 60-64 light men's division in the 67.5 kgs. class followed by Roger

Peters of South Africa in the 75 kgs. class. Session three begins with JJ Dunne of Ireland winning over Eric Hoffmeyer of South Africa in the 82.5 kgs. master 40-44 class. Robert Lovelace of the US led the way in the 82.5 kgs. 50-54 class. Thomas Dillon of Ireland won in the master 60-64 class followed by Ian Morris with first in the (65-69) 82.5

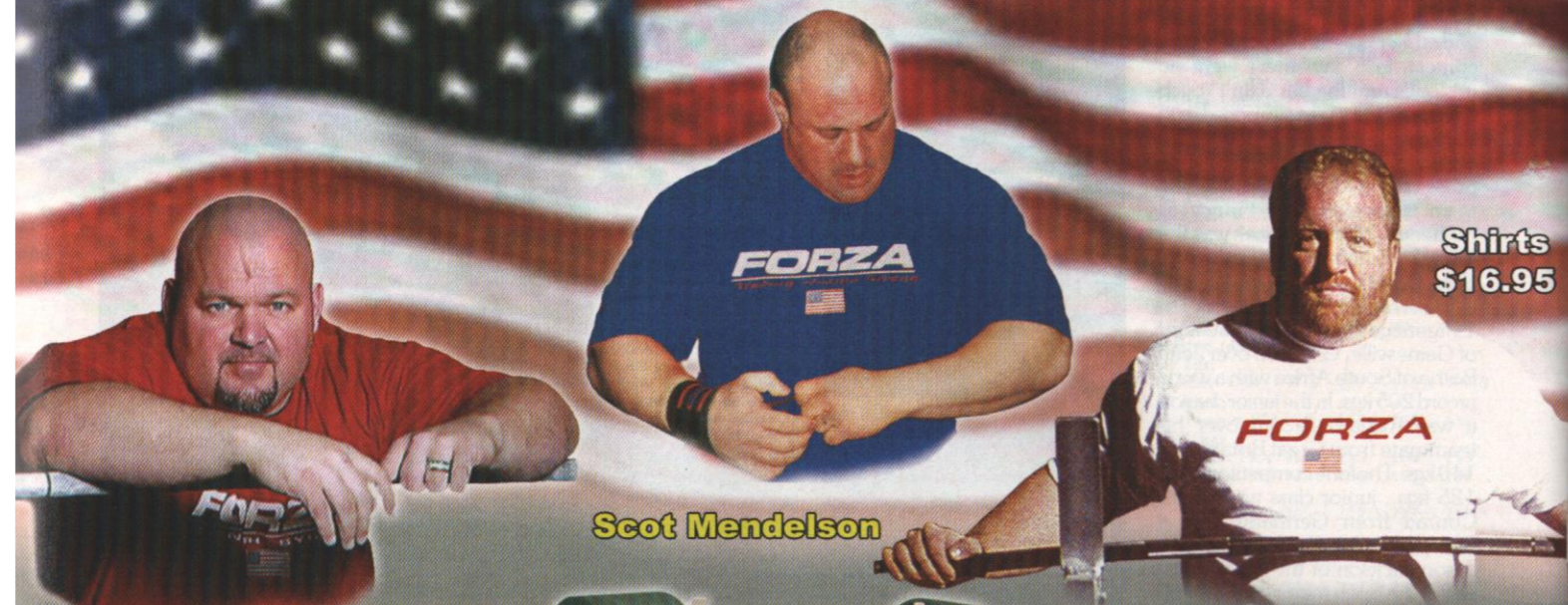
kgs. class. Ian is from South Africa but was lifting with his native lads from Ireland. In the 90 kgs. class we lead off with James Slyk of Canada in the 40-44 age group followed by L.H. Dunn of the Republic of South Africa in the 50-54 class. Master 55-59 was won by Robert Laroude of France over Frieder Hachenberger of Germany. The 110 kgs. class was won by Tom Bowman of Powder Springs, GA, USA over Alan Gilbert of England. Master (55-59) 110 kgs. class was won by the one and only Bill West of England. Going to the 125 kgs. class 40-44 age group Lee Marshall won over teammate Gary Boulton of England in 2nd place with John O'Neil of Ireland in 3rd. Ronnie Baker, of the US, Krustian Slosarek of Germany, and Roy Gilbert of the US all



Jeffrey Vaughn of the United States of America won the SHW division, with a WR 644 BP

(cont. on pg. 74)

Championship Series

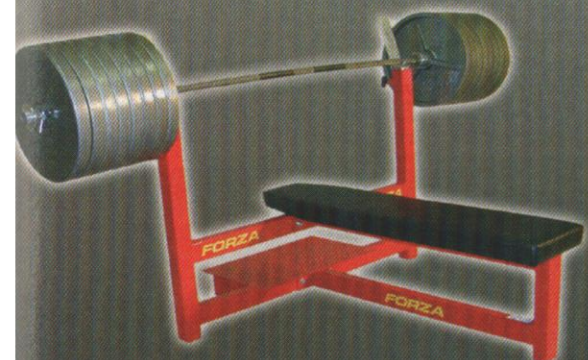


Gary Frank

Scot Mendelson

Brent Mikesell

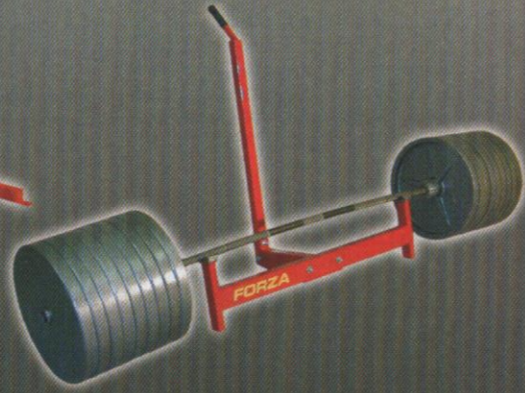
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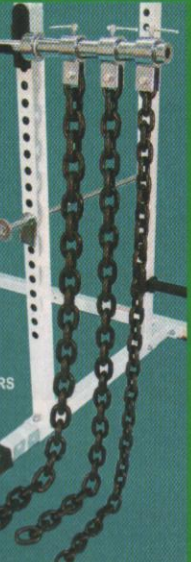
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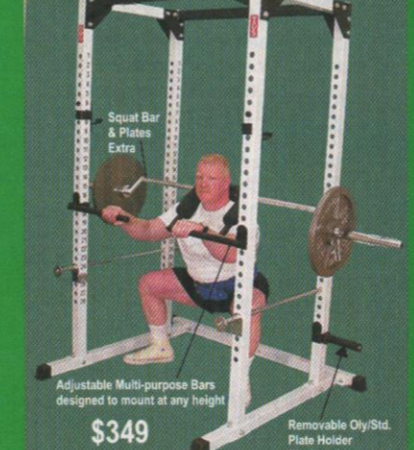
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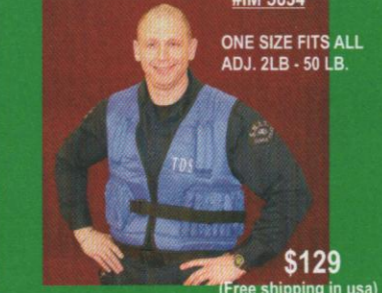


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TRAINING

GENERAL PHYSICAL PREPAREDNESS

as told to Powerlifting USA by Louie Simmons

What is general physical preparedness (GPP), why do you need it, and why should you increase yours? One must be fit to work out.

Your GPP must be raised to train and compete. As your strength grows, so does your GPP. If it doesn't, your training will have an ill effect on your body. This leads to

overtraining or forces you to lower your workload, leading to a detraining period. By raising your GPP, you can train more often and more intensely, leading to a higher standard. This is essential for the powerlifter.

Years ago, I would take it easy on Monday if I had planned to take a heavy weight on Friday, but not after reading literature from former Soviet countries. I am now prepared to train as heavy and intensely as possible and often enough to make top lifts in my 50's.

It is important to begin a program for 8-13-year-olds; this is when quickness, power, speed, coordination, flexibility, and mobility can be best developed. There are many athletes who are in the wrong sport but don't realize

it until it's too late. One must become fit by general physical training, then choose the sport that fits best their physical, mental, and emotional characteristics.

I have been asked why weightlifters and powerlifters need to increase their GPP. I have watched lifters who do squat sets and then cannot do a single deadlift or even exercises for the squat and deadlift. They are in poor physical condition. How can they increase a lift that is already lagging by not doing anything for it, while everyone else is placing as much emphasis on the deadlift as the squat? The training must be as dense as possible, that is, performing as much work as possible in a time limit, for example 1 hour. For powerlifting our GPP may appear like SPP to the reader, but for other sports it's GPP. If you played, say, football once a week but were not physically able to practice, you would not be a starter for sure, and perhaps you would not play at all.

The following are GPP exercises -

Sled Pulling: Pull a weighted sled hooked to your power belt. Use the interval method: pull 200 feet, rest 20-60 seconds, then repeat. I have pulled 90 pounds on a sled for 26 trips of 200 ft. This represents the longest distance. I pulled 180 pounds on a sled for 6 trips of 200 feet with a rest period of 60 seconds. This is the shortest distance. Pull each step vigorously. Don't pull a distance so great that it causes you to use less force on each step. Pulling builds the entire posterior chain and raises your anaerobic capacity.

Backward Sled Pulling: This works the front of the hips and the knees quite well. Sled work is a great rehab tool for the knees. Sled pulling helped me to fully recover from a complete patella tendon tear, to squat 920 pounds at 52 years old at a body weight of 235. This was 100 pounds more than I had done before the injury. John Bolt made similar progress after the same injury. The most spectacular comeback was Jim Hoskinson, who ruptured both patella tendons only to come back from a previous best of a 744 squat to an unbelievable 1003 in the 308 class.

Sled Pulling for the Upper Body: Walk forward with a second strap held in the hands. You can do countless upper body exercises. You can simulate curls, upright rows, pec flies, etc. You can walk forward or backward for variety.

Medicine Ball Throwing: While you are outside, throw a medicine ball into the ground. This has helped

my mobility. Lift the ball overhead and throw it down to the front or to the left or right. Do 50-200 throws. You could also throw the ball from between the legs, sumo style, throw for height, or throw overhead to the rear.

Squatting for Time: The great Russian Vasily Alexeyev would do pulls or squats or a combination of both for a prescribed period of time. We have experimented with the method of time under long muscular tension and have had great success. Squatting for 1, 3, or 5 minutes or longer will hit every muscle fiber that is involved in squatting.

Deadlifting for Time: This is similar to the above. When either squatting or deadlifting for time, you can also hold at different positions, use different styles, or do good mornings, side bends, or torso rotations. For deadlifts, hold just off the floor, at the top, or at mid points. This will hit the grip and all the muscles of the body.

Good Mornings for Time: This is similar to the above.

Timed Dumbbell Press: This is best done on a stability ball. During this exercise you can hold the dumbbells at the top, bottom, or halfway up. Hold them to the sides with the elbows out. Hold them down at the waist like a curl. Hold them with the palms near the head. Basically, hold at any positions;

don't press up and down continuously. However, for the time limit to be valid, you must press the dumbbells up to complete the set. Hold heavy dumbbells (e.g., 100's) up to 2 minutes, medium weight (e.g., 60's) for 5 minutes, and light weight (e.g., 30's) for 10 minutes or more.

Torso Rotations for Time: Do these for time (1-5 minutes) or for a set amount of reps.

Grappler for Time: Use the Grappler to press, row, squat, shrug, any movement you want, for 1-5 minutes. Do work that will increase the work capacity of the muscles that are involved in the classical lifts.

For beginners, a short, brisk walk several times a week will start the process. High-rep band work will do wonders for muscle conditioning. This will increase your cardio capacity as well.

Don't forget flexibility. You must be able to squat below parallel at will, get in proper position to deadlift using any style, and be able to place a bench bar on any part of the body from the neck to the low abs. Do mobility exercises for hips, shoulders, and lower back. Mobility is often overlooked. It was brought to Date Tate's and my attention by the Cleveland Browns strength coach Buddy Morris that ball players must have great flexibility and mobility. A powerlifter may not need as much, but they need it

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nonetheless.

Learn the basics of nutrition. Don't eat like a bodybuilder, but clean up your diet. Cut down on breads, sugar, and dairy products, and stop eating late at night.

Remember that a bodybuilder is his smallest and weakest at contest time, and a powerlifter is his biggest and strongest at contest time.

Let's look at restoration methods of a different sort.

Water Therapy: Ice baths, whirlpools, and hot tubs are effective therapies.

Chiropractics and Massage Therapy: These are essential in our sport.

Oxygen Therapy: Oxygen baths or injections are great if a homeopathic center is near by.

Prolotherapy: Prolotherapy injections have benefited both me and George Halbert. This is great for tendon and ligament problems and, for me, to prevent vertebral disk pain. My friend Dr. Bill Nucklos has administered this treatment on several occasions.

Accupressure: Dr. Phan Chou in Columbus has helped many at Westside with his accupressure treatments.

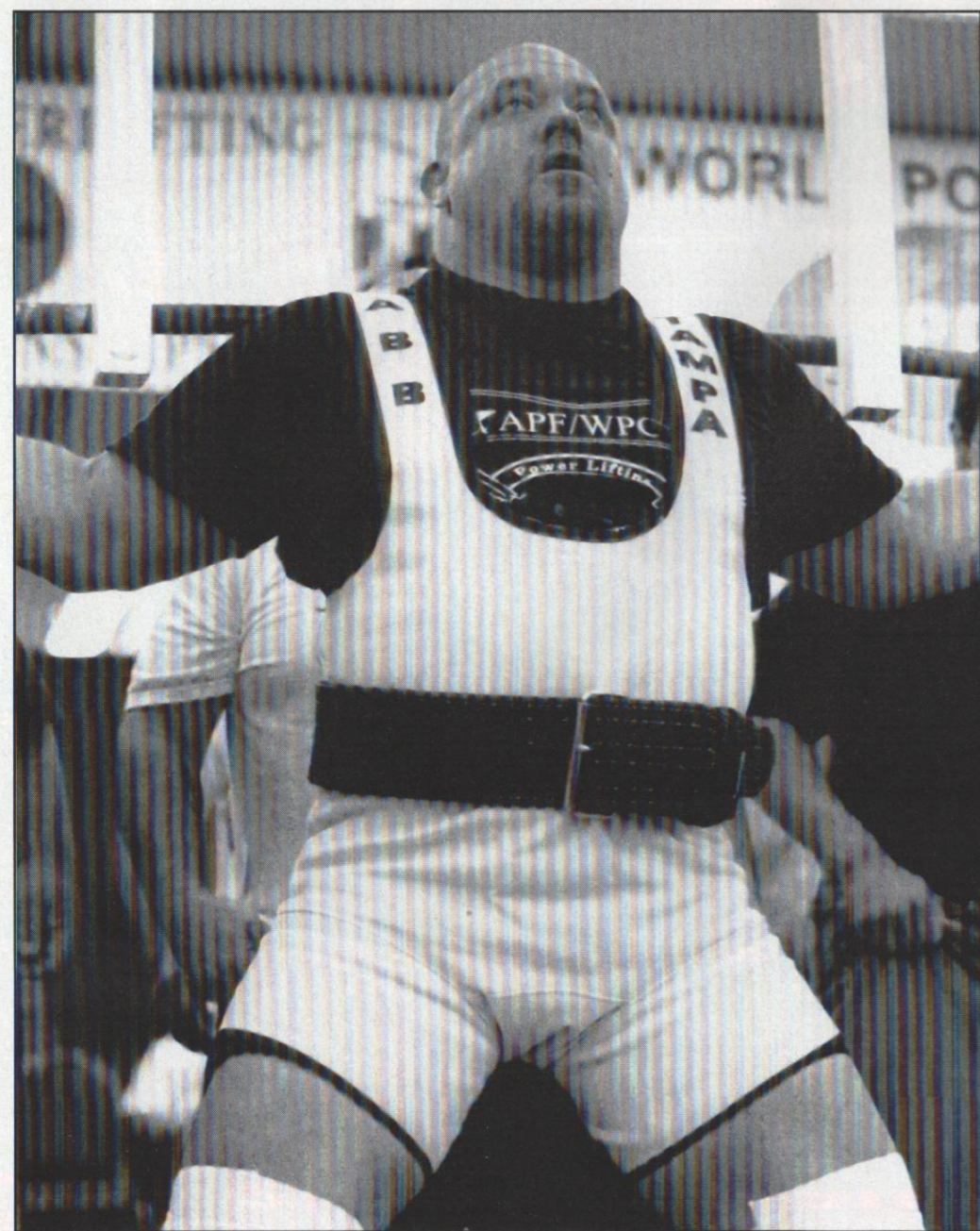
Accupuncture: Dr. Shixi Chen, also in Columbus, sees many Westsiders including Chuck Volgelpohl and Amy Weisberger, who have lifted at Westside for 18 years.

Chelation Therapy: I have benefited greatly from chelation. This involves a customized intravenous cocktail of vitamin C and DHTA, which cleans the circulatory system, reducing plaque and removing heavy metals and other harmful toxins.

Many of these therapies have enabled Chuck and Amy to compete at or near the top for 18 years.

As you can see, there are many methods to raise work capacity of individuals who engage in heavy training. You must raise muscular endurance, some cardio fitness, flexibility, mobility, and anaerobic capacity, in addition to making sure your vertebrae are in alignment to reduce back pain, arthritis, sciatica, and so forth. The healthier you are, the more intensely you can train and compete.

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Jim Hoskinson was able to rehabilitate himself fully and come back to squat with way over a Grand!

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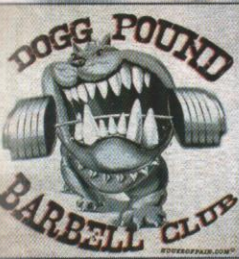
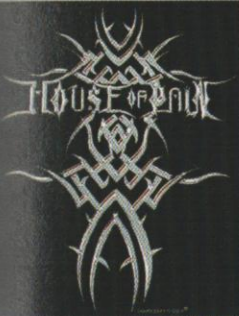
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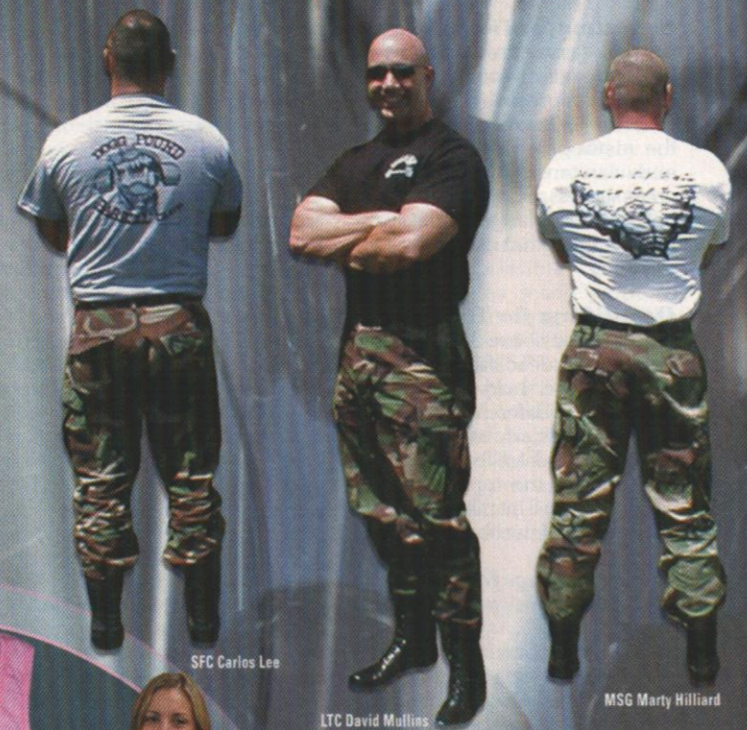
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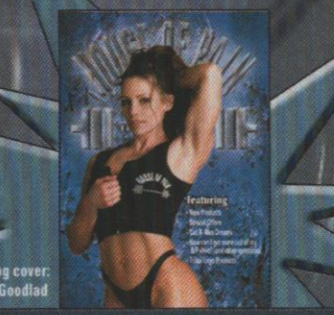
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FORCE TRAINING by Jim Wendler and Elite Fitness Systems

Looking over the EliteFTS Q/A, answering questions on the phone and performing seminars, it is easy to see what part of training has received the most focus; dynamic effort training. This has been the cause of a lot of talk ("When do I use the circa-max phase?", "What percentages should I use?" etc.), a lot of frustration and a lot of excitement amongst coaches and lifters. Unfortunately, most people are missing the boat.

When developing a training program for a lifter, the dynamic effort method is one of the last pieces of the puzzle, but it seems to have become the starting point for most people. With the emphasis on speed in sports, people have seemed to have forgotten the simplest way to become faster: become stronger (the max effort method). One of the many reasons why this has escaped the minds and programs of many coaches is because it's not the "in" thing to do. Of course, many sport coaches will say that taking a 700 lb. squatter to 900 lbs. will not necessarily make him faster. He is correct. But if the coach takes a 225 lb. squatter and brings him up to 500, both athlete and coach will be pleasantly surprised.

One of the positive effects of max effort training is intermuscular and intramuscular coordination. To make things simpler - intermuscular coordination is the combined effort of different muscles to perform a movement. For example, when performing a squat there are several different actions that your muscles must perform in order for the weight to be lifted. If coordinated correctly, the squat looks and feels flawless. It is a combined effort and executed to perfection.

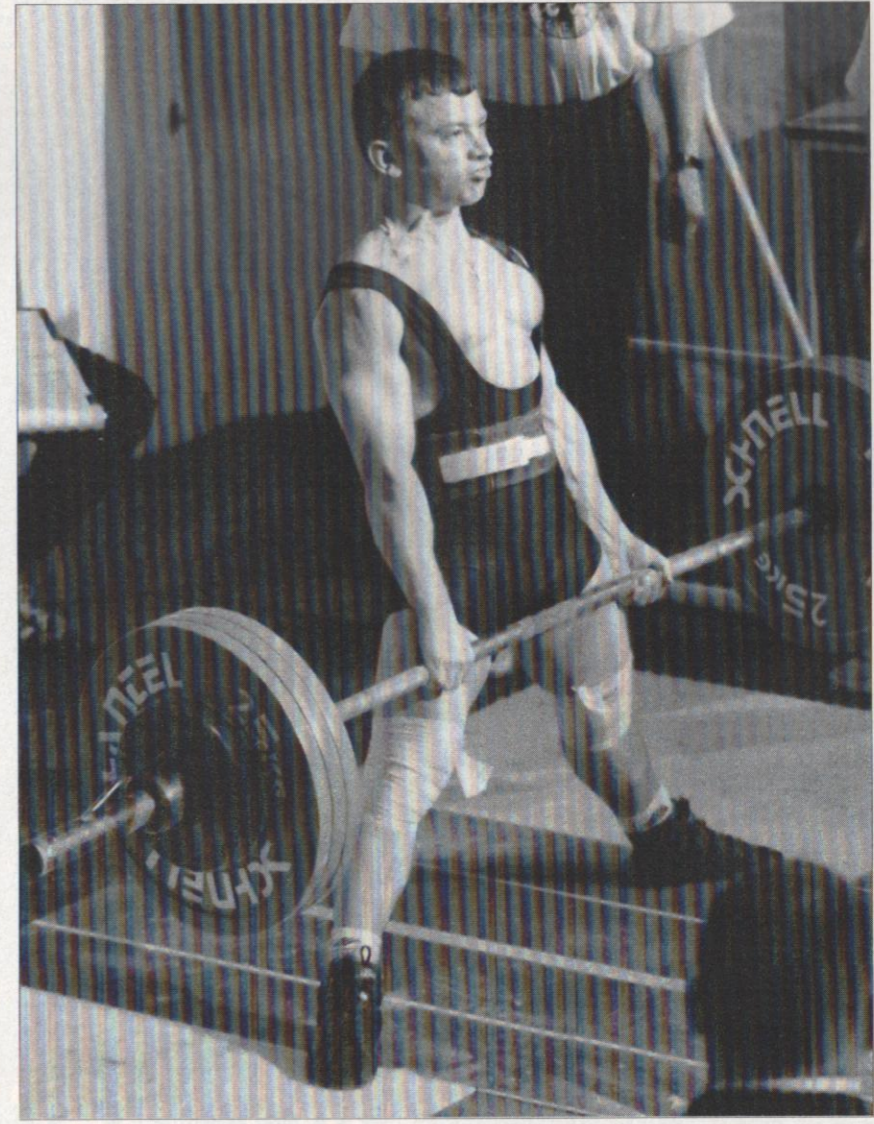
Intramuscular coordination is (again to make things simpler) the ability for your muscles to recruit as many muscle fibers as possible to execute a task. No one will ever be able to recruit 100%, but (and this is depending on who and what you read) a very well trained lifter may be able to recruit as much as 85% while a novice may be able to recruit only 60%.

So with that explanation and knowing that max effort work (again lifting weights 90%+) can help increase inter- and intramuscular coordination, you can see how important it is to perform maximal effort work in your training. You will learn how to recruit more muscle fibers and learn how to coordinate your body to

perform a task (a bench, squat and deadlift, for example) with precision.

Ask any novice lifter to perform an explosive or dynamic set of bench presses or squats and you will find Nemo. Meaning, they look as out of sync as a fish out of water; arms flying, head moving side to side, legs wobbling, fingers moving, grip faltering. All of this is done in a great effort to move a barbell as quickly and explosively as possible. But, they are not doing it efficiently. These lifters have yet to learn how to coordinate their movements into a single explosive and concentrated effort.

Obviously, a beginner can't start his training with max effort work, but to prepare for the max



Konstantin Pavlov mastered the basics before proceeding to advanced techniques.

effort method, one must prepare using the repeated effort method as well as increasing physical fitness. It should be noted that the repeated effort method does not have to be to failure as this can lead to poor form and often injury. In fact, in preparing their young lifters for the rigors of training, the former Soviet Union coaches would have them perform the classical lifts and their variations with sets of 3-4 reps with a weight that can be confidently lifted 5-6 times. This would demonstrate good form, attention to detail as well as not eliciting an incredible amount of muscle soreness, which can impede future workouts and motivation. Preparation of the muscles through sub-maximal lifting as well as learning a variety of different movements and teaching proper form is essential. Special attention should be paid to the abdominals and lower back to ensure that these muscles can handle the activity and loads of weight training. Activity outside of the weight room (physical fitness) is also essential in the form

of sports, running, jumping, etc. This will develop an incredible amount of coordination, mobility, flexibility, agility, body awareness as well as refreshing the mind and body. All of these things will also help develop the ligament and tendon strength needed to handle heavier training loads. The next obvious question is when to start implementing max effort training. There it no set guideline for this. This will vary greatly and must be done with some guidance from a coach.

So in review, let's examine how to get to the dynamic effort method for a beginner.

1. Develop a base using physical fitness and repeated effort method.
2. Max effort method
3. Dynamic effort method

I do realize that this article isn't incredibly in depth, as far as sets, reps, volume, etc., but it is written so that people understand how certain aspects of training must fit into the overall picture. It seems that everyone wants to start racing a Ferrari before they learn how to put the key in the ignition.

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

WORKOUT OF THE MONTH

JO WALKER'S DEADLIFT

I feel like a grandmother to all you young lifters, so I'm going to tell you a "before workout" story.

Long ago, in the Land of Rain (Oregon), I used to deadlift every two weeks with not bad results, but it could have been better. So, I changed to deadlifting every week ... the more you do the lift, the better you will be ... right? ... WRONG!!! By doing that something so often, you not only tear down your body, but you create a mental indifference or (dare I say it!) boredom. You don't have that fire you need to lift the best you can. However, you feel you must continue lifting heavy every week or you will lose that tough mindset, and we all know the weight is not going up if your whole being isn't into it. So, what you need to do is a variety of moves that complement the deadlift, and do them HEAVY.

What my husband and I decided to do about 3 years ago was a regime of deadlifts every 3 weeks. The weeks in-between, I would be doing other complementary lifts HEAVY. I have gone as long as 6 weeks without doing a deadlift and have not experienced any bad results as long as I keep whatever lifts I am doing heavy. That way, you're getting stronger, and because of the variety, you're not hitting the wall mentally.

I also started to do fewer reps. Of course, I never did more than 6 reps (that has remained a constant), but on the last 2-3 sets I only do 1 rep. This was quite a change, because previously the only time I would do 1 rep was when I couldn't lift the weight a second time. I was amazed at how much better I felt doing it this way. It doesn't overtrain your body and you can make quicker gains.

One more thing my husband added to the workout was working by percentages. This way, he would tell me what I was going to lift before I even went into the gym. I thought this would be hard because it seemed to take the control of what I was doing out of my hands and that's a hard thing for me to accept. But, because of all the years we've been together

(37), we have truly built up a bond of trust. He would say "You are going to lift ____ today", and by GOD it worked!"

Anyway, before you guys completely fall asleep, let's get down to the numbers. Here's the percentages for a 12 week cycle, working toward a 300 lb. deadlift at contest time:

WEEK 1 (80% of 300 = 240) 135x6, 155x5, 175x4, 195x3, 215x2, 225x1, 240x1.

WEEK 2 (85% = 255) 135x6, 165x5, 185x4, 205x3, 225x2, 240x1, 255x1.

WEEK 3 (90%) 135x6, 175x4, 205x3, 225x2, 245x1, 260x1, 270x1.

WEEK 4 (95%) 135x6, 185x4, 225x3, 250x2, 265x1, 275x1, 285x1. Wait 2 weeks and then the Contest (100%): 135x6, 185x4, 225x3, 245x2, 260x1. 1st attempt - 275, 2nd attempt - 290, 3rd attempt - 300.

These numbers can be massaged to match your needs. If you feel the jumps are too large, go ahead and do 90%, 92.5%, 95%, 97.5%, for instance. Just keep in mind that this makes your cycle longer, so when preparing for the contest include the extra training weeks.

Are you still paying attention? OK! Now, we know it takes at least 85% of our entire musculature to do deadlifts, so it stands to reason that we should train the whole body.

My schedule now is:

Monday: Deadlift (as previously explained), or Box Squats (remember to pause at the bottom .. this is a good hip flexor strengthener) or Racks (3 positions) 1) stand on platform about 3" high or use quarters on the bar instead of 45s - 4 sets of 6, or 2) get in the rack and place the bar just above the normal level - 4 sets of 6, or 3) move bar to knees - 4 x6. After doing these a time or two, you'll know where you are at, and you can set a reasonable % and instead of doing 4 sets of 6, you can do fewer reps, as with the deadlifts - KILLER WORKOUT!

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).

After doing whatever main lift you choose, go on to your remedials. I do: SHRUGS - 4 sets of 6 (mix it up ... dumbbell or barbell, front or back or side); SIDE BENDS - 4 sets of 6 (remember HEAVY .. I do 110 lbs.); GOOD MORNINGS: 4 sets of 6 (only on box squat day); ABS - here comes a little lecture, so keep paying attention. Do abs every day you are in the gym. It doesn't matter what you do as long as it is heavy and varied. We are trying to build the center part of your body for a more solid deadlift. I've used the same weight belt since 1980 and have basically weighed the same all those years. Since starting this particular way of working out, I have gone up 5 notches on my weight belt, while still keeping the weight the same. In fact, I need to get a different belt if I get any bigger. Not exactly what most women want, but if you're after big deads, it's what you need. OK, where were we ... **Tuesday:** Bench, Triceps, Wrist Curls, and Abs. Because of 2 bad shoulders and 1 detached bicep tendon, I keep my bench workout light now. If you are a deadlifter and a bencher, you might want to

move this workout away from the deads for more recuperation time.

Wednesday: Rest.

Thursday: Again, I vary the exercise each day. Squats - 4 sets of 6, or Smith Machine Squats - 4 sets of 6 (easier on the knees), or 1/4 Squats .. my all time favorite. I do 600 lbs. So, if you are thinking 300 lbs., readjust your thought process. There are two reasons to do this lift. For squatters, it's mental. When you have been lifting and walking out with double what you squat on contest day, your actually squat is going to feel like cake! For us deadlifters, other than stopping the whole gym when you walk out with all that weight (I don't know about you, but that always gets my adrenaline going), the main reason is to build up the middle section of your body. Remember the five holes on the weight belt? This is one of the best ways of accomplishing that. After the main exercise of choice, leg presses supersetted with leg extensions (again, just to keep you focused, I do 12 plates on each side for the presses), Hamstring Curls - 4 sets of 6, Calves: 4 sets of 6, Abs - varied and heavy (remember the 5 holes on the belt)

Friday: Shoulders, Upper Back, Biceps, Forearm Curls, Abs. This workout varies for me because of my shoulder and bicep problems. I don't do anything heavy on this day, with the exception of forearms and abs. I'm not saying this to complain. I'm saying this to remind you, if you get hurt you can usually still find a way to compete, if you have the drive. So, for you young, healthy lifters out there, this too is a heavy day.

Saturday & Sunday: Off

Of course, over the years, I not only changed what exercises I did when I came in, but how many days a week I worked out. Do whatever fits your personal schedule. What is important is being there and being focused.

The main theme throughout is .. keep it heavy, if at all possible, and build your core strength. I hope you were listening, because there is a test - it's called Contest Day!

Good Luck, Good Training.
JO WALKER



Jo Walker has deadlifted 440 at 131 lbs. and age 63! She suffered a hamstring pull in training before the 2004 Worlds

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HARD CORE GYM UPDATE

astold to Powerlifting USA by Rick Brewer, House of Pain

Last month we went to Hell's Gate, and looked at a few e-mails. Even Jesus only went to Hell's Gate one time - so we don't have to do that ever again. We also looked at a few e-mails, and it's okay to do that again. Here are a few samples:

Q: Why do you make fun of people with big heads? That's not nice!

A: First of all - I have a big head. My hat size is 7 5/8 which is WAY bigger than average. Of course, my head is just full of brains. Plus it may be huge, but it's pretty. Okay, my head isn't pretty on the outside, but I know it's pretty on the inside!

Plus, I just don't photograph well. I know I'm real handsome, but I'm just not photogenic. It's like when vampires don't show up in a mirror - my beauty just doesn't show up in photos!

But, you do bring up a good point - which is that there are plenty of stupid people to make fun of. . . wait a minute - I never make fun of anyone with a big head - I said that BIG HEADS=BIG BENCHES! I'm so misunderstood. . .

Q: Why did you make fun of Gym Girls in tight shorts? We don't wear them for the guys - they are for comfort.

A: Another misunderstanding! I just said that beautiful girls in skimpy outfits are distracting. I KNOW I didn't say anything bad about them. Far as I'm concerned - carry on the good work!

Q: When I read the recent article about Southside Gym, I was disappointed that you didn't tell more about the owner Joe Sylvia. Last year he lost 2 1/2 fingers, and is still lifting!

A: Send more info, and send a good photo of Joe, and we'll print an update. Here it is:

Joe Sylvia has been a lifter for over 30 years. He has won numerous local and state as well as age group national championships. He has squatted 650 at 198 pounds, as a master lifter, and had a close miss at 700 at that same meet, but big lifts and titles are not what defines this man. Joe wakes up everyday at 3:00 am and works a 10-12 hour shift, and after this shift he works at the gym and stays until 9:00 pm. This is 5 days a week and weekends are spent working at the gym as well. He does this for very little money, in fact, the gym barely pays for itself, he does this strictly for the love of the sport. Many say they love the sport and many claim to be hard core, but Joe has taken it to an entirely different level.

Last year Joe got a blood clot in his hand, the clot was so severe that his fingers turned gangrene and he had two fingers, plus half his thumb amputated. Later that year he had another blood clot in his intestine that required a large portion to be removed. The average guy would have taken it easy and maybe consider retirement from the sport. Not Joe, in fact, despite the incredible hardship of having the use of only his pinky and ring finger, he has recently pulled 500 pounds off a two-inch block. Now that's what real hardcore lifting is about, never letting anything get in the way of your goals. There are many lifters in this sport that can out lift Joe, but few, if any can claim to be as giving to other lifters, as helpful and as truly hardcore as this man. And the members of SOUTHSIDE wanted the powerlifting world to see how fortunate we are to have a guy like Joe on our side.

Thanks, to Southside lifter Billy Mimnaugh for this update! Several lifters (including Vincent Dizenzo) pointed out this oversight to me - hope this helps!

Back to random e-mails:
Q: Did you know that Rafael Guerrero was inducted into the Hall of Fame? We talked about him when you wrote about 'Ironworks' in October 2002. Did you know that the gym fell apart right after the article was printed?

A: No, and No. Bad luck all around. Tell me the sordid tale!

RESPONSE: Nah, it's all good! The story has a happy ending, and here it is: Remember Ironworks, the great old hard core gym in North Lauderdale, opened by Rafael Guerrero in 1978? One month after your column (October 2002) the gym was sold.

The new owner, a good guy, misplaced his trust and his wallet in the hands of a 'management team' of fitness wannabes

and their cronies. These people hit the gym like a piranha. The heavy-duty specialty equipment was reorganized into a 'sales oriented walk-thru' and the equipment was never bolted down again. The ceiling fans were taken out, so the light bill doubled. 'The devil's music' was banned, and the radio was fixed on tutti-frutti doper dance music. The old meet shirts were replaced with shirts advertising an imaginary 'fitness tour', complete with the wrong phone number. Strawberry smoothies were sold instead of 50g protein shakes.

The Managers scurried in and out avoiding eye contact. Disloyal term members and staff were dealt with harshly, and sometimes cops were called to eject them. I myself was banished for sassing back and being loud, unkempt and dangerous. So the herd of fitness lemmings never arrived, hardcore members for many years were all pissed off, and the rent went up.

The gym closed in February 2004 and 30 years of excellence was dead. But within 24 hours the hard core had risen. Mike Schoenthal owns World Gym/East Ft. Lauderdale and is a veteran of Rafael's old chain. His brother in-law Adam and Cory run World Gym for him. Adam offered us a new home, but there were conditions:

- We had to bring our own chalk.
- We had to make lots of noise.
- We had to win some gold.
- We had to help him create a hard core gym.

World Gym was already well-equipped with six tons of plates, a full hammer strength line, and power bars brought in by Kieran

Kidder. We didn't need much more than space. Adam cleared a big corner for us around the power rack, up against the wall which looks out over the dock, so the manatees, iguanas, and sharks can check us out. Jim McGlynn brought in his reverse hyper bench and Kelso bar. Rob Keller dropped off two sets of combo racks. Greg Wright brought his jack and deadlift pad. Pat Currey and Tim O'Mallie brought in the chains. The squat boxes and platforms we had built over the years all showed up. So did our hard core members, including five PL World Champions.

Player Coach Kamikaze Dan registered a USAPL team and the gym kicked in black and silver T-shirts like the Oakland Raiders. We made our debut July 7th at the Tropical Games Bench and DL Championship and we did okay. Twelve 1st places, 1 second, and 1 third (in the 198's we went 1-2-3). Greg Wright was champion of champions (601 DL at 165). We won the Masters' Team Trophy. Best of all Rafael Guerrero, the reigning godfather of strength sports in this country, was inducted into the USA Powerlifting Hall of Fame. Rafael came to the meet with his premier trainee and dear friend Ernie Milian, who has more World Championships than he has fingers and toes.

Can Mike's World Gym hope to make it if they hang around with guys like us? It looks like they can! Their spring promotion brought about 500 new members. We have recruited a second team of new lifters who are training for the Southeastern USA in November. Rafael gave us a hard core monument. Mike and his family gave us a hard core corner, but that's all we need. The strong survive, and we're all going to live forever.

And what happened to the management team? Well, their heads finally went so far up their asses that they disappeared completely.

Everyone loves a happy ending! Brings a tear to your eye doesn't it? Okay, until next time: lift big heavy objects for no reason at all. Next month, we'll visit the World's Strongest Grandpa at a real live snake farm!

Stupid questions and comments are always welcome:
rick@houseofpain.com
or
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Joe Sylvia, Southside Gym, after the "finger incident".



The World Gym/East Ft. Lauderdale Power Team: (front) Jeff Walker, Jerry Scott, J.D. Clark, Greg Wright, Julian Ulvang; (back) Pat Currey, Mike Brown, George Walker, Kamikaze Dan, Mike Ritter, John Landau, Tim O'Mallie.

It's always been my opinion that there is no one best rep scheme for the powerlifter. Sets of 8s, 5s, 3s or 1s are all good choices, but I feel the lifter can get best results if he works many different rep schemes over the training year. This philosophy does not allow the muscles to adapt to the stimulus, continually keeping them off balance, forcing them to grow to survive. This is also a 'cover all your bases' approach, because I'm just not smart enough to know which scheme is best. My training philosophy is based around varying your work set reps every 3-4 weeks. Perform 12 rep worksets for 3-4 weeks, then drop to 10s for 3-4 weeks, then to 8s, 5s, 3s, then finally 1s to prepare for the contest.

However, these suggestions have generally focused on the 3 powerlifts themselves, but what about assistance work like presses, curls, rows, etc? Is it best to follow the same scheme on your assistance work as you are for the 3 powerlifts? That is if you are doing 8s in the bench, do you do 8s on overhead presses? If you're doing singles in the deadlift, do you do singles on curls? Or should a lifter follow a completely different rep plan.

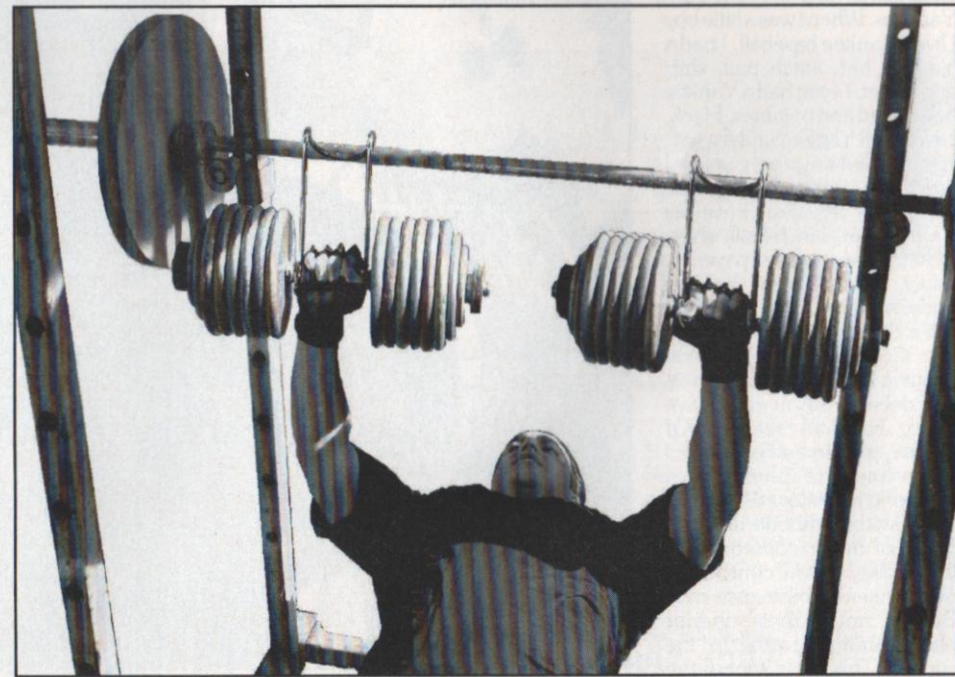
Although I feel it's a good idea

to vary your reps on assistance exercise as you do on the powerlifts, it is not always best to follow the exact rep scheme. For example, it makes little sense to single with curls, pull-downs or press-downs. For assistance exercise, I suggest following either the same rep scheme or a slightly higher one. For example if you're on 8s for the powerlifts, use 8-12 reps on assistance. See the chart below for guidelines.

Work reps on the powerlifts	12
	10
	8
	5
	3
	1
Work reps on assistance work	12-15
	8-12
	5-10
	5-8
	no assistance work

You will notice that the assistance reps were given in ranges. This allows you to follow the same rep scheme for all your lifts or slightly increase the reps on assistance. You can also vary the reps per 3-4 week period by using 10s one week and 12s the next

DUMBBELL REPS FOR 10 and a One Grand Prize!!!! ... Graziano Dominici from Bra, Italy received \$1000.00 from Country Power, Inc. for winning its 3rd annual 10 reps Dumbbells with Power Hooks Bench Press Contest. Graziano, at age 26, with a body weight of 218 lbs. performed 10 reps with 145 lb dumbbells. He stated that using Power Hooks has increased his normal dumbbell weight lifting ability by over 80 lbs. in just four months. Seventy-two lifters entered this year's contest including three from foreign countries. Country Power thanks all contestants for their participation and invites them to enter next year's and future contests. (Previous winners are ineligible.) Information and rules on the contest are provided with each set of Power Hooks purchased. In addition, entrants may perform their ten reps anywhere and anytime during the year. (Cutoff date is October 1.) Ensure that you video your lift and weigh yourself and dumbbells. Hold onto your video until called for; just send a card or letter stating what you can do. When you make your video: 1. Don't stop the video when you weigh the lifter; show him standing on the scale, then read the scale. During view of the video, if something doesn't look right it may be cause for disqualification. 2. Do not short stroke the lifts: you must break at least 90 degrees on each rep. Country Power points out that it is physically impossible to clear or kick up the dumbbell weight that you can actually press. Many lifters do not get maximum strength gain training when pressing dumbbells because they do not work out with the amount of weight they are capable to press due to the difficulty of getting heavy dumbbells into the lifting position. However, with Power Hooks you can work out with maximum weight because the dumbbells are preposition overhead at the lifting point. Thus, eliminating the need to clear or kick up the dumbbells. The possibility of injuries normally caused by struggling to lift the dumbbells from the floor is also eliminated. In addition, working with heavy dumbbells using Power Hooks will improve your bench press better than working with chains, bands or any auxiliary exercise / equipment. The price of a pair of Power Hooks is \$49.95 plus \$6.75 shipping and handling. To order by credit card call toll free 1-888-669-6316 or send check or money order to: Country Power, Inc. 85-979 Farrington Highway, Waianae, Hawaii 96792. This is one contest where sets of tens definitely pay off!



STARTIN' OUT

A special section dedicated to the beginning lifter

REPS FOR ASSISTANCE EXERCISE

as told to Powerlifting USA by Doug Daniels

while you are doing 10 reps on the powerlifts and so on. I do not think you should go below 5 reps in assistance exercise. Low reps increase the chance of injury and overtraining. Avoiding overtraining is especially important the last 2-3 weeks prior a meet. Doing heavy, low rep assistance work can add up on your recovery abilities. That's why I suggest no assistance work, outside of abs and stretching, during that final period.

Obviously, you must include some warm-ups. I don't think you need as many warm-ups on some of the assistance as you do on the powerlifts, especially if you are exercising a body part or muscle group that you had already worked. For example, if you had just finished benching, you do not need to do more than a 1-2 warm-up sets on

tricep work such as close grips or tricep press-downs. Back work is a little different as the lats and biceps are not directly worked or warmed up by the deadlift work preceding it. Perform just enough warm-up work to get accustomed to the feel and range of movement of the assistance exercise.

As I always stress, the purpose of assistance exercise is to improve your powerlifts. They are not an end to themselves. At the meet, no one cares how much you can curl or upright row. Your strength is measured on the platform. In summary, I believe there is no best rep scheme (or at least I'm not smart enough to know). Cover all your bases and add variety to your routine by varying reps on both your powerlifts and assistance work during your training cycle.

"All of us are looking for some sort of miracle, a magic little pill, something to make you great. You work so hard and you want it so bad that you will do just about anything. In the sports world you always want that edge that makes you a little better than the competition - whether it makes sense or not."

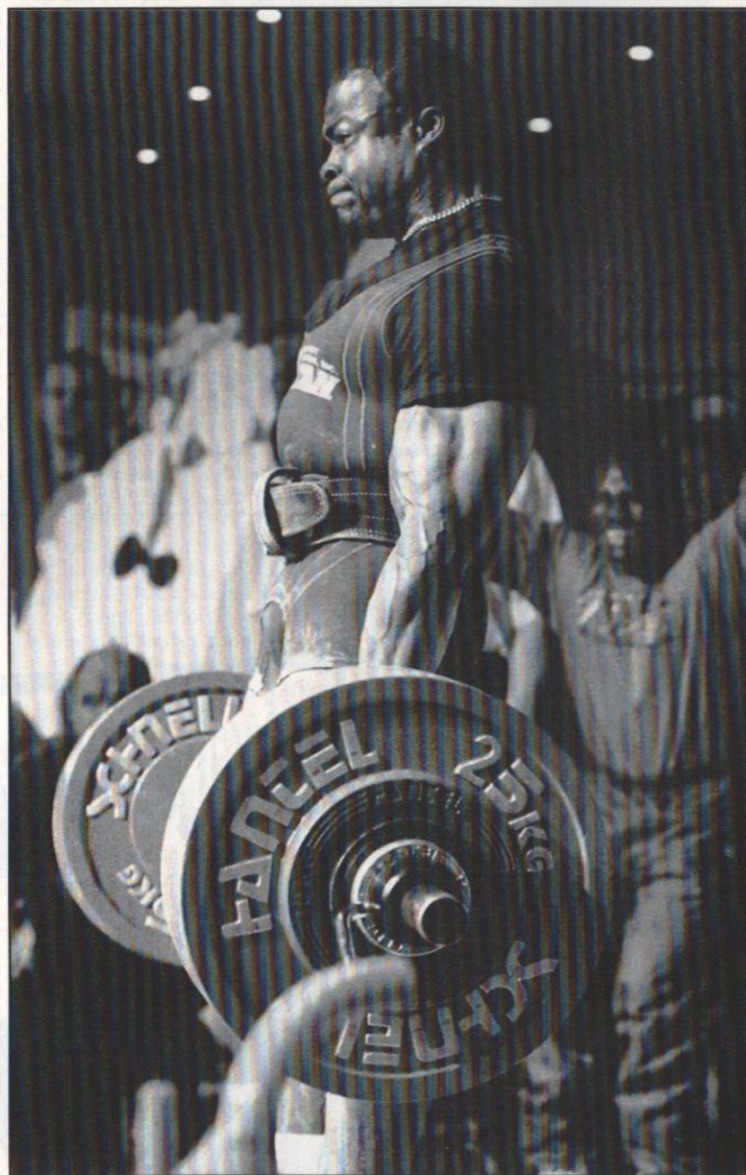
Jamie Craddock

DR. JUDD

CURSES, HEXES AND SUPERSTITIONS...PART 1 as told by Judd Biasiotto Ph. D.

The Boston Red Sox's curse is over. Yes! Hell has frozen over, cows do fly, and a Volkswagen can win the Indianapolis 500. And all of that has come to fruition by virtue of my good friend Susan Nelson. That's right, if it weren't for Susan, a snowball's chance in hell would still get you one in infinity odds in Vegas. Let me explain why. Susan is a die-hard Boston Red Sox's fan. She lives and dies with the Red Sox. Cut her, and she will bleed Boston red and blue. Over the years she has died an awful lot pulling for the Sox, and she will be the first to tell you that her misery is directly related to the curse of the Bambino. Conversely, I love the New York Yankees. When I was a little boy I lived Yankee baseball. I had a Yankee hat, lunch pail, shirt and jacket. I even had a Yankee bedspread and pajamas. Heck, I even had Yankee underwear. I never went anywhere unless I was in pin stripes. Yes, it is true still to this very day I have my Yankee hat, lunch pail, shirt, jacket, bedspread, and pajamas. Okay, I still have my Yankee underwear too. I can't help it; I am a die-hard Yankee fan.

Consequently, you can only imagine what kind of arguments and debates Susan and I have every baseball season. Of course, year in and year out, I have had the pleasure of watching my beloved Yankees kick Boston's bootie in every game of major consequence. Of course, Susan contributes my Yankee's dominance over Boston, not to their superior playing ability, but rather to "the curse." This year when the Yankees jumped out to a three-nothing lead in the American League Championship Susan was ready to put a gun to her head. Then something happened that changed the Boston Red Sox's fate forever ... according to Susan. What was it? Susan got her teeth cleaned. I am serious. The day before the fourth game Susan showed up at the gym and told everyone who would listen that Boston was going to win the game that night. She said, that while she was getting her teeth cleaned she had this spiritual transcendence in which she saw the Reds beating the Yankees. She also said



Kevin Woodside of the Bahamas ... voodoo?? ... or is he just plain bull strong!

that she was totally confident that the curse was over. Well, she was perfectly right; the Red Sox came back after trailing the entire game and beat the Yankees in extra innings. That was the beginning of Susan's exorcism of the Boston curse. Convinced that Boston's win was contingent on her teeth cleaning, Susan went back to her dentist each day that Boston played to get her teeth cleaned. She even had her dentist, who is also a Boston Red Sox's fan and a good friend, clean her teeth on the Saturdays

and Sundays when the games were being played. As you are probably aware Boston swept the Yankees four straight and then went on and swept the Cardinals four straight. Susan had her teeth cleaned on all eight games. Not only did she have her teeth cleaned, but she also wore the same clothes, ate the same food, and performed the exact same routine that she did the first day that Boston beat the Yankees. She is now totally convinced that if it were not for her teeth cleaning Boston would still be under the curse of the Bambino.

Of course, Susan is not the only person on the planet that believes in curses, hexes and superstitions. In fact, she is like a lot of sports participants, both players and fans that feel like their destiny is in the hands of ... well, fate. Just look around whenever there is an important competition, and you will see some of the craziest rituals that athletes, fans, and coaches engage in to ward off evil spirits and bring about a winning karma. Some players and coaches will wear the same socks for days on end; others don't shave or wash, and still others will perform the same daily routines that they performed on the days they were successful. I have even heard of guys tattooing "power symbols" on their bodies in order to enhance their chances of success. I suppose there is some value in not bathing and wearing stinky socks and shirts in a game pitted against others; it just might help keep the opposition at a distance, and it may explain why such behaviors have a positive effect.

Being the skeptic that I am, I would have to say that if there's a possibility of tipping the psychic odds in one's favor its origin is most likely in the mind ... more specifically in belief. Certainly, superstition can be a powerful form of belief. And there is one thing I would never underestimate is the power of believing in what ever you believe. When you believe in something, you can bring about magic, curses, hexes, whammies, evil eyes, even a Boston Red Sox's victory.

Consider psychosomatic illness. This is simply an illness that originates in the mind but takes on physiological symptoms. In other words, it's someone who makes himself sick simply by believing that he is sick. The American Medical Association has recently indicated that more than 60 percent of the illnesses in the United States are psychosomatic in nature. Doctors even treat such an illness by prescribing medication in the form of a placebo. I am sure you know what a placebo is, but just in case you

don't, it is an inert substance, such as a sugar pill, which contains no medicinal value. Its power lies in belief (there is that word again). The placebo is given to the patient to make him believe he has taken powerful and appropriate medicine for his symptoms. Here is the real kicker, they work, with some individuals, like magic.

In fact, placebos have a psychology of their own. Psychologists have found that as a pill, a placebo works better when it is large and brown, or small and red. It also works better when it tastes slightly bitter. The one thing that makes it work best is its price. The more you pay for this fraudulent pill, the better the results. It is also better when injected intravenously rather than taken orally. And, of course, as with any other medication, whether real or imagined, two placebos work better than one placebo.

Another interesting aspect of placebos is that they can be used to work on specific parts of the body. Subjects who were suffering from asthma experienced bronchial dilation, or easier breathing, after receiving a placebo. Subjects who were given a fake stomach pill responded appropriately when they were told that the pill would increase gastric activity. When they were given another placebo (a

different color this time) and told that their gastric sensations would decrease, once again the appropriate response was elicited. Who says there's no magic in believing?! Think about what I am telling you here.

An even more astonishing example of how belief can affect behavior is often seen among those who practice voodooism. In some primitive cultures it is believed that the witch doctor has magical or voodoo powers that are strong enough to kill or cure members of their tribe. If someone in the village angers the witch doctor, he may cast a spell on the person. This is usually accomplished by pointing a bone or magic wand at the person while muttering some dreadful curse or incantation. If the individual believes that the witch doctor has the power over life and death, he may actually die within a few days after the spell has been cast. Researchers who were highly skeptical of voodoo deaths actually went to such countries as Haiti and Egypt to investigate such deaths. Guess what? In less than two years they were actually able to confirm more than 50 "Voodoo deaths".

These Africans and Haitians are convinced that if a spell has been cast upon you, it will come to pass. This is somewhat like the "nocebo effect", the opposite of

the placebo, where a negative expectation becomes a "self-fulfilling prophesy." In other words "as we think, so we become." For instance, if you are of the opinion that accidents come in threes, and you have had two already and you believe you are destined to have the third accident, get ready because there is a good chance you will have it.

I know what you are thinking, "No way would I be that gullible." Right!

Be honest. If you were booking a flight, and you had your choice of departure dates, would you choose to fly on Friday the 13th? Well if you were a triskadekophobic, there is a good chance you would pass on the 13th. And there must be a lot of triskadekophobics floating around in America because few people will fly on that date. In fact, according to travel agencies, the 13th is the easiest days to book a flight. There's always space available, and few people will use it. Do you know you can even get cheaper flights on that date and still no one wants to fly on that date? There's just something about that day that sits in the back of people's minds that something bad is going to happen on the 13th. Of course, this cataclysmic date is supposedly the most ill-fated day of the year. Interestingly, the origin for the

superstition is not even clear. Some people say it comes from the Last Supper, in which the 13th apostle, Judas, betrayed Jesus Christ. Actually, Friday the 13th has a nasty biblical history: it's supposedly the day Eve tempted Adam with the apple; the day Christ was crucified; the day the ark set sail; the day the confusion of tongues struck the Tower of Babel. No wonder the date scares the hell out of everyone ... pun intended.

Sports superstitions are based on the same supposition. If you believe wearing dirty underwear or carrying a rabbit's foot around is going to help you, there is a good chance it will. Conversely, if you believe you are cursed, there is a good chance that you will respond appropriately. In short, power and magic are in superstition and whether we want to admit it or not most of us are somewhat superstitious...athletes even more so.

Is it that sports merely attract the eccentric, or is it something intrinsic to the nature of sports that predisposes athletes to be superstitious? Is it really possible that well educated people let superstitions and curses affect their performance? And exactly why are people superstitious? I will have all those answers for you and more in next month's column. So stay tuned.

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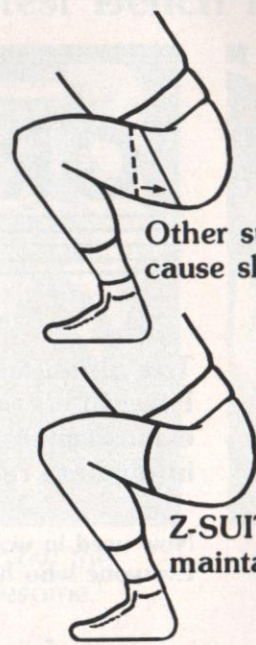
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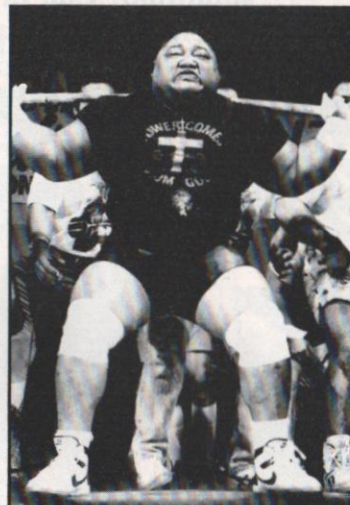
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ASK THE DOCTOR

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

DEAR MAURO: Just a question...I wondered, is there any difference in what's put in your "Resolve" and "Resolve Competition"? Please advise. Thank you, **Shari**

DEAR SHARI: The distinction between Resolve and Resolve Competition was much sharper last year than it is right now. That's because in the past year ephedrine was banned and I reformulated the original Resolve (that had ephedrine) so that it's now ephedrine free. Since drug tested athletes can't take supplements with ephedrine, I formulated Resolve Competition, which is ephedrine free but also low in caffeine and caffeine like products. As such, there is nothing in Resolve Competition that will result in a positive drug test for ANY drug tested athlete. However, since the IOC has taken caffeine off the banned list, and Resolve no longer contains ephedrine, there is nothing in Resolve that will result in a positive drug test for IOC athletes and for any athletes whose sport follows the IOC protocols (this includes most professional sports and amateur sports not in the Olympics such as Powerlifting), which is most amateur and professional sports EXCEPT for the NCAA. For NCAA athletes I still recommend that they use Resolve Competition not because they'll necessarily come up positive for caffeine using Resolve but because they might if they also take in a lot of coffee prior to the drug test. In reality I've had several NCAA athletes use Resolve and not one has tested positive for caffeine. However it's better to be safe than sorry. This explanation is probably as clear as mud but the bottom line is that Resolve Competition works great for NCAA athletes and for anyone that is sensitive to stimulants, especially caffeine and caffeine like compounds. For almost everyone else Resolve is the one to use and the one that will work best to enhance energy and performance, and increase the anabolic and fat burning effects of exercise. Best regards, **Mauro**

DEAR MAURO: Does the guggulsterones in your LipoFlush cause a rebound or any negative side effect to your thyroid? I will also have another blood test and try to check back with you. Thanks again and I think I will give your products a try, but you are right as I sleep at about 12:00 AM and rise about 7:00 AM. I probably have to get my sleep right also. Thanks again. **Eric**

DEAR ERIC: I've checked the thyroid status of several people before they went on LipoFlush and their diet, while they were on LipoFlush and a month or so after they came off the LipoFlush and their diets. I have to say that there wasn't any significant difference in TSH, T3 and T4 at any of those times. However, keep in mind that while on a diet, thyroid function can go down (especially T3 as the conversion from T4 to T3 is decreased - part of the body's response to "starvation" is to lower the metabolism, partially through a decrease in functional thyroid hormone) but didn't while they were on the LipoFlush. So the LipoFlush did what it was supposed to do as far as supporting thyroid function while on a hypocaloric diet. When they got off the LipoFlush and were on a maintenance diet, thyroid function remained normal so that there was no obvious suppression of the thyroid axis or in thyroid function. Best regards, **Mauro**

DEAR MAURO: Just wanted to let you know that things are on track. I just finished a four week workout cycle and basically hit all my PRs for

those workouts. This was on around 1500 cals/day and 30 aminos. I've never been able to eat that few calories and in addition gain strength. For example, my last deadlift workout consisted of 430/4, 460/3, and 492/2 without accessories. That's simply the best I've ever done for that workout either dieting or no dieting. I'm leaning out and should hit the stage better than before. Have you ever thought about marketing the Aminos to AIDS, cancer, and burn patients? It might be really beneficial for them in terms of maintaining or even gaining whatever lean mass they have. I'd be interested in your thoughts on this since I'm in a medical setting at work. Thanks. **Gene**

DEAR GENE: I'm glad things are working out so well. The Amino, and many of the other supplements, especially the ones I've reformulated in the last year, are complex formulations and a quantum leap from the other nutritional supplements on the market today. In each of the supplements I've researched the pathways that are the most likely to give the desired results, and then searched out the combination of ingredients that would act both additively and synergistically affect those pathways. There's a lot more to the formulations than I've put into the information pieces. However, I'm updating these to reflect some of the thinking that went into making them. For example I never really explained the reason why I added AMP and the TCA cycle intermediates until you asked about Amino. I then incorporated that information into the new Amino information that is on line at <http://www.mdplusstore.com/pdfs/amino.pdf>. As far as recommending Amino for cachectic states such as AIDS, cancer and burn patients, as well as sarcopenia, I've thought of it but haven't acted as yet. However Amino, and some of the other supplements, including, and especially the new ReNew, would be very useful for patients suffering from catabolic states. I'm going to approach a few people I know about trying a combination of three or four supplements for some of these conditions. Let me know if anyone there might be interested as well. BTW the new ReNew just came in today. It's an extremely complex formulation and is very useful for regenerating/protecting the body. Among other things, it will be the main supplement in the new Anti-aging/Longevity Pak that I'm adding to the MD+ lineup. I'm working on an info piece right now for ReNew. I've attached the new nutrition panel that I took off the label and which unfortunately is not really sharp although you can make out the ingredients. In the meantime I've written down some of the effects of some of the ingredients in ReNew (there's more). I know it sounds like a panacea for whatever ails you, but there's backup for all of it. I've started taking it already. Maybe this is why I'm writing this at 3:00 AM with not even a thought of going to bed. In any case the best time for you to use it is right after training as it would enhance the training effect as well as provide the advantages outlined below. For those that are really going through a rough time it can be used twice and even three times a day as an induction phase before getting results and then cutting back to a lower dose. I'll send you the full info piece as soon as it's in presentable form. Best regards, **Mauro**

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NUTRITION

THE ROAD TO 2800+ THE GARRY FRANK CHRONICLES PART 3

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

With all the sweat and toil that Garry had put into his training, and let's not forget his new nutrition and supplementation program, he was primed to do some major damage. Garry has never been so focused and ready to set new standards in the sport of powerlifting. Garry was now determined to set a powerlifting total so unreal it was guaranteed to shock the strength world and have his competitors wishing they took up golf instead. When all was said and done we both knew that the powerlifting world would be amazed at what he was about to accomplish.

The Highest total of all Time

During the next year Garry was hitting some unreal numbers in the gym and on the platform. In his next big contest Garry hit an awesome 2640 total. Once Garry saw that 2600 fell like a piece of cake, he wasn't going to be satisfied until he had a total so unreal it would make even the strongest powerlifters shake their heads in amazement. In no time he bettered his total to a 2667 which he did at the WPO finals in November 2003. Again his assault on 2700 was so close yet no cigar. Then at Joe Ladnier's APF meet he beat his total again with a 2673. Again so close but it wasn't written for him to hit that magic total on this day. Both of us were just itching for it, 2700 was going to go down and we both wanted it in the worst way. Then on March 6, 2004 it happened. Garry came in primed for this contest and he made sure that he wasn't leaving this contest without his 2700. Even if it was going to kill him he wasn't letting it slip from his fingers one more time. This was his day as he hit a 1047 Squat, 804 Bench and a 854 Deadlift for a massive mind boggling total of 2706. When I got the news from Garry about his record we were both excited as he just did what no man had ever done before. But Garry wasn't satisfied. He told me that 2800 was in his bones and it was going down very very soon. I knew he could do it and with a little fine-tuning of his nutrition plan we were on track for his next mega assault. In no less than a few short weeks away on April 3, 2004 Garry did what no man could even imagine. Garry went to the Jacksonville APF Open and smoked a 1085 Squat, 837 Bench and an 881 Deadlift for an unbelievable total of 2805. No one in the history of the sport that was at the top of their class has put so much on their total in such a short time. To go from 2600 to over 2800 in such a small time span in unheard of. Especially when we are talking the quality caliber of a lifter that Garry is. When I found out the good news I wasn't shocked at all because this is what Garry and I had been planning over the last couple years, it just took the time to nail it on the head.

Weapons of Mass Construction

With all the awesome results that Garry has seen over his time working

with me one on one, you all must be wondering a little more about his customized nutrition plan also known as The Nutrition XP3 System. Well I thought I would give you a little glimpse into the world of the man that has set the extreme standard in powerlifting, a standard so high that even the strongest of men cry thinking of handling such super back breaking poundage. I know that most of you must be wondering, "What supplements does the strongest man ever to have walked this planet use in his nutrition plan?" Since I get several e-mails per week asking this exact question, I thought I would satisfy everyone that has been hounding me day and night. Here I will give you a brief look into what supplements Garry uses to help him build muscle, burn fat, improve his recovery, and most importantly get stronger.

Protein Powder

Now any plan without a protein supplement is like driving a car without brakes, it's a no brainer. Now with Garry not just any run of the mill protein powder will do. It first must be of the highest quality. There are many good brands out there, but there are also many that I wouldn't line a cat's litter box with so choosing the right quality protein is very important. Next are the types of protein that Garry uses. He uses many different sources which include Miscellar Casein, Cross Flow Microfiltered Whey Isolate, 520 Whey Hydrolysate, Egg White, Bovine Serum and more. The reason why he uses a large variety of formulas is that each type of protein has a different amino acid spectrum, Biological Value, and the rates of which they hit your bloodstream. A protein supplement should be part of every powerlifter's meal plan because in today's hectic life there are very few people that can eat the amount of protein they need on a daily basis without using one. That is unless you were born into a millionaire family, who has your own personal chef and the most hectic thing that you have on your schedule is trying to fit in your massage, pedicure, and hair salon appointment all in one day.

Multi Vitamin/Mineral

This is another very important part of every nutritional program. Not using a properly balanced



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

multivitamin/mineral formula is just a plain stupid move at best. Making sure that you don't have any micronutrient deficiencies is a major concern for the strength athlete so this should not be overlooked in the least. Garry uses a formula that hits the entire spectrum of micronutrients in individual tablets and capsules. Each packet has about 12 tablets making sure that you get everything here needed for maximum absorption. This includes fat and water-soluble vitamins, minerals and electrolytes to make sure all the pieces of the puzzle are complete. A deficiency in even just one vitamin or mineral can make a big difference in your performance, recovery and health so avoiding this is a must.

Fiber Supplements

So before you crack any jokes about Garry using a fiber supplement here I better warn you it better be far away from him otherwise he may just twist you into the first human pretzel, and that's if he is in a good mood. Fiber is no doubt the most overlooked nutrient in the powerlifter's meal plan so it should be part of yours as well. Eating enough fiber will help prevent certain cancers and even help reduce your cholesterol level. So before you lay a smart-ass joke or have some stupid comments, think again. Eating enough fiber in your nutrition plan will no doubt improve your strength and performance but even help prevent many health ailments down the road. One fiber supplement that I really like is one called Fiber Works by a company called Ascentra. This is the same company that makes the NutraSea Herring Oil that I am a big fan of. I mentioned this some time back in one of my columns in regards to different fish oil supplements.

Glutamine

This is a very important part of Garry's plan. Glutamine is one of the most important amino acids that you can consume. It has a lot of benefits for the powerlifter. This includes cell volumization, preventing catabolism, increases Growth Hormone release, helps improve your rate of recovery and much more. Garry is a big believer in the power of Glutamine and has been a staple in his supplementation plan. During times of hard training we increase the dose to best suit his individual needs. You will notice that when you are using Glutamine you will not over train as easily as you can while you are off of it. There are two main forms of Glutamine, which include L-Glutamine and Glutamine Peptides. They are both very good but I prefer the Peptide version for my athletes.

Creatine

Now everyone under the sun has heard of creatine. One of the things that I do with Garry is cycle his creatine throughout the year. This is a supplement that Garry never took before I introduced it to his nutrition plan. Creatine will help increase your ATP stores thereby increasing your power endurance. You will notice while on it that you will be able to lift more and your reps at a specific weight will also increase. Another very important thing that creatine does is cell volumization. Here it will draw more water, glucose and amino acids into your muscle cells thereby helping to increase protein synthesis. In layman's terms it will help make you bigger and stronger. Garry uses creatine during his pre contest cycle and stays off of it during his off-season.

Essential Fats

I have praised Essential Fats in my articles for the past 3 years in my column so you must have known that they would most definitely be a big part of Garry's nutrition plan. There are 4 main types of Essential Fats that I use with Garry. This includes Flaxseed Oil, Herring or Salmon Oil, Extra Virgin Olive Oil and last an EFA Oil Blend. I cycle them with him and change them up through different parts of his training cycle according to best benefit him. This will give him a balanced and proper ratio of his Omega 3, 6 and 9 fats for optimal health and performance. For those of you who don't use them in your plan this is another big mistake that a large majority of powerlifters make. Your healthy fats not only will improve your performance but they will also help you recover from injuries faster, decrease your bodyfat level, reduce your cholesterol and most importantly increase your testosterone level. AHH, now I have your attention. Not only will this increase your strength but it will have another benefit as well... an increased sex drive. Well now I have your attention. I can mention that it will help prevent diabetes, improve your cardiovascular health and even

help you live longer. You just ignore my words. I mention that it can increase your sex drive and now I can see a line up of powerlifters at the local GNC buying up the stuff by the case load.

Training "Secret Formula"

This is one of the formulas I developed that is to be taken just prior and during training. Sorry, I can't give you the details on this one here but I will tell you that it will make a big difference in your strength and endurance. The purpose of this formula is to provide the body with the right fuels while you train so that your energy reserves won't bottom out during an intense training session. It will also give you a pump like never before. The amount of blood flow that you will get to your muscle being worked is another added feature. It will also provide the body with nutrients that will induce an optimal environment for increased strength and power output. As you can see here this formula is no doubt a very critical part of the supplementation plan.

Post Workout "Secret Formula"

Now with this formula I know you were probably hoping that I would give you my recipe here but I am not! Sorry, but this is saved for my elite clientele. If you ask any of them that have used it they will no doubt let you know that it tastes horrible but the results are well worth it. This is a combination of several different ingredients with many different purposes and actions. These include insulin manipulation, cell volumization, anti-catabolism, protein synthesis, cortisol suppression, hyper hydration and much much more. I know that you are itching for this recipe but I can't give it to you so don't send me a thousand emails trying to pry it out of me. If however you become one of my clients it will no doubt be part of your plan.

Probiotics and Digestive enzymes

Now with all the food that Garry eats on a daily basis making sure he absorbs it is of utmost importance. When you are eating enough food to cause small countries to go hungry you want to make sure you get the most out of it. It's not just how much food you take in per day but how much is absorbed. If you don't think this area of your plan is important then give your head a shake. Probiotics and digestive enzymes are a very important part of Garry's plan. Without them there is no way he could process as much food as he does. When you are packing in

boatloads of food they are a must to help with proper absorption and to maintain a healthy intestinal tract.

Cleansing Herbs

Don't crack any jokes here because you may not make it to your next workout if Garry's hears any smart talk. I have pushed the whole "Cleansing" thing in PL USA for a while and finally some of you more intelligent ones out there are starting to get rid of your old ignorant ways. I know I got a lot of flack at the beginning, but now a lot of you are coming around. Once you heard that Garry gave it the thumbs up then all of a sudden many of you not only became very interested in it but have incorporated it in your nutrition and health plan. Keeping your organs healthy is a very important part of powerlifting. Remember my purpose here is to educate you to take your total higher but even more importantly to keep you healthy so you will live to lift as a master's competitor.

Branch Chain Amino Acids

This is another supplement that Garry is a big believer in. Branch Chain Amino Acids consist of the amino acids Leucine, Isoleucine and Valine. These amino acids are critical to increasing your muscle mass and strength. You probably don't know this but the BCAA's constitute 35% of your muscle mass. They are both anabolic and anti-catabolic in nature. They also have a direct relation with maintaining a proper testosterone and cortisol ratio which if you have read any of my past articles you will know this is very important. Since the human body can't manufacture BCAA's they must be consumed in your nutrition plan. These three amino acids play a vital role in increasing your strength, muscle mass and preventing the cortisol monster taking over and destroying your valuable muscle mass. These are used with Garry in the last 12 weeks of his pre

contest plan to help repair and replenish the damage that occurs during his crazy training sessions.

Alpha Lipoic Acid

If you read my column monthly over the last few years you will know that I am always looking for that extra edge for my athletes. One very important supplement that I am very big on is ALA and R-ALA. Now most of you must be wondering what the hell that is. Well ALA stands for Alpha Lipoic Acid. Now don't get this confused with Alpha Linoleic Acid. This is an essential fat, so these are not to be confused with one another. Now you must be wondering, "What is this thing and if Garry takes it then I better get myself some too?" ALA has many benefits for the powerlifter. One very important thing is that it is one of the most potent antioxidants available. Now if you are not too familiar with this, antioxidants neutralize free radicals in the body, which can down the road, cause disease and illness. One example would be cancer. Now you are getting the picture. There are also a lot more that this super nutrient can do for you. One of the things that I like about this supplement is that it is a power insulin mimicker. It can help increase your level of insulin sensitivity which is something that all powerlifters should take notice to. This powerful supplement is used in Europe by doctors for those diagnosed with Type II Diabetes since it can help control blood sugar levels. It also is very good for protecting the liver from stress and toxins. It can also improve the function of other supplements as well giving it a synergistic effect. This supplement has numerous functions not only for improving ones performance but also for the long term health of the lifter.

Vitamin C

This list would not be complete without Vitamin C to finish it off. I

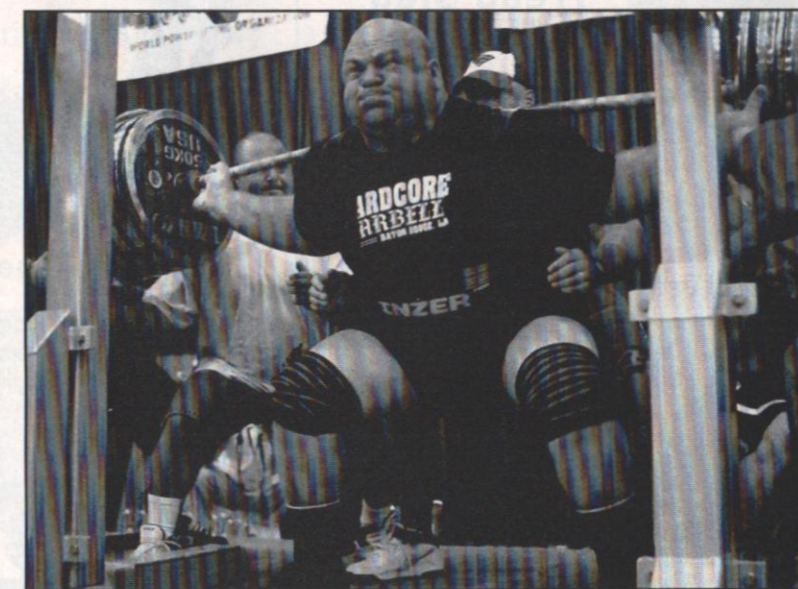
have praised the benefits of Vitamin C for the longest time to powerlifters and it has paid off. Vitamin C has numerous benefits for the powerlifter including increased immune response, decreased Cortisol levels, increased testosterone levels, repairs collagen and soft tissue, reduces soreness, and improves recovery. Vitamin C should be part of all powerlifter's nutrition plans because of all the positive things that it can do not only for your strength but your health as well. I cycle the amount of Vitamin C that Garry uses throughout his training cycle. If he is training for an upcoming contest or if he feels under the weather then the dose will be higher. During his off-season we still include it in his program but the dose is reduced.

Use your Brain

Now just because I laid out some of Garry's supplements that he uses when preparing for a contest doesn't mean that you should all go out and buy everything you read here and start jamming it down your throat in a haphazard kamikaze formation. The supplements that Garry uses are those that were prescribed to him after his Nutritional Analysis. On top of this Garry is continually monitored on a weekly basis with changes made to his plan to suit his individual and specific needs. The dosages that he uses are also not particularly what you will need. Don't go out and try to take in 1000 grams of protein or 50 grams of Creatine in a single day to try and copy what you thought you saw here. The only thing that you will do is make yourself sick. The last thing to remember here is that your natural supplementation program will only be as good as your diet. There are many lifters that eat like a garbage disposal yet they pound in creatine and other supplements thinking that they are the magic bullet that will help them get their squat up another 100 pounds in 4 weeks. Supplements will only work properly when your nutrition plan is 100% on the money. This is why that I don't recommend that you go on a supplement-shopping spree; meanwhile you live at the local fast food drive through.

Conclusion

So here you have it, an inside look into the some of the supplements that Garry uses to dial it in for contest day. One thing that you may have noticed but there is nothing super exotic in Garry's plan. I only include natural supplements in my athlete's plans that have been proven to produce results. This includes medical studies as well as real world results. Next month we will take an in depth look into what Garry eats to prepare himself for those monster lifts. Believe me you will very surprised about what you are about to witness in the next issue. So hold on to your seats, and get ready to see what fuels this super human beast. You are going to be amazed! So until next month, eat clean, train hard and most of all stay healthy.



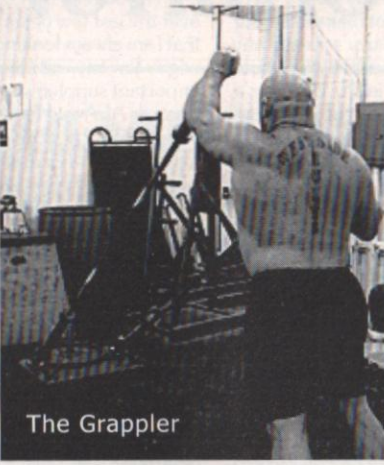
Garry Frank's Quest for 2800 got a boost when he optimized his nutrition program.

LOUIE SIMMONS' PRESENTS

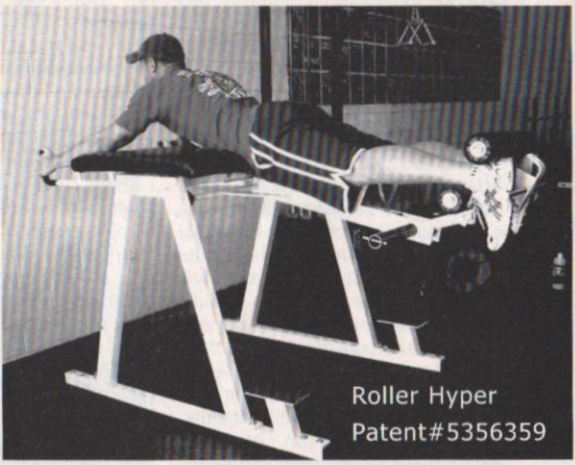
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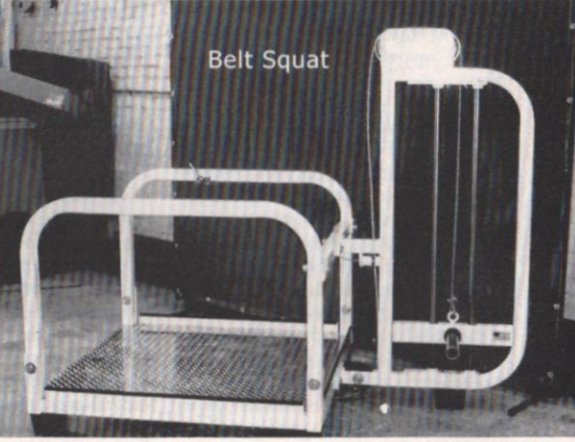
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OLD IRON

as told by Paul Kelso

What were John Inzer and I doing on the wooded shore of a Texas lake September 15th, playing in the red dirt with a pile of antique iron?

Back in the '60s I bought a truckload of antique weights at a farm auction in Iowa. Lugged 'em around for decades before storing them in an East Texas barn twenty years ago. The friend that owns the property on Lake Palestine must move soon, so on a family visit to Dallas I went down there and dug them out.

I needed to find a home for these weights, and couldn't see dragging them to Japan due to shipping costs and then having no place to put them. I called John, who operates Inzer Advanced Designs about 40 miles away in Longview, and asked if he'd like to make a home for them?

You bet he would! He met me at the barn and we made the handoff, to my immense relief. I don't know what the weights are worth in money, but they are RARE, and I would have felt considerable guilt had they been lost or ended up as bass-boat anchors after all these years.

The iron includes an Adrian

Peter Schmidt "Monarch" set of bars and kettle bells - roughly 1895-1916 - patents say 1902 - and a Triplex globe bar, a ring weight, ancient DBs, etc., all from Milo, pre 1916.

Milo made a well-known globe style barbell. The globes come apart and the plates fit inside. The edges of the plates are contoured to fit inside the curvature of the globe casings. This was unnecessary, but I think Milo - owned by Alan Calvert - wanted to keep the globe shape, as it was traditional in strongman acts and impressed audiences. There is a curved 'port' the size of a small saucer on the side of the globes. This is unscrewed and bags of birdshot were added or subtracted. The "Triplex" name refers to the use of plates, shot, or both. The bar could be loaded up to 160 lbs, as I recall.

Among my stuff are three short Schmidt barbells consisting of three pair of solid iron "cannonballs" that are drilled and threaded. These ball pairs are different sizes. The bars are less than five feet in length and are threaded on each end as is a single DB bar. No knurling. You changed weights by screwing the bars into the iron balls, or



Paul Kelso with John Inzer and a nearly century old treasure trove of Iron Game memorabilia!

of a volleyball. There is a revolving handle attached and a drain plug in the bottom. One changed weight by adding birdshot (some of the original bags are still in my bells), sand, or even water!

I spoke to Bob Hoffman at the National Sporting Goods Association show in Chicago in 1974. Hoffman bought Milo/Calvert out in his first days of building York Barbell. He said many old cannon ball or globe weights were converted pieces of Naval ordnance, some dating back toward the Civil War.

My Iowa collection included Indian clubs alleged to have belonged to John L. Lewis of the United Mine Workers union who helped found the CIO. On my bookshelf in Japan is a pair of 105-year-old Sandow gripper DBs, cut length-ways with attachments for inserting as many as seven springs to adjust the tension. Mine are the leather covered handle model.

I do not know the name of the man in Iowa who owned the weights originally, but his old muscle toys are safe, with the help of a couple of excited kids named Kelso and Inzer - who thought it important to save them.

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POW!ER SCENE

Happy 2005, and to all POW!ERSCENE readers, may it bring you your best powerlifting year yet. Training methods keep improving, new gear adds more pounds to your lifts, new gyms are opening - why shouldn't 2005 be a great year?

The coming weeks will see a lot of PL action. February 18-20, at The Fit Expo in Los Angeles, will be both the Western USA Powerlifting Cup and Scot Mendelson's Bench Press Classic, with many top benchers scheduled to lift. March 4-6 in Columbus, Ohio is the incredible Arnold Classic weekend, featuring the WPO World Powerlifting Finals and the Arnold Bench Press Championships; every year these are two of powerlifting's biggest events.

POW!ERSCENE has covered the Arnold Classic and The Fit Expo in past years, and if you can make it to these mega-events, it's a great chance to watch many of the sport's top stars in action, and then meet them and maybe ask some questions. Plus there's always lots of other action, including strongman shows, bodybuilding and fitness contests, all kinds of seminars and demonstrations, workout and fitness wear, and lots of free samples from supplement companies. Those of our readers who've been know what we're talking about; to everyone else, check it out in person one year and see what you think. Visit www.arnoldclassic.com and www.thefitexpo.com for info.

2005 is shaping up to be a big strongman year also. Debuting in early January on Fox Sports is the MHP All Strength Strongman Series, a 26 week series of one-hour shows featuring America's top strongmen in action. MHP, a big



MHP Strength Athletes will be seen Wednesdays, 4-5PM, on the Fox Sports Network. (courtesy of MHP)

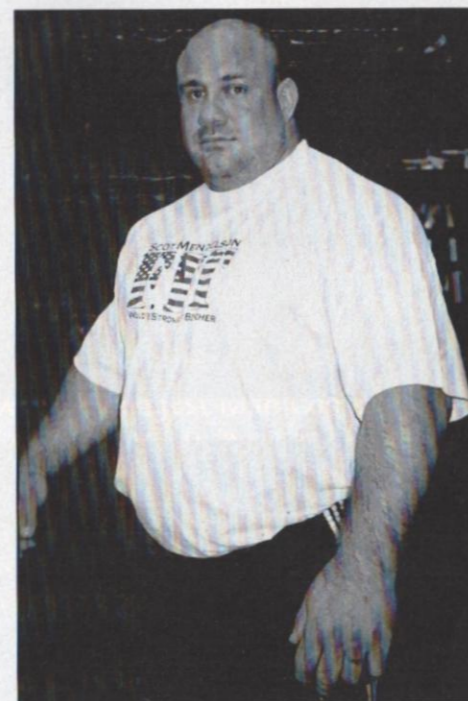
supporter of strength sports including powerlifting, is the title sponsor, and you can learn more about them and about the TV series and its air times at www.maxperformance.com

Finally, right here in Los Angeles, on January 22, is the Radiant Pro, a Women's Strength Show, created and hosted by Raye

Hollitt, actress, bodybuilder, powerlifter, and to millions of Americans - "Zap" on American Gladiators. Raye is putting together a new type of show, combining the strength testing core events with the style and feel of a Hollywood show.

As many as twenty women will be competing in eight events, and powerlifter Mari Asp is scheduled to be one of those competitors. Other women will be coming from bodybuilding, fitness, strongwoman shows, and other backgrounds. For more info on the event, and on Raye Hollitt, check out www.rayehollitt.com

All these shows, combined with your own training, should be enough to keep you dedicated lifters and lifting fans busy for a while. 'til next month, stay strong and healthy, lift some heavy weights, and we'll see you on video.



Scot M. hopes to create a major annual event



Mari Asp ... will she be radiantly strong?

NED LOW

Someday I will...



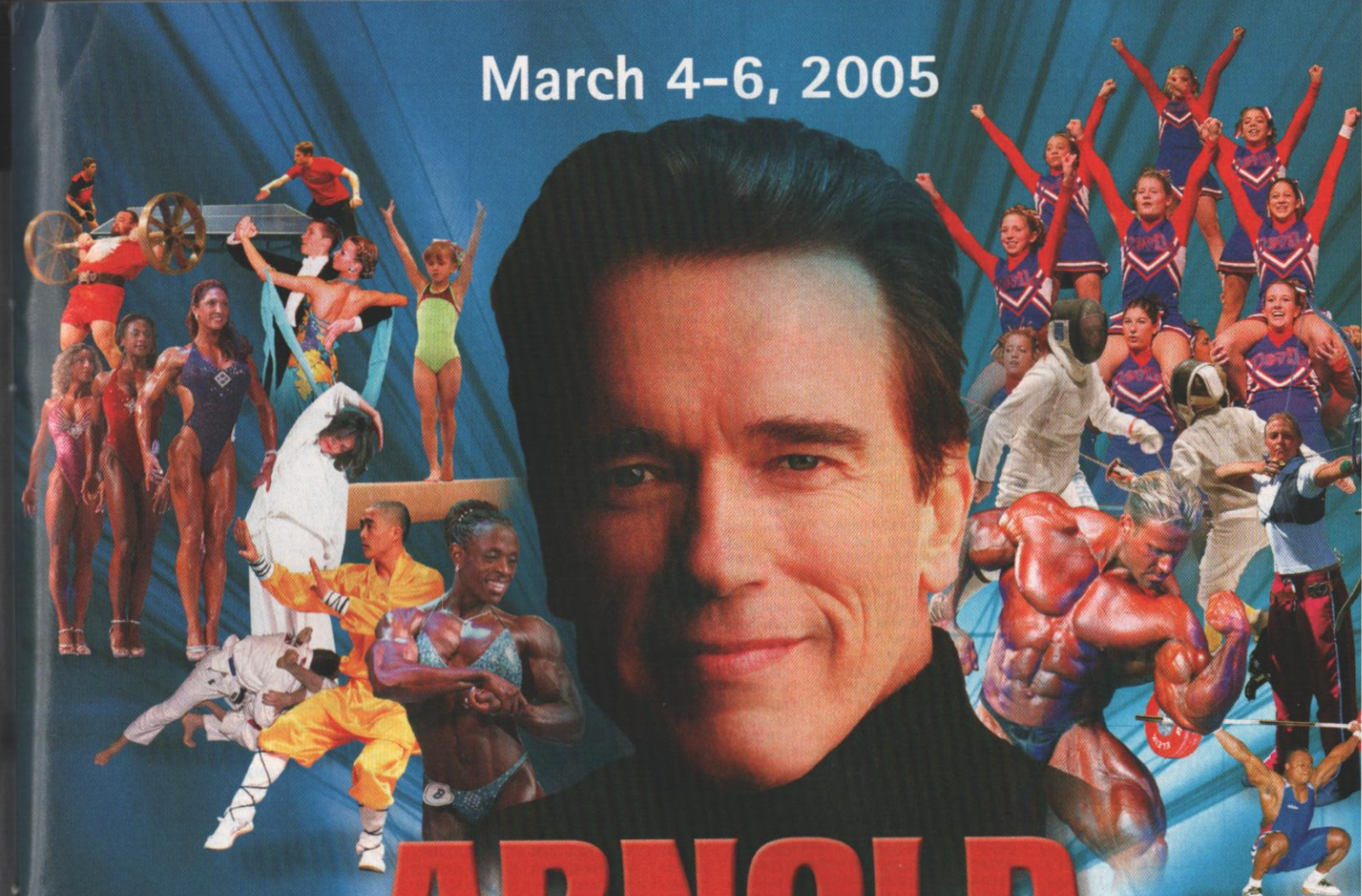
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Someday I will prepare with everything I have.
 Someday I will perform to my best ability.
 Someday I will prevail.

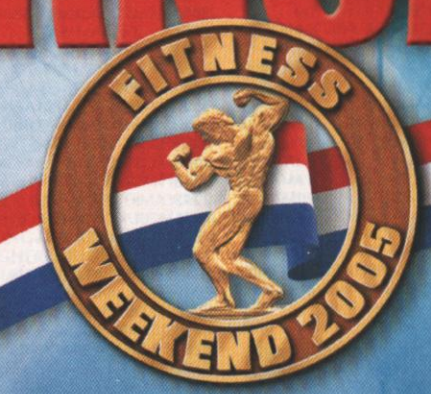
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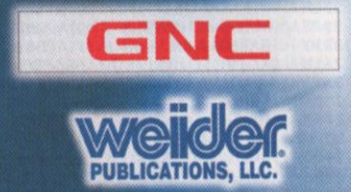
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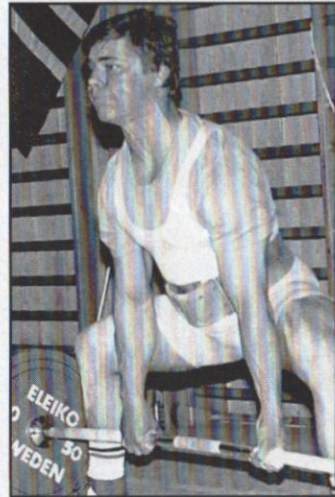


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Men's 25 All-Time Best Totals

as compiled for PL USA by Herb Glossbrenner

114 LB.	FEDOSIENKO-RUS	09NOV04	1664	HUANG-TPE	11NOV04
1477	STANASZEK-POL	05NOV03	1657	PEREZ-USA	05MAR90
1384	KAZAKOV-RUS	14NOV03	1653	BIKTAGIROV-RUS	12MAR04
1295	INABA-JPN	12NOV87	1642	HORNER-USA	05JUN04
1278	LU-TPE	13APR88	1631	HOOPER-USA	10JUL97
1278	HU-TPE	13NOV02	1625	BRADLEY-USA	02OCT82
1273	THIOS-INA	01SEP90	1625	WILLIAMS-USA	12SEP03
1273	ZHURAVLYEV-RUS	28FEB92	1609	BRIDGES-USA	02NOV78
1267	DEGOVETS-RUS	01JUN95	1609	CRAIN-USA	08NOV80
1256	GORBU NOV-RUS	21JUN98	1609	HYPOLTE-GBR	17MAY95
1256	ROMANOV-RUS	26AUG04			
1251	GAINER-USA	10JUL04	165 LB.		
1245	DUNBAR-USA	07JUL84	1956	CONYERS-USA	03MAR04
1245	AMBU-IND	18NOV88	1955	BERARDINELLI-USA	10JUL04
1229	WI JAYA-INA	11JAN96	1951	PALMER-USA	28FEB03
1229	PRAKASHA-IND	04MAY01	1903	FURASHKIN-RUS	15NOV02
1224	PATAR-INA	11JAN96	1897	SIVOKON-KAZ	06APR02
1223	CUNHA-USA	02APR83	1890	CRAIN-USA	23NOV96
1218	MALE-INA	10OCT88	1887	ALEXANDER-USA	02APR89
1218	LOGANATHAN-INA	10NOV98	1879	GAUGLER-USA	13MAR82
1218	PURAXIL-IND	05NOV03	1846	LAINI-FIN	24FEB02
1212	KURIHARA-JPN	13JUL03	1840	SHESTAKOV-RUS	29NOV03
1207	SENG-INA	13JAN96	1840	HOOPER-USA	11NOV04
1207	BRANDTZAEG-NOR	16MAY96	1835	BRIDGES-USA	19APR80
1207	WATANABE-JPN	21AUG01	1829	LAPSHIN-RUS	25JAN04
			1818	PRIMICH-RSA	06NOV94
			1818	BARANOV-RUS	28FEB03
123 LB.	PAVLOV-RUS	26AUG04	1818	DYORNIKOV-RUS	18JUN04
1460	FEDOSIENKO-RUS	20MAY04	1802	BELL-USA	07JUL84
1455	HAWTHORNE-USA	17APR04	1802	INZER-USA	16JUL88
1421	KAZAKOV-RUS	05NOV03	1796	ROSCIGLIONE-USA	31MAY96
1403	HU-TPE	31OCT97	1796	KUTCHER-UKR	15NOV02
1399	ASABIN-RUS	26AUG04	1796	BELYAEV-RUS	28FEB02
1384	ISAGAWA-JPN	05NOV01	1796	BORISOV-UKR	11NOV04
1383	GANT-USA	10JUL82	1785	TOINS-USA	27JUL90
1383	SAHU-IND	99	1781	VIRTANEN-FIN	14MAY88
1383	MUKHAMATYANOV	12MAR04	1780	TOPSOGLU-USA	07JUL84
1377	THIOS-INA	08NOV02			
1366	HSIEH-TPE	11SEP01	181 LB.		
1366	LUSHIN-TPE	14NOV02	2110	BELL-USA	08APR88
1344	MCKENZIE-NZL	02NOV78	2105	BRIDGES-USA	10JUL92
1344	PETROV-BUL	12MAY94	2028	COAN-USA	08JUL84
1344	EWOLDSEN-USA	23NOV02	2017	GAUGLER-USA	14DEC85
1335	HOLLOWAY-USA	17JAN04	2000	PALMER-USA	11MAY03
1333	KARLSON-SWE	17NOV96	1984	COLEMAN-USA	24FEB02
1328	CHPOVSKY-RUS	88	1984	NOV03	
1322	STANASZEK-POL	22MAR03	1978	HARRINGTON-USA	08NOV03
1322	VATYUK-UKR	17MAY03	1970	DOUGHERTY-USA	08NOV03
1317	ADAMS-USA	11MAR88	1962	PRIMICH-RSA	00
1317	BRANDTZAEG-NOR	15NOV01	1962	DANFORTH-USA	05MAR04
1317	AMBU-IND	16MAY02	1962	KUTCHER-UKR	12NOV04
1311	INABA-JPN	19JUN88	1951	GAY-USA	29JUN86
			1951	NALEYKIN-UKR	09MAY03
			1951	FURAZHIN-RUS	03OCT03
132 LB.	KAZAKOV-RUS	10NOV04	1940	SHESTAKOV-RUS	22MAR03
1614	SUTRISNO-INA	10NOV04	1934	BOGDANOV-RUS	17APR04
1592	HSIEH-TPE	10NOV04	1925	KAMAND-USA	19NOV00
1587	GANT-USA	08APR88	1923	OZEROV-RUS	13MAR04
1558	MCNAMARA-IRE	09SEP00	1918	MORAN-USA	20MAR93
1559	BRADLEY-USA	27MAR82	1918	MOR-RUS	16NOV00
1554	ANDRYUKHIN-RUS	12MAR04	1918	LAINI-FIN	25OCT02
1523	ZOLOV-RUS	11SEP03	1915	HERRING-USA	22MAR86
1493	WASHINGTON-USA	08NOV02	1912	ANDERSON-USA	12FEB87
1493	CLARK-USA	08NOV02	1912	SOLOVYEV-UKR	02NOV03
1477	ZAKIYEV-RUS	08SEP04			
1471	ELYN-BEL	14NOV96			
1471	PAVLOV-RUS	01MAR03			
1471	WILLIAMS-USA	10JUL04			
1471	SKOCHEK-RUS	26AUG04			
1470	HEATH-USA	14MAR92			
1463	LEE-TPE	03NOV92			
1460	TALAMBANUA-INA	13JAN96			
1444	ZVYAGINTSEV-RUS	12MAR04			
1440	CARR-USA	15NOV86			
1438	HANDSOR-USA	06JUL85			
1438	CABICO-USA	08APR88			
1438	TAYLOR-USA	12AUG01			
1434	HU-TPE	13APR98			
1428	ISAGAWA-JPN	17MAY02			
148 LB.	OLECH-POL	11NOV04			
1832	SIVOKON-KAZ	15NOV00			
1769	CONYERS-USA	11MAY96			
1765	SCHWAB-USA	08OCT04			
1730	ZOLOV-RUS	24JAN04			
1725	HATCH-USA	08OCT04			
1719	LAPSHIN-RUS	02OCT03			
1719	DOLGOV-RUS	12MAR04			
1716	MCNAMARA-IRE	06MAY00			
1714	AUSTIN-USA	08APR88			
1703	ALEXANDER-USA	23MAR87			
1670	JACKSON-USA	28JUL90			
1670	SOKOLOV-RUS	02OCT03			
1665	LUCKETT-USA	17APR88			



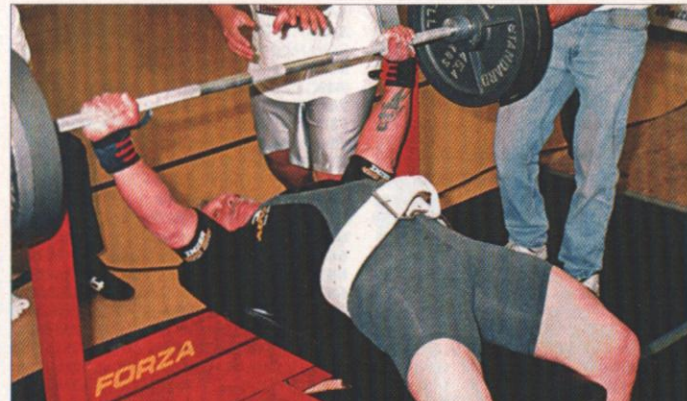
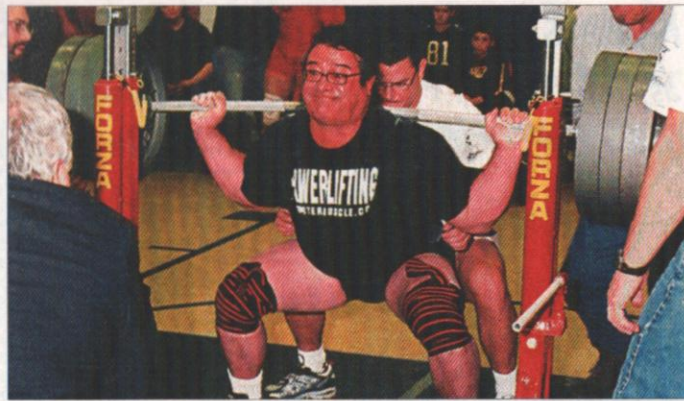
Jarmo Virtanen... as a Middleweight

198 LB.	KELLUM-USA	08NOV02	2234		
662	COAN-USA	03MAR85	2204		
573	SHILYAKHA-UKR	13NOV04	2143		
551	TARASENKO-RUS	13NOV04	2143		
534	BELL-USA	12FEB87	2132		
534	CAPRARI-USA	28FEB03	2110		
529	FRYDUN-UKR	07NOV03	2110		
518	COLEMAN-USA	08NOV02	2105		
507	WENG-USA	24FEB02	2101		
507	AVOLA-FIN	07NOV03	2094		
507	ZVARYKIN-RUS	27AUG04	2094		
507	COPPIN-BEL	14NOV87	2074		
501	CARTINIAN-USA	08OCT04	2072		
501	HERRING-USA	10AUG91	2070		
501	PITTMAN-USA	16FEB89	2066		
501	BRIDGES-USA	04OCT80	2061		
501	THOMAS-USA	07NOV81	2050		
496	CHORPENNING-USA	24APR88	2050		
496	MURSU-FIN	29NOV03	2039		
496	HARRINGTON-USA	09JUL04	2030		
496	MOR-USA	03OCT03	2017		
485	DUKE-USA	22NOV87	2011		
485	BLACK-USA	22NOV87	2006		
485	FRANKL-USA	29NOV03	2006		
485	ANDERSON-USA	OCT88	2005		
220 LB.	MASH-USA	08OCT04	2408		
644	COAN-USA	28JUL91	2403		
633	KELLUM-USA	08NOV03	2366		
595	VOGELPOHL-USA	08NOV03	2320		
589	FREYDUN-UKR	13NOV04	2254		
584	BLUE-USA	08OCT04	2243		
575	CARNEY-GBR	24OCT93	2237		
562	BARHATOV-RUS	13NOV04	2232		
551	PATTERSON-USA	08OCT04	2221		
551	GOGGINS-USA	06DEC87	2204		
551	URCHIK-USA	18MAY97	2182		
540	FEDORENKO-RUS	04OCT03	2171		
540	CASS-USA	12JUN04	2170		
534	WESSELS-USA	04JUN95	2166		
530	DRIGO-USA	03DEC89	2160		
529	VYSHNITSKY-UKR	07NOV03	2160		
529	OTAVIN-RUS	28AUG04	2149		
529	HAMMERTON-GBR	14JUL96	2147		
529	ROKOCHY-UKR	16NOV02	2144		
529	MALUNIN-RUS	28AUG04	2144		
529	CHRISTOV-BUL	07NOV03	2127		
529	WARDELL-USA	16NOV02	2120		
529	COE-AUS	07AUG94	2116		
529	GUNNARSON-ISL	16MAY98	2116		
529	LESLIE-USA	09DEC89	2115		
308 LB.	CHILDRESS-USA	10OCT04	2579		
523	TURTIAINEN-FIN	01MAR03	2447		
523	BADENHORST-RSA	14OCT90	2410		
523	BASSON-ISR	08JUN03	2403		
523	HAMALAINEN-FIN	24FEB02	2392		
523	PAPAZOV-UKR	28MAR02	2386		
523	BOLTON-GBR	19NOV00	2364		
523	MURAVLEV-UKR	01MAR04	2364		
523	COLE-USA	25OCT72	2363		
523	FUSNER-USA	19NOV00	2358		
523	PODYNNY-RUS	10DEC01	2358		
523	COATES-USA	12DEC98	2353		
523	KOVACS-USA	20JUL02	2351		
523	BERNOV-USA	06JUN04	2347		
523	MALANICHEV-RUS	02MAR03	2342		
523	BARNO-USA	11APR01	2330		
523	KUTROFF-GER	06APR03	2318		
523	WADDINGTON-USA	13JUN81	2313		
523	MEHAN-CAN	30NOV03	2309		
523	HOSKINSON-USA	19JUN04	2303		
523	SKIVER-USA	13OCT01	2300		
523	BROWN-USA	21NOV04	2300		
523	KENADY-USA	06APR86	2298		
523	ROBINSON-RSA	03DEC89	2287		
523	MORAN-USA	17DEC83	2287		
OVER 308 LB.	FRANK-USA	04APR04	2805		
	BOLTON-GBR	08NOV03	2584		
	MOORE-USA	06MAR04	2557		
	THOMPSON-USA	10OCT04	2551		
	SIDERS-USA	14NOV04	2529		
	MIKESELL-USA	28JUN03	2511		
	MILLER-USA	17APR04	2510		
	RUGGIERA-USA	04APR04	2505		
	SMITH-USA	08MAR04	2502		
	CLARK-USA	28MAR91	2460		
	HAROLD-USA	21NOV04	2455		
	WILSON-USA	16FEB89	2430		
	WARE-USA	29JAN89	2427		
	KAZMAIER-USA	31JAN81	2425		
	REINHOLDT-USA	01MAY75	2420		
	KOVACS-USA	21NOV97	2420		
	SKIVER-USA	11NOV01	2400		
	BRAND-USA	11JUL04	2400		
	WIERS-USA	06JUN04	2386		
	MORAN-SWE	15NOV87	2375		
	AICHS-USA	22AUG04	2375		
	HECHTER-USA	03MAR85	2369		
	HUTSON-USA	17NOV02	2365		
	TREGLOAN-GBR	08DEC02	2358		
	ROBINSON-RSA	14OCT90	2353		



The Late and Great O.D. Wilson

114 LB.	STANASZEK-POL	05NOV03	562	SUGUAMI-INA	11JAN96
662	FEDOSIENKO-RUS	09NOV04	5		



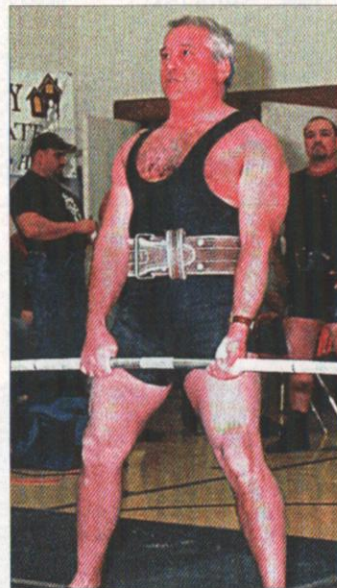
Sam Schultz squatting a PR 660 lbs in Men's 275 Open & Masters.

3-time American Masters champ Bud Bower, age 62, with a 355 BP

**14th USAPL Idaho State/Open
Bill's "Bad Ass Bench Press"
20 NOV 04 - Pocatello, ID**

BENCH PRESS		Durbin R	425	350	440	1215
WOMEN		Wessells C	405	330	415	1150
Open	Davis A.	Schmidt J	650	350	625	1625**
12	181	Legard J	525	370	615	1510
Jenson S.	Durbin R	Bower B	550	355	525	1430
148	Hill C	Barrett J	380	285	490	1155
Yamashita J.	198	Williams R	600			
Marts D.	242	Mecham S	570	485	575	1630
Compton E.	205	Salansky M	580	405	545	1530
170	Cordova M	242				
Open	Culgston R	410				
148	Wolf D	375	630	475	565	1670
Edmondson	Oulman M	305	610	375	600	1585
165	275	Cugston R	520	410	525	1455
Vandenbergel	Watson A	475	465	325	585	1375
285	SHW	Wolf D	460	375	505	1340
POWERLIFTING	Herdt P	Reem T	500	290	540	1330
WOMEN	Wilkinson T	415	300	530	1245	
Open	Oulman M	370	305	425	1100	
114	Riedy M	275				
Fairchild K	Schultz S	660	435	635	1730	
123	Watson A	580	475	535	1590	
Jenson S	319					
132	Wellard C	415	265	415	1095	
Satterlee V	Teen					
Hammer C	165	250	275	435T	960	
148	215	300	225	350	875	
Marts D	275	300	225	350	875	
Compton C	200	200	170	305	675	
Yamashita J	45	205	370	620		
181	500	305	465	1270		
Hudson M	500	305	465	1270		

with a total of 1,625. Jerry stunned both lifters and audience alike when he pulled a deadlift of 625 lbs - over three times his own bodyweight. Jerry also squatted 650 and benched 350. The most impressive female lifter was Donna Marts, age 44, from Blackfoot, Idaho, women's 148, who squatted 275, benched 205, and deadlifted 290 lbs. on her way to a 770 total. The most inspiring lifter was Bud Bower, age 62, in the men's 198 weight class competing in both the Open and Masters divisions. Longtime powerlifters will remember that Bower has been a three times USA Masters champion in 1999, 2000, and in 2004, and represented the USA in the IPF World Masters meets in 1999 and 2000. Bud, who now lives in Albion, near Spokane Washington, returned to powerlifting in 2003 after over a year's absence due to cancer treatments. In this meet he squatted 550, benched 355 and deadlifted 525 in this meet for a total of 1,430 - placing first in the Master's division and third in the Men's Open 198 weight class. The most impressive male bencher was Mike Cordova from West Valley City, Utah, age 30, who benched 475 in the 242 weight class. The most impressive female bencher was Jill Yamashita from Clearfield, Utah, age 28. Who benched 205 at a body weight of 132.75 lbs. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. This year we also had six new powerlifters for whom this was their first full three-lift power meet. Three former USAPL World Masters team members and a former USPF national champion competed in this meet. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2004 Idaho State Powerlifting champions are: Men - 165



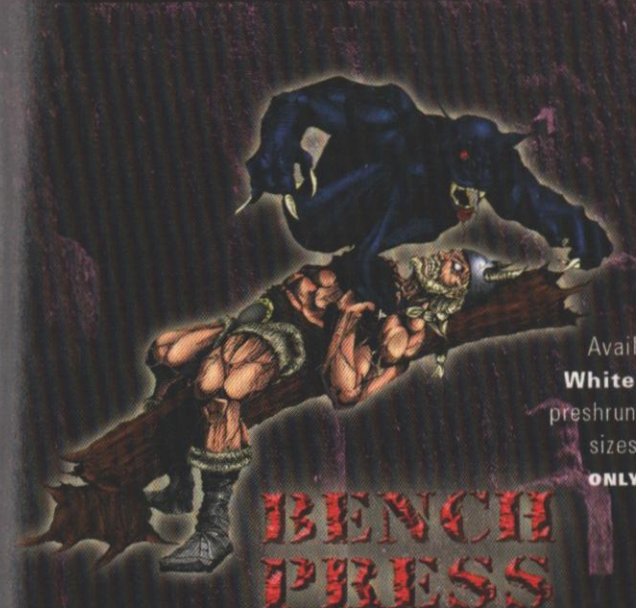
Mike Hudson opening with a 435 deadlift on his way to first place in Men's Open 181 lb. division.

preceding Thanksgiving. The most impressive male lifter was Jerry Schmidt, age 41, from Highland, Utah, who won first place among the open 198 weight class



New Idaho State Champions: Front Row, l-to-r: Brad Compton, Chris Wellard, D. J. Weeks; Middle Row, l-to-r: Joel Legard, Mike Hudson, Donna Marts, Keila Fairchild; Back Row, l-to-r: Bart Wojcik, Pat Young, and Sam Schultz. (all Idaho State photographs by Wayne Rhoden).

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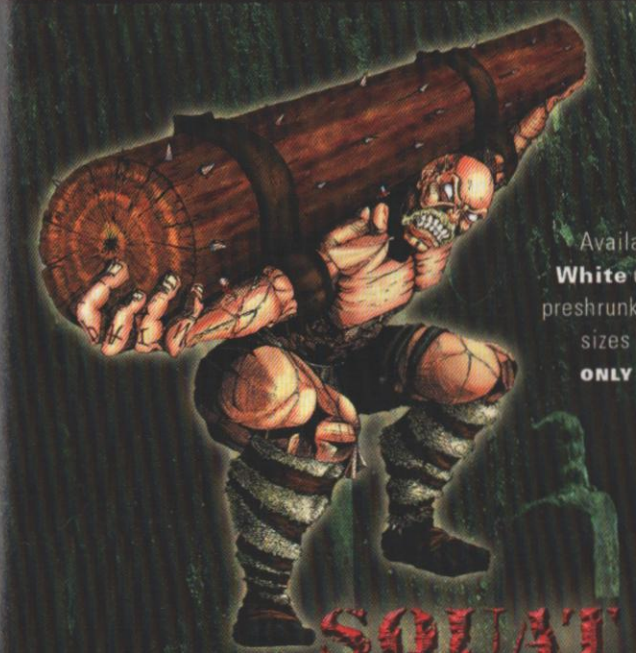


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PL USA BACK ISSUES

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 SHWs
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/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 Reinholdt, 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/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" 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", Tribboxin, 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 Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie 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 Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time 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 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelvs., Isoflavones.
Dec/98... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/ APF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... the Rubber Band Man, the "Muscle 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, Methoxivine, TOP 100 242s
May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz| Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00... Tao of Competition Pt. I, IPF Jr. 4 Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01... IPF Women's Worlds, Bill 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 Corsetto 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 Perotta Interview, Training the Lockout, TOP 100 198s
Feb/002... WABDL DL Worlds, IPF BP Worlds, WNPF 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, Ano Turttainen, 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 Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03... Bill Crawford's Road Back,

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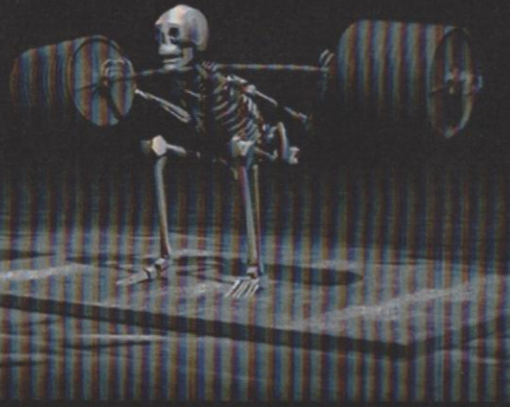
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Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on the Bench Press Shirt, Vince Anello Deadlift 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. on Training the Back, TOP 100 132s.
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 2706/2805!, 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.
Dec/04... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s

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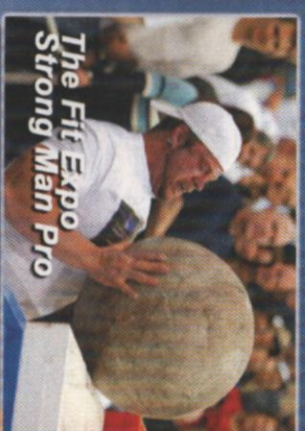
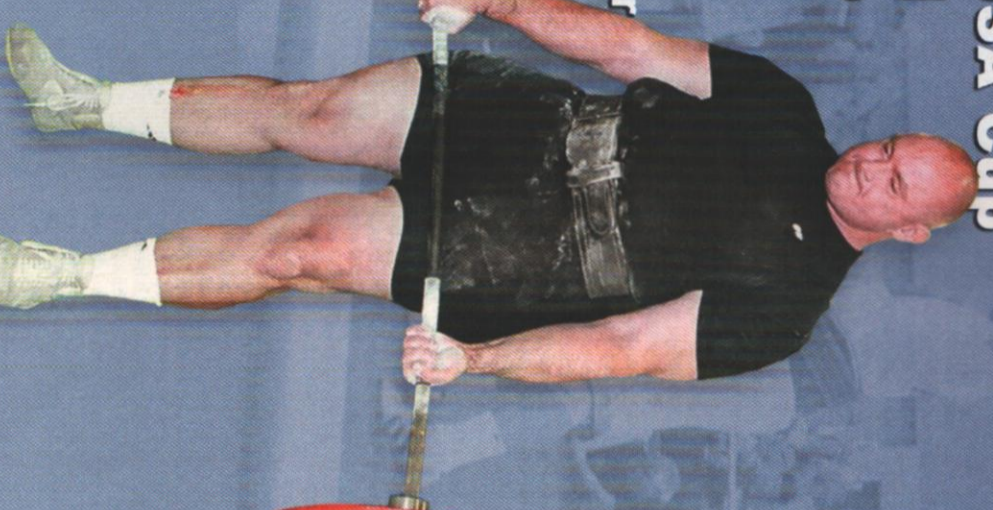
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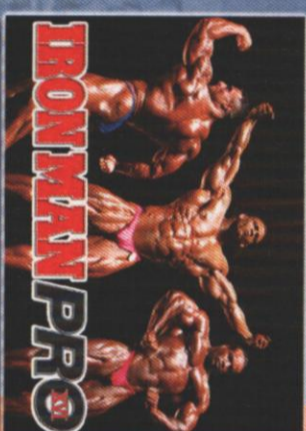
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- MEET DIRECTORS... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.
- 29 JAN, 100% Raw Eastern USA BP, John Shifflett, Box 941, Starsville, VA 22973, valifting@adelphia.net, www.vipfitness.com
- 29 JAN, Smoker's Iron Works 14th annual Winter Classic & DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-normous.biz, www.e-normous.biz
- 29 JAN, USAPL Fitness Factory 1st annual PL Open (Charlotte, NC) Eileen Jorjes, fitnessfactory@bellsouth.net, 704-371-4660
- 29 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210
- 29 JAN, Boardwalk Gym BP (Wirona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601
- 29 JAN, APA Patriot Challenge, Paul Reneve Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, kpowersone@earthlink.net
- 29 JAN, USPF Cold Iron Gym 1 Deadlift Shootout (Tombstone, AZ) Danni Eltridge, 520-457-3955, www.ColdIronGym.com
- 29 JAN, SLP Bluegrass Open Open BP/DL (Harrodsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 29 JAN, SPF Southern BP/DL (Holt-dan Inn, Bristol, VA) Jesse Rodgers, 1326 Kohlan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
- 29 JAN, NANA Total Body Fitness Winter Classic Bench Press, Push/Pull & Power Sports Championships (Paintsville, KY) Greg Van Hoese RR1 Box 166 Ravenswood, WV 26164, (304) 273-2283, gvanhoese@netcare-ll.com, www.vhpower.com
- 30 JAN (NEW DATE), SLP A COLD DAY IN TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 30 JAN, WNPF Delaware PL, BP, DL, PC (Newark, DE) Lester Fields, 770-842-2137, lesterfields@aol.com, members.aol.com/wmpf
- 5 FEB, USAPL Texas State Bobcat Invitational, Tony Dobson, 1647 Post Rd., Apt. 1111, San Marcos, TX 78666, 915-373-4754
- 5 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 5 FEB, NANA Virginia State, PL, Ing, BP, Push/Pull & Power Sports, Wytheville, VA (Greg & Susan Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail gvanhoese@netcare-ll.com)
- 5 FEB, WNPF Tennessee PL, BP, DL, PC (Nashville, TN) Lester Fields, 770-842-2137, lesterfields@aol.com, members.aol.com/wmpf
- 5 FEB, USAPL Women's National, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044
- 12 FEB, 6th NANA 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, lesnitty@bopspeedy.com
- 12 FEB, NANA National Awards Banquet (OK, OK) Rich Peters, 12 FEB, USAPL Northwest PL, Dean Reese, 25977 NE Bartleville Rd., Aurora, OR 97002, 503-789-9504
- 12 FEB, W. Va State High School (S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)
- 12 FEB, APA North California Open PL, BP, DL, PC (Sacramento) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, 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, sonlight@netcare-ll.com
- 12 FEB, USAPL Georgia State & Southern States PL, Sherman Ledford, 3000 Matthews St., NW, Duluth, GA 30096, 770-497-0787
- 19 FEB, AAU New York State BP/DL, Steve Rogers, 13797 Rt. 31, Savannah, NY 13146
- 19 FEB, DWG Productions The Fitness Connection Tomah Winter Bench Press (The Fitness Connection, Tomah, WI) 608-787-5693
- 19 FEB, SLP ILLINOIS STATE POWERLIFTING B/P/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 19 FEB, 2nd Candy Azz Classic BP/DL/Trombani Tribes Hill (upstate), NY cardazz@tronasylungym.com, 518-858-7002, Sandi or Zane
- 19 FEB, APA Maine Winter Games (BP, DL, Strict Curl) Al Stork, 71 Gospen Rd., Wintertport, ME 04496, alstork@earthlink.net
- 19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gillye, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringgillye@aol.com
- 19 FEB, WNPF Georgia PL, BP, DL, PC (Fitzgerald, GA) Troy Ford, 770-997-0589, wmpf@aol.com, members.aol.com/wmpf
- 19 FEB, APA Northeastern U.S. BP, DL, PC (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 Blundauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411
- 19 FEB, USPF Western USA Cup (Mountaineer Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Dentson, powerlifts@msn.com
- 26 FEB, W.N.P.F. National Masters, Wayland, MI, Richard Van Eck (269) 521-4031
- 26 FEB, NCAAAU State/Open Regional (Charlotte Hotel, Greensboro, NC - Shift for NC residents, Rogloral & BP only to all AAU lifters) www.ncxau.org/powerlifting, kingsjgm@hisd.net, 336-622-3886
- 26 FEB, WNPF natural Northeastern PL, BP, DL, PC (Piscataway, NJ) Troy Ford, 770-997-0589, wmpf@aol.com, members.aol.com/wmpf
- 26 FEB, AAU USPF Oklahoma State, 405-275-3689, cratr@charter.net
- 26 FEB, USAPL Upper Ohio Valley Meet (J.B. Chambers YMCA, Wheeling, WV 26003) Dan Hilliard, pushpullpro@yahoo.com, 304-242-8086
- 26 FEB, APA Texas State, Paul Reneve Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, kpowersone@earthlink.net
- 27 FEB, APF Northeastern Open BP Championship (Fremada Inn Conference Center, next to Hooters, Manchester, NH), Zoe Richard, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, 619-953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 27 FEB, SLP G's Gym Open BP/DL (Grand, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 27 FEB, Bill Beckwith Memorial BP & DL, Wayland, MI, Richard Van Eck, 269-521-4031
- 26 FEB, SLP MASON-DIXON OPEN BP/DL CHAMPIONSHIP (Methrosola, IL) Greg Van Hoese RR1 Box 166 Ravenswood, WV 26164 (304) 273-2283, gvanhoese@netcare-ll.com, www.vhpower.com
- 13 FEB, WNPF Ohio PL & Single Lift, Ron DeAmicus, 6531 New Road, Youngstown, OH 44451, 330-792-6670
- 13 FEB, SLP CHICAGO SHARDCORE OPEN BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com
- 19 FEB, USAPL Georgia State & Southern States PL, Sherman Ledford, 3000 Matthews St., NW, Duluth, GA 30096, 770-497-0787
- 19 FEB, AAU New York State BP/DL, Steve Rogers, 13797 Rt. 31, Savannah, NY 13146
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- 19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gillye, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringgillye@aol.com
- 19 FEB, WNPF Georgia PL, BP, DL, PC (Fitzgerald, GA) Troy Ford, 770-997-0589, wmpf@aol.com, members.aol.com/wmpf
- 19 FEB, APA Northeastern U.S. BP, DL, PC (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 Blundauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411
- 19 FEB, USPF Western USA Cup (Mountaineer Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Dentson, powerlifts@msn.com

APF/AAPF/WPO Schedule (through 6-25-05)

- Feb 19th: APF Illinois State, Eric Stone, Chicago Illinois
- Feb 20th: APF Scott Mendelson Pro/Open/Bench Press, Los Angeles CA, Scott Mendelson
- March 4th-5th: WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic Weekend, Columbus Ohio, Kieran Kiddler
- March 12th: 1st APF/AAPF Alabama State PL +BP, Buddy McKee, Atalla, Alabama
- March 12th-13th: APF/AAPF Windy City/Ironman, Eric Stone, Chicago Illinois
- March 19th: APF South Carolina Open PL & BP, William Millman, Charleston, SC
- March 19th: APF/AAPF Midwest Open, Kansas City KS, Susan Sharp-Patterson
- March 19th: AAPF 9th Annual Frank Kosoy Memorial PL, Lakeland FL, Ken Snell
- March 19th-20th: APF Junior Nationals BP +DL (WPO Qualifier), Chris Wier, Lewiston Maine
- March 19th-20th: APF Maine State PL, Chris Wier, Lewiston Maine
- April 2nd: APF Jacksonville Open PL, Jay Fla, Wayne Pullum
- April 9th: APF House of Pain Texas, Open PL +BP, Gary Pendergrass, Round Rock TX
- April 16th: APF Louisiana State PL Championship, Gary Frank, Baton Rouge LA
- April 16th: APF Metal Militia Bench Wars, Glenn Falk, NY, Bill Crawford
- April 16th: APF World Comp/Bench Press Challenge, Columbus OH, Kent Patterson/PS
- April 22-24: AAPF National PL +BP, Russ Barton, Sacro Maine
- May 14th-15th: APF Master, Junior, Teenage Nationals, Austin TX, Gary Pendergrass
- June 4th-5th: APF Senior Nationals PL +BP (WPO Qualifier), Detroit MI, Jim Hince
- June 11th: APF Florida State PL +BP, Ft. Lauderdale Fla, Kieran Kiddler
- June 25th: APF Florida State PL +BP, Ft. Lauderdale Fla, Kieran Kiddler
- June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford, Glen Falls NY

Dates are subject to change.
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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@hillsidebc.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, OC 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
5 MAR, New England States Bench Press (men, women, teen, jr., submaster, novice, master all ages) Lou LaPoint, 337 Roxbury St., Keene, NH 03431, 603-

352-8590
6 MAR, New Jersey High School Championship (St. Joseph H.S., Hammonton, NJ) Paul Sacco, 609-567-0046, PaulSacco537@comcast.net
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
11-12 MAR, USAPL Wisconsin High School State Meet, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210
12 MAR, WABDL Northwest Regional BP/DL (Medford, OR) Sam Pecktol, 541-941-0619, Dan Guches 541-826-5790
12 MAR, USAPL March Madness BP/DL (Loch Sheldrake, NY) Charlie Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487 before 9PM
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, WNPFC Carolina PL (Greenville, SC) WNPFC, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@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, Gold's Gym & Econolodge Hotel 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-

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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-nomous.biz, www.e-nomous.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, APC California State (teen, master, submaster, jr., women, open - Center Point Athletic Club, Fresno, CA) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net
13 MAR, WNPFC 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, gvh@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, WABDL World Record Breakers BP/DL (Red Lion Hotel, Pasco, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654
19 MAR, High Peaks Power Presents the Adirondack High School PL & BP Open, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.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, SPFC Tennessee State PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-8410, www.southempowerlifting.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, WNPFC Teenage, Junior & High School Nationals & American Cup (Philadelphia, PA) WNPFC, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@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, jdunon@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
26 MAR (corrected date), 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, IPA Ohio Open PL & BP, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272, Drew Lindsay
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 Freepoint Ave., Elk River, MN 55330, Dave Harrison, 763-441-4232, or Jemy Gneve 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, APC West Coast Open Bench Press, John Ford, 650-303-7518, www.calapc.net
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 Oreglia, 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, SPFC/WBPLA World Open / Raw Bench Press (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
2 APR (DATE CHANGE), WNPFC 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, WNPFC Georgia PL (Atlanta, GA) WNPFC, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnpf@aol.com
2 APR, NASA Wisconsin State Powerlifting Championships, Sheboygan, WI. Job Hou-sey, @insurance@earthlink.net
2 APR, NASA Eastern States State PL, BP, PS & Push/Pull Championships (Washington, PA) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164 (304) 273-2283, gvh@wirefire.com, www.vhepower.com
2 APR, WABDL Heart of America BP/DL (Collinsville, IL - 10 miles east of St. Louis, MO) Erica Haislar, 618-344-3947
2-3 APR, GPC Canadian Nationals, Canada Olympic Park, Calgary, AB, CAN, Brian Johnston, KiFitness@telus.net, 403-215-4549, www.independentpowerlifting.com
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 Baravecchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708
3 APR, USA 'RAW' BENCH PRESS 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 Gremillion, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407
8, 9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rycklak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
9 APR, WNPFC 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 theygymasvegas@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, fitlifedeb@cs.com
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 (address correction), Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3, women) Wayne Hammes, Box 433, 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
23 APR, WABDL North American BP/DL (Holiday Inn, Mesa (Phoenix), AZ) Gus Rethwisch, 503-901-1622 or 763-545-8654
23 APR, 15th Weightlifting Unlimited BP (Winchester, VA) Randy 304-725-8350 or Randy B. 540-667-6268
23 APR, AAU Spring Break Bench Press Classic (Showplace Annex Richmond, Virginia) aausports.org or aaupower@aol.com or Va. Powerlifting Assoc, 1811 Southcliff Road, Richmond, VA 23225 - Barbara Beasley 804-233-9570 after 7pm est
23-24 APR, AAU Triple Crown Classic and Va State Championships (Showplace Annex - Richmond, Va) aausports.org or aaupower@aol.com or contact Barbara Beasley, 1811 Southcliff Road, Richmond, VA 23225 or 804-233-9570 after 7pm est
24 APR, SLP Black River Open BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
29 APR, USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
30 APR, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654
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, ajstork@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@pikkitup.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 gvh@wirefire.com
30 APR-1 MAY, WNPFC Pan-American PL (Orlando, FL) WNPFC, BOX 142347, Fayetteville, GA, 30214 770-997-0589 or wnpf@aol.com
30 APR, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Herring, 770-963-6738
APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 704-483-6332, www.carolinapowerlifting.com
APR, WNPFC Maryland PL, Lester Fields, 770-842-2137 or lesterfields@aol.com
APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta,

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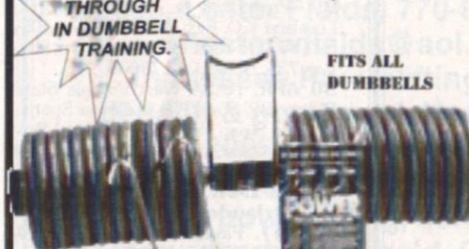
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GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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, www.sonlightpower.com, sonlight@netcare-il.com

7 MAY, NANA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 MAY, NANA New Mexico State (Rio Rancho, NM) Mike Adelman, powerlifter@surfbest.net, 505-453-6637

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

7 MAY, 1st annual Reece Jones Memorial Test of Strength Push - Pull (raw and equipped, all ages & classes, men & women - all proceeds to Children's Miracle Network, Children's Hospital of Greenville - held in Kinston, NC, Kinston Livestock Arena, 252-560-1887

14 MAY, NANA KY State PL, BP, PS & Push/Pull Championships (Winchester, KY) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com, www.vhepower.com

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14 MAY, Super Bench (men, women, teen, jr., submaster, novice, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

14 MAY, Super Bench Re Competition - Bodyweight for Reps (men, women, jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

14 MAY, UAPC 3rd annual Quad Cities Push-Pull (Davenport, IA - Holiday Inn) Ed Angstrom, 563-370-3685 (cell)

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, NANA 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, women) 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 Erie 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

15 MAY, SLP Muscle & More Classic BP/DL Championship (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usaplca.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, NANA 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

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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 MAY, WABDL Arkansas State BP/DL (Ft. Smith, AR) William Winkley, 479-646-4022

21, 22 MAY, USAPL New York State PL & Northern BP Challenge, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com

21,22 MAY, IPA Strength Spectacular @ Four Seasons Fitness, W. Paterson, NJ, www.nazbar.com, deb@nazbar.com, 610-438-2902

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, NANA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654

MAY, NHSP BP Championship, Jamie Fellows, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

NI, NANA 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 gvhl@wirefire.com

4 JUN, WABDL Great Northern BP/DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

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., Homell, 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, SPFL 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, NANA 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. Na-

tional 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@pikitung.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

11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

11 JUN, WABDL Capitol City Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

12 JUN, WNPFL North Americans & Elite Nationals (Ephrata, PA) WNPFL, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

18 JUN, 6th annual New England's Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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, NANA 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, rrcrain@charter.net

25 JUN, APF Florida State PL+BP, F1, Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

25 JUN, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Marchant, 801-465-2349

25 JUN, APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY, 386-734-3128, worldpowerlifting.org

25 JUN, APC Central California Open/Novice, Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

25 JUN, NANA Missouri Grand (PL, BP,

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

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

25 June - APC Central California Open and Novice

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

10,11 December - APC Iron Man

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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 DeAmicis, 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/floridausapl

2 JUL, 11th Independence BP Raw & Assisted, 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, NANA 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, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654

16 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, NANA 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 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, ADAU (Raw) Bench Press 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, ADAU (Raw) Deadlift 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, WABDL House of Pain Southern Regional BP/DL (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 JUL, WNPF South Florida BP, DL, PC (Stuart, FL) Brian Burritt 772-621-8988 or bburritt@hatshack.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, lessmitty@bspeedy.com

30 JUL, APC West Coast Push-Pull, John Ford, 650-303-7518, www.calapc.net

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, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr.

High Peaks Power Presents

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21,22 May 2005

USAPL New York State Powerlifting

Championships and Northern Bench Press Challenge

for further information

TIM SEXTON

29 Lafayette St.

Tupper Lake, NY 12986

518-359-3760

tjsexton@westel.com

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

JUL, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

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

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

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrfltrs@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

6,7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654

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, 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, sonlight@netcare-il.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, sonlight@netcare-il.com

sonlight@netcare-il.com

27 AUG, WABDL 9th annual Alki Beach BP/DL (Seattle (Alki Beach), WA) Bull Stewart, 206-725-7894

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, 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

AUG, WNPF AL-MS-LA State Championships - Lester Fields, 770-842-2137 or lesterfields@aol.com

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

3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrfltrs@msn.com, 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, sonlight@netcare-il.com

10 SEP, WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770-842-2137 or lesterfields@aol.com

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net

17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@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, sonlight@netcare-il.com

20 AUG, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Milrany, 931-962-1596

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, sonlight@netcare-il.com

24 SEP, WNPF Lifetime Drug Free Nationals (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or

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

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, 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, SQBPDL@aol.com

24 SEP, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

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, sonlight@netcare-il.com

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

2 OCT, SLP OHIO REGIONAL (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Oreglia, 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, sonlight@netcare-il.com

8 OCT, SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14-15 OCT, AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports.org or aapower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, VA 23225

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, sonlight@netcare-il.com

15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

15 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 e-mail gvh@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

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

19-20 NOV, WNPF Drug Free for Life Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnpf@aol.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@pikitung.com

MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting for you - FREE!!

23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 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, sonlight@netcare-il.com

12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, 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

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or 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, sonlight@netcare-il.com

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

15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.seguinfitness.com

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD

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

12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, 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

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or 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, sonlight@netcare-il.com

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

15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.seguinfitness.com

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD

USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

3 DEC, APF Rio Grande Valley (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

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, sonlight@netcare-il.com

4 DEC, SLP Missouri Christmas For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 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@pikitung.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, 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, SQBPDL@aol.com

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

10 DEC, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

10,11 DEC, APC Mr. Iron Man, Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

17 DEC, WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or 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, sonlight@netcare-il.com

JAN 06 - AAU World Championships (three lifts) :aapower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225

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

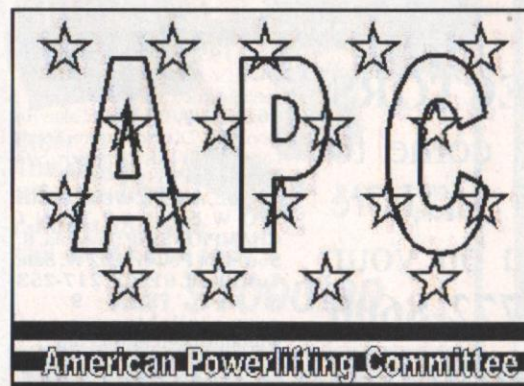
APR 06, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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

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

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



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

USA POWERLIFTING CORNER

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Vice President: Johnny Graham

Email: jtruck52@hotmail.com

President's Message

Starting a New Year

As we start 2005, we are pleased with the progress that USA Powerlifting has made in 2004. We have continued to develop our infrastructure, added almost 20 new meet promoters, 50 referees, and confirmed a large handful of new State Chairpersons.

Our athletes have done amazingly well in international competition. Last issue, I reported the success of the Men's Open Team in World Competition. In this issue of Powerlifting USA, Dr. Larry Miller will detail the remarkable performance of the Open Bench Press Teams. The short summary is that the Women won the first Open World Championship title since our affiliation with the IPF in 1997. There were 7 individual medalists. The Men's Team took the silver medal and we are pleased to congratulate Kevin Mayer on his first World Championships gold medal. There were 5 other individual medals.

This year, we are moving closer to production of a hard copy newsletter to be mailed directly to all of our members. This program was discontinued in 1998 and we have been poorer for it. With the generous

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@mystec.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 will be limited. Children will be an important part of our powerlifting future, but due care must be taken for their wellbeing.

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.



Men's Team overall Silver Medalists at the IPF World BP Meet



Women's Team .. overall Gold Medalists at the World BP Meet

support of sponsors, we hope to re-launch the newsletter in the spring on a 4 times a year schedule.

USA Powerlifting Fundraiser Position

USA Powerlifting is initiating a fund raising position to assist in supporting our



60k. Men ... Steve Petrencak, Ayrat Zakiev, Stefan Kolsovsy



Kevin Mayer won the Gold Medal for the 110 kilogram division



60k. Women ... Jennifer Robertson, Jennifer Thompson, Dr. Maile

Top Twenty

This month, we feature the top 20 women at 52 kg. (114 lbs.) and the top 20 men at 56 kg. (123 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>.

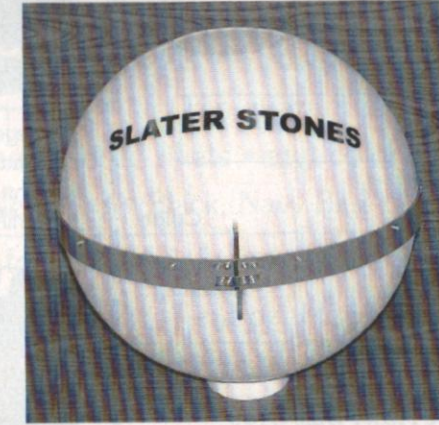
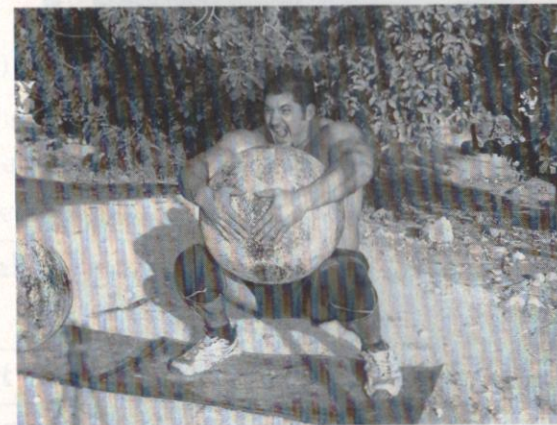
Women's 114 lb. class:

NAME	Squat	Bench	Dead	Total
Ashley Await	342	209	331	882
Ashley Matherne	287	204	331	821
Leah Marietta	292	154	303	750
Desirae Arelliano	248	154	325	728
Stephanie Kubic	259	160	309	728
Janel Brown	270	149	303	722
Lora Marietta	270.1	154.3	292.1	716.5
Deb Hairston	243	138	325	705
Lauren Houle	270.1	143.3	286.6	700
M. Shuttleworth	265	176	254	694
Kaila Fairchild	265	145	270	680
Sioux-z Hartwig	250	155	270	675
Audrey Karbowski	265	100	300	665
Jackie Fox	237	105	292	634
Nicole Schieferstein	231	149	254	634
Chasidee Lewis	259	110.2	264.6	633.8
Jessica Stewart	215	121	276	612
Barbara Zintmaster	225	105	280	610
Vera Nelson	231	110	265	606
Grace Parsi	225	115	265	605

Men's 123 lb. class:

NAME	Squat	Bench	Dead	Total
D. Halloway	480	285	570	1335
Peter Wong	424	347	446	1218
Eric Kupperstein	419	231	551	1201
Michael Hafenbrack	446	254	457	1157
Jeff Olcsvary	386	303	419	1108
Steven Hunter	402	231	446	1079
Sam Meadows	342	243	435	1020
Timothy Cross	375	243	369	987
Jake Hile	374.8	187.4	369.3	931.4
Nicholas Cincotta	347	165	375	887
Miles Nash	298	193	375	866
John Badagliacco	286.6	187.4	385.8	859.8
John Conner	303.1	176.4	369.3	848.8
Kyle Dahl	303.1	170.9	358.2	832.2
Crut Martinez	298	187	331	816
Julius Mayes	314	165	331	810
Josh Rein	303	154	347	804
Channing Williams	303.1	159.8	330.7	793.7
Keoki Akina	220	204	353	777
Momon	300	140	325	765

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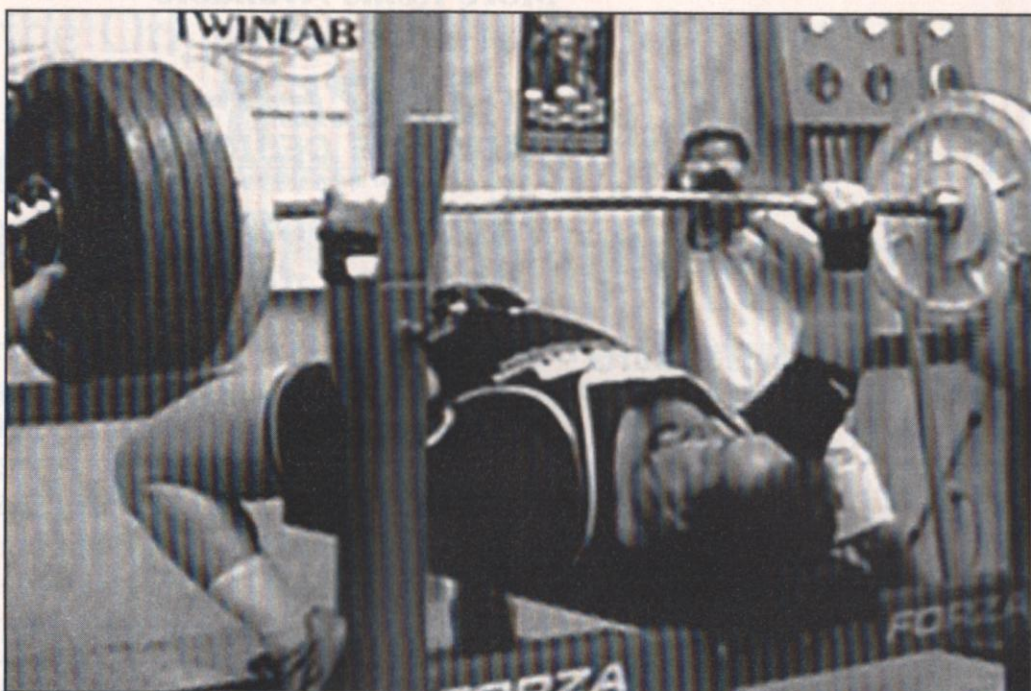
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WABDL Twin Lab Arizona State
22 MAY 04 - Mesa, AZ

DEADLIFT	T. Klitzke	462
MEN	181 lbs.	
Class-1	M. Brown	540
198 lbs.	220 lbs.	
L. Richesson	578 M. Desrosiers	534
220 lbs.	M. Lamarque	688
P. Wondra	512 242 lbs.	
242 lbs.	B. Mueller	744
J. Peru	600 D. Tubridy	540
308 lbs.	275 lbs.	
J. Kenn	611 P. Hanaway	760
E. Welch	628 J. Pritchett	744
Junior (20-25)	308 lbs.	
220 lbs.	E. Welch	628
J. Behan	600 Submaster (34-39)	
242 lbs.	220 lbs.	
B. Mueller	744! A. Koehler	457
275 lbs.	J. Mendoza	507
J. Pritchett	744! 242 lbs.	
SHW	T. Burke	628
D. Lewis	501 275 lbs.	
Law/Fire	P. Holloway	760
Submaster	Teen (16-19)	
SHW	148 lbs.	
D. Kralovetz	652 C. Sineath	402
Master (40-46)	WOMEN	
220 lbs.	Master (40-46)	
R. Harris	536 132 lbs.	
242 lbs.	L. Ashley	231
A. Ashley	584 L. Christopher	275
Master (47-53)	Open	
181 lbs.	132 lbs.	
E. Ansberry	424 L. Christopher	275
220 lbs.	Teen (16-19)	
P. Wondra	512 123 lbs.	
Master (61-67)	E. Ansberry	264
181 lbs.	BENCH	
D. Judd	374 MEN	
Master (68-74)	Class-1	
181 lbs.	132 lbs.	
R. Simon	336 J. Harrison	330
Master (80-84)	165 lbs.	
181 lbs.	T. Klitzke	341
B. McClelland	303! 198 lbs.	
Open	J. Castorina	380
165 lbs.	220 lbs.	



Tom Manno broke the 700 lb. barrier in the bench press with his 707 at the WABDL Twin Lab Arizona State Meet, achieving a long term goal. (these photographs taken by Charles Zemis/Kaidroo Media)

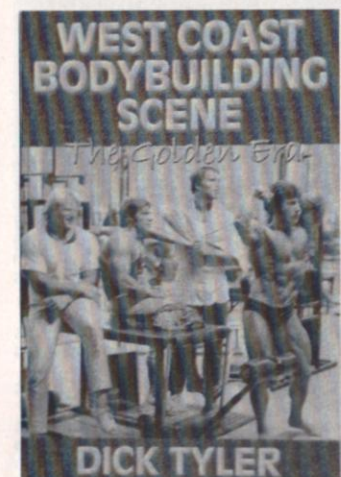
G. Richesson	374	S. Jordan	606	J. Pritchett	429	259 lbs.	—	Law/Fire	SHW	D. Kralovetz	600!
P. Wondra	391	Junior (20-25)	SHW	K. Eyre	—	—	—	Open	Master (40-46)		
259 lbs.	198 lbs.		D. Lewis	402	308 lbs.			181 lbs.	Master (40-46)		
K. Sotheim	424	J. McHenry	385	Law/Fire	J. Tovar	573!	D. Carr	402	181 lbs.		
308 lbs.	259 lbs.	Master (40-47)	Master (48+)	Law/Fire	M. Norton	440	R. Estrada	418	198 lbs.		
E. Welch	374	F. Wintrich	418	181 lbs.	259 lbs.		Law/Fire	Submaster	J. Castorina	380	
SHW	275 lbs.	R. Lopez	473!	R. Ryan	479!		Submaster				

R. Solar	T. Klitzke	341
220 lbs.	181 lbs.	
R. Harris	501 R. Lopez	473
259 lbs.	198 lbs.	
M. Stanford	440 R. Glogg	490
308 lbs.	220 lbs.	
E. Welch	374 M. Desrosiers	490
SHW	M. Lamarque	661
T. Manno	707! J. Mendoza	507
Master (47-53)	R. Morris	407
181 lbs.	242 lbs.	
E. Ansberry	253 J. Peru	540
198 lbs.	D. Tubridy	462
R. Glogg	490! 259 lbs.	
220 lbs.	S. Hoekstra	617
P. Wondra	391 275 lbs.	
259 lbs.	P. Holloway	567
K. Eyre	— 308 lbs.	
R. Ryan	479 J. Tovar	573
Master (54-60)	SHW	
275 lbs.	T. Manno	707!
D. Knapp	275 Submaster (34-39)	
Master (68-74)	198 lbs.	
181 lbs.	A. Planchon	479
R. Simon	270 220 lbs.	
Open	A. Koehler	363
165 lbs.	J. Mendoza	507
E. Davidson	446 R. Morris	407



Steve Wong celebrates his 710

275 lbs.	WOMEN	
P. Holloway	567 Master (40-46)	
308 lbs.	132 lbs.	
N. Feliciano	606 L. Christopher	137
S. Wong	710 Open	
Teen (13-15)	132 lbs.	
181 lbs.	L. Christopher	137
R. Glogg Jr.	231 Teen (16-19)	
Teen (16-19)	123 lbs.	
148 lbs.	E. Ansberry	126
C. Sineath	314	



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

an Arizona record 402.2. In law/fire master men 40-47, at 181, Rudy Lopez pushed up a cloud bursting 473.7 world record. At 308, Jaime Covar set a world record 573, shattering the old record by over 20 pounds. In law/fire 48+, Roger Ryan of Illinois set a world record 479.5 at 259. At 181 in law/fire open, Darren Carr set a Utah record 402.2. At 220 in law/fire open, Mark Norton set an Arizona record with 440.7. In law/fire submaster, Don Kralovetz set a world record 600.7. In master men 40-46, 220, Robert Harris set a Nevada record 501.5. At 259, Mark Stanford set an Arizona record 440.7. In superheavy, Tom Manno set a world record 707.4, breaking Bill Gillespie's record. Those two have traded off and on that record since it was at 639. In master men 47-53, 198, Rocky Glogg set a world record 490.5, the 5th world record that Rocky has set in the last three years. In open men, John Peru jumped 40 pounds over his pr of 501 with a 540 Arizona state record. At 259, Scott Hoekstra set a world record 617.2 and at super, Tom Manno set a world record 707.4, breaking Bill Gillespie's open record as well as his master record. At 220, Matt LaMarque was a little off his game and after opening at 661 and missing, came back and got 661 and ten missed 710, weighing 218. In submaster men, Al Cackler set an Arizona state record with 363.7. In 275, Patrick Holloway set a world record 567.5 and in 308, Nico Feliciano set an Arizona state record with 606.2, but Steve Wong set a world record with 710, and locked out 744, but couldn't touch it to his chest. I want to thank Mike Desrosiers and his girlfriend, Holly Dyer, who helped set this meet up and were excellent scorekeepers. The judges were Mike Desrosiers, Ken Anderson, Jim Snodgrass, and Steve Wong. Rocky Glogg and Jerry Pritchett provided warm-up weights. The platform weights were provided by Ivanko. I want to thank our sponsors Twinlab, House of Pain, and Rick Brewer. Powerlifting Superstore and Monster Muscle with Michelle and Wes Kampen, Powerlifting USA with Mike Lambert, GLC Joint Formula with Shawn Madere, Greg Cooper of Arizona Health Foods,

Jim Starr and Neal Spruce of Apex Fitness, Giorgio Usai of Forza Strength Systems and Chet Groshreutz of Ivanko Barbell. And finally Raquel Rethwisch for selling tickets at the door. (thanks to Gus Rethwisch for providing this report)

USAPL Lifetime Nationals
28 NOV 04 - Charlottesville, VA

WOMEN	SQ	BP	DL	TOT
105 40-44				
Kim Ryman	210	130	235	575
50 - 54				
W. Burnette	195	160	280	635
55-59				
E. Newton	110	75	185	370
148 Open				
CiCi Smith	315	195	370	880
165 45 - 49				
Jill Meade	335	140	310	780
MEN				
148 40 - 44				
Rob Wess	365	260	450	1075
165 Open				
Eric Holmes	550	330	680	1560
181 Open, 40 - 44				
Mike Stanley	525	330	550	1405
65 - 69				
W. Breenen	320	210	400	930
198 Open				
Ben Rowe	635	335	530	1500
20 - 23				
Derek Baker	635	355	675	1665
Police, 40 - 44				
Gregg Stang	425	392.5	470	1287.5
65 - 69				
John Moore	100	215	145	460
220 70 - 74				
Peter Jensen	230	220	370	820
Open				
J. Shoopman	575	385	650	1610
242, Open, 40 - 44				
Ray Ebner	690	440	600	1730
20 - 23				
Tom Keim	500	340	470	1310
275, Open				
P. Andrich	685	470	640	1795
Open, 40 - 44				
Gewritzman	560	430	585	1575
Open, Police				
B. Rochefort	525	400	485	1410
Supers, Open				
Phillip Battle	675	480	605	1760
(thanks to John Shifflett for these results				

METAL

EliteFTS is now carrying the Metal Gear line of powerlifting gear. The Metal Sport & Wear line started six years ago, in Finland, by world class powerlifter Ano Turtialainen. The entire line is made in Finland of the highest Finnish quality. They use materials not found in other powerlifting gear. This gear is some of the best quality in the world.

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USAPL Dakota Open
06 NOV 04 - Rapid City, SD

BENCH	Open	220 lbs.	242 lbs.	275 lbs.	308	352	396	439
MALE								
Master (40-49)	G. Elliott	423						
242 lbs.								
R. Lang	451	R. Lang	451					
275 lbs.								
M. Bridge	418	K. McKnight	346					
SHW								
D. Pearce	368	M. Bridge	418					
Master (60-69)								
220 lbs.								
G. Hanley	214	M. Madigan	418					
Teen (12-13)								
123 lbs.								
C. Merrival	93	FEMALE						
Teen (14-15)								
165 lbs.								
D. Michallo	214	Master (40-49)						
198 lbs.								
A. Sherrill	220*	165 lbs.						
242 lbs.								
M. Ironcloud	258	D. McKnight	126					
Teen (16-17)								
198 lbs.								
P. Davis	209	132 lbs.						
Teen (18-19)								
165 lbs.								
M. Crow	203	D. Merrival	176					
D. Small	198	148 lbs.						
181 lbs.								
N. Head	203	K. Hemmer	154					
MEN								
Master (40-49)								
165 lbs.								
K. Aragon	390	165 lbs.						
242 lbs.								
K. McKnight	418	M. Craig	126					
198 lbs.								
B. Steinbach	363	Teen (12-13)						
Master (5-59)								
165 lbs.								
S. Hill	352	148 lbs.						
198 lbs.								
G. Hunter	368	K. Swanson	88					
220 lbs.								
R. Root	302	Teen (14-15)						
Master (60-69)								
165 lbs.								
J. Ochs	341	114 lbs.						
Open								
165 lbs.								
K. Aragon	390	R. Webber	71					
181 lbs.								
C. Hill	374	123 lbs.						
220 lbs.								
T. Schepper	522	A. Pond	66					
S. Huggman	352	132 lbs.						
242 lbs.								
K. McKnight	418	K. Kneiff	99*					
275 lbs.								
B. Waala	506	114 lbs.						
Teen (12-13)								
198 lbs.								
D. Nelson	110	123 lbs.						



Gerald Handley, Masters Men Bench Press, 60-69 age group, at the USAPL YMCA Dakota Open in Rapid City, South Dakota - Nov. 6th.

132 lbs. 269 176 319 764
D. Metrical
M. James 242! 104 319 665
Teen (14-15)
114 lbs.
A. Bono 110 66 170 346
132 lbs.
K. Kneiff 203 99 242 544
Teen (18-19)
132 lbs.
J. Koekericit 176 71 170 418
! = Best Lifter. * = Record Lift. Once again, the YMCA and Steve Howard held a fantastic meet! Thank you to everyone that helped! Dan G., Becky J., Robb G., Jeff B., thank you for traveling to ref. this meet! Steve, thanks for giving me the Ref. test! (Mail that in, will you!). SF?? Lifters is the biggest meet I've done! But, thanks to Mike Lairus scoring program. We were out of there in no time! Lots of records set again! And, South Dakota is number one in USAPL memberships! Thanks to all spotters and loaders. Cyric, I'll always miss you, but now you'll be lifting! This meet was fun, see you all in the spring time! (Thanks to Nicole Craig for providing these meet results)

Teen (14-15)	SQ	BP	DL	TOT	114 lbs.	123 lbs.	132 lbs.	148 lbs.
C. Roberts	1165	104	230	506				
C. Roberts	170	132	242	544				
165 lbs.								
D. Melina	253	154	374	786				
D. Michallo	225	214	247	687				
181 lbs.								
Z. Potvin	346	176	429	951				
O. Horse	236	159	352	748				
A. Diallo	253	181	308	742				
198 lbs.								
A. Sherrill	297	220	324	841				
Teen (16-17)								
123 lbs.								
K. Wells	181	165	319	665				
148 lbs.								
D. Makas	264	181	341	786				
W. Red	187	165	275	621				
165 lbs.								
J. McLellan!	319	209	313	841				
198 lbs.								
C. Hermann	330	203	451	984				
P. Davis	353	209	407	869				
220 lbs.								
I. Horse	258	203	391	852				
Teen (18-19)								
165 lbs.								
M. Crow	225	203	330	759				
D. Small	209	198	313	720				
WOMEN								
181 lbs.								
J. Lerew	264	148	291	704				
B. Kullerd	225	137	264	627				

Halloween Havoc
30 OCT 04 - Danville, IL

MEN

SQ	BP	DL	TOT	
148 lbs.				
Hood	330	310	445	1085
Bershell	300	275	400	975
165 lbs.				
Jenkins(M)	400	400	500	1300
Alexander	310	320	450	1080
181 lbs.				
A. Brown	685	335	650	1670
Tanzey	565	360	500	1425
Navarro!	495	300	500	1295
Redding	315	315	500	1130
Booker	400	315	400	1115
Sneed	300	370	300	970
198 lbs.				
Edmonton	480	365	540	1385
D. Wilbur	500	300	525	1325
220 lbs.				
Robinson	500	405	600	1505
242 lbs.				
Grant	585	425	700	1715
May!	705	360	585	1650
Jones	575	405	640	1620
Harper	400	355	500	1255
275 lbs.				
L. Pace(M)	730	350	680	1760
SHW				
Ruff	550	425	550	1525
Norris				
Master (40-49)				
165 lbs.				
Jenkins	400	400	500	1300
275 lbs.				
L. Pace	730	350	680	1760
(M) - master.				(results from Lawyer Pace)

WOMEN

SQ	BP	DL	TOT	
114 lbs.				
E. Hamby	231	181	291	704
J. Zohner	181	121	231	533
Open				
114 lbs.				
V. Farel	209	104	231	544

The Twins .. meet director Nicole Craig (left) and Dianne McKnight both had blue Titan shirts and both benched 127." (photographs supplied courtesy of Nicole Craig)

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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____
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Address: _____ City: _____ State: _____ Zip Code: _____
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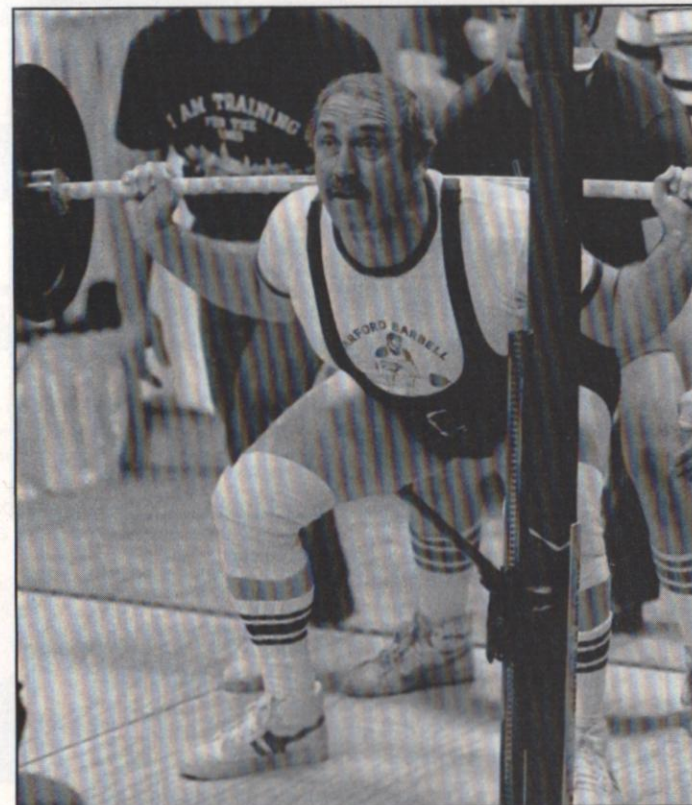
Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ___ qty. ___) (colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)
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• Navy Sweatshirt - \$30.00 (s-xl) \$32.00 (xl & up) (size ___ qty. ___)
• White Referee Designation Polo - \$30.00 (s-xl) \$32.50 (xl & up) (size ___ qty. ___)
• Logo Patch - \$5.00 (qty. ___) (Shpg for patch: .50)
• Lifter Classification Patch - \$5.00 (qty. ___) (must provide meet results)
• Hats - \$15.00 (qty. ___) (colors: white, navy, black)

Check/Money Order # _____ Membership Price: \$ _____
Credit Card: Visa/Mastercard/Discover Exp. Date: _____ Merchandise Total: \$ _____
Card # _____ Merchandise Shipping: \$4.00
Cardholder Signature: _____ Total Purchased: \$ _____
All memberships expire 12 months from date of purchase.



(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



Donald Starr passed away on October 15, 2003 in Oklahoma City, Oklahoma. His brother Bill Starr relates that Donald "was a pioneer in powerlifting, hosting one of the first meets in Maryland in the '60s and he competed in and won many contests, including state and regional titles, as well as the National Masters Championships ... He enjoyed the sport more than most because he made it a part of his total recreational package. During the summer, he didn't lift at all, but played tennis and started back fresh in the fall. Every year, he added to his total. He was robust until the treatments for his leukemia started, then he went fast. Donald was my hero growing up and he never let me down." This issue of POWERLIFTING USA is dedicated to Donald Starr, seen competing in the USPF National Masters Championship

USPF Monster Bench & Return of the Living Deadlift
30 OCT 04 - Chatsworth, CA

BENCH PRESS	65-69	198	
MEN OPEN			
Kevin Nunez	264	Larry Manly	286
Mark Lambert	275	MEN SUBMASTER	275
198		P. Collard	473
N. Herroz	385	308	
220		Dave Marr	490
Paul Roa	336	T. Reynolds	468
F. Teledano	325	JUNIORS	
242		18-19	
Ryan Girard	540	165	
B. Brubaker	507	David Owen	319
Ron Garcia	363	20-23	
275		165	
F. Teledano	341	Tony Olsen	248
Ricardo Costa	308	DEADLIFT	
Brian Meek	490	148	
Dave Marr	490	Kristen James	214
SHW		MEN OPEN	
V. Atarian	424	148	
Gary Garcia	490	Vince Tanabe	468
MEN MASTER		181	
40-44		Mark Lambert	413
242		220	
Ron Garcia	363	F. Teledano	611
45-49		Paul Roa	501
181			
Fred Fleet	209	Ricardo Costa	479
50-54		308	
198		Brian Meek	633
Lothar Vallot	192	SHW	
55-59		Gary Garcia	710
308		V. Atarian	661
Brian Meek	490	MEN MASTER	



Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate

Power Palooza 6 3,4 APR 04 - Leesport, PA		Middleweight Raw	Open S. Englebach			
BENCH	L. Ryan	425	525	220	lbs.	490
FEMALE	M. Giordano	330				
Teen (16-17)	G. Fink	275				
139 lbs.	198 lbs.					
C. Kelly	Contastathes	420				
(18-19)	J. Aponte	335				
122 lbs.	K. Nance	300	60	50	115	225
T. Culpepper	220 lbs.					
129 lbs.	B. Bowlin	400	165	125	160	450
R. Nairn	242 lbs.					
Open	J. Baer	485				
139 lbs.	Wanamaker	425				
M. Troupe	L. Gravish	415				
176 lbs.	F. Wilderson	370	305	155	350	810
K. Marks	275 lbs.		240	185	250	675
Raw	K. Troupe	495				
Lightweight	A. Pierson	450				
D. Pauley	B. Nagle	440				
Middleweight	J. Miller	325				
B. Leonard	308 lbs.					
T. Mealy	J. Menne	500				
J. Aponte	J. Sanders	410				
J. Evans	DEADLIFT					
R. Deering	FEMALE					
Heavyweight	Teen (14-15)					
B. Nagle	129 lbs.					
F. Wilkerson	K. Morris	330				
C. Carlin	139 lbs.					
R. Mason	A. Little	215				
Master (40-44)	(16-17)					
T. Evangelista	176 lbs.					
D. Holtz	K. Fauna	180				
R. Deering	(18-19)					
(45-49)	122 lbs.					
B. Nagle	T. Culpepper	220				
R. Savanna	129 lbs.					
(55-59)	R. Nairn	240				
G. Dennis	Open					
(70-74)	176 lbs.					
H. Vaughn	K. Marks	365				
MALE	MALE					
Teen (16-17)	Teen (14-15)					
165 lbs.	148 lbs.					
R. Nye	E. Richardson	350				
220 lbs.	181 lbs.					
K. Ober	E. Christensen	335				
J. Banzhof	(16-17)					
T. Heiler	165 lbs.					
Law/Fire	M. Space	410				
J. Menne	220 lbs.					
J. Sanders	M. Randolph	530				
Junior	T. Heiler	350				
P. Vasso	(18-19)					
Submaster	L. Hobbs	520				
A. Pierson	Master (40-44)					
J. Sanders	K. Ober	500				
M. Giordano	Master (50-54)					
K. Adams	B. Hill	550				
Open	A. Moatz	480				
165 lbs.	Master (80+)					
R. Hillyard	Eberhardinger	180				
181 lbs.	Raw					

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A. Mina	375	260	400	1035	Raw Lightweight	J. Monk	435	305	450	1190
A. Wick	315	260	415	990	S. Wilkerson	500	242	lbs.		
SHW					MALE	SQ	BP	DL	TOT	
C. Klugh	350	150	350	850	Youth					
(18-19)					B. McDonnell	60	50	115	225	
165 lbs.					Teen (14-15)					
K. Hicks	500	325	475	1300	114 lbs.					
P. Heilman	370	190	410	970	D. Richardson	165	125	160	450	
181 lbs.					123 lbs.					
B. Seidel	430	260	365	1055	J. Bosso	220	180	225	625	
L. Hobbs	360	265	520	1145	148 lbs.					
SHW					E. Richardson	305	155	350	810	
H. Ramirez	450	295	450	1195	C. Muvdi	240	185	250	675	
Master (40-44)					165 lbs.					
J. Knoll	620	425	600	1645	M. Keeley	255	185	300	740	
B. Yoder	570	430	540	1540	Z. Pierson	270	155	305	730	
M. Mazzulo	315	440	405	1160	C. Banzhof	230	150	235	615	
(45-49)					181 lbs.					
Catrambone	350	250	440	1040	N. Bosch	310	190	330	830	
(50-54)					E. Christensen	330	130	335	795	
J. Nied	445	225	420	1090	A. Burns	320	140	315	775	
A. Moatz	405	320	480	1205	G. Montenez	235	160	290	685	
G. Barky	245	305	510	1060	198 lbs.					
(55-59)					R. Keim	300	230	355	885	
R. Dennison	480	200	550	1230	D. Tidy	280	135	275	690	
B. Bellerby	475	405	425	1305	220 lbs.					
J. Poole	250	230	350	830	A. Bonisese	300	265	325	890	
(60-64)					275 lbs.					
R. Zavacky	485	330	475	1290	J. Hawrylock	195	165	280	640	
(65-69)					Teen (16-17)					
P. Hubbards	85	220	225	530	123 lbs.					
Submaster					T. Pagan	170	115	230	515	
C. Blough	605	400	600	1605	132 lbs.					
S. Ross	425	350	525	1300	R. Bosso	265	190	325	780	
					148 lbs.					
					M. Briggs	390	235	335	960	
					S. Fonzi	275	210	405	890	
					M. Rotkiske	300	215	275	790	
					165 lbs.					
					T. Hicks	375	260	365	1000	
					M. Space	315	180	410	905	
					R. Little	315	180	405	900	
					R. Nye	275	225	370	870	
					P. Scotts	300	180	320	800	
					181 lbs.					
					B. Chwiecko	430	260	425	1115	
					P. Gable	310	205	310	825	
					198 lbs.					
					W. Katinowski	435	300	440	1175	
					Z. Wise	375	200	440	1015	
					J. Banzhof	350	265	400	1015	
					J. Duffield	300	210	275	785	
					220 lbs.					
					M. Randolph	495	300	530	1325	
					K. Ober	420	325	470	1215	
					J. Torres	425	250	460	1135	
					B. Harrison	450	225	400	1075	
					M. McDonald	290	125	300	715	
					275 lbs.					
					Z. Fulmer	550	365	440	1355	
					Laudermilch	460	280	480	1220	

International Powerlifting Association

"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ IPA # for Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____

Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15
Payment is accepted in the form of **cash or money order only**. Payment can be made to your state chairman.
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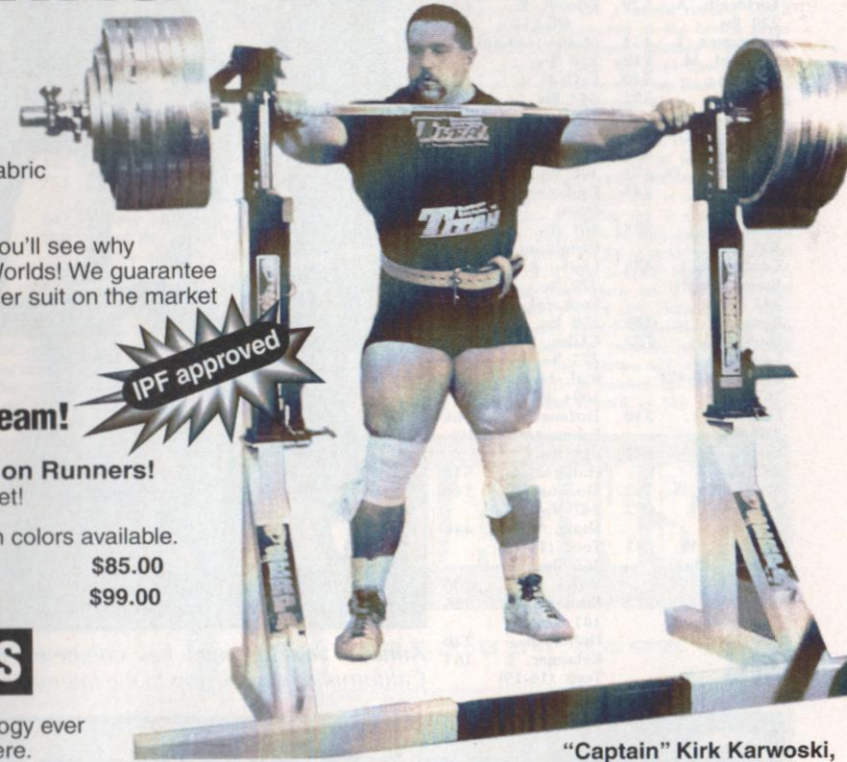
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- Centurion (stock sizes) **\$85.00**
- Custom Tailored Dual Quad **\$99.00**



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- 50cm **\$14.50**
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WABDL California State
06 MAR 04 - Monterey, CA

DEADLIFT	Walker, C.	516
MEN	4th-529	
Class-1	220 lbs.	
165 lbs.	Bojorquez, J.	485
Harms, J.	440	668
Kuroda, Y.	502	
181 lbs.	Law/Fire	
Watson, G.	501	
Anderson-Luja	556	551
198 lbs.	Nino, L.	
MacGregor, J.	479	
275 lbs.	4th-567	
Tortorelli, A.	529	633
220 lbs.	Russell, R.	
Bojorquez, J.	451	
Hatfield, M.	512	
Pena, S.	540	551
Nino, L.	551	
4th-567	Soekardi, I.	672
242 lbs.	259 lbs.	
Tubridy, D.	468	611
Arredondo, D.	551	
Ozaeta, M.	545	
275 lbs.	Faulkner, W.	733
Kunz, S.	523	
308 lbs.	181 lbs.	
Contreras, L.	473	
Junior (20-25)	220 lbs.	
242 lbs.	Cirigliano, R.	600
Ross, A.	380	
Davi, P.	733	611
Law/Fire	275 lbs.	
Master (40-47)	Rial, N.	650
165 lbs.	309+ lbs.	
Esquivel, L.	330	
220 lbs.	Tuffanelli, N.	766
Clark, Z.	688	
242 lbs.	Submaster (34-39)	
Arredondo, S.	562	
Soekardi, I.	672	
308 lbs.	Hatfield, M.	512
Faulkner, W.	733	
Master (48+)	Stockton, D.	540
308 lbs.	242 lbs.	
Goodwin, P.	512	
4th-536	Shaw, V.	440
Law/Fire	165 lbs.	
Open	181 lbs.	
181 lbs.	Wilks, N.	209
	Bernardi, W.	336
	181 lbs.	
	Huffer, B.	220
	Belanger, J.	363
	Teen (16-19)	



Annette Sozzi-Dangel has competed in WABDL contests from California all the way up to the international level (Lambert photo)

132 lbs.	Christopher, L.	225
Pagliari, A.	325	
4th-352	Bar nhill, A.	264
198 lbs.	Rosales-Buie, L.	
Agrella, J.	479	
Knack, K.	485	
220 lbs.	Brisbane, A.	363
Peterson, T.	512	
242 lbs.	Herzog, K.	203
Querfuth, C.	440	
Huffer, B.	562	
WOMEN	181 lbs.	
Junior	325	
123 lbs.	Sozzi-Dangel	342
148 lbs.	4th-352	
Guerrero, A.	214	
Kuroda, C.	304	
165 lbs.	Master (47-53)	
Armstrong, S.	347	
4th-352	114 lbs.	
Law/Fire	Zadubera, S.	287
Master (40-47)	181 lbs.	
132 lbs.	VanDam, M.	259
Rosales-Buie	331	
Law/Fire	199+ lbs.	
Master (47-53)	4th-319	
181 lbs.	Vaterlaus, S.	253
Cirigliano, R.	600	
Ansberry, E.	413	
181 lbs.	Open	
Bertie, D.	507	
308 lbs.	4th-352	
Contreras, L.	473	
Master (54-60)	105 lbs.	
181 lbs.	Vallejo, A.	292
Hence, R.	420	
198 lbs.	114 lbs.	
Aniotzbehere	363	
148 lbs.	Zierold, M.	304
Imrie, D.	485	
Master (61-67)	123 lbs.	
148 lbs.	Christopher, L.	225
Vincent, L.	380	
4th-402	Brisbane, A.	363
198 lbs.	148 lbs.	
Williams, J.	253	
220 lbs.	4th-369	
Kunz, R.	363	
Master (40-46)	165 lbs.	
123 lbs.	4th-369	
	Carroll, P.	209
	Teen (16-19)	


105 lbs.	Law/Fire	
Guenzi, A.	203	
114 lbs.	Master (40-47)	
Block, V.	242	
4th-254	Lopez, R.	437
132 lbs.	220 lbs.	
Ansberry, E.	264	
148 lbs.	Chavez, R.	363
Steinback, S.	214	
97 lbs.	Clark, Z.	440
Todd, K.	176	
UL	Arredondo, S.	402
Vaterlaus, L.	209	
4th-220	Schultz, D.	512
306 lbs.	(48+)	
BENCH	Goodwin, P.	457
WOMEN	Open	
Junior	220 lbs.	
148 lbs.	Pena, S.	518
Guerrero, A.	104	
165 lbs.	Stephens, G.	567
Armstrong, S.	214	
4th-220	Lamarque, M.	672
Law/Fire	Open	
Master (40-47)	181 lbs.	
132 lbs.	Lopez, R.	437
Rosales-Buie	176	
Law/Fire	Walker, C.	473
Master (40-47)	242 lbs.	
165 lbs.	Arredondo, D.	518
Wilson, R.	198	
Master (40-46)	Porter, A.	501
123 lbs.	308 lbs.	
Christopher, L.	132	
132 lbs.	Cisneros, J.	473
Womack, E.	132	
Bar nhill, A.	137	
Brisbane, A.	176	
Rosales-Buie	176	
148 lbs.	Submaster	
Mahe, S.	159	
Hedman, S.	181	
181	Omduff, T.	440
Sozzi-Dangel	204	
199+ lbs.	Mastler (40-46)	
Hase, J.	204	
4th-209	Levering, B.	457
Master (47-53)	204	
181 lbs.	Peterson, D.	347
VanDam, M.	—	
199+ lbs.	LaGrill, J.	369
Vaterlaus, S.	203	
Open	259 lbs.	
105 lbs.	Master (47-53)	
Vallejo, A.	143	
123 lbs.	Ansberry, E.	281
Rodriguez, S.	93	
Christopher, L.	132	
165 lbs.	Robinson, T.	281
Campana, H.	115	
O'Halloran	121	
198 lbs.	259 lbs.	
Young, E.	88	
105 lbs.	Submaster	
Vallejo, A.	143	
Braguine, J.	159	
148 lbs.	Master (54-60)	
Saunders, L.	132	
Watts, J.	214	
Teen (13-15)	214	
181 lbs.	Crites, J.	292
O'Halloran	121	
Teen (16-19)	220 lbs.	
148 lbs.	McCamman, J.	341
Steinback, S.	82	
97 lbs.	220 lbs.	
Todd, K.	77	
UL	Creepy, R.	314
Valertaus, L.	154	
4th-159	Multy, J.	363
MEN	242 lbs.	
Class-1	181 lbs.	
181 lbs.	181 lbs.	
Watson, G.	319	
198 lbs.	220 lbs.	
Bledsoe, E.	242	
220 lbs.	259 lbs.	
Ornduff, T.	440	
242 lbs.	Kassiris, L.	275
Tubridy, D.	424	
259 lbs.	Kehl, B.	402
Mcmurray, J.	418	
Elliott, M.	429	
Starkweather	457	
275 lbs.	Master (68-74)	
Kunz, S.	325	
Contreras, L.	446	
Junior (20-25)	242 lbs.	
306 lbs.	Peters, J.	220
Cisneros, J.	473	

181 lbs.	Campana, H.	115
Robinson, T.	281	
198 lbs.	O'Halloran	121
Salinas, F.	341	
Ryan, B.	—	
220 lbs.	Young, E.	88
Pena, S.	518	
Stephens, G.	567	
Lamarque, M.	672	
4th-705	Submaster (34-39)	
259 lbs.	Wong, S.	705
Sanchez, R.	490	
Castillo, M.	587	
275 lbs.	Teen (13-15)	
Rial, N.	451	
308 lbs.	114 lbs.	
Wong, S.	705	
Submaster (34-39)	148 lbs.	
198 lbs.	Minahan III, J.	126
Planchon, A.	451	
4th-474	132 lbs.	
242 lbs.	Pagliari, A.	165
Villegas, J.	303	
Open	Chavez, R.	242
105 lbs.	Chavez, R.	253
Vallejo, A.	143	
Bledsoe, E.	242	
Rodriguez, S.	93	
Christopher, L.	132	
165 lbs.	Peterson, T.	297

ous world record was the meet directors Matt Lamarque, who set a world record in law/fire master 40-47, 308 with 733. Paul Goodwin, another Iron Society member, set a world record deadlift of 536.7 in law/fire 48+, 308# class. Letitia Rosales-Buie set a world record dead at 331.6 in law/fire 40-47 132# class. Rick Russell set a world record 655.7 in law/fire submaster 275. Annette Sozzi-Dangel set a world record 352.5 deadlift in master women 40-46 181#. At master 47-53, 114 class, Sophie Zadubera hauled in a world record 217.6. in submaster women 148, Jeanne Watts set a world record 369.2 deadlift world record in the bench press included Rudy Lopez, another Iron Society member, with 437.4 in law/fire master 40-47 181 to beat Leroy Banks' record. Leroy is from Illinois. Renee Wilson set a world record 198.2 in law/fire master 40-47 165# class. Charles Walker popped a world record 473.3 in law/fire open 181. In master men 40-46 259 pound class, Rich Ludlam set a world record 573. Mike Castillo set a world record 587.3 in open 259. In teen men 13-15 259 pound class, Viktor Covar set a world record 303. In master women 40-46 unlimited Janet Huse set a world record set a world record 209. Washington state records were set by Katherine Todd, teen women 16-19 97 pounds, in the deadlift with 176. Joe Harms set a Washington record 556.5 in master 47-53 275 class. Oregon state record in the deadlift was

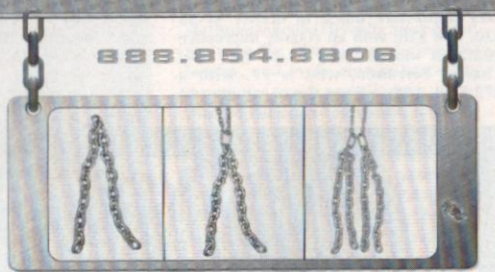
There were 19 World records set at this event, which was held at the Beach Resort Hotel in Monterey. As the name might indicate, right on the beach you've got Carmel, Pebble Beach and Big Sur, and, of course, Cannery Row. The most obvi-

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Average	(1-3/4" wide, Green)	\$22.50
Strong	(2-1/2" wide, Blue)	\$28.50
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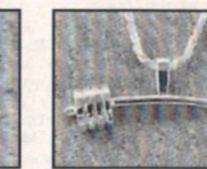



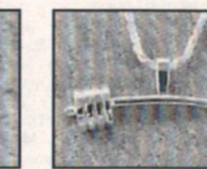
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set by Larry Vincent in mster men 61-67 149 with 402.2 which really surprised Larry. California state records were set in the deadlift by: Yasa Kuroda 502.6 class-1 165 class. His wife Claire Kuroda set a California junior record 319.5 at 165 junior. Charles Walker, who had a world record bench, pulled a California state record 529 in law/fire open 181. Isymanto Soekardi pulled a strong 672.2 in law/fire master 40-47 242# class. Lorenzo Nino ripped 567.5 in law/fire submaster 220. David Glahn pulled 611.7 for a California state in master 40-46 259/ Richard Hencke pulled a 420.9 in master 54-60 181#. In master women 40-46 132, Alene Brisbane pulled a 363.7 with a lot of intensity. Her, Jeanne Watts, Annette Suzzi-Dangel and the team from Pacific Athlete Club were the life of the show, and it was fun to watch them compete. At superheavy, Nate Tuffanelli, who weighs around 400, pulled in 766 and had 804 locked out, but couldn't hold on to the weight for the down signal. Jeanne Braguine set a record with 330.5 in submaster 123. Alexandra Vallejo pulled 297.5 in submaster 105, almost triple body weight. Mary Ann Van Dam pulled 259 in master 47-53 181#. Jeff Belanger pulled a state record 363.7 in teen 13-15 181#. Vanessa Black pulled 254.6 in teen 16-19 132. All in all the deadlifts were extremely stimulating and the ladies did very well in all ages and weight classes. California state records in the bench press in the 520# range were set by Dennis Shultz law/fire master 40-47 superheavy 512.5; Derek Arredondo 578 law/fire open 242; Andrew Porter 501.5 law/fire open 259; Rich Ludlam 573 master men 40-46 259 and Andre Planchon 474.8 submaster 198. Other California state records in the bench were Dale Rene 342.6 master men 47-53 181, Robert Hackett with a very impressive 468.2 in master 47-53 220, Bob Kehl with an equally impressive 402.2 in master men 61-67 259 and Charles Ferrando, who is 77, with a 275.5 at 181. Viktor Covar at age 14

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pushed up 303 at 259. The ladies who set California state records in the bench were Annette Sozzi-Dangel 204.8 at master 40-46 181, Janet Hase 209.2 at master 40-46 unlimited. Sue Vaterlaus 203.7 at master 47-53 unlimited, Alexandra Vallejo 143.2 in open 105, Heather Campana 115.5 at open 165 and Lauren Vaterlaus 159.5 at open 165 and Lauren Vaterlaus 159.7 in teen 16-19 unlimited. The judges were Mike Saito, one of the best, Gus Rethwisch, Walt Faulkner, Matt Lamarque, Mike Morre, Erwin Anton, Dan Tubridy, Phil Davi, Andre Planchon, and Steve Wong. Yanto's crew was fantastic for setting up, tearing down and

spotting and loading. They include Jake Manu, Dino Martinez, David Yubeta, Alan Tucker, Travis Faulkner. Also Marilyn Back and Vickie Taquin selling programs, t-shirts, and food. Carolyn Schwarz and Kari Herzog were the expeditors. Kim Saito and Echanne Placide were the scorekeeper and MC. Josh Hageman, also a big aho for fabricating Matts new line of super benches called "The Bovine". Also, all of the great sponsors, including House of Pain and Budweiser and 18 others that Matt personally takes out to dinner. There were 148 lifters at this meet and one of the main reasons that this meet runs so smooth is

that Matt pays for my secretary Elma Thomas and her husband Gary to come down and run the computer and do the weigh-ins. Jody Woods of Sacramento also pays for their way and WABDL cards are handed directly to the lifters and the meet director doesn't have to set foot in the weigh-in room and then only an official is needed to check gear. This meet was at a hotel right on the beach. You step out of your room and there are seals and sea otters right on the beach, and whales in the distance. For those of you who love to party, the stories are stuff of legends. Great meet. Great fun. (Report by WABDL President Gus Rethwisch)

APA Lone Star Open
06 NOV 04 - Houston, TX

BENCH	Master (50-54)	400!
132 lbs.	B. Kline	220 lbs.
Open	270	Master (40-43)
N. Gaza	165 lbs.	C. Bybee
165 lbs.	155	DEADLIFT
Teen (13-15)	181 lbs.	WOMEN
C. Lee	198 lbs.	181 lbs.
198 lbs.	345	Master (70-74)
Teen (18-19)	SQ	N. Revilla
S. Childs	205	210!
MEN	BP	DL
148 lbs.	577	355
148 lbs.	535	535
Open	1467	
R. Durant		
198 lbs.		
Junior (20-23)		
A. Bell	535	380
535	380	520
Open		
J. Evans	605	365
605	365	550
Master (60-64)		
K. Price*	515!	320
515!	320	500
220 lbs.		
Teen (13-15)		
S. Mize	325	135
325	135	285
Master (55-59)		
T. Galvez	455	455
455	455	510
1330		



Kit Price, 61 years of age, was Best Lifter (photos Tom McCullough)

MEN	80	250	330
A. Mohamed	80	250	330
SO			
S. Harp	—	205	205
Youth-1 (10-11)			
C. Jackson	65	180	245
Youth-2 (12-13)			
B. Jimerson	75	160	235
Teen-1 (14-15)			
D. Nejash	125	300	425
S. Ahmed	115	250	335
Teen-2 (16-17)			
M. HajiYusuf	150	305	455
Teen-3 (18-19)			
S. Davis	180	420	600
Junior			
C. Real	175	350	525
WOMEN	SQ	BP	DL
Teen-1 (14-15)			
A. McWeeny	150	115	214
Open			
L. Foreman	455	255	470
S. Chow	410	235	335
Master-1 (40-44)			
P. Houston	370	235	390
Master-4 (55-59)			
D. Backiel	150	135	290
Master-5 (60-64)			
F. Ireland	220	135	255
MEN			
Teen-2 (16-17)			
J. Hansen	410	230	520
N. Byram	320	225	380
C. Perez	450	285	400
Teen-3 (18-19)			
O. Hussein	300	195	350
Junior/Open			
K. Umetsu	350	225	350
Master-1 (40-44)			
197 lbs.			
J. Harpe	500	320	510
Master-3 (50-54)			
S. Slavens	375	255	460

132 Class	220 Class
Fred Garvey 280	Ed Bronko 405
165 Class	John Bertocki 400
Vandersande 310	242 Class
Bob Legg 220	N. Williams 475
181 Class	Kenny Miele 425
Jeff Fremont 300	275 Class
198 Class	D. Ratchford 500
AI Miller 370	SHW Class
Rob Baum 370	N.Hulslander 600

Maximum Metal Bench Press
28 AUG 04 - Dunmore, PA

WOMEN	John Bertocki 400
148 Class	242 Class
Nona Hill 125	T. Harman 435
165 Class	MASTERS (50-54)
B. Penetar 105	165 Class
198+ Class	Russ Burnett 300
Robin Luchko 105	Bob Legg 220
TEEN	MASTERS (55-59)
181Class	181 Class
Chris Miller 265	Jeff Fremont 300
JUNIORS	MASTERS (60-64)
165 Class	198 Class
Vandersande 310	Bob D'Angelo 200
198 Class	MASTERS (65-69)
R. Mogavero 325	165 Class
MASTERS (45-49)	P. Hubbard 250
220 Class	OPEN

Nora Revilla, age 73, sets a new WPA Masters Record with a 210 DL at the APA Lone Star Open.

USAPL Seattle Summer Classic
25 JUL 04 - Seattle, WA

BENCH-Teen-2	Open
M. Bowman 170	Master-2
C. Lee —	S. Mathis 475
Open	Master-5
R. Bondurant 300	R. Smith 505
WOMEN	BP
D. Johnson 65	DL
65	TOT
115	180
Teen-1 (14-15)	
A. Mitchell 100	280
100	380
Teen-2 (16-17)	

TEAM: Motivations Fitness Center - Al Miller, Christopher Miller, Ed Bronko, John Bertocki, Rich Mogavero, Robin Luchko, Barbara Penetar. BEST LIFTER - Niko Hulslander - 600. (These results provided courtesy of Jason Richardson.)

USAPL Bullseye Invitational
04 SEP 04 - Aurora, OR

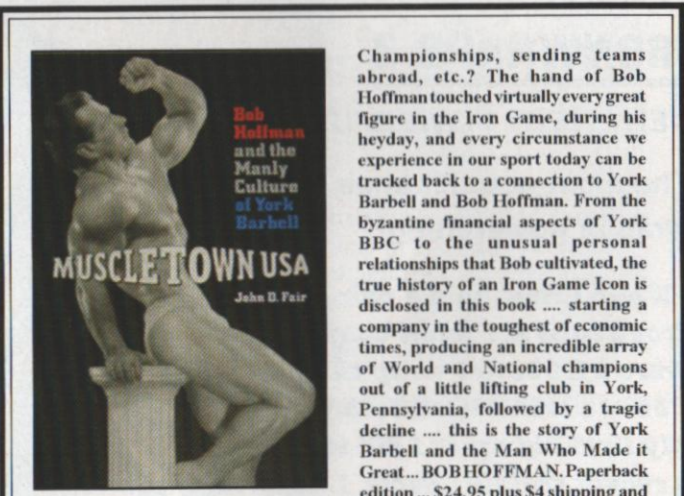
Open	SQ	BP	DL	TOT
J. Behnke	455	400	455	1310
Master-3 (50-55)				
220 lbs.				
B. Coury	145	355	460	960
Junior (20-23)				
198 lbs.				
A. Carp	535	—	—	—
Master-1 (40-44)				
275 lbs.				
K. Stewart	700	505	685	1890

(Thanks to USAPL for these meet results)

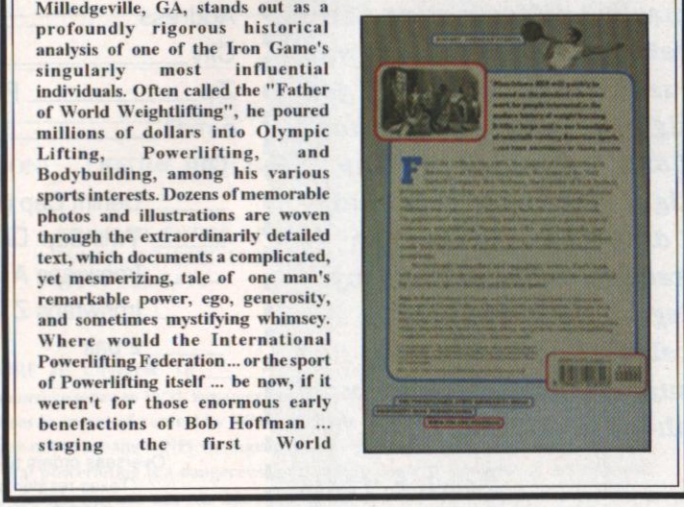
APF Desmond's BP Open
17 JUL 04 - Fitchburg, MA

114 lbs.	C. Fredette	500
L. Skalski	100	J. O'Toole 520
148 lbs.		242 lbs.
T. Roselle	350	T. Irving 430
165 lbs.		D. Jensen 440
S. Baratini	—	308 lbs.
181 lbs.		C. Scherza —
M. Cornier	375	V. Dezenzo —
198 lbs.		SHW
B. Fredette	—	R. Desmond —
220 lbs.		R. McCrie 655
S. Falcone	475	

(Thanks to Desmond's Gym for results)



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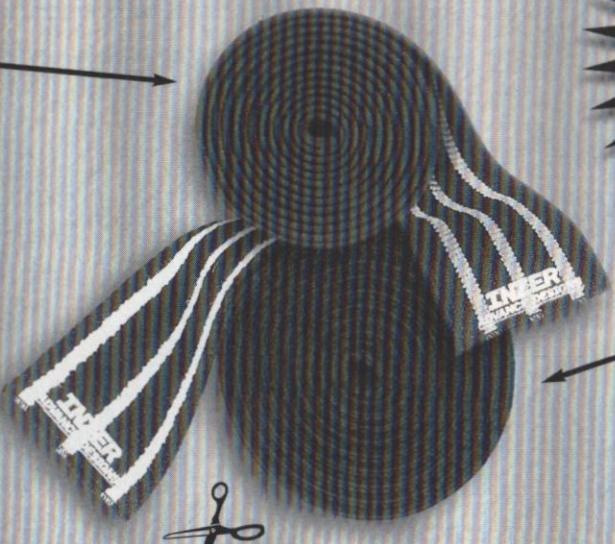
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NPA Midwest Open 21,22 MAR 04 - Freeport, IL

BENCH	J. Farrell	275
Open	DEADLIFT	
165 lbs.	Preschool	
K. Meighen	50 lbs.	
181 lbs.	D. Burlingame	30
G. Dixon	315	Junior
A. Smith	210	181 lbs.
242 lbs.	C. Moring	405
P. Mercado	350	Open
308 lbs.	181 lbs.	
J. Miller	350	M. Pettinger
Police/Fire	198 lbs.	405
242 lbs.	C. Moring	405
R. Luyando	540	B. Mullarkey
Submaster	SHW	500
198 lbs.	A. Miller	550
198 lbs.	SQ	BP
Teen (16-17)	DL	TOT
G. Burckhardt	345	210
365	920	
220 lbs.		
D. Burlingame	810	385
242 lbs.	645	1840
F. Luyando	650	225
Police/Fire	535	1410
242 lbs.		
J. Powers	—	450
Master (40-44)	600	1050
220 lbs.		
F. Michael	650	500
(45-49)	510	1660
D. Burlingame	810	385
645	1840	

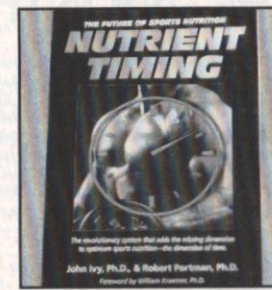
The NPA Midwest open was held at Fitness Lifestyles. We had some great lifters from Illinois, Iowa, Wisconsin, and Ohio. A big thank you to our sponsors, House of Pain Ironwear, Titan Support Systems, Powerlifting USA, The Myo Store, Quizno's, Freeport Press, and Natures Way. Our meet started with first time lifter Greg Burckhardt lifting in the 198 teenage class at a weight of 184 lbs. This 16 y/o lifted raw and had a 345 squat, 210 bench, 365 deadlift for a total of 920 lbs. In the 220 open, Duane Burlingame took the win with a squat of 810, 385 bench, 645 deadlift to total 1840. No p/r's at this meet, burned out from helping everyone else. In the 242 open, Frank Luyando had a strong 650 squat, 225 bench due to an injury, 535 p/r deadlift to total 1410 for the win. It was Don Powers in the 242 police & fire that looked really strong but blew his suit on his opener of 700 in the squat. Don benched 450, pulled an easy 600 to total 1050 and take the win. Fred Michaels lifting in his first full meet hit a p/r squat of 650, 500 bench, p/r 510 deadlift for a p/r total of 1660 to win the 220 masters 40-44. Duane Burlingame also won the 220 masters 45-49 with his 1840 total. Our bench press only competition started with first time lifter Kerry Meighen winning the 165 open class with a lift of 240 with no gear. Glen Dixon won the 181 open with 315, Andrew Smith placed 2nd in his first meet with 210, also lifting without gear. John Farrell took the win in the 198 submasters with his opener of 275. John just missed 325 in his shirt, next time. Paul Mercado won the 242 open with a strong 350 opener, once he gets in a quality shirt the numbers will be moving. Big Rob Luyando won the 242 police and fire with an easy 540 lift. Rob also won the best lifter in the bench press as he has every time he has lifted here. Joel Miller won the 308 open with his 2nd lift, an easy 350. Joel went for a p/r 425 in his Tital shirt but just missed it on lock out. On to the deadlift only. Duane Burlingame won the preschool division with a pull of 30 lbs. The big guy loves to go to the gym and really loves getting trophies. Chad Moring, lifting in his first meet, won the 181 junior with a solid 405 opener. Chad took 2nd in the 181 open. Mike Pettinger took the win in the 181 open with a pull of 450, also took best lifter in the deadlift only. Bill Mullarkey won the 198 open with an easy 500 pull without gear. Big Adam Miller won the SHW class with his 2nd attempt pulling an easy 550. Adam went for a p/r 625 and just missed it, it will go next time. A big thank you to all our people that helped out! Derek Franssen, Don Fehlhafer, Amy Werantz, Rob Luyando, Duane Burlingame, Mike Murraray, Kali Frick, Mike Pettinger, Chris Cederholm, and Barry Lasco. Till next time, train hard,

train smart, do it drug free, and enjoy our great sport. Please support all the great companies that make our sport what it is. Do something to make the world a better place for our children and show the world we are not only strong, but great caring people. (Thanks to Duane Burlingame for providing the results to Powerlifting USA)

NASA Bartlesville Classic 25 SEP 04 - Bartlesville, OK

BENCH	220 lbs.
Teen	R. Moore
181 lbs.	197
S. Simpson	SM-2
308 lbs.	
Junior	B. Briggs
242 lbs.	197
J. Armstrong	M-1
165	220 lbs.
S. Green	SM
140	BP
Power Sports	SQ
SM	Grappn
Youth	165
76 lbs.	
R. Bean	32
22	57
154 lbs.	
J. Cox	35
32	65
B-Inter	
165 lbs.	
N. Hosier	—
Inter	95
198 lbs.	
R. Hart	190
142	220
Powerlifting	
Teen	
181 lbs.	
A. McKay	147
95	170
198 lbs.	
D. Hofstrom	137
57	117
Junior	
242 lbs.	
S. Green	150
140	182
Novice	
181 lbs.	
A. McKay	147
95	170
242 lbs.	
J. Burke	250
152	220
J. McKay	—
SM-P	—
242 lbs.	
J. Burke	250
152	220
M-1	
220 lbs.	
M. Haring	—
NM-2	—
181 lbs.	
R. Werner	147
115	172
M-3	
J. Stovall	—
M-P	—
242 lbs.	
J. McKay	—

(Thanks to James Duree for these results)



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

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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.

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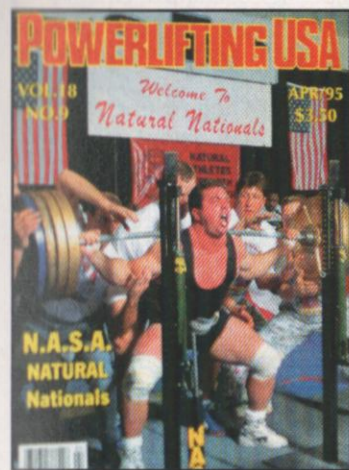
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BACK ISSUE OF THE MONTH



On the cover of the April 1995 issue of PL USA was Tyler Malejko, winner of the NASA Natural Nationals 220 lb. class, the meet we featured beginning on page 6 of that issue. Elsewhere in the magazine, lifting sage Bill

Starr related how to increase your deadlift without any deadlifting! On our TOP 100 list for the 242s, the top lifts were by Steve Goggins (942 squat, 2265 total), Chris Confessore (683 bench), and Nick Lavitola (820 deadlift). Art Labare was 97th in the squat with 677, Russ Kitani was 44th with a 512 BP, Ted Isabella was 90th in the deadlift with 650, and Karl Gillingham was 89th in total at 1730. Tim Taylor offered his "Big Dawg" Deadlift Routine for our Workout of the Month. Rick Brunner of Atletika Sport International gave us the straight talk about Low Molecular Weight Compound supplementation for drug free athletes. Andrea Sortwell was interviewed by Bob Gaynor ("If and when the USPF does more than pay 'lip service' to drug testing, and implements a valid out-of-meet testing program, then a merger could be considered").

Louie Simmons discussed the issue of "Raising Work Capacity" with a neat shot of pro bodybuilding star Mike Francois training at Westside Barbell Club. Norbert Wallaich was profiled by Dr. Judd Biasiotto, including a remarkable shot of a young Norbert tearing it up on the platform ... ("In my opinion, Olympic lifting is passing away and Powerlifting is coming up more and more ...") Doug Daniels discussed the training option of "Descending Sets" in our Startin' Out section. Scott Smith was interviewed by Bruce Citerman, and on Herb Glossbrenner's All Time Top 100 DLers for the 198s, Ed Coan led the mob with his epochal 859, and Roger Estep was 92nd with a 705. Lifting Icon Bruce Wilhelm was interviewed/profiled by Herb Glossbrenner with a great shot of Bruce deadlifting 661 for 11 reps! ("Unquestionably the best Pler, probably ever. He'll be the first to do 2500, but he'll be 242. With a

25x2 power clean he claims, he'd be very successful at W/L ... If he'd allow me I'd be glad to train him. He'd be doing 396 snatch and 485 c&j in 6 months .. guaranteed") We dedicated this issue of PL USA to the Henri Soudieres, and Iron Game Great, who passed away on Feb. 16th, 1995. In our results section, the winner of the USPF Drug Tested Extravaganza 275 lb. class was B. Mimnaugh with 644 341 198 1184. John Gengo was winner of the 165 Police class at the WNPFF Northern USA contest with 400 295 450 1145. Sean Cain was winner of the ADFPA Badger Championships in the 242s with 720 450 740 1910. Rob Wagner won the 198s at the ADFPA East Coast Championships with 780 400 660 1840. C.T. Fletcher won the 319 lb. class at the ADFPA Outlaw Christmas Open with a 600 lb. benchpress. Ken Howard was pictured pulling a 705 deadlift at 242 in the Super Human Deadlift contest. In our Coming Events

100% Raw Virginia State
09 OCT 04 - Stanardsville, VA

BENCH FEMALE	220 lbs. (40-44)	J. Shifflett	330
Open	242 lbs. (35-39)	T. Balderson	375
MALE	275 lbs. (35-39)	S. Kuzma	457
Youth (to 11)	66 lbs. (50-54)	J. Fox	320
J. Mims	148 lbs. (50-54)	R. Beuch	405
C. Waggoner	181 lbs. (50-54)		
J. Fox	290		
Open			
J. Self	355		

The Virginia State 100% RAW meet was a blast with many new state records set. James Mims, who is nine years old, won the youth under 11 class doing 55 pounds weighing in at 54 pounds. Great job. Kerry Self set the 123 pound open record with 135 pounds. Chuck Waggoner moved his state record up to 155 pounds in the masters 148 (55-59) class. Jacob Fox benched a junior record at 290 in the 181 class weighing in at only 166. John Self set the 181 Open record with a nice 335. Trente Balderson hit a PR with 375 and a narrow miss at 385. Jeff Fox got the 275 (50-54) record with 320. Scott Kuzma hit a RAW meet PR with 457.5. Ron "bench" Beuch got the Virginia State record with a nice 405 in the 319 (50-54). Look for these lifters to do even better at the 100% RAW World Bench Press in North Carolina. (courtesy of John Shifflett)



The Army National Guard Bureau Combined Bench Press Team won 1st place at the AAU East Coast Bench Press Championships



Project Lift Team of Henderson, NC .. 2nd place at the AAU East Coast Bench Press Championships (photos provided by Barb Beasley)

Lifetime	MALE	Open	MALE	
Master (40-44)	148 lbs.	D. Grimes	45 181 lbs.	
G. Marrow Sr	130 Junior (20-23)	165 lbs.	Open	
Open	M. Condrey	45 Military	A. Mamola	200
S. Malone	155 Lifetime/Open	198 lbs.	Master (40-44)	198 lbs.
308 lbs.	D. Grimes	45 J. Johnson	75 Law/Fire	
Lifetime	Lifetime	J. Bell	45 Master (55-59)	
Master (45-49)	Submaster (35-39)	Military/Open	D. Conway	140
W. Ferguson	160 C. Parker	30 T. Elliot	37.5 Brodie	160
Lifetime	Military/Open	198 lbs.	4th-162.5	
Submaster (35-39)	D. Grimes	45 Military	D. Conway	140
W. Marrow Sr.	117.5 Military	Master (45-49)	275 lbs.	
Master (45-49)	Submaster (35-39)	L. Hawkins	60 Master (45-49)	
W. Ferguson	160 M. Vaughter	50 ASSISTED	M. Bradley	222.5

E. Boys 165 FEMALE
Open 114 lbs.
C. Felix 200 Open
Submaster (35-39) A. Mamola 67.5
C. Felix 200
Best Lifters - Raw Open Female Bench:
Delores Grimes. Raw Open Male Bench:
David Wilson. Assisted Open Female
Bench: Angela Mamola. Assisted Open
Male Bench: Adam Mamola. Raw Master
Female Bench: Jennifer Johnson.
Raw Master Male Bench: Roger Ernst.
Assisted Master Male Bench: Michael
Bradley. (Results courtesy of Barb Beasley)

Bullitt Co. YMCA Pecs & Flex
13 NOV 04 - Mt. Washington, KY

BENCH	D. Greco	280
Junior	220 lbs.	
8 year old	B. McDonald	390
P. Griffiee	40 242 lbs.	
WOMEN	A. Sollberger	250
L. Korfhage	95 DEADLIFT	
Masters (40-44)	P. Griffiee	35
198 lbs.	Master (40-44)	
J. Raley	365 198 lbs.	
220 lbs.	J. Raley	405
D. Thompson	405! Open	
242 lbs.	165 lbs.	
K. Griffiee	300 K. Thompson	405
(45-49)	242 lbs.	
220 lbs.	A. Sollberger	375
R. Belanger	335	

personal best in his third ever contest. In the Women's division Laura Korfhage took her first title with a PB 95, barely missing 100. In the teenage division Corey Craddock did a 245 to win the 148's. In the masters 40-44 division Dr. Joe Raley did a strict 365 to win in the 198's. Dale Thompson won the 220's and the Best Lifter Award after coming off shoulder surgery with a huge 405. Keith Griffiee posted a 300 lift to win in the 242's. In the Masters 45-49 Ray Belanger took home 1st with a 335. In the open Kris Thompson won the 165 class with a PB 280. The 198's belonged to David Greco with 280 and a PB 4th lift of 290. In the 220's Bryan McDonald, fighting an injury put up a 390 to take his division. Aaron Sollberger put up a 250 PB to win the 242's in his first ever competition. In the deadlift Peyton Griffiee won the Junior division in his first ever deadlift. Dr. Joe Raley won the 40-44, 198's with 405. Kris Thompson fought thru with a 405 lift to win the open 165's in strong fashion. Aaron Sollberger hit 375 to win his 2nd trophy of the day. Special thanks to Leroy Lerding, YMCA Program Director, the YMCA and all the spotters who helped all day. (Thanks to Keith Griffiee for results)

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20 Feb 04 - Perkasio, PA

TOT	
Girls	
132 (JV)	
Kelly Dormer	500
148 (V)	
C. Reil	580
Boys	
198 (JV)	
B. Bishop	1050
220	
Kyle Weiss	1105
V	
Erick Fluck	1135
(Thanks to USAPL for providing results.)	



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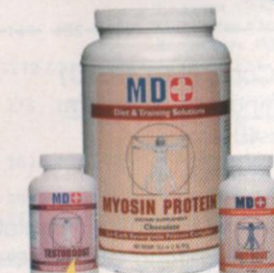


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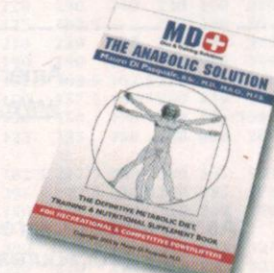
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CLUB NO.	CLUB NAME	E-MAIL			

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(continued from page 15)

had a bad day on the bomb squad. Session four starts with teenage women. The first three were all sisters from Indiana making their debut on the international platform, in good style. In the 13-15 age group we have Hannah Jo Biddle and in the 90+ kgs. class followed by sister Sarah Faye Biddle 13-15 age group 44 kgs. class and finally Abigail Marie Biddle in the 16-17 age group 75 kgs. class. In the open women Leslie Watson of

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England won the 48 kgs. class. Teammate Leslie Thomas, also of England, took the 67.5 kgs. class and top honors as best lifter of the open women's division. A battle developed in the 67.5 kgs. class with Lee Stegglers of England coming out on top with a European record 522.5 kgs. In 2nd place was Wendi Michels of Belgium with 481.5 kgs. followed by Michelle Murawski of the US in 3rd with a total of 460 kgs. Jodi VanDeursen of the US had a class of her own in the

75 kgs. class winning with 410 kgs. In the master 40-44 age group Margaret Kirkland of the US finished strong with a 177.5 kgs. world record squat in the 52 kgs. class and a 157.5 kgs. world record in the deadlift for a total of 412.5 kgs. Master 45-49 67.5 kgs. class was dominated by Marie Burriek of Belgium with a European record squat of 117.5 kgs. and a total of 307.5 kgs. Lora Greco of Canada had a bad day not completing a squat. Better days lie ahead. Ann Leverett, the First Lady of powerlifting in the US, was in a class of her own in the (50-54) 48 kgs. class dominating with a world record 4th attempt squat of 137.5 kgs., a world record bench of 72.5 kgs. and a world record deadlift of 147.5 kgs. To give this proper perspective, if you are a 320 pound heavy weight, that is over 3 times bodyweight. Ann also had a world record total of 352.5 kgs. A good days work. Kathy Middleton, a school teacher from Iowa, had a good day winning her 60 kgs. class in the 50-54 age group with 225 kgs. total. Wanda Burnett has better days ahead after not completing a squat. Shelia Rouse dominated her 60 kgs. class in the 55-59 age group with a total of 252.5 kgs. In the light weight open men 67.5 kgs. class winner was Michael Romanello of the US with a total of 575.5 kgs. In the 82.5 kgs. class Shane Brodie of Ireland won with an Irish record bench press of 172.5 kgs. and an Irish record total of 722.5 kgs. Taking 2nd place was Adam Brooks of England with a fine total of 675 kgs. Session five leads off with 8 competitors in the 90 kgs. open class. Corey Evans of Canada was champion with a squat of 367.5 kgs., bench 240 kgs., and deadlift of 260 kgs. for a total of 867.5 kgs.

In 2nd was Chris Jenkins of England with a squat of 332.5 kgs., bench 182.5 kgs. and 330 kgs. deadlift totaling 845 kgs. And in 3rd place Bernard Delaney of Ireland with a squat of 300 kgs., Bench 225, and deadlift 295 totaling 820. Rounding out the 90 kgs. class was Anthony Cross of England, Marco Lamprecht of Germany, Paul Newell of England, Brian Johnston of Canada, and finally Andy Fisher of Canada. A good day for all the 90 kgs. class. In the 100 kgs. class a much improved Steven Radford of Alabama dominated with an American record squat of 335 kgs., bench of 240 kgs., and deadlift 285 kgs., for a great total of 880 kgs. The bronze was Robert Graham of England squatting 270 kgs., benching 155 kgs., finishing with deadlift of 250 kgs. for a total of 675 kgs. The 110 kgs. class was dominated by Agayev Rufat of Azerbaijan who had his own camera crew

filming his lifts for a future bid on the Global Powerlifting Committee World Championships in Azerbaijan. His total of 910 kgs. consisted of squat 375 kgs., bench 207.5 kgs., and deadlift 327.5 kgs., all in perfect form. Bronze went to Steve Middleton of England squatting 372.5 kgs., benching 227.5 kgs., and deadlifting 305 kgs. for a total of 905 kgs. Bronze went to APC Technical Officer Stephen Parkhurst who squatted an American record 320 kgs., followed by an American record 230 kgs. bench and another American record 305 kgs. for an American record total of 855 kgs.

Good job. Out of 7 entries in the 125 kgs. class, Al Mehan of Canada rose above the best with a 1035 kgs. total by way of a 450 squat just missing a world record attempt of 470.5 kgs. by a hair on depth. He benched 280 kgs. and deadlifted 305 kgs. Charles Bailey of Florida, a newcomer to the APC, made himself known with a 455 kgs. squat. In English that's 1003 pounds, benching 265 kgs. with a 275 kgs. deadlift, totaling 995 kgs. Jodi VanDeursen of Finland won the bronze over Roland Prager of Austria on bodyweight, both totaling 935 kgs. Jodi had a squat of 360 kgs., bench 260 kgs., and deadlift 315 kgs.

Finishing out the class was Ian Rutherford of England with a total 827.5 kgs. and a British record 210 bench press. Jeff Green, Alabama state chairman for the APC totaling 792.5 kgs. and Lee Thomas of England totaling 790 kgs. A much improved energetic Jeffrey Vaughn of Florida won the gold in the 140 kgs. class with a squat of 387.5 kgs., bench 235 kgs. and deadlift 320 kgs., totaling 942.5 kgs. Mario Piatelli of Canada took the silver medal with a squat of 320 kgs. and 287.5 kgs. bench, going on to a successful 4th attempt world record of 292.5 kgs. finishing the day with 275 kgs. in the deadlift

for a total of 882.5 kgs. Bill Baker had an unfortunate day after a great squat of 312.5 kgs. missing all 3 benches. Dietmar Zint of Germany dominated the day winning best lifter by way of a 370 kgs. squat, 290 European record bench followed by a world record 4th attempt 300 kgs. finishing up with 350 kgs. in the deadlift for a 1065 kgs. total. Thanks to all athletes, coaches, friends, judges, scoring crew, spotter/loaders, sponsors and everyone I forgot to mention for all your help with this contest. The Global Powerlifting Worlds will be held in Germany in 2005 and Belgium in 2006. See you there.

Table with columns for gender (MEN), weight class (e.g., 82.5 kgs.), and performance metrics (SQ1, SQ2, SQ3, BP1, BP2, BP3, DL1, DL2, DL3, TOT). Includes names of athletes and their countries (e.g., M. Gacek USA, J. Botha RSA).

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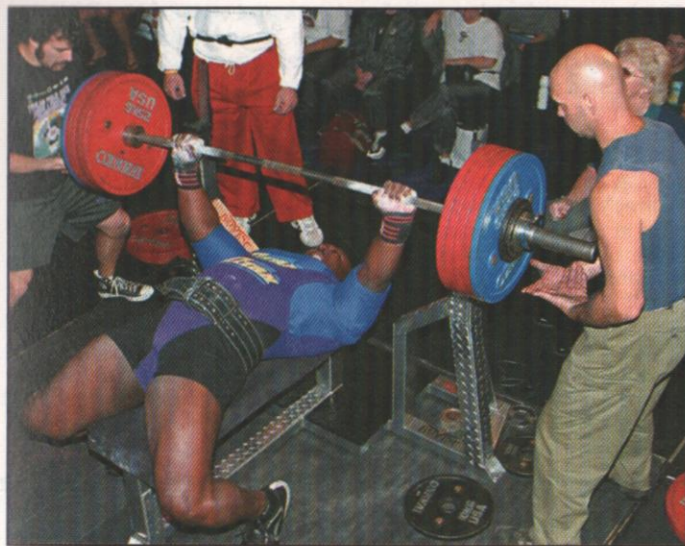
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Wayne Watts with a Law/Fire WABDL World Record 601 Bench

(continued from page 7)

123, Leticia Rosales-Buie, California 187.2 at 132, Renee Wilson, California, 203.7 at 165, and at Law/Fire Master 48+, Camellia Luprete, Texas, put up 159.7 at 181.

State Records in Law/Fire Mens Open in the Bench were set by Cale Sherwood, Oklahoma, 473.7 at 259, Carl Wimmer, Utah, 501.5 at 275, Joseph Cisneros, California, 573 at 308 and Frank Delatorre, California, 578.5 at Super.

In Law/Fire Submaster, World Records were set by David Renn, Texas, 292 at 148, A.J. Agamao, California, 523.5 at 181, Frank

Wakakuwa, Hawaii 633.7 at 242. Frank has been benching in around 600# for the last 10 years, so he has been very consistent. Richard Niemritz set a Washington Record 485 at 220.

In Master Men 40-46 at 165, Kenneth Cook broke George Baker's World Record with 447.3. That's serious pound-for-pound weight. At 181, Bob Levering blasted up 473 - 6# shy of his California State Record, but enough for a World Championship and possibly his last meet since he was talking retirement - but I think he has more meets in him. At 198, Ed Morishima set a Hawaii State Record with 540 and beat out 11 contestants for the World Champi-



Mike Hamby got a 655 bench press and should hit 700 very soon

onship. LeRoy Banks of Illinois was 2nd with a State Record 468 and Fil Dena III was 3rd with a Nevada State Record 462.7. At 220, Ken Millrany, the Tennessee State Chairman put up a large 574 World Record to beat George Herring's old mark by 22 pounds. At 242 there was a shootout Old West style between Russell Kitani of Nevada and Ed Wilkinson of Texas and when it was over, they both broke the World Record of 600.7, but Kitani ended up with the World

Record 607.3 and the World Championship and Wilkinson got 606.2. Doug Haycraft was 3rd with an Illinois Record 562. At 259, Rich Ludlam set a World Record 589.5. At 275, Jeff Peshek of Ohio won the World's and set a World Record 700.8. Jim Presley was 2nd with 540. At 308, Tom Manno put up 650 to win the Worlds. Tom has done 707. At Super, Bill Gillespie did 733, far short of his World Record 782, but it was enough for the World Title. He had a 783 that he smoked, but it was turned down. It was about 1/2 inch from touching his chest, but in the confusion of about 20 people on and near the stage which should not have been allowed to happen, he got sort of a press signal. There was deafening noise that was very distracting to the Judges. There were 947 spectators, many of them lifters on that day. I was dealing with a problem with the hotel and the M.C. probably should have had the 20-25 people on the huge stage removed so the judges could have had a lot less distraction and concentrate on their job. Mike Hamby was 2nd with an Oklahoma Record 655.7. Mike will hit 700# soon. He's just a big Oklahoma kind of guy with raw talent. Dave Marchant was 3rd with 633. He got 650 on a 4th, which was a Law/Fire World Record. John Stewart looked like he locked out 700.8 which would have given him 2nd to Jeff Peshek at 275, but there was a problem with noise.

In Master Men 47-53, World Records were set by Larry Cardon, Virginia, 347 at 165 (Larry is an attorney); Rudy Lozano, California 381.3 at 181, and Ed Acey, Utah, 429.7 at 259. All of the aforementioned records are extremely impressive all things considered.

In Master 80-84, at 165, Sonny Ronolo who only weighs 160, is 81 and had open heart surgery one year ago, set a truly staggering, unbelievable World Record of 270. There were so many impressive lifts in the contest that just talking about them doesn't do any justice to them. You had to be there and see an almost full house of 900-950 spectators, 85% of the time between 8:30 am to 9:00 pm for six straight days. Dr. Donald Dreyer, who is still a practicing physician,



Jeff Peshek prevailed in some extremely tough competition and broke the 700 barrier in the bench

set a Louisiana record at age 83 with 156.4. Cal Davis of Washington, who is 81, set a World Record 231 at 259.

In Master Women 40-46 105# Class, two great athletes set World Records with Christine Moorman beating out Carin Fujisaki 172.9 to 171.8 for the World Title and the reigning World Record holder. Sandy Gomez-Leon of Washington set a World Record 242.5 at 132 and Latasia Anzai of Hawaii set a World Record 222.4 at 148. In Unlimited, Jane Morales Costa of Brazil set a World Record 264.5.

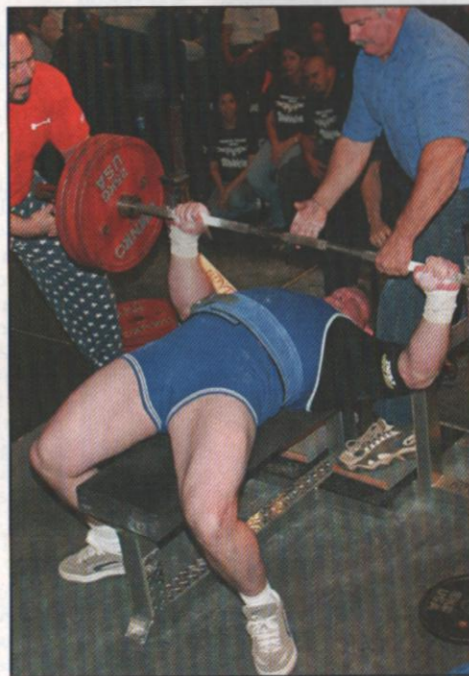
In Master Women 47-53, World Records were set by Hedy Miller, Utah, 165 at 114 and Carol Myers, Washington, 220 at 123. Mary Ann Van Dam Set a California record 210 at 181 and Sue Vaterlaus set a National Record 233.4 in Unlimited.

In Master Women 54-60 148, Barbara Anderson set a World Record 170.7. In Master Women 68-74 at 148, Marcia Turner set a World Record 141#. This was Marcia's 5th World Championship in a row where she set a World Record. Grace Cloniger set a World Record 121 at 68-74 181# class and Melicent Whinston set a World Record 78# in Master 75-79 132. Melicent is 78 years old.

In Open Men, Darren Matsumoto of Hawaii set a World Record 462.7 at 148 - a big time lift. Ray Hickman won at 165 with

479 and 18 year old Brandon Leming, who has a 4.0 grade point average and is his high school class valedictorian, was 3rd with a Tennessee State Record 425.3 and a Teenage World Record, beating the legendary Joe Luther's Teen record of 413 that stood for 6 years. Sheldon Weingust of Texas was 2nd with a State Record 446. At 181, Charles Walker of Matt Lamarque's Gym and his team called "the Iron Society" set a World Record 529. Almost all of Matt Lamarque's "Iron Society" Team set World Records and his team was 1st in the Team standings.

Also, the bench used for this World Championships was from Matt's new equipment line called Bovine Strength Systems and it was a metallic, futuristic looking bench that everybody liked. There were 77 World Records set in the bench press to drive that point home. At 198, Gustavo Warrington, coached by Terry Luehrs, beat Ed Morishima 551 to 540 for the World Title. At 220, Matt Lamarque had the highest bench of all time in any Federation, 771.5 and he did it in a closed back 2-ply shirt and took his 3rd drug test. At 242, Jason Jackson had the highest all-time 242 bench with 771.5 that was very easy and he did it in a single ply shirt. He was also drug tested. James Hunter of California was 2nd at 242 with 606. He benches 606 and is 165# off the mark. Greg Stephens was 3rd with a fine 589.5. At 259, Nathan Lane beat Scott Hockstra 622 to 606 and the 622 was a World Record. Thomas Kesling of Tennessee was 3rd with 584, a Tennessee State Record and the biggest bench ever in Tennessee. Jané Ihalainen of Finland was 4th with 540. Cale Sherwood of Oklahoma was 6th with a State Record 501.5. At 275, Jeff Pehsek set a World Record 700.8 - he also had set the record in Master Men 40-46 275 - and won the World Championship and was followed by Patrick Holloway with 600.7, an Arizona State Record. At 308, Tom Manno of Arizona won with 650 and Jari Mentula of Finland was 2nd with 617.2. At Super, Bill Gillespie won with 733 and James Crawford, who is making great gains due to finally getting his shirt dialed in and using his insane training and his Hawaiian heritage, popped a 622.7 for 2nd place. Tiny Meeker shot 804.5 off his chest and the Head Judge, Gordon Santee, gave him a white, but he got two reds from the side judge for lock-out.



Jim Presley used his huge arms to press a 540

In Open Women, World Records were set by Leonetta Richardson, Hawaii, 331.6 at 165 and Randolyn Nohara, Hawaii, who is only 14, 292 at 198!! And Kelly Franklin, Minnesota, who pushed 374.7 in Unlimited for the highest women's bench ever in WABDL. Other notable lifts were 275 by Michelle Ichiyama at 198 - a Washington State Record, Latasia Anzai 222.4 at 148, a Hawaii Record, and Dawn Richards of Utah in Unlimited, 231.2, a Utah State Record.

In Special Olympian Men, Jon Shapiro was Outstanding Benchor with 275 at 148 and coached



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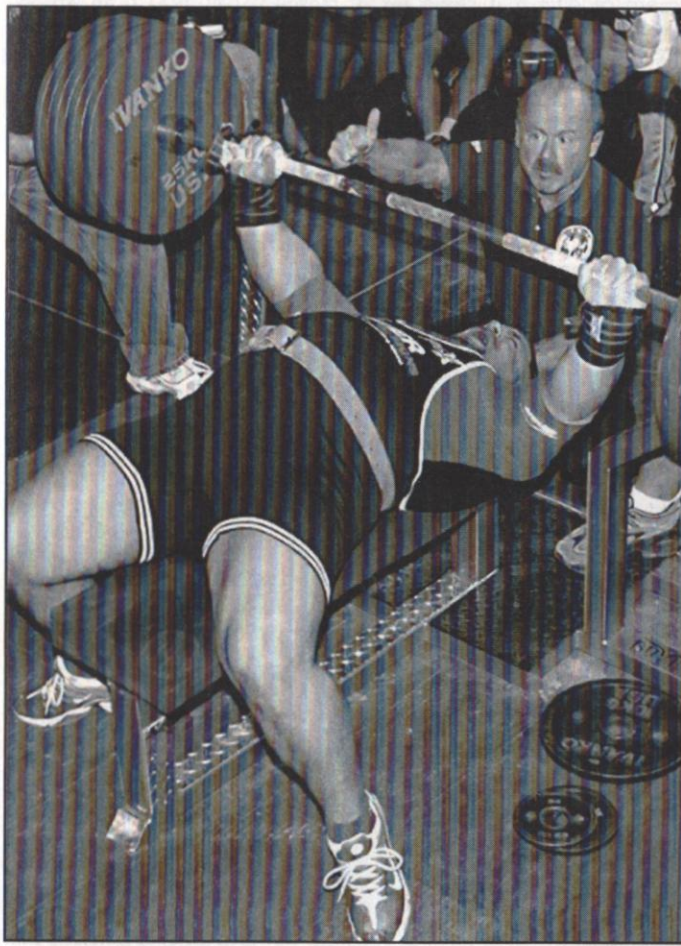
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Jari Mentula represented his home nation of Finland well with a 617 effort and a second place finish

by Homi Shivaie. In Special Olympian Women at 105, Soledad Rosas put up 126.7.

In Submaster Men, World Records were set by A.J. Agamao with 523.5 at 181 and he is with



Tiny Meeker tried some gigantic lifts, but failed to get his 4 attempts passed

liar, is the valedictorian of his class and broke Joe Luther's World Record of 413 at 165 with 425. Derek Chiodo was 2nd with a Minnesota Record 363. At 198, Trey Jewett put up a mindblowing 486.1 at 198 for a World Record. At 242, Joseph Trunzo of Utah in 16-19 was huge with a World Record 523.5. At 259, Barry Driskell, trained by Bill Gillespie, set a World Record 463.8 and Josh Quickle of Oklahoma set a World Record 552.1 at 308 at age 18. A very impressive teenage showing, to say the least.

In Teen Women, World Records were set by Sarah Moorman with 112.2# at 105 in 13-15. Her mother also set a World Record, the first time in WABDL a mother and daughter both set World Records. In 13-15 148, Brittany Braguine was way above the norm with 203 and Randolyn Nohara at age 14 set a World Record at 198 with 292. She is of Hawaiian-Japanese ancestry and she may bench 340 or 350 as a drug free teenager before she is done. Kayla Taueli of Tongan ancestry set a World Record 253.5 at age 15 to go along with her 462 deadlift and 501 dead that she pulled over her knees but couldn't quite lock it out. In Teen 16-19 165, Nikki Williams of Georgia set a World Record 233.4 and to sum up the Teen Women - Wow!

We had lifters from the following states; California, Washington,

Matt Lamarque's Iron Society, Frank Wakakuwa, Hawaii, 633.7 at 242, Scott Hoekstra, California, 606 at 259, Steve Wong, California, 804.5 at 308, and Scott Wesley Jordan, Arizona, 650.2 at Super. Steve Wong is a force to be reckoned with. He's Hawaiian stock and his 804.5 is just the beginning. He also trains with Matt Lamarque's "Iron Society" in Monterey, the best hardcore gym ever. The atmosphere is conducive to big-time lifting. Just ask Richard McKeefe who has moved to San Jose, California because of a temporary job that his wife has. Richard is from Oklahoma. He said it's unbelievable! Bobby Leitz, who had the World Record with 761, got 760 for 2nd and I thought he had an 800.1 that was very close due to lockout. Bobby will get 800 and probably 820 by next April in Dallas.

In Submaster Women, World Records were set by Carmela Baqui, Hawaii, 130# at 97, Kelley Mahoney, Washington, 214.7 at 181, and Kelly Franklin 374.7 at 181, unlimited. Kelly Franklin has passed three drug tests and will probably bench 400#. State Records were set by Jeanne Braguine of California 166.3 at 123, and Susan Jackson of Alabama 264.5 at 198.

In Teen Men, Cory Crawford in 16-19 148 put up a huge World Record 392.3 and Dan Santarone of New York and Kyle Chiodo, both weighed 144.8 and both benched 347 to share 2nd place to Cory Crawford. Brandon Leming of Tennessee, as mentioned ear-

Oregon, Texas, Illinois, Nevada, Utah, Georgia, Hawaii, Oklahoma, Minnesota, Alabama, Arizona, Michigan, Idaho, Tennessee, Missouri, Louisiana, Pennsylvania, Colorado, Florida, Ohio, Indiana, Maine, New York, Wisconsin, Maryland, New Jersey, West Virginia, Kansas, South Dakota, North Dakota, Virginia - a total of 33 states. The countries represented were Brazil, Finland, Sweden, United Kingdom, India, Canada, New Zealand, South Korea, Vietnam, Poland, Indonesia, France and Guatemala - a total of 13.

Ryan Kennelly and Tiny Meeker had a challenge match. The crowd was rocking at this point. Regardless of what anyone would say about whether that Ryan Kennelly does this or that, he's a nice guy and he's approachable. He's the most impressive looking 320# man I have ever seen and that includes Kazmaier and Arcidi. He's capable of a 725 raw bench. I've seen him when he was a teenager and I've seen him mature into a gentleman. He takes care of his 88 year old grandfather, who has both Parkinson's and Lou Gehrig's



Kelly Franklin's 374 bench press is the highest ever for a women in WABDL competition

disease, and he harvests about 85 acres of wheat on his grandfather's farm. With the majority of men his age, his grandfather would be in a rest home never to be seen. Kennelly opened with 821, then 876, then 903. He was very close with 903, but did not make any lifts. You could hear the audience's anticipation of him almost making it. Tiny Meeker opened with 793, 804, 815, and only for 903 in an exhibition. He used a two-ply Rage X and he could not touch with 903.

None of the lifts passed. He probably came about 3 inches from lockout to his chest with 903 and shot it back up. His 804 looked good to me. Even his biggest rival, Ryan Kennelly, said it was good. He got a white from the head judge and 2 reds from the side judges for lockout. Tiny was very upset with the call. Again, I think the reason the side judges called lockout is because the crowd was packed, with a paid attendance of 947 and at least another 200 lifters, and the

WABDL competition and the final decision on that issue was 382 lifters voting against and 111 votes for. Four lifters flunked the drug test from last year's Worlds. Some of the more prominent lifters tested this year were Michael Womack - 601 Bench as a Junior 308; Trey Jewett - 486 Bench Teenage 198; Ken Millrany - 514 Bench as Master 40-46 220; Richard McKeefe - 578 Bench as Junior 242; Russell Kitani - 607 Bench as a Submaster

place was rocking and the side judges couldn't hear the command from Gordon Santee. One judge thought Gordon said "take it" and the other couldn't hear anything. Gordon said "rack it" and he gave a white. Obviously, the Head Judge has the best view of lockout. All three judges have about 75 years of judging experience among them and are very competent. Until any of you arm chair internet police see a crowd like this and hear the noise level, withhold judgment. Two ply Fury and Rage shirts are not accepted as legal equipment in

WABDL competition and the final decision on that issue was 382 lifters voting against and 111 votes for. Four lifters flunked the drug test from last year's Worlds. Some of the more prominent lifters tested this year were Michael Womack - 601 Bench as a Junior 308; Trey Jewett - 486 Bench Teenage 198; Ken Millrany - 514 Bench as Master 40-46 220; Richard McKeefe - 578 Bench as Junior 242; Russell Kitani - 607 Bench as a Submaster

WABDL World BP/DL
10-15 NOV 04 - Reno, NV

DEADLIFT		MEN	
H. Barrett	567	N. Williams	374
259 lbs.		E. Krych	677
225		225	
J. Fernandez	672	132 lbs.	
181 lbs.		A. Kang	374
165 lbs.		165 lbs.	
T. Pina	507	507	
T. Munoz	451	275 lbs.	
K. Herzik	413	413	
J. Mayes	385	385	
181 lbs.		C. Wimmer	578
Anderson	540	540	
G. Watson	512	512	
A. Kim	507	308 lbs.	
R. Espinoza	485	485	
D. Fisher	462	309+ lbs.	
B. Bossert	451	451	
J. Amoureux	385	385	
R. Staley	380	380	
198 lbs.		181 lbs.	
L. Richesson	617	617	
L. Russell	606	606	
A. Tortorelli	584	584	
M. Pearce	578	578	
M. Christie	562	562	
F. Jackson Jr.	270	270	
220 lbs.		242 lbs.	
D. Tracy	600	600	
J. Boettger	600	600	
D. Schmidt Jr.	589	589	
L. Nino	585	585	
E. Barnes	573	573	
T. Reiher	534	534	
R. Joachim	501	501	
J. MacGregor	451	451	
J. Bennett	435	435	
D. Finkstadt	424	424	
242 lbs.		132 lbs.	
C. Erhardt	622	622	
W. Hamilton	600	600	
H. Higgins	600	600	
D. Arredondo	584	584	
T. Prince	584	584	

165 lbs.	606	606	
R. Snelling	578	578	
J. Benezra	486	486	
B. Richards	435	435	
J. McWalter	413	413	
S. Alves	407	407	
S. Kyong	407	407	
181 lbs.	Open	402	
A. Kim	507	507	
B. Bossert	451	451	
198 lbs.	Edmondson	518	
M. Christie	562	562	
L. Harison	551	551	
M. Bell	534	534	
J. Leftwich	440	440	
220 lbs.	4th-600	562!	
E. Gunn	705	705	
J. Behan	677	677	
S. McShane	611	611	
J. Linnell	600	600	
D. Schmidt Jr.	589	589	
D. Silva	562	562	
G. Parquette	457	457	
L. Moore	429	429	
242 lbs.	T. Prince	584	
N. Lepine	611	611	
J. Nelson	551	551	
259 lbs.	D. Martinez	600	
R. Harth	683	683	
R. Klein	633!	633!	
J. Ortega	573	573	
R. Soto	485	485	
275 lbs.	D. Renn	440	
J. Pritchett	650	650	
309+ lbs.	R. Anderson	407	
E. Barnes	451	451	
Law/Fire	S. Pearson	585	
Master (40-47)	4th-600!		
148 lbs.	B. Stone	502	
D. Edmondson	518	518	
220 lbs.	L. Nino	585	
220 lbs.	D. Randa	573	
Z. Clark	644	644	
242 lbs.	R. Niemritz	518	
I. Soekardi	655	655	
275 lbs.	L. Davis	618!	
K. Eyre	501	501	

Master (40-46)	148 lbs.	314	
V. Fernandez	165 lbs.	165 lbs.	
Cunningham	468	468	
181 lbs.	181 lbs.	622!	
T. Eiseman	755!	755!	
R. Espinoza	485	485	
D. Brekke	451	451	
198 lbs.	198 lbs.	518	
R. Clift	552	552	
D. Moser	540	540	
220 lbs.	220 lbs.	440	
G. Herring	783!	783!	
R. Garcia	644	644	
Z. Clark	644	644	
D. Silver	540	540	
M. Straley	523	523	
R. Harris	523	523	
W. Koval	479	479	
242 lbs.	242 lbs.	650	
A. Dawson	650	650	
D. English	606	606	
C. Colchado	589	589	
M. Bennett	556	556	
G. Lands	551	551	
G. Phipps	545	545	
259 lbs.	259 lbs.	578	
B. Driskill	694	694	
T. Christensen	633	633	
G. Ramsdell	507	507	
308 lbs.	308 lbs.	440	
A. Medak	722	722	
R. Gandeza Jr.	600	600	
309+ lbs.	309+ lbs.	407	
P. Ratsch	661	661	
Master (47-53)	132 lbs.	585	
J. Christian	473	473	
A. Sheen	380	380	
181 lbs.	181 lbs.	502	
G. Bobrovitz	325	325	
148 lbs.	148 lbs.	573	
D. Kaneshiro	507	507	
A. Evangelista	451	451	
D. Higgins	402	402	
C. Wong	—	—	
165 lbs.	165 lbs.	618!	
R. Cirigliano	578	578	
J. Tyree	556	556	

T. Corey	385	385	
L. Woodley	705!	705!	
P. Plush	556	556	
J. Snodgrass	473	473	
K. Kirk	325	325	
Master (75-79)	148 lbs.	137	
J. Birring	523	523	
Hagenmiller	490	490	
J. Franklin	352	352	
J. Mauldin	407	407	
F. Martichuski	552	552	
C. Sandberg	622	622	
220 lbs.	220 lbs.	479!	
K. Fisher	655	655	
T. Wright	650	650	
259 lbs.	259 lbs.	308	
D. Burlingame	644	644	
R. Fryar	622	622	
R. Proctor	529	529	
E. Olson	402	402	
308 lbs.	308 lbs.	253	
R. Hamilton	600	600	
309+ lbs.	309+ lbs.	259	
R. Patterson	633!	633!	
Master (61-67)	97 lbs.	336!	
165 lbs.	165 lbs.	192	
Montgomery	462	462	
A. DaSilva	391	391	
181 lbs.	181 lbs.	700!	
J. Scott	435	435	
D. Holmes	491	491	
R. Eriksen	479	479	
J. Day	303	303	
165 lbs.	165 lbs.	440	
B. Bassman	451	451	
242 lbs.	242 lbs.	402	
B. Davis	644!	644!	
T. Overholzer	529	529	
308 lbs.	308 lbs.	771!	
M. Herrera	518	518	
309+ lbs.	309+ lbs.	700	
D. James	429	429	
4th-463!	4th-463!	744	
Master (68-74)	132 lbs.	668	
P. McKenzie	435	435	
148 lbs.	148 lbs.	661	
R. Cortes	429	429	
4th-540!	4th-540!	661	
B. Faught	374	374	

165 lbs.	573	573	
D. Chiodo	424	424	
C. Hargett	358	358	
E. Flay	468	468	
B. Cantrell	181 lbs.	181 lbs.	
C. Lee	358	358	
H. Huffler	275	275	
198 lbs.	198 lbs.	551	
S. Mahoney	501	501	
E. Casagrande	727	727	
M. Minahan	429	429	
B. Williams	402	402	
M. Lamarque	661	661	
C. Herrick	639	639	
D. Calvo	534	534	
A. Munsey	507	507	
M. Prothman	468	468	
A. Contreras	374	374	
242 lbs.	242 lbs.	733	
E. Free Jr.	259	259	
259	259	727	
C. Clark	490	490	
259 lbs.	259 lbs.	606	
J. Miskimins	584!	584!	
B. Driskell	578!	578!	
R. Proctor	451	451	
J. Ihalainen	705	705	
B. Driskill	694	694	
R. Harth	683	683	
E. Krych	671	671	
K. Hauser	363	363	
V. Voenum	347	347	
132 lbs.	132 lbs.	766	
P. McKenzie	435	435	
148 lbs.	148 lbs.	727	
D. KaneShiro	507	507	
A. Evangelista	451	451	
A. Valiza	—	—	
165 lbs.	165 lbs.	771!	
T. Adams	622	622	
A. Franks	611	611	
R. Snelling	606	606	
M. Phillips	578	578	
R. Cirigliano	573	573	
M. Fleming	529	529	
R. Godard	529	529	
A. DaSilva	391!	391!	
181 lbs.	181 lbs.	661	
T. Eiseman	755!	755!	
L. Woodley	705	705	

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240; Sean Finegan - 617 Bench at Master 54-60 259; Leonetta Richardson - 331 Bench and 419 Deadlift at 165 Open; Leamon Woodley, his third test in his last three meets, 705 Dead at Master 47-53 181#; Bennie Dooley, 567 Bench at 47-53 259; Steve Wong, the highest bench in history in a single ply shirt, 804.5 at 308 Submaster; Matt Lamarque, highest bench ever at 220 - 744 and 771.5; Carol Myers a 220 Bench, 415 Dead at Master 47-53; 123# Class, Cory Crawford, 392 Bench at 148 Teenage; Dusty Burns, who has done a 624 Bench at Junior 242; Randy Patterson; 672 Bench and a near miss at 700# at age 57; Jason Jackson, 771 Bench at 242, highest all time; and Nathan Lane, 622 Bench at 259#.

Best Lifters in the Bench Press Class 1: Itwt. - Mark Feldman, mwt. - Tony Leach, hwt. - Jim Presley. Disabled Men: Cody Colchado. Junior Men 20-25: Itwt. - John Alves, mwt. - Stephen Judah, hwt. - Richard McKeefe. Junior Women: Kelly Womack. Law/Fire Master Men 40-47: Dave Marchant. Law/Fire Master Men 48+: Roger Ryan. Law/Fire Master Women 40-47: Donna Arndt. Law/Fire Open Men: Itwt. - Charles Walker, hwt. - Matt Lamarque. Law/Fire Submaster Men: Frank Wakakuwa. Master Men 40-46: Itwt. - Kenneth Cook, mwt. - Ed Morishima Jr., hwt. - Bill Gillespie. Master Men 47-53: Itwt. - Sheldon



Bobby Leitz almost earned the distinction of joining the 800 Club

Best Lifters in the Deadlift Edmonson, hwt. - Matt Lamarque. Class 1 Men: Itwt. - Tony Pina, Law/Fire Submaster Men: Steven Pearson. Master Men 40-46: Itwt. - Tom Eiseman, hwt. - George Herring. Master Men 47-53: Itwt. - Leamon Woodley, hwt. - Jerry Capello. Master Men 54-60: Itwt. 40-47: David Edmondson. Law/Fire Open Men: Itwt. - David Russell, hwt. - Mike Fryar. Master



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Table with columns of names and weights. Includes names like P. Thao, C. Kitaji, C. Blackstone, etc., and their respective lift weights across various categories.

Table with columns of names and weights. Includes names like D. Lewis, B. Campbell, Law/Fire, etc., and their respective lift weights.

Table with columns of names and weights. Includes names like O. Sanchez, Guest, D. Renn, etc., and their respective lift weights.

Men 61-67: Bud Davis. Master Men 68-74: Robert Cortes. Master Men 80-84: Robert Stephan. Master Women 40-46: Iltwt. - Sandra Stowers, hwt. - Suzanne Hedman. Master Women 47-53: Carol Myers. Master Women 75-79: Melicent Whinston. Open Men: Iltwt. - Tobias Adams, mwt. - Tom Eiseman, hwt. - Patrick Holloway. Open Women: Iltwt. - Carol Myers, hwt. - Jeanne Watts. Special Olympian Men: Iltwt. - Jon Shapiro, hwt. - Anthony Johnson. Special Olympian Women: Soledad Rosas. Submaster Men 34-39: Iltwt. - Jeff Ray, hwt. - Evandro Casagrande. Submaster Women: Jeanne Watts. Teen Men 13-15: Cesar Luna. Teen Men 16-19: Iltwt. - Derek Chiodo, hwt. - Nick Heppner. Teen Women 13-15: Brittany Braguine. Teen Women 16-19: Marie Rochat.

In the team standings, Matt Lamarque's Iron Society from Monterey, California, was the winner. Again, it's the best environment ever for training. He had 296 points. In 2nd Place was Pacifica Athletic Center of Pacifica, California - coached by Rene Nielson and captained by Jeanne Watts. They had 292 points. In 3rd Place was Body by George out of Atlanta, Georgia, with 284 points and coached by George Herring. In 4th Place was Team Headquarters out of Seattle and coached by Joe Head. They had 280 points and the most World Records with 10 and the most tie breaker points with 425. In 5th Place was Team Hawaii with 273 points, and in 6th Place was Illini Powerlifting Blum with 252 and coached by Joim

Hudson.

I want to thank my staff who did a tremendous job. The MCs were Reed Bueche from Baton Rouge, Louisiana, Mike Scott from Lemoine, Maine, and Dr. Don Bell from Hoquiam, Washington. Gary Thomas of Bend, Oregon was the Weigh-in Room Supervisor and is very organized - a former Bank President. His wife, Elma Thomas, who does the WABDL website, handled the computer duties as far as inputting results, figuring best lifter, etc. The WABDL website is WABDL.org. The warmup room expeditors on the computer were Jocelyn Ronolo of Honolulu, Hawaii. She is very friendly, helpful, and efficient. Also, Ted Feight of Lansing, Michigan, who is the WABDL Chairman for Michigan. The Scorekeepers were Chris Erhardt, Christie Hansen and Jamey Mauldin. Erhardt is from Bend, Oregon, and has benched 501 as a teenager and is very professional. Christie Hansen is from Salem, Oregon, and is going to Nursing School and does a great job. The official photographer was Christine Goroza of Honolulu, Hawaii. Selling tickets were Jamey Mauldin, Teresa Rethwisch, Angie Hawkinson and Anice Edmondson. Jamey Mauldin is from Dallas, Texas, and was instrumental in acquiring WABDL's biggest sponsor, TWINLAB. He also competed. Anice Edmondson is from Willard, Utah. Teresa Rethwisch and Angie Hawkinson are from Minneapolis, Minnesota. The person loading and unloading equipment and who rode down to Reno from Portland and

me is Joe Fernandez. He worked his tail off. He loaded and unloaded 3,000 pounds of weights and 1,162 trophies, or about 320 boxes of trophies. He also competed and deadlifted 700#.

The Judges were Ken Anderson of Dallas, Texas; Reed Bueche of Baton Rouge, Louisiana; Donna Delleree of Kent, Washington; Dave Edmondson of Willard, Utah; Dan Hawkins of Minnetonka, Minnesota; Donald James of Portland, Oregon; Russ Lewis of Modesto, California; Terry Luehrs of Salem, Oregon; Richard McKeefer of Eufaula, Oklahoma; Mike Saito of Honolulu, Hawaii; Gordon Santee of Los Angeles, California; Mike Scott of Lemoine, Maine; Jim Snodgrass of Dallas, Texas; and Gus Warrington of Tigard, Oregon.

The Platform Manager was James Patch and the Spotter Loaders were Andy Harding and Keegan Kook of Portland, Oregon. They loaded weights from 8:30 am to 9:00 pm 6 days in a row - 682 lifters and 79 flights and 2,412 attempts and with an average of about 600# per attempt, that's 1,447,200 pounds! The platform weights were provided by Ivanko and the warm-up weights were provided by Jeff Jones of Reno, Nevada, Joe Fernandez of Portland, Oregon, and Bob Hill of Loprinzi's Gym of Portland, Oregon. The competition bench was provided by Matt Lamarque of Bovine Fitness Systems and the warmup benches were Forza Strength Systems.

The Weigh-in Room staff and judges were: Ken Anderson, Donna

Delleree, Christie Hansen, Russ Lewis, Richard McKeefer, Ron Proctor of Grayson, Georgia, Mike Scott & Kristy Scott of Lemoine, Maine and Austin Webb of Fort Smith, Arkansas (the WABDL State Chairman for Arkansas). The International Chairmen were Fernando Torres of Ecuador, Vincenzo Veneziano of Italy, Vilmar Oliviera of Brazil, Precious McKenzie of South Pacific Nations, and Anders Wahlund of Sweden.

I want to thank all those that took time to help load the U-Haul with weights, benches, plywood, left over trophies, etc., after the meet was over: Chris Erhardt, Mike Saito, Joe Fernandez, Keegan Kook; James Partich, Andy Harding.

I want to thank our sponsors for the contest: Kim McGowan of TWINLAB, Michelle Kampen of the Powerlifting Superstore, Rick Brewer of the House of Pain, Shawn Madere of GLC Direct - the best joint formula on the planet, Neal Spruce; Jim Starr and Odd Haugen of Apex Fitness Group, Pete Alaniz and Ken Anderson of Titan Support Systems, Jim Wendler and Dave Tate of Elite Fitness Systems, Chet Groskreutz of Ivanko Barbell, Matt Lamarque of Bovine Strength Systems, Johnny Anderson and Ken Anderson of Advocare, Mike Lambert of Powerlifting USA, Christine Goroza of Namea Designs, Kay Grizzle and Laura Lee Grizzle of High Desert Cascade Premier Enterprises, Wes Kampen of Monster Muscle the magazine, and Camelia Luprete of Lifters Athletic Wear.

IN MEMORIAM This 8th Annual TWINLAB WABDL World Championships was dedicated to five lifters whom I was very close to:

First, Ross Phillips died of lung cancer at age 71 while I was en route to the 2002 Worlds in Reno. I had already put an article and picture in a previous edition of Powerlifting USA, but I feel



Ross Phillips

he deserves another mention so his memory won't be lost. Ross still holds three WABDL World Records in the deadlift. In Master 61-67 181 with 530, Master 68-74 181 with 524.5 and Master 68-74 198 with 480. He judged meets for me from 1990 to 2002. He brought a certified kilo set to about 20 meets during that time. We had a meet in Pendleton in 1996 and he single-handedly helped me set up and tear down and got me sponsors. He won 6 World Championships in the APF in exotic places like England, France, and Italy. He operated a business called "Up Front Auto Service" and at that business he had a great gym and the best deadlift platform I've ever seen. He smoked until he was 60, then quit, and started lifting weights and became obsessed because he

knew the rush that you get from going all out on a deadlift or squat. There will be a WABDL Hall of Fame set up in the future and he will be the first inductee.

James Randy Young died during the 2004 Worlds in Reno on November 13. He had tumors all over his body. He was only 49. His best bench at Super was 523 and his deadlift was 660. We used to talk about baseball. That was our passion. He was a catcher for the University of Alabama and I was a first baseman for the University of Hawaii. We



Randy Young

both were scouted by the major league teams. We both were long ball hitters. We talked baseball more than powerlifting. I saw him in Tacoma on June 19 at a meet. He had a huge hunk of flesh removed from his shoulder due to a tumor. His head was shaved due to radiation, but he said he would be back lifting shortly. He had the same passion for powerlifting as he did for baseball. A true gentleman, a gentle Giant and a good friend.

I knew him since we were eight years old. He died of Lou Gehrig's disease or ALS. It is the most undignified way of dying imaginable.



Tim Whelan

He died November 27, 2004. He was diagnosed July 25, 2002. He was 5'9" 210# and was benching 300 for 5 sets 5.

He was an avid r a c q u e t b a l l player. He had been a Major in the Air Force and then became a chiropractor. In high school, he finished fourth in the South Dakota state high school wrestling tournament. He wrestled for South Dakota State University. He had four children between the ages of 7 and 14. We all had to watch him age 30 years in 2 1/2 years. First, he lost his speech, then he couldn't swallow, then he lost the use of his arms and he couldn't eat food

for the last 8 months of his life. A feeding tube was inserted in his stomach. Then he couldn't hold up his head and then he died, weighing 115#. He suffered through all this with dignity - no

complaining. John Green Jr. died this past year of a heart attack at age 67.

He still holds the Washington State Record in the deadlift in Master 61-67, 220 class with 512.5. He was trying to make a comeback after dealing with injuries and had his deadlift up to 530 at age 67. He was a devout Christian and had a lot of class. He was a serious lifter and he took life very seriously. The common bond with me was his love of deadlifting.

Joe Costa was an extremely intense powerlifter. He had set a couple of Submaster World Records in the deadlift, the highest being 677. He also did a memorable demonstration on his local TV station, a rack lockout, with straps, with 1320 lbs.



Joe Costa

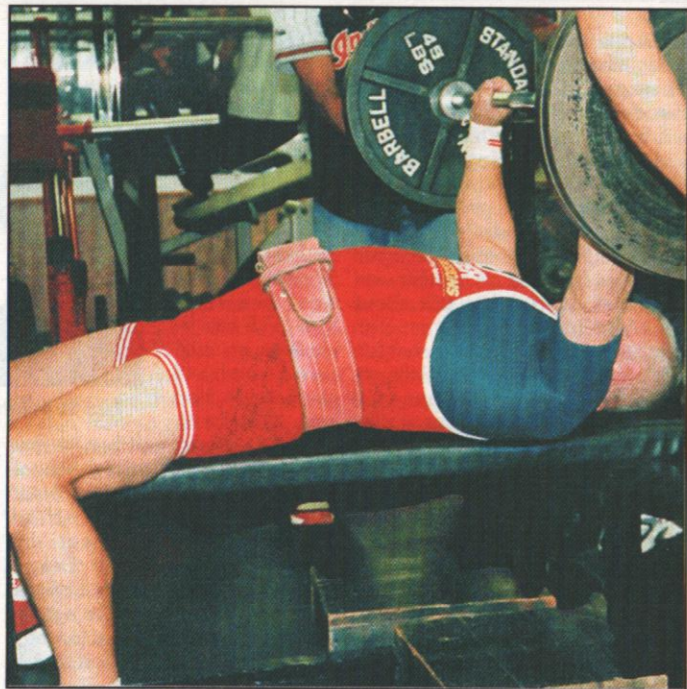
He competed in WABDL for 1977 through 2000. We had many talks on the phone about deadlifting, and he had the same passion for the lift as I did. He was riding on his motorcycle with his girlfriend, when a truck pulled out in front of him without warning. He shielded her from the impact, and saved her life, but lost his own. Joe would have loved to have been at this last WABDL World Championships, and this is my way of including him.

P. Arriaga	440	E. Wilkinson	606!	T. Corey	242	A. Sheen	221	4th-381!	165 lbs.	C. Bell	413	C. Sherwood	501
S. Pearson	413	D. Haycraft	562	181 lbs.	462	J. McCamman	341	198 lbs.	209	D. Carr	402	E. McCloughlin	501
B. Stone	347	D. English	518	N. Santarone	462	R. Tsutsul	341	D. Holmes	192	F. Danna	396	E. Krych	440
220 lbs.	347	T. Luce	479	4th-473!	360	D. Hawkinson	341	R. Creevy	181	R. Harris	275	181 lbs.	181
R. Niemritz	485	M. Bennett	446	P. Plush	360	R. Contreras	330	R. Eriksen	253	G. Warrington	551	P. Holloway	600
D. Randa	457	G. Phipps	396	198 lbs.	429	J. Alvarez	314	J. Herbein	270	Morishlma Jr.	540	B. McKee	562
J. Delues	336	B. Webb	363!	B. Welker	429	E. Ansberry	292	J. Day	154	A. Planchon	525	D. Thompson	556
242 lbs.	336	C. Colchedo	259	S. Swingle	403	198 lbs.	292	220 lbs.	248	J. Gardner	503	J. Pritchett	435
F. Wakakuwa	633!	259 lbs.	589	McCormack	363	D. Swift	429	B. Bassman	391	T. Jewett	479	308 lbs.	435
259 lbs.	402	T. Christensen	523	M. Mauldin	418	242 lbs.	270!	S. Ronolo	270!	E. Mil-Homens	473	J. Mantula	617
L. Davis	402	R. Bueche	512	T. Robinson	336	G. Holzinger	352	M. Urrutia	396	F. Dena III	462	B. Leitz	—
Master (40-46)	165	M. Stanford	401	D. Beiler	314	J. Snodgrass	341	B. Bidinotto	156	C. Washburn	457	T. Meeker	—
165 lbs.	447!	Starkweather	585	220 lbs.	490	R. Edwards	468	M. Bonifield	259	D. Chinn	402	309+ lbs.	143
K. Cook	447!	F. Gonzales	440	T. Leach	490	R. Bering	424	259 lbs.	231!	R. Gloria	275	B. Gillespie	733
181 lbs.	473	J. McMurray	435	N. Dwinell	446	J. Bering	424	E. Acey	429!	C. Davis	275	J. Crawford III	622
B. Levering	391	G. Ramsdell	407	M. Berteaux	426	D. Marba	424	308 lbs.	253!	M. Lamarque	744	F. Delatorre	578
J. Woods	391	275 lbs.	700!	R. Marchant	407	Haggenmiller	314	R. Smith	507	H. Rhoton	529	J. Sheffield	—
G. Brink	391	275 lbs.	540	M. Sinner	407	M. Glasco	281	M. Herrera	391	V. Voecu	225	132 lbs.	225
R. Espinoza	380	J. Pshlek	700!	R. Marchant	407	Haggenmiller	314	R. Smith	507	V. Voecu	225	132 lbs.	225
F. Stokes	341	J. Presley	540	M. Sinner	407	M. Glasco	281	M. Herrera	391	V. Voecu	225	132 lbs.	225
D. Brekke	275	308 lbs.	650	R. Proctor	391	G. Fay	281	309+ lbs.	468	P. McKenzie	253	123 lbs.	115
198 lbs.	447!	T. Manno	650	242 lbs.	347	D. Ward	385	Master (68-74)	314	132 lbs.	451	D. Matsumoto	451
Morishlma Jr.	540	B. Butler	418!	K. Grizzle	347	D. Ward	385	Master (68-74)	314	132 lbs.	451	D. Matsumoto	451
L. Banks	468	R. Gandeza Jr.	380	259 lbs.	567	259 lbs.	468	S. Finegan	617!	4th-264!	408	A. Evangelista	408
F. Dena III	462	309+ lbs.	380	B. Dooley	567	259 lbs.	468	S. Finegan	617!	4th-264!	408	A. Vallejo	380
B. Cox	446	B. Gillespie	733	R. Carbo	468	308 lbs.	303	R. Cortes	242	C. Crawford	347	148 lbs.	126
J. Castorina	440	M. Hamby	655	K. Smith	402	275 lbs.	303	165 lbs.	347	148 lbs.	126	J. Jackson	744
L. Phillips	429	D. Marchant	633	275 lbs.	562	308 lbs.	303	165 lbs.	347	148 lbs.	126	J. Jackson	744
R. Clift	380	4th-650	633	B. McKee	562	308 lbs.	303	165 lbs.	347	148 lbs.	126	J. Jackson	744
J. Cavanaugh	380	T. McKinney	556	J. Harms	551	J. VonRohr	407	Morishlma Sr.	225	R. Hickman	479	589	165
D. Horn	358	D. Chase	518	K. Eyre	468	R. Hamilton	369	181 lbs.	446	G. Stephens	589	165 lbs.	115
Radmilovich	330	J. Sheffield	—	A. Webb	429	309+ lbs.	414	C. Haycraft	562	C. VanEck	159	154	154
D. Moser	—	Master (47-53)	132	M. Johnson	672!	198 lbs.	402	B. Stephens	363	K. Daniels	407	J. Smith	402
220 lbs.	574!	G. Bobrovitz	281	J. Mickelson	457	Master (61-67)	402	4th-386!	347	D. Tubridy	418	G. Gibson	159
K. Millrany	479	S. Gee	270	309+ lbs.	600!	L. Cardon	336	J. Peters	209	181 lbs.	518	N. Lane	622!
J. Campbell	440	148 lbs.	408!	J. Minahan	440	4th-347!	319	G. Johnson	325!	4th-529!	501	T. Kesling	584
M. Straley	374	A. Evangelista	408!	L. Contreras	440	Master (54-60)	214	181 lbs.	110	C. Linerud	479	B. Scott	529
M. DeGennaro	—	D. Higgins	187	Master (54-60)	214	181 lbs.	110	C. Linerud	479	B. Scott	529	L. Togotogo	132
R. Harris	242	S. Weingust	446	T. Feight	214	181 lbs.	110	C. Linerud	479	B. Scott	529	L. Togotogo	132
242 lbs.	607!	J. Tyree	347	165 lbs.	347	165 lbs.	347	165 lbs.	347	165 lbs.	347	165 lbs.	347
R. Kitani	607!	J. Tyree	347	165 lbs.	347	165 lbs.	347	165 lbs.	347	165 lbs.	347	165 lbs.	347

B. Brewer	126	242 lbs.	132 lbs.	J. Quickie	552!	4th	198	199+ lbs.	C. Hansen	203	148 lbs.	203	148 lbs.
T. Hauptman	115	F. Wakakuwa	633	M. Lauricella	242	WOMEN	154	S. Vaterlaus	233	J. Blanke	121	J. Watts	203
220 lbs.	115	J. Villegas	391	A. Kang	198	Disabled 198 lbs.	132	J. Mangaoang	143	165 lbs.	165	T. Jacobs	181
A. Johnson	275	259 lbs.	148 lbs.	B. Brown	132	Gomez-Leon	236	Master (54-60)	105	L. Richardson	331!	T. Jacobs	181
J. Hybl	209	S. Hoekstra	606	C. Crawford	392!	4th-242!	88	M. Pederson	88	S. Armstrong	236	181 lbs.	214!
C. Dalton	203	J. Laskowski	578	K. Chiodo	347	123 lbs.	176	S. Hedman	209	K. Mahoney	214	J. Steele	176
Z. Tichava	165	E. McLaughlin	501	D. Santarone	347	E. Haistar	176	L. Anzai	222!	C. Weber	192	198 lbs.	264
A. Foster	148	T. Putman	451	M. Arthur	292	C. Hansen	203	R. Dunn	198	B. Anderson	170!	198 lbs.	264
242 lbs.	148	L. Davis	402	R. Chavez	242	181 lbs.	242	B. McGowan	176	M. Coffey	88	S. Jackson	264
B. Tanner	303	275 lbs.	600	B. Faught	242	181 lbs.	242	S. Maher	170	L. Glasco	88	R. Franklin	374!
T. Irwin	176	P. Holloway	600	K. Womack	242	181 lbs.	242	B. Betz	143	198 lbs.	181	M. Ichiyama	275
J. Souza	126	D. Thompson	556	B. Leming	414	198 lbs.	198	K. Polansky	181	M. Ichiyama	275	105 lbs.	112!
309+ lbs.	248	R. Lincoln	545	4th-425!	363	199+ lbs.	199	P. Robey	170	199+ lbs.	199	S. Moorman	112!
J. Mayes	248	K. Overbey	451	D. Chiodo	363	199+ lbs.	199	M. Huxley	192	K. Franklin	374!	132 lbs.	88
Submaster (34-39)	248	308 lbs.	804!	C. Hargett	303	J. Prothman	189!	S. Moore	—	Master (61-67)	170	B. Bourg	275
V. Williams	187	S. Wong	804!	181 lbs.	303	Law/Fire	181	Sozzl-Dangel	220	S. Clark	110	J. Coste	253
148 lbs.	187	B. Leitz	760	J. Gallup	347	Master (40-47)	336	J. Hase	209	Master (68-74)	110	D. Richards	203!
F. Ramirez	281	309+ lbs.	551	B. Cantrell	336	123 lbs.	281	D. Arndt	187	C. Weber	198	165 lbs.	154
D. Matsumoto	—	S. Jordan	650!	S. Grizzle	281	4th-198!	187	Michael-Olso	165	M. Turner	141!	198 lbs.	154
165 lbs.	407	V. Eldridge	501	C. Lee	209	132 lbs.	209	199+ lbs.	181	G. Cloninger	115	105 lbs.	282!
A. Davila	407	Teen (13-15)	198	B. Huffner	132	Rosales-Buie	187!	J. Costa	253	4th-264!	115	114 lbs.	282!
K. Daniels	396	97 lbs.	198	T. Jewett	479	165 lbs.	479	Master (47-53)	105	105 lbs.	115	114 lbs.	282!
A. Somera	363	T. Pollter	94	4th-486!	479	R. Wilson	203!	Master (47-53)	105	105 lbs.	115	114 lbs.	282!
R. Anderson	275	114 lbs.	104	D. Wilson	374	181 lbs.	181	V. Kosak	115	M. Whinston	78!	148 lbs.	253!
181 lbs.	523!	G. Berring	104	B. Williams	330	374	374	J. Morris	77	Open	78!	L. Wilson	253!
A. Agamoo	523!	123 lbs.	159	M. Minahan	314	C. Luprete	159!	H. Miller	165!	C. Anderson	160	M. Wadera	49
F. Furusho	501	J. Minahan III	159	S. Mahoney	275	Open	114	A. Hooson	110	C. Neely	—	E. Mattlack	148
T. Danna	396	132 lbs.	159	C. Mahoney	275	Open	114	L. Levine	126	E. Neely	—	E. Mattlack	148
198 lbs.	535	A. Stewart II	154	220 lbs.	154	220 lbs.							

IPA PA State/NE Regional
11 SEP 04 - New Oxford, PA

BENCH WOMEN	M. Newmaier 525 Junior Raw			
Pro Master (45-49)	S. Summerville 215 Master (50-54)			
165 lbs.				
B. Graube 320	275 lbs.			
Teen (16-17)	F. Adler 250			
165 lbs.	Pro Master (55-59)			
T. League 355	308 lbs.			
Teen (18-19)	L. Schoelkoph 330			
181 lbs.	Pro Open			
K. Hicks 400	181 lbs.			
198 lbs.	B. Vargason! 560			
D. Thomsen 395	Am Police			
Amateur	308 lbs.			
Open Raw	E. Christ —			
220 lbs.	Pro Master (55-59)			
D. Boff 275	SHW			
Open	B. O'Brien —			
275 lbs.				
AM WOMEN	SQ BP DL TOT			
Open				
165 lbs.				
S. Lewis 325	265	225	815	
MEN				
Junior Raw				
165 lbs.				
S. Summerville 285	215	325	825	
Master (40-44)				
181 lbs.				
S. Shanebrook 600	380	460	1440	
275 lbs.				
M. Locondro 560	355	420	1335	
Master (50-54)				
220 lbs.				
A. Moatz 460	345	475	1280	
Master (60-64)				
181 lbs. Raw				
J. Newman 365	225	460	1050	
Submaster				
220 lbs.				
S. Pagano 525	365	415	1305	
242 lbs.				
P. Bowlby 670	510*	600	1780	
Open 198 lbs.				
D. Dinenna —	—	—	—	



66 year old Gene Blue of North Carolina set a new APA state record in the 65-69 age group, 181 pound class, with a 225 lb. bench press.

B. Smith	765	485	685	1935
275 lbs.				
M. Hoffman	800	625	600	2025
J. Wagner	750	340	650	1740
* IPA World Records. Full Power Best Lifters: AM - Pete Bowlby. Pro - Mark Hoffman. (results courtesy Gene Rychlak Jr., Meet Director & IPA PA State Chair)				

APA Battle of the Badasses
12 NOV 04 - Georgetown, SC

DEADLIFT MEN	G. Blue 225 181 lbs.			
Submaster	Drug Tested			
165 lbs.	J. Rubi 375			
J. McElveen 405	A. Bremner 280			
MEN	Open			
308 lbs.	J. Rubi 375 (40-49)			
D. Stiefel 600	J. Rubi 375 (16-17)			
Open	R. Cunnicelli 320 (60-69)			
E. Knight 405	J. Shoaf 275 (40-49)			
SHW	198 lbs.			
Submaster	D. Graham 520 (13-15)			
BENCH WOMEN	A. Moore 215			
Open				
Submaster	N. Adams 405			
181 lbs.				
D. Mosley 145	40-49			
T. Burgess —	P. Horn 440			
MEN	242 lbs.			
Drug Tested	Open			
132 lbs.	E. Hubbs 425			
C. Phillip 261	242 lbs.			
148 lbs.	Junior (20-23)			
E. Knight 405	R. Suggs 415 (16-17)			
T. Lowmore 170	S. Ribaudo — (40-49)			
Open	E. Hubbs 425 (50-59)			
165 lbs.	B. Hock 275			
B. Carlton 275	275 lbs.			
Submaster	(18-19)			
165 lbs.	J. Joy 445			
J. McElveen 325	1. Joy			
L. Kemmerlin 210	308 lbs.			
(60-69)	Open			

275 lbs.	J. Wagner 750	340	650	1740
M. Evans 700	475	575	1750	Pro Open
N. Sauble 600	475	585	1660	181 lbs.
Master (50-54)	J. Campanelli 525	370	460	1355
275 lbs.	220 lbs.			
F. Adler 280	250	335	865	V. Cooke 700
Pro Master (40-44)				610 600 1910
				242 lbs.

E. Knight 350	W. Ferguson 355		
(40-49)	SHW		
W. Ferguson 355	(50-59)		
Drug Free	J. Tancil 550		
MEN	BP DL		
TOT			

Push-Pull	M. Hubbs 65	95	160
Guest Lifter			
165 lbs.			
(50-59)			
L. Kemmerlin 210	300	510	
Open			
123 lbs.			
S. Warren 185	250	435	
	4th-DL-305		

132 lbs.			
(16-17)			
R. Rosari 130	300	430	
181 lbs.			
(16-17)			
T. Davis 225	360	585	
220 lbs.			
(40-49)			
C. Griggs 370	410	780	
(50-59)			
M. Shealy 320	375	695	
275 lbs.			
Open			

A. Beasley 475	635		
1110			
C. Liles 395	525	920	
Submaster			
T. Nash 340	545	885	
(60-69)			
J. Powell 340	500	840	
WOMEN			
Master			
123 lbs.			
P. Burnette 170	250	420	

4th-BP-180
Best Lifter (Push-Pull): Adam Beasley. Best Lifter (Bench Press): Eric Knight. Best Master Lifter (Bench Press): Jerry Tancil. Best Lifter (Deadlift): Dale Stiefel. 1st Place Team: Young Olympians. The following records were set: South Carolina: Sam Warren - Junior 123 lb. Record Bench Press of 185 pounds. Sam Warren - Drug Free 123 lb Record Bench Press of 185 pounds. Sam Warren - Junior 123 lb. Record Deadlift of 305 pounds. Sam Warren - Junior 123 lb. Record Deadlift of 305 pounds. Chris Phillips - Drug Free 132 lb. Record Bench Press of 261 pounds. Chris Phillips - Teenage 16-17, 132 lb. Record Bench Press of 261 pounds. Eric Knight - Drug Free 148 lb. Record Bench Press of 405 pounds. Eric Knight - Open 148 lb. Record Bench Press of 405 pounds. Thomas Lowmore - Teenage 16-17, 148 lb. Record Bench Press of 170 pounds. Gene Blue - Master 65-69, 165 lb. Record Bench Press of 225 pounds. Luther Kemmerlin - Master 50-54, 165 lb. Record Bench Press of 210 pounds. Luther Kemmerlin - Master 50-54, 165 lb. Record Deadlift of 300 pounds. Axl Moore - Teenage 13-15, 198 lb. Record Bench Press of 215 pounds. Phil Horn - Master 40-44, 220 lb. Record Bench Press of 440 pounds. Richard Suggs - Junior 242 lb. Record Bench Press of 415 pounds. Jonathan Joy - Teenage 18-19, 275 lb. Record Bench Press of 445 pounds. Adam Beasley - Open 275 lb. Record Deadlift of 635 pounds. Troy Nash - Submaster 275 lb. Record Deadlift of 545 pounds. Jack Powell - Master 60-64, 275 lb. Record Bench Press of 340 pounds. Jack Powell - Master 60-64, 275 lb. Record Deadlift of 500 pounds. Dale Stiefel - Teenage 18-19, 308 lb. Record Deadlift of 600 pounds. Don Graham - Submaster SHW Record Deadlift of 520 pounds. Jerry Tancil - Master 50-54, SHW Record Bench Press of 550 pounds. Patty Burnett - Womens Drug Free 123 lb. Record Bench Press of 180 pounds. Patty Burnett - Womens Master 40-44 123 lb. Record Bench Press of 180 pounds. Dawn Mosely - Womens Open 123 lb. Record Bench Press of 180 pounds. Dawn Mosely - Womens Submaster 181 lb. Record Bench Press of 145 pounds. North Carolina: Rudolph Rosario - Teenage 16-17, 132 lb. Record Bench Press of 130 pounds. Rudolph Rosario - Teenage 16-17 132 lb. Record Deadlift of 300 pounds. Rudolph Rosario - Drug Free 132 lb.



19 year old Dale Stiefel pulled a huge 600 at the APA Battle of the Badasses and also took the Best Lifter award in the deadlift category (photographs were provided by Scott Taylor, President of the APA).

Record Deadlift of 300 pounds. Jim Shoaf - Master 60-64 181 lb. Record Bench Press of 225 pounds. A very special thanks to Al Bremner of Winyah Fitness Center for providing a great meet site and spotters. The event was very well run and some great awards (swords mounted on wood) were presented to each competitor. A lot of records were broken at this meet and some great lifts were registered. Lifters came from as far away as Pennsylvania, and Southern

Florida to compete in this event. (Thanks to Scott Taylor for providing the results)

Iron Boy Bench Press
18 SEP 04 - Winston-Salem, NC

MEN	118 lbs.
105 lbs.	Teen (12-13)
Youth (10-11)	Raw
Raw	W. Rochester 100
T. Payne 70	4th-105
P. Butler 65	123 lbs.

Teen (16-17)	Junior (20-23)	Raw
Raw	L. Bullins 370	
R. Rosario Jr. 90	R. Dillard 365	
Teen (14-15)	Intermediate (24-34)	
Raw	L. Hodges 415	
D. Phipps 70	220 lbs.	
148 lbs.	Teen (18-19)	
Teen (18-19)	T. Bowles 355	
Raw	Submaster (35-39)	
D. Warner 215	T. Isbell 400	
Teen (16-17)	Masters (55-59)	
Raw		
D. Smith 165	L. Bearden 250	
Open	Masters (50-54)	
C. Tucker 325	Raw	
165 lbs.	D. McMillan 375	
Teen (18-19)	J. Wyand 525	
Raw	Masters (40-44)	
B. Beachum 270	Raw	
M. Crosswhite 250	M. Wan 360	
Teen (12-13)	Intermediate (24-34)	
Raw	Raw	
E. Payne 80	B. Anderson 250	
Open Raw	T. Massey 400	
W. Claypatch 275	242 lbs.	
Open	Teen (16-17)	
D. Tucker 320	Raw	
181 lbs.	D. Phipps 230	
Teen (14-15)	Open	
Raw	B. Edwards 560	
T. Stanbery 165	T. Mash —	
Open	Junior (20-23)	
B. Rapp 470	Raw	
J. Metz 370	K. Wall 390	
Novice	Intermediate (24-34)	
T. Hill 275	B. Edwards 560	
Masters(60-64)	J. Crouch 225	
J. Shoaf 275	?? lbs.	
Intermediate (24-34)	Teen (18-19)	
Raw	P. Holz 500	
C. McClure 325	Teen (16-17)	
198 lbs.	Raw	
Teen (16-17)	D. Everhart 300	
Raw	Teen (16-17)	
T. Davis 215	D. Atkins 550	
J. Dull 365	Open Raw	
Open Raw	M. Belk 560	
J. Wright 320	Open	
Open	T. Searce 580	
L. Hodges 415	C. Rabon 550	
Novice Raw	M. Steward 465	
J. Bradshaw 360	Novice Raw	
P. Mullis 295	E. Jones 430	
J. Adams 295	Master (40-44)	
Masters (50-54)	C. Rabon 550	
Raw	319 lbs.	
Y. Sumner 270	Open	
4th-280	M. Neal 630	
E. Goode 270	C. Clark 625	
Masters(45-49)	WOMEN	
J. Campbell 345		
(Thanks to Keith Payne for these results)		

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IPF World Masters (kg)
5-10 OCT 04 - Udaipur, India

WOMEN	SQ	BP	DL	TOT
Master-1				
Tanaka JPN	120	75	130	325
Takizawa JPN	105	75	125	305
Ryman USA	105	52.5	115	272.5
52 kgs.				
Eremenko RUS	135	60	145	340
Deutsche USA	110	67.5	130	307.5
Sinclair USA	100	60	117.5	277.5
56 kgs.				
Novnova RUS	155	85	150	390
Garnier FRA	132.5	60	132.5	325
Wender BRA	125	67.5	130	322.5
Haines USA	112.5	80	115	307.5
60 kgs.				
Stapleton USA	90	47.5	110	247.5
67.5 kgs.				
Houston USA	157.5	100	175	432.5
Kuleshva RUS	150	95	170	415
Broggaard DEN	150	92.5	165	407.5
Banks GBR	120	50	135	305
75 kgs.				
Bjalsbery DEN	155	107.5	195	457.5
Kjeldsen DEN	110	75	120	305
Ratan IND	100	45	110	255

82 kgs.	Matton GBR	160	107.5	175	442.5
	Aalto FIN	127.5	92.5	130	350
Master-2					
44 kgs.	Matsumoto JPN	110	73!	125!	307.5
48 kgs.	Turunen FIN	80	52.5	105	237.5
52 kgs.	Omori JPN	130	70	132.5	332.5
56 kgs.	Kumpunie FIN	100	60	112.5	272.5
60 kgs.	Kimura JPN	165	90	165	420
66 kgs.	Seizer NED	152.5	90	160	402.5
67 kgs.	Ireland USA	92.5	60	115	267.5
67 kgs.	Hykova CZE	50	77.5	80	207.5
67 kgs.	Fomina RUS	180	70	180	430
67 kgs.	Sourkova CZE	85	65	130	280
67 kgs.	Vainio FIN	77.5	42.5	105	225
82 kgs.	Dowsett GBR	115	50	140	305
82 kgs.	Hollands GBR	181!	80	155	415
90 kgs.	Seth GER	125	112.5	145	382.5
Master-1					
52 kgs.	K IND	140	80	180	400
56 kgs.	Maxwell GBR	200	115	227.5	542.5
56 kgs.	R Mohan IND	182.5	77.5	190	450
56 kgs.	Christians RSA	150	90	190	430
60 kgs.	Merzlykov RUS	205	120	190	515
60 kgs.	Saeed Butt PAK	175	95	210	480
60 kgs.	Brown GBR	170	90	210	470
60 kgs.	Nissen USA	175	87.5	177.5	440
60 kgs.	Mohan IND	167.5	185	185	352.5
60 kgs.	Tada JPN	225	160	240	625
60 kgs.	Roytvand NOR	235	140	225	600
60 kgs.	v.s. IND	220	115	245	580
60 kgs.	Akha PAK	140	65	160	365
60 kgs.	Kawabe JPN	—	—	—	—
60 kgs.	Wilczynski POL	277.5	150	287.5	715
60 kgs.	Bracken USA	275	172.5	240	687.5
60 kgs.	Rasmussen	242.5	170	232.5	645
60 kgs.	Myers AUS	220	142.5	260	622.5
60 kgs.	Kamal GBR	220	147.5	230	597.5
60 kgs.	Rai CAN	200	150	195	545
60 kgs.	Taniguchi JPN	—	—	—	—
60 kgs.	Scully USA	272.5	182.5	265	720
60 kgs.	Glinin RUS	262.5	165	285	712.5
60 kgs.	Rykov RUS	262.5	177.5	267.5	707.5
60 kgs.	Marentett CAN	240	172.5	267.5	680
60 kgs.	King NZL	255	145	255	655
60 kgs.	Fraser CAN	225	175	250	650
60 kgs.	Harada JPN	220	175	252.5	647.5
60 kgs.	Sekot CZE	235	172.5	235	642.5
60 kgs.	Agniektiri AUS	242.5	155	240	637.5
60 kgs.	Julius RSA	212.5	150	230	592.5
60 kgs.	Ollikainen FIN	—	—	—	—
60 kgs.	Singh GBR	—	—	—	—
60 kgs.	Taavitsain FIN	—	—	—	—
60 kgs.	Nushtaeve RUS	290	200	280	770
60 kgs.	Mendez VEN	270	212.5	275	760
60 kgs.	Jones USA	280	182.5	275	737.5
60 kgs.	Leontyev RUS	285	187.5	262.5	735
60 kgs.	Toora CAN	230	175	225	630
60 kgs.	Fleet GER	215	180	210	605
60 kgs.	Timonen FIN	215	155	230	600
60 kgs.	Amjad PAK	210	110	200	520
60 kgs.	T.K. IND	—	—	—	—
60 kgs.	Ukhach UKR	315	225	315	855
60 kgs.	Hagfors FIN	282.5	205	292.5	780
60 kgs.	Asama JPN	280	182.5	275	737.5
60 kgs.	Charvoz FRA	265	195	265	725
60 kgs.	Dally USA	252.5	145	242.5	640
60 kgs.	Dines IND	245	125	212.5	582.5
60 kgs.	Jaspinder IND	220	130	200	550
60 kgs.	Callahan USA	302.5	210	277.5	790
60 kgs.	Henderso NZL	285	197.5	305	787.5
60 kgs.	Capps USA	282.5	200	300	782.5
60 kgs.	Lampinen FIN	250	210	275	735
60 kgs.	Strong CAN	255	175	292.5	722.5
60 kgs.	Tsujimi JPN	275	202.5	215	692.5
60 kgs.	Harshraj IND	220	135	220	575
60 kgs.	J.C. IND	210	142.5	195	547.5
60 kgs.	Collins USA	292.5	227.5	287.5	807.5
60 kgs.	Aalto FIN	280	225	275	780
60 kgs.	Jugal IND	230	130	175	535
60 kgs.	Ratan IND	—	—	—	—
Hulbakvi NOR 350 230 320 900					
Nastynov RUS 340 215 300 855					
Reece USA 300 230 255 785					
Lahteenm FIN 240 165 260 665					
Ajoy IND 262.5 160 240 662.5					
Master-2					
52 kgs.	Kawaka JPN	145	105	155	405
52 kgs.	Pijush IND	145	70	165	380
56 kgs.	Mashimo JPN	160	102.5	175	437.5
56 kgs.	O. IND	160	95	165	420
60 kgs.	S.V.S IND	200	100	212.5	512.5
60 kgs.	Shishkin RUS	170	110	180	460
67 kgs.	Cuvelier FRA	220	125	210	555
67 kgs.	James GBR	200	150	200	550
67 kgs.	Ponedelin RUS	210	95	220	525
67 kgs.	Sham IND	180	100	192.5	472.5
67 kgs.	Mukul IND	165	115	160	440
75 kgs.	Couturier FRA	215	135	230	580
75 kgs.	Macrow GBR	195	145	220	560
75 kgs.	Inderjit IND	185	155	200	540
75 kgs.	Hokendor GER	182.5	140	200	522.5
75 kgs.	Lokna IND	180	100	180	460
75 kgs.	Lincoln GBR	242.5	175	250	667.5
75 kgs.	Schuricht GER	232.5	172.5	240	645
75 kgs.	Clayton USA	207.5	142.5	215	562.5
75 kgs.	Fujimoto JPN	180	142.5	220	542.5
75 kgs.	K. Harish IND	210	105	200	515
75 kgs.	Vereshchagin	285	175	285	745
75 kgs.	Sochanski POL	270	175	282.5	727.5
75 kgs.	Jane GBR	265	162.5	290	717.5
75 kgs.	Tachibana JPN	260	200	225	685
75 kgs.	Delaney CAN	220	157.5	260	637.5
75 kgs.	Omori JPN	215	152.5	215	582.5
75 kgs.	M. IND	240	70	250	560
75 kgs.	KV. IND	215	110	212.5	537.5
100 kgs.	Korolev RUS	300	157.5	285	742.5
100 kgs.	Stepanen RUS	290	170	260	720
100 kgs.	Puran IND	170	120	185	475
100 kgs.	Clark USA	—	—	—	—
100 kgs.	Buchs FRA	—	—	—	—
100 kgs.	Graham USA	295	165	285	745
100 kgs.	Lefevre FRA	225	185	285	695
100 kgs.	Ponkaou FRA	260	157.5	270	687.5
100 kgs.	Jaakola FIN	212.5	170	200	582.5
100 kgs.	Sharliev UKR	290	200	275	765
100 kgs.	Bulichev RUS	270	220	262.5	752.5
100 kgs.	Anderson USA	282.5	182.5	227.5	692.5
100 kgs.	Bostrom SWE	105	75	125	305
100 kgs.	Tau NZL	270	175	220	665
100 kgs.	Master-3	—	—	—	—
100 kgs.	IPM IND	100	50	125	275
100 kgs.	Kalika IND	85	57.5	95	237.5
100 kgs.	Oshiro JPN	175!	130!	175	480
100 kgs.	Fushimi JPN	100	120	140	360
100 kgs.	Aita JPN	185!	95	190	470
100 kgs.	Rannath IND	110	72.5	125	307.5
100 kgs.	Lamoniemi FIN	152.5	85	187.5	425
100 kgs.	OmPraka IND	155	105	162.5	422.5
100 kgs.	M.L. IND	145	70	160	375
100 kgs.	Sato JPN	225	130	230	585
100 kgs.	Yeats USA	202.5	117.5	240	560
100 kgs.	Oebarata IND	190	110	170	470
100 kgs.	Goodwin USA	87.5	70	125	282.5
100 kgs.	Kulikov RUS	235	150	257.5	642.5
100 kgs.	Sourek CZE	195	110	225	530
100 kgs.	Pustovalov RUS	205	97.5	222.5	525
100 kgs.	Puhakka FIN	160	110	205	475
100 kgs.	Isagulov RUS	—	—	—	—
100 kgs.	Chatis USA	182.5	145	207.5	535
100 kgs.	Helmich USA	210	162.5	220	592.5
100 kgs.	Jayant USA	120	90	140	350
100 kgs.	Morris USA	242.5	195!	235	672.5
100 kgs.	Gresham USA				



APF PL
MEN
Open
110 kg.
Tom Hypes 320 250 245 815
The APF/AAPF Region 6 on November 13 was a small but quality meet. Held at Frantz Sports, in Aurora, IL it drew lifters from Ohio and the Upper Peninsula in Michigan. A number of lifters had good days, including Jeff Rebera, Steve Lumpe, and Jasmin DeRosier. Sydney Thoms reached a goal she's been working for for years. She broke the 303 bench record for the first time. And it looked great! Thanks to the staff at Frantz Sports: also to the judges and table staff. (by Amy Jackson, WPC/APF Office Manager)

Sydney Thoms dedicated her breaking of the 300 lb. barrier in the bench press at the APF/AAPF Region 6 meet, to her 26 year old niece, Kellie Swayman, who has stage 3 breast cancer. "The whole Frantz team knew that I wanted to dedicate this meet to my niece and really cheered me on to get this 303 lb. bench and I did it!" (photograph was by Ernie Frantz)

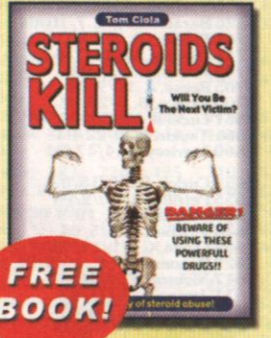
APF-AAPF Region 6 Meet
13 NOV 04 - Aurora, IL (kg)

A.A.P.F. BENCH				
WOMEN				
M50-54	90+ kg	100 kg	117.5 kg	137.5 kg
Sydney Thoms	137.5	117.5	117.5	117.5
MEN				
Jr. 20-23	75 kg	100 kg	130 kg	172.5 kg
C. Seego	130	117.5	117.5	117.5
A.P.F. DEADLIFT				
M 60-64				
C. Morse	130	177.5	177.5	177.5
MASTER 60-64				
A.A.P.F. PL				
MEN				
T 13-15	75 kg	100 kg	125 kg	172.5 kg
M. Bordenaro	125	115	160	400
WOMEN				
Jr. 20-23	75 kg	100 kg	125 kg	172.5 kg
Steve Lumpe	235	142.5	210	587.5
A.P.F. PL				
MEN				
T 13-15	75 kg	100 kg	125 kg	172.5 kg
J. Derosier	172.5	95	142.5	410

USAPL Virginia State							
27 NOV 04 - Charlottesville, VA							
BENCHPRESS							
WOMEN							
105, Open, 45-49	130 kg	144 kg	175 kg	205 kg	240 kg	275 kg	320 kg
K. Poyner	130	130	130	130	130	130	130
114, Open, 40-44	117.5 kg	132 kg	147 kg	172 kg	207 kg	242 kg	287 kg
L. Haines	175	175	175	175	175	175	175
A. Mamola	125	125	125	125	125	125	125
T. a Paredes	90	90	90	90	90	90	90
123, Raw	135	135	135	135	135	135	135
Kerri Self	135	135	135	135	135	135	135
165, Open	180	180	180	180	180	180	180
M. Fadeley	180	180	180	180	180	180	180
MEN							
114, Open	100	100	100	100	100	100	100
J. Nuteman	100	100	100	100	100	100	100
132, Raw	260	260	260	260	260	260	260
D. Shipman	260	260	260	260	260	260	260
165, Out of State	160	160	160	160	160	160	160
Adam Woods	160	160	160	160	160	160	160
181, Open	430	430	430	430	430	430	430
John Mouzon	430	430	430	430	430	430	430
181, Open	465	465	465	465	465	465	465
A. Mamola	465	465	465	465	465	465	465
A.A.P.F. DEADLIFT							
M 60-64							
Dan Martin	177.5	177.5	177.5	177.5	177.5	177.5	177.5
WOMEN							
40-44	205	205	205	205	205	205	205
Kim Ryman	205	125	265	595	595	595	595
55-59	105	80	180	365	365	365	365
E. Newton	105	80	180	365	365	365	365
114 Open	245	125	280	650	650	650	650
A. Sommers	245	125	280	650	650	650	650
Open, 40-44	215	175	250	640	640	640	640
Leigh Haines	215	175	250	640	640	640	640
T. Paredes	115	90	225	430	430	430	430
123 Open	235	125	335	695	695	695	695
G. Manuel	235	125	335	695	695	695	695
132 Open, 50-54	225	115	270	610	610	610	610
K. Schmeets	225	115	270	610	610	610	610
148 Open	170	110	230	510	510	510	510
A. Posey	170	110	230	510	510	510	510

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AREA CODE	TELEPHONE NUMBER	MO DATE YEAR
AGE	SEX	US CITIZEN
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165 Open	155	105	240	500	S. Henlen	440	330	500	1270
Lora Loconti	155	105	240	500	45 - 49				
MEN					Dana Smith	450	275	375	1100
132 Out of State 20-23					65 - 69				
Adam Woods	165	160	325	650	W. Breeden	200	200	255	655
148 40-44					198 20 - 23				
W. Chittum	285	200	350	835	D. Green	360	305	365	1030
Open, 55 - 59					Open, 45 - 49				
John Harrop	405	230	435	1070	S. Johnson	525	335	525	1385
181 College, 20 - 23					50 - 54				
					J. Hannah	450	260	510	1220
					Al Statman	400	300	470	1170
					55 - 59				
					J. Harman	350	320	475	1145
					220 Open				
					J. Bradsher	600	445	705	1750
					K. McCloskey	630	485	585	1700
					Jared Fravel	590	345	565	1500
					40 - 44				
					H. Gerard	650	520	600	1770
					E. Shrader	500	340	500	1340
					50 - 54				
					K. Hancock	500	315	450	1265
					Raw, 50 - 54				
					Doug Morris	340	190	450	980
					242 Open				
					Tim Durrett	605	435	600	1640
					Matt Hanzlik	405	340	515	1260
					35 - 39				
					Paul May	550	350	600	1500
					55 - 59				
					Mike Nichols	315	270	415	1000
					275 Open				
					Gary Emrich	640	435	655	1730
					College, 20 - 23				
					J. McKelvey	405	430	615	1415
					45 - 49				
					Brian Bajsert	600	375	700	1670
					50 - 54				
					D. Duesberry	450	315	600	1365
					Supers, Open				
					N. Minnetti	825	585	780	2190
					Open, Police				
					Ron Armstead	675	475	525	1675
					T. Slaughter	620	450	600	1670
					S. Slaughter	660	460	500	1670
					50 - 54				
					Ron Beuch	405	465	465	1335

(thanks to John Shifflett for these results)

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