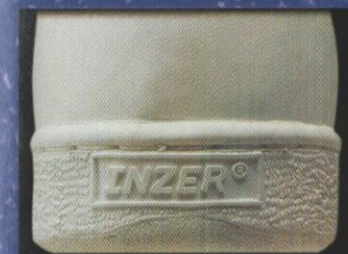


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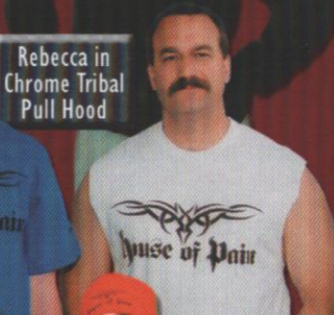
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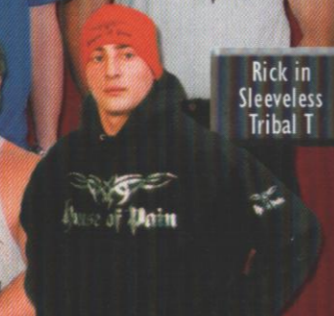
John in Tribal T



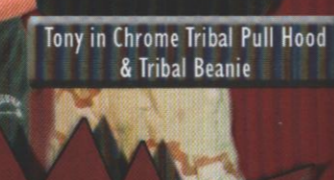
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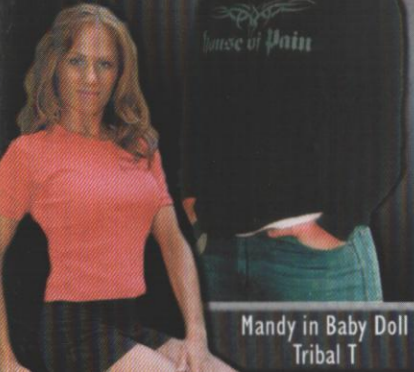
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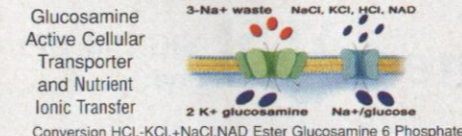
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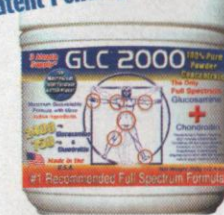


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ON THE COVER - Mike Miller at his Nazareth Barbell Club training facility, just after he made his historic 1200 lb. squat

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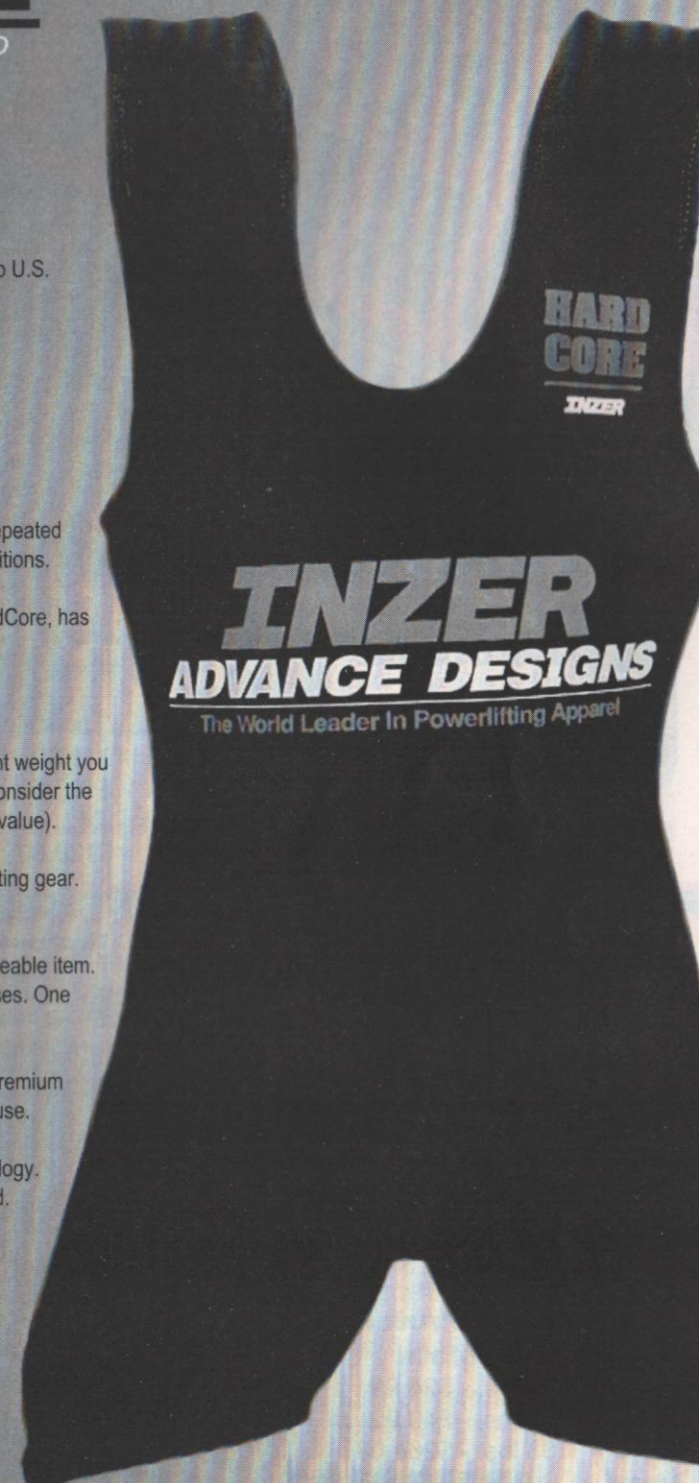
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

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The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



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The 15th IPF World Bench Press Championships were held in Independence, Ohio, a suburb of Cleveland, on December 3-5, 2004. Over 30 countries were represented by some 200 athletes. This was the first time this meet has been held in the United States, which was much appreciated by the US team that normally travels half way across the world to compete at these championships.

The venue was the Grand Ballroom at the Holiday Inn hotel which is a large facility with over 360 rooms. The hotel provided great service for the athletes including a diverse buffet breakfast along with some tasty dinners. The hotel also provided shuttle service throughout the week to the Cleveland Metro Parks Rain Forest, the Science Center, the Rock n' Roll Hall of Fame and Tower City shopping center in downtown Cleveland. We had 3 major sponsors including Titan Support Systems, ER equipment and Healthy Image. Other vendors included King's Gym, Athletic Edge Fitness Centers, House of Pain, Inzer Advance Design, West Side Barbell and Lifewave. ER provided two racks for the competition. Many in the US have attempted to duplicate the racks designed and manufactured by ER owner Erik Rasmussen, but I believe the

IPF WORLD BENCH PRESS as told to Powerlifting USA by Dr. Larry Miller



Golden Girls for the USA ... Jennifer Robertson (132), Priscilla Ribic (148), Christina Newman (165) all won their weight classes.

original is still superior to all the copies. I introduced Louie Simmons to Erik and Louie was quite impressed with the racks. The racks are perfect for attaching bands and for those of you who are unfamiliar with the racks, they are also ideal for squatting with the uprights easily moving in and out and no walkout necessary. Thanks to Erik for providing us with these awesome racks. Pete Alaniz and his dad came to Cleveland with about 100 bench shirts, but left with just a few. It appeared that a vast majority of International as well as US lifters are now using his bench shirts. It was nice when we had the shirts before the rest of the world, but now that he is selling them internationally, they are adding pounds to their benches as well. Our last sponsor was Healthy Image which brought their fine array of supplements, sports drinks and clothing.

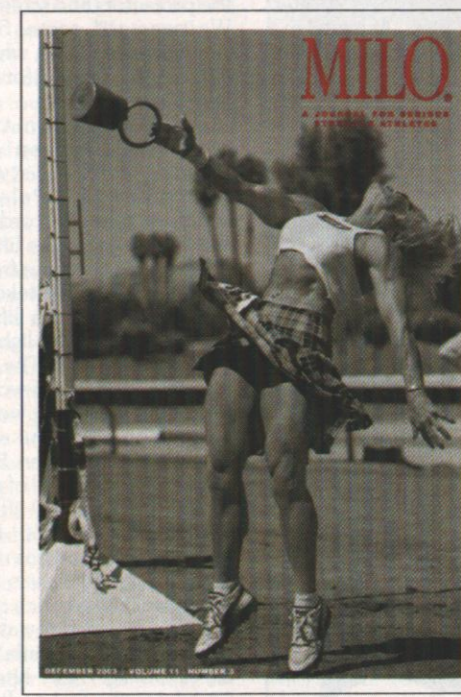
The meet was special from a number of perspectives. We had coverage of the meet from the local paper, the Cleveland Plain Dealer. Fox 8 news was also in attendance and, last but not least, was ESPN. They are starting a new show beginning in January called Timeless which will feature a variety of athletes of all different ages in a variety of sports. They filmed the entire weekend with time being

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

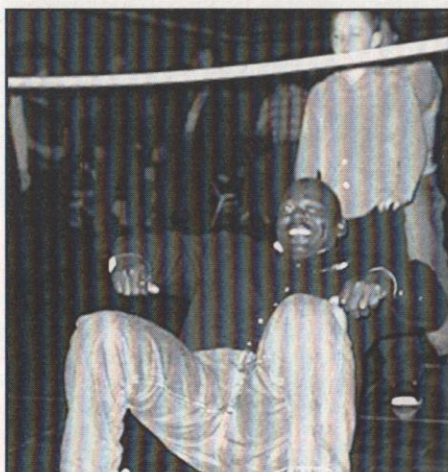
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Give Me a Lift Off! of the limbo platform, that is, for lift-off man extraordinaire Eric Curry

spent on Devon Doan, Scott Lade and Joe McAuliffe. With IPF President Norbert Wallach and IPF General Secretary Gaston Parage in attendance, we invited them to meet with the Greater Cleveland Sports Commission which brings a number of national and international events into Cleveland. Hopefully the IPF will allow these meets to come back to Cleveland in the future. We had local TV celebrity "Little" John Rinaldi, co-star of the Big Chuck and Little John show, welcome the athletes during our opening ceremonies. We also had a nice surprise in that lifting legend Vince Anello stopped by and presented medals to some of our champions. Vince at one time was one of the world's top lifters and known for his deadlifting. Vince just had hip surgery, but seemed to be doing well.

Ed and Frank King and I have run a number of national meets, probably 6 or 7, but I can tell you, running a world meet isn't close to running a national

meet. I am going through withdrawal as prior to the meet I was averaging over 10 e-mails a day and now I am back to one or two a day. Not only do you run a competition, you also must prepare a banquet for over 200 individuals, provide entertainment and collect food orders and money. You also spend countless hours sending out visa support letters, over and over, to this embassy and that embassy. You must coordinate people coming in with the

hotel to get the rooms right and then when you think everything is set, you have to make changes for those people who didn't get their visas. I had great help at the hotel by working with Miriam Katcher who kept on top of all the changes.

Usually I discuss the spotters and loaders at the end but we had an exceptional group including Tony Cardella, freshly back from the men's worlds in South Africa, multi-IPF world champion Dave Ricks, past national champion Greg Page and past silver medalist Pat Wilson. In addition we had top lifters such as Andy Furnas, Keye Daus, Jeremy Auerbach, Frank Valenti and Ben Sustin as well as Tom Knapik, Al Sharpe, lifting partner Vince Tarantino, and my trainer Aron Kohler. We had a fair number of athletes miss their attempts, but the spotters caught everything. Aside from a great group of spotters, we had the world's greatest lift-off man, my pal Eric Curry, do all the lift-offs. Luckily for the lifters, Eric is

better at lifting off than he is at dancing or limbo competitions. Per usual, Eric received a standing ovation at the banquet. The lifters really appreciate how serious he takes his work. No one wants to go to a world meet and get a terrible lift off.

I received a number of compliments regarding the running of the meet. We had a large warm-up area and we positioned a TV monitor along with a scoreboard from a projector. We also had 2 projectors running on each side of the platform so that the audience could follow along. From the beginning, I had been arguing with Gaston Parage regarding the computer program. He wanted to bring a gentleman from the Ukraine and we wanted Mr. Joe Marksteiner to run his program. Well, both were there. We used Joe's program, although the Ukrainian was using his as a back up and he also sent the results to the internet. Have you ever seen a program that has a scoreboard which calculates the Wilkes points, and team points as well as has a bar load program and a clock. Well, Joe's did all that and more. Joe ran his program the entire weekend for us which we greatly appreciated. We received our equipment from Big Gary Kanaga. Thanks for the projectors and screens. We averaged some 500 spectators each day, which was a nice change for an international event.

The women's competition began on Friday with Justyna Kozdryk from Poland setting a world record in the 44 kg class with a lift of 98 kgs. Olga Golubeva from Russia and Eva Svantekova from Slovakia both lifted 90 kgs, but Olga was lighter and took the silver. The 48 kg class had multi-world record holder and world champion, Yukako Fukushima from Japan. She finished 25 kg ahead of the rest of her class of 9 lifters with a lift of 120 kg. Finishing in second from the Czech Republic was Marcela Balogova with a bench of 95 kgs. The bronze medal was won by Mervi Sirkia from Finland with a lift of 90 kg. USA lifter Maura Shuttleworth, in her first world meet, finished in 9th place with a bench of 72.5 kg. Maura finished

IPF World Bench (Women) (kg)

44 kgs.	NAT	1st	2nd	3rd
Kozdryk	POL	90	92.5	98
Golubeva	RUS	90	90	95
Svantekova	SVK	90	95	95
Maeda	JPN	77.5	82.5	85
Wanko	AUT	65	70	75
48 kgs.				
Fukushima	JPN	115	115	120
Balogova	CZE	90	95	97.5
Sirkia	FIN	90	92.5	97.5
Svahn	DEN	48	92.5	92.5
Kamiya	JPN	82.5	85	90
Kitamura	RSA	80	85	85
Dalling	CAN	77.5	85	87.5
Engelwirth	AUT	67.5	72.5	77.5
Shuttleworth	USA	67.5	72.5	80
52 kgs.				
Krylova	RUS	112.5	125	125!
Olsson	SWE	115	120	125
Nagaya-Shir	JPN	105	112.5	112.5
Yoshida	JPN	80	87.5	87.5
Hollier	USA	95	95	95
56 kgs.				
Althaus	GER	130	138.5	140
Darling	USA	117.5	125	140
Rantala	FIN	105	110	117.5
Pracella	FRA	107.5	110	110
Braun	AUT	95	100	105
Nagypal	HUN	80	87.5	100
Wing-Yuk	HKG	67.5	70	70
60 kgs.				
Robertson	USA	135	135	137.5
Thompson	USA	132.5	132.5	140
Igosheva	RUS	115	120	122.5
Nagy	HUN	110	115	120
Kato	JPN	87.5	92.5	92.5
Pendry	GBR	85	92.5	100
Schmidt	GER	92.5	97.5	97.5
Villwock	GER	97.5	97.5	100
67.5 kgs.				
Ribic	USA	130	140	145
4th-150.5!				
Korobeynikova	RUS	125	130	132.5
Volkova	RUS	125	130	132.5
Teruya	JPN	120	130	132.5
Jaroli	HUN	100	105	105
75 kgs.				
Newman	USA	130	142.5	145
Biernacka	POL	135	135	135
Ovari	HUN	130	137.5	142.5
Oba	JPN	130	130	130
Doan	USA	125	125	125
Miyata	JPN	115	115	125
Martinez	VEN	87.5	95	125.5
Brostrom	SWE	142.5	142.5	145
Coscojuela	ESP	150	150	150
Glomstein	NOR	95	95	97.5
82.5 kgs.				
Kudryavtseva	KAZ	150	160	172.5!
Zavodszky	HUN	165	170	175
Nanasi	HUN	120	127.5	135
Hartle	CAN	92.5	92.5	102.5
Turcotte	CAN	60	67.5	72.5
90 kgs.				
Strik	NED	150	160	160
Beer	AUT	120	125	125
Newman	USA	70	80	90
Sliwinska	POL	155	155	155
90+ kgs.				
Naskripnyak	RUS	162.5	170	175
Ferrel	USA	170	172.5	177.5
Ganenko	UKR	165	172.5	177.5

! = World Records. Teams: 1. U.S.A. 63, 2. Russia 58, 3. Japan 48, 4. Hungary 43, 5. Austria 24, 6. Poland 21, 7. Canada 17, 8. Germany 16, 9. Finland 16, 10. Kazakhstan 12, 10. Netherlands 12, 12. Czechia 9, 12. Sweden 9, 14. Slovakia 8, 15. Ukraine 5, 16. Denmark 7, 17. France 7, 18. S. Africa 5, 18. G.B. 5, 20. Venezuela 4, Hong Kong, Norway, Spain Champion of Champions: 1. Althaus 167.91, 2. Kudryavtsev 160.73, 3. Fukushima 160.64 (results courtesy IPF)

second in the limbo competition at the banquet and I got a good picture of her imitating a pretzel. Russian lifter Irina Krylova won the gold with a world record lift of 125 kgs. in the 52 kg class. Close behind was Swedish lifter Anna Olsson who finished with a bench press of



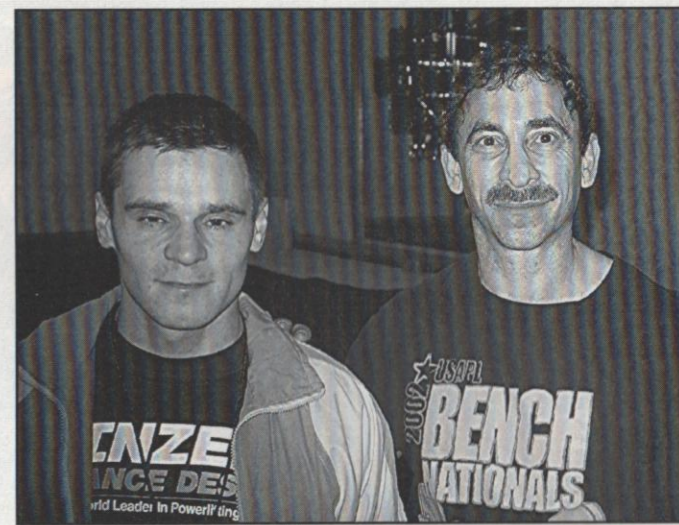
Deb Ferrell went silver this time.

120, but she missed 125 on her third attempt. In a distant third was Kaori Nagaya-Shirakawa from Japan who finished with 105 kgs. US lifter Jennifer Hollier had shirt problems and looked a little flat, which resulted in her not getting a lift in. The first US medal came in the 56 kg class, but unfortunately for US lifter Jill Darling the meet's outstanding lifter, Tamara Althaus, was in her weight class and Tamara finished with a world record lift of 138.5 kgs. Jill won the silver medal with her opening lift of 117.5, but missed her next two including a world record attempt of 140 on her third. Finishing in third was the Finnish lifter Hanna-Elisabet Rantala who lifted 110 kgs. Jill got things rolling, and probably for the first time in a long time, the US then won three consecutive gold medals. Jennifer Robertson was coming off a strong performance at Bench Nationals. She only made her second attempt with a lift of 135 kgs which gave her the gold. Bench America winner, Jennifer Thompson, was close behind, winning the silver with a bench of 132.5 kgs. Finishing a distant third was Russian lifter Natalia Igosheva with a second attempt lift of 120 kgs. Priscilla Ribic went 4 for 4 in winning the gold in the 67.5 kg class. Her fourth attempt world record lift was 150.5 kgs. Russian lifters Svetlana Korobeynikova and Marie Volkova finished second and third respectively with lifts of 130 and 125 kgs. In the 75 kg class, Christy Newman grabbed the gold medal with a lift of 145 kgs. She was followed by Polish lifter Monika Biernacka who ended up with a 135 kg bench and taking the bronze was Mariann Ovari from Hungary with a bench of 130 kgs. Seventeen year old US lifter Devon Doan finished in fifth with a third attempt

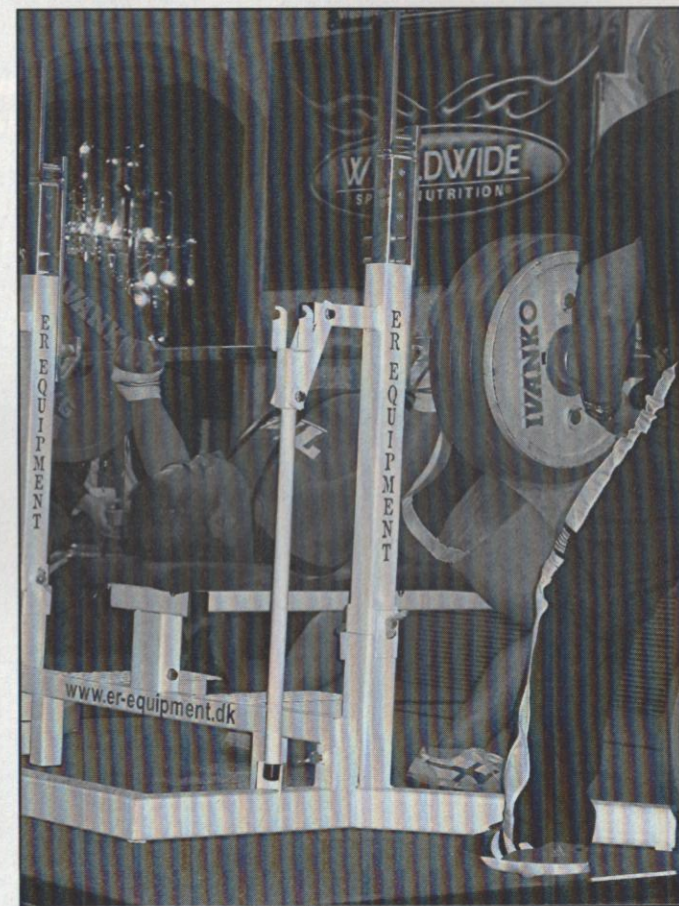
bench of 125 kgs. The pressure was on, especially after missing her first two with ESPN hovering over her with camera and microphone. It should look great on TV as she leaped into her dad's arms after making her third attempt, a real Kodak moment. The US string of victories ended in the 82.5 kg class with world champion Tatyana Kudryavtseva from Kazakhstan increasing her world record by going 172.5 kgs on her third attempt. Hungarian lifters Timea Zavodszky and Nikoletta Nanasi finished second and third respectively with lifts of 170 kg and 127. g kg. The 198 kg class saw Ilya Strik from the Netherlands win the gold with her first attempt lift of 150 kgs. She looks like she should be able to bench 200 kgs with a physique that bodybuilders would be jealous of. Winning the silver medal was Austrian lifter Rosemarie Beer who finished with a third attempt lift of 125 kgs. US lifter Kim Newman won a bronze with a lift of 80 kgs. The Superheavyweights were disappointing for US lifter Debra Ferrell. She barely missed her third attempt lift of 177.5 kgs, which would have given her the gold. She was strong enough, but didn't pause to the satisfaction of the referees, thereby ending up with the silver medal. Winning the gold was Russian lifter Irina Naskripnyak with a bench of 175 kgs. Finishing in third was Ganna Ganenko from the Ukraine with a bronze medal lift of 165 kgs.

The US women's team won the team gold with 63 points followed by the Russians with 58 points and Japan finished in third with 48 points. Twenty-three countries competed in the women's championship. The women's outstanding lifter was Tamara Althaus from Germany who finished well ahead of the pack with 167.91 points followed by Tatyana Kudryavtseva from Kazakhstan with 160.73 Wilkes points and close behind in third was Japanese lifter Yukako Fukushima with 160.64 points.

In the men's division 52 kg class Japanese lifter Naoya Ikeda from Japan only needed his opening attempt of 165 kgs to secure the gold medal. Winning the silver was Wrona Krzystof from Poland who finished with 152.5 kgs. In third was USA lifter Hung Pham, who went three for three finishing with 145 kgs. The Japanese continued with gold in the 56 kg class with 51 year old Hiro Isagawa not only winning the gold, but setting an open world record. Sometimes I wonder how much longer I can compete in the open division and watching Hiro gives me the motivation to keep trying. Hiro's fourth attempt world



IPF phenom Sivokon (left) with co-meet director Dr. Larry Miller.

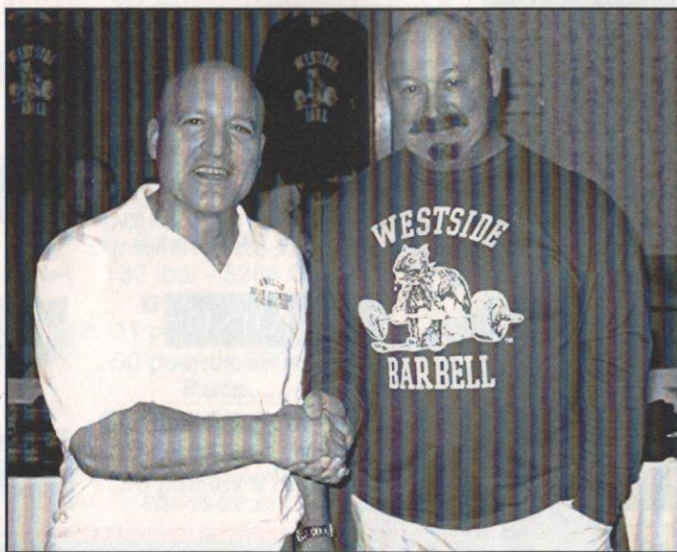


Daiki Kodama of Japan had a winner 551 opener/finisher at 165.

record was good for 185.5 kg. That's a 407 lb bench press at a body weight of 123 lbs by a 51 year old in a single ply shirt with a 2 hour weigh in and strict judging. Finishing in second from the Netherlands was Tagy Parnian. Tagy is one of the friendliest people you'll ever meet. Tagy finished with a bench of 177.5 kgs. In third from Poland with a lift of 160 kgs was Krzystof Owsiany. Unfortunately for the US, Peter Wong was unable to get any lifts passed. Peter had

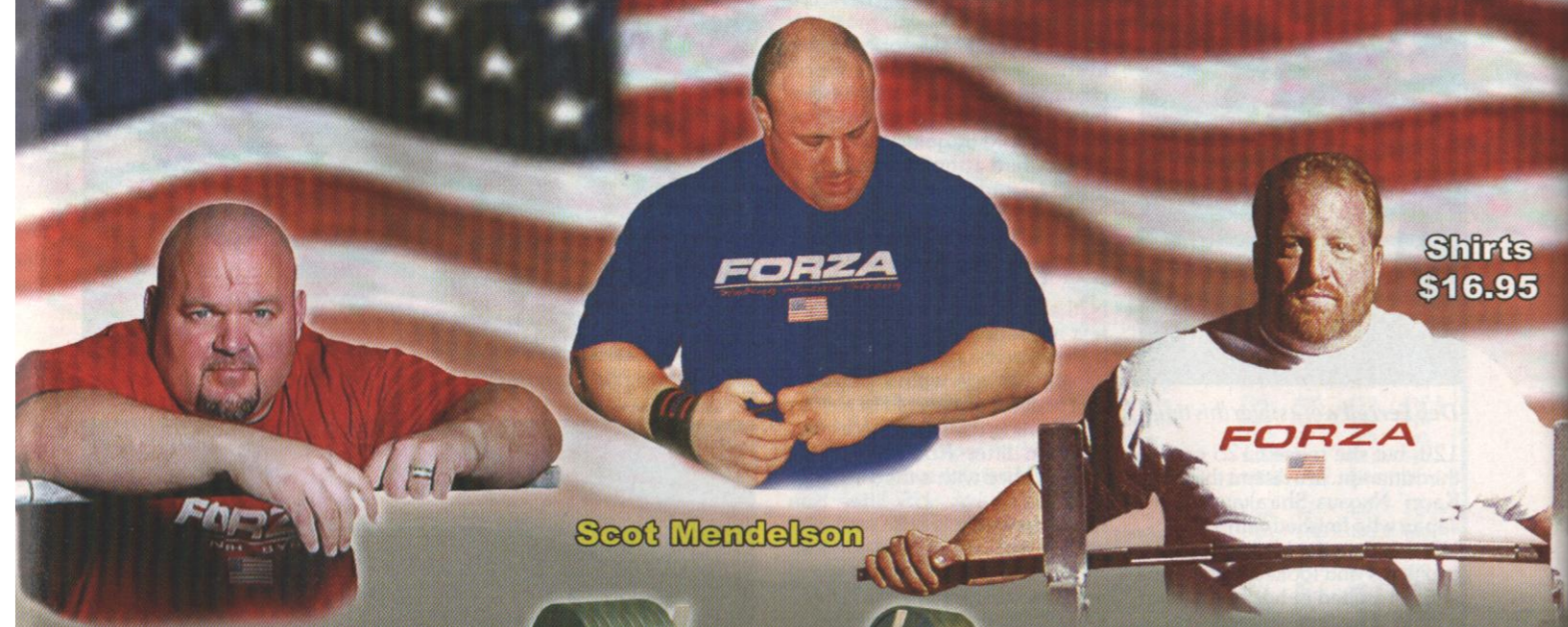
looked really solid at Bench Nationals, but didn't have it at this meet. In the 60 kg class, the favorite coming in, Kenichiro Matsumoto from Japan, couldn't get any of his lifts passed. Ayrat Zakiev from Russia looked solid and hit an impressive 202.5 kgs for the gold medal. In second from Slovakia was Stefan Kolsovsky who finished with 157.5 kg and local lifter Steve Petrencak finished with a bronze

(continued on page 76)



Legendary Guests at the Meet: Vince Anello and Louie Simmons

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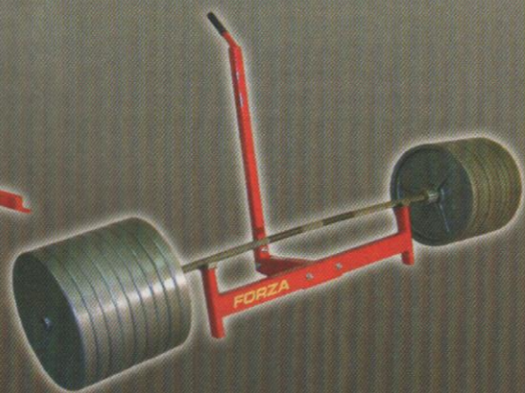
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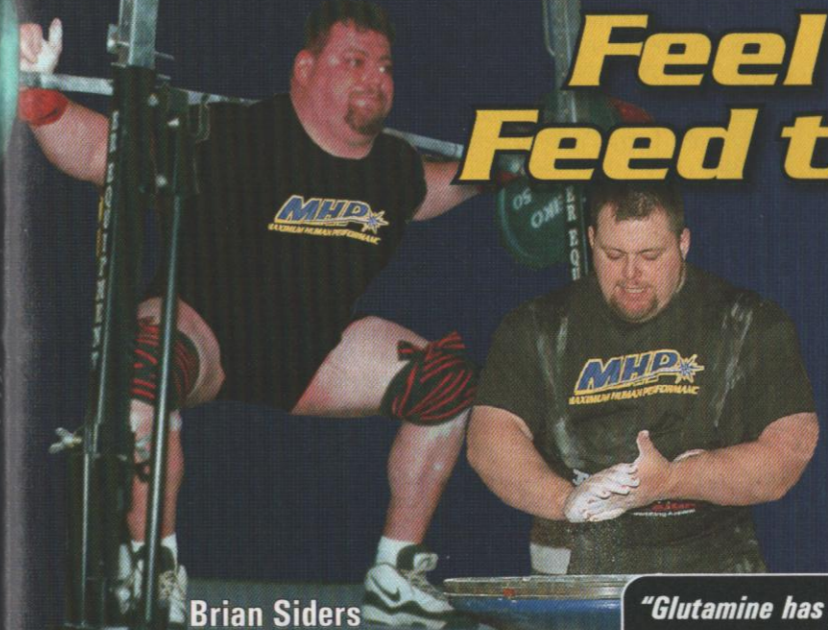
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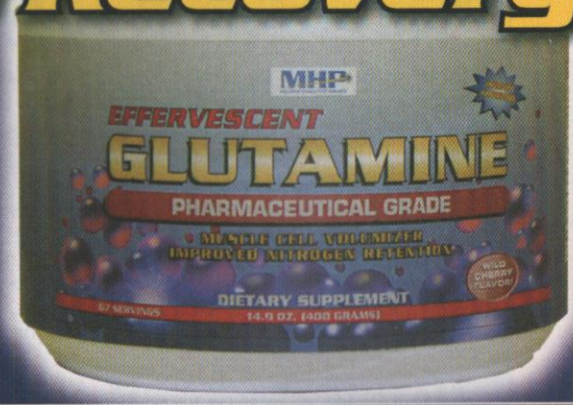
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Brian Siders
-IPF, USAPL and
USPF World Record Holder
-2529 lb. TOTAL!

"Glutamine has played a critical role in my training. Since I've started using MHP's Effervescent Glutamine, I've noticed a HUGE IMPROVEMENT over regular Glutamine in the speed of muscle recovery between training sessions. This allows me to fully recover for each workout and go 100% Balls to the Wall!"



NEW BICARBONATE TECHNOLOGY IMPROVES ABSORPTION 400%!

If you want to hit BIG numbers, you have to push to the limits at EVERY training session. MHP's Effervescent Glutamine will help you do it. Brian Siders broke a 23-year old powerlifting record by training hard, not one day of the week, but time and time again! Lightning fast muscle recovery provided by MHP's Effervescent Glutamine made it happen.

Glutamine's multi-functional role and involvement in various biochemical processes makes it one of the most important amino acids for powerlifters interested in maximum strength performance. But many of glutamine's positive effects can be negatively affected by bio-availability and absorption issues, because in its raw form, L-Glutamine is very susceptible to the harsh acid environment of the stomach.

MHP RESEARCH AND DEVELOPMENT FINDS THE SOLUTION

Good News. MHP's team of biochemists has formulated a glutamine product that neutralizes the acidic gastric medium and improves bio-availability. In fact, studies show that a pharmaceutical grade bicarbonate delivery system, as used in MHP's Effervescent Glutamine, improves glutamine uptake by almost 400%!

Utilizing pharmaceutically proven sources for gastric alkalization, MHP's Effervescent Glutamine takes advantage of the acid neutralization power of the bicarbonate ion (HCO₃⁻), which binds with excess hydronium ions produced by the HCL acid to form carbon dioxide and water. Using a physiologically correct blend of potassium bicarbonate, sodium carbonate and micronized potassium carbonate, the effervescent formula actually adjusts stomach PH to the optimum level for amino acid utilization. This allows for a buffered state to exist in the stomach and permits more L-Glutamine to pass into the intestinal tract where it can be absorbed and utilized by intestinal cells. This ultimately leads to more glutamine absorption by muscle cells.

EFFERVESCENT GLUTAMINE FOR HIGHER HGH LEVELS!

Improving absorption and bio-availability will potentiate the many benefits of glutamine. One major finding was illustrated in the landmark Welbourne Study 1994, which was published in the American Journal of Clinical Nutrition. In that study, only 2.5 grams of L-Glutamine administered in a bicarbonate delivery, like MHP's Effervescent Glutamine, was found to improve the uptake of glutamine and significantly increase IGF-1 and Growth Hormone levels. Improving glutamine bio-availability with MHP's Effervescent Glutamine will also:

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- ▶ Increase Protein Synthesis!
- ▶ Increase Insulin Sensitivity!
- ▶ Improve Nutrient Absorption!
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It's benefits such as these that have earned glutamine's reputation as a must have supplement for athletes. Now, MHP's Effervescent Glutamine kicks it up a few more notches for unparalleled results.

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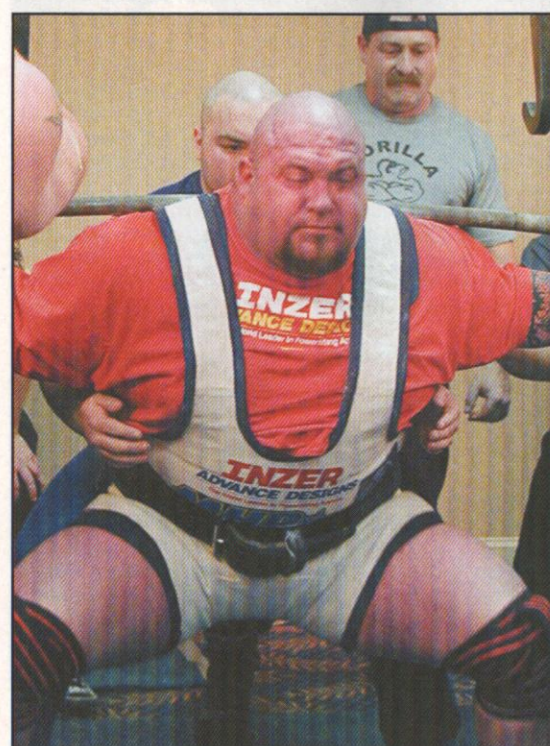
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MIKE MILLER SQUATS 1200 LBS!!!



At the IPA Gorilla Warfare II meet on January 8th, 2005 in Johnstown, New York, MIKE MILLER made his bold prediction of a 1200 lb. squat come true on a 2nd attempt. He injured his forearm and took only a token 450 bench and 500 deadlift to qualify the squat as an official record, but he plans to compete in the APF Senior Nationals this year. Above, Mike proudly recognizes his sponsors at the Nazareth Barbell Club, and, at left, he is seen warming up for the historic, all time world best lift in New York. (photos are courtesy of Mike Miller)

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New Protein Technology Turning the Protein Industry

UPSIDE DOWN!

After 4 years of research and development, the Senior Research Staff at MHP has pioneered a major breakthrough in protein supplementation. Their bio-engineered protein, **PROBOLIC-SR**, has literally set new standards in protein quality, bio-availability and its anabolic and anti-catabolic potential. Protein is an essential element for building muscle tissue, but muscle growth can only occur if your body retains more nitrogen (from protein) than your body loses through the ongoing process of nitrogen-excretion. This creates an anabolic state referred to as "positive nitrogen balance". On the contrary, without an adequate continual supply of protein (nitrogen), your body goes into a catabolic state of "negative nitrogen balance" and muscle loss will occur. Bodybuilders and athletes are particularly at risk because heavy exercise leads to increased nitrogen loss and muscle breakdown.

Consuming enough protein to ensure that you remain in a positive nitrogen balance poses many challenges, especially if you don't have the time to eat every 2 to 3 hours. New research shows that even if you are consuming large amounts of protein it still doesn't guarantee you will stay in an anabolic muscle building state of positive nitrogen balance. Researchers have found that all proteins have natural limitations in amino acid composition and the rate in which they release aminos into your bloodstream. These limitations can cause you to slip into a catabolic state of muscle wasting. If you workout and don't eat enough protein throughout the day, you are at an even greater risk of losing your hard earned muscle. This is where the science behind **PROBOLIC-SR** sets it apart from all other proteins. **PROBOLIC-SR** is a bio-engineered protein which utilizes two major breakthroughs to overcome protein's natural limitations on nitrogen retention and muscle growth.

Breakthrough #1 'CFAA'S' THE HIGHLY ANABOLIC CRITICAL FIVE AMINO ACIDS

From their extensive research on evaluating protein and muscle tissue for amino acid composition, it was determined that the five most important aminos for muscle growth in response to training are glutamine, arginine and the branched chain amino acids leucine, isoleucine and valine. These amino acids provide the highest anabolic response and are needed to support muscle tissue remodeling in response to heavy training.

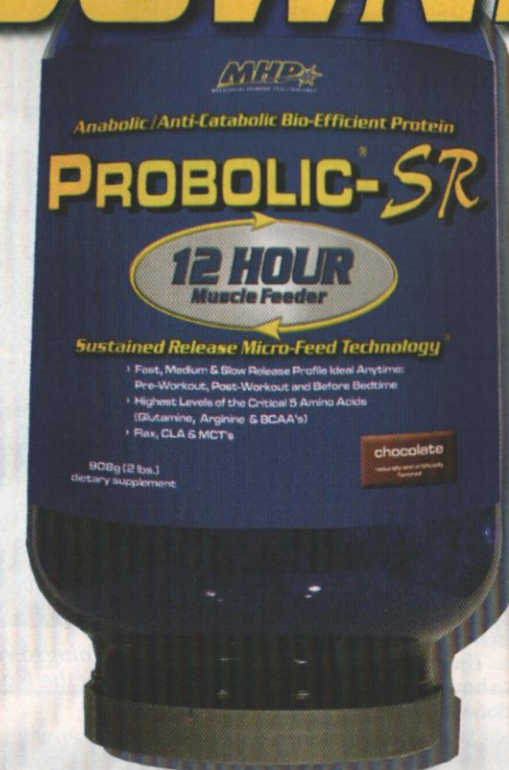
In the development of **PROBOLIC-SR**, MHP's research staff developed a precisely formulated protein matrix of Whey, Supro® and Casein to provide high levels of essential amino acids and yield the highest possible levels of Critical Five Amino Acids. To get an even stronger anabolic response, they further enhanced this matrix with even more free form glutamine, arginine, isoleucine, leucine and valine making **PROBOLIC-SR** by far the most concentrated source of CFAA's.

Breakthrough #2 PATENTED MICRO-FEED TECHNOLOGY—THE 12 HOUR MUSCLE FEEDER!

The patented Micro-Feed Technology is the biggest breakthrough ever in protein supplementation. This pharmaceutical delivery system is designed to provide a continual supply of amino acids for up to 12 hours! The Micro-Feed Technology works like an IV drip continually supplying a "metered dose" of high concentrations of Critical Five Amino Acids so that you always stay in an extremely anabolic muscle building state and never slip into a catabolic state. This technology also increases bio-availability making full 100% utilization of every gram of protein—"NO WASTED PROTEIN—NO WASTED MUSCLE!"

"PROBOLIC-SR is by far the most anabolic protein. It has literally changed the properties of protein and made all other proteins inferior and obsolete!"

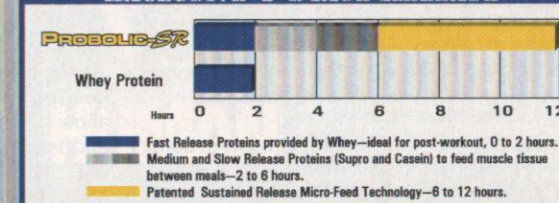
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PROBOLIC-SR is the only protein in existence to provide a 4-stage delivery, making it the ideal anytime time protein. The precisely formulated blend of proteins provides a fast, medium, and slow release of the Critical Five Aminos and is further prolonged with the patented Micro-Feed Technology! **PROBOLIC-SR** will ensure you never slip into catabolism between meals, during workouts or during the night while you sleep and always keep you in a "positive nitrogen balance" and anabolic overdrive!

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We get thousands of questions each month on our Q/A, over the phone and our personal e-mails regarding some very simple but important questions. Here are answers to the frequently asked questions regarding max effort squat and deadlifting.

Q: Do you ever wear a squat suit or groove briefs on max effort day?
A: Yes, but not always. Many times if our hips are sore we will wear some supportive equipment on this day. There is no point in getting hurt so if you have to wear some kind of equipment to prevent injury, then wear it. You cannot lift to your potential if you are hurt, so don't take a chance. If you are wearing protective gear to work around an injury, I advise you to get that injury taken care of!

Q: Do you ever wear a belt on max effort day?
A: Yes. Almost all sets done after 70% are done with a belt.

Q: Do you still perform Zercher squats on max effort day?
A: If Zercher squats are done then they are usually done as a second movement. We have found that the limiting factor of the Zercher squat was how much weight we could hold. It is better used as an accessory exercise. These can be done with or without a box. Also, Zercher squats can be done with a straight bar or a cambered squat bar. Another great way to perform this exercise, and that allows you to take some stress off of your arms, is to place an 18" x 6 board in the crook of your elbows and place the bar on the board. This makes a Zercher squat bearable. If you have trouble picturing this, the newest EliteFTS Squat/DL Exercise Index goes over this in detail.

Q: Do you still perform kneeling squats as a max effort exercise?
A: No. Because of the amount of weight that was being handled, it is better to be used as an accessory exercise for higher reps (10-20 reps). This is a great exercise to build hip strength. When doing kneeling squats be sure to have some kind of extra padding for your knees. A rolled up carpet or an aerobics mat are good choices. As a side note, if you have an aerobics mat, then maybe we should talk.

Q: Do you ever wear wrist straps when doing max effort deadlift movements?
A: Yes. Don't let your grip be the limiting factor when training for max effort. If your grip is weak, train it separately. Also, a lot of people will always use an overhand/underhand grip when deadlifting. Switching to a double over hand grip and using straps will lessen the chance of a biceps tear as well as eliminating the windmill effect that many lifters seem to have when using a pronated/supinated grip.

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Q: What kind of stance do you take when performing max effort squats?
A: We almost always take a close or medium (shoulder width) stance. This allows for variety as we always use a wide stance on dynamic effort squat day. Also, this mimics the stance

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FORCE TRAINING

by Jim Wendler and Elite Fitness Systems



"Good Morning to you" from the world famous Westside Barbell Club... this is just one of the many variations of the Good Morning movement that are possible/practical. (Randy Bumgarner photo)

taken when performing a conventional deadlift. Using a close stance also lets the hips recuperate from the wider stance used on dynamic effort squat day.

Q: What height is used for a low box and a high box?
A: A low box is about 1-2" below parallel. A high box would be 1-2" above parallel. In determining box height, do not use your body height or inseam as a hard rule. There are many factors that come into play. Have someone who understands what parallel is to determine the correct box height for you by watching you squat on the box.

Q: When performing rack pulls how high should the bar be placed?
A: Rack pulls can be done from any height. A good power rack will have small hole spacing to allow for small increments between rack pulls and bench lockouts. Check out our racks to see how it SHOULD be done; not how some manufacturer who has never lifted a weight builds a rack.

Q: When using the Safety Squat Bar, do you hold onto the rack?
A: No. Keep your hands at your side or on the padded yolk.

Q: When performing good mornings do I go for a 3RM or a 1RM?
A: Always make sure that your form is correct on any exercise before performing a max attempt. Once your form is correct on the good morning, you can perform either a 1 or 3RM. Many people like to perform 5-8 repetitions on the good morning. The good morning is one of

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the best exercises for your low back, hamstrings and glutes. Unfortunately, many people turn the good morning into a quarter-squat because they want to add more weight. Not only is this sophomoric, it takes the purpose of the exercise away. So if your form is less than desirable on the good morning, take some weight off of the bar, do it correctly and save yourself a trip to your chiropractor.

Q: Do you ever use bands and chains on this day?
A: If we use bands, it is done when performing the reverse band deadlift or while pulling on a Jump Stretch platform against bands. Chains are used on some of the squat and good morning movements. Chains can also be used when deadlifting. For the most part, chains and bands are used primarily on dynamic effort day and rarely used on max effort day.

Q: When doing suspended good mornings, how high is the bar that is suspended in chains?
A: The bar is about 3 1/2 feet off of the ground; generally the bar is set at waist height of the lifter. No matter what height of the lifter, the bar stays at that level. This makes things easier so that you don't have to constantly change the bar during the sets. Whatever height you set the bar at, be sure you keep track of it. This way you have an easy way to track your progress and your personal records.

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Q: What kind of stance do you take, conventional or sumo, when performing max effort deadlifts?
A: You can take either stance. Records can be broken using either stance so don't be afraid to vary things. Just because you pull one way does not mean that you have to always use that stance

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A: You can take either stance. Records can be broken using either stance so don't be afraid to vary things. Just because you pull one way does not mean that you have to always use that stance

when doing maximal effort work.

Q: How often do you change your movement?
A: The max effort movement is changed every week.

Q: How do you cycle your max effort movements?
A: There is no set rule on how to do this. The choice of movements from week to week is not dictated by a written training program but how you feel and what you feel you need to do. If you are having trouble deciding what to do you can rotate the movements every week.

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 Cambered Bar Suspended Good Mornings
 Cambered Bar Low and High Box Squats
 Safety Squat Bar Suspended Good Mornings
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 Reverse Band Deadlifts
 Deadlifts Off of Pins (done in power rack)
 Deadlifts standing on elevated platform
 Box Squats with Manta Ray
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The IPA 2004 Senior Nationals, at the Sports Factory in Shamokin Dam, and Mark and Ellen Chaillet and their crew all lived up to their tradition of excellence, as always. This was also the site of a bench press over one hundred pounds more than any other man in history has ever done. The meet was an opportunity to see two of the best teams around both compete - Westside Barbell and the LALC club. Joe and Nance Avigliano did the majority of the coaching and the rest of the LA team helped out as needed and helped get lifters ready. Truly a model of class, sportsmanship, and teamwork. It was truly a pleasure to watch - people who knew the rules, were considerate of other lifters and staff, and knew how to act at a meet.

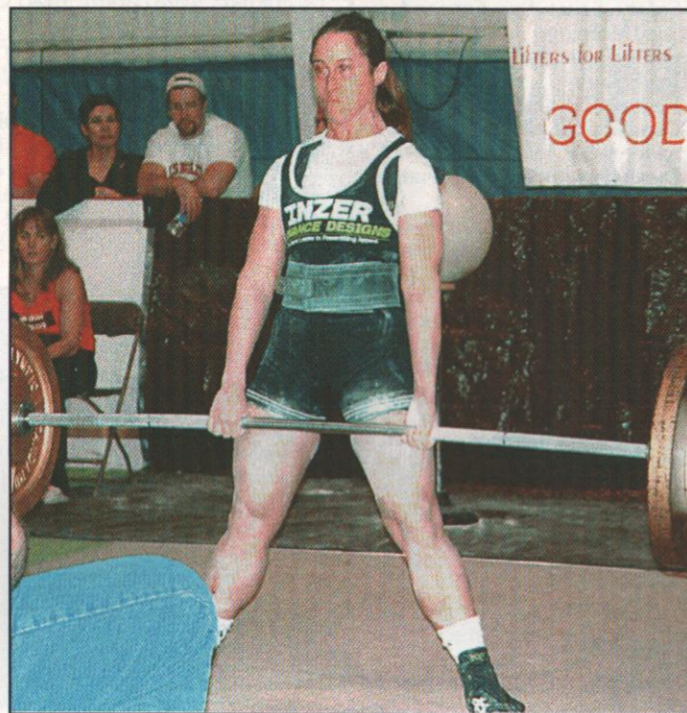
When one of their lifters, Onn Basson, did not demonstrate those qualities on one occasion - he had the class and fortitude to apologize privately to lifters, publicly to the spectators, and privately to meet officials. In the meantime, Nance Avigliano was also making the rounds apologizing. Although the original incident was unfortunate, the attempt to make things right was swift, immediate, and classy and lived up to the image that LALC projects and lives up to. There was not a person who left that meet with any ill feeling toward Onn. Nice recovery.

Amateur Divisions Men's Divisions:

148 lbs class: There were no open competitors of the amateur division of this weight class, but teens, masters, and juniors were present. Eighteen-year-old Jonathan Herr made a total of four attempts, including an IPA record squat of 480. He took 60 pound jumps in both the bench press and deadlift and neither fared well. Better attempt selection next time will give Jonathan the kind of total he is capable of and that accurately reflects his strength. Junior lifter Jason Hamilton made six attempts, ending with a three for three performance in the deadlift. John Gengo, 43, continues to be one of the most consistent lifters one will ever see and among the nicest. John's 50 pound increase from his opening squat was a decision I questioned in my mind before the attempt, but John made that and more on his third and, as usual, went 9 for 9 - ending with a quality 1150 total. Richard Gidcumb, of Michigan (not Oklahoma, as I had previously erroneously indicated), lifted in the 65-69 age group and made an IPA record in the bench press, but missed one in the deadlift.

165 lbs class: Nineteen-year-old Kris Hicks made the gutsy move of opening with a new IPA record squat and then added another 35 pounds, at which point, he passed on his third attempt. It took him two attempts to get his opener in the

THE 2004 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS as told to Powerlifting USA by Mark Kodya



Elaine "Scraps" Grimwood deadlifted 315 after hitting an all time squat record of 355 in the 105 lb. class, thus producing an 855 total and a Best Lifter award. (photograph courtesy of Bob Grimwood)

bench, which was all he got, but it also was a new IPA record. In the deadlift he made his opener, jumped 50 pounds and missed, but came back to make it. This young man is not only a quality lifter, but is also a good representative of the sport. A class act for such a young age. At the other end of the age spectrum, thirty three year old Matthew Levy was in the submasters class and made all his final attempts in the squat and deadlift. Doug Kline lifted in the open and masters (50-54) age groups of the raw division and did some nice lifting and ended up with IPA records in the squat and bench press.

Brian Crowe lifted in the Elite Amateur division in front of a hometown audience and made all three squats: 645-690-705. Brian ran into trouble in the bench press though as he was turned down, 2-1, on his opening bench with 435. He came back to make it, but did not look as strong as he had in July in this lift, so a miss at 460 was not surprising. Brian made only his opening deadlift of 545. His top attempts, if successful, would give him 1760 total, which I believe he will do on the right day.

181 lbs class: J.J. Gilly and Travis DeSalle both competed in the 18-19 year old division of this class. Though the lifting was not particularly close, both young men showed

consistency and discipline in making the overwhelming majority of their lifts. Gilly made every attempt he took (9 for 9) and DeSalle missed but one squat and one deadlift. Gilly was also entered in the open division, but was not particularly close to Fred Piermattei, who - at the other end of the age spectrum - also competed as a master in the 45-49 age division. Fred got an IPA record squat and bench press and added a nice deadlift for a quality 1685 total. Fred was not the only master, however. Fifty-one-year-old Gordon Wolfe lifted in the 50-54 age division and made all of his attempts, with his final squat and deadlift being new IPA records.

198 lbs class: Eddie Melodini, 18-19 age group, weighed in at a light 182 pounds, but lifted well in a heavier class than he should have been in. He missed, then came back to make, his opening squat of 500, before passing his final attempt. In the bench press, he opened with an IPA record 392, missed his next two, then made another record on his fourth attempt, with 420. His lone attempt in the deadlift of 450 gave him a fine total of 1360, especially considering his light bodyweight.

Moving up the age spectrum, Eric Glass lifted in the Junior division and made the majority of his at-

tempts, but big jumps in the bench press and deadlift kept him from the 1600 total he seemed to be shooting for.

Mike Yontz has never seen a white light at a powerlifting meet. Seriously. Of course, he has also never seen a red light either. Mike is blind, but this does not stop him from lifting weights that many without such limiting factors would be proud to lift. Officially he was in a special division, but his numbers reveal he was competitive with those lifting in the open division. Mike opened extremely conservatively in all three lifts and took fairly big jumps. His only miss was a third attempt bench press at 375. His 500 squat, 340 bench, and 520 deadlift gave him a nice 1360 total. Great job, Mike - you are an inspiration to those who witnessed your performance at this meet.

Chris Del Preore made four good attempts in the open division, totaling 1340, but his highest attempts indicate 1400 is there on the right day. Howie Reece made two squats before missing 690, three benches and one deadlift, missing twice at 560 in the latter. His 1515 total could easily have been as much as 1615.

The 198 masters (40-44) saw Ricardo Ingravera and Spencer Levy lift. Ricardo put up the highest total among the amateurs in this weight class, regardless of age. Ricardo's 670 squat was an IPA record, and missed 700 on his third attempt keeping him from breaking his own record. Ingravera made two benches before missing his third. In the deadlift he missed his second attempt at 620, before coming back to make it on a final hard fought third attempt. A 1700 total is right around the corner for Ricardo. Spencer Levy had the biggest bench press of the entire amateur division of this weight class and made all but one of his attempts, which was missed only for technical reasons as he clearly had the strength. Richard Silversteen competed in the masters (45-49) age division and unfortunately made only one attempt in each lift.

220 lbs class: Joseph Drumm, Brendon Serritella, and LaMont Maith all lifted in the open division of this weight class. Drumm's big 775 squat got him out to a big lead, but a miss at 800 would have added nicely to that advantage. Serritella took three tries to accomplish 690 pounds. Had he made more attempts, he might have been close enough to overtake Drumm over the next two lifts, but it was not to be. Maith made up a lot of ground in the bench press, but he was too far behind after the squat to really be much of a factor in the final standings. His bench press and deadlift, however, suggest that if he gets his squat up, he can be competitive with these guys and others in this class.

Robert Munn, Jr. was the only

lifter in the Police Division, but was joined in the Master (40-44) division by Mark Terman. Munn made two attempts in each of the first two lifts, but went three for three in the deadlift to come up with a 1400 total. Terman made all three squats and deadlifts but only one bench press. His 1625 total gave him the win in the 40-44 masters division. Al Moatz lifted in the 50-54 age group alone and made the first two attempts in each lift, before missing his third. His total of 1385 is certainly commendable, considering his age. Sam Glover, Sr. was the oldest of the masters in this group, lifting in the 60-64 age group, ending with a 1230 total.

242 lbs class: Twenty year old Howard Owens was the youngest in this class, lifting in the junior age group. His bench press is so low compared to his squat and deadlift that it could hurt him in the total if he is in tight competition. At the other end of the age spectrum, submaster Brad Bartos put up a fine total that would have been competitive in the open division. John Zemkin and Rick Davis had a very close duel in the masters (40-44) age group. Davis made his first five attempts and was well behind Zemkin at the end of the bench press, but superior deadlifting brought him within reach and a success with either of his last two attempts would have meant vic-

tory, although he attempted more than he needed to. Rory King lifted solo in the master (45-49) age group winning with a respectable 1415 lb. total.

There were six entrants in the open division. Mark Fausey set an IPA record squat with 785 on his third attempt, but Matt Smith broke that with an even 800 on his third attempt. Smith remained in the lead from then on and ended with 2020 to Fausey's 1950 total. Jonathan Mayes was as far behind Fausey as he was ahead of fourth place Wayne Kearns, who was pressed hard by John Birley. Rory King, who also competed in the masters division, squatted and deadlifted fairly well, but needs to get his bench press more in line with his other lifts in order to be competitive. Adrian LaPaglia put up a fine bench press on his way to the win as the lone entrant in the police division.

275 lbs class: Preston Ailor did some very nice lifting in the junior division and was successful with his first seven attempts, missing only his final two deadlifts. But it was Ailor's misfortune to be in the same weight class as John Poremba. Poremba's three squats were all new IPA records, ending with 1005 pounds. He was one of only three people at this meet to succeed with 1000 pounds in any lift. Poremba's squat

is clearly his best lift, but a quality bench press and deadlift combined with that big squat to give him a total of 2140.

Scott Mount's 2130 took the open division here and Jason Pavlek took second in the division. Mount's 815 opener squat was an IPA record. He followed that by a miss, then a make, at a new IPA record 905 and yet another record on a fourth attempt with 925. Dave Kingwater, a chiropractor, continued his near miraculous recovery from a catastrophic lifting accident that required multiple surgeries and extended physical therapy. Dave, it was great to see you back on the platform. Lifting raw, Dave was the only one in that class. He has done more in the past and will do so again as he continues down the road to recovery. Sam Glover took the submasters as the lone entrant there, with a 1570 total.

Peter Primeau took the masters (40-44) age group. His final two squats of 840 and 870 were IPA records, as was his second and final attempt bench press of 650. Primeau's 680 deadlift gave him a big 2200 total. Palmer Simpson, Jr. in the masters (50-54) age group, was another of those from the Selinsgrove/Shamokin Dam area lifting in front of the hometown crowd. Simpson's 750 squat was a new IPA record, but an attempt at

800 just wasn't there. His second attempt of 545 was another IPA record. No records in the deadlift, but he did cruise to three successes ending with a 560 deadlift and an 1855 total.

308 lbs class: Only two competitors in the open division here. David Egan and Dean Griess both lifted in the open division. Egan put up a very consistent nine for nine performance, but Griess clearly had more in him than the results show, as he made only five attempts. There were two other competitors in the raw division. Tom Brown is actually a master lifter, but lifted open here and set some personal records. Anthony Miller was in his first meet, but you would not know it, based on his lifts. Short and very compactly built, Miller squats narrow stance with the bar relatively high but it clearly works for him, as his 715 IPA record shows. His 1725 total could easily have been 1800 were it not for two misses after relatively big jumps.

SHW class: Norm Delan was the lone entrant here in the 45-49 age group, but he made only one squat - 850. He apparently got hurt on his second squat and withdrew from the meet.

Women's Amateur Divisions

148 lbs class: Patricia Zaleski lifted in the raw masters (40-44) division. Injured after her first squat,

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Patricia put on a show of mental determination as she continued in the meet. Her bench press was an IPA record and she gingerly felt her way through the deadlifts culminating with a success at 200 pounds. Sarah McCauley lifted in the open division and showed balance in all three lifts.

165 lbs class: Nineteen-year-old Becky Labushesky competed in the 18-19-year-old age bracket and did some very nice lifting. Her first and third squats were IPA records (she missed her second attempt). An attempt at an IPA record bench press did not go, but her final deadlift added to her tally of IPA records. In the open division, Sue Lewis made 330 in the squat, missing at 350 on a third attempt. Unfortunately, Sue usually her best lift.

181 lbs class: Brandy Wilson lifted solo, but set IPA records in each lift. Brandy made all three squats and all three deadlifts but it took her three attempts to get her opening bench press.

SHW class: Angela Martinez, of the LALC group, cruised, missing only her final deadlift and setting IPA records in all three lifts. All three squats, her final bench, and the two deadlifts she made were all new IPA records. Nice job, Angela!

Pro Divisions

Men's Divisions

181 lbs class: In the junior division, Adam Rouan set two IPA record

squats and an IPA record deadlift enroute to a 1481 total. In the open division, Adam James, who indicated this was his last meet at 181, took third place with six good attempts. Mike Maxwell and Brett Rapp had a hard fought duel for first in the class. Rapp missed his opening squat but made his next two, ending with 710. Maxwell made 720, missed 760, then came back to make it. In the bench press, Maxwell made his 440 opener, then missed 460 twice. Rapp made 440 and 480, before missing 505. This pulled Rapp within ten pounds of Maxwell. Rapp pulled 620 to Maxwell's 600 and that gave Rapp the win by ten pounds.

John Varrone and John Newman both competed in the Masters (60-64) age group, and both are obviously aging well. Varrone ended up with two IPA squat records, ending at 540. Varrone added to his collection in the deadlift, ending with 550 pounds.

198 lbs class: In the junior division, Doug Cooper set an IPA record deadlift enroute to a near-1600 total. Josh Porlier, Joe Jester, and Tom Lavelle all lifted in the open division. Porlier made all three squats and ended with 600. Jester made only his 650 opener and Lavelle made 700 and 750, giving him the lead after the first lift. In the bench press, Porlier made only

his second attempt with 385. Jester missed 500, came back to make 525 and then missed 560. Lavelle made 460 and 500 before missing 515 and remained in the lead. Porlier made deadlifts of 525 and 575 before a miss at 615. Jester made 500 and 570 before a miss at 600 and sealed up second place. Lavelle opened at 530, then made 560, before missing at 585 and his 1810 total was tops in the class.

In the submasters division Shea Abuchon and Sean Hailey lifted. Hailey opened at 660 but took two tries to get that in and a jump to 705 wasn't there. Abuchon opened at 700, which he made, before missing twice with 725. Hailey opened with a successful 455 bench press, before missing 500 twice. Abuchon lost a lot of ground in the bench press, making only 375 and 400, and turned the lead over to Hailey

going into the final lift. Hailey made 500 and 540 before passing his third, giving him a total of 1655. Abuchon opened with 565, which gave him 1665 and the lead. His second attempt, with 600, gave him a nice 1700 total and the win. A third success with 620 added to his total.

David Kerr and Stacey Bond lifted in the masters (40-44) age group. Stacey is one of Mark and Ellen's strongest supporters, in every sense of those words. He was at the meet site until late Thursday evening helping with setting up and then lifted on Friday. Kerr took three tries to get his 520 squat in, while Bond made 475 and 540 before missing at 600 and suffering a hamstring injury. Kerr made only one bench, with 385, while Bond made 275 and 325 before missing 360. Going into the deadlift, Kerr was

forty pounds ahead. Bond opened with a very light 315 to test out the hamstring and made it, but Kerr made 500 on his opener. Bond further tested the hamstring with attempts at 405 and 450 - both successful, but Kerr missed twice with 550.

220 lbs class: This class was full of talented powerlifters, with nine entries in the open division. John Rosa, Sr. made all three squats, ending at 660. He made only his 405 opener in the bench press, and two deadlifts, 525 and 600, before missing with 635 for a 1665 total. Jonathan Brown hit two squats, the best being 715, only one bench (with 505) and two deadlifts, the best being a 525, for a 1745 total. Josh Murphy made a 750 squat, 410 bench, and 640 deadlift for an 1800 total.

Jason Adams and Mike Hill had a back and forth battle for fifth

place. Adams got 760 and 780 in the squat, after missing 725. Hill made only his 760 opener, missing twice with the jump to 820. In the bench press, Adams made his 505 opener only, but Hill made all three of his attempts (480, 515, and 535), putting him in front by ten pounds going into the deadlift. Adams made 550 and 590 before missing a needed 620. Hill made his 600 opener before missing twice at 635. This left the door open for Adams but he was unable to capitalize on it.

Vinny Cook is another of the IPA regulars for whom lifting in an IPA meet seems to include also setting up, refereeing, spotting and serving wherever else needed. In spite of that, he and Scott Rowe had an interesting battle for third. Scott has improved greatly over his days as a 181-er. Rowe got his 760

opener, but missed twice at 815. Cook opened at and made 650, then 670, before missing at 705, so Rowe had the edge by 90 pounds. In the bench press, Rowe made his 570 opener and missed twice at 630. Cook opened at 610, made it, then went to 630 for another success, before missing at 666. Cook was now only thirty behind Rowe with one lift to go. In the deadlift, Rowe made 580 before missing twice at 610. Cook made 600, then missed the 640 he needed for third place. On his third attempt, he was successful with that weight.

Jason Cox and Dan Blankenship fought it out for the top spot here. Blankenship made 765 and 805 before missing with 830. Cox made 875 and 950 before missing with 1000. In the bench press, Cox made 450 and 500 before missing with 525. Blankenship made 500, 535, and 555 and was ninety behind going into deadlifts. Cox made 585 missed 600, and passed on his third attempt. Blankenship made 645, then 690 for the win, and finally missed at 700. Cox - 2035, Blankenship - 2050.

242 lbs class: There were five competitors in the open division. Marc Rintz and Anthony Gaston, with their fine 1450 and 1630 totals respectively, found themselves just off the pace here set by the frontrunners. Lee Angle managed two squats and was credited with 825. Angle made all three benches, ending at 500 and two deadlifts (credited with 625) for a 1950 total. Jim Laird hit all three squats, ending with 840, but only made his opener with 580 in the bench. His 640 second attempt success in the deadlift was enough to give him a 2060 total. Joe Bayles showed a lot of class in his performance. He opened with 850 successfully, but missed 930 twice. He missed his 635 opening bench, but came back to make 675 and 700. In the deadlift, he made 725 and 775 before missing at 800. Joe totaled 2325.

Bart Edwards was the lone submaster here and his lifts were 680 squat, 535 bench press, and 500 deadlift for a 1715 total. Bart's 535 second attempt bench press was an IPA record. Doug Havrilesko lifted in the masters (40-44) age group and made only four good attempts enroute to his 1785 total. Joe Avigliano likewise lifted alone in the masters (45-49) age group. Joe and his team were quite impressive, and not just in terms of lifting. A class act that many other big names of the sport could learn from. His 765 opening squat was a new IPA record, as was his 805 second attempt, but an 830 attempt irritated a

back injury. Joe persevered and got two benches, making 400 on his second. He then made all three deadlifts - 500, 560, and 595 for a fine 1800 total on his birthday.

275 lbs class: There were five competitors here and all totaled over 2000. John Green made only one success in each lift, but 935 squat, 450 bench, and 650 deadlift for a 2035 total will usually mean better than fifth place, but not here. Doug Koch made his 825 opener in the squat but no more. It took two tries, but he also made only his opening bench, 550. In the deadlift, Koch made 605 and 725 before missing at 755. Koch totaled an even 2100. Onn Basson made two squats, including an IPA record 976. He then made all three benches, ending with 625. At this point, he was in the lead. But there is this thing called the deadlift. Onn made his opener with 500, which was just enough to finish ahead of Koch, which was where he remained after two misses with 620 and 645. Had he made that final very close attempt, he would have had second place sewn up. But his miss left the door open for Zach Hudak. Hudak made his 835 opener before missing twice at over 900. In the bench, Hudak made 605 and 650. In the deadlift, Hudak's 705 gave him 2190 before missing twice with 775 for the win. Jeremiah Meyers made 800 and 850 before missing at 900 in the squat. He made 575 and 610 in the bench before missing at 630. In the deadlift, he cruised through 700, 785, and 805 for a tally of 2265.

Fifty-year-old Mark Dimiduk lifted solo in his masters age group and the police division. His 750 second attempt squat and 800 on his third were both new IPA records. Mark only made his opener 335 bench, but a 630 second attempt IPA record in the deadlift helped his total, which sat at 1765 at the days end.

308 lbs class: There were four men in this weight class. Michael La Pointe made 600 squat, 570 bench press, and 650 deadlift to total 1820. Hank Sargent made 895 on his second attempt squat, and all three benches, ending at 575. His lone deadlift of 705 gave him a 2175 total and third place. Hank also competed in the submasters division and took second there. Jim Hoskinson hit a 975 IPA record squat on his opener, missed 1020, and came back to get 1030 and another IPA record. He made 550 and 570 in the bench before missing 600 and 670 and 700 in the deadlift before missing 720. His 2300 tied the highest total of the class, but as heavier man he finished in second in the open, but won the submasters. Mike Brown is a teen but lifted open here. He made all three squats, ending with 850. His 700 and 735 were IPA records in the bench press. His three successes

IPA Senior Nationals				
19-21 NOV 04 - Shamokin, PA				
BENCH	J. Palermo	500	198 lbs.	Open
WOMEN	Submaster		A. Martinez	520 311 500 1331
AM	J. Palermo	500	PRO	
SHW	SHW		105 lbs.	Open
Master (45-49)	Master (40-44)		E. Greenwood	330 185 315 830
B. Cullen	J. Galligan	765	148 lbs.	Open
PRO	Open		A. Roberts	325 250 290 865
165 lbs.	C. Walker	625	Submaster	
Master (50-54)	181 lbs.		A. Roberts	325 250 290 865
B. Graube	Master (60-64)		RAW	
K. Felske	J. McNeill, Jr.	300	148 lbs.	Open
RAW	220 lbs.		Master (40-44)	
SHW	Master (45-49)		S. Kozak	240 155 200 595
Master (45-49)	380		Open	
B. Cullen	Master (50-54)		S. McCauley	275 190 315 780
MEN	M. Lindsay	540	148 lbs.	Open
AM	V. Open	630	Junior	
114 lbs.	S. Rowe	570	J. Hamilton	400 270 400 1070
Teen (14-15)	242 lbs.		Master (40-44)	
Y. Gualtieri	Open		J. Gengo	425 275 450 1150
148 lbs.	E. Clark	600	Master (65-69)	
Master (40-44)	R. Capozzolo	540	R. Gidcumb	350 240 365 955
M. Guthrie	B. Smith	455	Teen (18-19)	
Master (65-69)	Submaster		J. Herr	480 245 465 1190
R. Gidcumb	E. Clark	600	165 lbs.	Open
165 lbs.	R. Capozzolo	540	Submaster	
Master (50-54)	308 lbs.		M. Levy	500 300 480 1280
R. Legg	Master (40-44)		Teen (18-19)	
Open	R. Bumgarner	605	K. Hicks	565 375 506 1445
R. Hilliard	Master (50-54)		181 lbs.	Open
R. Legg	Master (50-54)	520	Master (45-49)	
Teen (16-17)	Master (55-59)		F. Piermattei	665 435 585 1685
T. League	B. O'Brien	455	Master (50-54)	
Police	Open		G. Wolfe	660 325 501 1386
R. Legg	T. Fletcher	625	Open	
198 lbs.	Submaster		F. Piermattei	665 435 585 1685
Master (40-44)	L. McCaslin	680	J. Gilly	440 300 465 1205
S. Levy	Open		Teen (18-19)	
Open	G. Rychlak, Jr.	1005	J. Gilly	440 300 465 1205
S. Hartlaub	RAW		T. Desselle	380 200 400 980
T. Kontos	181 lbs.		198 lbs.	Open
Submaster	Submaster		Junior	
S. Hartlaub	500		E. Glass	600 415 500 1515
T. Tasiero	B. Ross	360	Master (40-44)	
242 lbs.	198 lbs.		R. Ingravera	670 375 620 1665
Master (60-54)	Junior		S. Levy	530 425 535 1490
B. Levers	P. Vasko	300	Master (45-49)	
Teen (18-19)	242 lbs.		R. Silverstein	405 275 425 1105
J. Herrera	Master (75-79)		Open	
275 lbs.	E. Jones	305	H. Reece	850 365 500 1515
Master (40-44)	DEADLIFT		C. DePreore	475 375 490 1340
P. Primeau	WOMEN		Teen (18-19)	
Open	AM		E. Melodini	500 410 450 1380
R. Putnam	SHW		Special Div.	
M. Coulter	Master (45-49)		M. Yontz	500 340 520 1360
308 lbs.	B. Cullen	405	220 lbs.	Open
Master (45-49)	RAW		Master (40-44)	
J. Doherty	Master (45-49)		M. Terman	640 340 645 1625
Open	B. Cullen	405	Muon, Jr.	510 365 525 1400
WOMEN	SQ	BP	Master (50-54)	
AM	DL	TOT	A. Moatz	525 385 475 1385
165 lbs.			Master (60-64)	
Teen (18-19)			S. Glover, Sr.	485 310 435 1230
B. Labushesky	415	190 370 975	Open	
181 lbs.			J. Drumm	775 405 580 1760
Open				
B. Wilson	425	230 380 1035		

B. Serritella	690	405	610	1705	J. Porlier	600	385	575	1560
L. Maith	500	475	575	1550	Submaster				
Police					S. Aubuchon	700	400	620	1720
R. Munn, Jr.	510	365	525	1400	S. Hailey	660	455	540	1655
242 lbs.					220 lbs.				
Junior					Open				
H. Owens	550	250	500	1300	D. Blankenship	805	555	690	2050
Master (40-44)					J. Cox	950	500	585	2035
J. Zenken	710	475	555	1740	Open				
R. Davis	680	380	660	1720	V. Cook	670	630	640	1940
Master (45-49)					S. Rowe	760	570	580	1910
R. Cooper	600	460	600	1660	M. Hill	760	515	600	1875
R. King	600	300	515	1415	J. Adams	780	505	590	1875
Open					J. Murphy	750	410	640	1800
M. Srnth	800	580	640	2020	J. Brown	715	505	525	1745
M. Fausey	785	515	650	1950	J. Rosa, Sr.	660	405	600	1665
J. Mayes	725	475	600	1800	242 lbs.				
W. Keams	580	420	555	1555	Master (40-44)				
J. Birley	605	375	565	1545	D. Havrilesko	675	500	610	1785
R. King	600	300	515	1415	Master (45-49)				
Submaster					J. Avigliano	805	400	595	1800
B. Bartos	650	425	575	1650	Open				
Police					J. Baytes	850	700	775	2325
A. LaPaglia	485	425	530	1440	J. Laird	840	580	840	2060
275 lbs.					L. Angle	825	500	625	1950
Junior					A. Gaston	650	455	525	1630
J. Poremba	1005	485	650	2140	M. Rintz	600	430	510	1540
P. Ailor	605	425	555	1585	Submaster				
Master (40-44)					B. Edwards	680	535	500	1715
P. Primeau	870	650	680	2200	275 lbs.				
Master (50-54)					Master (50-54)				
P. Simpson, Jr.	750	545	560	1855	M. Dimiduk	800	335	630	1765
Open					Open				
J. Mount	905	605	620	2130	J. Myers	850	610	805	2265
S. Paviek	575	475	475	1525	Z. Hudak	835	650	705	2190
Submaster					O. Sasson	976	625	500	2101
S. Glover	625	420	525	1570	D. Koch	825	550	725	2100
308 lbs.					J. Green	935	450	650	2035
Open					Police				
D. Egan	670	440	600	1710	M. Dimiduk	800	335	630	1765
D. Griess	575	435	535	1545	308 lbs.				
SHW					Master (40-44)				
Master (45-49)					B. Saunders	730	540	600	1870
N. DeLan	850	0	0	850	BrownM	850	735	715	2300

in the deadlift, gave him an even 2300 total. Brad Saunders lifted solo in the masters (40-44) division of this class and hit a nice 1870 total. **SHW class:** At 458 pounds, Tim Harrold was the "big" man lifting solo in the open and junior divisions. His opening squat of 930 was solid, but two attempts at 1000 were not there. His 665 bench opener went fine, as did a second at an IPA record 715, but 755 would not go. He opened at 740 in the deadlift, making it, then jumped to an 810 IPA record for another success. A third at 855 would not go. As big as a 2455 total is, Tim's lifts clearly indicate 2600 is just around the corner.

Women's Amateur Divisions

105 lbs class: Elaine Grimwood lifted solo, but that didn't deter her. Her 295 opening squat was nothing for her. Her second attempt at 315 was a new IPA record and more than triple bodyweight. Her 330 was also a new IPA record, but her fourth attempt at 355 was an all-time world record in any federation in this weight class. She cruised through three benches, ending at 185, and three deadlifts, ending with an IPA record 315, giving her an 830 total.

148 lbs class: Amy Roberts lifted solo in the open and submasters divisions. She made 280 and 325 in the squat. Her opening bench was

an IPA submasters record of 250, but two attempts at 280 were not there. Amy made 250 and 290 in the deadlift before missing with 315. Her total was 865.

2004 IPA Senior Nationals Individual Lift Competitions and BP/DL

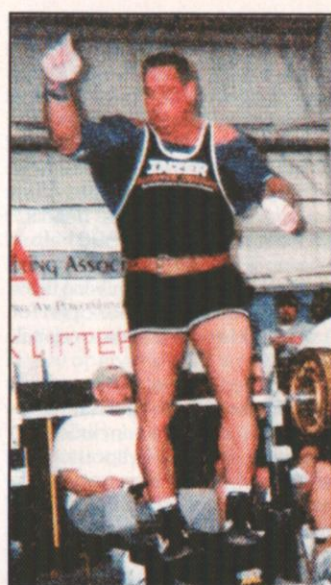
In this portion of the results, I will briefly mention anyone who competed in the power meet, but will not discuss their lifts in detail, as this has already been covered in the power meet results.

Raw Divisions

In the 181 submasters division, Bill Ross hit a nice 360. Paul Vasko lifted in the 198 class junior division and was credited with 300. Eugene Jones lifted in the 75-79 division of the 242 class and made a very nice 235. As is noted below in the section on the amateur divisions, Bev Cullen competed in several raw divisions as well.

Amateur Divisions

Vince Gualtieri may have broken the all-time world best for teens (14-15) in the 114 weight class. He opened with 205 and missed, but he came back to get it on his second for a new IPA record. Having all time records on hand is very difficult and almost impossible for a meet director to have available. Sometimes with open records, it's either very well known or someone like Louie Simmons happens to be there and



Randy "The Machine Gun" Bumgarner broke the 600 lb. barrier and jumped up on the bench to celebrate (Bumgarner)

knows the number off the top of his head. But when you start getting into age groups, it multiplies in difficulty, so really if you think going into a meet in any federation that you might set an all time record, it is your responsibility or that of your coach to ascertain what that is beforehand. Moving on, Vince then hit

230 for another IPA record and perhaps another all time record. There were no other competitors in the 114 class.

The 148 class had two master lifters, Matt Guthrie in the 40-44 age group and Richard Gidcumb, who also competed in the full power meet, in the 65-69 age group. Guthrie opened with 315, which he made and jumped to 325 but did not make either attempt with it.

The 165 class had competitors over the spectrum of age groups. Young Thomas League competed in the teen 16-17 age group. Unfortunately he made only his opener with 360. Rudy Hillyard and Robert Legg, who also competed in the master 50-54 and police divisions, both were in the open division. Legg did a fine 220 lifting raw. Hillyard made only his 355 opener but continues to be an inspiration to people who refuse to let physical difficulties get them down. Great job Rudy!

In the 198 class, Steve Hartlaub and Tim Kontos competed in the open division, with Hartlaub also entered in the submaster age group. Kontos made 375 and 400 before missing his final attempt, at 410. Hartlaub opened with 500, which was passed. A subsequent attempt at 515 was missed and he passed his third. In the master 40-44, Spencer Levy (who also lifted in the full power meet) lifted solo and collected the win.

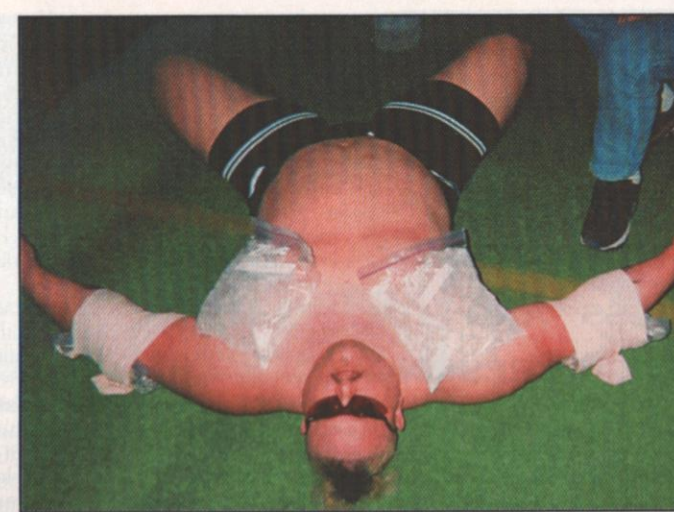
Tim Tesiero was the only 220 competitor in any of the age groups. He lifted in the submasters division. He opened with and made 475, then jumped to 500 for another success. A third attempt with 525 was his only miss of the day.

James Herrera lifted in the teen 18-19 division. He was actually entered in the full meet as well, but bombed in the squat. He was quite conservative and consistent in this lift, however. He opened at 460, went to 480 and finished with 500 - all successful. Barry Levers competed in the 50-54 masters division. Each of his three attempts were new IPA records. He made 500, then 535, and ended with a successful 565.

In the 275 class, Richard Putnam and Marcus Coulter were the competitors. Coulter opened successfully with 705, but Putnam missed his 735 opener. Coulter took 730 on his second and missed, while Putnam made the 735 for a new IPA record. Putnam took 755 for another IPA record on his third attempt, which he made. Since Coulter was heavier, he now needed 760 for the win. It was not to be. Peter Primeau, who also competed in the power meet, competed in the master 40-44 division here as well.

John Palermo competed in the open and submaster divisions of the 308 weight class, while John Doherty lifted in the masters 45-49 age group of the same class. Palermo got only his 500 opener, which was followed by two misses at 520. Doherty made his 590 opener, followed that with a successful 600, and set a new IPA record with 615 on his third.

The SHW class is historically the home of the big men and there were two of those. Corey Walker, the lone entrant in the open division, weighed in at 372. He opened with 625 - miss. He repeated on his second - miss again. Now he needs to make the lift to stay in the competition and if he does so, he also sets a new IPA record. Success! Finally! Corey figures he's got something left and asks for a 4th attempt at 655 for another IPA record and he is successful. John Galligan of the Albany, NY area has made vast improvements from just a few years ago. I vaguely remember John hitting 500, then 600 is a little clearer, now he is over 700 and well on his way to 800. Oh, and by the way, John lifted in the masters 40-44 division. Anyway, he opened at 765 and followed the same pattern as Corey: missed the opener, missed the second, and made the third for a new IPA record. John then took 785 for a fourth attempt for a new IPA and all time world best and was successful. Congratulations, John. For all the naysayers who seem to think all



Big Gene Rychlak ices down and relaxes after his 1005 bench press (check out the photo of this historic milestone in the December 2004 issue of PL USA). This photo courtesy of Randy Bumgarner

time records are getting broken all the time, they aren't and that detracts from those very few, like John and Gene who are at that level.

There was one woman lifter in the amateur division. Bev Cullen competed in the women's SHW class, masters 45-49 age division. Bev who also helped out the entire weekend made her 165 opener. She followed that with another success at 185, but a third attempt at 205 was missed. It should be noted Bev competes raw. As such, Bev also was in the raw women's masters 45-49 division in the bench press and the amateur and raw divisions of the womens masters 45-49 in the deadlift, where she pulled a fine 250.

Professional Divisions

Two women entered the 165 weight class, in the masters 50-54 age division - Bonnie Graube and Kelly Felske. Graube hit 325 to better Felske's 300 and set a new IPA record.

The lone 181 entrant was James McNeill, lifting in the masters 60-64 division. James was credited with a very nice 300.

Two competitors who competed in the power meet also competed here - Vincent Cook and Scott Rowe, finishing in that order. Stephen Kozak lifted in the masters 45-49 age group. He made his 380 opener before missing twice at 400. Michael Lindsay was also a master lifter, but in the 50-54 division. He missed his opener with 520, but decided to go up anyway, calling for 540 for a second attempt. He was successful and it was a new IPA record. Unfortunately another record attempt at 560 was not there this time.

The 242 class open division included Butch Smith, Ed Clark and Rob Capozzolo's return to the platform after a couple year lay off. Rob was also entered as a

submaster, as was Clark. Capozzolo has always been a class act at meets, whether he is judging or lifting, and he did both at this one. It is truly a pleasure to see him back. Smith opened with 455 and missed 510 twice. Even had he made 510, though, in this field he just was not going to finish higher than third. Capozzolo opened at 540 for an IPA submasters record. Clark opened at 575. Clark took 600 for his second attempt and missed. Capozzolo went to 650 for an IPA record. No dice. Clark made 600 on his third for a new IPA record. Capozzolo took 650 and, unfortunately, missed again. He has done more in the past and will again.

The 308 class had a total of five lifters. Travis Fletcher was the lone entrant in the open division and he made a 625. Zane McCaslin, from the Albany, NY area, lifted in the submasters and hit a nice 680. 700 is just around the corner, Zane. Randy Bumgarner lifted in the masters 40-44 division and did a nice 605 opener before missing 625 twice. Buster Godden lifted alone in the 50-54 division. The IPA is really a big man's federation in many ways. There always seems to be a bunch of very big people walking around, some lifting and some not. To stand out in such a crowd one would have to really be visually impressive. Gene Rychlak stands out and most probably are not surprised by that. But in his own way, Buster Godden also stands out. This man has the most incredible lats to waist taper. It's really not even a taper - suffice to say his lats are incredible. And as he succeeded with a 520 before missing 540, he also has the power to "back" up the look. Bob O'Brien lifted in the 55-59 division and set a new IPA record with 455.

SHW class. Gene Rychlak. It's really that simple. Those two words say it all. You can watch all the video you want, but you have no idea of the physical plant this man possesses until you are standing next to him and realize you can think of three friends whose bodies are smaller than Gene's arms. He is a sight to behold. He is also kind-hearted and an all-around lifter. He is so dominant in this lift people forget the 1005 sq, and the 715 dl, and they forget that that adds up to a 2700 total if done on same day. Then there are those who say it's the shirt. Uh-huh. Gene is the center of attention when he enters a meet site and is lifting. I have a hunch he knows this and he milks it. People are focused on him from the point he starts warming up. There are no secrets he could hide if he wanted to. He puts his shirt on in the warmup room in plain view and if you happen to walk by, you might get drafted to help put it on. That would mean touching the shirt. No secrets there. The only secret people don't grasp is he is that damn good. It's that simple. He took his last warmup at 890. An 890 warmup. That is more than any other man in the world has ever done. Then he got serious and opened at 950. 1005 was next. 129 pounds more than any other human has ever done. It was not to be. You could feel the collective moan. Well, next time. We get back to the scorers table and one of Gene's guys come over and say he's taking it again for his third. I think everyone just assumed he would pass his third whether or not he made his second. The fact that he would want to put 1000 pounds in his arms twice in the same day was not thought of. Eventually, it was time. Gene does not rant or rave, but there is no doubt he is serious as he approaches the bar. He laid down, 1005 pounds came down, and touched his chest. Louie Simmons gave the signal, up it went. Louie made him hold it forever before yelling "rack". The lights took an eternity, but eventually they flashed. The 1000 pound barrier in the bench press was broken. Like I said SHW class. Gene Rychlak. It really is that simple. Leaving the mention of thanks to all those who made this event possible to the end of an article seems like an inversion of importance. This, however, couldn't be farther from the truth. Without all of our friends and powerlifting enthusiasts, the IPA meets just wouldn't happen. Our volunteers are dedicated, hard-working, honest, and caring. We want to extend our heartiest thanks and hugs to all those who so tirelessly arose before the sun, worked all day, and somehow still had smiles on their faces at the end of three long days. Thanks are also extended to all of the lifters who supported the meet and the IPA; for without lifters there is no need for volunteers!

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WORKOUT OF THE MONTH

THE DECLINE PRESS AND ITS IMPORTANCE TO BENCH PRESSING

as told to Powerlifting USA by Wade Johnson

As my career in lifting has progressed, I have learned that continual linear progress gets harder and harder, even with improvements in form. While that is certainly not a startling discovery, it did spark some thought and theory behind my training and for the group of lifters who choose to follow my suggestions. As I progressed from struggling with my bench press to actually being able to bench a respectable weight, obviously I had to make changes in my training. Overtraining had caused me to struggle. I was getting older and training without enhancements, so to speak. I wanted to avoid injury and to maximize training. I chose to avoid movements that weren't really proving beneficial. In short, I wanted to make sure I was doing the right things without diluting my training.

After competing for the last time in 2002, my bench was a big let down. I was injured, but was really expecting my bench to come through. I had good meets that year and then not so good, where the bench press was concerned. Not only was the weight a concern, but so was my inability to be consistent. I came back to compete in the WPA Worlds in 2003 and hit a personal best of 570, but I knew I was leaving something in the tank. This led me to question my current methods of training. I was previously doing speed work ala Westside and doing some board pressing and mainly working in the shirt. I struggled to find a happy medium with the shirt sessions and just plain old flat pressing with no gear. Doing mostly speed work left me without

a feel for heavy weights. And each shirt day left me somewhat beat up. I related my training to my inconsistency issue. At the end of 2002, I approached a writer/trainer friend of mine whom I knew had coached a great number of lifters to big benches. He wants to remain nameless, so I will respect that. And while I am at it, my remarks about any of Louie's theory and principles

are only a personal statement. I have nothing but the utmost respect for all that Lou does and stands for, however; it wasn't working for me and of all the folks in the world, I know Louie would support me searching for answers as they relate to me. For the record, we have lifters in our group who still use speed work.

The suggestion made to me involved the decline press as a primary movement for my bench press training. Just like you are now, I was thinking, "what in the hell is this old man thinking about. Using an angled press to increase my competition bench? Is he crazy?" Initially, I just plain resisted. Then, I added some declines to my training sessions. Finally, I gave in after my 2003 meet and decided to give this a real and honest go. I was really tired of being beat up all the time with sore shoulders and elbows. Then he really dropped the bomb on me. I had to stop doing any isolation work on triceps! What in the blue hell? That was exactly my question and I initially argued, but I knew in order to give it a real try, I had to be open-minded and stay honest. Here is the workout.

We would start on a "one to one" alternate from decline to flat bench, meaning one day a week I would decline and then my second session, I would flat bench. The rep and set scheme would be the same each session, just using different benches and grips. Another thing, there are no percentages, just a weight that you can do for the prescribed reps and nothing more. I will get back to weight in just a moment. Here are the outlines for both sessions.

I have found how I warm-up is also a big issue. As you get older, this becomes even more important. Also, to you young lifters out there, the muscles and tendons you strain today could come back to haunt you later in life. Not just in the lifting arena, but in other aspects of life as well. Please, take the time to warm-up properly. Not only to avoid injury, but to promote your performance in training and the competitive platform. I will outline for you my warm-up. It is what works for me and I will explain myself as we go.

I will start with 2-3 sets of 15 of the standing rotator with 5 lb dumbbells. This just loosens me up and pumps some blood into the shoulder area and is good for the rotator cuff. I will also do some side raises and hammer curls using a very lightweight. I have found that this makes my shirt fit better for flat sessions and that I am more stable in the decline session, and that if the shoulder and bicep tendons are warmed prior to benching with any significant weight, I am less prone to let the bar drift over my face at the top of my bench press. I generally do a couple of sets. In the midst of this, I will do the bar, 95 and 135 for my warm-up on the bench. By this time, I have a little sweat going and feel loose. I will finish my warm-up with some light pull downs and some side rotators on a crossover machine. Again, I use very light weights and just do 2-3 sets. By this time, I am well into some weight and my arms and shoulders feel great. This seems like a lot, but it is very light and allows me to warm-up quickly. I will do these while the others are warming up and it takes very little time.

Monday - decline bench set at a medium angle (15 to 20 degrees). I was to use a medium close grip and it was decided, due to my size, to use a grip just shy of shoulder width. So I used my pinky on the rings. All sets are pre-planned, including warm-ups.

For example, a lifter that can bench in the mid 300's, we would start them this way.

Warm-up sets:
Bar x 12, 95x10, 135x8, 185x5, 225x3, 275x1. Then on to the working sets: 315x6

We always strive for 6 reps with 5 reps being acceptable and 4 or less meaning the weight was too heavy. If the weight was made with 6 reps too easily, then we add 10 lbs. Then, do a second set of 6. The last set, yes I said last set, is 8 reps with 20 pounds less than the top

set of 6. The key is the rest intervals. After the last warm-up, we rest a minimum of 7 minutes between sets. Also note, no percentages. We go strictly by how we feel and take what the session gives us. I have had to learn that the only bad session is a missed session. Our progress is from the consistent sessions and not always by added weight per session. Also, about every third session, if we are feeling good, we will do our first set of 6 and then follow that with two sets of triples. This allows us to handle some heavier poundages.

On the Flat sessions, which is Thursday and 72 hours apart from the decline session, the set and rep scheme remained the same. We only adjusted the weight that would allow us to get 6 working reps, something that would press us, but not quite to failure.

Assistance would be in this order. Lats, shoulders, biceps and traps. We always make sure to do some abs to finish on all sessions. The set and rep scheme is 3-5 sets of 8-12 reps. We lean to doing 3 sets and strive for 12 reps. The idea on the reps is never do fewer than 8 and never more than 12. That gave us a good view of what weight to train with. If we could not get 8 clean reps, it was too heavy and if 12 reps were easy enough we could do 15, we added weight.

For lats we typically used a rowing movement. The idea is not unlike many routines and that is to train the lats in the plane of the bench press groove. That is not to say you should not do pulldowns or chins. Find a movement and do it. Vary it as you see fit. Ultimately, it is more important that the lats are trained more than what movement that is. We choose to row mostly and will vary different types of rows with different grip widths. Generally, if we row on Monday's session with a wide grip, we use a narrow or medium grip on the Thursday session. So, there is always a bit of variance. This is good for the muscle and good for the mental state of the lifter, keeping things a little fresh and interesting.

For shoulders, we primarily train the rear delts only. We use the pec dec for the rear delts and will occasionally use bent over raises. I stopped using dumbbells because of an old injury that doing the raises seems to aggravate, but I do not get the pain from using the machine. We generally will avoid training the front or anterior head of the delts to prevent overtraining. All the pressing hits this area pretty hard, but we will occasionally do what I have labeled lying cable front raises.

With the biceps, the only movement we use is the hammer curl. We do not pronate or supinate or otherwise, just the typical hammer curl. We do both arms together, teaching all the muscles to work together simultaneously.



This is the lock out position. Note that Wes has allowed the shoulders to "open" up a bit, or roll out somewhat. This is something we strive to correct. Again, tucking the elbows in and really putting pressure on the lats is important, which will make pressing power the significant issue.



This illustrates touching low. We want the shortest stroke, from touch to finish. Note that the grip is 'pinky on the rings' (photographs courtesy of Wade Johnson)

crushers are eliminated. As it was told to me, "You can overtrain the triceps by pumping air into a bicycle tire". Most importantly, training in this manner allows consistency and injury free sessions over the long term. This is where the real progress is made, over the long-term instead of the risky "right now" theories. As you get older, this becomes even more crucial.

In the off-season, we will change the ratio of decline bench sessions to flat bench sessions 2-1 and even 3-1. This saves the shoulders, but allows us to handle a decent amount of weight. For me, as I approach turning 40 in the next several months, this method has been a Godsend for my shoulder and elbow health without the constant pressure of flat benching all the time.

A pal of mine, Joe Ladnier, uses the declines mostly as an assistance movement and we all know of Joe's success and benching prowess. When I asked Joe, this is what he had to say about the decline press. "Declines are the most superior assistance exercise you can do for increasing the bench press one rep max. By tucking your elbows and bringing the bar down low on your stomach, then exploding upward to lockout over your head is the perfect groove for maximum power. It utilizes every muscle group in your upper body, emulating POWER!!!" I use it as my primary movement in one of my weekly bench sessions, but you can see the importance of the decline in a wide spread of applications.

Next time, I will cover the assistance movements with some pictures to give you a better idea of what we have found to be successful. Also, I will add some pictures and descriptions on some set-ups for those of you who train at gyms or at home, where you may not have a decline bench or a power rack.

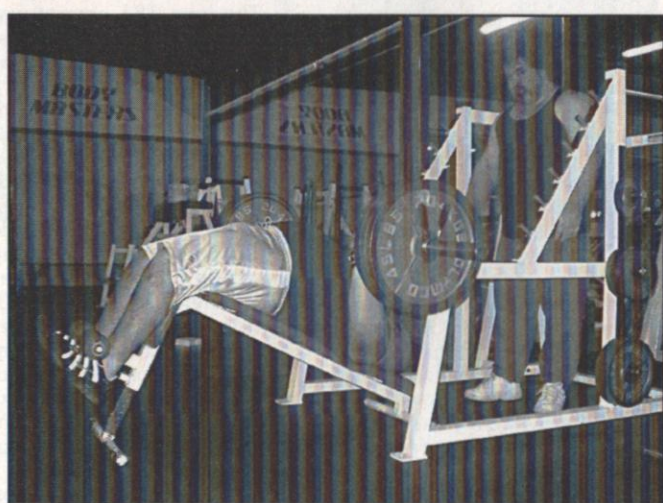
Many of you on the Internet and the forums I frequent are already seeing success with this program. For those of you that have not yet tried it, give it a shot and be honest with yourself. If it is time for a change in your routine, give the declines a shot.

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

Wade

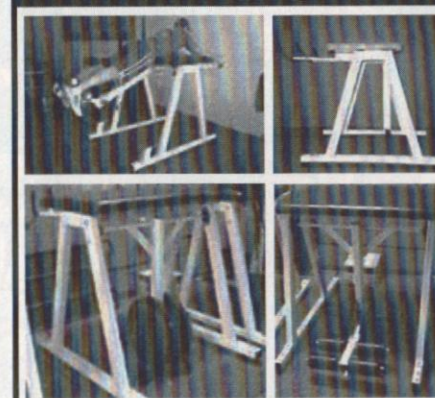


This is Wes, 17 years old, showing us the starting point, locked out. The idea is to get the bar out in front, as far as you can and still maintain control. Straight down and straight back is the method



This photograph illustrates where the bar should touch. We bring the bar down to touch just above the belly button and then push it straight back up. Tucking the elbows is a crucial element.

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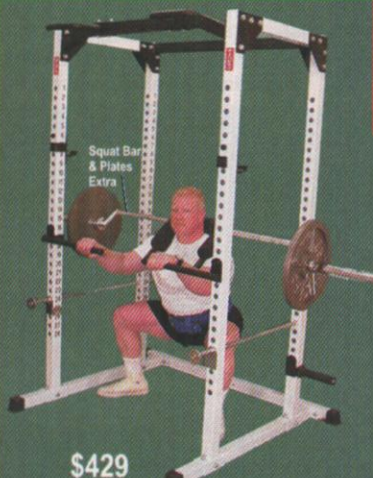


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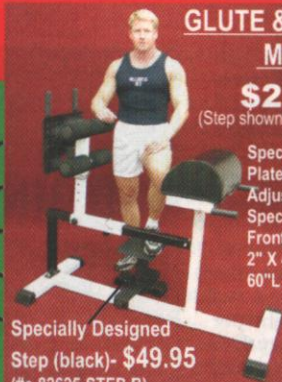
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Knee wraps have been in the powerlifter's repertoire, forever it seems, in one form or another. Early wraps were essentially medical wraps like the thin Ace bandages you find at your local drug store. Later on, Ace came out with a thicker bandage wrap called the 'Charlie Horse', which supplied even more support than their regular wrap. Some sneaky old time lifters even hid rubber balls under their wraps for illegal extra bounce. Powerlifting gear manufacturers soon jumped into this open market and today there are a huge variety of knee wraps made specifically for squatting of various thickness and designs that are advertised in PL USA. The choices offered to the lifter have greatly increased and so have the benefits of knee wraps.

Wraps can easily boost a squat a minimum of 10 pounds to 50 pounds or more. The incredible amount of support and spring they supply at the bottom and throughout the squat can make the difference of a successful lift and a miss. Add a squat suit and lifting belt and you can become a living, breathing, squatting machine.

Getting the most out of knee wraps starts with wrapping technique. There are many ways to wrap, but I have found a method that I think works best. Sit down and start wrapping, with your knee locked out straight, 1 wrap's width below the knee and spiral upward until you are 2 wrap widths above

the knee. It is critical to wrap more above the knee than below as that is where the muscle is that will do the squatting. If there is any more remaining wrap length, wrap spiraling down. A tip is to tuck the loose end of the wrap in on the front part of the leg above the knee with the end sticking upward. This provides an extra 'illusion of depth'. We need every advantage we can get so give this a try. It's key to wrap with your knees locked out straight. Wrapping with your knees bent will result in much less tightness and spring from the wrap throughout the lift. After you are finished wrapping, have a helper get you up to your feet for the attempt. Re-roll your wraps snugly after every attempt. This makes it easy to apply them the next time. A helper or a coach can wrap you also; just follow the same guidelines. Don't be afraid to experiment with different methods and use the one you determine is best come meet time.

Next is training with wraps. I would not use them until you get to heavy sets of 5s, perhaps even 3s. Overuse of knee wraps will decrease the workload, thus the stimulus on your squatting muscles during your training cycle. I suggest not wearing knee wraps until about 5-6 weeks prior a meet. Up until then, I would limit my squat gear to a thin belt at most. As the contest nears, you must gradually accustom yourself with your contest squatting

STARTIN' OUT A special section dedicated to the beginning lifter

KNEE WRAPS

as told by Doug Daniels

techniques which includes lifting gear.

A twist using wraps would be to wrap tighter as the weights increase and reps decrease. Don't wrap as tightly on the sets of 5s as you would for a heavy double or single. This way, you get a little something extra for the heavier, low reps sets. This also adds to your confidence, which is half the battle.

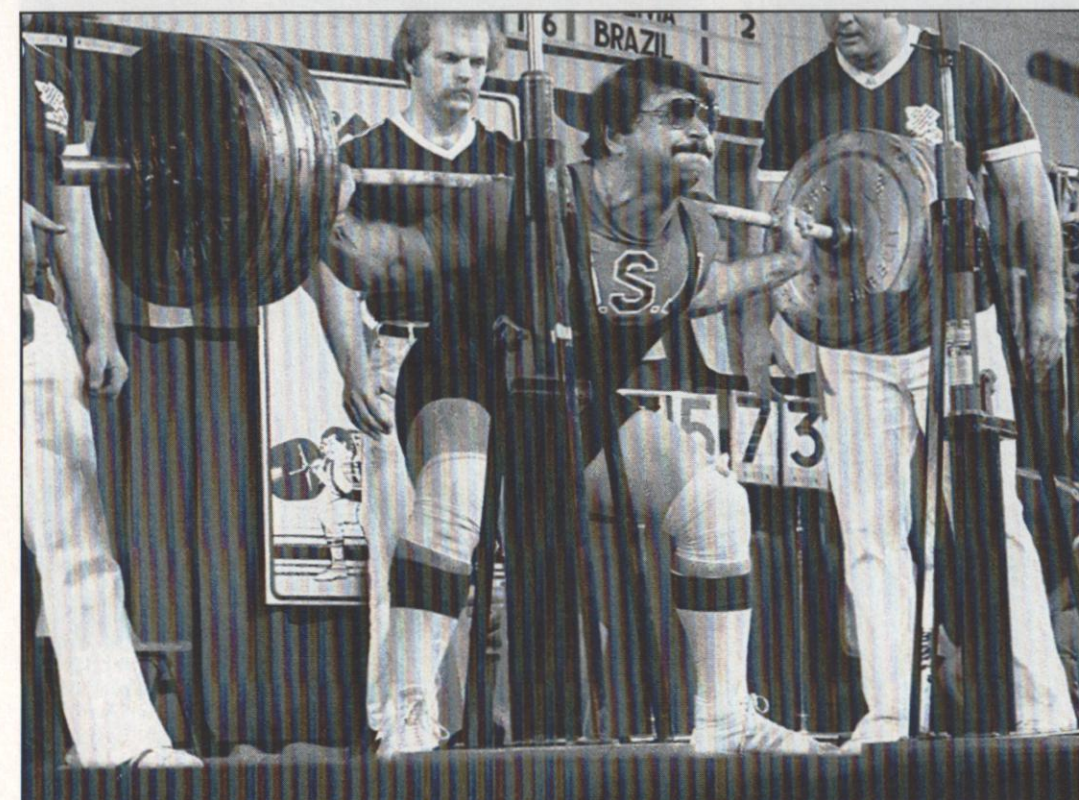
At a meet, I suggest gradually adding squat gear as you warm-up. Begin with just a belt. The next set, add loose knee wraps. Follow this with a squat suit with the shoulder straps down for the next sets. Your final warm-up should be with full squat gear on. Wrap tighter as the warm-ups progress. How many warm-up sets you do determines how fast you add squat gear during warm-ups. Plan this before the meet for best results. I strongly suggest to not alter your wrapping method on the fly at a meet. You don't want any surprises on the platform; even a subtle change can affect your leverage and the execution of the lift. Don't try another brand of wraps at the meet

because some lifter suggested it. Experiment with new brands during training, not while on deck waiting to lift. The margin for error on contest weights is zip. I would also not use brand new wraps at a meet. Break them with a few training sessions prior the meet.

Purchase a new set of wraps about twice a year and save the old ones for backups. Bring at least two pair to a meet. You can use old knee wraps for wrist wraps by cutting them to proper length. Wrap manufacturers are also competing on the basis of thickness. I've found that sometimes too thick a wrap does not stretch very far or provide much spring at the bottom. As I wrote earlier, experiment with different brands and styles, and don't necessarily assume thicker is better.

I do not see any benefit in using knee wraps for the deadlift. They may make your knees lock out prematurely, limiting maximum contribution from your lower body. I've even seen knee wraps used in the bench press. That has to be the ultimate security blanket. Some lifters use wraps because their knees ache. If this is the case, may I suggest finding out the root cause of the pain. It could be the result of abusive training or lack of rest. For lifters with genuine joint pain, they can enable them to squat more comfortably and safely, but try to determine the cause of the pain and remedy the situation. Try products like glucosamine, etc. Many people have gotten good results from its use.

Knee wraps have come a long way since the old Ace bandage and Charlie Horse. Properly selected and applied they can add a good chunk of weight and safety to your squats. Experiment with different brands and types as well as wrapping techniques during your off season, never at a contest. Not using all your lifting gear, like knee wraps, in the most effective manner, gives your competitors an advantage, especially to the rubber ball guy.



Knee Wraps were a standard item of powerlifting equipment over a quarter of a century ago, when PL Icon Larry Pacifico squatted at the 1979 IPF Worlds in Dayton, Ohio, which Larry both promoted and won in the 220s!

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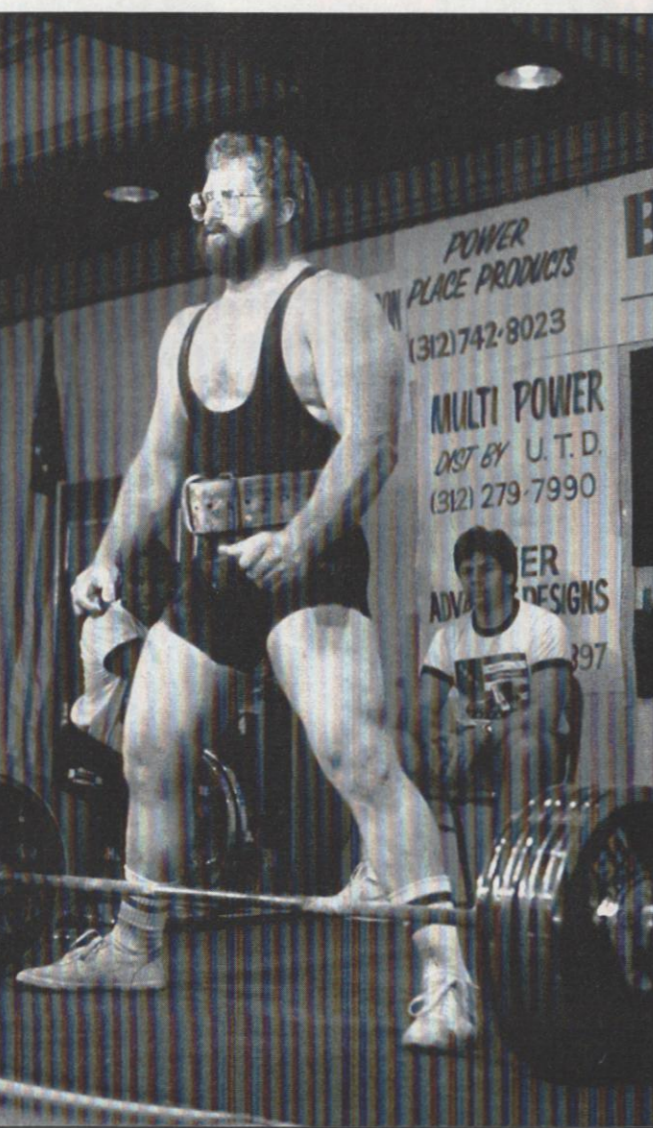
"The most important thing for an athlete to depend on is what he or she has learned and their tactical and technical abilities. They invest so much time and energy into what they can control - practice, conditioning - and then get consumed by things that truly have no bearing on how they play. It is as if they yield everything over to this inanimate object or ritual. It's horrible to put yourself in that box."

Brian Silva

After eighty-seven years, the Boston Red Sox have finally broken the curse of the Bambino, and in so doing they have gone from the frying pan into the fire. Right after they came back and swept the New York Yankees four straight games to win the American League Championships, Sports Illustrated featured them on their cover for two straight weeks. You know what that means. The Boston Red Sox will now have to deal with the SI jinx for the next eighty-seven years. If they thought the curse of the Bambino was horrifying wait till they get a load of the powerful SI jinx. Allegedly the SI jinx has turned numerous sports champions into crippled chumps, phenoms into flops and winning teams into long time losers. As even the most casual sports fan knows, there's an orthodox superstition that suggests that being on the cover of Sports Illustrated is the kiss of death for your favorite team or athlete. The long list of season-ending injuries, fatal car crashes, family tragedies, divorces, batting slumps, chokes, losing streaks and shocking upsets suffered by individuals and teams who have appeared on the Sports Illustrated cover since 1954 is too long and frightening to recount. Sports Illustrated's own researchers have ascertained that 37 percent of the time ill-fated tragedy strikes the person or team within two weeks of a cover appearance. Amazingly, almost 12 percent suffered a catastrophic injury or death. Its been said that if Sports Illustrated had put Osama bin Laden on its cover he would be toasting marshmallows in Hades right now. According to sports folklore, "No curse is worse."

If that sounds like

absolute certainty to you, that is probably because you have spent the majority of your life in the gym. Sports Illustrated's cardinal researcher in this area, Alexander Wolff, says that the jinx merely illustrates a "regression to the mean." In laymen's terms, that means that athletes who get hot eventually get cold. Wolff also points out that although a number of people had some misfortune when they appeared on the cover, it didn't damage the fortunes of Sports Illustrated's top 3 cover boys... Michael



When you set up for an attempt, the exact same way, meet after meet, year after year, decade after decade, like Shawn Cain (above), does that amount to superstition?

DR. JUDD

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

Jordan who appeared on the cover 51 times, Muhammad Ali who appeared 38 times and Jack Nicklaus who was front and center 23 times. Wolff concludes that if there is a jinx it can not be substantiated by science. In fact we now have scientific explanations for many once mysterious phenomenon, unfortunately though or maybe fortunately, depending on your point of view, that doesn't eliminate the tendency for superstition. Of course, the question is, "Do people believe most firmly, in science or superstition?" Apparently it is both

science and superstition. Somehow people who are schooled in scientific probability and critical thinking are capable of compartmentalizing that data in one part of their brain and putting their superstitions in another part. In other words when it comes to curses, hexes, and superstitions, science doesn't count.

Now I suppose that if you asked most people if they were superstitious they would probably say that they really don't believe in such things. Still if you followed them around

you would probably find that their actions betray their contention and that they are more superstitious than they are willing to admit. They won't walk in front of a black cat, or under a ladder, and God forbid if they break a mirror they will "freak"...that's seven years bad luck.

From powerlifting to bobsledding, little league to the NFL, superstitions are as much a part of sports as hard work and coaching strategies. Superstition and sports go hand in hand, and pre-game rituals are as common as pre-game pep talks. The position here is if that there is a possibility of tipping the psychic odds in one's favor... why not? Perhaps the root of superstition comes from people not having control over their situation and then by associating one action with another and finding some degree of success they feeling as if they have gained that control. A lot of things in sports are uncontrollable, making sports a prime candidate for superstitious behavior.

In truth all of us are a little superstitious. There are always times in life when we don't attribute all that happens in our life as the consequence of our own behavior. Most of us are conditioned to believe in uncertainties in the

cosmos and universe. Daily life has enough unpredictability that we still, especially in times of misfortune, turn to superstitions to account for the unaccountable. When these rituals and superstitions appear to work, they certainly are reinforced in the person's mind that they do have credibility. Still there are those people, well educated and not, who believe wholeheartedly in groundless curses and superstitions. Why are these people so superstitious? Why do any of us have superstitions?

How superstitious you are depends to a large extent on where your locus of control is strongest. Some people have been taught to believe that they are autonomous, meaning that they are masters of their own destiny and that they are responsible for what happens to them in life. They believe that they orchestrate their own behavior, and they are less likely to believe that external factors affect their lives. They see the control of their lives as coming from inside themselves. These individuals are called internalizers.

Conversely, other people believe that they are helpless pawns of fate. These individuals believe that they are controlled by outside forces over which they have absolutely no control. They feel like their locus of control is external

rather than internal; as a result, they believe that they have no responsibility for what happens to them. These individuals are said to be externalizers.

Perhaps the major difference between internalizers and externalizers is that people with an internal locus of control believe that what they do will determine what their destiny will be. In other words, they believe that what they sow is what they will reap. People with an external locus of control believe that their life is basically in the hands of fate. In short, they don't believe in themselves, but rather in God's will, predestination, luck, superstitions, and just about anything else they think can control their lives.

What type of locus of control you have and to great extent how superstitious you are depends upon where you were raised. For example, research has revealed that Southerners tend to be externalizers while Northerners tend to be internalizers. When Southern women were surveyed over 60% of them said, "God controls my life." They believed that being successful in life was totally contingent on God's will, not from anything they did themselves. Also more than 30% of them also indicated that luck was of major importance in determining their

fate. When Northern women were given the same survey, less than 20% of them said God was in control of their lives and only 6% said that luck even existed. In other words, the Southern women who were externalizers saw themselves as being manipulated by external forces beyond their control. On the other hand, Northern women who were internalizers felt that getting ahead in life and being successful came from hard work and determination.

Not surprisingly, Southern women were found to be extremely superstitious. Interestingly, they also tended to be placebo reactors. Remember, in my previous article on superstition, I said that we tend to see what we expect to see. We also feel what we expect to feel. If you are convinced that taking a pill will decrease your pain chances are you will perceive whatever pains you as being less intense after taking the pill. Externalizers, because they believe that external forces control them, tend to believe in the magic of pills.

What all this tells us is that learning is of paramount importance in our degree of superstition. This means that there is hope for those of us with an external locus of control. Anything that is learned can be extinguished and new learning can be put in its

place. If we want to change it, we have to dig deep into our belief systems and provide ourselves with an alternate explanation. It certainly wouldn't be easy to revert from an externalizer to an internalizer, but it can be done.

Here is something to contemplate though. Research seems to indicate that externalizers deal with stress as well if not better than internalizers do because when things go wrong they don't feel like it is their fault...it was God's will, the curse, fate, destiny. On the other hand, internalizers feel more pressure because they take responsibility for what is happening to them. On the down side externalizers tend to accept defeat more readily and are not motivated to work as hard as internalizers because they don't believe what they do has any real bearing on the outcome of anything.

Of course, the world doesn't just consist of two types of people...internalizers and externalizers. We all probably have mixed tendencies, even the most fatalistic externalizers will, in some situations, meet challenges head on rather than accept the idea they have no control. And even the most positive internalizers at times will look to the heavens for help when things are going wrong.

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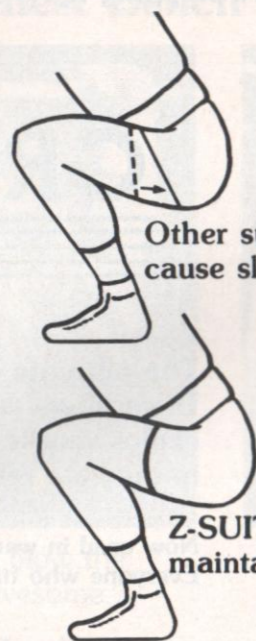
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ASK THE DOCTOR

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

HI MAURO: I have two questions for you. First, is it OK or desirable to take Metabolic AND Testoboost AND GH boost? My training load right now is moderate not super intense. Age 62. Only 3 pounds over my weight class this morning. Secondly, can I take GHboost before bed along with TestoBoost, as part of your NitAbol package. Is it useful at any other time, say before my workout? Thanks, **Tony**

HI TONY: It's OK to take them all three together as they were formulated to work with each other. However, you might want to use them together as part of your next training stage. A lot of athletes use GHboost prior to training and it's quite effective taken at that time as it raises GH and IGF-I levels and complements either the LipoFlush or Resolve that they also use prior to training. I personally use GHboost in the evening a few hours after I've eaten. I find that it gives me the cognitive boost that I need to work later at night. Also taken at that time it doesn't interfere with the GH spike a few hours after falling asleep and, just like when used before bed, results in an increased overall level of IGF-I, although I haven't done a comparison on the effectiveness of taking them together. To show you that there are a variety of ways to take my products, here's an excerpt from an email I just received while writing you: "I take the 4 Testoboost pills and 3 GHboost pills before bedtime. I do that on days that I do not work out (if I go to the gym, I take 2 TestoBoost and 2 GHboost before my work-out, and 2 TestoBoost and 1 to 2 GHboost before bed). I usually have a Myosin shake with the pills before bed." **Mauro**

DR. DI PASQUALE: I have been an Anabolic Dieter for 8 years. Recently I became certified as a personal trainer. I have been using the Metabolic Diet for friends and family with great results, but in my dealings with clients I am coming across two conditions: Hypoglycemia and Diabetes. What should I do with the Metabolic Diet for a client with Hypoglycemia? What do I do if they have Diabetes? I hope you get this over the weekend, I just got a young lady today with hypoglycemia. Thank you, **John**

HI JOHN: The best diet for reactive hypoglycemia is a low carb, high protein diet, no refined carbs, high fiber - low alcohol and caffeine - small frequent meals, say every three hours. The best nutritional

supplements are a combination of MVM and Metabolic, both taken twice a day - this combo really helps those who are prone to hypoglycemia and both type I and II diabetes. If you have these two in order exercise can be anything that person needs to do to achieve their body composition and performance goals. **Mauro**

DEAR MAURO: I've read a lot of your articles on bodybuilding.com and I can't tell you how much I enjoy reading them. It's always nice to read from someone who is so knowledgeable about his field. Would you be so kind as to provide me with your opinion on the herb tribulus terrestris. Do you think it has any effects on testosterone levels? Do you think it's a safe herbal supplement for a man in his early 20s to use? Are products like tribostan and tribestan that claim to be superior to other tribulus products, because of their higher levels of protodioscin, really superior? Thanks in advance for your response. **Wale**

HI WALE: Thank you for the kind words. Tribulus terrestris (TT) is a herb traditionally used in various countries such as Bulgaria, Greece, India and China, as a treatment for impotence and low sex drive. As far as its use by athletes it all started when the Bulgarian weightlifters and power athletes used it as part of their supplement program to help them win Olympic events, supposedly by the effects of tribulus on increasing testosterone levels. From there it caught on with other athletes including powerlifters and bodybuilders. As a side note I still have several boxes of the original Tribestan that was popular back in the early 1980s. Most of the research on tribulus comes from a Bulgarian supplement manufacturer and has never been published. Outside of these studies, there are a handful of others that show the effects of tribulus on various aspects of sexual function and in increasing endogenous testosterone levels. I feel that tribulus has some effects on LH, a hormone produced in the pituitary that stimulates the testicles to increase testosterone production. However, I feel that these effects are minimal and thus needs to be used with other compounds in order to be more effective. Have a look at <http://www.mdplusstore.com/pdfs/testoboost.pdf> and you'll see that tribulus is one of the ingredients in my TestoBoost. You'll also see that there

are several dozen more ingredients, all meant to affect the various pathways that lead to increased testosterone levels and an anabolic effect. TT is completely safe in the dosage range up to 2 grams daily. For example, I've done blood screens on several patients on TestoBoost, some taking one dose per day while others used it up to three times a day, and found no problems. As far as the various tribulus preparations, all of them are extracts obtained from the air-dried aerial parts of the plant. This extract contains mainly steroidal glycosides (saponins), which is usually around 40% of dry weight with the predominant active component being protodioscin. Although protodioscin is the major saponin, I feel that the saponin mix is important for the effects of TT on testosterone. That's why I standardize the tribulus in my TestoBoost to the saponins rather than only to protodioscin. So TestoBoost contains 450 mg of TT and 180 mg of

saponins, and because the protodioscin makes up half of the saponins in the TT used in TestoBoost, it contains about 90 mg of protodioscin. This is the same mix that was found in the original Tribestan - I had the original pills analyzed for saponin content. I hope that this information helps. Best regards, **Mauro**

"The best diet for reactive hypoglycemia is a low carb, high protein diet, no refined carbs, high fiber - low alcohol and caffeine - small frequent meals, say every three hours.

The best nutritional supplements are a combination of MVM and Metabolic, both taken twice a day - this combo really helps those who are prone to hypoglycemia and both type I and II diabetes."

Dr. Mauro Di Pasquale

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In the previous installment of this series I went through some of the supplements that Garry uses in his pre contest nutrition plan. Now I thought I would up the ante just a bit and give you something special. Since this is the final part of this super series on the undisputed strongest man who ever lived I thought this would be a nice way to finish things off. I get so many e-mails asking "What does Garry eat?", that I thought this would be of interest. So, get yourself a protein shake, sit down, put your feet up, and start reading.

A Day in the Life of the World's Strongest Man

Just to warn you, this type of plan is not to be copied or tried out at home. Since you can't train like Garry, nor possess the genetics of this beast, you can't eat like him either. This is just a one-day outline in one of his Pre Competition nutrition plans. Each day his foods change along with his portion sizes and supplementation schedule as well. This is about as much as I can lay out for you here because I don't want to give away all my secrets. I have to give my props to Garry's wife Teresa, as none of this could have been accomplished without her. As I said before, she has been our ace in the hole and there is no way Garry could have stuck to his customized nutrition plan without Teresa in his corner. She prepares all his meals ahead of time, and the rest of the time she is sorting out all his vitamins, enzymes, and powders to make sure there is nothing off schedule. Again I would like to thank her for all she has done because without her there was no way we could have made this work, especially considering how much Garry has to eat.

Hey Teresa, what's for Breakfast?

I have laid out here a one day nutrition plan for Garry that I designed some time ago. Garry can eat more in one day than some of you can eat in a week. It wasn't always like that. If you refer to Part 1 of this series, I actually teased Garry when we first started working with each other regarding how little he ate. That is a thing of the past and his total and ever increasing lifts can attest to that. Like I have always said in my articles, if you want power then you have to feed the machine! So, here it goes.

Breakfast:

20 Egg White Omelet
4 Egg Yolks
4 Cups of Rolled Oats
2 Bananas
4 Tablespoons of Flax Seed Oil
Multivitamin Packet
1000mg of Vitamin C

NUTRITION

THE ROAD TO 2800+ THE GARRY FRANK CHRONICLES PART 4

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

Digestive Enzymes
24 ounces of Water

Mid Morning Snack:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
1 cup of Cottage Cheese
4 tablespoons of Flax Seed Oil
24 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Lunch:

1 pound of lean skinless Chicken Breasts
4 cups of Brown rice
4 Cups of Salad
6 Tablespoons of Olive oil
24 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Mid Afternoon Snack:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
4 tablespoons of Flax Seed Oil
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Dinner:

2 pounds of Lean Sirloin Steak
4 baked potatoes
4 cups of Green Salad
6 Tablespoons of Olive Oil
20 ounces of Water
1000mg of Vitamin C
Digestive Enzymes

Pre workout:

1 pound of Chicken Breasts
4 Cups of Sweet Potatoes
4 tablespoons of Flaxseed oil
20 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

During Training:

Anthony's Secret "Training Formula"
64 ounces of water

Post workout:

24 ounces of Water
Anthony's Secret Post Workout Formula containing over 15 different Ingredients



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

1000mg of Vitamin C

Bedtime Meal:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
4 tablespoons of Flax Seed Oil
2 Cups of Cottage Cheese
1000mg of Vitamin C
10 grams of Glutamine Peptides
Digestive Enzymes

WARNING: Don't Try this at Home

You must be wondering how the hell can he eat this much food in one day. Like I said, do not attempt to copy this program, otherwise you may just have to go down to the local hospital to get your stomach pumped. I kid you not, don't try to copy this. Just as you wouldn't try and squat over 1100 pounds like Garry has done in training, don't try to eat like he does. To tell you the truth, I don't think there are a lot of you out there who could get through the breakfast let alone the other 7 meals of the day. Garry's breakfast is more than some guys eat all day. This actually isn't what Garry eats day in and day out. I provide a lot of variety in the meal plans that I design so the athlete doesn't get sick of eating the same thing day after day, but more importantly to keep the body from adapting to what I am doing with it. Just as the body adapts to different types of stimuli in the training program, the same thing goes for the diet plan. This is very important because

Overview

When you look at this plan, especially to the untrained eye, it may just look like I am stuffing as much food as possible down Garry's throat, just short of making him explode. This is not the case. Each of Garry's meals is meticulously planned out in accordance to his nutritional analysis, his current training program, his lifestyle, work schedule, level of insulin sensitivity, the results of his blood work and much much more. During our time together we have tried many different types of programs to see how his body reacts, to optimize his performance. With this plan I kept his protein intake high, and for good reason. Considering the intensity with which he trains and the sheer muscle mass that he carries on his frame, I had to make sure that he doesn't ever enter a catabolic state. Otherwise, he will lose valuable muscle and decrease his strength level from workout to workout. Most people don't realize this, but allowing yourself to enter a catabolic state this day or that day can be the reason why you may be having a bad workout. I can't over-emphasize how important this single factor is for accomplishing your goals of becoming bigger and stronger. The next thing that you may have noticed is that I have included a lot of essential fats in Garry's program. These consist mainly of different oils; especially flax, fish, mixed EFA and Extra Virgin Olive Oil. These fats are very important for the powerlifter and if you keep them out of your diet then you are shortchanging your progress. Fats are very important in many factors that affect the strength athlete. These include increasing your testosterone level, reducing inflammation in your joints and tendons, improving your level of insulin sensitivity, reducing bodyfat, reducing your cholesterol level, and improving your cardiovascular health and much more. Garry's body has responded very well to adding in these essential fats, since before he started working with me they were not a part of his nutritional repertoire. Next you might note that I provide Garry with an abundance of low glycemic index complex carbohydrates. This is exactly what he needs to fuel that massive engine through his tough workouts. The way that he burns fuel, squatting over 1100 and deadlifting over 900 in training on the same day, you know he needs an optimal energy source to keep those efforts on the up and up. You may have noticed that there aren't any refined carbs in the plan or simple sugars as well. In my opinion, the powerlifter needs very little simple sugar and refined carbs shouldn't be part of the plan unless used in a post workout formation. This is very important because

overeating these types of simple sugars and carbs will decrease your performance if consumed before training. They will also cause a significant insulin spike that will lead to an increase in fat storage. These are two things that every powerlifter should try his best to avoid because they can adversely affect one's performance and physique, not to mention that they will also cause a lot of health concerns down the road. The next thing that you might have noticed is that Garry drinks a ton of water. This is another thing that most powerlifters don't do, to their loss. Garry drinks from 1-2 gallons of water, day in and day out. Keeping the body superhydrated is very important for keeping your strength and endurance up, not to mention how important it is for keeping organs like your kidneys and liver healthy. You also have to remember that to optimize fat loss you must keep the body well hydrated. Another vital part of his plan is that Garry eats several times per day. You won't see Garry settling for 3 square meals a day or something even stupider like skipping breakfast. Those traits are for athletes who are either uneducated in the nutritional sciences or those that really don't care about their powerlifting success. You won't maximize your performance eating only 2 or 3 times per day. I guarantee this! Eating more times per day will increase your metabolism, keep you in a positive nitrogen balance, keep your blood sugar levels stable, stabilize your glucagon and insulin production, keep you from burning out during your workouts and much more. Those who don't eat at least 5 times per day are just cheating themselves and are giving their competition a major advantage. Supplements are another thing that Garry is a big

believer in. I went in-depth on this topic in Part 3 of this series to give you a full understanding of what Garry uses in his pre contest cycle to give him that extra edge. One thing to remember about his supplement schedule is that it is precisely planned, day in and day out, just like his nutrition plan. If you want something to work you have to give it 100%. If you do it half-assed you are only going to see half-assed results. In regards to his protein shakes we do at least 3-5 per day

when he is training hard. Even with as much food as Garry can wolf down in one sitting, he can always drink more protein than he can eat. Plus with his customized formulas that I have put together, he will have a combination of different proteins, each with different amino acid spectrums, biological values and absorption rates. The protein drinks are a staple in Garry's plan, both off season and pre contest. The formulas will change throughout the day and will revolve around

his training session, previous meal, present goals and his rate of recovery. Just going down to the local health food store and picking up whatever tub of protein that they have on sale isn't going to get the job done. Or even better, having some guy that works there (all 120 pounds of him) telling you what the best type is to help you reach your goals even though you know this guy doesn't know an amino acid from an antacid. Garry is a true specimen and just as his training evolves and changes so does his nutrition and supplementation plan to make sure that he is one step ahead of his competition.

What is to Come?

Even though I have given you an inside look into the nutrition world of the undisputed greatest powerlifter of all time, it doesn't mean that I don't have another thousand tricks up my sleeve to take Garry's crazy super total to even higher plains. With Garry's "Old World" work ethic and the driving intensity and focus of a true champion, what we can accomplish together is going to be beyond anything you can ever imagine. Garry's hasn't even come close to reaching his peak. I promise you some lifts so off the wall you won't believe it! When Garry reaches his peak you will know it because the rest of the powerlifting world will be only able to hope for second place. Most of you wonder what the next goal is or what Garry can accomplish before he retires. I will say this - the sky is the limit - and before Garry is done he will raise the bar to such a level that all powerlifters, even a hundred years from now, will remember this powerful titan who dominated the powerlifting stages, destroying anything and everything in his path. Garry is not just a super powerlifter, but a true athlete as well. Garry Frank will go down in the strength history books as more than just as legend of his time, but as the strongest man who has ever walked this earth. For all of Garry's fans out there, I have given you my warning ... get ready for the storm, because you haven't seen nothing yet!



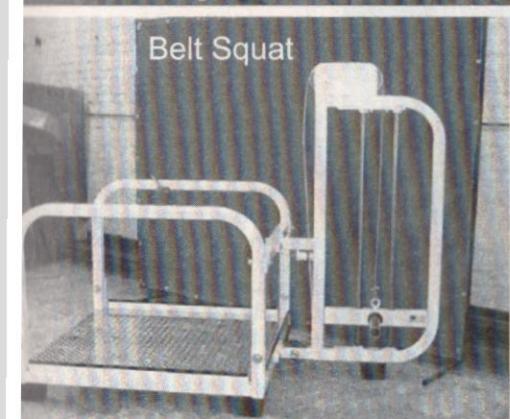
It's hard to predict what Garry might do in PL could it start with the number 3?

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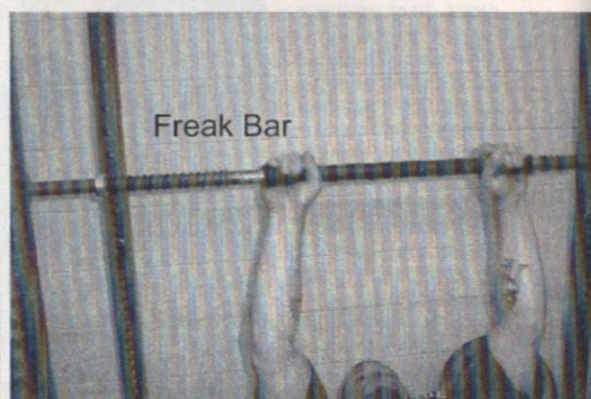
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The Grappler



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Freak Bar

I had my wife and kids with me, and we were driving back from a powerlifting meet. I'm used to driving non-stop, even if it takes 24 (or more) hours, but that doesn't fly with small children. We stopped for NOTHING on the way to the meet, so I had to compromise a bit on the way back.

We stopped at museums, souvenir shops, and interesting views. We went in caves, and looked at dinosaur bones, but even I perked up a bit when we saw the Snake Farm. For only a dollar, my young daughter got a balloon on a string, tied to the end of a long stick. She held it over a pit full of rattlers. Seven or eight large rattlesnakes were coiled and rattling, and only one was asleep. Caitlin, AKA "Possum Girl", lowered the balloon towards the sleeping rattler. With the fatherly wisdom that I'm know for, I told her to lower it towards a snake that was awake - then SNAP! The sleeping rattler struck and popped the balloon too fast for the naked eye to see, surprising all of us with its lightning speed! Sometimes powerlifters and fighters are like that. It's the quiet "sleepers" that catch you by surprise.

At 2250 Lumpkin Road in Augusta, Georgia, there is a different kind of snake farm, and I'll let the "World's Strongest Granddaddy" tell you about it.

"Python Gym was originated because I didn't want to be in those "pretty" gyms that you can't use chalk in, can't grunt in, can't yell... or, in other words, act like a powerlifter!

I was kicked out of a local gym because I wouldn't back down about being drug-free. I then went to the local military gym and was banned there because of the powerlifters asking me for advice instead of their coach

I then rented an old "7-11" store and turned it into a vitamin store and for a place for me and a few buddies to work out. I had a bench and an exercise bike. People kept coming in and I kept buying and bartering for equipment until I had enough to actually call it a gym. Not big, just 2400 sq. ft., where I can yell, grunt, talk smack and have fun. (Let me tell you, Tee is a world champion at talking smack!)

We started having our own meets in 1993 and officially called it the "Python Power League" in 1998. We have had about four meets per year: The Augusta Open, Georgia State, Southeastern and the Nationals.

We are strict on our judging, but we play music and we encourage individuality, cheering, screaming, nicknames, and dancing. In other words, fun!

I have been competing since 1981 and have best lifts of 710 in the squat, 385 in the bench and 760 lbs. in the deadlift and an 1815 total, at a bodyweight of 187 lbs. and I did it in a \$40 suit! Who knows what I could have lifted in one of those iron caskets they lift in now! I still lift in a \$40 suit and still deadlift 735-750 lbs. at a bodyweight of 189 lbs. and 48 years old.

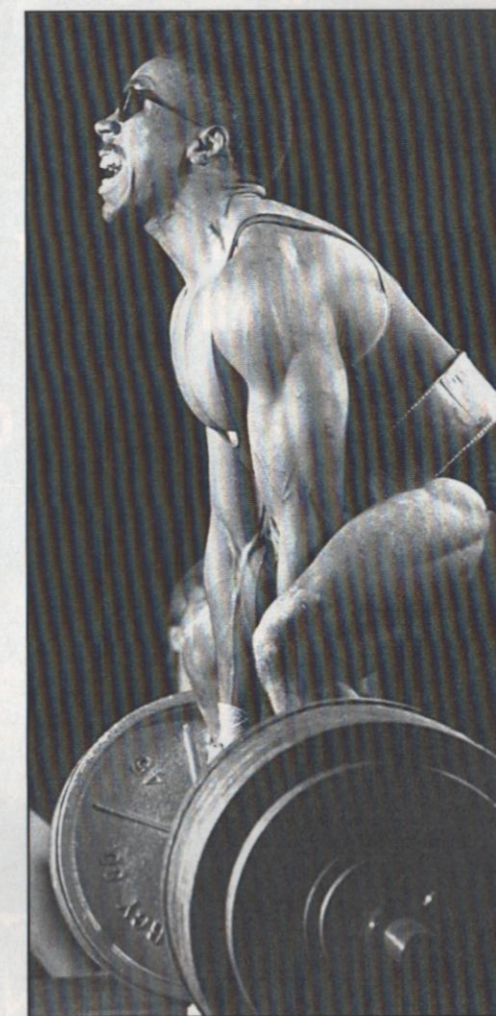
I don't squat heavy anymore (no more than 600-625) because I broke two bones in my back in 1997. I had surgery and got my legs back to the same size, but I am in pain every day. I thank God for the honor and pleasure of competing in a sport I dearly love.

I mostly compete in the WNPf, but I have competed in the APA, USPF, USAFL (ADFPA), APC, WABDL, and a bunch of other alphabets. I just like lifting weight!

HARD CORE GYM #38

Home of Tee "Skinny Man" Meyers
World's Strongest Granddaddy

astold to Powerlifting USA by Rick Brewer, House of Pain



Dancin' or Deadliftin' ... Tee Meyers is a Trip!

The greatest lifter I ever met was Dan "The Man" Austin. Not only is he a great lifter, but he has an inner spirit that is truly great. He can inspire you without even saying a word. (Like the "sleepin" rattler).

Python Gym is one of the dinosaur gyms that lets you pay by the day, week, or month! We are the only one in Augusta. So, instead of spending that \$5.00 on beer, or some "slim slow", or some cancer sticks, or some "fat-away" diet pills, or some Leroy Press on gold tooth-fes, or flea market shades, bring it to Python Gym and get your swole on.

We offer personal training, powerlifting training, weightlifting, and videos on how to squat and how to deadlift or competing or to just learn how to do it properly. They are not the fancy ones - they just emphasize hard work, proper nutrition and persistence.

I also do seminars at schools and churches on strength training, proper nutrition and God's Health Laws. Believe me, I can talk! If you are ever in a meet and come up on a loud-mouthed,

shades wearing, lean and mean, dancing, middle-aged guy who is pulling over 700 lbs. AAAHHHHH, dat be me! Come on up and say hi! If you are in the Augusta, GA, and want to talk about powerlifting, boxing, the word, or anything in general, just holler at ya boy!

I can personally tell you that the "Skinny Man" likes to talk smack,

but he is also eager to help another lifter learn. About 10 years ago I was having trouble with my deadlift, and so I called Tee at Python Gym. He spent 15 minutes on the phone helping me - even though he had never even met me at the time. And YES - he really helped! Of course, I never learned to deadlift as well as Tee - since my arms are about two feet shorter than his, but he still helped me to realize that I was overtraining. (I still appreciate that help, Tee!)

Last year I saw him at George Herring's WABDL meet in the Atlanta, Georgia area, and the "Skinny Man" was still wearing his shades and strutting his stuff. He claimed to be the World's Strongest Granddaddy - and as far as I can tell you, he may be right! Plus, he puts on quite a show! The impromptu pose-down between him and George is burned in my memory - like a fat guy in a Speedo I saw on the beach once! Can't get either one of those images out of my mind.

I asked Tee where he got the "Python Gym" name from?

Python? I wanted a name not easily forgotten. Pythonic, according to Websters, is to be of excessive size and power. When you think of a python it is strong. Our slogan on our gym shirts is Python Gym "We Suffocate Our Prey". Plus, one great man once said, "What are you gonna do when the 24 inch Pythons run wild on you?"

Well said, Tee. Is there anything else you want to tell us about the gym before we go?

"No down payments, no contracts, no showers, no fruit juice bar, no aerobics, no watching boxing, wrasslin', Sci-Fi, and the History Channel allowed!"

Trainer of State, National, and World Drug Free Powerlifting Champions!

If duct tape was banned, the gym would have to close. This is not just a gym, but a hangout, a meeting place, and a place to hide if you don't feel like cutting the grass! We do not allow whining, crying, cussin' or excuses!

We have a lot of fun with such things as a powerlifting team, a weightlifting team, heavy and speed bag, dart throwing, small basketball hoop, figure competitions, bodybuilders, plus college and high school athletes."

Sounds like fun to me! If you are ever in Augusta, you owe it to yourself to visit the World's Strongest Granddaddy at Python Gym. Tee is not just an icon; he is one of the real "good guys" who would do anything for you. If he starts talking too much trash, just ask him about his Bench Press. (It's hard to bench heavy when your arms are five feet long.) Seriously, I love this guy!

Next month, we'll find out what we Texas boys like to call a "poor man's grizzly". Do you know what that is? Until then, lift heavy and play with snakes.

Questions/Comments?
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Jim Kilts (33) from Whitesboro, NY, has been training with weights since age 13. He competed in his first BP competition at 16, benching 250 @125. He set an all-time World Record in 2004 at the WPO Bench Bash for Cash in Orlando. Weighing only 181 lbs., he benched a record 617 lbs. and attempted 644. (see results) His goal is to be the first 181 lb. lifter to bench 700. He will be competing in Feb and also in March at the Arnold Classic. In 1996 he had a state AAU record bench of 430 @165. In 1998 he benched 470 @ 165. Then in 2004 he achieved his goal of triple bodyweight, with a BP of 540 lbs. in the 181 weight class. He then set the mark higher, benching 570 and then broke the record in Orlando. From 1990-1994 he stopped BP competition and tried bodybuilding where he competed successfully in numerous all natural shows. (R.A. Kilts)

WPO Bench Bash For Cash 25 OCT 04 - Orlando, FL (kg)				
WPO Class	Bwt.	BP1	BP2	BP3
Lightweights				
M. Schick	73.7	276	276	280
B. Heck	74.95	232.5	240	240!
T. Tom	74.7	207.5	215	222.5
B. Schwab	66.85	247.5	217.5	228.5!
Middleweights				
S. Rabine	89.8	275	292.5	311
B. Hein	99.75	300	307.5	342.5!
S. Albano	99.1	305	325	337.5!
R. Imesch	95.25	295	300	305!
M. Wolfley	89.45	272.5	282.5	287.5
J. Kilts	82.35	280	290	292.5
R. Daly	88.4	260	275	275
J. Cravatta	99.45	265	275	292.5!
E. Rectenwald	99.7	265	275	285
C. Smith	99.95	272.5	285	295!
F. Boldt	84.8	257.5	271	282.5
R. Lawrence	99.95	265	280	280!
C. Schmalz	81.05	257.5	281	282.5!
Heavyweights				
SHW				
Brandenburg	175.9	352.5	370	382.5!
C. Cooke	143.5	365	380	---
G. Halbert	109.4	338.5	347.5	355
J. Ladnier	109.4	320	320	340
B. Quinn	134.85	282.5	305	320!
J. Biewer	109	280	287.5	292.5!
OUT				
G. Rychlak	177.8	410	*	*
T. Meeker	136.4	375	377.5	!
P. Key	134	355	355	!
D. Kovacs	134.95	355	355	355!
M. Coulter	124.4	320	342.5	
C. Stewart	97.9	333.5	333.5	
J. Balykefer	98.35	282.5	282.5	
J. Ramsey	99.25	260	260	
J. Mazza	74.4	275	275	281
B. Carpenter	107.7	338.5	340	340
A. Clark	66.6	220	228.5	
V. Cooke	97.4	275	275	
NS	NS	NS=No	Show.	

DEAR APF/WPC/WPO

Member: From this day forward Amy Jackson can be reached at the new APF/WPC/WPO 800# which is (866-389-4744), or you can call her on the local # (630-896-7309). Amy's e-mail is (amyjackson@aol.com). Please use her e-mail from now on when contacting her for any APF/WPC/WPO related issues. Ernie Frantz's e-mail (ErnieFrantz@aol.com) is for Ernie's personal use only. So from now on please contact either she or I for all APF/WPC/WPO questions. Please make a note of this. More info coming soon. Thanks for your support!! Kieran Kidder, APF/WPO Prez., 386-566-9806



George Halbert set two all time bench records at the WPO Bench Bash for Cash, despite a police-enforced evacuation of the meet site due to an oncoming hurricane, which led to some lifters not receiving their full complement of attempts. (photograph provided by courtesy of Debbie)



Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at

Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was a good reason for common ground be-

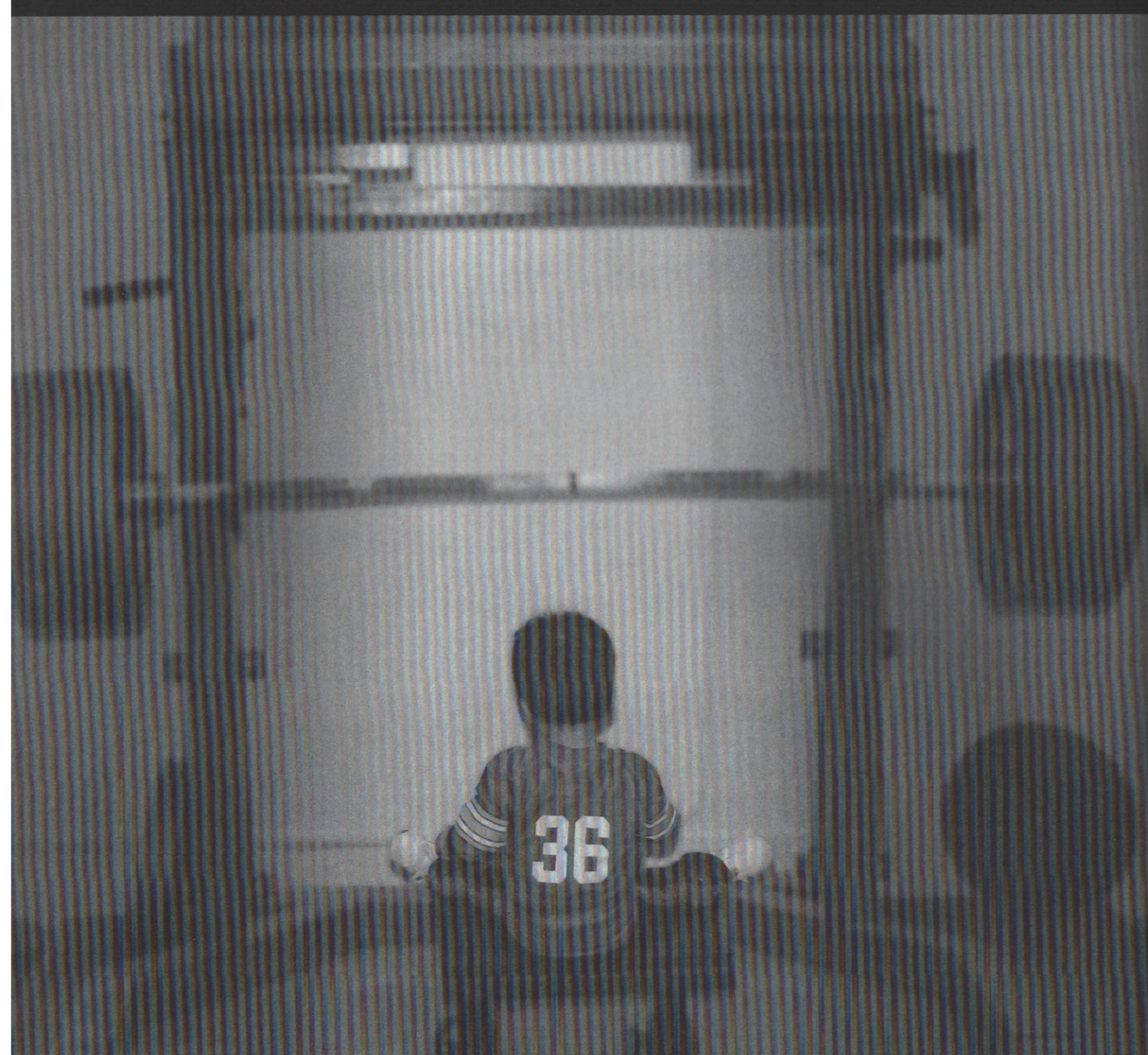
tween the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

WORLD DRUG-FREE POWERLIFTING FEDERATION, Inc.

NEWS RELEASE:

The U.S. affiliate to the W.D.F.P.F. will be the AMERICAN DRUG-FREE POWER LIFTING FEDERATION. All U.S. lifters wishing to qualify for one of the U.S. Teams entering the 2005 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in Turin, Italy On November 19 & 20th and/or the 2005 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS held in CROATIA on Oct. 14, 15 & 16th need to register with the ADFPF as soon as possible. To receive ADFPF information, registration form and application form for the U.S. Teams, send a stamped, self-addressed envelope to: Judith M. Godney, Brophy Hall, Western Illinois University, Macomb, Illinois, 61455 or, send your postal address requesting ADFPF material to: <jm-gedney@wiu.edu>. The W.D.F.P.F. welcomes All lifters interested in competing internationally against other athletes who train and compete without the use of strength enhancing drugs. For non-U.S. Citizens living within the U.S., who want to compete within the WDFPF, contact the above address stating your national citizenship. We will put you in touch with your National Drug-Free Powerlifting Organization or provide you with information as to how you can register your nation. The temporary WDFPF website: can be found at: <www.wdfpf.cc> The ADFPF will be trying to fill full U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include: OPEN (minimum age 14 upward indefinitely), TEENAGE 1 (14 through 15 years of age), TEENAGE 2 (16 through 17 years of age), TEENAGE 3 (18 through 19 years of age), JUNIOR (20 through 23 years of age), MASTERS 1 (40 through 44), MASTERS 2 (45 through 49), MASTERS 3 (50 through 54) and on for MASTERS in 5 year increments., POLICE/FIRE/MILITARY (Open; no age categories in this division). Age is determined by each individual's age on the day of their competition. WDFPF Weight Classes include the following: MALES: 52. kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and +145 kgs. FEMALES: 44 kgs. (97 lbs); 47.5 kgs. (104.75#); 50.5 kgs. (111.25#); 53 kgs. (116.75#); 55.5 kgs. (122.25#); 58.5 kgs. (129.); 63 kgs. (139.0#); 70 kgs. (154.25#); 80 kgs. (176.25#); 90 kgs. (198.25#); +90 kgs. (+198.25#). WDFPF Team Rules: Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the WDFPF qualification totals will earn team points which are as follows: 1st place = 12 points, 2nd place = 9 points, 3rd place = 8 points, and on to 10 places. Have questions? Contact the WDFPF Secretary General: <jm-gedney@wiu.edu>

Someday I will...



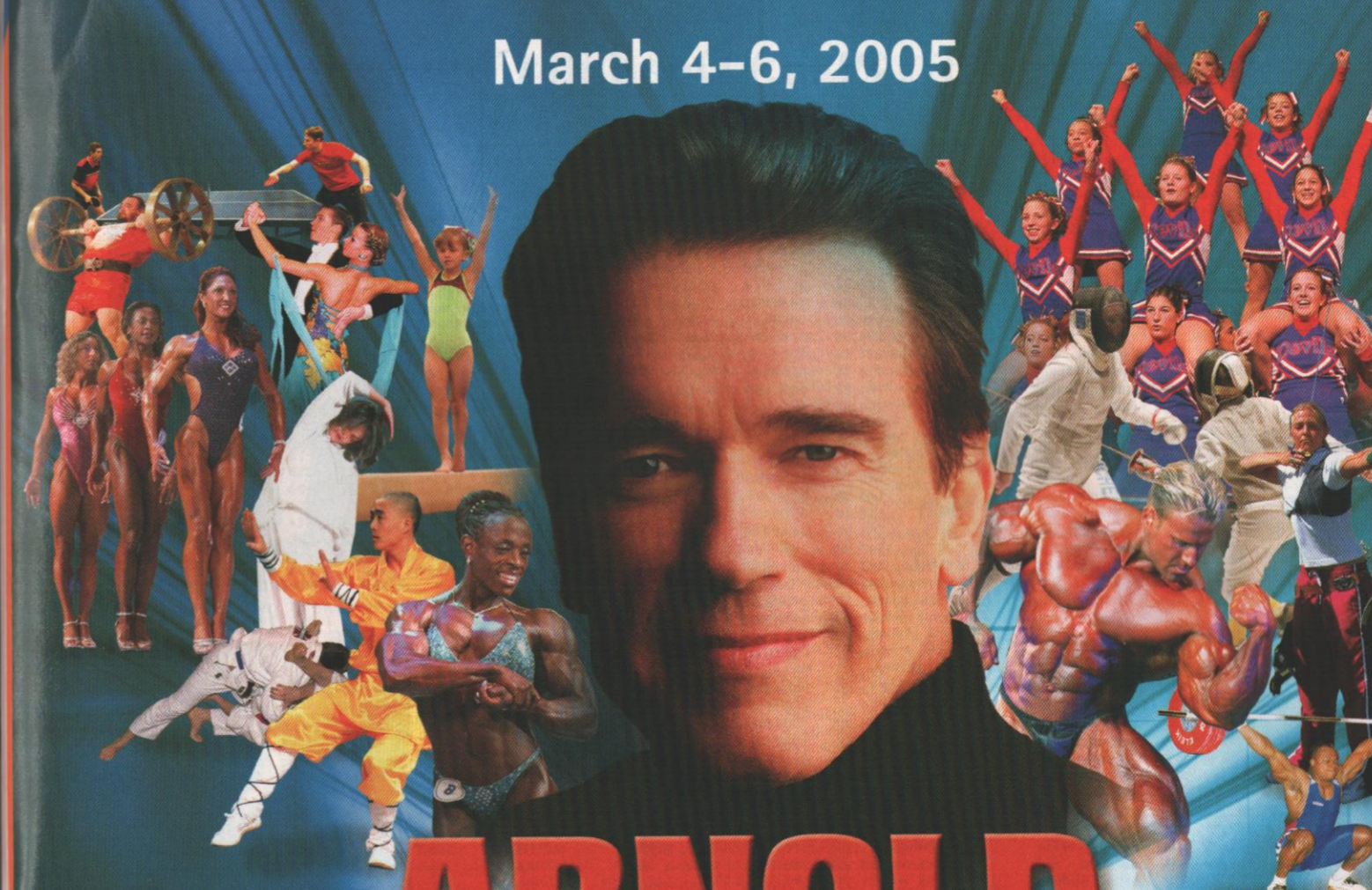
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Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.

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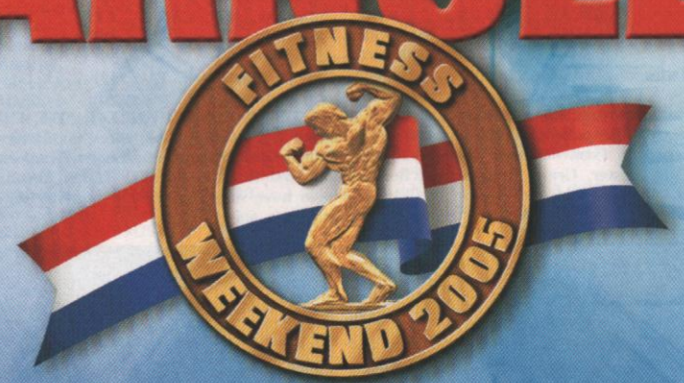
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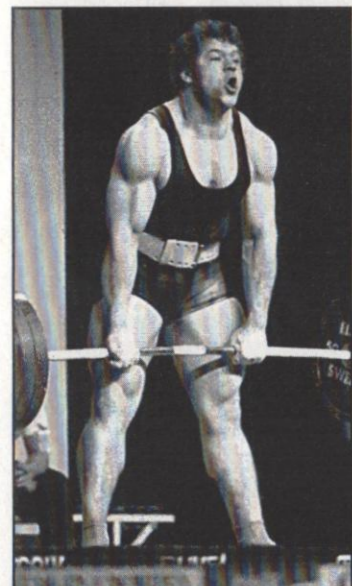
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Men's 400 kg. (881.49 lb.) Deadlift Club

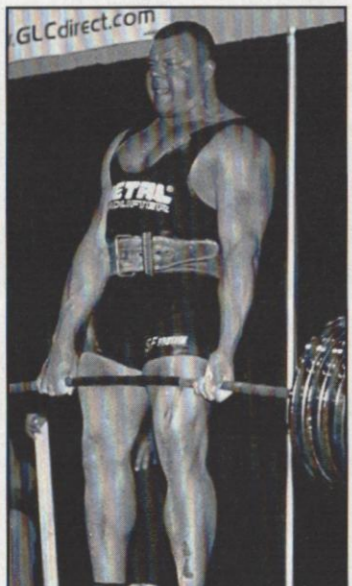
Multiple Performances through 31Dec04 compiled by Herb Glossbrenner

Lift(kg.)	Lift(lb.)	Att.	Lifter	BirthNAT	Bwt.(kg.)	Date	Location	Sanction
1. 423.0	932.555	(3)	Bolton, Andrew	70GBR	148.0	01MAR03	Columbus, OH	WPO
2. 422.5	931.453	(3)	Frank, Garry	64USA	166.05	09NOV02	New Orleans, LA	WPO
3. 420.5	927.043	(3)	Bolton		150.95	09NOV02	New Orleans, LA	WPO
4. 420.0	925.941	(3)	Bolton		149.00	28JUL02	Bournemouth, ENG	WPC
5. 419.573	925.0	(2)	Heisey, Gary	57USA	162.386	15MAR92	Lancaster, PA	APA
6. 418.0	921.532	(3)	Bolton		147.00	10NOV01	Capetown,RSA	wpe
7. 417.5	920.430	(2)	Heisey		159.00	29JUL90	Pittsburgh, PA	APF
8. 415.0	914.918	(3)	Heisey		148.78	17JUL88	Columbus, OH	APF
9. 412.769	910.0	(2)	Heisey		143.79	24APR88	Chicago, IL	APF
10. 412.5	909.406	(3)	Podtynny, Maxim	72RUS	130.00	10DEC01	Nyngan, RUS	IPF
11. 412.5	909.406	(2)	Frank		166.05	09NOV02	New Orleans, LA	WPO
12. 410.047	904.0	(3)	Wohleber, Daniel	61USA	121.56	12DEC82	Sandusky, OH	USM
13. 410.0	903.895	(3)	Kenady, Doyle	48-99USA	138.35	06APR86	Honolulu, HI	USPF/APF
14. 410.0	903.895	(3)	Henry, Marcus	71USA	184.07	16JUL95	Wilkes-Barre, PA	ADFPA
15. 410.0	903.895	(2)	Frank		164.60	16JUN02	York, PA	APF
16. 410.0	903.895	(2)	Frank		173.20	18OCT03	Biloxi, MS	APF
17. 408.687	961.0	(2)	Coan, Edward	63USA	99.80	28JUL91	Dallas, TX	USPF
18. 408.0	899.486	(2)	Meszaros, Tibor	67HUN	148.80	16MAY04	Nymburk, CZE	IPF
19. 407.5	898.383	(3)	Bolton		136.50	19NOV00	Las Vegas, NV	WPO
20. 407.5	898.383	(-)	Meszaros		140.20	17NOV02	Trencin, SLO	IPF
21. 407.0	897.28	(3)	Konstantinovs, k	79LAT	118.10	07DEC02	Vienna, AUT	WPCOM
22. 406.5	896.179	(-)	Meszaros		145.00	15APR00	Szobathely, HUN	IPF
23. 406.5	896.179	(3)	Meszaros		147.00	19NOV01	Sotkamo, FIN	IPF
24. 406.0	895.076	(3)	Noren, Lars	61SWE	142.20	10APR88	Gothenburg, SWE	IPF
25. 405.5	893.974	(3)	Noren		142.00	04MAY87	Gothenburg, SWE	IPF
26. 405.5	893.974	(3)	Turtiainen, Ano	67FIN	123.30	24FEB02	Columbus, OH	WPO
27. 405.0	892.872	(3)	Noren		140.65	15NOV87	Frederikstad, NOR	IPF
28. 404.151	891.0	(-)	Kenady		141.50	26MAR83	Salem, OR	USM
29. 403.697	890.0	(3)	Frank		170.00	03OCT00	Burbank, CA	APF
30. 403.5	889.565	(3)	Noren		132.30	04APR887	Jarfalla, FIN	IPF
31. 402.5	887.360	(3)	Badenhorst, Gerrit	62RSA	138.80	14OCT90	Pescara, ITA	WPC
32. 402.5	887.360	(3)	Tregloan, Peter	57GBR	159.67	06JUL97	Derby, ENG	WPC
33. 402.5	887.360	(3)	Coan		108.80	17OEC98	Las Vegas, NV	WPL
34. 402.5	887.360	(4)	Turtiainen		124.50	19NOV00	Las Vegas, NV	WPC
35. 402.5	887.360	(3)	Podtynny		124.70	03MAR02	Sykytykar, RUS	IPF
36. 402.196	886.69	(2)	Kazmaier, William	53USA	149.69	29NOV81	Columbus, GA	USPF
37. 401.656	885.50	(3)	Reinhoudt, Donald	45USA	161.93	03MAY75	Chattanooga, TN	AAU
38. 400.5	882.951	(2)	Turtiainen		123.60	26OCT02	Helsinki, FIN	WPC
39. 400.5	882.951	(-)	Magnusson, Benedikt	84ISL	146.40	23OCT04	Reykjavik, ISL	IPF
40. 400.181	882.25	(3)	Randal, Torkel	37NOR	145.15	SEP70	Oslo, NOR	USM
41. 400.07	882.00	(3)	Cole, Jon	43USA	128.25	28OCT72	Phoenix, AZ	AAU
42. 400.0	881.849	(-)	Kuster, Rudolf	55GER	131.55	27AUG88	Mannheim, GER	IPF
43. 400.0	881.849	(3)	Meszaros		159.60	15NOV98	Cherkasy, UKR	IPF
44. 400.0	881.849	(3)	Turtiainen		125.00	02MAY00	Haming, AUT	WPC
45. 400.0	881.849	(2)	Bolton		136.50	19NOV00	Las Vegas, NV	WPC
46. 400.0	881.849	(2)	Podtynny		124.70	03MAR02	Sykytykar, RUS	IPF
47. 400.0	881.849	(3)	Greig, Bruce	52CAN	135.75	24OCT02	Otokoks, ALB, CAN	CPC
48. 400.0	881.849	(3)	Goggins, Steven	63USA	120.45	01MAR03	Marietta, GA	WPO
49. 400.0	881.849	(1)	Bolton		147.50	08NOV03	Marietta, GS	WPO
50. 400.0	881.849	(-)	Bondarenko, Vladimir	78RUS	146.00	18JAN04	Blagoveshchensk, RUS	IPF
51. 400.0	881.849	(1)	Frank		170.50	04APR04	Jacksonville, FL	APF

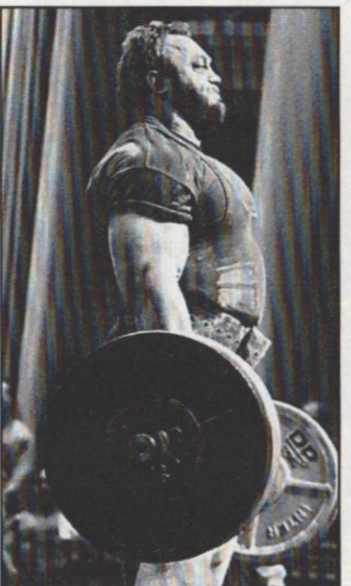
51 performances by 23 lifters from 12 Nations of 400 kg.(881.849 lb.) or better: USA-10; GBR-2; RUS-2; HUN, LAT, SWE, FIN, RSA, ISL, NOR, GER, and CAN - one lifter each. Must pull over 400 kgs. (881.849): Bolton (7), Frank (6), Meszaros (5), Heisey, Noren & Turtiainen - 4 each, Podtynny (3), Kenady & Coan - 2 each. Once: Wohleber, Henry, Konstantinovs, Badenhorst, Tregloan, Kazmaier, Reinhoudt, Magnusson, Ravadal, Cole, Kuster, Greig, Goggins and Bondarenko. First to pull 400 kgs.- Torkel Ravndal of Norway in 1970. First to pull over 900 lbs.- Daniel Wohleber, USA in DEC 1982. 8 men have surpassed 408.233 kg.(900 lbs.): Bolton, Frank and Heisey 4 times each; Podtynny, Wohleber, Kenady, Henry and Coan - one apiece.



Rudy Kuster of Germany - 881 lbs.



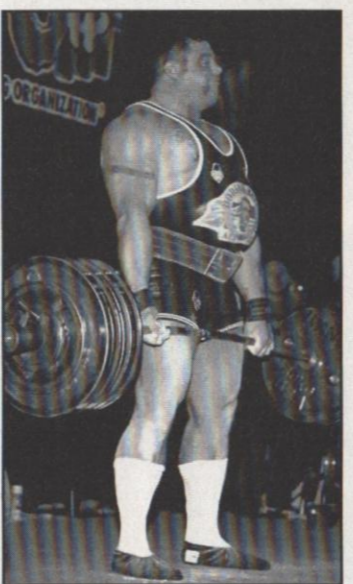
Ano Turtiainen - Finnish Power!



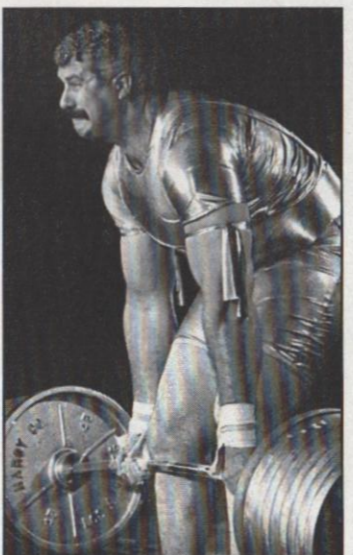
The Mighty Kaz ... 886 in 1981!



Mark Henry made his mark - 903



Andy Bolton is the Biggest Puller of All Time with 4/10 top lifts.



Gary Heisey has 4 of the best pulls in the history of the sport himself

Rank	Rating	Lift(kg.)	Lift(lb.)	Lifter	BirthNAT	Bwt.(kg.)	Coefficient	Date	Location	Sanction
1.	258.839	290.0	639.340	Gant, Lamar	57USA	56.00	.89255	10JUL82	Dayton, OH	USPF
2.	251.264	260.0	573.201	Bhaskaran, Sajeeva	62IND	52.00	.9664	93	Ind. Nats.	IPF
3.	244.261	353.802	780.0	Inzer, John	62USA	74.73	.69039	16SEP95	Dallas, TX	USM
4.	242.900	250.0	551.155	Fedosienko, Sergey	82RUS	51.75	.9716	11MAR04	Krasnoyarsk, RUS	IPF
5.	241.880	270.0	595.248	Hu, Chun-Hsiung	74TPE	55.80	.89585	13NOV97	Prague, CZE	IPF
6.	240.135	262.5	578.713	Komarudin	71INA	54.70	.9148	24JUN94	Bali, INA	IPF
7.	240.061	317.5	699.968	Olech, Jaroslaw	74POL	66.70	.7561	08MAY03	Sofia, BUL	IPF
8.	239.488	320.0	705.479	Austin, Daniel	58USA	67.50	.7484	01AUG92	Raleigh, NC	USPF
9.	239.444	287.5	633.829	Deparia, Lucien	42FRA	60.00	.83285	20MAY90	Boulogne, FA	IPF
10.	239.210	266.5	587.532	Ambu, N	78IND	55.70	.8976	17MAY92	Dong Hae City, KOR	IPF
11.	239.184	247.5	545.644	Lu, Shih-Wu	75TPE	52.00	.9664	13APR98	Sam-Chuk, KOR	IPF
12.	239.178	282.5	622.806	Yang, Shen-Nan	82TPE	59.00	.84665	18NOV99	Trento, ITA	IPF
13.	239.070	390.0	859.802	Coan, Edward	63USA	89.70	.6130	07JUL85	Chicago, IL	USPF
14.	238.925	283.0	623.908	Sutrisno, Darman	75INA	59.28	.84273	17MAY02	Dong Hae City, KOR	IPF
15.	237.785	245.0	540.133	Ambu, Narinda	78IND	51.80	.97055	16NOV00	Akita City, JPN	IPF
16.	237.617	317.5	699.968	Conyers, Anthony	59USA	67.50	.7484	20MAY00	Daytona, FL	WPO
17.	237.485	316.5	697.763	Sivokon, Alexei	73KAZ	67.30	.75035	12NOV98	Cherkasy, UKR	IPF
18.	237.372	373.5	823.427	Coppin, Edward	+60-01BEL	84.37	.635535	13NOV87	Frederikstad, NOR	IPF
19.	234.827	281.5	620.601	Chang, Lee-Yung	60TPE	59.90	.8342	21JUN92	Chanhua, TAI	IPF
20.	234.804	340.0	749.571	Lappi, Ismo	73FIN	74.70	.6906	16NOV01	Sotkamo, FIN	IPF
21.	234.468	360.0	793.664	Brunazzi, Giovanni	57ITA	81.20	.6513	24JUN95	Landshut, GER	IPF
22.	234.352	242.5	534.621	Thios, Denny	69INA	52.00	.9664	01SEP90	Kaohsiung, TAI	IPF
23.	234.220	281.227	620.0	Carr, John D	57USA	60.00	.83285	15NOV86	Maui, HI	APF
24.	234.030	281.0	619.499	Sawant, Sandeep	66IND	60.00	.83285	17AUG92	Jamshedpur, IND	IPF
25.	233.875	312.5	688.945	Valinera, Raimo	FIN	67.50	.7484	19DEC81	Seinajoki, FIN	IPF
26.	233.413	275.0	606.271	Taylor, Timothy	66USA	58.85	.848775	12AUG01	Orlando, FL	WPO
27.	232.326	272.155	600.0	Bradley, Joseph	56USA	58.51	.853655	07APR79	Wisconsin Rapids, MI	USPF
28.	232.063	260.0	573.202	Sahu, Krishna	61IND	56.00	.99259		India	IPF
29.	232.063	260.0	573.262	Hawthorne, Richard	84USA	56.00	.89255	17MAY03	Gadsden, AL	WABDL
30.	232.004	310.0	683.433	Bridges, Robert	64USA	67.50	.7484	06JUL85	Chicago, IL	USPF
31.	231.117	335.658	740.0	Trice, Albert (p)	USA	75.00	.68855	DEC97	Waymart, PA	PSCI
32.	231.115	277.5	611.783	Lampela, Kullervo	44FIN	60.00	.83285	07MAR79	Humppila, FIN	IPF
33.	231.008	335.5	739.651	Sahroni	75INA		.68855	20SEP94	Quezon City, PHI	IPF
34.	230.766	258.548	570.0	Holloway, Damarrio	80USA	56.00	.89255	17JAN04	Baton Rouge, LA	USAPL
35.	230.623	357.5	788.152	Kumpuniemi, Veli	34FIN	82.40	.6451	17MAY80	Zurich, SWI	IPF
36.	230.442	276.691	610.00	Montgomery, Edward	USA	60.00	.83285	24MAY98	Peoria, AZ	AAU
37.	230.175	255.0	562.179	Hsieh, Tsung-Ting	82TPE	55.40	.90265	14NOV02	Trencin, SLO	IPF
38.	230.133	307.5	677.921	Alexander, Ausby	56USA	7.50	.7484	23MAR87	Honolulu, HI	US/APF
39.	230.042	235.0	518.086	Gorbunov, Vyacheslav	75RUS	51.40	.9789	21JUN98	Vladimir, RUS	IPF
40.	229.631	333.5	735.242	Culbertson, Troy	68USA	75.00	.68855	24AUG96	Sequin, TX	USPF
41.	229.560	355.0	782.641	Collins, Ronald	34GBR	82.10	.64665	17MAY80	Zurich, SWI	IPF
42.	229.520	337.5	523.598	Inaba, Hideaki	44JPN	52.00	.9664	15JUN84	Nagoya, JPN	IPF
43.	229.478	372.5	821.222	Anello, Vincent	47USA	88.90	.61605	07FEB82	Cleveland, OH	USPF
44.	229.450	275.5	607.373	Williams, Marcus	83USA	60.00	.83285	31MAY03	Baton Rouge, LA	USAPL
45.	229.405	275.0	606.271	Andryukhin, Mikhail	70RUS	59.00	.8342	05NOV03	Veje, DEN	IPF
46.	229.287	333.0	734.139	Virtanen, Jarmo	63FIN	75.00	.68855	14MAY88	Murnau, FRG	IPF
47.	229.033	275.0	606.271	Pengelly, Edward	+49-93GBR	60.00	.83285	24APR79	Birmingham, ENG	IPF
48.	229.033	275.0	606.271	Vedro, Frank	USA	60.00	.83285	09JAN82	Columbus, OH	USPF
49.	229.033	275.0	606.271	Talambanua, Nanda	66INA	60.00	.83285	08OCT88	Takamatsu, JPN	IPF
50.	228.474	235.0	518.086	Gainer, Erwin	66USA	51.72	.97223	09JUL04	Baton Rouge, LA	USAPL
51.	228.459	330.0	727.525	Kallya, Ivan	62RUS	74.45	.6923	03OCT03	Sykytykar, RUS	IPF
52.	227.914	372.5	821.222	Thomas, Walter	45USA	90.00	.61185	28FEB82	Shawnee, OK	USPF
53.	227.087	370.0	815.710	Gushing, Sergey	74RUS	89.50	.61375	17JAN04	Moscow, RUS	IPF
54.	226.951	272.5	600.760	Bukatka, Viktor	62KAZ	60.00	.83285	OCT93	Temirtau, KAZ	IPF
55.	226.644	252.5	556.667	Bochkovsky, Anatoly	56UKR	55.70	.8976	00	UKR NAT REC	IPF
56.	226.530	300.0	661.387	Secco, Roberto	75ITA	66.80	.7551	08MAY02	Eskilstuna, SWE	IPF
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58.	226.135	325.0	716.502	Belyaev, Andrey	63RUS	73.95	.6958	28FEB03	Kazan, RUS	IPF
59.	225.662	250.0	551.156	Rakhmankulov, Azat	75UZB	55.40	.90265	17MAY0		

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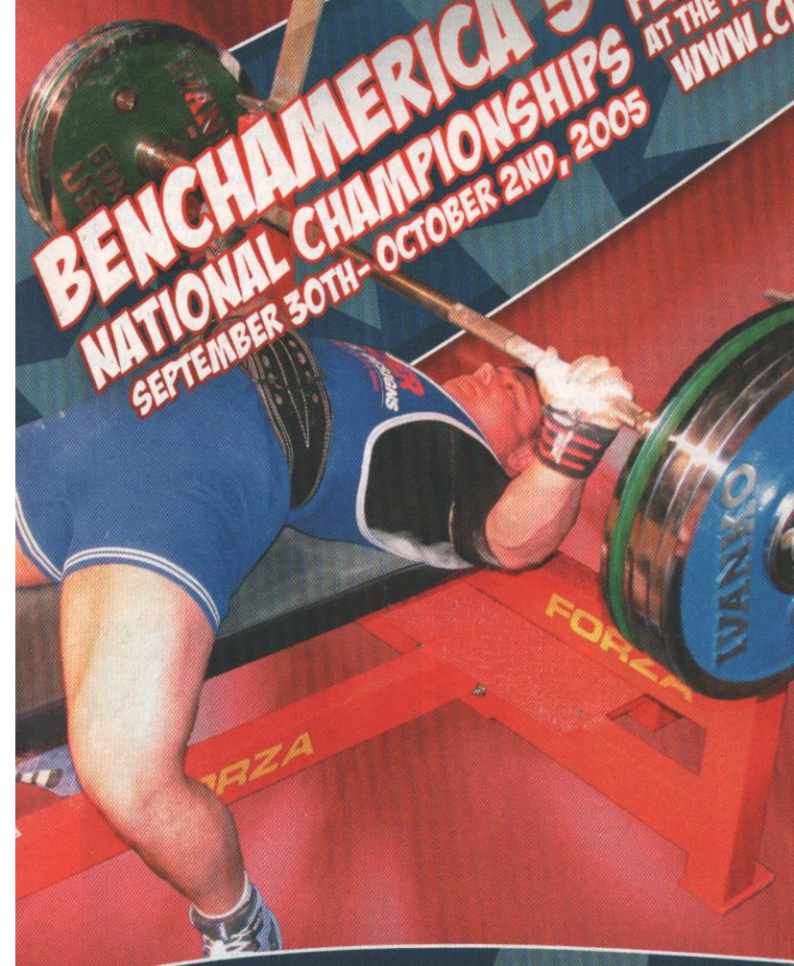
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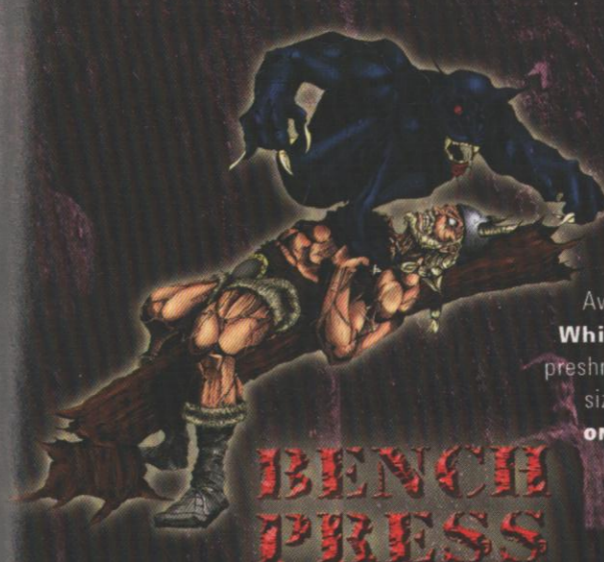
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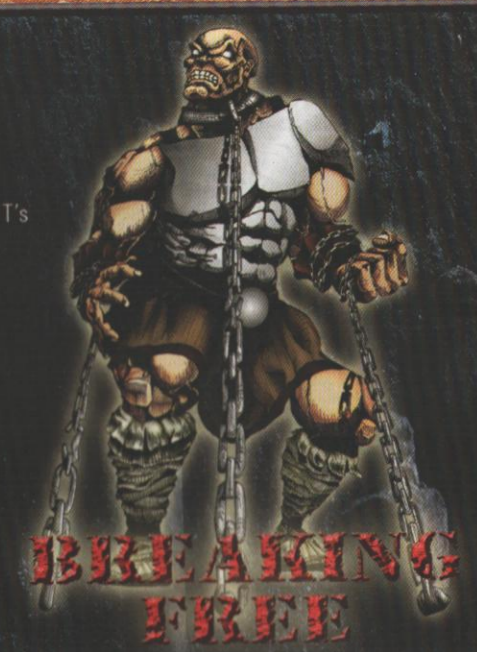
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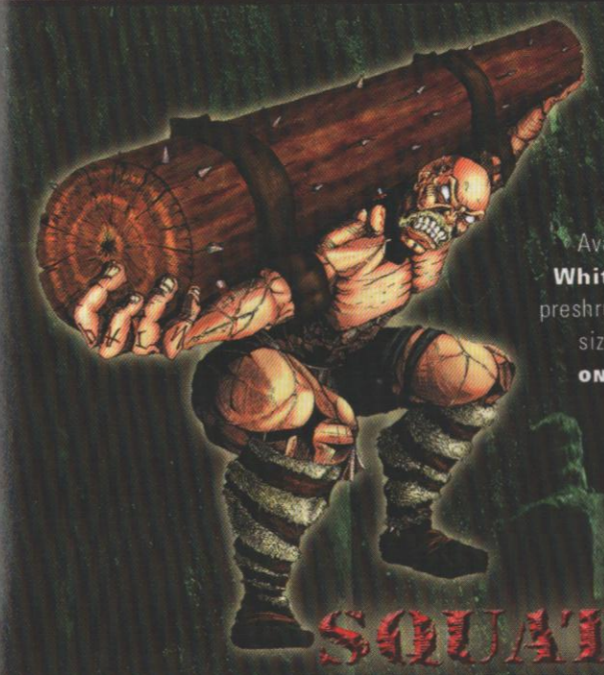


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PL USA BACK ISSUES

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

100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nats, 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/Womens, United We Stand, TOP 100 165s
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karvoski 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 Nats, 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 Stem 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. Nats, "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 Karvoski 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", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Nats, 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 Man, 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 Ltwt.
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 Karvoski, 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 Middlewts., 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 Whye?, 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, TOP 100 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 "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special 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 Nats, 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 Nats, 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 Louie Simmons
Apr/00... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosa, TOP 100 123s
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, +Emie 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 BzJ Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, 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"

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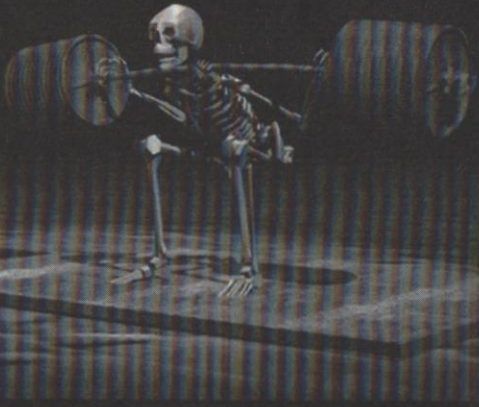
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Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03... USAPL Men's Nats, 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, Hydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke lams, 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
Jan/05... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s

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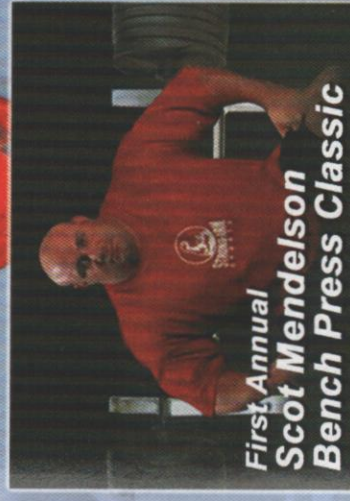
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25 FEB, NAP Louisiana Bone Crusher Championship (Holiday Inn, Metairie, LA) Bob Garza, 281-820-5923

26 FEB, DWG Productions, Fitness One Bench Press, Wayne's Fitness One, Hamilton, OH, 608-787-5693

26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier) www.amateurworldpowerlifting.com, L.B. Baker, 770-725-6684, mobile 770-713-3080

LBBAKER@irondawg.com

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

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

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

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

26 FEB, NCAAAA State/Open Regional (Clanton Hotel, Greensboro, NC - 3lift for NC residents, Regional & BP only to all AAU lifters) www.ncaaaa.org/powerlifting, kingsgm@msd.r.com, 336-622-3886

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

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

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

27 FEB, APF Northeastern Open BP Championship (Ramada Inn Conference Center, next to Hooters, Manchester, NH), Zoe Richard, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NFBodybuilding@yahoo.com

27 FEB, USAPL Colorado Writer Bench Fest, Dan Gaudrea, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

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

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

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Neenah, WI 54950, Dave Keryon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net

4.5 MAR, WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic, Columbus Ohio

5 MAR, USAPL Kansas Ironman & BP Open, W. David Heri, 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, SQBPD@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 - Williamsston, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 MAR, 6th Police & Fire Nationals & Open PL, OP Assembly of God Gymnasium, 7700 W. 75th St., Overland Park, KS 66206, Jim Duree, 913-359-9666-7326, jduree7086@aol.com

5 MAR, WABDL California State BP/DL (Monterey, CA) Matt Lamarque, 831-277-7766

5 MAR, SOL 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) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

5 MAR, WNP Florida Championship (Plantation, FL) Brian Burritt, 772-621-8988, brianburritt@bellsouth.net

6 MAR, New Jersey High School Championship (St. Joseph H.S., Hammonton, NJ) Paul Sacco, 609-567-0046, PaulSacco537@comcast.net

6 MAR, SLP Hillshoro 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 41/2 Mile Rd., Racine, WI 53402, 262-639-3210

12 MAR, WABDL Northwest Regional BP/DL (Medford, OR) Sam Peckol, 541-941-0619, Dan Guchas 541-826-5790

12 MAR, USAPL March Madness BP/DL (Loch Shieldrake, 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

11-12 MAR, USAPL Wisconsin High School State Meet, Bruce Sullivan, 1545 41/2 Mile Rd., Racine, WI 53402, 262-639-3210

12 MAR, WABDL Northwest Regional BP/DL (Medford, OR) Sam Peckol, 541-941-0619, Dan Guchas 541-826-5790

12 MAR, USAPL March Madness BP/DL (Loch Shieldrake, 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, NASA PowerSports (Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@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, 617-923-7062

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

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

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

12 MAR, USAPL Central PA Shamrock

COMING EVENTS

Showdown, Edward Schmars, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874

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) Eric Stone, w.w.sonlightpower.com, sonlight@netcare-il.com

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, SLP Police/Fire & Masters National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 MAR, WNPFF 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, kent@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 Messenger, 304-766-0352 (school), 7962, FAX 413-828-6102, scott@apa-wpa.com

19 MAR, New York State High School Championships, (Newfield HS, Newfield NY) James Howell, 607-379-0200,

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

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

19 MAR, APF/AAPF Illinois State PL +BP, Buddy McKee, Attalla, Alabama

March 12th-13th APF/AAPF Illinois State, Eric Stone, Aurora, Illinois

March 19th-APF/AAPF Midwest Open, Kansas City KS, Susan Sharp-Patterson.

March 19th-APF 9th Annual Frank Kostyo Memorial PL, Lakeland FL, Ken Snell.

March 19th-24th APF: Nationals BP +DL (WPO Qualifier), Chris Wier, Lewiston ME

March 19th-20th APF Maine State PL, Chris Wier, Lewiston Maine.

April 2nd APF Jacksonville Open PL, Jax Fla, Wayne Pulliam.

April 9th APF House of Pain Texas St. Open PL +BP, Gary Pendegrass, Round Rock TX.

April 16th APF Louisiana State PL Championship, Carry Frank, Baton Rouge LA

April 16th APF Metal Militia Bench Wars, Clens Falls NY, Bill Crawford.

April 22-24: APF Nationals PL +BP, Russ Barlow, Saco Maine.

April 23, APF North American Push-Pull, Chicago, IL, Eric Stone

Apr 23rd: APF South Carolina Open PL & BP, Will Millman, Charleston, SC

April 24th, WPO Winner Take All Bench Bash for Cash, Chicago, IL

May 7th APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES.

May 7th APF California State PL +BP, Los Angeles CA, Scot Mendelson

May 14th-15th: APF Master, Junior, Teenage Nationals, Austin TX, Gary Pendegrass

May 14th, APF Gulf Coast BP, Tampa, FL, Rick Lawrence

June 4th APF South Texas PL +BP, Seguin TX, Gary Pendegrass.

June 4th-5th: APF Senior Nationals PL +BP (WPO Qualifier), Detroit MI, Jim Hinz.

June 11th: APF Florida State PL +BP, Ft. Lauderdale Fla, Kieran Kidder.

June 25th: APF Florida State PL +BP, Ft. Lauderdale Fla, Kieran Kidder.

June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford, Clens Falls NY.

June 25th, APF Central California

Dates are subject to change. Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

jh198@hotmail.com
19 MAR, IPA U.S. Freedom Cup PL/BP (New Oxford, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
19 MAR, Midwest BP/DL, Beyond Fitness, 1134 S. Military Ave., Green Bay, WI 54304, 920-494-8446, beyondfitness@new.r.com
19 MAR, The Battle of the Great Lakes VIII PL/BP (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordonia.schools.org
19 MAR, APF Connecticut Open BP (New Haven Athletic Center, New Haven, CT) Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.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 MAR (one day meet), WNPFF Teenage, Junior & High School Nationals & American Cup (Philadelphia, PA) WNPFF, 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, USAPL Florida State PL, Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl
20 MAR, SLP Missouri / Arkansas / Oklahoma Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953,

217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
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 (New Date/Location), WNPFF Tennessee PL, BP, DL, PC (Cleveland, TN) Lester Fields, 770-842-2137, lesterwfields@aol.com, members.aol.com/wnpf
26 MAR, 26th annual Central Ohio BP (teen, women, masters, open - Circleville, OH) Doug Glitt, 740-477-3972 or Jon Elick antman517@aol.com
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,

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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 Oreniga, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
2 APR, SPF / 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), WNPFF 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
9 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, 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, SQBPD@aol.com
9 APR, USAPL Ironman BP/DL Record Breakers, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156
9 APR, Arkansas Benchpress Association (ABA) Arkansas State Benchpress, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851
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

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, SQBPD@aol.com
3 APR (corrected date), 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holiday Inn Airport) Mike Barrovechio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708
3 APR (New Date), WNPFF Georgia PL (Atlanta, GA) WNPFF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnpf@aol.com
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
9 APR, WNPFF 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, SQBPD@aol.com
9 APR, USAPL Ironman BP/DL Record Breakers, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156
9 APR, Arkansas Benchpress Association (ABA) Arkansas State Benchpress, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851
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 theygmlasvegas@earthlink.net, entry forms available
9, 10 APR (revised date) Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
10 APR, APA Bench Press Nationals (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John B rook Rd., Carterbury, CA 06331, 860-546-2091, djslaga@yahoo.com
10 APR, ANPPC Central USA PL/BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
16 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnellpower.com
16 APR (new date), NPA (drug free) Midwest Open BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifed@cs.com
16 APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM
16 APR, Northern VA Raw PL & BP Open (Sterling Community Center, Sterling, VA) John James, 703-475-9885, www.northernwarawpower.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, Gary 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 (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
16 APR, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196, P_Battle@hotmail.com
16 APR, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250
16 APR, APA Battle of the Carolinas BP, DL, PP Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
16,17 APR, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com
17 APR, The Power Gym presents The Beast in the East BP (50 entry limit - all wt. classes/div. - Taylor, PA) Joe Moe 570-562-3642 or mocey@netcare-il.com or rshvpmore@ms.netu.k12.pa.us
17 APR, WNPFF Maryland Championships (Colorado, MD) Lester Fields, 770-842-2137, lesterwfields@aol.com
17 APR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-342-1138
17 APR, SLP Big Bench at teh French BP/DL/C (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
22 APR, 15th AAPF/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriver@yahoo.com
22-24 APR, AAPF National BP & PL, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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23 APR, Red Swaim Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net
23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA) Steve Denison, pwrliftr@msn.com, www.powerliftingca.com, 661-333-9800
23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
23 APR, SLP TRUMAN STATE IRON DOGS/JACKSON WEIGHTLIFTING CLUB POWERLIFTING/BP/DL SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
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. 540-667-6288
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 APR, APF/AAPF North American Push/Pull (McCormick Place - Chicago, IL, Chicago Health, Fitness & Nutrition Expo) James Goad, james@Xtreme-USA.com
23 APR, USAPL North Carolina State & Open PL, Jennifer Thompson, 4408 Lake Shore Rd., N. Denver, NC 28037, 704-483-6332, www.carolinapowerlifting.com
23 APR, APF/AAPF South Carolina Open PL/BP (Charleston Southern University) Will Millman, APF/AAPF SC Chair-

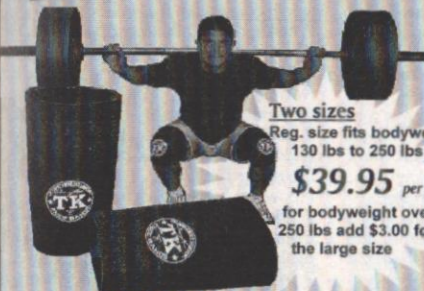
man, 843-886-5366, FAX 843-886-3509, Shelter223@aol.com
23-24 APR, AAU Triple Crown Classic and Va State Championships (Showplace Annex - Richmond, Va) aausports.org or aaupower@aol.com or contact Barbara Beasley, 1811 Southcliff Road, Richmond, VA 23225 or 804-233-9570 after 7pm est
24 APR, WPO "Bench Bash for Cash" (Chicago Health, Fitness & Nutrition Expo, McCormick Place, Chicago, IL - must bench 699 or more in an APF meet to qualify) Kieran Kidder, IRONOVERLORD@aol.com
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
30 APR (revised date), USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Molsinger, 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, ajhstork@earthlink.net
30 APR, APA Southeast Open PL, BP, DL, PP, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
30 APR, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com
30 APR, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
30 APR, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK 73068
30 APR, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail gvhl@wirefire.com
30 APR, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class 1, 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, WNPFF Maryland PL, Lester Fields, 770-842-2137 or lesterwfields@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 (NEW DATE), WNPFF Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPFF, BOX 142347, Fayetteville, GA 30214, 770-997-

0589 or wnpf@aol.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, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
7 MAY, (New Date) APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES, 386-734-3128, worldpowerlifting.org
7 MAY, APF California State PL & BP, Los Angeles, CA, Scot Mendelson
7 MAY, NASA 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, txpower@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
7,8 MAY, WPA World Championships (Opryland Hotel, Nashville, TN) Scott Taylor, 941-697-7962, apapresident@apa-wpa.com, or Wade Johnson, 615-782-4036, supersquat800@yahoo.com
14 MAY, 6th annual USAPL Nation's Capital Cup PL/BP, Steve DeBeneditis, 8000 Towers Crescent Dr., Suite A-145, Vienna, VA 22182, 703-761-6094, towerfitness@erols.com
14 MAY, APF Gulf Coast BP(BP for Cash Qualifier - Tampa, FL) Rick Lawrence, 727-376-1707, Bart 727-847-6852
14 MAY, APA West Coast PL, PP, DL, BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
14 MAY, NASA 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
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 Rep Competition - Bodyweight for Reps (men, women, jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
14 MAY, UAAPC 3rd annual Quad Cities Push-Pull (Davenport, IA - Holiday Inn) Ed Angstrom, 563-370-3685 (cell), angstrom6@aol.com
14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@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, Open BP & DL (sponsored by Eric C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898
14 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY

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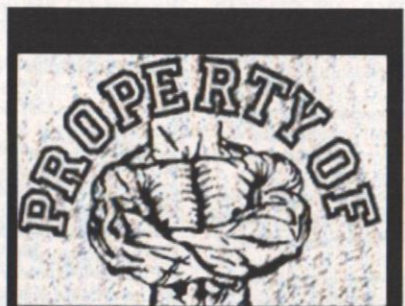
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NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
14,15 MAY (NEW DATE), WNPFF Pan-American PL (Orlando, FL) WNPFF, BOX 142347, Fayetteville, GA. 30214 770-997-0589 or wnpf@aol.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.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com
21 MAY, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 804-737-9622
21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
21 MAY, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
21 MAY, WABDL Arkansas State BP/DL (Ft. Smith, AR) William Winkley, 479-646-4022
21 MAY, 8th annual Newman BP (open men, open women, high school, master), Newman High School, 1101 St. Mary's Rd., Sterling, IL 61081, John Ybarra, 815-625-0185, rybarra@natman.com
21, 22 MAY, USAPL New York State PL & Northem BP Challenge, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com
21,22 MAY, IPA Strength Spectacular @ Four



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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, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@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
28,29 MAY, WDFPF European Single Lift Championships (Pompeii, Italy) jm-gedney@wiu.edu
MAY, NHSP BP Championship, Jamie Fellows, NUTRI-TION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com
MAY, NASA Kentucky State PL'ing, BP, Push/Pull & Power Sports.Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or email gvh@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, SCHS 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

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

4 JUN, Pete Lanz Memorial Push/Pull (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

4,5 JUN, NASA Masters & Submasters PL & PS (OK, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

4,5 JUN, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3128, worldpowerlifting.org

5 JUN, Big Bench at the French BP/ DL/C Class II (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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 Kiddler, 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

11 JUN, APA Gulf Coast Record Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

14 JUN, IHM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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, 217-2 5 3 - 5 4 2 9, www.sonlightpower.com, sonlight@netcare-il.com

18 JUN, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

18, 19 JUN, USPF Nationals (Los Alamitos, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800

18, 19 JUN, WDFPF European PL Championships (Grangemouth, Scotland) jm-gedney@wiu.edu

20 JUN, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812

25 JUN, AAU-USPF Sooner State Games, 405-275-3689, rcrain@charter.net

25 JUN, APF Florida State PL+BP, Ft. Lauderdale Fla. Kieran Kiddler, 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, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, www.sonlightpower.com, sonlight@netcare-il.com

25 JUN, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

25,26 JUN, WNPFF Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, USAPL Big Bench Blow-out / Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

26 JUN, APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

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

2 JUL, NASA Houston Grand, PL'ing, BP, Push/Pull & Power Sports, Alvin, TX. Rich Peters, Phone 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK 73068

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/ USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbaker@americanpowerliftingcommittee.com, www.irondawg.com

9 JUL, APA Granite State BP, DL, PP (New Hampshire) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

9 JUL, SLP FT. HAMILTON DAYS BP/ DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

30 JUN, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty

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

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



Bob Packer

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559-322-6805

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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, 217-2 5 3 - 5 4 2 9, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

16 JUL, World Games

17 JUL, SLP Healthquaters BP Classic (Hazelwood, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK 73068

30 JUL, AAU Larry Garro Memorial BP - DL - Ironman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usb.net

24 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone 405-527-8513, E-mail SBPD@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, lesmitty@speedy.com

30 JUL, Arkansas Benchpress Association (ABA) Central Arkansas BP & DL (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, www.sonlightpower.com, sonlight@netcare-il.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

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

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, aasports.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. 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, 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, pwriftrs@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

13 AUG, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047,

lanceslaughter@yahoo.com, www.usapl-ca.org

13, 14 AUG, NASA World Cup, PL*ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

13, 14 AUG, AAU Open Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aasports.org

14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 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, USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

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

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

AUG (New Date), WNPF Ralph Peace Memorial (Asheville, NC) 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, 4 2 3 - 8 7 6 - 8 4 1 0 , 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 (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwriftrs@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, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

10 SEP, 100% Raw Virginia Staet BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

17 SEP, WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

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

17 SEP (New Date), NPA (drug free) Naationals 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

17 SEP, WABDL Ohio Regional (PL, BP, PP, PS - Springfield, Oh) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

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

14, 15, 16 OCT, WDFPF Single Lift Worlds (Croatia) jm-gedney@wiu.edu

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 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

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

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

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

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

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

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

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

31 OCT, USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

OCT, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

OCT, NASA Big River Classic, Tobey & Daryl Johnson, Blytheville, AR

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, sonlight@netcare-il.com

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 ghl@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, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.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, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800

16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 OCT, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest, continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

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

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

31 OCT, USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

OCT, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

OCT, NASA Big River Classic, Tobey & Daryl Johnson, Blytheville, AR

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, sonlight@netcare-il.com

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 ghl@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, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

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

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

NOV, WSA Men & Women Worlds, 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

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

18-20 NOV, WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

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

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

NOV, WSA Men & Women Worlds, 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

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

lanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnpf@aol.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 (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

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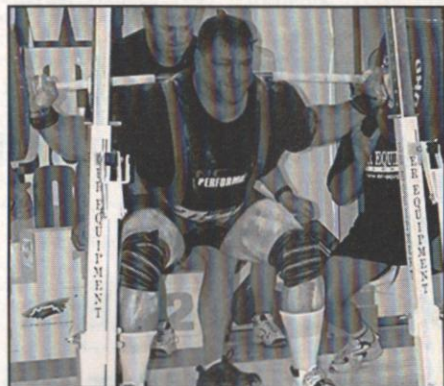
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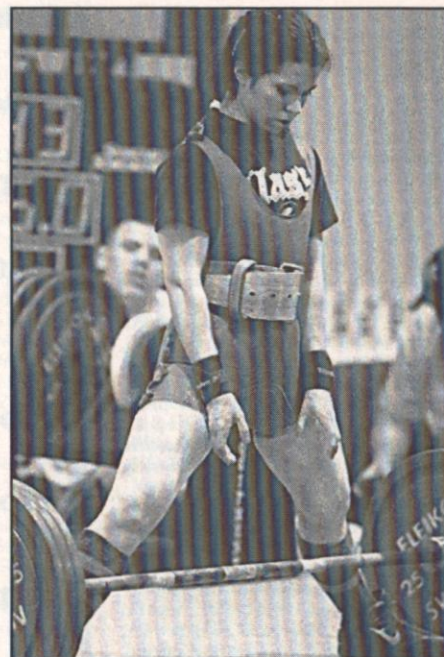
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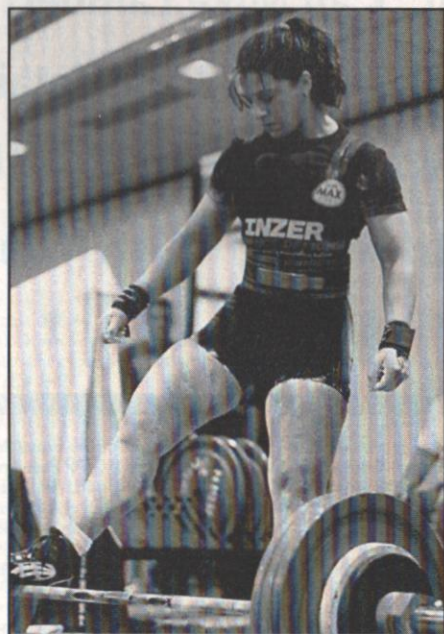
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Brad Gillingham will be competing in yet another prestigious World Games contest.



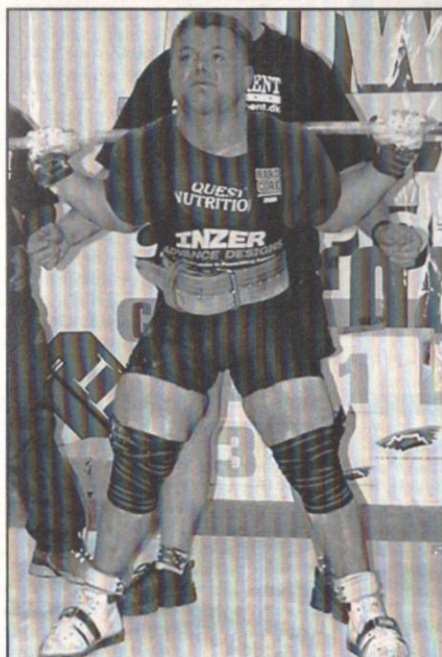
Jenn Maile will appear in her second Games.



Priscilla Ribic won both the Bench Press and powerlifting World Championships in 2004.



Caleb Williams is one of the fine lifters coming out of the USA Powerlifting Junior program. Caleb is the 2002 IPF WORLD Sub-Junior CHAMPION OF CHAMPIONS.



Wade Hooper returned to the IPF Gold Medal Platform this year in Capetown, South Africa. Wade is appearing in his first World Games.

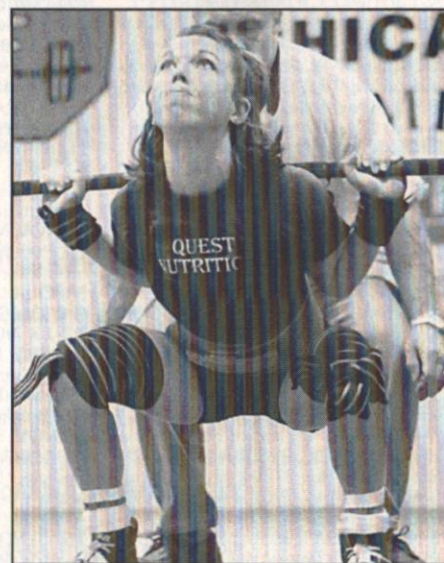
President's Message: Celebrating our World Games Competitors

This July 16 and 17, the world's very best powerlifters will compete in the 7th World Games, held under the patronage of the International Olympic Committee. As many of you know, the World Games became one component of the Olympic program in 2001, and the Olympic Rings flew for the first time during a powerlifting competition. This year's competition marks even closer cooperation and formal working relationships between the IOC and the International World Games Association.

This year's competition, held in Duisberg, Germany will include more than 3,000 competitors, and more than half a million spectators are expected over the course of the 2 week event. The interest in the Games can be

measured in the 3.5 million hits on the Official Website over the past three months. In the Games, and different from usual powerlifting under International Powerlifting Federation rules, there are reduced weight classes. Whereas men's competition usually includes 11 weight classes, and women's 10, competitors will contest three weight classes, and placement within them is determined by the Wilks formula (bodyweight equivalency).

This Games, there are six women and six men offered lifting positions, and one male and one female alternate. They are: **Women:** Ashley Robbins (52 kg.), Jennifer Maile (52 kg.), Carly Nogle (67.5 kg.), Priscilla Ribic (67.5 kg.), Jessica Watkins (over 67.5 kg.), Liz Willett (over 67.5 kg.); **Men:** Ervin Gainer (67.5 kg.), Brian Siders (over 90 kg.), Caleb Williams (67.6 kg.), Wade Hooper (90 kg.), Ray Benemerito (90 kg.), Brad Gillingham (over 90 kg.).



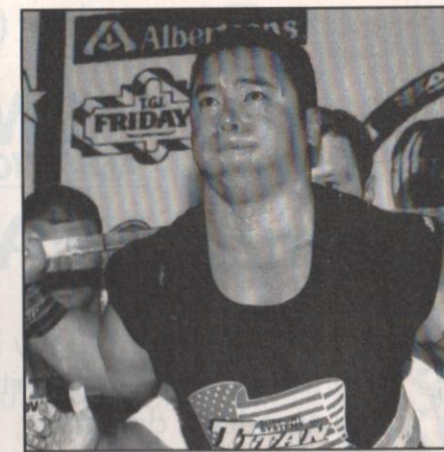
Ashley Robbins earned her Games slot at the 2004 Women's World Championships



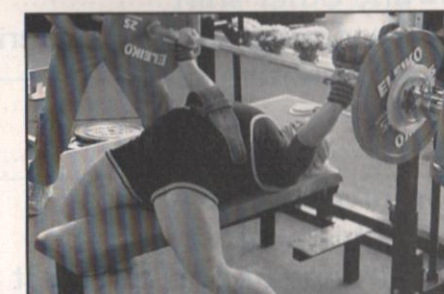
Ervin Gainer has been a very consistent competitor in the 52 and 56 kg. classes over the past 5 years, in the USAPL and the IPF



Liz Willett has squatted more weight than any other woman in IPF competition history



Ray Benemerito's outstanding total at the 2004 North American Regional Championships earned him his second opportunity to compete at the World Games



Jessica Watkins is the 2003 IPF Junior World Champion and the World Record holder.

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.



Brian Siders is the 2003 and 2004 IPF World Champion, and he has done the biggest total in IPF history.

Top Twenty

This month, we feature the top 20 women at 56 kg. (123 lbs.) and the top 20 men at 60 kg. (132 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>. The 2004 Rankings will be available within the next few weeks at the same url.

Women's 123 class				
Name	Squat	Bench	Deadlift	Total
Ashley Awalt	347	265	375	987
Carly Nogle	342	199	403	943
Codi Grubs	353	182	336	871
Leah Marietta	342	171	325	838
Alayna Cunningham	287	187	303	777
Diane Siveny	265	171	320	755
Dana Deutsch	292	143	309	744
Dianelle Moore	259	182	303	744
Andrea Motter	325	149	259	733
Janel Brown	276	143	309	728
Lora Marietta	265	171	276	711
Demeter Picciotti	245	140	305	690
Jasmine Brewer	254	127	303	684
Leigh Haines	248	176	254	678
Tiffany Medeiros	281	116	281	678
Darla Merrival	226	143	292	661
Kendall Buffington	226	143	286	655
Jamie Beebe	235	145	270	650
Shary Lynne Stone	248	132	265	645
Phylis Racek	231	121	287	639

Men's 132 class				
Name	Squat	Bench	Deadlift	Total
Caleb Williams	601	336	535	1472
Allen Whigham	540	259	540	1339
Timothy Taylor	463	342	518	1323
David Villafranca	397	292	457	1146
Tim Smith	419	259	468	1146
Derrick Sheppard	419	265	441	1124
Shea Melancon	408	287	424	1119
Malick Derstine	408	254	458	1119
Aaron Phillips	424	248	441	1113
Thomas Drenzo	375	259	446	1080
John Hunn	402	265	408	1075
JD Benjamin	364	221	474	1058
Josh Oliver	414	210	430	1053
Jimmy Kavarnos	364	237	441	1042
Mike Wiley	369	215	446	1031
William Lee	386	198	441	1031
Chris Bourgoyne	386	243	397	1025
Sam Lidester	375	193	441	1009
K. Jones	385	230	390	1005
Robert Trujillo	358	209	419	987



Carly Nogle assured her World Games slot as a result of her excellent performances at the 2004 IPF World Championships as well as the North American Regional Championship contest.

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

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Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

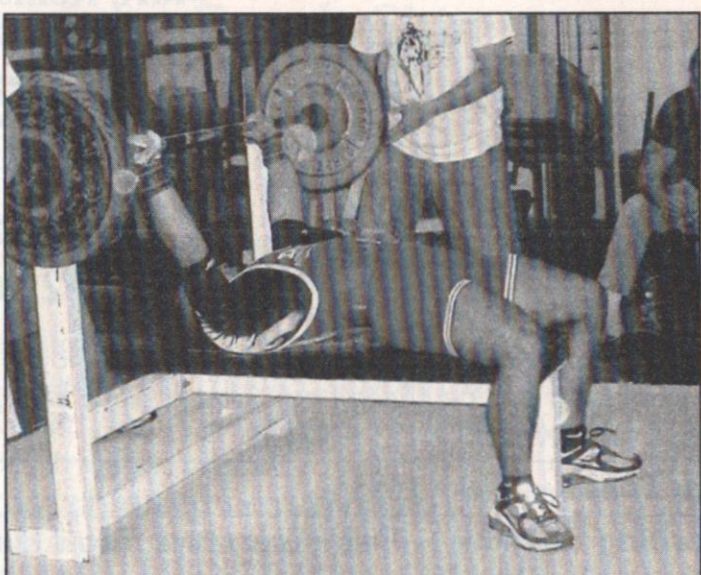
Baddest Bench in America - multi-color design \$10.00

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VIDEOS

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

USPF Central California 21 NOV 04 - Modesto, CA			
BENCH PRESS			
WOMEN			
Open	Lew Webb	501	
123	Rick White	440	
Novice			
M. Dodson	Matt Carter	341	
181	308+		
Kelly Womack	L. Contreras	418	
270	MEN 40-49		
198	M. Lutz	507	
Novice			
Nicki Panson	Clinton Sims	462	
137	4th	512	
MEN			
Open	Jeff Hunter	407	
123	T. Robinson	341	
Open	F. Beeler	600	
Kevin Luu	L. Contreras	418	
165	S. Tamerius	225	
181	R. Stevens	259	
Novice			
G. Enriquez	D. Cumberrow	259	
198	MEN 60-69		
Novice			
M. Molletta	L. Maggard	424	
264	4th	429	
Open			
T. Robinson	Clinton Sims	650	
341			
Novice			
A. Contreras		242	
242			
Open			
Luis Castillo	Angela Foster	308	
413	275		
4th			
M. Marriott		385	
385			
Robert Gloria		242	
242			
Open			
Mike West		391	
391			
Novice			
Jose Rivas	Matt Carter	501	
391	MEN 40-49		
Open			
Mike Womack	Clinton Sims	551	
551			
Mike Lutz		507	
507			
4th		512	
WOMEN			
Open		165	
165			
N. Choiniere		242	
242			
MEN			
Open		165	
165			
Novice			
Leslie Nelson		253	
253			
Chris Clements		242	
242			
Novice			
Mike West		501	
501			
275			
Open			
Rick White		589	
589			
440			
573			
1603			
Novice			
Ricardo Costa		435	
435			
451			
501			
1388			
MASTER MEN 40-49 by formula			
K. Kanemoto		672	
672			
451			
534			
1658			



Jeff Wincovitch setting up at the Halloween Havoc meet (Granko Sr.)

Halloween Havoc BP 31 OCT 04 - Taylor, PA			
BENCH WOMEN			
Open	B. Legg	100	
242 lbs.	Master (64-69)		
123 lb.	P. Hubbard	120	
Teen			
C. Kirpatrick	R. Burnett	137	
148 lb.	165 lbs.		
Master (45-49)			
Open	B. Legg	100	
114 lb.	P. Hubbard	120	
Teen			
E. Smith	J. Rubio	167	
123 lbs.	181 lbs.		
Teen (14-15)			
J. Keller	L. Ventrulla	87	
132 lbs.	C. Cinicola	60	
Teen (40-44)			
B. Kunkel	J. Rubio	167	
165 lbs.	181 lbs.		
Teen			
T. Kunkel	J. Wincovitch	162	
165 lbs.	Z. Paige	195	
Master (50-54)			
		198 lbs.	

Open			
A. Miller	170		
220 lbs.	J. McClartert	100	
242 lbs.			
B. Gilbert	182		
E. Bronko	177		
J. Bertocki	167		
A. Mort	132		
275 lbs.			
Master (45-49)			
J. Bertocki	167		
242 lbs.	E. Robinson	155	
275 lbs.			
Open	J. Cianelli	155	
220			
Lightweight Best Lifter: Z. Paige. Heavyweight Best Lifter and Overall Champ: A. Miller. Another Great Meet! Lifters like Joe Cianelli and Jeff "Wink" Wincovitch did some great lifting! Many thanks to all who were involved in the set-up tear down crew with New Dad Stew Mitchell (500 lb. close grip), Mike & Scott Gavin (USAPL PA. Teenage champ and great in football), Dr. Phil. C.T. Wink, Joe C. It's great lifters like Joe Lutkowski 385 lb. B.P. @ 168 lb. head judging without any loading incidents. Mr. Vito Moe and C.T. Turrel, who incidentally hit a 420 lb. B.P. prior to this meet handled the side judging. Without a doubt the spotters and loaders did a superb job with Brian (Dr. Phil) Donahue, Scotty G. and of course Carl (The Truth and Big Squatter) ensuring the safety of all lifters. The scoring table with the flawless announcing of R.J. Calvey, a Mother and Son team, Toni and Jamie (USAPL Weightlifting champ and is a great bodybuilder) keeping the scoring table secure. Kathy Moczywas handled the Admissions and we are very thankful for her help. Well Joe Moe, another great meet because of you. You are truly a great powerlifting coach and an inspiration to all that make your acquaintance and a honor to gain your friendship. May God Bless all that are involved in this wonderful sport of Drug Free Powerlifting! (Thanks to Bob Granko for providing the meet results to PL USA)			

USAPL Longhorn Open (kg) 20 NOV 04 - Austin, TX			
WOMEN			
44 kgs.			
T1			
I. Campos	70!	32.5!	77.5!
48 kgs.			
T1			
K. Edmonds	60	42.5!	92.5!
T2			
B. Vallejo	87.5	47.5	110
V. Robledo	82.5	45	95
52 kgs.			
J. Romeo	80	52.5!	110!
J. Kirk	80	45	105
Jr			

C. Davenport	70	32.5	92.5	195
56 kgs.				
T1				
B. Kestler	92.5!	42.5!	102.5!	237.5!
C				
60 kgs.				
S. Stone	127.5	72.5	122.5	322.5
A. Hatcher	100	32.5	122.5	255
T1				
B. Cepak	110!	45!	120!	275
T2				
A. Baum	107.5!	50	97.5	255
M. Smith	92.5	45	115	252.5
67 kgs.				
C				
D. Guerra	85	0	0	0
B. McDade	117.5	60	127.5	305
T2				
H. Whited	130	87.5	140	357.5
K. Ramos	42.5	42.5	102.5	187.5
75 kgs.				
M2				
D. DeSandre	120	52.5	152.5	325
O				
S. Brilliant	55	42.5	72.5	170
T1				
G. Martinez	117.5	50	117.5	285
V. Espinosa	115	50	110	275
K. Burnett	105!	42.5	127.5!	275!
C. Ortiz	107.5	45	102.5	255
T2				
E. Fucik	140	55	150	345
M. Govea	115	52.5	120	287.5
S. Villegas	107.5	45	132.5	285
A. Villegas	97.5	55	95	247.5
82.5 kgs.				
O				
K. Youngblood	105	50	110	265
T1				
B. Murrieta	80			
90 kgs.				
C				
L. Arnold	125	47.5	125	297.5
UNL				
O				
J. Dickens	147.5	102.5	147.5	397.5
T1				
J. Reyes	125!	60!	105!	290!
L. Zarate	120	55	110	285
T2				
A. Garcia	90	62.5	90	242.5
MEN				
35 kgs.				
Y1				
M. Gremillion	45	27.5	55	127.5
52 kgs.				
J				
E. Resendez		82.5		
56 kgs.				
D. Dodds	125	65	142.5	332.5
J. Scruggs	75!	115!	220!	510!
60 kgs.				
J. Hagedorf	160	105	155	420
M. Contreras	160	85	150	395
67 kgs.				
C				
B. Hynson	210	132.5	227.5	570
B. Casteter	150	102.5	155	407.5
O/M1				
R. White	172.5	112.5	192.5	477.5
T1				
J. Smith	122.5	70	137.5	330
T2				
A. Davila	157.5	100	160	417.5
J. Jarratt	157.5	77.5	165	400
75 kgs.				
O				
H. Tan	225	152.5	227.5	605
T3				
T. McPherson	190	125	207.5	522.5
G. Webemick	170	100	165	435
T. Munford	122.5	85	125	332.5
82.5 kgs.				
C				
J. Smiley	217.5	157.5!	200	575
B. Warren	200	142.5	185	527.5
K. Schielack	190	127.5	205	522.5
M4				
R. Contreras	185	147.5	240	572.5
O				
C. Green	230	165	242.5	637.5
T2				
K. Bryan	180	100	192.5	472.5
T3				
C. Coker	182.5	82.5	185	450
90 kgs.				
C				
J. Le	242.5	135	237.5	615
J. Johnson	227.5	152.5	207.5	587.5
O				
H. Scholnick	260	192.5	262.5	715

Chad Kerley, 29, from North Carolina, in the Open 165s of the AAU Assisted Nationals (photograph was provided by the courtesy of Barbara Beasley)



J. Deaton	115	70	120	305
220 lbs.				
Teen (14-15)				
N. Nickerson	87.5	57.5	117.5	262.5
242 lbs.				
Open				
J. Wright	200	150	210	560
275 lbs.				
Master (45-49)				
J. Sandersen	215	165	205	585
Master (50-54)				
R. Strauss	215	175	212.5	602.5
4th-BP-177.5				
Open				
A. Lawrence				
308+ lbs.				
M. Neal	380	282.5	285	947.5
FEMALE				
165 lbs.				
Lifetime/Master (45-49)				
J. Meads	150	67.5	140	357.5
Master (45-49)				
J. Meads	150	67.5	140	357.5
Open				
J. Meads	150	67.5	140	357.5
181 lbs.				
Lifetime/Master (65-69)				
E. Trevorah	90	60	110	260
Master (65-69)				
E. Trevorah	90	60	110	260
Best Lifters Day One - Assisted Open				
Female: Jill Meads. Assisted Master				
Female: Ellen Trevorah. Assisted Open				
Male: Chad Kerley. Assisted Master				
Male: Tom Trevorah. Assisted Nationals Day				
Two - Assisted Open Male: Michael Neal.				
Assisted Master Male: Robert Strauss.				
(Thanks to Barb Beasley for these results)				

AAU Assisted Nationals (kg) 22,23 MAY 04 - Richmond, VA				
MEN				
	SQ	BP	DL	TOT
114 lbs.				
Youth (12-13)				
C. Blake	70	37.5	100	207.5
132 lbs.				
O. Mueller	70	40	100	210
165 lbs.				
Open				
C. Kerley	237.5	137.5	235	610
Youth (12-13)				
E. Morrow	82.5	45	105	232.5
E. Mitchell	52.5	37.5	80	170
181 lbs.				
Lifetime/Master (60-64)				

USAPL New Jersey State (kg)
06 NOV 04 - Rockaway, NJ

WOMEN	SQ	BP	DL	TOT
Open				
148 lbs.				
K. Marmion	65	37.5	102.5	205
165 lbs.				
D. Muriello	105	57.5	105	267.5
198 lbs.				
E. Olsen	102.5	47.5	110	260
MEN				
Open				
148 lbs.				
J. Golba	182.5	140	155	477.5
165 lbs.				
M. Krimsky	190	137.5	192.5	520
181 lbs.				
D. Nemow	237.5	177.5	260	675
J. Dalessio	237.5	160	255	652.5
M. Salandra	127.5	127.5	160	415
D. Pora	85	107.5	145	337.5
C. Welsch	182.5	—	—	—
198 lbs.				
D. Chin	189	240	175	250
665				
M. Moylen	197.6	260	157.5	247.5
665				
220 lbs.				
J. Rosinski	219.6	275	182.5	265
722.5				
R. Kruzely	217.4	230-	197.5	
655				
242 lbs.				
K. Stephens	192.5	—	—	—
275 lbs.				
J. Louder	245	165	250	660
N. Luciano	250	—	—	—
SHW				
J. Weiss	312.5	172.5	300	785
By Formula				
Junior				
J. Schwertman	262.5	192.5	260	715
J. Brudzinski	215	107.5	215	537.5
537.5				
R. Simmons	140	125	187.5	452.5
452.5				
E. T. Horbatuck	—	—	—	—
Raw				
J. Brown	235	175	237.5	647.5
647.5				
T. Jones	160	125	212.5	497.5
497.5				
Teen				
B. Conover	70	40	105	215
J. Mariani	102.5	—	—	—
Lifetime				
A. Cavello	152.5	160	205	517.5
517.5				
M. Salandra	127.5	127.5	160	415
WOMEN				
Out of State				
J. Brown	125	65	140	330
A. Avery	90	42.5	92.5	225
MEN				
Out of State				

C. Dippre 365 190 320 875
T. Price 220 152.5 220 592.5
S. Salyer 187.5 142.5 210 540
A. Meoli 102.5 142.5 165 410
R. Hanilgtun 127.5 110 165 402.5

Masters
J. Wolff 125 82.5 177.5 385
D. Chin 240 175 250 665
M. Washer 217 170 280 667
A. Avery 162.5 102.5 222.5 487.5
M. Donnelly 142.5 85 170 397.5
M. Salandra 127.5 127.5 160 415
R. Ingravera — — — —
Guests
E. Stein 102.5 57.5 130 290
M. Rosenwald 25 25 25 75
Submaster
K. Lair 185 165 227.5 577.5
A. Cavello 152.5 160 205 517.5
G. Johnson 70 67.5 125 262.5



James Brown at the USAPL New Jersey State Championship (photos courtesy Bill Clayton)

Best squat by formula: Chris Dippre, 804.5 LBS. Best Bench by Formula: Rich Kruzely, 435.25 lbs. Best Deadlift by formula: Chris Dippre, 705.24 lbs. Best Lifter: Chris Dippre, 1925 lbs. Pro Fitness Powerlifting Team & Health Club once again had the honor & pleasure of hosting USAPL NJ Powerlifting Championships.

NJ was one of the original signers of the ADFPA (now USAPL) constitution. This state championship has occurred annually without missing a year going back to 1983. It may well be the longest, consecutively held state championship in ADFPA/USAPL organization and the country. Many of nearby states and New Jersey's finest lifters have used this meet as preparation to go on to successfully compete at national and international level meets. As in the past, this years forty two lifters competed well and showed the kind of sportsmanship that has become a part of this competition. James Golba, Matt Krimsky, Jason Louder & Jim Weiss all lifted well and took home NJ state titles. In the 181, the new



Doug Chin locks out a nice deadlift attempt

much lighter Daren "Captain" Nemow fended off John Dalessio to win the title. The 198s saw the return of two lifters who had not been competing in some time. Doug Chin, formally of Vermont and now a master lifter, edged Michael Moylen to take the title via having the lighter bodyweight. In the 220's, John Rosinski & Rich Kruzely both of Pro Fitness battled with John winning out to take the state title home. The Women lifters at this meet were a spirited group. Ellen Stein made a guest appearance, lifted well without taxing herself too much. Katrina, Dana & Erika all lifted soundly making the most of their attempts and lifting well. The divisions were all competed by formula. Jack Wolff did himself

well by winning the Masters division with 6 strong, younger lifters chasing him for the title. Kenneth Lair, James Brown, Brian Conover, Anthony Cavello added (in order) the Submaster, Raw, Teen, Lifetime titles to their hardware collections. Jeff Schwertman lifted well to take the Juniors division. The Out of State Divisions saw some quality lifting as well. Chris Dippre totaled 1925 lbs. with a 804lbs squat to keep Tom Price behind him. Janel Brown won the Women's Out of state division competing against the continually improving Andrea Avery. The best bench award went to Pro Fitness' own Rich Kruzely by a narrow edge over Darren Nemow. Chris Dippre, after a fair amount of suspense getting a squat in, took home the three additional awards- the best squat, best deadlift & best lifter awards. State records were set by the following individuals: Katrina Marmion, Dana Mauriello, Erika Olsen, Bryan Conover, Jeff Schwertman, Jack Wolff and Jim Weiss. I'd like to take time to thank the following individuals who volunteered their time to make this meet a success. Craig Safran, Brian Callahan, Jerry Dally, Charlie Neal, Eric Grossbeck, James Benemerito, John Corsello, Mike Rosenwald, Jules Pelligrino, Ron Falcone, Artie Marguiles, Mike Ciupinski, Kimberly Walford, Jeff Walker, Beverly Salerno, Gino, Gina, Pepe & Debbie for the pictures Joe & the staff at Pro Fitness. As always, please excuse me if I missed mentioning someone who helped as it is unintentional. One other note: Mike Rosenwald will be moving to Arizona shortly. Mike was given an award, a couple Pro Fitness shirts, etc., to thank him for his devotion to helping out at the meets over the past few years. He'll be missed in NJ & will certainly be Arizona's gain. We wish Mike well. Bill Clayton. (Thanks to USAPL for providing results)

7th Fred Rogers/Paul Smart Classic
30 OCT 04 - Clyde, NY

DEADLIFT	N. Peters	315
181 lbs. (45-49)	220 lbs. Lifetime	
J. Carioti	415 Raw	
242 lbs. (40-44)	D. Herbst (40-49)	340
M. Peters	380 Equip.	
132 lbs. (11 & under)	J. Mitchell 242 lbs. (45-49)	425
V. Becker	L. Cichelli 242 lbs. (40-44)	420
170! (55-59)	M. Arcarisi 275 lbs. (40-44)	280
BENCH		
181 lbs. (55-59)	275 lbs. (40-44)	
Equip.		
J. Hopf	295! Equip.	
198 lbs. (20-23)	M. Hancock 275 lbs. (45-49)	450
Raw		
Baumgardner	315 J. Becker 308 lbs. (40-44)	350
400 Equip.	S. Rogers 350 BP DL TOT	
IRONMAN		
165 lbs. (14-15)		
Raw		
E. Houseknecht	125 225 350	
181 lbs. (12-13)		
V. Lukazonas	175 285! 460	
(16-17)		
M. Ehler	225 410 635	
(40-44)		
Equip.		
M. Harrison	390 550 940	
(14-15)		
J. Brown	280 450! 130	
275 lbs. (18-19)		
Raw		
D. Sager	200 295! 495	
308 lbs. (16-17)		
Raw		
B. Teeter	215 345! 560	



Joe Bianchi Sr. with a WPA record 525 bench press at 198, at the APA Connecticut Open Bench Bash. (photo courtesy of Donna Slaga)

B. Raybuom* 620	165 lbs.		
Master I	J. Jones	530	
PUSH-PULL	BP	DL	TOT
123 lbs.			
Teen	115	215	330
J. Scott			
165 lbs.			
Open	235	365	600
J. Tallman			
Novice	280	355	635
C. Carbon			
181 lbs.			
Teen	235	440	675
A. Maynes			
198 lbs.			
Novice	280	485	765
A. Klein			
220 lbs.			
Master III			
L. Goering	255	370	625
Novice			
J. Garcia	270	465	735
242 lbs.			
Open	400	500	900
J. Jobe*			

the competitors, judges, and support staff. Special gratitude and unending thanks to John Jones for his great advice and help. (Thanks to Keith Machulda for the results)

APA New York Open BP
06 NOV 04 - Sidney, NY

MEN	Submaster (35-39)
Open	148 lbs.
148 lbs.	C. Byrnes 340
C. Byrnes	340 Master (60-64)
198 lbs.	275 lbs.
J. Wood	400 A. Kirby 410!
4th-410	
A. Klein	280 485 765
220 lbs.	
Master III	
L. Goering	255 370 625
Novice	
J. Garcia	270 465 735
242 lbs.	
Open	400 500 900
J. Jobe*	

*=Outstanding Lifters. !=State records. Loyd English: 71 years old; started lifting again after a 12 year layoff. Luke Goering: 60 years old; second meet. Thanks to all

APA Connecticut Open BP
28 MAR 04 - Canterbury, CT

BENCH	WOMEN	Mattson-198	460
Lightweight (Formula)	VanAlstyn-275	515	
C. Berg-112	Vardine-326	525	
110	Petrino-284	500	
Middleweight (Formula)	J. Abely-207	425	
T. Mayer-139	J. Milne-216	425	
205	Bruneau, Jr-240	435	
Heavyweight (Formula)	Master (50-59)		
Gearin-145	R. Cote-220	430	
Master (40+)	F. Taylor-193	365	
McComb-122	Master (60-69)		
150	(Formula)		
C. Carl-133	A. Kirby-241	415	
140	Casatelli-180	325	
J. Poirier-111	4th-345!		
100	Colonis-177	320	
Teen (13-15)	McGuire-267	340	
Teen (16-17)	4th-360		
Open			
N. Badge-197	148 lbs.		
4th-245!	F. Pacheco	335	
Staples-135	4th-340		
150	T. McNabb	315	
Bateman-225	165 lbs.		
200	P. Shafer	300	
Junior (20-23)	J. Culley-198	315	
181 lbs.	J. Lapier	400	
Teen (18-19)	Dubenskiy	362	
Hitchcock-198	4th-370		
400	M. Ioannou	360	
Kielczweski-170	S. Ritucci Jr.	355	
300	198 lbs.		
Schneider-237	J. Bianchi Sr.	525!	
Junior	R. Marrama	500	
(Formula)	C. Hitchcock	400	
Marrama-194	S. Dussault	325	
500!	220 lbs.		
Galiatsato-200	Minichiello	515	
385	R. Hess	505	
Wasniewski-247	J. O'Toole	500	
380	T. Tesiero	430	
P. Shafer-164	4th-245!		
300	R. Putnam	650	
Submaster (33-39)	P. Barrett	590!	
(Formula)	R. Bailey	445	
F. Gomes-352	J. Kelleher	—	
650!	275 lbs.		
O'Toole-219	Minichiello-219	515	
500	J. Knobler	575	
Chimbo-160	E. Fetzer	425	
465	B. Poland	415	
K. Brion-185	335	380	
415	Wasniewski		
L. Cruz-204	4th-340		
400	Ioannou-181	360	
P. Barrett	R. McCray	570	
445	B. Ford	480	
Master (40-44)	SHW		
(Formula)	4th-315		
J. Kelleher	G. Gomes	650	
275 lbs.	A. Fomaro	570	
Minichiello-219	V. Vardine	525	
515	M. Zawilinski	500	
Fornaro-341	WPA World Records		
570	Team Winner:		
B. Tucker-299	Power Plant. 29	State Records. 9	WPA
520	World Records. 66	lifters. (Donna Slaga)	

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit 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. # _____

Name: _____ Phone: () _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year, any meet) - \$30.00 • Special Olympian - \$10.00
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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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Check/Money Order # _____ Membership Price: \$ _____

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All memberships expire 12 months from date of purchase. (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

Nebraska State/Omaha Open
20 NOV 04 - Omaha, NE

BENCH	L. English	285!
WOMEN	242 lbs.	
165 lbs.	Novice	
Master II	S. Peterson*	335
L. Jess	200! 275 lbs.	
T. Fuller	275! Teen	
MEN	D. Graves	240
165 lbs.	DEADLIFT	
Open		
C. Carbon	280 165 lbs.	
220 lbs.	J. Delgado	400
Master IV	220 lbs.	

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance

First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code

17th Elkhart BP Classic
04 DEC 04 - Elkhart, IN

WOMEN	A. Reed	580
123 lbs.	Masters (50+)	
A. Rowen	140 242 lbs.	
Teen	T. Horvath	330
123 lbs.	275 lbs.	
A. Hanegraff	80 T. Striverson	480
MEN	Natural	
Teen (14-15)	165 lbs.	
123 lbs.	D. Clark	330
I. Flage	115 220 lbs.	
181 lbs.	A. Reed	580!
J. Molewyk	180 K. Herron	380
Teen (16-17)	L. Bontrager	300
148 lbs.	J. Krick	355
J. Smoker	115 C. Lambersie	335
198 lbs.	J. Gray	460
G. Hines	— R. Moore	
Teen (18-19)	G. Lealiifano	600
S. Pelon	280 SHW	
Novice	S. Jarusch	630!
165 lbs.	Open	
H. Adkins	180 242 lbs.	
181 lbs.	A. Storm	430
S. Riley	255 J. Krick	355
242 lbs.	275 lbs.	
M. Davis	275 J. Martinez	630
Masters	C. Wisnieski	600
220 lbs.	G. Lealiifano	600



Steve Jarusch with his Elkhart Classic meet record 630 bench press



George Lealiifano gets ready for his 600 BP at the Elkhart Classic. (photos courtesy of Jon Smoker)

the past and now, even more impressively, he's doing it as a master as well. Although he got only his opener, that alone gave him all the marbles: a Central

Bench Press League record, a meet record, best lifter, personal best, probably a top 20 lift and one that will put him somewhere in the mix of the top 5 for the master's 220. His training partner Steve Jarusch also had a fantastic day. He had to repeat his second attempt because it was turned down for beating the signal. So on his 3rd attempt with 630 he held it for a couple extra seconds after the signal and then rammed it to completion for a pr and a lift that will be close to the top 50. Now that's confidence! He also turned to one of the side judges and asked rhetorically, "was that long enough?" No offense intended and none taken; it was just one of those things blurted out by a lifter feeling IDS oats on his strongest day ever. Since I've been around forever I couldn't help but think of the great middleweight deadlifter Tom the 60's and 70's, Joe Spack, who used to say to the judges after a successful lift, "3 white please." Another guy who had a great day was John Martinez who came over from Ohio. With the help of a nutritionist he had cut down to the 275's with no appreciable loss of strength. He really looked together in his technique and pushed a fantastic 630, which will land him in the top 30. Way to go John! Our 3rd 600 benchman was the always exciting, charismatic George Lealiifano who lifted in his first meet after about a year away because of a stress

fracture in his forearm. He certainly looked healthy and strong, albeit a little rusty. His opener flew up and then he jumped to 660. Although he couldn't get the bar to his chest, it was amazing how many seconds he struggled with it just an inch or two off his chest and still had enough energy left to ram it back up easily. His last attempt with 700 was no go, but you had to wonder if he could have made it had he not wasted so much energy on his 2nd attempt. I don't know if I've ever seen someone come back after being away for 17 years, but that's what Angie Rowen did, and did so impressively, getting a nice 140 at 123 without a bench shirt and sporting a physique that would put her in a bodybuilding contest. In the 165's Dan Clark was impressive, getting a double bodyweight 330. By far the lifter who got the biggest response from the crowd was masters phenom, Ted Striverson. Going shirtless in the 55+ category he pushed an easy 480 and just brought the house down. Ted, I got to say, you the man! Well, that wraps up the 17th edition of this meet. To those of you were thinking about coming and didn't, man did you miss a good one. (Results provided by Jon Smoker)

Physical Culture One Man Meet
3 JAN 05 - Wyoming, MI

MEN	SQ	BP	DL	TOT
220 lbs.				
Master (50+)				
J. Jeurink	825	405	570	1800

Physical Culture held a special meet for Jim Jeurink, a lifter with a 20+ year powerlifting career, whose current job does not allow him to attend other meets. He had been training with increased fervor lately, and this paid off with PRs in both the squat and the bench. (thanks to Lynn Boshoven for providing these meet results)

1st annual Battle of the Bench
21 NOV 04 - Buffalo, NY

WOMEN	J. Wink	456
Open	SHW	
123 lbs.	T. Delorimiere	440
J. Jitomir	155 Submasters	
132 lbs.	198 lbs.	
M. Giallanza	75 P. Tout	320
148 lbs.	220 lbs.	
S. Millar	135 T. Schmidt	550
C. Stillman	90 275 lbs.	
165 lbs.	F. Vicks	475
K. Baber	95 SHW	
MEN	A. Williams	440
Teen	Masters (40-50)	
E. Denk	225 220 lbs.	
Open	R. Petrie	365
148 lbs.	D. Herbst	360
A. Jackson	340 P. Tantillo	255
M. Panzarella	320 242 lbs.	
165 lbs.	K. Naslund	455
P. Zakzewski	320 M. Arcarisi	300
198 lbs.	SHW	
J. Green III	365 W. Anderson	435
E. Carter	315 Masters (50+)	
P. Hall	300 185 lbs.	
220 lbs.	D. Brochey	270
J. Marsala	550 181 lbs.	
T. Dermott	340 F. Colantuono	185
242 lbs.	SHW	
M. Rydelek	500 J. Green	350
275 lbs.		

The Battle of the Bench was a great success. Al Lewis, WNPF Powerlifting Champion, was the promoter of the meet, with the help of the Jewish Community Center and Mark Becht and his crew. There were over 200 spectators that attended the show. Jean Jitomer, weighing 123 lbs., won best lifter in the women's division with a 155 lbs. bench. Tom Schmidt, weighing 217, won best lifter in the men's division, with a 550 lbs. bench press. Both lifters were awarded \$100 worth of supplements from Jim Bartley, the owner of Hi Performance Sports Supplements. They also won a weightlifting belt from Patrick Hall, the owner of Personal Best Personal Training. Thank you to the following sponsors who donated to the contest: Richard Clark, Richard Gordon, Lisa Henning, Joe Boyler, and special thanks to the volunteers who helped out. (results courtesy Albert Lewis)

Camp Fallujah BP/DL

06 NOV 04 - Fallujah, Iraq	BP	DL	TOT
WOMEN			
67.5 kgs.			
T. Thomasson	140	245	385
A. Jarboe	80	100	180
82.5 kgs.			
B. Burge	—	250	250
MEN			
67.5 kgs.			
M. Amos	215	320	535
K. Lipscomb	230	300	530
75 kgs.			
J. Celentano	275	370	645
J. Park	245	315	560
J. Maulsby	240	315	555
C. Robinson	295	—	295
82.5 kgs.			
M. Williams	390	525	915
B. Jones	245	420	665
J. Gilbert	215	420	635
J. Bloom	225	405	630
A. Gonales	225	340	565
S. Chasedy	230	325	555
E. Lovell	225	325	550
90 kgs.			
S. Sheppard	325	510	835
D. Fackho	350	450	800
M. Wagner	305	430	735
R. Montgomery	250	400	650
K. Barber	315	335	650
D. Frey	250	375	625
B. Full	225	350	575
B. Forrest	185	350	535
100 kgs.			
L. Kimmons	400	520	920
D. Williams	215	400	615
110 kgs.			
Grissinger	365	500	865
P. Adekoya	305	530	835
H. Pollard	395	400	795
T. Harris	320	400	720

This event took place the day before the assault on the insurgents began in Fallujah, and they still got 30 lifters to enter. (Thanks to Zeke Brown for these results)

PPL "Drug-Free" Championships
16 OCT 04 - Augusta, GA

BENCH	Raw/PFM	220 lbs.	450
WOMEN	A. Deck		
165 lbs.	SHW		
Open/Raw	140 Open		
S. Thompson	140 W. Watts	560	
MEN	DEADLIFT		
165 lbs.	MEN		
Open	A. Jackson	380 105 lbs.	
A. Jackson	(50-59)	(10-13)	
148 lbs.	A. Duncan	245 J. Stokely	135
M. Norris	165 148 lbs.		
198 lbs.	Raw		
(40-49)	C. Footman	425	
K. Martin	415 BP		
Ironman	DL		
165 lbs.	TOT		
Novice			
M. Bentley			
242 lbs.			
(40-49)			
B. Bridges	305 410 715		
275 lbs.			
K. Tillman	450 650 1100		
Full Power	SQ	BP	DL
114 lbs.			
(14-18)			
J. Luster	215 175 260 650		
148 lbs.			
(17-19)			
D. Luster	245 220 305 770		
198 lbs.			
Open			
D. Reimer	510 325 570 1405		
220 lbs.			
(40-49)			
D. Hickman	505 385 600 1510		
Novice			
Vandervander	300 225 325 850		



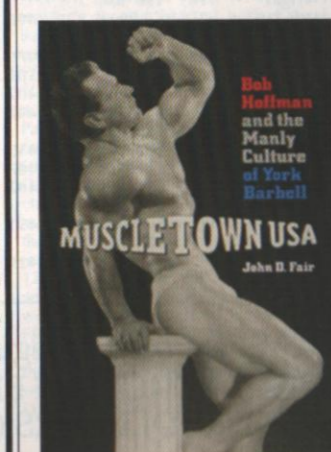
SERVING IN IRAQ ... Tara Thomasson with Crystal Nadeau (rt) at the Camp Fallujah Bench/Deadlift meet. (courtesy of Zeke Brown)

did an amazing 270 lb. deadlift and 175 lb. bench at a bodyweight of 107 lbs. I would like to thank our staff Moriah & Ronni Jackson, Shayla Brown, Sandra "Cocoa", Rhonda "Big Kuntry" Sams, Corey "Skrapz" Russell, Elroy "Milkshake" Drayton, Constance "Church Lady" Johnson, and especially our lord and savior Jesus Christ for without him none of this would be possible. (Thanks to Tee "Skinny Man" Meyers, PPL President, for providing these meet results)

S. Layman	262.5	172.5	235	670
M1				
D. Sorensen	245	147.5	247.5	640
M4				

USAPL Southern CA PL/BP (kg)
13 NOV 04 - Northridge, CA

BENCH	Z. Huskey	140
52 kgs..	100 kgs..	
T1	M3	
H. Nguyen	50 S. Winters	155
60 kgs..	M4	
O	B. Evans	220
J. Hadden	102.5 O	
T2	R. Mena	120
W. Kepner	62.5 O/M	
75 kgs..	A. Waldon	205
O	M1	
J. Nguyen	137.5 D. Hayes	202.5
90 kgs..	202.5	
M3	R. Sheetz	—
L. Vallot	87.5	
M6		
L. Manly	122.5	
O		
J. Hernandez	160	
Spec. Olympian	BP	DL
60 kgs..		
N. Bahen	60 92.5 152.5	
75 kgs..		
J. Zoul	75 92.5 167.5	
UNL		
D. Sampson	110 112.5 222.5	
FEMALE	SQ	BP
O		
60 kgs.		
C. Hennesian	137.5 77.5 167.5 382.5	
75 kgs.		
E. Freel	147.5 100 192.5 440	
UNL		
M4		
S. Gill	107.5 47.5 105 260	
MEN		
60 kgs.		
MO		
Guarderrama	142.5 120 150 412.5	
T2		
A. Pagliaro	160 82.5 127.5 370	
67.5 kgs.		
M1		
R. Ferron	180 82.5 197.5 460	
M2		
D. Kinoshita	95 90 115 300	
M6		
J. Merlino	55 55 55 165	
O		



MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbells" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsey. Where would the International Powerlifting Federation... or the sport of Powerlifting itself... be now, if it weren't for those enormous early benefactions of Bob Hoffman... staging the first World

R. Scott	187.5	92.5	205	485
M7				
R. Cortes	142.5	105	192.5	440
O				
V. Cardwell	220	152.5	240	612.5
82.5 kgs.				
F. Fleet	105	95	112.5	312.5
90 kgs.				
M1				
G. Buffington	277.5	192.5	277.5	747.5
M6				
L. Manly	112.5	122.5	132.5	367.5
O				
J. Hernandez	230	160	220	610
100 kgs.				
M1				
Lewandowski	195	107.5	205	507.5
M2				
M. Musto	282.5	192.5	292.5	767.5
G. Pessell	237.5	142.5	295	675
B. Hegel	172.5	165	215	552.5
Womelsdorf	162.5	25	182.5	370
M4				
B. Evans	220	175	160	555
O				
M. Jadav	—	—	—	—
110 kgs.				
M2				
K. Jordan	235	160	227.5	622.5
O				
S. Waits	365	227.5	297.5	890
B. Marum	240	182.5	245	667.5
125 kgs.				
M6				
D. Herrera	60	60	60	180
UNL				
M1				
C. McGuire	75	150	200	425

Meet Director: Lance Slaughter. (Thanks to USAPL for providing the meet results)

Championships, sending teams abroad, etc.? The hand of Bob Hoffman touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbells and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game icon is disclosed in this book... starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline... this is the story of York Barbells and the Man Who Made it Great... BOBHOFFMAN. Paperback edition... \$24.95 plus \$4 shipping and handling... the limited edition hardbound copy... for the true collector... (we only have few copies left!) \$65 plus \$4 s/h to Powerlifting USA, Box 467, Camarillo, CA 93011.



WABDL Riverfest BP/DL 12 JUN 04 - Gadsden, AL		C. Smith 248		L. Coleman 143		D. Thomas 407		220 lbs.	
DEADLIFT		Teen (16-19)		4th-154		309+ lbs.		R. Proctor 374	
132 lbs.		Master (40-46)		B. McConnell 501		Disabled		D. Davidson 462	
165 lbs.		P. Duke Jr. 374		97 lbs.		181 lbs.		B. McKee 529	
198 lbs.		4th-385		S. Stowers 115		181 lbs.		R. Jones 275	
B. Ellis 451		K. Stuart 446		181 lbs.		G. Gibson 148		S. Ramey 440!	
A. Machristie 501		R. Proctor 512		C. Crawford 374		C. Weber 192		C. Senese 479	
220 lbs.		242 lbs.		J. Gonnering 341		198 lbs.		R. Zareck 325	
B. Holt 590		D. Davidson 722!		4th-352		C. Bonds 380		E. Free Jr. 154!	
C. Senese 562		H. Barton 507		220 lbs.		J. Leftwich 352		S. Ramey 440!	
B. Morris 507		259 lbs.		4th-556		220 lbs.		C. Crawford 391!	
A. Mellow 473		B. McKee 573		J. Nelson 518		114 lbs.		A. Jackson 402	
242 lbs.		Master (54-60)		C. McDuffie 462		B. Lafferty 148		B. Bishop 308	
M. Tommie 600		220 lbs.		WOMEN		181 lbs.		C. powe 220 lbs.	
C. White 551		O. Jordan 600		114 lbs.		C. Weber 181 lbs.		M. Green 501	
4th-574		T. Burns 457		L. Coleman 242		198 lbs.		B. Holt 479	
259 lbs.		Master (80-84)		4th-259		S. Jackson 198 lbs.		R. Rogers 431	
J. Nelson 518		198 lbs.		Master (40-46)		Submaster		259 lbs.	
Disabled		E. Free Jr. 244		97 lbs.		123 lbs.		C. E'Dalgo 567	
181 lbs.		Open		S. Stowers 220		A. Wright 159		T. Kesling 540	
G. Gibson 254		132 lbs.		114 lbs.		220 lbs.		B. McKee 529	
Junior		R. Hawthorne 551		T. Rivers 242		T. Butler 402		T. Meeker 744	
B. Martin 518		165 lbs.		181 lbs.		Law/Fire		B. McConnell 501	
Junior (20-25)		B. Ellis 451		C. Weber 386!		Open		Submaster (34-39)	
165 lbs.		181 lbs.		Master (47-53)		198 lbs.		198 lbs.	
P. Griffin 446		C. Sloan 551		165 lbs.		S. Jackson 198 lbs.		B. Bishop 275 lbs.	
4th-448		B. Buckingham 529		P. Ehmen 363!		Teen (13-15)		K. Overbey 429	
198 lbs.		198 lbs.		Master (61-67)		97 lbs.		D. Thomas 407	
C. Dunaway 545		J. Ray 622		114 lbs.		K. Jordan 71		148 lbs.	
J. Leftwich 462		S. Smith 529		B. Lafferty 176!		MEN		T. Corey 292	
220 lbs.		220 lbs.		4th-181		Class-1		C. Gray 292	
C. Senese 562		G. Herring 705		Open		181 lbs.		220 lbs.	
242 lbs.		B. Holt 590		123 lbs.		D. Hess 181 lbs.		391	
M. Tommie 600		J. Taylor 551		V. Johnson 187		C. Bonds 380		363	
J. Nelson 534		4th-556		148 lbs.		D. Hagan 370		B. Willisian 363	
259 lbs.		B. Morris 507		J. Sverchek 479!		A. Garcia 359		W. World Records	
A. Guin 473		242 lbs.		181 lbs.		A. Machristie 369		198 lbs.	
Law/Fire		D. Davidson 722		C. Weber 386		J. Pruell 347		198 lbs.	
Open		B. Driskill 622		Submaster		R. Champion 314		198 lbs.	
148 lbs.		259 lbs.		123 lbs.		B. Martin 303		198 lbs.	
R. Anderson 374!		B. McKee 573		A. Wright 314		198 lbs.		242 lbs.	
198 lbs.		308 lbs.		4th-319		C. Powe 308		242 lbs.	
W. Brantley 584		J. McDuffie 705		148 lbs.		220 lbs.		148 lbs.	
259 lbs.		M. Phillips 606		C. Meyers 342		C. Senese 479		148 lbs.	
R. Stallworth 551		Submaster (34-39)		198 lbs.		4th-		148 lbs.	
4th-578		165 lbs.		S. Jackson 358		A. Mellow 402		148 lbs.	
Law/Fire		T. McCormick 501		199+ lbs.		A. Hagan 402		148 lbs.	
Submaster		198 lbs.		K. LaMonica 347		242 lbs.		148 lbs.	
148 lbs.		J. Ray 622		Teen (13-15)		P. Dean 435		148 lbs.	
R. Anderson 374!		S. Smith 529		165 lbs.		J. Nelson 407		148 lbs.	
Master (40-46)		308 lbs.		C. Borden 253		C. White 402		148 lbs.	
220 lbs.		J. McDuffie 705		BENCH		259 lbs.		148 lbs.	
G. Herring 705		M. Phillips 606		WOMEN		181 lbs.		148 lbs.	
242 lbs.		Teen (13-15)		Junior		M. Broadwater 451		148 lbs.	
B. Driskill 622		242 lbs.		114 lbs.		K. Overbey 429		148 lbs.	



The Remarkable Richard Hawthorne did some exceptional lifting at the WABDL Riverfest meet.

148 lbs. C. Gray 292
C. Crawford 391 220 lbs.
181 lbs. B. Willisian 363
W. Prater 303 ! = World Records
198 lbs.

You've heard the "hype", and the "hype" is real! RIVERFEST! In gyms around the country, the word stirs excitement. Some have experienced it; others, simply heard the "buzz". But, everybody knows something BIG is going on each summer in Gadsden on the river. Imagine a festival weekend filled with top name rock and country artist concerts, food and fun everywhere. Hundreds of people screaming and cheering for the stars on stage! Oh, did I mention I'm talking about the lifting stage. Forget the concerts. The bench pressers and deadlifters are now the most popular showmen of the high energy weekend. As usual, records fell in abundance. 12 world records and 77 various state records crumbled as lifters came from Texas to Massachusetts to compete in this now legendary meet. With music blaring to announce each competitor's approach to the stage, spectators and lifter alike were in a constant frenzy of excitement as bench presses from 71-744 lbs. and deadlifts of 181-722 lbs. were powered up to the screams and cheers of the appreciative crowd. If you haven't experienced "The Riverfest Meet" yet, you owe it to yourself to come and "get it on down" by the river! Now, for the rundown on the competition: In the deadlift, Brett Ellis won the Class-1 165's with 451.7 lbs. Andrew McChristie took the 181's with 501.5 lbs. Barry Holt, in a good 220 battle with an AL record 590 to Chris Senese's 562 lbs. Third was Brent Morris with a TN record 507 lbs. and Andy Mellow was 4th with 473.7 lbs. Alabama's Matthew Tommie and Carl white were 1st and 2nd respectively, with 600.7 and 551 lbs. in the 242's. Patrick Nelson took the 259 title with 518 lbs. Gregory Gibson of TN won the Disabled Men's 181's at 254.6 lbs. In open women, Indiana phenomenal 148 Judith Sverchek muscled up a huge Indiana and world record 479.5 lbs. and near missed an enormous 501! In junior men's, Ben Martin won the 181's with 518 lbs. Patrick Griffin took the 165's with 446.2 then did 448.4 on a 4th for an AL record. Casey Dunaway pulled an AL

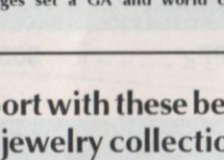


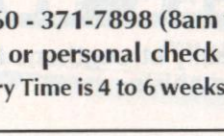
record 545.5 lbs. to take 1st over Jonathan Leftwich's 462.7 in the 198 class. Chris Senese's 562 pull won him the 220 juniors and gave him an AL record. In the 242's, it was Matthew Tommie with the win at 259 with a 473.7 pull. In junior women, Lisa Coleman took the 114 win with 242.5 and a 4th at 259 for the AL record. In the Law/Fire open men, Richard Anderson won the 148's with 374.7 for an AL record. Wesley Brantly, training partner of WPO superstars, Toni Caprari and Richard Hawthorne, was 1st in the 198's with 584 lbs. and a MS record. 1st at 259 was Randolph Stallworth with 551 lbs. and a 578.5 4th for the AL record. Richard Anderson was also 1st in the Law/Fire submasters 148's, his 374.7 lbs. pull garnered him another AL record and the world record as well! In masters 40-46, powerlifting legend and 13 time world champion, George Herring of Georgia, won the 220's with a hug 705.2 lbs. opener; then made an enormous jump to 782 for the world record. He made two attempts at this weight but both stalled just short of lock-out. At 242, reigning 275 world champion Bobby Driskill won with a 622.7 opener, missing his two remaining attempts. In masters 47-53 the 165 winner was Tom Corey with a GA record 374.7. At 198 it was Kirk Stuart in 1st with 446.2 lbs. The 220 winner was Georgia's Ron Proctor, who is a great ambassador for powerlifting, won with 512.5 lbs. Ron is the most helpful, supportive person to other lifters back stage I've ever known. He is a super guy and friend. Big Dan Davidson pulled the biggest deadlift of this year's meet with a 722 lbs. AL and world record at 242 for the win. Harvey Barton of Louisiana was 2nd with 507 lbs. and a state record. At 259, multi world champion Buddy McKee won with his 573 opener, but aggravated an abdominal injury and missed his next two attempts at 600.7. Louisiana's Onnie Jordan won the 220 54-60 masters with a BIG 600.7 pull. 2nd was newcomer Emory Burns of Alabama, with 457.2. He gave 501.5 a good ride but missed it. Watch this bull-riding cowboy; he's gonna make some noise. He's only been training for a few months. At master's 80-84, 198's "Mr. Longevity", Edwin Free Jr., won at 244.7 and a TN record. In master women 40-46, the 97 class winner was Georgia's Sandra Stowers (world record holder) who pulled a big 220.2 lbs. The 114 winner was Tara Rivers of Louisiana with 242.5 lbs. Cindy Weber of Tennessee won the 181's with a state and world record 386.8 lbs. pull. At master women 47-53, Patti Elmer took 1st with an AL and world record 363.7 at 165. In the 61-67 class 114's, Betty Lafferty won with 176.2; then broke the AL and world record with 181.7 on a 4th. One of powerlifting's newest superstars, Richard Hawthorne, won the 132 open men's division with a four-times plus bodyweight 551. At only 20 years old, he is already a multi-world champion and world record holder. Bret Ellis took the 165 win with a 451.7 pull. Chris Sloan won the 181's with 551; while Britt Buckingham was 2nd with 529. Jeff Ray took 1st at 198 with a big 622.7 lift. Shaun Smith was 2nd with 529 lbs. Georgia's master winner, George Herring's 705.2 opener also gave him the 220 open win over Alabama's Barry Holt with 551 and 4th was Tennessee's Brett Morris with a 507 sate record. Dan Davidson, master's winner, also took the 242 open with his big 722 lift. Bobby Driskill took 2nd with 622.7. Buddy McKee's 573 lbs. opener won the 259 open and set the AL record as well. 308 "Rise of the Dead" champion ND McDuffie, won the 308's, here in his former home town, with 705.2. 2nd at 308 was Tennessee's Mark Phillips with 606.2. In open women, Vicki Johnson took the 123 class win with 187.2 while Cindy Weber pulled a huge 386.8 to win the 181's. In submaster men's 165, 1st place was Toby McCormick with a 501.5 lbs. AL record. Jeff Ray took 1st at 198 with 622.7 lbs. 2nd was Shawn Smith of GA with 529 lbs. JD McDuffie was also 1st in submaster 308 with his 705.2 pull, while TN's Mark Phillips was 2nd at 606.2. Annette Wright of AL won the 123 class submaster

women's with 314 lbs. and a 4th of 319.5 for an AL record. Carol Ann Meyers of FL was 1st at 148 with 342.6 lbs. and the FL record. Susan Jackson at 198 pulled 358 lbs. for 1st and the AL record with LA's Kristin LaMonica rounded out this strong submaster women's division with 1st at 199+ with a pull of 347 lbs. In teen men 13-15 1st place 242 class went to Christopher Smith with 248 lbs. and an AL record. Teen 16-19 132 winner was Phil Duke Jr. with 374.7 and an AL record 4th of 385.7 lbs. The 148 class winner was Cory Crawford with a FL record 374.7. Joshua Gonnering was 1st at 181 with 341.5 and an AL record 4th of 352.5 lbs. 1st at 220 was Jake Taylor with 551 and a GA record 4th of 556.5. The 259 class win went to Patrick Nelson with an AL record 518 lbs., and 2nd was Christopher McDuffie at 462.7. The 13-15 teen women's winner at the 165 class was Camille Borden with an AL record 253.5 lbs. pull.


BENCH: In Class-1 men's action, it was Alabama's Ryan Bonds 1st in the 181's with a state record 380.2 lb. press. 2nd was Daniel Hagan at 370.3 lbs. 3rd was Alabama's Abel Garcia with 369.2. 4th was Andrew McChristie, also of AL, at 359.1. 5th was Jason Pruett with 347. 6th Richard Champion II with 314, and rounding out this hotly contested group in 7th was Ben Martin with 303 (great fight here!). The 198 winner was Chris Powe with 308.0 lbs. 1st at 220 was Chris Senese with 479.5 and an AL record 4th of 501.5. 2nd was Andy Mellow with 402.2, while 3rd went to Aaron Hagan, also with 402.2. The 242 1st place was Patrick Dean with 435.2 with Josh Nelson 2nd at 407.7. Carl White was 3rd with 400.2. The winner at 259 was Marvin Broadwater, with a GA record 451.7. At 275, Gadsden's Ken Overby took 1st over home town rival, Derrick Thomas, going 429.7 and 407.7 respectively. 1st at SHW was "BENCH" Bubba McConnell, with his 1st over 500 competition press of 501.5 for the AL record. Note: Watch out for Bubba! Tony Meeker got Bubba to try a different shirt in the gym, and 2 weeks later he pushed 650 lbs.! Yes! I said 650 lbs... Bench America, here he comes! In the Disabled men's division, the winner at 181 was Gregory Gibson of TN, with 148.7 lbs. In junior men, the 181 winner was once again, Ryan Bonds at 380.2 and his second AL record of the day. Jonathan Leftwich was the 198 winner with 352.5. Chris Senese won at 220 with 479.5 and an AL record 4th of 501.5. Adam Hix, suffering ill effects from the heat, had an off day, but still managed 2nd with 435.2. Adam later had to withdraw from the deadlift competition. The 242 winner was

record with his winning lift of 242.5 lbs. Jeremy Leach won the 123's with 187.2. At 132, the winner was Sethe Green with a 264.5 AL record. 2nd was Phil Duke Jr. with 214.7 lbs. Florida's Cory Crawford won the 148 class with a HUGE! FL and world record 391.2 lbs. WOW! Georgia's Wesley Prater won at 181 with 303 lbs. Cody Gray won the 198's and set an AL record at 292. Brannon Willisian rounded out the teen men winning the 220's with 363.7. In teen women 13-15 Kelsey Jordan of GA won the 97's with 71.5 lbs. In men's open 165 Alfred Jackson won with a big 402.2 lb. lift. The 198 winner was Charles Powe with 308.5. Michael Green of TX won the 220's with 501.5. Barry Holt took 2nd with 479.5 and Roderick Rogers was 3rd with 431.9. At 259 open (maybe the toughest class in this meet), Chip E'Dalgo won with a GA record 567.5 and near missed 600.7 twice on a 3rd and 4th attempt. Tennessee's Thomas Kesling was second with a PR 540 lb. lift. And master's winner Buddy McKee was 3rd with an AL open record 529. Guest lifter and 308 competitor Tiny Meeker of TX amazed all present with his winning opener of 744! in a one-ply shirt and then his near miss attempts at 804 (one was mis-loaded to 826 lbs.!) He was the male best lifter. [Side Note: Tiny would later make 8005.5 to become the only man in history to hit 800 in a one-ply shirt!] "BENCH" Bubba McConnell doubled up on his Class-1 win with a win in the open SHW with an AL open record 5010.5. The open women 181 winner was Cindy Weber of TN with 192.7. Guest lifting in the meet was WPO stat Joe Laddner, who came in looking to top the all time 242 bench press history, of 744 lbs. Joe is an impressive specimen who looks like he could bench press a Buick. He easily opened at 683 and 744 plus chips for a 745 plus attempt. The bar shot off of his chest like a rocket but the June heat and humidity was taking its toll on several lifters, Joe included and it stopped just short of lock-out. A second attempt at it looked as impressive but stopped short again. He'll no doubt make this weight soon! As imposing as Joe looks, I was really surprised to find he was a super nice guy. I really enjoyed meeting him and talking with him. Well, that's the run-down on this year's Riverfest meet. With the move from May to June, the heat wa our only real problem. Word is, next years meet will move indoors to Convention Hall, next to the Riverfest venue. So come next year and see for yourself the excitement, same music, same great people, just a different location and cooler temperatures! Come and be part of the hype! See you next year. (report courtesy of Buddy McKee)

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AAPF Snake River Championships
21,22 AUG 04 - Idaho Falls, ID

WOMEN	SQ	BP	DL	TOT	MEN
BENCH SATURDAY WOMEN Youth Cunningham-12 66 132 lbs. Novice D. Hol 143 148 lbs. Novice M. Zeller! 115 Open C. Hoppe 165 198 lbs. Master W. Cadavona 170 MEN Youth K. Braun-12 99 132 lbs. Teen (14-15) B. Darrinton! 187 148 lbs. Junior J. VandenEykel 281 165 lbs. Teen (14-15) C. Braun! 198 Teen (18-19) A. Kippen 192 Open A. Paterson 220 181 lbs. Teen (18-19) C. Shefts! 341 Open Cunningham* 418 Master (40-44) J. Cunningham 418 Master (45-49) B. Baker! 336 BEAR LAKE POWER-2nd C. Braun-15 198 K. Braun-12 99 D. Braun-43 203 R. Williams-38 347 J. Williams-11 71 SUNDAY MEN 220 lbs. Novice R. Clugston* 573 Teen (14-15) K. Boatman 187 Teen (16-17) S. Larson 330	198 lbs. Open J. Cunningham 402 K. Coombs! 473 220 lbs. 132 lbs. Novice S. Mecham 479 J. Weber 363 242 lbs. Open D. Younger 424 D. Adams 429 308+ lbs. Open B. Trip! 507 D. Hayden 501 G. Sarrett 385 Master (40-44) 198 lbs. J. Cunningham 402 Master (50-54) D. Marts! 292 R. Marchant! 374 242 lbs. D. Wolf! 358 T. Myers! 374 DEADLIFT SATURDAY WOMEN 148 lbs. Open C. Hoppe 314 132 lbs. Teen (14-15) B. Darrington 225 181 lbs. Novice R. Durbin 385 SUNDAY MEN 220 lbs. Submaster M. Haynes* 413 181 lbs. Open C. Wessels 374 M. Wallace 402 R. Zeller! 228 APF 181 lbs. Open C. Lovell 468 Master (50-54) 242 lbs. D. Wolf 507	10 20 159 143 143 292 292 248 292 292 20 40 45 30 126 50 303 336 Open 374 440 413 374 228 228 292	10 20 143 104 170 170 165 170 170 170 10 40 40 30 82 75 214 220 Open 253 253 314 253 203 203 330 330 330 330 330	20 30 159 176 330 330 286 330 330 30 45 45 40 165 100 325 843 369 Open 418 451 468 418 325 468 468 468 468 468 468	165 lbs. Open A. Patterson 336 181 lbs. Open C. Wessels 374 242 lbs. Open D. Younger 705 308+ lbs. Open G. Sarrett 744 SUNDAY MEN 198 lbs. Open R. Williams! 611 220 lbs. Novice R. Clugston! 573 Open R. Clugston 573 Submaster R. Clugston! 573 242 lbs. Open G. Sarrett 744 Submaster G. Sarrett 744 AAPF 198 lbs. Open J. Barrett 435 R. Williams 611 Open S. Mecham* 606 242 lbs. Open T. Wing 540 J. Gibson* 755 Open S. Palmer 655 M. Godoy 705 !Snake River or AAPF records. *Best Lifters. The 14th bi-annual Snake River Championships was held for the first time at the World Gym in Idaho Falls, ID. The venue was very spacious and accommodat- ing for all the lifters, staff, and guest! Troy Sakota (Manager) and all the World Gym staff must be commended. As demon-



With everybody watching, Scott Mecham joined the 500 Bench Press Club at the Snake River competition (photo by Mecham)

strated at the April event, this year begins a new era for the Snake River Championships. New in that, most the competitors are new to the event. So it was only appropriate to have Brent Mikesell, load up the "Iron Gladiator Hummer" and come down to mingle and sell training equipment to the upcoming lifters. Brent came down many times with Agnar, Axel, and Luke, to test their platform strength. Now Brent has the World's Biggest Squat (1170 lbs.) and only competes a few times per year. Thanks again Brent, you're an asset to the powerlifting community! There were 55 competitors lifting, 34 of them set new Snake River records (SRR), and 4 broke AAPF records. The teens and ladies were up first on Saturday. Two ladies were lifting raw to test the waters. Butte, Montana's, Deb Mae Ho at 123 did a very deep and record 159 lb. squat "in the raw"! Deb also benched 143 lbs. raw for another record. "Park City, UT" resident, Mary Brennan also set the 165 lb. record with a 242 lb. squat record, and benched 165 lbs. for a record. Be good to see what she and what they do with some nice equipment on next time! Now two-year veteran, Donna Marts, was up for her attempt at 300 lbs. Donna's 275 lb. opener was good, 292 good (AAPF record), and the jump to 308 lbs. was just a few lbs. too much. Think she'll be retiring that poly suit from contest and using her new canvas suit next time. Will be exciting to watch in April! Donna's 170 lb. bench and 330 lb. deadlift were also records in the Women Masters division, and earned her "Best Female Lifter" of the competition. We welcomed Wilma Cadavona back after a couple years away. She benched 165 lbs. and will hopefully be in full power in April. Becky Johnson keeps busy running World Gym, but managed to jump in for a few practice lifts going, 143 squat, 104 bench, and 176 deadlift. Camrin Braun came over from "Fish Haven", ID, (must be great for fishing in near by Bear Lake!) and set a record in the Teen 14-15 yr. 165 lb. class, squatting a big 303 lbs. Camrin also added a nice 214 lb. bench and 325 lb. deadlift to his day. Rick Durbin (Hayden, ID) broke "P.A." Adam Korenke's 00' squat record with a 440 lb. squat in the Novice 181. Rick also pulled 451 lbs. for a dead lift record. Mike Haynes (South Jordan, UT) received his first "Best Lifter Award" at 165, with his 413 lb. record squat, 314 lb. bench, and 468 lb. record deadlift. So Mike was very happy and coached his 6 yr old son, Adam in the "fun" youth division! Oh, Mike drove up the Sat. before just to check "driving time" from UT! Ha! Ha! Ha! Ron Zeller (UT) was exciting to watch in the 70-74 yr division. Exciting, in that you never know if the body will stay together with that many years on it! Ron calmly walked up to the bar, focused, took his breaths, and broke three AAPF records, squatting 253 lbs, deadlifting 324 lbs., and totaling 755 lbs. Think you'll see him at the Nationals next spring breaking the world records! After the competition he said, "I didn't know if I could pull 300 lbs. after squatting and benching!". Welcome to Powerlifting Ron! Following the squat the youth took the platform for the fun filled youth event. The cameras were flashing and parents cheering while the youth were smiling through their lifts. Chris Wessels coached 5 yr. old Peyton to perfect form on his 20 lb. squats. Jordan Gibson (11 yrs.) took things a little more serious with his lifting belt and "Best

Lifter Dad", Jason. Jason was "Best Lifter" in the APF competition on Sunday. Geri Sue Cunningham (12 yrs) benched 66 lbs. Yes, she's the daughter of the Cunningham that has taken "Best Bencher" in so many meets the past couple years, Jon! There were 10 youths in all, and we'll see who comes back as a teenage to lift more than the 5 lb. Styrofoam red, white, and blue barbell. (Manufactured by the Hughes family) Becky Johnson got the bench competition going by breaking Kristine Rovnak's '99 record by benching 104 lbs. Brad Darrington increasing the 132 lb. record to 187 lbs. in the Teen 14-15. Deb Mae Ho broke a Novice 123 record with a 143 lb. "raw" bench. Mary Zeller with only two weeks training benched 115 lbs. for the Novice 165 record, previously held by big bencher Keith Kriemann's wife Robin. Mary Brennan joined Mary in breaking Robin's record in the 165 with a 165 lb. bench. Donna Marts set the Master 40-44 yr. 148 record with a 170 lb. lift. Wilma Cadavona benched 170 lbs. in her return for the record in the 50-54. World Champ Jon Cunningham's training was a little off, but he managed a 429 to break the Master 40-44 record. The deadlift competition began with Camrin Braun breaking Kyle Thompson's 165 lb. record with a 325 lb. lift. If Kyle's been training with dad, Joe, he'll be here in April to regain his record! Rick Durbin pulled 451 lbs. for the Novice 181 record. "Best Powerlifter" Mike Haynes finished the day with a 468 lb. pull, for a Submaster 165 record. Now to Sunday, for the "Big Boys" competition, the 198's and up. The Snake River event had Richard Williams (Montpelier, ID) setting a 198 lb. record with a 611 squat. Rod Clugston (Coeur D' Alen, ID) broke Mike Casey's 220, 2001 squat record with a 573 lb. lift. Jorge Bravo (UT) returned after a year away to test his "raw" strength and went 501-303-551. I'm sure Jorge will come loaded with gear next time to show us the real deal! He may be moving in to a vacant membership at the "South Jordan Barbell". Proprietor Scott "500 Bench" Mecham, has a direct connection to training techniques at "Westside Barbell", HalHal Speaking of Scott, Scott had a great day going 606-500-573. All were personal records (pr), won him "Best AAPF lifter", and there's rumor he may have an equipment change in the near future! If so, he'll give Donald Younger a little competition for "Best Lifter Awards"! "Younger Dominates Competition", was the local Sunday newspaper headline. Donny was "Best Lifter" in the Snake River Powerlift going 705-424-556. The 705 lb. squat was a record in the Open 242 division. Donny said he missed a lot of training a month before the competition or his 705 may have been more. Local lifter, Greg Sarrett (308+) hit the platform just to see where his strength was after some time off. Greg's 750 lb. squat and 650 lb. deadlift was 50 lbs. off of his usual, but he was glad just to be in the mix. Greg spent a lot of time at Brent's booth, so will see what he come's up with next time. Training partners T.J. Wing, Shane Palmer, and Mariano Godoy always entertain the crowd with their platform energy. Mariano went 705-507-584 and took first in the 275's. Shane went 655-507-567 for second. Congrats to both for joining the "500 Club" in the bench! T.J. Wing went 540-347-512 to take second place in the APF Open 242. First place, and "Best APF Lifter" went to Jason Gibson lifting 755-529-578. Congrats to Jason for some exciting lifting and recording the "biggest squat and bench of the meet"! Carson Shefts broke Kent Mertons '99 Teen (18-19) 181 record by benching 341 lbs. to get the Sunday bench meet going. Kevin Coombs (Laurel, MT) took first in the Open 198 and broke his record with a 473 lb. lift, which earned him "Best Bencher Awards" for the day. Jon Cunningham, an unusual second place. Scott Mecham took the 220s with his pr 500 lb. lift. Jim Weber second with a pr 363. Congrats Jim! Damien Adams (Billings, MT) was first in the 242 with his 429 bench, Donald Younger second. Brad Trip (SLC, UT) broke Greg Sarrett's +308 record with a 507 lb. bench and took first place. Dennis Hayden (Shelley, ID) second with 501 lbs. Coach Bob Baker (Salmon

Power Team) broke his 45-49 record by 6 lbs., benching 336 lbs. Randy Marchant (Payson, UT) coming off surgery, benched 374 lbs. for a record in the Master 50-54 yrs. 220 class. David Wolf (Rock Springs, WY) benched 358 lbs. for Doug Wards 242 lb. 50-54 yr. record. David's excited reaction makes me think it was a pr as well! Hope Doug reads this, haven't seen him in a while! Tim Myers (Three Forks, MT) benched 374 lbs. for a record in the 50-54 yr 275 lb. class. Greg Sarrett was "Best Deadlifter" in the deadlift competition pulling 650 lbs. for the biggest deadlift of the day! Kevin Coombs was close behind for the award with his 551 lb. pull at 198 body weight. WPC judge, Carl Lovell excused himself from his judging duties to do some pulling. Carl opened with 468 lbs. and went for a record on his second and missed. He'll get it next time, but time goes on and his age may move his up a notch! Good to see Carl on the platform lifting after many years away! Thanks to Greg Biddulph and Casey Huntsman of Biddulph/Huntsman Orthopedics for sponsoring the great trophies! The lifters comment that we give the best! Dr. Greg used to have a big bench when he played for BYU! Someday maybe? Hat's off to our platform crew!

Joel Ward, Technical Officer, ran a tight ship and we had not one miss-load! Joel and Sheldon also entertained the crowd with their "Loading Contest"! Sheldon (+260) put me to shame for quite a tab! (I'll pay up Shell). Think Joel is ready for the famous "WPC England Loading Team", who were actually flown to meets to load. "I've never seen lifters wrapping 3-4 out to be ready when their name was called to lift!" Before the lifter got off the platform the bar was loaded for the next lifter! They could flip the weights in the air while loading! It was incredible to watch that's for sure. Anyway, we appreciate all the help with loading and spotting "very much!" I looked up and World Champ David Edmondson (UT) was spotting the side on the "Big Boyz" squats! Thanks to James "Radar" and Janie Capehart (Dallas,TX) for flying in for the second year in a row, everyone appreciates you professionalism and humor! Jon Cunningham and Carl Lovell were also appreciated by not one lifter complaint! We missed Sean Anderson this time due to illness, but hopefully he'll be here April. Last but by no mean last, Linda made it all happen for a second time. Without the sponsors we couldn't have the great meets, and Linda is commended for that! Hope to

meet more new lifters in April! (Thanks to Michael & Linda Higgins for these results)

USAPL Hoosier Qualifier
20 NOV 04 - Bloomington, IN

WOMEN	SQ	BP	DL	TOT
Teen (14-15) 97 lbs. K. Ireland 115! 90! 200! 405! 132 lbs. A. Ballard 105 95! 205 435 148 lbs. Master (50-54) M. Kell 175! 125 255 555 MEN Open 123 lbs. S. Fellows 55 290! 145 490 148 lbs. Teen (14-15) C. Willett 250 150 275 675 198 lbs. Master (40-44) M. Johnson 505 - - - 275 lbs. Submaster J. Dibert 515 530 510 1555 !State records. (results courtesy USAPL)				

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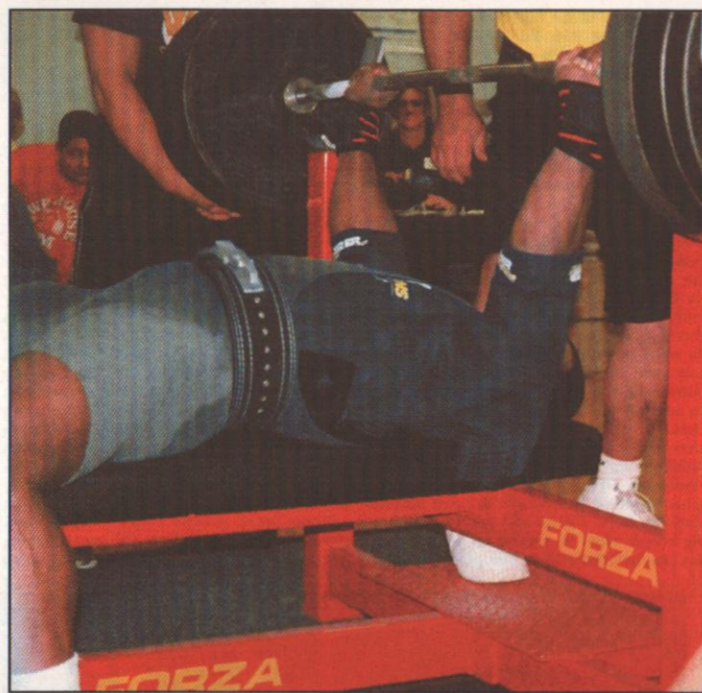
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St. Mary's 5th BP Open
25 SEP 04 - St. Mary's, WV

Law	J. Pauley	435
181 lbs.	Raw SHW	
J. Bowie	385 B. Siders!	550
198 lbs.	Master	
M. Eichorn	315 181 lbs.	
220 lbs.	K. Samples	225
T. Lemasters	350 T. Ballengee	230
P. Parry	— Throckmorton	300
242 lbs.	198 lbs.	
B. Reynolds	355 M. Walker	180
275 lbs.	220 lbs.	
P. Misandy	450 R. Eastham	345
A. Nedeff	420 L. Warden	325
Open	P. Parry	—
165 lbs.	J. Rubenstein	320
J. Wright	345 P. McKeever	310
181 lbs.	S. Massey	345
D. Davis	340 242 lbs.	
J. Lemasters	345 B. Renolds	355
198 lbs.	275 lbs.	
E. Bailey	270 K. Burgess	520
A. Houser	— Teen	
W. Derr	300 123 lbs.	
220 lbs.	C. Walker	70
T. Haynes	385 132 lbs.	
242 lbs.	J. Porter	105
T. Kellar	400 165 lbs.	
J. Morgan	515 G. Ballengee	240
275 lbs.	WOMEN	
A. Houser	500 181 lbs.	
K. Burgess	520 S. Rodriguez	155
	SHW	

! = Best Lifter. Teams: 1st - Body Progressions, 2nd - Mt. Olive Correctional, 3rd - St. Mary's Correctional Center. This year's meet was held in memory of "Big Luke" Hams. He was the honorary head judge at last year's meet. Last year Brian Siders attended the meet to help out his friends. But this year he lifted to help motivate lifters and his training partner. Brian made 3 very easy lifts in street clothes and amazed how effortless he made his lifts "ram". Also, Brian took an unofficial 4th attempt @ 605 lbs. raw and dedicated his successful lift to "Big Luke" with plenty of lift in him. And the ultimate show of sportsmanship, Brian gave his trophy (1st) to 2nd place finisher and friend and train-



Darris Piggee (46) benching 600 at 198 at the APA Northwest Open.

ing partner John Pauley. Thanks to everyone who helped to put this meet on and to the lifters. See you next year! Results by Tim Cochran. (Provided by Jeff Morgan)

USAPL New Mexico State
27 MAR 04 - Silver City, NM

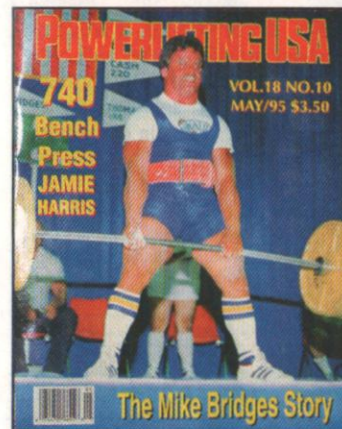
220 lbs.				
Junior				
J. Hierman	440	330	405	1175
Open	242 lbs.			

148 lbs. Teen-3
J. Rodriguez 235 — — —
(Thank you to USAPL for providing results)

APA Northwest Open
04 DEC 04 - Kennewick, WA

BENCH	308 lbs.			
WOMEN	Open			
(40-49)	R. Kennelly	830		
148 lbs.	4th	902		
D. Daminga	165* Junior			
(16-17)	M. Rickel	515		
181 lbs.	SHW			
J. Rikkola	— Drug Free			
Open	T. Corwin	575		
198 lbs.	SHW			
D. Piggee	600 R. Patterson	675		
B. Owens	— Junior			
(40-49)	T. Corwin	575		
D. Piggee	600 P. Ratsch	500		
220 lbs.	(50-59)			
Junior	— R. Patterson	675		
L. VanDyke	— DEADLIFT			
Open	550 WOMEN			
J. Wilson	450 Drug Free			
D. Longmire	550 Drug Free			
Drug Free	165 lbs.			
B. Dirk	455 M. Kampen	365		
(40-49)	Open			
R. Hyatt	275 198 lbs.			
242 lbs.	C. Ruvnak	455		
Open	MEN			
S. Mathis	485 Drug Free			
Drug Free	181 lbs.			
S. Mathis	485 D. Travis	625		
(40-49)	220 lbs.			
S. Mathis	485 Drug Free			
(40-49)	T. Pyle	315	510	
275 lbs.	(16-17)			
T. Hamilton	375 C. Sandberg	630		
(40-49)	Drug Free			
P. Morrison	— T. Summers	600		
PUSH-PULL	BP	DL	TOT	
MEN				
198 lbs.				
(60-69)				
D. Holmes	335	460	795	
SHW				
Open				
R. Patterson	675	640	1315	
(50-59)				
R. Patterson	675	640	1315	

BACK ISSUE OF THE MONTH



PL USA MAY '95 had a photo we had been saving for almost 13 years on the cover ... on the occasion of Herb Glossbrenner's in depth profile of one of the greatest of the great lifters in PL history ... MIKE BRIDGES, at the 1982 Sr. Nationals, where he finished off the greatest total of his career 2105 at 181. Herb's story starts out with Mike's bold prediction that he would break a world record ... in his first ever competition ... and that's what he

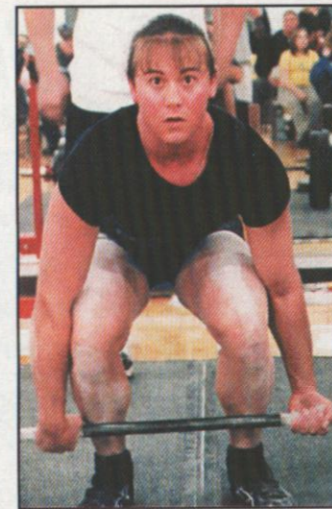
did! Step by step, Herb chronicles this illustrious career, plus you get Mr. G's inside scoop about the Bridges bout with UFOs! Check out the photo of the man who literally stood behind the achievements of Mike and his remarkable brothers ... Al Smithers. Also in his issue was the lightning strike from the blue that put Jamie Harris on the BPing map ... his 740 at the APF Pennsylvania State meet. Dr. Judd Biasiotti profiled another historic bench press figure ... James Henderson ... the first man to bench more than 700 raw. Regarding his future at that time, James is quoted as saying ... "I plan on going as far as I can in this sport - 750, 800, even 900 if the fire is in me." Rick Brunner explained the secrets of the Russian supplement Ecdysterone and other plant sterols. In our report of the USPF Jr. Nationals, see Wade Hooper (with a very different hairstyle) trying a world record squat of 663 at 148. Ernie Frantz was interviewed by Marty Gallagher ... "Some type of formal, face-to-face dialogue amongst the powerlifting organizations might be just the thing to get the re-unification ball rolling ...

Let's find out who is for re-unification and who isn't!" Louie Simmons talked about the critical subject of "When to Change Weight Classes". Bench Press Blaster and NFL Strength Coach Bill Gillespie was interviewed by Brian Blum ... "At 35 people keep telling me I've hit my peak. I'm going to stop getting better, and I'm going to have to back off my training, but I still have those same dreams I had when I was a 21 year old." Joe McAuliffe shared his squat routine in the Workout of the Month, and in an interview with the new USPF President ... Peter Thorne ... regarding conflict of interest in the sport, he stated ... "... if you are speaking of people and companies who are seen to make money in the sport this is not conflict. It is an alignment of interest ... "Joe Pyra presented in depth history of the connection between the sport of Powerlifting and the Amateur Athletic Union (AAU). Glen Chabot went 203 551 203 959 for 3rd place at the APF New York State meet. Bench phenom Rick Weil had the report of his "Pumping for the Poor" meet, in which the entry fee was an item of canned goods to feed the hungry and homeless. Marcel St. Laurent went 625 385 615 1625 at 165, as

a master lifter, in the CPA Canadian Open. Tony Conyers won the 165s at the USPF Southeastern Cup with 650 415 600 1665, and Jon Grove took the 275s with 800 470 740 2010. 4th place in the 220s at the ADFPA Minnesota State meet went to Brad Madvig with lifts of 500 340 540 1380. , where Brad Gillingham won the SHWs with 755 530 750 2035. A Mr. Gahagan was Best Lifter and winner of the 198s at the S. Texas Collegiate & Open with lifts of 510 335 620 1465. Bettina Altizer won the 139 lb. class at the Botetourt Fitness BP with a 250 lb. effort. On our TOP 100 275 lb. list, the top names were Scott Waman (947 squat, 832 deadlift, 2298 total) and Craig Tokarski (705 BP). Also showing up on the list were Ted Isabella in the squat (720 - #70), Nick Busick in the bench (505 - #62), Steve Dennison in the deadlift (672 - #51), and Hank Sargent in the total (1840 - #45). Herb Glossbrenner's all time 220 lb. class DL list was headed by Ed Coan (901), with Doug Furnas at #90 with a 738. You can still buy one of the few remaining copies of this class edition of PL USA, and many others ... see the list on page ... of this issue for further information.

POWER	SQ	BP	DL	TOT
MEN				
Junior				
148 lbs.				
A. Benezra	350	205	415	980
Drug Free				
165 lbs.				
J. Benezra	510	340	570	1420
(13-15)				
C. Luna	330	270	425	1035
4th	350		450	
Junior				
J. Benezra	510	340	570	1420
220 lbs.				
(40-49)				
A. Russo	465	365	540	1410
4th	505			
242 lbs.				
Open				
J. Sandberg	500	365	550	1415
(40-49)				
G. Daminga	550	385	525	1415
275 lbs.				
Open				
R. Rigdon	655	570	575	1800
308 lbs.				
DEADLIFT				
Junior				
W. Rogers	465	320	505	1300
4th	475			

Best Lifter Awards: Jeremy Benezra - Overall Best Lifter and Drug Free Best Lifter. Ryan Kennelly - Overall Best Lifter (Bench Press). Terry Corwin - Drug Free Best Lifter (Bench Press). Randy Patterson - Best Lifter (Push-Pull). Duane Travis - Best Lifter (Deadlift). This was a great contest filled with great lifting. Ryan Kennelly set an all time World Record bench press of 902.5 in the Bench Press. Randy Patterson performed a huge 675 bench press at 56 years old. And, 46 year old Darris Piggee benched a huge 600 at 198 bodyweight. 20 year old Tony Corwin benched a whopping 575. A bunch of other huge lifts were done at this event. Special thanks to the referee's and spotters who did an outstanding job, and to Kelley Mahoney and crew for putting on one great event. We look forward to several more APA Washington events in the new year. (These meet results by APA)



Christine Ruvnak pulled 455 and just missed 507 at the APA Northwest Open. (photographs courtesy of Scott Taylor)

APF Open / NE State
"Big Ass Bar Bending Battle"
02 OCT 04 - Omaha, NE

DEADLIFT	S. White	551		
MEN	BENCH			
Novice	MEN			
165 lbs.	Teen			
J. Delgado	402 198 lbs.			
242 lbs.	L. Lacy	391		
S. Peters	551 242 lbs.			
S. Pauls	584 R. Briggs	567		
Open	275 lbs.			

A. Liu	474	165 lbs.			
Junior					
242 lbs.					
T. Kowal	523	D. Kunasek	512		
Master-1		242 lbs.			
198 lbs.		B. Carpenter	738		
B. Stevens	451	B. Hein	711		
Open		T. Acome	523		
Push/Pull	BP	DL			
WOMEN					
Novice					
198 lbs.					
T. Vaught	187	402			
Junior					
148 lbs.					
J. Pauls	170	270			
MEN					
Novice					
220 lbs.					
R. Ferris	435	501			
Teen					
148 lbs.					
C. Willis	231	341			
Master-1					
220 lbs.					
J. Petersen	705	391	507	1603	
Open					
198 lbs.					
R. Bauer	363	468			
Open					
198 lbs.					
N. Simon	529	672			
220 lbs.					
J. Burnett	292	485			
WOMEN	SQ	BP	DL	TOT	
Teen					
132 lbs.					
K. Petersen	319	126	275	722	
181 lbs.					
A. Huston	463	170	457	1091	
198+ lbs.					
M. Dudley	600	281	424	1306	
Open					
132 lbs.					
H. Burke	303	137	304	745	
MEN					
148 lbs.					
N. Hatch	711	474	524	1709	
Novice					
220 lbs.					

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HURT - ALWAYS
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J. Iversen	523	363	529	1416
275 lbs.				
D. Gross	529	402	551	1482
Junior				
220 lbs.				
J. Grandick	905	650	727	2282
Master-1				
165 lbs.				
I. Clark	474	330	446	1251
220 lbs.				
J. Boukal	523	286	485	1295
242 lbs.				
M. Taylor	716	535	644	1897
J. Guerre	666	501	666	1835
308 lbs.				
D. Pearson	799	496	700	1995
Heavyweight Bench - Bill Carpenter.				
Lightweight Bench - Brad Heck. Best				
Deadlift - Nick Simon. Best Female - Ali				
Huston. Heavyweight Full - Jim Grandick.				
Lightweight Full - Nick. Hatch. (Thanks				
to Big Iron Gym for these meet results)				



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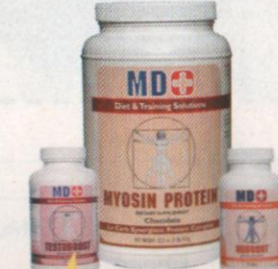
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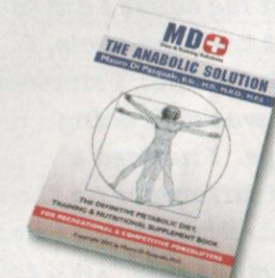
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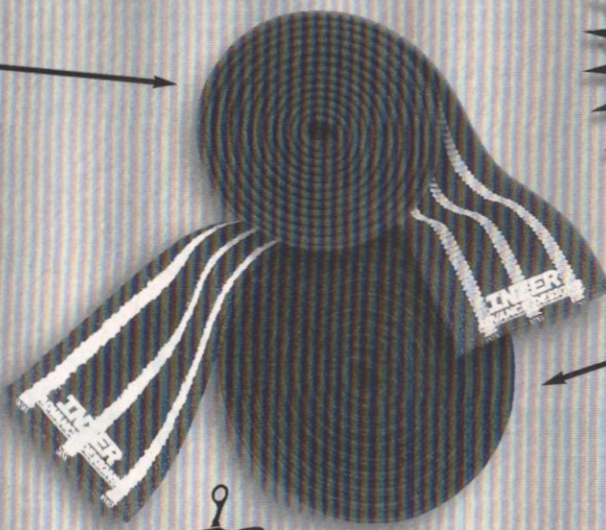
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Steve Beadencup was top BPer at the Kennedy's Gym Christmas Meet

Kennedy's Gym Christmas Meet 12 DEC 04 - Morgantown, PA

MEN	SQ	BP	DL	TOT
77 lbs.				
B. McDonnell	90	55	125	270
104 lbs.				
C. McDonnell	100	60	150	310
83 lbs.				
G. Romett-11	145	75	180	400
(12-13)				
105 lbs.				
D. Peirson	100	60	155	315
(14-15)				
132 lbs.				
N. Lykens	150	105	200	455
198 lbs.				
A. Cohn	200	115	200	515
SHW				
A. Reilly	215	125	300	640
(16-17)				
148 lbs.				
K. Davies	200	95	205	500
(18-19)				
V. Ferraro	170	85	215	470
Teen (14-15)				
181 lbs.				
J. Diguardi	295	235	335	865
198 lbs.				
C. Chwieko	415	250	385	1050
242 lbs.				
K. Haney	350	215	400	965
(16-17)				
220 lbs.				
S. Rose	320	230	430	980
181 lbs.				
Z. Peirson	300	175	325	800
R. DiGuardi	425	265	380	1070
165 lbs.				
P. Spatz	280	200	380	860
275 lbs.				
T. Rynier	300	160	350	810
A. Wick	335	280	430	1045
(18-19)				
132 lbs.				
A. Tran	275	210	325	810
165 lbs.				
M. Ferguson	425	290	425	1140
D. Shuman	—	230	—	230
181 lbs.				
S. Hetrick	400	330	475	1205
242 lbs.				
M. Moore	—	—	410	410
148 lbs.				
J. Painter	320	215	390	925
MEN				
242 lbs.				
J. Megahey	—	315	—	315
181 lbs.				
T. Myer	—	305	—	305
198 lbs.				
S. Beadencup	—	450	—	450
165 lbs.				
M. Heiland	305	255	350	910
220 lbs.				
D. Johnston	500	300	525	1325
Master				
Eberhardinger	—	—	145	145

The annual "Christmas Meet" was held at Kennedy's Gym for the fifth time. Top male teen lifter was Stuart Hetrick. Nikki Lykens was the top female teen lifter. Dave Johnston was the top men's lifter. Steve Beadencup had the top bench with an easy 450 at a body weight of 192. The youngest competitors were brothers Bryce and Connor McDonnell who just keep getting better. Paul Eberhardinger, who always completes his deadlift to applause, was the most senior competitor. (thanks to Kennedy's Gym for providing these results)

8th PA Power Challenge 02 OCT 04 - Leesport, PA

BENCH	J. Murphy	405	
Amateur	AM Master (60-64)	122 lbs.	
Teen (16-17)	M. Dennis	AM Master (65-69)	
148 lbs.	P. Hubbards	260	
M. Briggs	280	Raw Middleweight	
AM Submaster	A. Pierson	500	
A. Pierson	500	181-220 lbs.	
E. McCarriston	420	B. Leonard	455
AM Law/Fire	K. Adams	335	
J. Murphy	405	AM Open	
AM Master (40-44)	198 lbs.		
R. Janus	350	M. Dennis	350
R. Furnas	345	220 lbs.	
AM Master (45-49)	B. Bowlin	420	
AM Open			
122 lbs.			
A. Neidlinger	135	315	
Master (45-49)			
B. Phillipi	280	525	
Master (40-44)			
N. Hill	115	255	
AM Junior			
J. Devlin	405	500	
Open			
148 lbs.			
B. Romanelli	335	440	
181 lbs.			
J. Talarico	345	535	

242 lbs.				
S. Thomas	575			
J. Baer	535			
275 lbs.				
A. Pierson	500			
L. Gravish	475			
4th-485				
J. Miller	415			
Pro Submaster				
J. Sanders	460			
Pro Law/Fire				
J. Menne	525			
J. Sanders	460			
Pro Master (45-49)				
IronMan				
FEMALE				
Teen (16-17)				
139 lbs.				
T. Cockrell	120	225		
132 lbs.				
K. Morris	125	330		
176+ lbs.				
L. Hannegan	110	250		
R. Wilcox	130	310		
MALE				
Teen (14-15)				
148 lbs.				
R. Feldman	140	270		
165 lbs.				
C. Banzhof	160	280		
181 lbs.				
J. Carl	105	240		
(16-17)				
123 lbs.				
T. Pagan	115	275		
181 lbs.				
P. Spatz	180	350		
198 lbs.				
M. Barkasi	335	455		
(18-19)				
198 lbs.				
L. Hobbs	265	530		
Raw Middleweight				
181-220 lbs.				
R. Rodriguez	415	700		
M. Sabol	250	415		
J. Fremont	270	290		
Heavyweight				
(220.5-UNL)				
K. Simpson	385	485		
WOMEN				
AM Open				
122 lbs.				
A. Neidlinger	135	315		
Master (45-49)				
B. Phillipi	280	525		
Master (40-44)				
N. Hill	115	255		
AM Junior				
J. Devlin	405	500		
Open				
148 lbs.				
B. Romanelli	335	440		
181 lbs.				
J. Talarico	345	535		

325	220 lbs.			
P. Tongiani	375	515		
242 lbs.				
M. Newcomb	315	480		
Pro Open				
181 lbs.				
D. Koberstein	420	525		
242 lbs.				
B. Ramberger	455	580		
Pro Master (40-44)				
B. Ramberger	455	580		
M. Mazzulo	450	505		
220 lbs.				
C. Morris	725			
BP DL				

AOL BP/DL Meet 13 NOV 04 - Columbus, OH

BENCH	B. Adams	—	
MALE	E. Weaver	—	
132 lbs.	308 lbs.		
P. Hile	270	P. Aracri	525
148 lbs.		M. Sabatomp	475
A. Hager	410	SHW	
R. Donley	380	P. Bradshaw	510
A. Sturgill	335	C. Cline	410
J. Roden	215	M. Milan	350
181 lbs.		FEMALE	
G. Clayman	405	105 lbs.	
R. Hamscher	345	J. Routzong	150
E. Wright	340	132 lbs.	
R. Cline	335	N. Calland	130
B. Clark	—	DEADLIFT	
198 lbs.		MALE	
J. Elick	475	132 lbs.	
(40-45)		P. Hile	475
G. Benford	485	181 lbs.	
A. Swauger	430	N. Sambianet	575
P. Sinicropi	415	B. Routzong	550
220 lbs.		R. Hillnscher	490
S. Boardman	540	198 lbs.	
M. Chanos	500	P. Sinicropi	800
P. Sengos	460	220 lbs.	
C. Workman	300	J. Sippi	450
J. Sipple	250	242 lbs.	
242 lbs.		K. Bardos	600
T. Baldwin	580	M. Boumiquie	585
R. Freiwald	500	K. Hall	560
J. Obradavich	500	T. Harrison	450
W. Thomas	485	275 lbs.	
K. Hall	415	B. Adams	685
K. Bardos	400	308 lbs.	
M. Boumiquie	395	N. Sebatino	580
T. Harris	385	SHW	
275 lbs.		P. Bradshaw	650
J. Voekel	440		
B. Coleman	275		

Best Male Lifter Award: Seth Boardman. Best Masters Award: Gary Benford. Best Female Lifter Award: Janet Routzong. (Thanks to Pete Urda for FAXING these meet results)

International Powerlifting Association

"Lifting for Lifters"

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Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

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

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181 Medals Narolskyy, Wegiera, Watanabe

(continued from page 7)

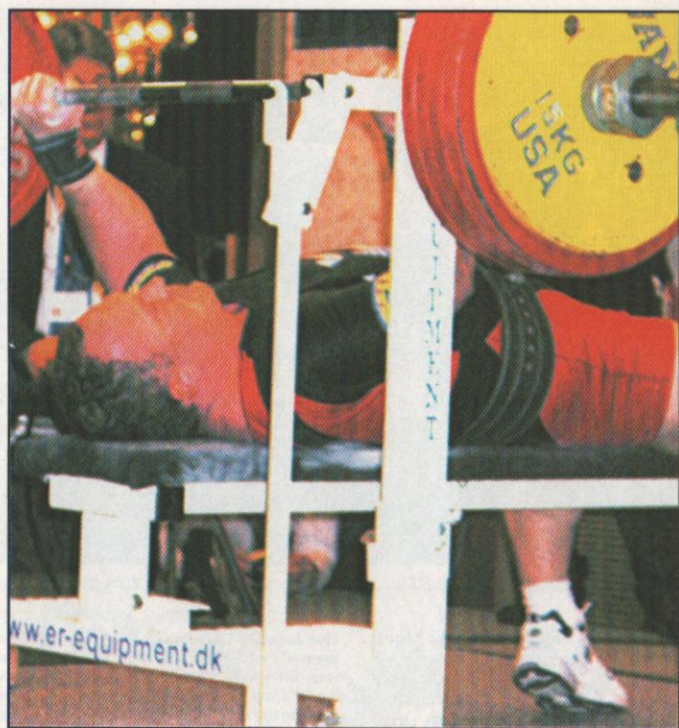
medal with a lift of 155 kgs, which was below what he was hoping to do. In the 67.5 kg division, powerlifting legend Alexey Sivokon from Kazakhstan hit all of his attempts and won the gold with his opening attempt. He finished with 210 kgs. Second place was determined on bodyweight as both Niklas Jonsson from Sweden and Pawl Pracownik from Poland lifted 195 kgs. with Jonsson the lighter lifter. US lifter Trey Collins only managed to get his opening attempt of 190 kgs, which was good for fourth place. After the 75 kg class was over, I was glad I was meet director and not lifting. Daiki Kodama from Japan could not satisfy the judges with his unique set up on his first two attempts, which was argued by his coach and my friend Susumu Yoshida. He finally got his opening lift of 250 kgs, (yes, that's a 551 lb opener!) on his third attempt. He went for a fourth attempt of 265 kgs (584) and got it without difficulty. In the past, I have thought his butt was off the bench, but he was perfect at this meet. Russian lifter Sergey Knyazev was impressive with his silver medal lift of 240 kgs and finishing in third from the Ukraine with a lift of 215 kgs. was Roman Zuzuk. US veteran lifter Mike Hara looked strong, but was not sound technically as the judges refused each of his attempts. Jan Wegiera from Poland won the 82.5 kg class with a 255 kg best just 2.5 kgs. ahead of

Japanese lifter Yuji Watanabe. Wegiera had a fourth attempt world record lift of 260 kgs passed. Taking the bronze was Volodymyr Narolskyy from the Ukraine who finished with 237.5 kgs. I knew the 90 kg class would be a battle. Alexey Vorobyev from Russia, who has been world champion in the 75, 82.5 and 90 kg classes, was going toe-to-toe with US lifter Joe McAuliffe. Joe had a nice crowd in the front row cheering him on. Jan Bast from Germany was also in

the hunt for the gold as he opened



100 kg. winners (left to right) ... were Young, Kupcsik, Sohlman



Joe McAuliffe giving it a go in a ferocious competition at 90 kgs.

with 250 kgs to stay even with Vorobyev. Joe opened 2.5 kgs. Behind, but was very explosive. All three went 255 on second attempts and all received whites. Everyone was jockeying during third attempts

and McAuliffe and Bast elected to have Vorobyev lift for the win. Vorobyev, who doesn't often miss, didn't. With all three lifters getting their third attempts, the final results had Vorobyev winning gold,

IPF World Bench - Men (kg)
2-5 DEC 04 - Cleveland, OH

52 kgs.	NAT	1st	2nd	3rd	Nochnoy	RUS	225	235	240	Giffen Jr.	CAN	255	260	272.5
Bkeda	JPN	165	170	170	Urban	SVK	222.5	230	235	Nilsson	SWE	255	265	270
Wrona	POL	147.5	152.5	165	Olynyk	UKR	180	200	210	Kircher	GER	245	250	270
Pham	USA	135	140	145	Ranonis	LTU	180	192.5	200	Cosmo	RSA	225	240	250
Klein	GER	140	142.5	147.5	Riis	DEN	180	180	187.5	Emberley	CAN	220	230	237.5
56 kgs.					Rasmussen	DEN	180	180	180	Hegedus	HUN	267.5	267.5	275
Isagawa	JPN	175	182.5	182.5	Harutyunyan	ARM	130	130	130	Leesman	EST	215	220	220
					4th-185.5!	USA	232.5	232.5	232.5	Kircher				
Parnian	NED	177.5	177.5	182.5	90 kgs.					Meszaros	HUN	320!	325	330
Owsiany	POL	155	160	165	Vorobyev	RUS	250	255	262.5	Lade	USA	290	297.5	302.5
Wong	USA	150	155	160	McAuliffe	USA	247.5	255	260	Lehto	FIN	280	280	300
60 kgs.					Bast	GER	250	255	257.5	Furesund	NOR	255	262.5	280
Zakiev	RUS	190	200	202.5	Zubriks	LAT	235	247.5	255	Krejca	CZE	252.5	257.5	262.5
Kolsovsky	SVK	147.5	155	157.5	Jader	SWE	247.5	247.5	257.5	Gayanov	KAZ	232.5	240	247.5
Petrencak	USA	150	155	160	Kishimoto	JPN	245	255	265	Hoen	GER	230	240	250
Matsumoto	JPN	195	195	205	Pevnev	UKR	232.5	240	247.5	Bang	DEN	235	242.5	245
67.5 kgs.					Farstad	NOR	200	200	210	Royer	CAN	170	180	187.5
Sivokon	KAZ	200	205	210	Brunhoej	DEN	187.5	190	197.5	Brown	CAN	255	255	255
Jonsson	SWE	195	195	207.5	Thoegersen	DEN	190	190	197.5	125+ kgs.				
Pracownik	POL	195	195	195	Pigozzo	CAN	147.5	147.5	155	Sandvik	FIN	310	315	322.5!
Collins	USA	190	192.5	192.5	Sharma	IND	110	130	—	Mirowski	POL	345	320	325
Nikkila	FIN	182.5	187.5	192.5	100 kgs.					Midote	JPN	310	317.5	322.5
Breton	FRA	170	177.5	182.5	Kupcsik	HUN	280	280	285.5!	Svensson	SWE	297.5	297.5	312.5
Rheume	CAN	150	157.5	162.5	Sohlman	FIN	265	270	282.5	Suberlak	CAN	270	270	287.5
Bahtcevanov	BUL	150	160	160	Young	USA	260	260	270	Karabel	USA	285	297.5	300
75 kgs.					Panfilov	KAZ	235	247.5	252.5	O'Halloran	CAN	282.5	290	297.5
Kodama	JPN	247.5	247.5	250	Al Omari	UAE	250	250	260	Fjoren	NOR	255	260	260
					4th-265!	SVK	240	247.5	260	Lagrange	RSA	220	222.5	247.5
Knyazev	RUS	230	237.5	240	Gasiennia-Ma	POL	245	245	260	Ehlinger	GER	270	270	285
Zuzuk	UKR	215	225	225	Chida	JPN	225	240	240	Maximov	RUS	340	340	340
Poykio	FIN	197.5	202.5	217.5	Butt	CAN	210	217.5	222.5	Staerkjaer	DEN	322.5	322.5	322.5
Nebola	CZE	195	202.5	207.5	Ivanov	BUL	200	220	220	Wahlqvist	SWE	305	305	305
Cucuzella	FRA	195	202.5	202.5	Georgiev	BUL	190	190	200	!World Records, Teams: 1. Japan 62, 2.				
Liimatainen	FIN	190	200	205	Giffen Sr.	CAN	160	172.5	177.5	U.S.A. 54, 3. Poland 50, 4. Russia 47, 5.				
Kean	CAN	172.5	180	185	Tagra	IND	160	—	—	Finland 46, 6. Hungary 36, 7. Ukraine 31,				
Mahlakwane	RSA	155	162.5	170	Volkov	RUS	260	260	265	8. Sweden 28, 9. Kazakhstan 24, 10. Canada				
Hara	USA	232.5	232.5	232.5	110 kgs.					22, 11. Germany 20, 12. Slovakia 19, 13.				
Takahashi	JPN	245	250	250	Mayer	USA	272.5	280	295.5	Norway 13, 14. Czechia 12, 15. France				
82.5 kgs.					Kosone	JPN	270	280	282.5	10, 16. Netherlands 9, 17. Denmark 9, 18.				
Wegiera	POL	245	253	255	Kushnarev	RUS	267.5	272.5	275	Latvia 7, 19. U.A.E 6, 20. Bulgaria 5, 21. S.				
					4th-260!	UKR	265	275	275	Africa 5, 22. Lithuania 3, 23. India				
Watanabe	JPN	245	245	252.5	Minami	JPN	260	265	265	2, Armenia, Estonia. Champion of				
Narolskyy	UKR	230	237.5	242.5	Pfeifenroth	HUN	260	260	272.5	Champions: 1. Meszaros 184.48, 2. Kodama				
Juhasz	HUN	235	235	240	Hirvonen	SWE	260	270	280	179.32, 3. Sandvik 178.43.				

McAuliffe winning silver and Bast getting bronze. In the 100 kg class, Laszlo Kupcsik from Hungary was impressive with a gold medal lift of 285.5 kg world record lift. In a distant second was Finnish lifter Jarmo Sohiman who lifted 265 kgs. US lifter Ralph Young moved down from the 110 kg class to compete in the 100 kg class and finished with a lift of 260 kgs for the bronze. Ralph has been having shirt problems, which I hope may be solved with the Titan F-6. Kevin Mayer came to my gym about a month prior to the meet to get help with his lift. Kevin hit a 290 kg lift, which although a bit uneven, looked solid off his chest and at lockout. Kevin worries



IPF World Record of 710 for Kenneth Sandvik in the Superheavyweight competition

about everything, so our biggest concern was getting him to concentrate on his lift. Kevin won the gold on his opening attempt of 272.5 and then did a solid 280 kg lift on his second attempt. His third attempt lift of 295.5 kgs for a new world record was close, but he couldn't quite lock out one arm. Finishing in second place from Japan was Shinichi Kosone who finished with a bench of 270 kgs. Russian lifter Oleg Kushnarev won the bronze with a lift of 267.5 kgs. Hungarian powerhouse Laszlo Meszaros was back looking as strong as ever. He opened with a

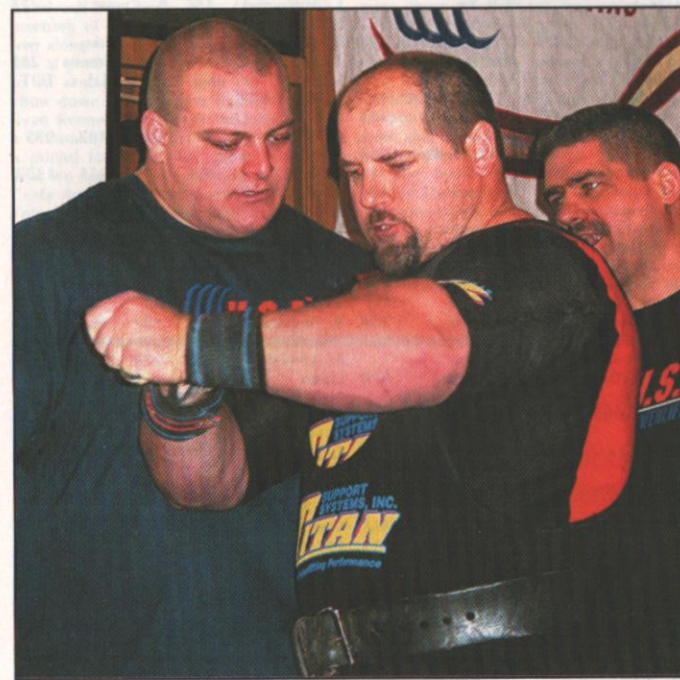
world record lift of 320 kgs, which went up smoothly. He mysteriously timed out on his second attempt and returned in time for his third attempt lift of 330 kgs, which was a bit too much. Finishing a distant second was US lifter Scott Lade who went three for three. Scott finished with bench of 302.5 kgs. If you ever go to the banquet following the competition, I highly recommend you sit at Scott's table. His group has more fun than any other. Everyone else is a distant second. Scott further entertained us at the banquet with his hoola hoop skills. I think he set the world

record for the hoop hitting the ground. In third place from Finland with a lift of 300 kgs. was Ove Lehto. In the superheavyweight division Finnish lifter Kenneth Sandvik went three for three and set a new world record with a gold medal lift of 322.5 kgs. In a close battle, Dariusz Mirowski from Poland finished 2.5 kgs back for the silver. In third place from Japan was Daisuke Midote who only got his opening attempt lift of 310 kgs. US lifter Lance Karabel in his first international meet finished in sixth place with a bench of 285 kgs. Japan won the team championship with 62 points followed by the US with 54 points and in third place was Poland with 50 points. Best lifter went to Hungarian lifter Laszlo Meszaros with 184.48 points followed by Kodama of Japan with 179.32 points and in third place was Kenneth Sandvik from Finland with 178.43 points.

We had a number of individuals help with the running of the meet. Al Siegel served as Technical Secretary for the meet and Al's wife Brenda helped announce at the scorer's table. Al also provided the

team awards and the best lifter awards. We also had Ed and Frank's brother-in-law Lane announce on Saturday and Sunday. Lane had prepared by studying the names in advance of the competition. Vince White came in from West Virginia to help at the scorer's table, which freed me up to do some other things. Following the lifting on Sunday, we had Louie Simmons do a seminar as well as the Rubber Band Man, Mr. Dick Hartzell. Louie was popular throughout the weekend and did me a favor by joining the organization as a non-competing member so that he can do seminars without entering any meets. Many of our international guests enjoyed meeting him as well as the local lifters.

All in all, it was quite a successful meet. The venue was great, the banquet, which featured Mark Frieman, kept everyone entertained. The banquet food was excellent and I can't recall the number, but we had quite a few new world records. You can't run a meet like this without the support of family and friends and we had plenty help us out from each of our families. I look forward to doing another IPF world meet in the future.

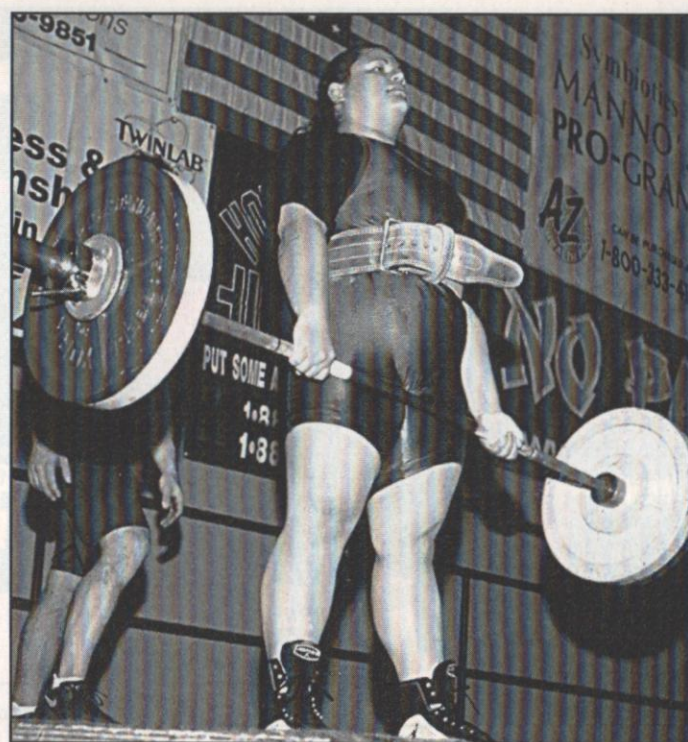


Scott Lade gets ready to rumble in the 275 lb. class competition.



IPF World Champion at 242, Kevin Mayer, and his wife. (photographs courtesy Miller)

WABDL Washington State			
25,26 SEP 04 - Aberdeen, WA			
DEADLIFT			
WOMEN			
Junior	132 lbs.	M. LeFaive	209
181 lbs.	L. Elliott	297	
Law/Fire	Master (40-47)	132 lbs.	T. Hall
Master (40-46)	132 lbs.	K. Franks	—
Master (47-53)	105 lbs.	J. Morris	203
4th-214!	198 lbs.	M. Lewis	319
Master (75-79)	165 lbs.	M. Prothman	1211
Open	132 lbs.	R. Churchwood*	341
M. Hobbs	286	R. Panza	303
181 lbs.	M. Kampen	391	
4th-402	199+ lbs.	K. Carpenter	336
Submaster	114 lbs.	R. Sexton	254
R. Sexton	148 lbs.	R. Panza	303
Teen (13-15)	199+ lbs.	K. Taueli	435
MEN	Class-1	181 lbs.	B. Boruff*
540	R. Saenz	451	
C. Hague	352		
259 lbs.			



Kayla Taueli is one of the World's Strongest Teenage Female Lifters

132 lbs.	R. Churchward	176			
148 lbs.	C. Hansen	—			
181 lbs.	N. Andrews	115			
198 lbs.	M. Ichiyama	270			
199+ lbs.	K. Carpenter	137			
C. Six	187				
Submaster	114 lbs.	R. Sexton	110		
Teen (13-15)	148 lbs.	K. Taueli	248		
MEN	Class-1	148 lbs.	H. Dizol	281	
181 lbs.	B. Boruff	—			
198 lbs.	T. Swisher	275			
C. Hogue	275				
T. Tabbets	391				
B. Wiegub	369				
T. Pennella	402				
259 lbs.	J. Lake*	501			
R. Martens	451				
T. LeFars	297				
308 lbs.	R. Chinn	—			
J. Ceccarelli	512				
4th-519	W. Carpenter	457			
Junior (20-25)	148 lbs.	A. Benezra	192		
165 lbs.	J. Benezra	330			
J. Bachmeier	402				
J. Hoyt	429				
Law/Fire	Master (40-47)	165 lbs.	R. Stroker	248	
198 lbs.	J. Harpe	325			
Law/Fire	Open	198 lbs.	T. Tebbets	391	
165 lbs.	T. Tebbets	391			
220 lbs.					

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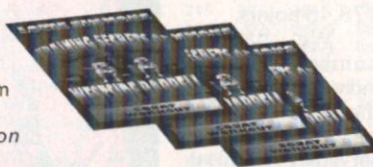
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WOMEN

Junior	132 lbs.	M. LaFaive	203	110	209	522
Open 199 lbs.	K. Carpenter	336	137	336	809	
Submaster	114 lbs.	R. Sexton	181	110	254	546

! = World Records. * = Best Lifters. I hate to brag, but we had one of the most rockin meets on the planet. Right off the bat I have to thank John Inzer, and the great folks at Inzer Advanced Designs, along with the Power Lifting Superstore. Thanks to John we were able to not only pull a few kids off the street, but also put them into an Inzer shirt and show them a little about the sport and competition; Now these kids are walking into my club like they own the damn thing with the confidence and discipline it takes to succeed, and hey, some of them are even doing their homework, go figure. I would also like to thank Wesley at Monster Muscle and Mike Lambert at Powerlifting USA. Barleens flax oil, Star Bucks coffee, Paratex, Liquid Health, Budwieser, Bradey's Oysters, and Coke for their help and sponsorship. Joe Head from team Headquarters, Donna Delaree, and Larry Benner were named and awarded for the coaches awards at the contest for their tireless efforts in coaching several of their liners simultaneously. Last years recipients were Vince Vasquez and Todd Christiansen; On behalf of our staff and myself I would like to thank all the coaches: Joe Head, Larry Benner, Todd Christiansen, Vince Vasquez, Bill Carpenter, Donna (Barbarian Babe) Dellaree, Jeff Magruder; and Terry Luhrs. For not only helping their own lifters, but also unselfishly helping folks they don't even know, just cuz they love the sport. To me that's what its all about. I would also like to thank my entire staff for their tireless help! Mike Lund, Dad and Linda, Mom and Dave, Don Beatty, John Smith, Kieth German, Jan and Jim Richardson, Bill and Karla Carpenter, Steve Hodge, Tim Preibe, One L, Jason Lake, Bode Martin, and of course my sister Tami, who without her bossing me around this event would not even get off the ground. Judges were Terry, Donna, Gustavo, Christy, Jeff and of course Gus. It should be noted at this time that even though he may deny it, Gus ate at least three cinnamon rolls over the course of the two-day event. We decided this year to have a two day event in order to have enough time to have an organized cook-out. Saturday night we kept about a hundred live crab in a tank till the morning of the contest and then cooked 'em along with 80 lbs. of prime rib and 40 lbs. of pork tenderloin. It was a lot of fun to sit around and BS with everyone and chow down. Last year we had Guest lifters Ryan Kennely and Brent Mikesell pick up a thousand a piece by paying them both a pound for what they guest lifted, this year we decided we needed to eat. The Joe Costa Award this year was given to Turbo Tom Swisher. Joe was a lifter that past on several years ago that, was "a never give up" kind of deadlifter and also a real cool person. So in his honor, we hand out an award every year to a person that gives

it their all in the dead lift regard-less of weight on the bar. Saturday morn-ing

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lift- in g started off with two flights of squats. Karla Carpenter shot up a 336 lb. squat for her first contest, that ain't too shabby. Rebecca Sexton had an impressive 181 lb. squat for the 131 lb. class. On the guys end, Mark Straley cranked out a 562 lb. in 1 hour. 220s Bill Carpenter fell a little short of his 700 lb. goal, but managed a 677 lb. in the 308s. Jeremy Benezera hoisted a 451 pounder in the 165s. I think he had a 500 in him, but may have had a little trouble with his knee wraps. I have to take my hat off to all the squatters of the contest for lifting so early in the morning! On the bench press end of things, we had plenty of excitement. In class-1 Jason Lake spanked out an impressive 501 lb. State record. Rob Martins 451 lb. and J. Mario Ceccarelli 519 lb. lifts set state records as well. Records were also set by Christie Hansen 209 lb. and Tamera Smith 231 in the junior women. The teen men and women set their share of records with state records from Geoff Arnold 220, Ray Segura 192 lb. in the 132s, Alison VanZandt with a 137 lb., and a world record from Kayla Taueli with a 248 pound lift. In the Law/Fire men there were three records set from Nate Lane 600 lb., Richard Niemritz 462 lb., and John McMullen 485 lb. In the men's master divisions there were several records set. The most impressive were from Todd Christiansen's 552 pounder and Freddie Evangelista's 407 lb. presses. The two were also named best lifters as well. In the Master Women there were two records set one from Lani Powell 165 lb. and Debbie Damminga 168 lb. There was one state record set in the Submaster men by John McMullen 485.0 lb. In the open an impressive 600 state record was set from Michelle Ickiyama with a 270 lb. press. In the teen department a state record and

best lifter went to Geoff Arnold with a 220 lb. press in the 123s,

J. Halbert	330	225	462	1019
198 lbs.				
Junior (21)				
D. Reily	341	220	402	764
Master (51)				
P. Driscoll	319	264	407	992
220 lbs.				
Junior (22)				
D. Williamson	435	286	440	1162
Open				
J. Ciotola	402	231	518	1151
G. Faulkner	606	473	595	1675
242 lbs.				
D. Peluso	402	380	512	1295
Master (58)				
L. Harrod	225	225	314	766
Open				
J. Besche	501	418	595	1515
275 lbs.				
Open/Master				
C. Felix	297	440	297	1036
FEMALE				
132 lbs.				
Open				
V. Aguila	264	170	297	733
148 lbs.				
Open/Master				
C. Smith	220	132	132	485

We were all pleased to have the MD States Powerlifting Championships take place after the many date and location changes. The competition took place on the University of MD College Park campus. The last competition held at this university was nearly 40 years ago. The Maryland weightlifting club (newly formed club composed of Olympic and powerlifters) had the opportunity to be the hosts for this state meet. The event was a success. Fortunately, everyone came together and contributed to the meet. Thanks to all who were there. Thanks to the university for finally allowing us to powerlift, Mack Daniel and company for the rack system, and administrative help, Iain Burgess for all of the weights, John Mogarero and friends for announcing and reffing, Dennis Remy for reffing, Sioux Hartuig and Matt Gary for helping me always and reffing, Big Bob Myers for chalk stands and great motivation, Carl Seeker for awesome trophies, and last but not most important, Phil Link and Alan Jaworski, for building our platform, spotting, loading and everything in between. Also thanks to MD weightlifting club, Pete Jason and all who helped. Great job, guys! This meet was a first for a few lifters and a qualifier for others. It's always great to see the old mix with the new. Powerlifters are a great breed. Our youngest lifter was 10 and our most distinguished was 60. We had 16 lifters in total. Se the comp was short but sweet. Thanks again to everyone and great job lifters. Good luck in future comps. (Thanks to USAPL for the results)

APF/GNC Steel City Classic

16 OC 04 - Pittsburgh, PA

Lifter	BP	DL
275 Open/Police/Fire/Submaster		
Rob Dulick	480	
148 Women Masters		
Mary Jacobson	235	395
Grand Master		
Mike Lindsay	540	
165 Womens Open		
Shannon McKenzie	165	405
181 Open AAFP		
Jason Smith	450	525
198 Junior AAFP		
Larry Daugherty	315	430
242 Open		
Doug Havrilesko	520	575
Masters		
Coop	450	645
275 Open		

USAPL Maryland State

20 NOV 04 - College Park, MD

MALE	SQ	BP	DL	TOT
Open/Youth				
97 lbs.				
C. Dantlzer	66	61	126	275
148 lbs.				
Master (60)				
I. Burgess	253	176	330	760
165 lbs.				
Teen (17)				
K. Liang	303	352	352	958
181 lbs.				
Teen (17)				

One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

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WABDL Monster Muscle BP/DL
1,2 MAY 04 - Pasco, WA

DEADLIFT	C. McEwen	369
WOMEN	Submaster	
Junior	114 lbs.	
148 lbs.	S. Ferguson	187
M. Shoup	292 181 lbs.	
Master (40-46)	J. Steele	330
165 lbs.	4th-352	
N. Huxley	342 S. Southwood	303
4th-343	Teen (16-19)	
B. Workman	248 165 lbs.	
181 lbs.	K. Buschke	281
Michaels-Olso	303 MEN	
4th-308	Class-1	
Master (47-53)	114 lbs.	
114 lbs.	V. Vasquez	231
J. Morris	198 4th-242	
4th-209	242 lbs.	
148 lbs.	H. Barrett	600
P. Stone	286 J. Linnell	600
L. Lastulka	259 H. Higgins	584
181 lbs.	259 lbs.	
J. Pope	281 C. Stumbo	622
198 lbs.	275 lbs.	
K. Cash	297 J. Garcia	562
4th-304	308 lbs.	
Open	W. Pontius	833
165 lbs.	4th-644	



Harold Smith in the 68-74, 220s

J. Patterson	611 T. Wright	242
309+ lbs.	259 lbs.	
J. Place	589 M. Fryar	833
Junior (20-25)	308 lbs.	
220 lbs.	R. Hamilton	462
T. Salyers	446 309+ lbs.	
Law/Fire	R. Patterson	589
Master (40-47)	Master (61-67)	
165 lbs.	308 lbs.	
R. Straker	451 G. Johnson	325
Master (48+)	Master (68-74)	
Law/Fire	220 lbs.	
309+ lbs.	H. Smith	451
R. Patterson	589 Master (75-79)	
Law/Fire	181 lbs.	
Open	C. Anderson	325
242 lbs.	Open	
T. Fryar	872 181 lbs.	
Law/Fire	D. Travis	639
Submaster	220 lbs.	
308 lbs.	J. Sandberg	600
J. Taylor	558 242 lbs.	
Master (40-46)	H. Barrett	600
165 lbs.	H. Higgins	584
R. Mayhak	451 259 lbs.	
220 lbs.	C. Stumbo	622
D. Rodgers	551 Submaster (34-39)	
309+ lbs.	148 lbs.	
P. Ratsch	644 F. Ramiraz	402
J. Place	589 275 lbs.	
Master (47-53)	J. Garcia	562
148 lbs.	Teen (13-15)	
D. Higgins	402 148 lbs.	
198 lbs.	R. Segura	341
P. Plush	563.1 4th-347	
4th-573	Teen (16-19)	
B. Turnage	391 198 lbs.	
259 lbs.	S. Mahoney	551
S. Smith	617 4th-562	
R. Dunlop	418 A. Clovsky	424
Master (54-60)	242 lbs.	
198 lbs.	A. Roberts	562
T. Henderson	584 BENCH	
D. Holmes	468 WOMEN	
220 lbs.	Junior	
B. Dodd	418 123 lbs.	
242 lbs.	T. Smith	209
C. Sandberg	640 148 lbs.	

M. Shoup	159 Class-1	
Master (40-46)	148 lbs.	
165 lbs.	R. Hilderbrand	275
T. Hughes	170 181 lbs.	
N. Huxley	165 A. Keawe-aiko	424
181 lbs.	4th-435	
Michaels-Olso	132 R. Saenz	303
4th-133	198 lbs.	
Master (47-53)	B. Cox	413
114 lbs.	K. Dinolfo	347
A. Hooson	104 220 lbs.	
J. Morris	87 B. Webb	380
4th-93.4	242 lbs.	
148 lbs.	M. Landon	435
P. Stone	121 H. Barratt	358
L. Lastulka	104 308 lbs.	
K. Cash	133 309+ lbs.	
4th-144	J. Place	523
199+ lbs.	Junior (20-25)	
C. Crampton	148 165 lbs.	
Master (54-60)	J. Luther	462
198 lbs.	220 lbs.	
P. Robey	170 T. Salyers	336
199+ lbs.	4th-341	
V. Williams	192 J. Linnell	519
Master (61-67)	4th-523	
181 lbs.	Law/Fire	
D. Dellereee	225 Master (40-47)	
Open	165 lbs.	
165 lbs.	R. Straker	231
C. McEwen	116 259 lbs.	
181 lbs.	D. Bodenstab	485
D. Dellereee	225 Master (48+)	
Submaster	309+ lbs.	
114 lbs.	R. Patterson	606
S. Ferguson	93.4 Law/Fire	
165 lbs.	Open	
K. Mahoney	203 259 lbs.	
4th-209	D. Bodenstab	485
181 lbs.	Law/Fire	
J. Steele	154 Submaster	
4th-159	308 lbs.	
Teen (16-19)	J. Taylor	473
165 lbs.	Master (40-46)	
K. Buschke	121 132 lbs.	
4th-144	K. Southwood	248
MEN		

4th-255	242 lbs.	
165 lbs.	V. Starkel	275
R. Mayhak	264 Open	
181 lbs.	165 lbs.	
G. Brink	363 R. Hickman	479
198 lbs.	4th-496	
A. Berry	435 165 lbs.	
B. Cox	413 J. Luther	462
220 lbs.	181 lbs.	
D. Rodgers	286 T. Furusho	473
259 lbs.	D. Llnerud	440
P. Morrison	496 A. Keawe-aiko	424
275 lbs.	4th-435	
T. Christensen	551 198 lbs.	
4th-573	P. Plush	347
309+ lbs.	220 lbs.	
J. Place	523 T. Martin	485
Master (47-53)	242 lbs.	
198 lbs.	H. Barrett	358
B. Turnage	236 259 lbs.	
220 lbs.	C. Stumbo	402
R. Dohaniuk	534 275 lbs.	
242 lbs.	T. Christensen	551
M. Landon	435 4th-573	
259 lbs.	309+ lbs.	
B. Dooley	541 J. Crawford	584
Master (54-60)	J. Gillen	468
198 lbs.	Submaster (34-39)	
D. Holmes	314 148 lbs.	
220 lbs.	R. Hilderbrand	215
M. Urrutia	374 F. Ramirez	210
242 lbs.	181 lbs.	
T. Wright	275 T. Furusho	413
4th-292	S. Olson	380
308 lbs.	198 lbs.	
R. Hamilton	319 A. Gomez	429
309+ lbs.	220 lbs.	
R. Patterson	606 T. Martin	485
Master (61-67)	275 lbs.	
308 lbs.	J. Garcia	358
G. Johnson	325 308 lbs.	
Master (68-74)	J. Taylor	413
148 lbs.	309+ lbs.	
O. Kuipers	220 V. Eldridge	518
220 lbs.	Teen (13-15)	
H. Smith	347 114 lbs.	
4th-358	V. Vasquez	115
Master (80-84)	4th-121	

148 lbs. 242 lbs.
R. Segura 110 A. Roberts 402
4th-116 4th-424
Teen (16-19) 308 lbs.
198 lbs. T. Corwin 540
S. Mahoney 314 4th-551
A. Clovsky 275

World Records. There were 112 lifters at the contest and it was the 11th year in a row I've done a meet in the Tri Cities, Washington area, which is home to the Hanford Nuclear Reservation - the most famous in the country. They produced enriched uranium for the nuclear bombs used in World War II and for the Cold War thereafter. There were 10 world records set. Starting with Chuck Anderson, at age 78, deadlifted 325 at 181. He is a former logger out of Forks, Washington - tough as nails. In junior men 165, Joe Luther set a world record bench 462.5. Joe's parents were told 4 years ago that he would not come out of a coma after he rolled his car 9 times at 5:00 am. Joe is a fighter. He does concrete work for his dad and he is as muscular as a drug free lifter can get. Don Bodenstab set a world record in law/fire master 40-47 259 with 485 in the bench press. In law/fire 48+ Randy Patterson, the veteran of manyu lifting wars put up a phenomenal 606 in super at age 57. Randy lives for this. This is his life. In law/fire submaster 308, James Taylor set a world record 473.7. In master men 47-53, 220# class, Ray Dohaniuk slammed up an eye opening 534.5 world record. In master men 47-53, 259, Bennis Dodey set a world record 541.1, the 3rd time he has broken that record in two years. Bennie is all business and he puts on a developmental meet in the Tri Cities that brings lifters to WABDL. In master men 80-84, 82 year old Victor Starkel set a world record bench of 275.5 at 242#. He has 12 children and the youngest one was born 15 years ago. He had a bad motorcycle accident 4 years ago at age 78. He still has an active ranch with 1,000 acres and 2,000 head of cattle. He is from Ronan Montana. In master women 61-67, 181#, donna Dellereee benched 225.7 for a world record. Donna is 63 and has a pacemaker and is a WABDL judge. She has beenjudging for 20 years. She also coaches a female powerlifting team called "Donna's Babes". In teen men 16-19, 308# class, Terry Corwin benched a world record 540 and then 551 on a 4th attempt. Now on to the state records in the deadlift. In class-1 men, 114#, Vince Vasquez set a Washington record 242.5. At 259, Carl Stumbo set a Washington record 622.7. At 308, William Pontius set a Washington record 644.7. Josh Patterson, Randy's son, came in 2nd with 611.7. In law/fire master 40-47, 165, Robert Straker set an Oregon state record 451.7. At super law/fire 48+, Randy Patterson set an Oregon record 589.5. In law/fire open, Troy Fryar took a giant leap forward in his pr by 30# with a 672 Oregon record at 242. In law/fire submaster, James Taylor set an Oregon record 556.5 at 308. In master men 40-46, 220, Dave Rodgers was notable with a 551 dead. Paul Ratch pulled 644.7. In master men 40-46, 220, Cliff Sandberry accelerated quickly with a 640 Washington record and Mike Fryer was jubilant with his 633.7 Washington record at 259. He's 58 and his son Troy is 33 and Mike is only 40# behind him. In master 68-74 at 220, Harold Smith set a Montana record 451.7. In master women 40-46 at 165, Nadine Huxley set a Washington record 343.7 with an all out eyeball popping effort. At 181, Pamela Michaels-Olson set a Washington record 308.5. In master women 47-53 at 114, Jeanne "the meanie" Morris ripped up 209.2 for a Washington record. At 198, Kathy Cash barely made 304.1 for an Oregon record. She is ably coached by Buzz Landon. His team won the team title. In open men 181, Duane Travis was impressive with 639.2. Jack Sandberg, Cliff's son, could only manage 600.7 so the old man is out pulling his son by about 40 pounds. I'm sure Jack will narrow the gap. In submaster women, at 181, Jodi Steele set

a Washington record 352.5. In teen men 13-15, at 148, Ray Segura set a Washington record with a very hard fought 347. In teen men 16-19, at 198, Sean Mahoney set an Oregon record with a limit 562. At 242, 16-19, John Ashley Roberts set an Idaho record 562. In class-1 men, in the bench press at 181, Apache Keawe-aiko set a Washington record 435.2. At super, Jeffrey Place, who played two years for the New England Patriots, set an

Southwood set a Washington record 255.7 at 132#. At 275, Todd Christiansen set a Washington record 573. Jeffrey Place set an Oregon record 523.5. In master 54-60, Dr. Thomas Wright, who teaches behavior science at the University of Nevada, set a Nevada record 292. In master men 68-74, at 148, Orville Kuipers set a Washington 220.2. At 220, Harold Smith was very impressive with a 358 bench at age 71, for a Montana record. In master women 40-46, Pamela Michaels-Olson set a Washington record 133.3. In master women 47-53 at 114, Anita Hobson set a Washington record 104.5. At 198 Kathy Cash set an Oregon record 144.3 and at unlimited Cynthia Crampton set a Washington record 148.7. In open 165, Ray Hackman set an Oregon record 496, which is the 2nd highest bench of all time at 165 in WABDL. At 181, Tolan Furusho set a Washington record 473. At 220, Tim Martin set a Washington record 485. In submaster women, Kelley Mahoney blasted up 209 for a Washington record at 165, and at 181 Jodi Steele set a Washington record 159.7. In teen men 13-15, 148#, Ray Segura set a Washington record 176.2. I want to thank Gary & Elma Thomas who did the computer, weigh-ins and scorekeeping. Roger Nelson, who pro-



Victor Starkel earned a WABDL WR

vided all the weights from Tri City Court Club. The judges were: Donna Dellereee, Crian Caertlein, Don James and Gus Rethwisch. James Partch was the platform manager. Platform bench was Forza and the competition bench was provided by Ivanko. The MC was Ted Davis who does a great job. I would like to thank our sponsors: Michelle Kampen of Powerlifting Superstore and Wes Dampen of Monster Muscle the magazine, Robert Walker of Twinlab, Shawn Madre of GLC Direct, The best joint formula on the planet, Rick Brewer of House of Pain, Jim Starr, Neal Spruce and Odd Haugen of Apex Fitness Group, Roger Sergeant of Columbia Basin Raquet Club, Kelley Mahoney of Life Quest Fitness Center, Bill Tilton of Pepsi Cola, Giorgio Usai of Forza Strength Systems, Mike Lambert of Powerlifting USA. (Thanks to Gus Rethwisch for the results)



Joe Luther (Namea Designs photos)

Oregon record in class-1 bench with 523. In junior 220 bench, Troy Salyers set a Montana record with 341.5. At 242 Jerome Linnell popped an Oregon record 523.5. In law/fire open, Don Bodenstab set an Oregon record 485 to go along with his world record in law/fire master 40-47. In master men 40-46, Kajohn

Kelley Mahoney blasted up 209 for a Washington record at 165, and at 181 Jodi Steele set a Washington record 159.7. In teen men 13-15, 148#, Ray Segura set a Washington record 176.2. I want to thank Gary & Elma Thomas who did the computer, weigh-ins and scorekeeping. Roger Nelson, who pro-



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WABDL Great Northern BP/DL 19 JUN 04 - Tacoma, WA			
DEADLIFT	L. Woodley	633	4th-319!
MEN	B. Boruff	518	UL
Class-1	198 lbs.		
165 lbs.	K. Posey	573	M. Huston 286
N. Jackson	507	275 lbs.	Master (54-60)
4th-512	A. Medak	722	105 lbs.
198 lbs.	Submaster (34-39)		148 lbs.
J. Woodall	440	165 lbs.	G. Okiclich 225
220 lbs.	M. Taylor	473	R. Sexton 114
J. Williams II	601	181 lbs.	Teen (13-15)
275 lbs.	J. Cranston	567	D. Backlel 286
V. Brumfield	645	4th-584	198 lbs.
308 lbs.	220 lbs.		P. Robey 243
J. Ceccarelli	600	D. Bell	4th-253
W. Carpenter	551	259 lbs.	K. Taueli 231!
Disabled	C. Worth	507	Master (61-67)
165 lbs.	306 lbs.		132 lbs.
M. Taylor	473	V. Aleaga	S. Olson 248!
Junior (20-25)	Teen (13-15)		132 lbs.
198 lbs.	97 lbs.		Open
J. Woodall	440	T. Potter	132 lbs.
Law/Fire	123 lbs.		Class-1
Master (40-47)	V. Vasquez	259	259 lbs.
198 lbs.	4th-264		123 lbs.
J. Harpe	567!	T. Clendaniel	419
Law/Fire	148 lbs.		4th-424!
Open	R. Segura	336	L. Tan 203
220 lbs.	4th-352		148 lbs.
R. Nlemritz	501	Teen (16-19)	148 lbs.
Master (40-46)	132 lbs.		M. Hobbs 281
165 lbs.	S. Jamison	292	181 lbs.
L. Mattoni	523	220 lbs.	281 lbs.
242 lbs.	M. Prothman	502	165 lbs.
D. Benner	451	J. Diederichs	220
275 lbs.	4th-518		220
A. Medak	722	259 lbs.	198 lbs.
R. West	545	C. Gillespie	198 lbs.
Master (47-53)	4th-573!		T. Tebbets 374
148 lbs.	B. Driskell	545	R. Sexton 253
D. Jamison	341	4th-568!	C. Wu 303
165 lbs.	WOMEN		J. Woodall 242
A. Evangelista	473	Master (40-46)	220 lbs.
181 lbs.	181 lbs.		T. Stark 440
L. Woodley	633!	Michael-Olso 309	4th-457
198 lbs.	4th-314		P. Delgado 369
G. Brown	551	198 lbs.	259 lbs.
F. Martichuski	429	J. Arnow	K. Taueli 429!
220 lbs.	4th-424!		J. Angel 275
D. Stratton	650	Master (47-53)	275 lbs.
242 lbs.	114 lbs.		A. Jensen 424
R. Nelson	501	J. Morris	308 lbs.
259 lbs.	132 lbs.		J. Ceccarelli 485
K. Smith	462	C. Myers	4th-501
Master (54-60)	4th-424!		181 lbs.
165 lbs.	148 lbs.		Junior (20-25)
M. Jameson	424	T. Lee	181 lbs.
Open	4th-308		D. Tatar 336
165 lbs.	L. Lastufka	253	198 lbs.
A. Evangelista	473	181 lbs.	198 lbs.
181 lbs.	M. Lewis	315	181 lbs.
			4th-501
			J. Woodall 242
			Law/Fire
			Master (40-47)
			198 lbs.
			203!
			374
			479
			518
			198 lbs.
			325
			264
			369
			369
			429
			407



Left to Right: Grampa Vasquez, Vince Vasquez Jr., Ray Segura, and Gramma Vasquez. The two young cousins, Vince Jr. and Ray, have had a great time at several WABDL championships, including the Monster Muscle.Com meet and this one, entering both bench press and deadlift categories (photograph provided by courtesy of Vince Vasquez Sr.)

242 lbs.	275 lbs.	242 lbs.	4th-535
E. Brown 402	J. Harms 576!	S. Mathis 473	Teen (13-15)
259 lbs.	Master (54-80)	259 lbs.	97 lbs.
T. Christensen 551	165 lbs.	T. Christensen 551	T. Potter 82
N. Brewer 374	M. Jameson 286	SHW	4th-88
275 lbs.	242 lbs.	B. Gillespie 749!	123 lbs.
R. West 402	T. Wright 297	Submaster (34-39)	T. Clendaniel 104
SHW	4th-308	165 lbs.	148 lbs.
B. Gillespie 749!	259 lbs.	A. Somera 325	R. Segura 177
Master (47-53)	G. Showalter 325	181 lbs.	4th-181
148 lbs.	SHW	J. Cranston 330	Teen (16-19)
D. Jamison 225	R. Smith 507!	Submaster (34-39)	132 lbs.
165 lbs.	Open	198 lbs.	S. Jamison 143
A. Evangelista 429	165 lbs.	D. Sugimoto 402	220 lbs.
4th-435	A. Evangelista 429	275 lbs.	J. Diederichs 347
198 lbs.	4th-435	L. Haywood 490	259 lbs.
G. Brown 352	R. Bondurant 325	308 lbs.	C. Gillespie 441
242 lbs.	181 lbs.	V. Aleaga 440	4th-462!
S. Mathis 473	R. Harris 457	SHW	B. Driskell 424
R. Nelson 325	B. Boruff 330	V. Eldridge 523	
259 lbs.	198 lbs.		
S. Shipley 600!	G. Warrington 578!		
K. Smith 374	D. Chinn 407		

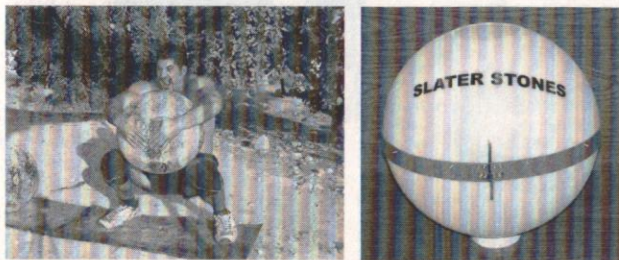
World Records. There were 107 lifters for this first ever WABDL meet in Tacoma. World records in the deadlift were set by John Harpe in law/fire master 40-47 at 198# with 567.5, Leaman Woodley 633.7 at master 47-53 181#, Jill Arnow 424.2 master women 40-46 198, Carol Myers 424.2 mater women 47-53 132 - her 6th world record in less than two years. Marilyn Lewis yanked a 319.5 world record at 47-53 181, Sharee Olson hauled in a 248 world record in master women 61-67 132 Carol Myers also set an open women's world record with 424.2 to beat Jo Walkers record of 419. Teresa Jacobs set a world record 380 in submaster women's 165# class. Marilyn Lewis, Carol Myers and Teresa Jacobs are all trained by Joe Head, of Headquarters Fitness in Seattle, who won the team title also. In teen men 16-19 259, Cameron Gillespie and Barry Driskell are both coached by Bill Gillespie. They traded world records twice with Cameron Gillespie ending up with the record with 573 and Driskell 568.6. In teen women, 15 year old Kayla Taueli set a world record in unlimited with 429.7! She's an unbelievable talent and is of Tongan ancestry. In the bench press, Bill Gillespie was the big story. He ended up with the open and master men 40-46 super world records with 749.5. He opened with 722 and it was mis-loaded to 749.5. then he was very close with 800.1 in a single ply shirt. In master men 47-53, 259# class, Steve Shirley set a world record 600.7. Steve has been competing since 1980 and he is the only WABDL lifter to pass an out of contest drug test. At 275, Joe Harms broke George Nelson's world record with 576.3. In master men 61-67 super Robert O. Smith who had become the first man in the world to bench 500 at

age 60 or over with a 507 world record. In master women 47-53 132, Carol Myers set a world record 203.7 bench. In master women 61-67 165# Donna Dellere set a world record 209.2 bench. In open men, Gustav Warrington put up a hug 578.5 world record at 198.he is coached by Terry Luehrs. At 259, Todd Christensen set a Washington record 551. In teen men 16-19 259, Cameron Gillespie got a world record 462.7. he is Bill Gillespie's son and he is one fo the top HS wrestlers in the state of Washington. In teen women 13-15 unlimited, Kayla Taueli benched a world record 231.2. Going back to the deadlift, notable state records were set in class-1 by Nathan Jackson of Oregon with 512.5 at 165. John Williams II was ripped and blasted 601.8 at 220. Vashon Brumfield, who is 6'5" a lean 270, set a Washington record 645.8. in master men 40-46 275, Andy Medak rocketed 722. In master men 47-53 220, David Stratton reeled in 650. In master men 54-60 165, Michael Jameson set a Washington record 424.2 deadlift. In master women 40-46 181, Pamela Michaels-Olson set a Washington record 314. In master women 47-53 at 148 Terry Lee, who has been competing for 12 years, set a Washington record 308.5. In 47-53 unlimited, Margie Huston set a Washington record 286.5 deadlift. In master women 54-60 165, Dana Barkiel set a Washington record 286.5 and Pat Robey set a Washington record 253.5 at 54-60 198#. In submaster 181 deadlift, Jody Cranston of Vancouver BC, set a Canadian record 584. At 259 submaster, Charlie Worth yanked 507 for a Washington record. In submaster women, Rebecca Sexton set a Washington record at 114 with a nice looking 253.5. In teen 13-15 at 97#, Tommy Potter set an Oregon record 181.7. At 123 Vince Vasquez levitated 264.5 for a Washington record. At 148, Ray Segura was named outstanding

teen 13-15 lifter with 352.5, a Washington record. In 16-19 220, Mike Prothman had the best pull of the meet and never gave up on a gut wrenching, eyeball popping, nose bleeding 502.6 for a Washington record and the win over J.T. Drederichs. However, on a 4th, J.T. came back and got the Washington record with 518 deadlift. In class-1 220, Todd Stark benched a Washington state record 457. In class-1 308, Mario Ceccarelli set a Washington sate record 501.5. Mario has his entire body tattooed and his lifting suit is just as colorful. He's a walking at for high definition T.V. In law/fire master 40-47 198, John Harpe set a Washington record 479.5. At 242, Nathan Lane set a Washington record 518 in his first meet. In master men 40-46, Kajohn Southwood set a Washington record 270 at 132. In master 47-53 165#, Freddie Evangelista came in big with a 435.2 Oregon record. Freddie has set 11 world records in the last 4 years. In master men 54-60 242, Thomas Wright set a Nevada record 308.5. He is a professor of Behavioral Science at the U of Nevada Reno. In open 242 bench, Stead man Mathis put up 473.7 and Todd Christiansen set a Washington record at 259 with 551. In submaster men at super 400#, Vince Eldridge, who hasn't been able to deadlift due to an injury, has brought his bench up to respectability with a Washington record 535.6. He still holds the world record in submaster super in the dead with 751.6. In teen women 16-19 165#, Amy Bladow set an Oregon record 170.7 bench. I want to thank Gary Thomas, who did the weigh-ins - always in a expeditious way with courtesy. Weigh-ins are always the most stressful part of a meet for both the lifters and meet director. Carl Stumbo helped load and unload weights. Gary Thomas also did the score keeping. Dr.

Don Bell and Gus Rethwisch were the MC. James Partch was the platform manager. Warm-up weights were provided by Dr. Don Bell and Joe Head of Headquarters Fitness. Platform weights provided by Ivanko. Platform bench was Forza Strength Systems. The judges were Don James, Donna Dellere, Brian Baertlen, Patricia Swab and Gus Rethwisch. I want to thank our sponsors: Wes Kampen of Monster Muscle, Michelle Kampen of the Powerlifting Superstore, Rich Brewer of The House of Pain, Kim McGowan of TwinLab, Shawn Madre of GLC Direct, makers of the best joint formula on the planet, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Powerlifting USA, Giorgio Usai of Forza Strength Systems, Chet Greskreutz of Ivanko. (courtesy of Gus Rethwisch)

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Pro Deadlifter

IPF Metal Bencher

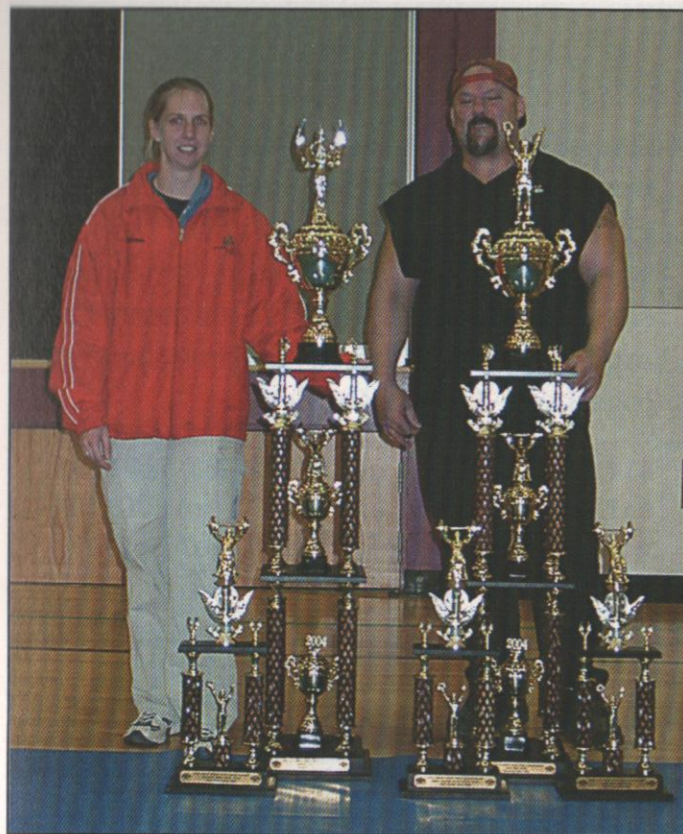
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Best Lifters at the APA Maine Bench Press competition were Marie Cannon and Tony Petrino (photo courtesy meet director Al Stork)

**APA Maine Bench Press
6 NOV 04 - Newport, ME**

BENCH WOMEN	
Open	114 lbs.
J. Clough	132 lbs.
J. Call	93.5 148 lbs.
M. Cannon	181 165 lbs.
J. Hayes	121 181 lbs.
Parkhurst-Skal	121 198 lbs.
UNL	220 lbs.
K. Campbell	132 lbs.
T. Campbell	143 220 lbs.
J. Clough	110 275 lbs.
MEN	
Open	181 lbs.
L. Morrison	407 198 lbs.
M. Laliberte	396 198 lbs.
S. DiCataldo	418 220 lbs.
S. Reed	424 308 lbs.
S. DuFour	407 275 lbs.
W. Skillings	330 308 lbs.
N. Doucette	567 308 lbs.

T. Petrino 600
SHW
A. Miller 534
Preteen
T. Harding 77
(16-17)
B. Berry 236
(18-19)
D. Trask 336
198 lbs.
R. Lupo 303
Junior (20-23)
220 lbs.
G. Bailey 352
Submaster
S. Reed 413
4th-424
S. Tyler 222
M. Clevette 501
Masters (40-44)
N. Doucette 567
(45-49)
D. Morong 347
220 lbs.
W. Skillings 319
308 lbs.
T. Petrino 600!
(65-69)
A. Neureuther 165
4th-170
I. Tuttle 115
(40-49)

**Larry Garro Memorial
04 DEC 04 - Baltimore, MD**

PWR CURL (50-59)		
C. Tucker	160 (70-79)	
WOMEN (70-79)		
R. Debaufre	100 "230" Open	
P. Maizels	60 "160" Open	
A. Carter	75 "180" (50-59)	
T. Gordon	70 "260" (40-49)	
MEN (40-49)		
J. Witt	180 (40-49)	
J. Bosley	170	
D. Capozzoli	150	
BP	DL	TOT
110	185	295

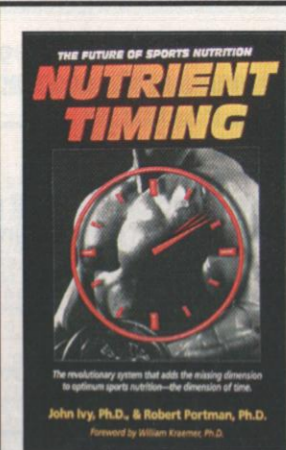
World Records. Women's Best Lifter: Marie Cannon. Men's Best Lifter: Tony Petrino. The Maine AP A is fortunate to work with the Athletic Department of Seabascook Valley Middle School. Tom "200" Kus, Athletic Director, Fred Johnston, Principal and the SVMS Sports Boosters provide a wonderful location, refreshments and support. The Nokomis High School K. Roe

basketball players volunteered their time and helped set up, spot, and break down after the meet. We have some of the finest judges in the APA. Special thanks to our head judge Ed Flanders and side judges Kris and Nathaniel Boehmer. Your enthusiasm and dedication to the sport of powerlifting shows in your ability to judge a fine meet. Union Street Athletics not only brought a team that took first place in the bench press competition, but came through with donated equipment. Thank you JoAnn Clough. Damian Osgood, one of the strongest pound for pound benchers in the APA world, did not lift in this meet, but was a big help with equipment and ref skills. Damian has recorded a 535 lb. lift in 165 and he is only 20 years old. Audience and lifters were treated to an 8x8 foot projection showing the lifters name and weight attempt. Tia Fournier, Jane Stork and Sue Paige manned a well run scorer's table. (Thanks to Al Stork for providing the results to Powerlifting USA)

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

132 lbs.	Open	—	220	—
P. Maizels	148 lbs.	—	—	—
IM Open	130	210	340	—
K. Dennis	165 lbs.	—	—	—
R Open	125	—	125	—
T. Gordon	100	—	100	—
A. Carter	MEN			
114 lbs.	R (10-11)	60	—	60
C. Dantzier	—	145	145	—
C. Dantzier	Open	—	145	145
IM (10-11)	60	145	205	—
C. Dantzier	IM Open	60	145	205
C. Dantzier	148 lbs.	—	—	—
R (50-59)	240	—	240	—
P. Griffith	—	415	415	—
(40-49)	165 lbs.	—	—	—
J. Marchio	R Open	300	—	300
165 lbs.	C. Martin	205	—	205
R Open	R (17-19)	300	—	300
C. Martin	K. Carr	205	—	205
R (17-19)	R (40-49)	300	—	300
K. Carr	C. Martin	235	—	235
R (40-49)	R (50-59)	—	—	—
C. Martin	A. Fowler	—	—	—
R (50-59)	(40-49)	—	—	—

C. Martin	—	350	350
Open	300	350	650
C. Martin	165	300	465
M. Robinson	300	350	650
1m (40-49)	235	325	560
C. Martin	—	—	—
1m (50-59)	270	—	270
A. Fowler	215	—	215
181 lbs.	—	330	330
R Open	—	375	375
E. Gainey	365	475	840
R (14-16)	85	—	85
A. Lebrun	315	—	315
(14-16)	510	—	510
A. Lebrun	—	150	150
R. Pyatt	405	580	985
N. Mercorelli	340	600	940
220 lbs.	330	430	760
R (12-13)	95	195	290
T. Proctor	85	150	235
A (60-69)	380	605	985
B. Vastine	375	—	375
Open	—	550	550
P. Maizels	455	500	955
(12-13)	390	—	390
T. Proctor	170	400	570
A (60-69)	(Thanks to Brian Washington for results)	—	—
B. Vastine	—	—	—
Open	—	—	—
G. Petrides, Jr.	—	—	—
M. Miller	—	—	—
A. Smith	—	—	—
1M (10-11)	—	—	—
P. Collins	—	—	—
1M (12-13)	—	—	—
T. Proctor	—	—	—
1M (40-49)	—	—	—
M. Bennett	—	—	—
242 lbs.	—	—	—
R Open	—	—	—
D. Harris	—	—	—
(40-49)	—	—	—
T. Quinn	—	—	—
1M Open	—	—	—
J. Witt	—	—	—
275 lbs.	—	—	—
D. Capozzou	—	—	—
1M (17-19)	—	—	—
M. Fisher	—	—	—
(17-19)	—	—	—



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cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that 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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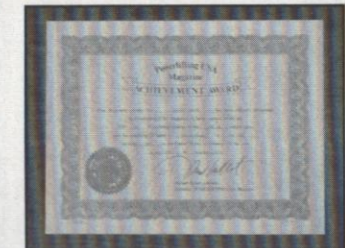
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TOP 100

For standard 181 lb./82.5 kg. USA lifters in results received from Oct/03 through Nov/04

SQUAT	BENCH	DEADLIFT	TOTAL
1 843 Harrington, P..3/6/04	617 Kilts, J..9/25/04	755 Eiseman, T..11/12/04	1978 Harrington, P..11/8/03
2 804 Danforth, M..3/6/04	597 Boldt, F..9/25/04	716 Danforth, M..11/8/03	1962 Danforth, M..3/6/04
3 777 Dougherty, J..11/8/03	595 Savino, G..3/6/04	705 Woodley, L..11/12/04	1956 Dougherty, J..11/8/03
4 760 Palmer, R..10/9/04	567 Schmalz, C..9/25/04	700 Palmer, R..10/26/03	1951 Palmer, R..10/9/04
5 760 Maxwell, M..11/20/04	565 Vargason, B..9/11/04	694 Dougherty, J..11/8/03	1824 McLawchin, S..7/10/04
6 710 Van Alstyne, M..7/10/04	550 Salvagni, R..2/13/03	694 Jackson, A..12/13/03	1818 Bridges, M..10/10/03
7 710 Larrisey, S..9/18/04	540 Burdette, J..8/14/04	683 Ricks, D..7/10/04	1813 Ricks, D..4/10/04
8 710 Rapp, B..11/20/04	535 Osgood, D..7/19/04	683 Decker, J..7/10/04	1810 Rapp, B..11/20/04
9 706 Bridges, M..10/10/03	534 Satterfield, T..11/29/03	677 McLawchin, S..7/10/04	1800 Maxwell, M..11/20/04
10 705 Wambsgans..11/15/03	530 Daly, R..6/11/04	672 Bridges, M..10/10/03	1765 Vargason, B..11/15/03
11 705 Benedix, R..11/28/03	529 Palmer, R..10/9/04	672 Travis, D..12/10/03	1746 Luckett, M..8/7/04
12 705 Kirschen, D..6/6/04	529 Walker, C..11/12/04	670 Siwiak, S..3/28/04	1745 James, A..11/20/04
13 700 James, A..11/20/04	523 Agamao, A..11/12/04	650 Vargason, B..11/15/03	1735 Kirschen, D..6/6/04
14 694 Ricks, D..4/10/04	518 Coleman, M..5/2/04	650 Redmon, B..12/6/03	1718 Alday, L..11/8/03
15 685 Brown, A..10/30/04	518 Kirchner, L..9/11/04	650 Ricchio, K..1/24/04	1708 Decker, J..7/10/04
16 683 McLawchin, S..7/10/04	512 Harrington, P..3/20/04	650 Brown, A..10/30/04	1700 Gibson, L..3/13/04
17 683 Luckett, M..8/7/04	501 DeMatteo, J..5/2/04	640 Fahrfield, J..10/23/04	1700 Piermattei, F..7/10/04
18 680 Salvagni, R..4/24/04	501 Furusho, T..11/12/04	635 Braca, J..6/13/04	1700 VanAlstyne, M..7/10/04
19 677 Perkins, T..8/15/04	501 Sanks, K..11/12/04	633 Harrington, P..11/8/03	1675 Salvagni, R..11/7/03
20 672 Vaughn, E..6/6/04	500 Lewis, T..11/8/03	633 Garofalo, R..5/10/04	1670 Brown, A..10/30/04
21 665 Piermattei, F..11/20/04	500 Crowe, B..12/13/03	633 White, J..7/10/04	1664 Vaughn, E..6/6/04
22 661 Alday, L..11/8/03	500 Masello, B..3/21/04	630 Gibson, L..12/6/03	1658 Benedix, R..11/28/03
23 650 Roney, J..4/4/04	500 Eick, J..8/8/04	628 Wagner, R..3/7/04	1650 Larrisey, S..9/18/04
24 650 Urchick, J..7/24/04	500 Proya, T..9/11/04	628 Wade, M..5/16/04	1642 Garofalo, R..5/10/04
25 644 Baker, S..6/6/04	500 Furnas, A..10/10/04	622 White, E..4/3/04	1642 Baker, S..6/6/04
26 633 Bozzelle, J..4/17/04	485 Dougherty, J..11/8/03	622 Beas, A..5/1/04	1626 Ricchio, K..1/24/04
27 623 Graham, D..8/22/04	485 Rodriguez, M..4/18/04	622 Reid, T..7/10/04	1625 Jackson, A..12/13/03
28 622 Pelletier, J..3/28/04	485 Judah, S..11/12/04	622 Fletcher, D..9/19/04	1620 Wade, M..4/3/04
29 622 Denton, T..8/7/04	480 Strom, M..7/17/04	620 Rapp, B..11/20/04	1609 Wagner, R..3/7/04
30 620 Gibson, L..3/13/04	480 Smith, J..9/11/04	617 Cantwell, J..12/14/03	1603 DiCataldo, S..7/10/04
31 615 Vargason, B..11/15/03	480 Rapp, B..11/20/04	610 Derks, A..5/1/04	1587 Smith, C..4/17/04
32 611 Decker, J..11/1/03	479 Roberts, J..10/11/03	606 Lewis, R..12/10/03	1587 Reid, T..7/10/04
33 611 Stone, P..11/15/03	479 Mendoza, B..7/10/04	606 Baker, S..6/6/04	1587 Scully, B..10/8/04
34 611 Smith, C..4/17/04	479 Linerud, D..11/12/04	606 DiCataldo, S..7/10/04	1570 Wambsgans, F..11/15/03
35 611 Garofalo, R..5/10/04	475 Mamola, A..4/24/04	606 Luckett, M..8/7/04	1570 Wambsgans, F..11/15/03
36 606 Wade, M..4/3/04	475 Conner, T..7/10/04	606 Alday, L..11/8/03	1570 White, E..4/3/04
37 606 Ruettiger, R..3/21/04	473 Danforth, M..11/8/03	600 Wambsgans, F..11/15/03	1570 Blake, H..4/10/04
38 606 DiCataldo, S..7/10/04	473 Spires, R..5/2/04	600 Brown, J..2/9/04	1570 Perkins, T..8/15/04
39 600 Kuligowski, J..10/25/03	473 Lopez, R..5/22/04	600 Cirigliano, R..3/6/04	1565 Kuligowski, J..10/25/03
40 600 Mills, J..11/29/03	473 Kirshcen, D..6/6/04	600 Halko, A..3/7/04	1559 Tincher, B..12/7/03
41 600 Adams, B..11/29/03	473 Santarone, N..11/12/04	600 Nemow, D..3/20/04	1559 Bozzelle, J..4/17/04
42 600 Tincher, B..12/7/03	473 Levering, B..11/12/04	600 Moore, R..3/27/04	1545 Roney, J..4/4/04
43 600 Brown, J..2/9/04	470 Menor, M..4/17/04	600 Bell, C..7/24/04	1545 Burdette, J..8/14/04
44 600 Kwiatkowski, A..3/27/04	470 James, A..11/20/04	600 French, B..7/31/04	1545 Maccanelli, J..10/23/04
45 600 Nickerson, E..3/27/04	468 Bridges, M..7/10/04	600 Seitz, B..8/8/04	1543 Richardson, K..10/13/04
46 600 Thomas, D..3/27/04	465 Stevens, A..10/18/03	600 Richardson, J..10/13/04	1537 Mills, J..11/29/03
47 600 Cormier, M..3/28/04	465 Mantia, B..6/5/04	600 Maccanelli, J..10/23/04	1535 Cagnolatti, D..11/7/04
48 600 Hill, R..4/3/04	462 Cunningham, J..4/2/04	600 Alholm, E..10/23/04	1532 Pullum, W..12/6/03
49 600 Whitehead, D..4/24/04	462 Zangl, G..4/24/04	600 Walker, C..11/12/04	1530 Moore, R..3/27/04
50 600 Shakajhian, C..7/10/04	462 McLawchin, S..7/10/04	600 Maxwell, M..11/20/04	1526 Cormier, M..3/28/04
51 600 Torrez, D..8/15/04	462 Ricks, D..7/10/04	590 Motichka, J..10/25/03	1526 Hill, R..4/3/04
52 600 Shanebrook, S..9/11/04	462 Banks, L..7/24/04	590 Bartt, M..2/7/04	1526 Bonner, M..8/7/04
53 600 Scully, B..10/8/04	462 Bonner, M..8/7/04	590 Hubert, S..6/5/04	1525 Shakajhian, C..7/10/04
54 600 Brochu, G..10/31/04	462 Harris, R..8/22/04	589 Pardue, T..11/1/03	1521 Scholnick, H..5/10/04
55 595 Gordon, J..4/3/04	460 Piermattei, F..7/10/04	589 Morrison, L..7/10/04	1521 Boyer, B..6/19/04
56 590 Ricchio, K..1/24/04	457 Alday, L..11/8/03	585 Rock, L..10/25/03	1515 Voinovich, V..11/16/03
57 589 Stanec, V..10/9/04	455 Moorehead, B..3/20/04	585 Dechicko, N..3/21/04	1515 Kwiatkowski, A..3/27/04
58 585 Moore, R..3/27/04	455 Ryan, S..8/7/04	585 Piermattei, F..3/27/04	1515 Morrison, L..7/10/04
59 585 Foreman, D..3/27/04	452 Campbell, B..12/10/03	585 Nickerson, E..3/27/04	1504 Pardue, T..11/1/03
60 585 Boutte, P..5/8/04	451 Morishima, E..3/21/04	585 Pogue, R..4/24/04	1504 Hammers, D..12/13/03
61 585 Gawlik, S..9/25/04	451 Garcia, D..7/24/04	584 Coats, M..12/6/03	1504 Cantwell, J..12/14/03
62 585 Maccanelli, J..10/23/04	451 Hines, R..9/11/04	584 Hagedorn, R..12/10/03	1504 Halko, A..3/7/04
63 584 Wiley, D..5/1/04	450 Gibson, L..12/6/03	584 Vaughn, E..2/15/04	1504 Ruettiger, R..3/21/04
64 580 Flowers, K..3/27/04	450 Delgado, J..4/17/04	584 Wright, C..3/6/04	1504 White, E..4/3/04
65 578 Richardson, K..10/13/04	450 Lawler, C..5/1/04	584 Blake, H..4/10/04	1504 Stone, R..7/24/04
66 578 Jones, M..10/30/04	450 VanAlstyne, M..7/10/04	584 Scully, B..10/8/04	1504 Torrez, D..8/15/04
67 577 Durant, R..11/6/04	450 Brown, J..2/9/04	580 Felton, D..10/18/03	1500 Brown, J..2/9/04
68 575 Lewis, T..3/20/04	446 Blake, H..4/10/04	580 Thomas, J..2/9/04	1499 Ledoux, R..11/15/03
69 573 Sumner, G..11/28/03	440 Lenius, D..11/22/03	580 Teeter, D..3/20/04	1490 Urchick, J..7/24/04
70 573 Jackson, A..12/13/03	440 Wilson, F..1/24/04	580 Joseph, M..3/27/04	1488 Zangl, G..12/6/03
71 573 Wilson, J..3/21/04	440 Ciupinski, M..9/11/04	580 Yeargin, A..4/24/04	1488 Nemow, D..11/6/04
72 573 Thomas, J..3/21/04	440 Larrisey, S..9/18/04	578 Green, R..11/30/03	1485 Nickerson, E..3/27/04
73 573 McMillan, G..5/8/04	440 Strohshne, T..10/10/04	578 Petrus, M..12/7/03	1482 Adams, B..11/29/03
74 573 Scholnick, H..5/15/04	440 Maxwell, M..11/20/04	578 Chavez, D..5/16/04	1482 Jones, M..10/30/04
75 573 Ford, K..6/6/04	435 Benedix, R..11/28/03	578 James, A..6/6/04	1481 Rouan, A..11/20/04
76 573 Mendelson, S..6/6/04	435 Arrandell, M..2/15/04	578 McManus, S..7/10/04	1475 Foreman, D..3/27/04
77 573 Stone, R..7/24/04	435 Keawe-Aiko, A..5/2/04	578 Brochu, G..10/31/04	1471 Redmon, B..12/6/03
78 570 White, J..11/16/03	435 Gentges, N..6/12/04	575 Thomas, D..3/27/04	1471 Pelletier, J..3/28/04
79 565 Voinovich, V..11/16/03	435 Naughton, D..10/31/04	575 Athey, P..6/5/04	1471 Kim, A..6/26/04
80 565 Evans, J..7/24/04	430 White, A..8/22/04	575 Rijos-Soto, S..8/7/04	1471 Graham, D..8/22/04
81 565 Cagnolatti, D..8/21/04	430 Bensa, C..8/22/04	575 Sambianet, N..11/13/04	1470 Fabiano, B..12/13/03
82 565 Tanzy, L..10/30/04	430 Cagnolatti, D..11/7/04	573 Salvagni, R..11/7/03	1470 Bartt, M..2/7/04
83 562 Pullum, W..12/6/03	429 Tincher, B..12/7/03	573 McMillan, G..5/8/04	1470 Gawlik, S..9/25/04
84 562 Stark, J..12/6/03	429 Sussman, J..12/10/03	573 Brennan, E..7/25/04	1467 Durant, R..11/6/04
85 562 Kirchner, L..1/24/04	429 Van Affelen, J..12/14/03	570 Voinovich, V..11/16/03	1465 Byas, A..3/14/04
86 562 Boyer, B..6/19/04	429 Wagner, R..3/7/04	570 Becker, J..11/22/03	1465 Thomas, D..3/27/04
87 562 Bonner, M..8/7/04	429 Ward, S..6/12/04	567 Alston, J..11/1/03	1465 Braca, J..6/13/04
88 562 Peterson, D..10/13/04	429 Decker, J..7/10/04	567 Babin, M..11/8/03	1460 Lewis, T..3/20/04
89 560 Williams, P..3/27/04	425 Van Vranken..11/22/03	567 Zangl, G..12/6/03	1460 McMillan, G..5/8/04
90 560 Martik, A..7/10/04	425 Birt, R..4/17/04	567 Chiras, D..12/10/03	1460 French, B..7/31/04
91 560 Rouan, A..11/20/04	424 Andres, T..10/18/03	567 Boyer, B..6/19/04	1455 Andres, T..10/18/03
92 560 Wolfe, G..11/20/04	424 Beebe, B..12/10/03	567 Krowech, R..11/12/04	1455 Whitaker, A..1/17/04
93 556 Reid, T..7/10/04	424 Brown, T..7/24/04	565 Keller..2/21/04	1455 Wilson, J..3/21/04
94 555 Yvars, A..11/23/03	424 Jewett, T..7/24/04	565 Talbot, Z..2/28/04	1455 Fields..4/4/04
95 555 Serrano..5/15/04	424 Luckett, M..8/7/04	565 Hersperger, A..3/20/04	1455 Leslie..5/15/04
96 551 Houston, P..10/25/03	424 Kim, A..11/12/04	565 Burton, D..3/27/04	1455 Strom, M..5/15/04
97 551 Nautel, S..11/2/03	420 Cifelli, A..10/25/03	565 Leslie..5/15/04	1449 DeMatteo, J..3/7/04
98 551 Hammers, D..12/13/03	420 Goree, D..5/8/04	565 Serrano..5/15/04	1444 Houston, P..10/25/03
99 551 Hanev, B..1/24/04	420 Martin..8/7/04	562 Ledoux, R..11/15/03	1440 Rock..10/25/03
100 551 Stumpt, D..1/24/04	420 Carson, J..8/22/04	562 Smith, G..11/15/03	1440 Shanebrook, S..9/11/04

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 198s

CORRECTIONS ... Diane Zimmerman should have been credited with a 280 deadlift in the results of the Coal County Classic. Robert McCray's name was misspelled in the results of the Desmond Gym Open. The photo identified as Jeanne Watts in the report of the WABDL Worlds was actually of Teresa Jacobs. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Post Office Box 467, Camarillo, CA 93011 and we will do the research to resolve any questions. Sometimes we don't receive the results of meets in time to make the compilation of a list.

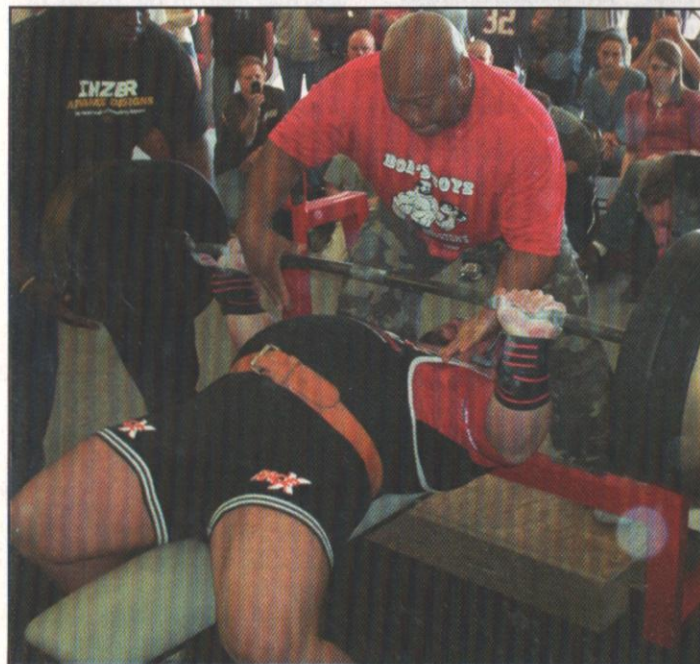
ATTENTION: Masters, Teens, Women ... the 2004 TOP 20 rankings for those categories will be coming up soon .. if you haven't seen your results in PL USA yet, give us a call so we can pre-verify your accomplishments and include them in the ranking lists.

APA Patriot Open
11 DEC 04 - Houston, TX

BENCH	R. Plunkett	—	181 lbs.	Masters (40-44)	R. Jolly	450	349	500	1250					
148 lbs.	275 lbs.	Open	Open	C. Moore	540	349	625	1495						
Teen (13-15)	Open	Masters (50-54)	M. Wray	415	—	425	—	—						
B. Leitz	180	P. McElroy	385	Master (45-49)	G. Routhouka	365	265	385	1015					
165 lbs.	308 lbs.	Submaster (33-39)	T. Meecker	820	Master (50-54)	B. Kline*	555	385	525	1465				
Teen (16-17)	T. Melton	255	B. Leitz	—	220 lbs.	Open	E. Adams	340	260	425	1025			
181 lbs.	198 lbs.	DEADLIFT	198 lbs.	Open	J. Ash	625	—	690	—	—				
Junior (20-23)	J. Johnson	290	220 lbs.	Submaster (33-39)	B. Propst	495	430	520	505	—				
198 lbs.	Teen (16-17)	N. Lyons	300	Open	Masters (40-44)	R. Gains	650	455	620	1725				
165 lbs.	220 lbs.	Submaster (33-39)	R. Perez	400	Open	J. Ash	645	—	—	—				
Teen (16-17)	242 lbs.	Open	Open	MEN	SQ	BP	DL	TOT	132 lbs.	—				
181 lbs.	Open	148 lbs.	Junior (20-23)	A. Muntz	390	230	380	1000	Submaster (33-39)	S. Wilson	255	150	295	700



Josh Ash with his 695 squat attempt at the Patriot Open. (McCullough)



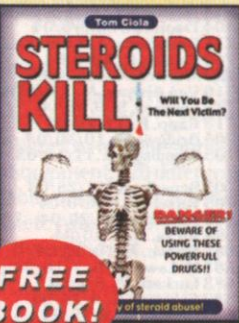
Tiny Meeker and his 910 bench attempt at the APA Patriot Open. He opened with a successful 820. (photos courtesy of Tom McCullough)

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The 2004 Patriot Open took place at a new location. Thanks to Kelly Blair and 1 On 1 Elite Personal Fitness located in Pasadena, Texas, we had a brand new facility and a great turnout. The full powerlifting event started the meet out at 10am on Saturday morning. Junior 148's, lifter Aaron Muntz took 1st with his 1000 pound total. In the 181's, Master lifter Rick Jolly ended the day with a 1250 total. Lifting in the 198's, Christian Moore took home 7 Texas records with his winning total of 1498 winning the Open division. Lifting in his first meet, Glenn Routhouska won the master's division by setting 9 Texas records. Glenn ended his day with a 1015 pound total. Master lifter bring Kline ended the day with a new World record of 1465 pounds as well as Best Lifter. In the 220's, Elijah Adams took first place with his 1025 pound total. Brian Propst had a big day taking the 242 submasters with a 1145 pound total, while masters 308 lifter Robert Gains ended his day with a huge 1725 pound total. In the bench press only division, teen 148er Beaux Leitz took home 1st with his 180 pound bench press. Lifting for the first time ever, Toby Melton ended his day with a 255 bench in the teen 165 lb. division. Jeff Johnson lifting in the 181's blew up a 290 bench and teen lifter Nick Lyons, lifting in his 1st meet ever, took home a win with his 300 pound bench in the 198's. Lifting in the submaster 220's, Raul Perez had a great day with a 400 pound bench, while 272er Chester Maylone took home a win with his 385 bench. Master lifter Patrick McElroy, also lifting in the 275's had a fine day with his 385 bench taking home a Texas record. In the 308's Tiny Meeker and Bobby Leitz put on quite a show when Tiny opened with a huge 820 and Bobby 800 pounds. Tiny easily got his opening attempt giving him a new submasters World record, while Bobby just couldn't get the weight to touch the chest. Tiny ended up giving 910, and 935 a try but just couldn't lock either, while Bobby went 830 and 845 unsuccessfully. Great efforts from both of these great athletes. In the deadlift only division 198 Matt Wray took home a win with a 425 deadlift and 220 pound Josh Ash got an easy 645 with his opener and just missing 695 on his 2nd attempt. In the women's full power division submaster Saba Wilson (132's) took home a win and 2 Texas records and 2 American records. Saba had a 255 squat, a 150 bench, a 295 deadlift and a 700 pound total. A special thanks to head judge Mark Harris, side judges Steve Burtshell, Shannon McDougald and our spotters/loaders Brian Nugier and Paul Petrella. Thanks also to our photographer/score keeper Maria McCullough. Through the hard work of these individuals this meet went with no snags. A BIG thanks to Shannon McDougald, Josh Ash, Brian Kline and James Evans for all the help setting up and transportation of the equipment. A final thank to Inzer Advance Designs and PLUSA for their continued support of our meets and the sport. (Thanks to Tom McCullough for providing these results)

Bench Press Mania
24 JUL 04 - Fitzgerald, GA

BENCH	Submaster	122 lbs.	WOMEN	C. Lewis	90	
Raw	MEN	111 lbs.	Raw	Teen (14-15)	176 lbs.	
K. Padgett	100	181 lbs.	S. Jowers	95	B. Zerbe	180

Novice 215 B. Cawley 650
D. Smith DEADLIFT
Open WOMEN
C. Rutherford 385 Raw
Submaster 122 lbs.
L. Moses 265 C. Lewis 185
Master (40-45) MEN
J. Mack 340 181 lbs.
198 lbs. Open
Submaster C. Kite 455
Novice Submaster
T. Lampkin 350 R. Padgett 650
L. Sheldon — IRONMAN
W. Stevens 250 Raw
220 lbs. Teen (12-13)
Novice 148 lbs.
D. Moses 375 R. Wilson 340
Submaster Open
G. Mitchell 425 181 lbs.
275 lbs. J. Vincent 680
Open Equipment
J. Swaynos 315 60 lbs.
Master (61-64) A. Padgett 250
B. Clark 125 65 lbs.
SHW Youth (9-11)
Novice B. Cardin 185
D. Smith 275 220 lbs.
148 lbs. Open
Teen (16-17) M. Driggers 1075
C. Cawley 275 181 lbs.
Open Submaster
165 lbs. N. Wilson 775
B. Brown 350 PWRCURL
220 lbs. 181 lbs.
M. Driggers 535 Submaster
B. McKenna 120 L. Moses 185
242 lbs.
P. White 550
275 lbs.
B. Cawley 650
Master (40-44)
Bench Women's Best Lifter: Kacie Padgett.
Bench Men's Best Lifter: Buddy Cawley.
Deadlift Women's Best Lifter: Catherine Lewis.
Deadlift Men's Best Lifter: Rick Padgett.
Ironman Men's Best Lifter: Mark Driggers.
Bench Hawgs: Austin Padgett, Mark Driggers. (results from Rick Padgett)

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