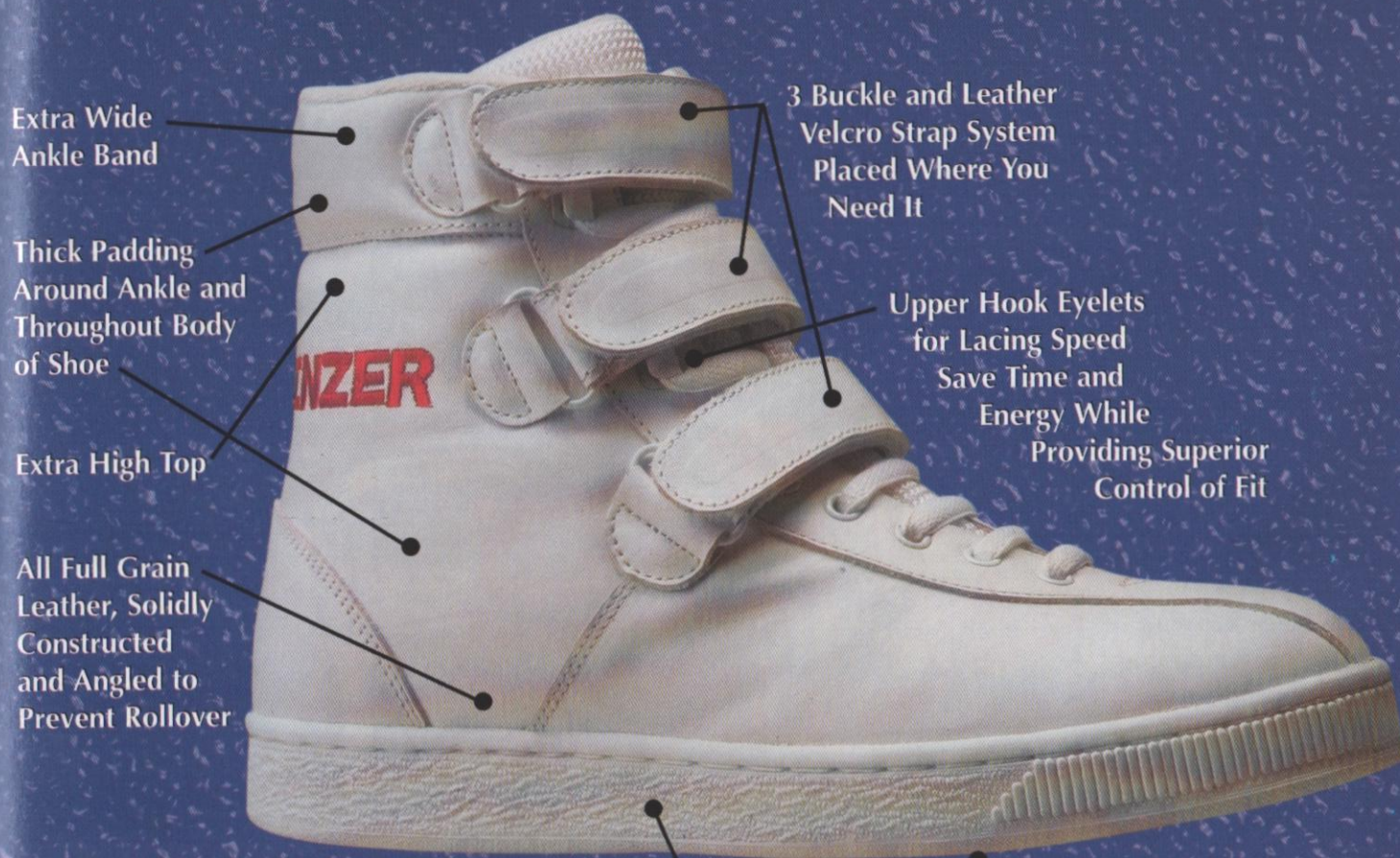


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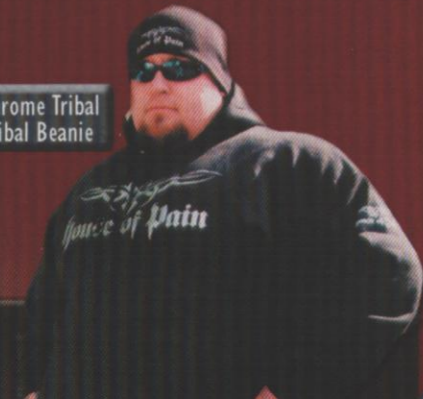


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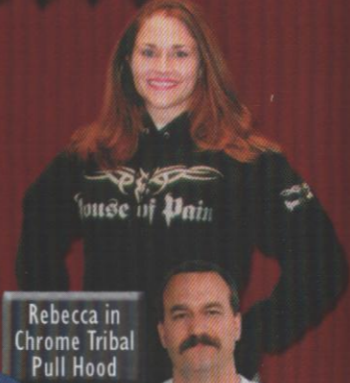


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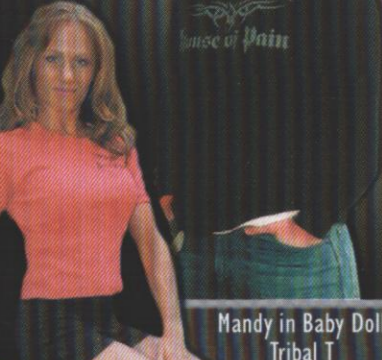
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Rebecca in Chrome Tribal Pull Hood

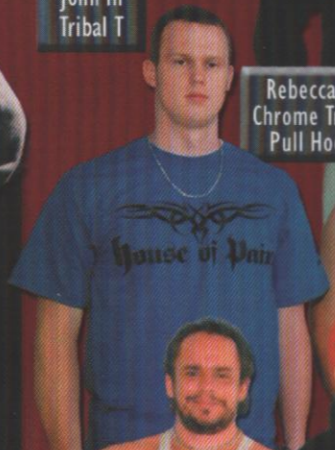


Jason in Long Sleeve Tribal T

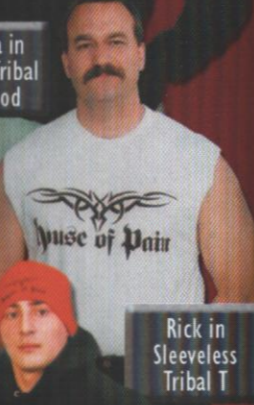


Mandy in Baby Doll Tribal T

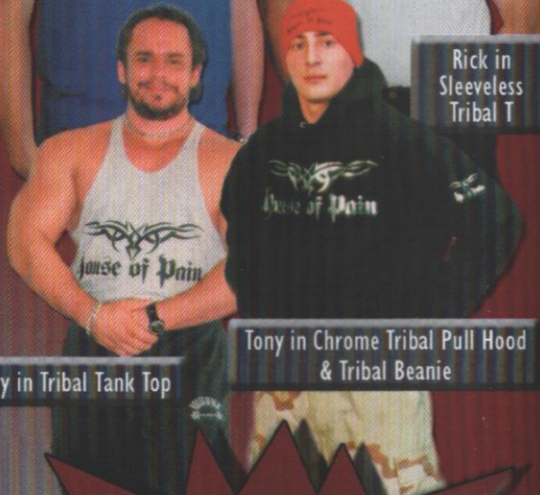
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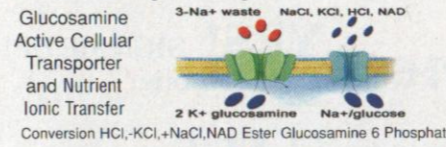
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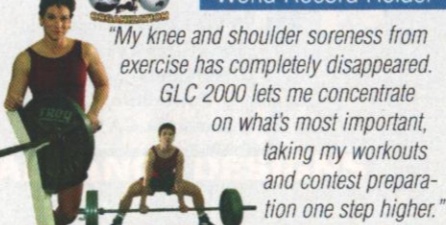
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport ... this is their magazine."

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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1 yr...\$54.00
 Outside USA, surface mail \$42 US
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ON THE COVER - Ryan Kennelly popped up the winning lift at the Fit Expo, came up with an explosive bloody nose when he tried more, and bussed promoter Scot Mendelson when he collected his \$5000 prize (photographs are by Leon Josaitis)

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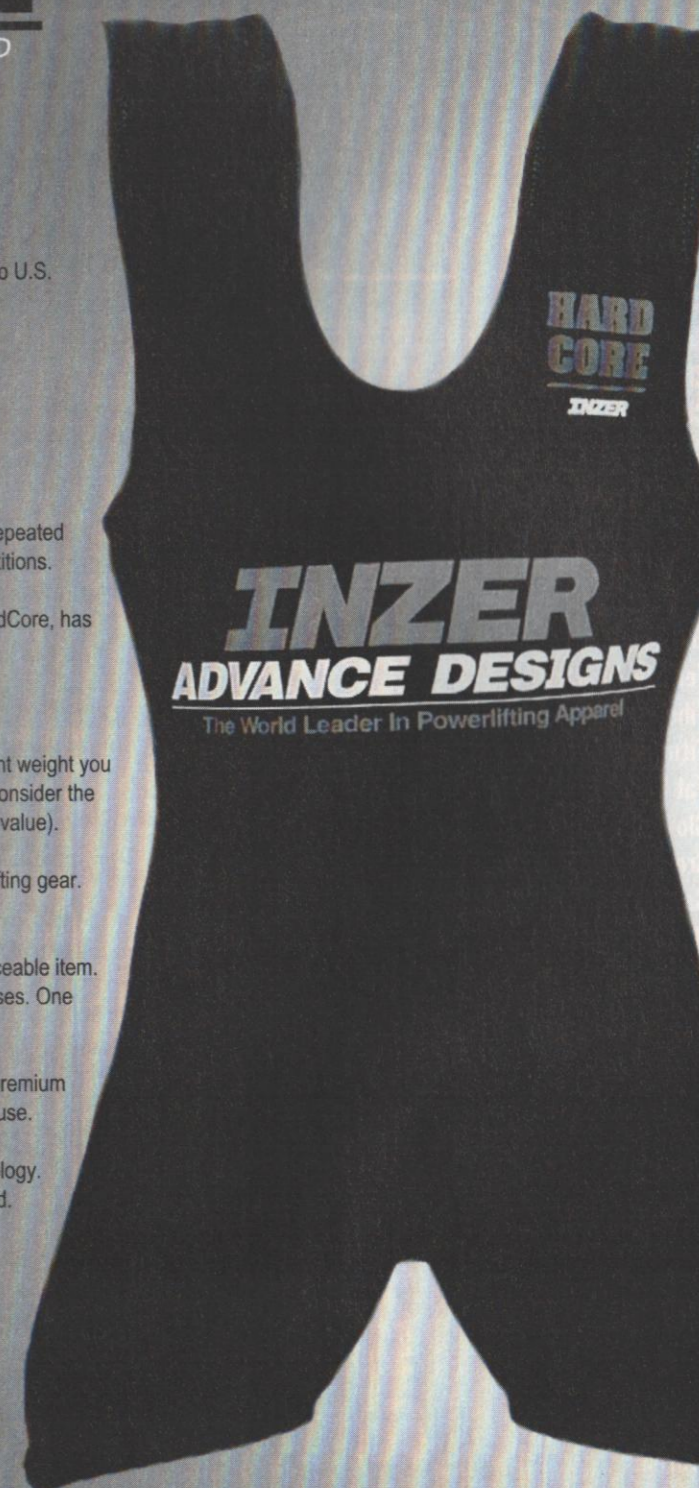
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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The 2nd Fit Expo event in Pasadena, California had a bigtime powerlifting component this year, with the USPF Western USA full power meet being held on Saturday, February 19th, and the Scot Mendelson Bench Press Classic Amateur and Professional bench competitions being held on Sunday. Though obviously anchored by the Iron Man bodybuilding competition, the Fit Expo also featured a broad range of physical activities, including fitness and figure contests, strongmen competition, olympic lifting, aerobics and group exercise, dance, and a particularly wide range of related speakers and presentations. The healthy array of supporters for the event, put together by National Fitness Productions Executive Director Erin Ferries, Marc Missioreck, and Warren Wanderer included title sponsor Muscletech, as well as Subway, MetRx, Worldwide, NPC News, Labrada, Bodybuilding.com, Prolab, Iron Mind, Gaspari Nutrition, Ergopharm, Musclemag, 24 Hour Fitness, Obusforme, Max Muscle, Ultimate Nutrition, Flex, Planet Muscle, Oxygen, Muscle Milk, Powerlifting USA, Ivanko, IronMan, Nellie's Exercise Equipment, and MonsterMuscle.com. When not cruising the aisles and checking out the products and services, (and collecting a bag full of free samples!), Fit Expo visitors could attend any of dozens of seminars, many involving huge names in bodybuilding and the strength world, all for the price of a \$13

FIT EXPO BENCH WAR! THE MENDELSON CLASSIC as seen by PL USA editor Mike Lambert



Andy Fiedler had only one shot at glory (Josaitis)

ticket. You can sense a wave of interest in this event gaining momentum fast, with many people kicking themselves for not going to this year's event, despite the torrential rainfall experienced that weekend, and marking next year's event on their calendar (February 17-19, 2006).

While the Western USA event and the amateur division of the Mendelson bench press classic were held in the adjoining annex to the main exhibition building, the Pro division competition took place on the main stage within the Exhibition Building, drawing maximum fan attention. In the event program, 10 invited competitors for the pro event were listed: Garry Frank, Andy Fiedler, Ryan Kennelly, Mike Miller, Chris Taylor, Joe Ladnier, Tiny Meeker, Steve Wong, Chris Cooke, and Brian Siders. At meet time, the \$5,000 winner-take-all prize opportunity saw Fiedler, Kennelly, Meeker, and Siders ready to rumble. Ned Low, of POW!ERLIFTER Video (who taped the event!) pointed out that for the purposes of the fans, four competitors were no problem, as the contest itself went quickly and maintained everyone's rapt attention.

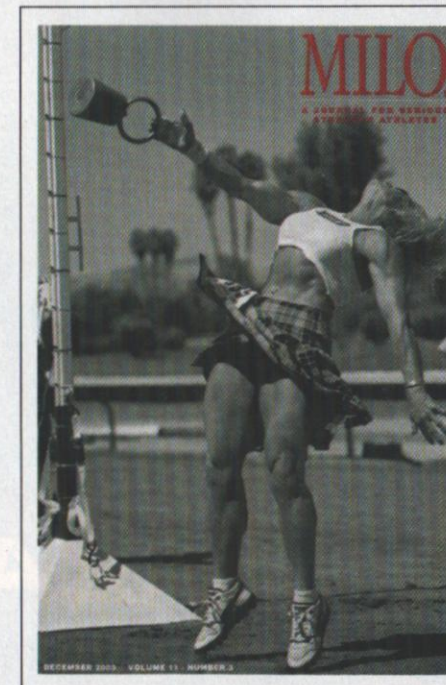
Scot Mendelson's first stab at meet promotion went nicely, thanks to lots of experienced help, and he was very good on the microphone while introducing the competition to the fans. He couldn't help but assert his belief that he is the strongest bench presser in the world, but since Scot's

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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ankle had been crushed in a serious car accident just a few weeks earlier, he wouldn't be demonstrating such on this occasion. (It was revealed that he had done a raw 750 BP in prior training, however). Taking over the announcing duties for the competition was Sean Katterle, whose unique style fired up the crowd and impressed some seasoned PL observers.

This wasn't your regular bench press contest ... this was bench press war. The \$5000 first prize was for first place ... only ... nothing else counted, and these guys behaved accordingly. Look at those starting attempts! Everybody, except Kennelly, was starting with more, sometimes way, way more, than they had ever made in a meet.

Andy Fiedler - lean, sculpted, tanned - could have been mistaken for one of the big name bodybuilders wandering the Expo hall, weighed in at 275, but Herb Glossbrenner heard he went up to around 290 after the weigh-in. He slowly resisted his incredible 854 lb. opener down to his touch position ... there it hovered, before flopping down across his stomach. There it seemed to sit for a terrible time, while spotters and others scrambled to take the load. The crowd didn't know what to think, and Andy got up very slowly and exited the stage with assistance, not to return from his injury, which thankfully appeared to not be that serious.

Paul "Tiny Meeker" came in at 138.5 kilos and was all business on the platform. No weight scared him, and he fought each attempt and the circumstances that surrounded them like a warrior. He actually had six attempts with well over 800 lbs. in this meet, in a short period of time. His 832 opener was not touched, but moved up well. He got his 2nd attempt 854 over again, due to platform slippage, and was close with it. An 865 3rd attempt was taken over as well, and he even went on to a 4th attempt at 876. None were successful, most were tantalizingly close, though.

Brian Siders is brazenly charging through the record books. After re-writing IPF history with his 744 bench press and 2529 total at the latest Men's Worlds in South Africa, it is no longer a question of what this man can do in strength, you have to try to figure out what it is he possibly can't do. He tried a 793 bench at the IPF Worlds, and reportedly had been hitting 810 or so prior to this meet, in a bench shirt he was used to, despite a



Brian Siders almost locked and then lost some huge PRS of 865 and 881

recent concentration on strongman competition. An 865 opener is quite the statement, even for Brian, but the way he handled it was stunning. He only had a month to prepare for this meet and he knew he was stronger in his new shirt, but there was a hitch. He rammed his opener up, but it was up and down en route to the finish and no good. It was almost the same with his 2nd shot at 865 and a final at 400 kilos (881) ... shockingly blown up to just about lockout and then they came down again. Sean Katterle analyzed it Brian hadn't had enough workout time to push his lockout power past the 800 mark. Kennelly, he noted, has been taking the time to do hold-outs with 1000 in training, despite how draining they are, so that when he tries 900 it seems "manageable".

Ryan Kennelly is likely the most successful big bencher of all time he has been 700 plus in competition much more often than anyone else, and his performance record in the biggest of bench contests has been consistently productive. In this rarified atmosphere of New Age benching, he is just as smart

a lifter as he is strong a lifter. His opener at 832 was conservative, compared to the other three, and it was smooth and easy ... it just didn't touch. A relatively modest jump to 854 resulted in an easy success, the only successful effort of this entire competition. On 876, he fought hard and missed, and he jumped up with his face striped with crimson, from an unusually explosive nosebleed. When the result was already decided, he went on to a 4th attempt at 903 that was close, but not quite there. With his shoulders massively bruised from dealing with his bench shirt, and his eye blackened (from a "stimulating" slap in the face by Kara Bohigian?), this Knight of the Iron emerged on top to claim \$5000 of Scot (and his wife's) money.

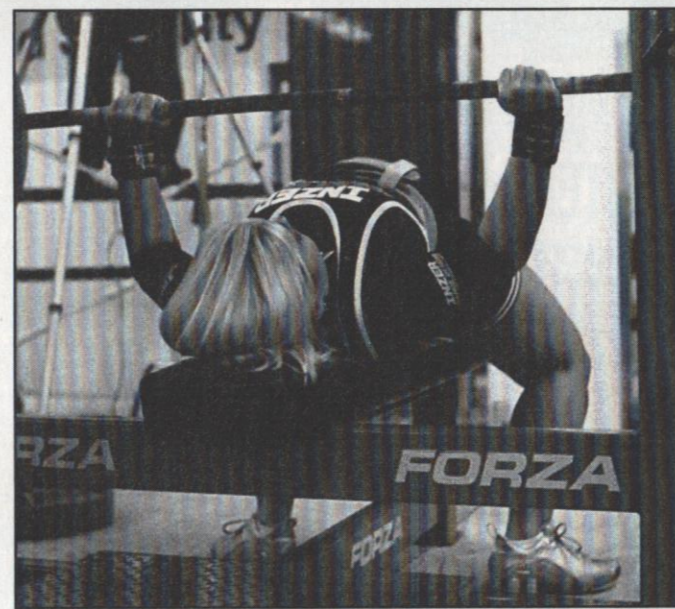
In the Amateur Women's competition, highlights included three almost identically smooth, record setting drives with 275, 303, and 325 (all deftly handed off by bodybuilding guru Charles Glass) by almost 148 lb. Mari Asp. In the Men's competition, LA police officer Alberto Franco was an absolute stunner. At 275, this Scot Mendelson protege was in his first meet, and opening with a mere 677! Setting up for that first lift, his psyche had to have been interrupted when his associates stopped him to spray stickum on his shoe bottoms. Instead of losing focus and missing badly, as might have been expected, he totally crushed this massive weight. A big jump to 727



Alberto Franco debuted as the biggest bench presser in law enforcement today.

was a hard fought miss, but he came back to grind it out impressively on a 3rd! Is he not the very first 275

lb. human to successfully hit over 700 in his first meet? Put him in the pro division next year!



Mari Asp knows how to use the Inzer bench shirts she was selling

SCOT MENDELSON APF BP CLASSIC

20 Feb 04 -Pasadena,CA

Glossbrenner

Men Amateur	bwt.	1st	2nd	3rd	4th	Rating
Franco, Alberto	124.20	307.5	327.5	327.5		178.929
Meek, Brian	129.00	220	227.5	235		171.733
Dexter, Cory	97.80	225	237.5	245		143.766
Perkins, Ron	120.50	192.5	220	230		132.724
Evans, Bob	100.00	172.5	180			132.562
Vastine, Bob	99.20	130	137.5	145		128.085
Robideau, Darrell	81.20	145	145	152.5		99.323
Sparango, Leo	82.50	120	130	137.5		88.632
Smith, Dan		200	210	215		
Women Amateur						
Asp, Mari	69.40	125	137.5	147.5		130.058
Bogart, Laddie	143.50	120	130	137.5		84.602
Men Pro						
Kennelly, Ryan	143.10	377.5	382.5	397.5	410	204.818
Siders, Brian	153.60	392.5	392.5	400	400	
Fiedler, Andy	125.00	387.5				
Meeker, Paul	138.50	377.5	387.5	387.5	392.5	

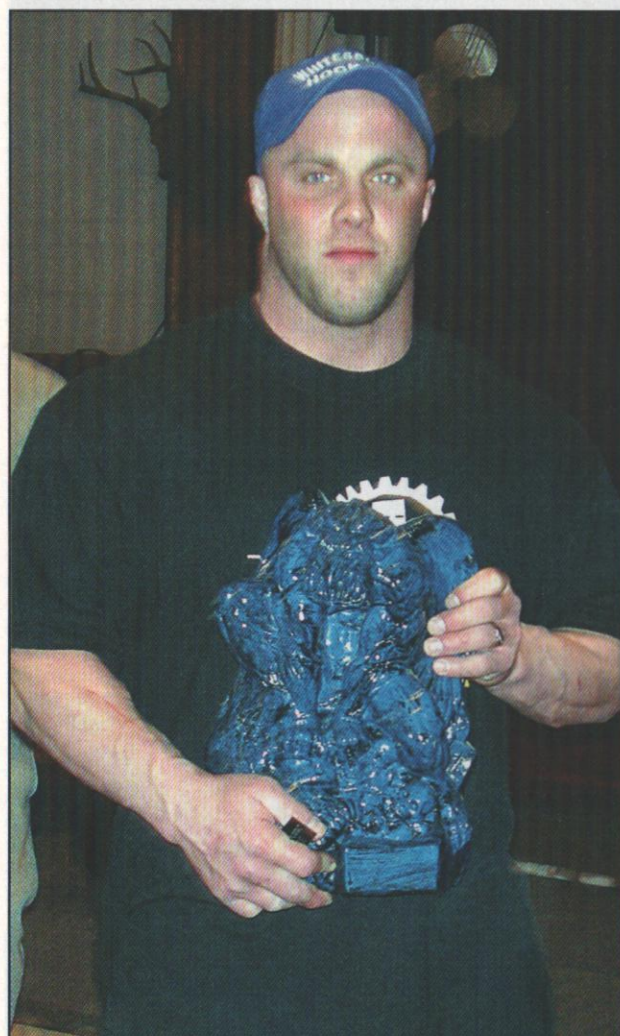


Tiny Meeker had no shortage of determination, but could not put one successful lift on his scorecard.



A True Pro Ryan played his cards the right way to win the \$5000

Jim Kilts Bench Presses a New All Time Record of 665 lbs. @ 181!



On an opening attempt, Jim Kilts benched 665 @ 181 at the Candy Azz Classic in Tribes Hill, NY on Feb. 19th. He missed at 685, but his training partner, Joe Ceklovsky, got his own all time record with a 520 at 148. We have an interview with Jim for the next issue of PL USA. (photograph courtesy Jim Kilts)

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in which the capsules and pills are enclosed in heat sealed packets. According to Gearman, "This is the most complete joint care formulation available, featuring megadoses of glucosamine sulfate, chondroitin sulfate, shark cartilage, green lipped sea mussel, and msm. Also included are 23 additional joint healthy ingredients. Gearman Nutrition is a powerlifting based company based in Tampa, FL. Gearman products can be ordered at (813) 843-7652 or view website gearmannutrition.com

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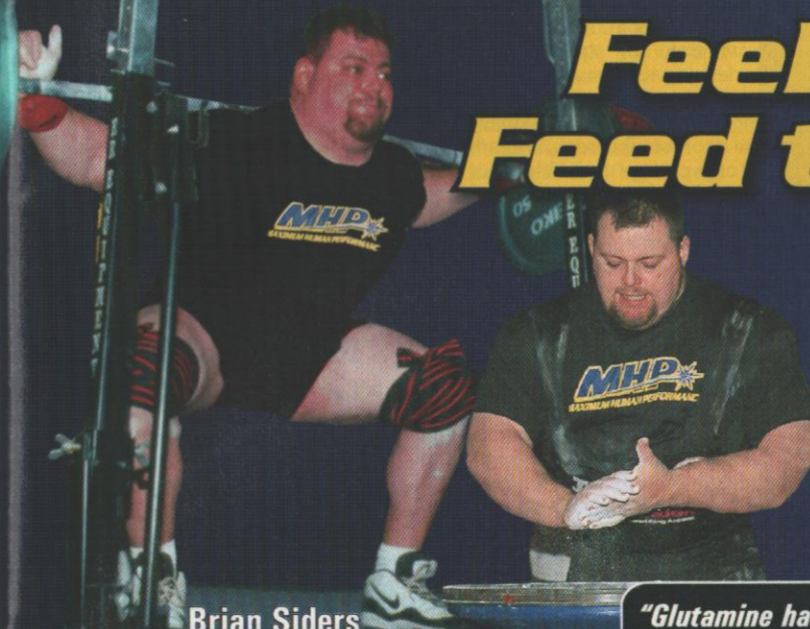
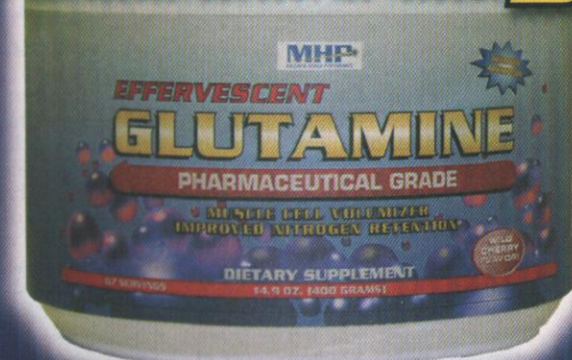
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"Glutamine has played a critical role in my training. Since I've started using MHP's Effervescent Glutamine, I've noticed a HUGE IMPROVEMENT over regular Glutamine in the speed of muscle recovery between training sessions! This allows me to fully recover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

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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.

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Improving absorption and bio-availability will potentiate the many benefits of glutamine. One major finding was illustrated in the landmark Welbourne Study in 1994, which was published in the American Journal of Clinical Nutrition. In this 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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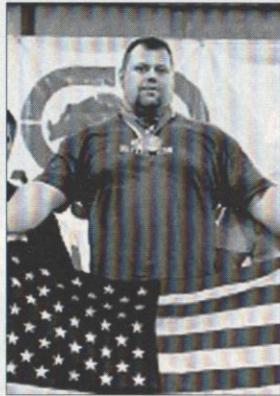
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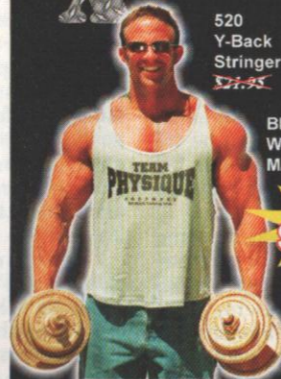
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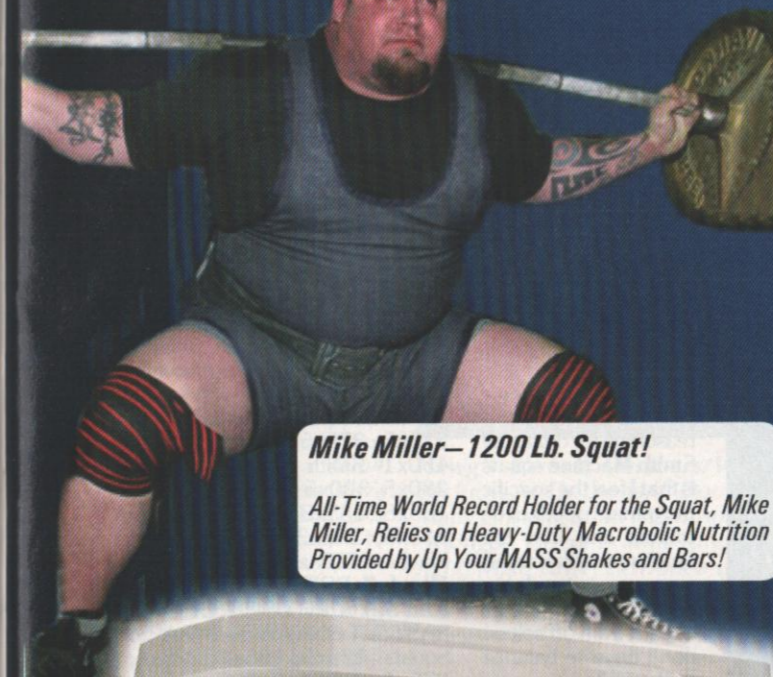
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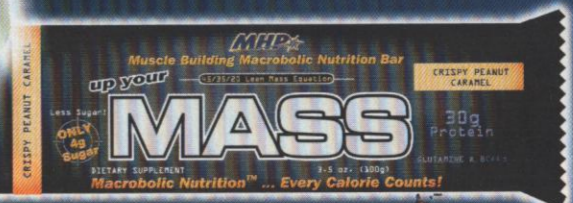
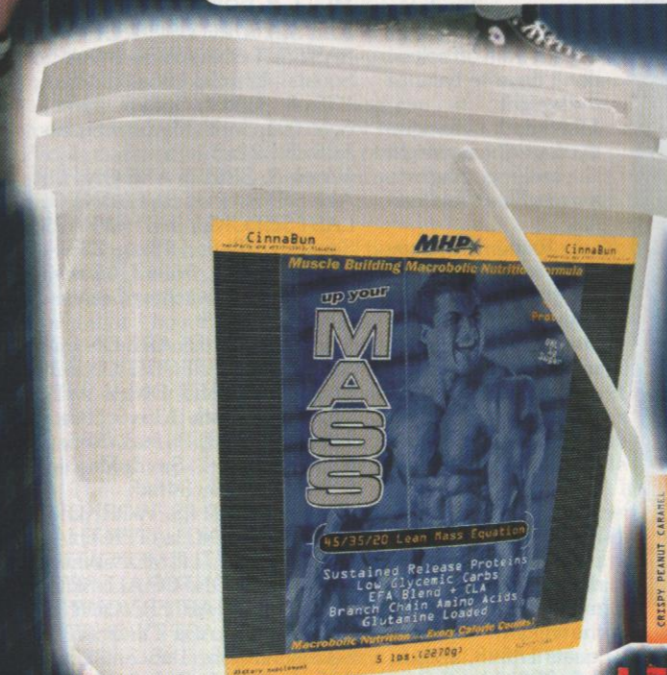
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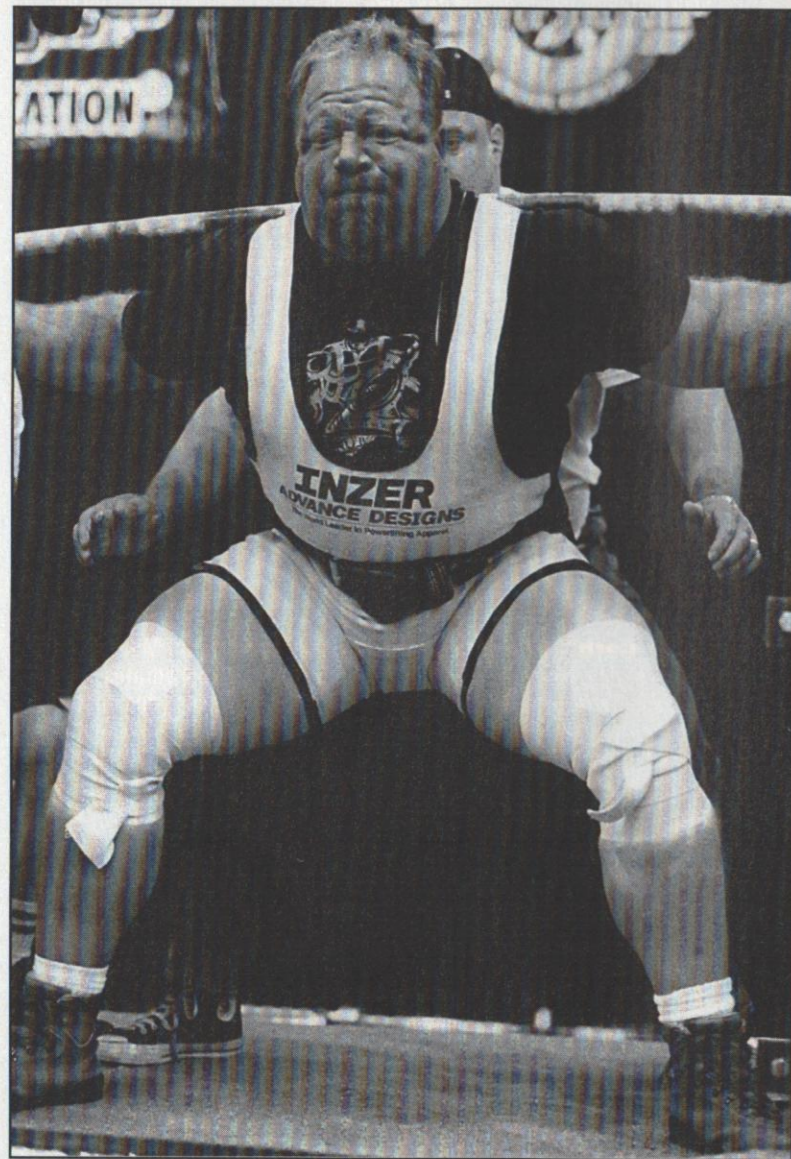
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WORKOUT OF THE MONTH

Brent Mikesell's Squat Routine as told to Powerlifting USA by Brent Mikesell



The following is a squat training cycle that should help a novice to intermediate powerlifter make some modest gains. It is written for a 600 pound squatter and numbers can be adjusted by multiplying percentages to your own max. Before I get into percentages and poundages, there are a few basic principles that I hold very dear that are necessary in order to be a good squatter. First, back strength is essential to staying

in position while squatting. In particular, lower back and erector strength. Second, your feet and glutes must be in line with the bar so all three points are pushing together. This is usually accomplished by widening your stance. Third, leg presses are not necessary, as there is no transfer of strength. Finally, don't spend a lot of time doing extensions and leg curls.

This training cycle is a 10

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

week progressive training cycle and should be done in the middle of the week in between your bench and deadlift workouts. I do not believe in training the deadlift and squat on the same day. For the assistance exercises, some of these should be performed on your deadlift day and some on your squat day. Pick the ones that you like best to do after each deadlift and squat workout and make sure the assistance exercises are performed once per week. My reasoning for doing the Smith Machine squats is that I feel the specific movement needs to be trained and that the Smith squat is the closest movement to doing that. In addition, it takes added strain off so you don't have to balance the weight. The only drawback is - if you are a heavyweight like me - getting into the machine is less than fun.

Remember, if you are not making progress, you need to evaluate your calorie intake, the amount of rest you are getting at night and the actual poundages you are using. If the poundages are being achieved easily on this program then do not alter them. However, if the poundages are too difficult then slightly modify them and lower the weight.

Week 1: Squats 135x8, 185x5, 225x5, 275x5, 315x5, 380x1 (on this set the minimum # of reps is 1 but you should try to get at least 3) Use wraps on your last set ONLY. Smith Machine Squats: Do these following your squat work and get 2 sets of 5. These five reps should be easy at the 10 week period and become increasingly difficult towards contest time. To begin with go: 240x5, 260x5. Assistance Exercises: Reverse Hypers or

Hyperextensions - 2 sets of 10, Adductor and Abductor Machine - 2 sets of 10, Heavy Seated Calf Raises - 2 sets of 8-10, Stiff - Legged Deads 2 sets of 6. DO THESE EVERY WEEK EXCEPT THE LAST TRAINING WEEK.

Week 2: Squats 135x8, 185x5, 225x5, 275x5, 315x5, 390x1. Smith Machine Squats: 250x5, 270x5

Week 3: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 410x1. Smith Machine Squats: 260x5, 280x5

Week 4: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x1, 430x1. Smith Machine Squats: 270x5, 290x5

Week 5: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x2, 450x1. Smith Machine Squats: 280x5, 300x5

Week 6: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x3, 470x1. Smith Machine Squats: 290x5, 310x5

Week 7: BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats: 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 415x1-3, 510x1. Smith Machine Squats: 300x5, 320x5

Week 8: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats: 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 425x1-3, 550x1. Smith Machine Squats: 310x5, 330x5

Week 9: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST TWO SET ONLY WITH WRAPS. Squats: 135x5, 185x3, 225x3, 275x3, 315x3, 365x3, 435x1-3, 580x1. Smith Machine Squats: 320x5, 340x5

Week 10: THIS WORKOUT SHOULD BE NO LATER THAN TUESDAY OF THE MEET WEEK. BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON AFTER YOUR 5th SET. WRAP LAST TWO SETS. Squats: 135x5, 185x3, 225x1, 275x1, 315x1, 365x1, 445x1, 535x1, 610x1. Smith Machine Squats: None Meet Day: 1st ATTEMPT: 570; 2nd ATTEMPT: 610; 3rd ATTEMPT: 625-635

Best of luck to you and your training - and remember, if you're sitting on your ass dreaming of a big squat, someone else is sitting in the hole and actually doing it!!!

BRENT MIKESSELL

Last month we visited Python Gym, where Tee Meyers runs his snaky madness. I mentioned that we would soon find out what a 'poor man's grizzly' is. Do you know?

We have lots of rattlesnakes in Texas, and everybody knows that snakes are loads of fun! But there is even more fun to be had! I've heard it said of parts of Texas; that everything that grows in the ground has thorns, and everything that walks on the ground will bite or gore you! Getting snake bit is fun for everyone, but being gored is even more fun. It's an absolute wonder that there aren't more movies about it. Why should vampires (biters) get all the fun, when there are so many WILD HOGS?

Most of you Southern boys will know about wild hogs, and a few of our boys from the North of the Mason Dixon line have seen 'em too! I saw some little ones mounted in a Bass Pro shop in Florida, but they grow BIG. I read about a few that supposedly topped 1000#, and have seen pictures - but I've never seen a real wild hog over 400#. Even that is HUGE. Forget the cute pink piggies you see in the Wilbur movies. Imagine a 400# creature with coarse black hair, thick muscular body (not fat), and 4-5" long 'cutters' to rip and slash you. These cutters are actually long teeth (like a vampire), but wild hogs don't use them to bite their food - they use them to cut and slash opponents.

Any decent wild boar (male hog) can cut you to the bone with a quick flip of his head. People that hunt wild hogs with dogs plan to lose a few every once in a while, since a cornered wild hog can disembowel a hunting dog quicker than you can say 'Redneck Sport.'

I've got friends who trap wild hogs for a living, and I've seen plenty of great wounds and scars. This is potentially so much fun for the whole family that I buy the smaller wild hogs from trappers to stock our land with. I just love dangerous animals! Of course, don't tell my country neighbors that we are stocking our place with wild hogs, 'cause they would shoot me. Why? Wild hogs are not content to just kill dogs and other critters, they also destroy crops by rooting up the ground.

They don't just dig it up like a mole or a gopher; wild hogs leave craters big enough to get a tractor stuck in. It just adds to their unique appeal as far as I'm concerned, but farmers and ranchers hate them.

Wild hogs injure or kill their opponents, and destroy their environments. Like a drunken rugby team on spring break. Is this a great animal or what? Brian Dobson (Metroflex Gym) generally smokes a few wild hogs to serve during his powerlifting meets - and we all love 'em! As he says "Lift like a Beast - then eat one!"

But even wild animals need a place to train, and this brings us to Hawg's Barbell Club in Glendale, Arizona. I'll let Lawrence DeAlva (not associated with Bloody Lawn Gym) tell his story:

"I cannot thank you enough for this opportunity to present HAWG'S Barbell Club in Powerlifting USA. HAWG'S Barbell Club is a garage gym with just about everything a

HARD CORE GYM #39 Hawg's Barbell Club Crazy Apartment Life

as told to Powerlifting USA by Rick Brewer, House of Pain

powerlifter needs. We have sleds, bands, about 40 sets of chains, boxes for box squats, hassock boxes for squatting, boxes for plyo jumps, weight releasers, manta ray, Forza dead lift jack, deadlift platform for use with bands, a variety of bars (15 to be exact), 1500 # Jesup bars, Texas power



Hawg's Barbell Members/Visitors: back row, l-r, Dr. Leonard "Doc" Lense, Marty Einstein, Brian Thompson, Mark "Mongo" Govoni; front row, left to right, Mike Early, Lawrence De Alva Sr., Evan Davidson, and Josh Harrison.

bars, pro reverse hyper, glute ham raise with a wide foot plate, leg press, smith machine that collects dust and dirt, 2 power racks (1 of our racks I had specially made to use with band squats), lat pulldown machine, land mine, Grappler, variety of grip machines, dumbbells up to 150#s, Fat bar dumbbells, 45 degree back raise, boards for board presses, incline bench, 6000+ pounds of free weights!

We also have 2 tractor tires for tire flips! We even have a refrigerator!

Monolift coming soon! Oh yeah, I cannot not forget about the radio we use to blast tunes from Metallica, Hatebreed, AC/DC, We'll put in whatever it takes for a lifter to lift a weight. What's your choice?

This gym is truly HAWG heaven. In the summer it's hotter than hell in here, but we don't like to hear people bitch about how hot it is to train. If that's the case, go home and be cool in your air conditioning. We have about 15-20 members and regular visitors. We have even conducted seminars for other gyms. We just recently did a seminar for Thorbecke's Gym in Tempe, AZ. It was an honor for us to be asked to do this for them. Their powerlifting history speaks for itself. We try to attend all the meets here in AZ. We welcome anyone who is willing to put themselves through hell and help to make us all better lifters!

This gym all started in a 3 bedroom apartment. (Apartment skanks are people too, like Trailer Trash and Wild Hogs. Rick). We had 2 power racks, ghr, d-bells, refrigerator, and bars all in a small apartment bedroom. It was the master bedroom so we had lots of room. Ha ha ha! Hell, we even had 2 tractor tires at my apartment's front door! People thought we were NUTS! My 6 year old son Lawrence De Alva Jr. would watch us flip tires and laugh and sometimes go for a ride as we did sled work. People really thought we were crazy. Deadlift days were always a blast in the apartment. I always wondered what the neighbors were thinking when the bar

would hit the floor? People who would come over to train for the 1st time could not believe it, and - no - they never had a hard time finding the apartment with the 2 tires in front. Those were the good ole days of HAWG'S Barbell Club. We now have it in a garage and I do hope to have HAWG'S Barbell Club in a nicer facility one day soon.

We currently use a Westside Template for the squat and dead lift. But we have found that all cannot handle a Max effort squat/dead day and dynamic effort squat/dead day, so I decided that it would be a good idea for some of our members to do one week Max effort and one week dynamic effort for the squat and deadlift, using every Friday as an assistance day.

Our bench program is a little different. We do lots of board presses and rack lockouts. We usually work anywhere from 5 boards down to 2 boards, sometimes working up in boards (2,3,4,5). Some of our lifters do speed work for the bench every other week instead of every week. On Max Effort day we will switch the volume from high to low depending on how we feel.

We're always looking for ways to advance in training knowledge.

We currently have a member named Mike Derosieres who is chasing a 600 pound bench @ 220! The sky is the limit for this guy. We also have a 165er Evan Davidson who just benched 446 @ 165 and is going to get 500 @ 165! Mark Govoni is a visitor here to HAWG'S Barbell Club, and he has done an 854 squat, 534 bench, a 715 deadlift, and his top total is 2077, all this in the 275s! I myself am chasing a 500 pound bench also. I just recently hit it in the gym fairly easy. I must do this in a meet to make it official.

We feel anyone can bench 500 pounds, that is why I want a 600 pound bench @ 220!

We have a motto here at HAWG'S Barbell Club "if you believe you can, or you believe you can't, you're right either way"! So we always take the attitude of believing we can. We don't allow negative people in the gym.

I have made the journey all the way to Glenn

Falls, New York to train at Bill Crawford's Adirondack Barbell Club. I learned quite a bit from Bill Crawford and Sebastian Burns. I personally feel that everyone should make this journey.

In closing; Lawrence wants to thank God, his son Lawrence Jr (who rode the sled and put up with dad), his Mom, all visitors and members, and Louie Simmons (who spent countless hours with Lawrence on the phone.) If anyone wants to train at Hawg's Barbell Club, feel free to contact Lawrence via phone (623-937-5396) or e-mail: dealvapower@aol.com.

If anyone wants to hunt wild hogs, just come to Texas. Next month, we'll look at the kind of name conflict that arises when you use a generic name for your gym.

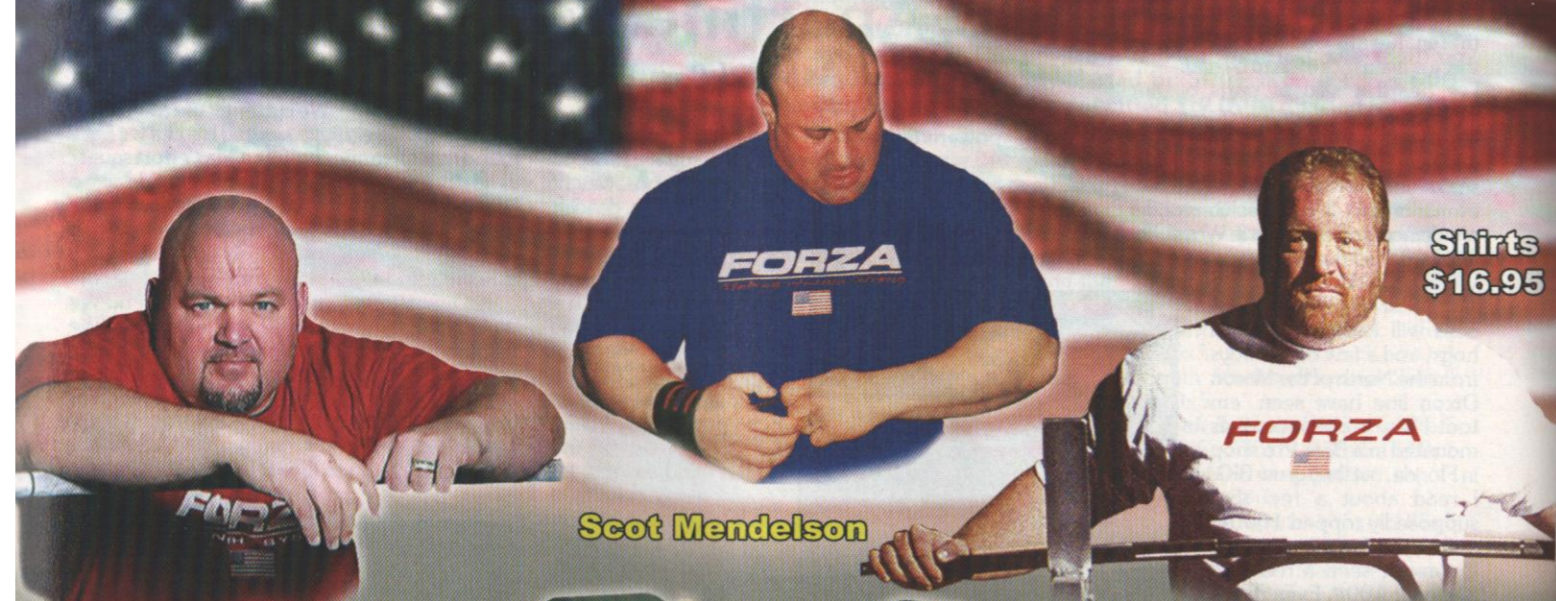
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One of the Flippin' Tires in front of the apartment. (courtesy Rick)

Championship Series



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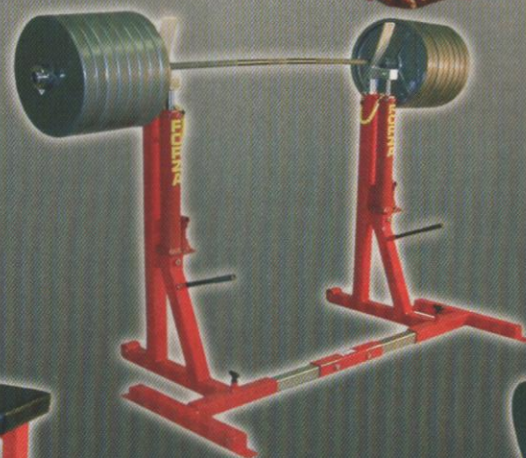
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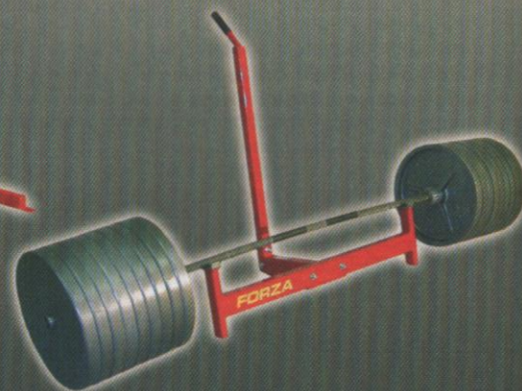
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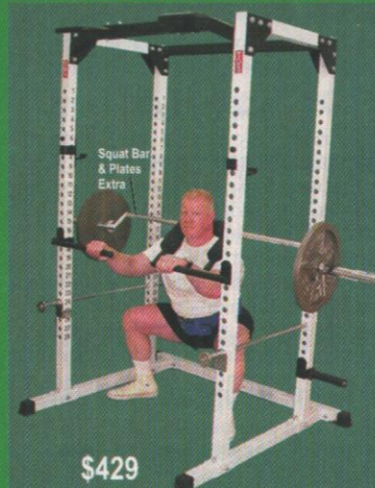


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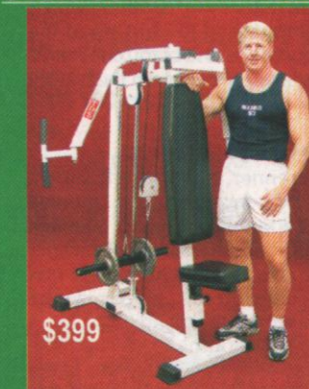
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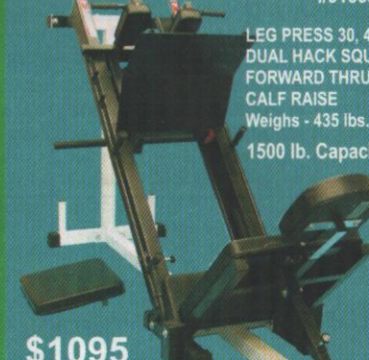


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DR. JUDD

SOME OF THE MOST INFLUENTIAL MEN IN THE HISTORY OF POWERLIFTING

as told to Powerlifting USA by Judd Biasiotto Ph. D.

I have been associated with powerlifting for almost four decades. During that time I have encountered some really amazing men and women, individuals who have gone beyond the call of duty to promote and advance the sport of powerlifting to a greater level of distinction. These individuals have literally dedicated their lives for the betterment of the sport ... Ernie Frantz, Jan Todd, Fred Hatfield, Conrad Cotter, Rickey Dale Crain, Louie Simmons, Eddie Coan, Lamar Gant, Marty Gallagher, Ken Leistner are just a few names that come to mind. However, when it comes to making contributions that have significantly influenced the sport of powerlifting, a few stand alone on top of the mountain. I believe these men have done more to steer the direction of powerlifting than any other individuals in the history of the sport.



BROTHER BENNET

Choosing Brother Bennett was my most difficult selection. Although he contributed significantly to the sport of powerlifting in many different ways, I was cognizant of the fact that there were a number of other individuals who were every bit as important to the sport as Brother Bennet. Actually, his selection may reflect a little bias on my part because I knew

Brother Bennet extremely well. He was so good-hearted and so benevolent and so full of magnificent things to share - his entire life was one of giving. He gave so much of himself to others and to the sport he loved - powerlifting. I will say this too - a lot of his contributions to the sport can not be documented in any record book. He literally gave all his time, energy, and money to promote the sport. In all candor, my selection of Brother Bennett was not based so much on the contributions he made to powerlifting, but rather on how his contributions reshaped the sport.

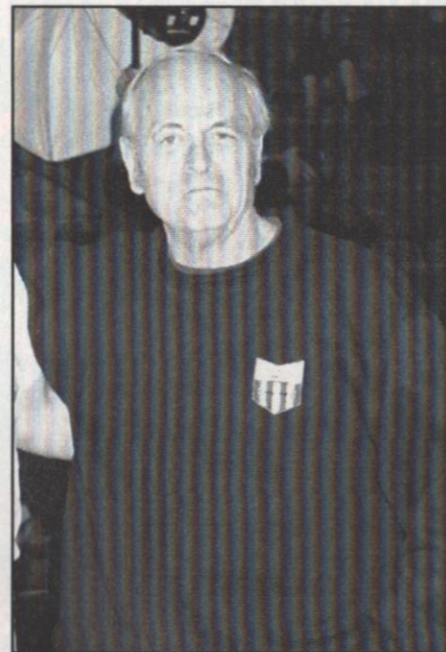
In 1981 Brother Bennet founded the American Drug Free Powerlifting Association, an organization that was designed to give drug free powerlifters a chance to compete among themselves.

At the time breaking away from the parent USPF organization was a bold and unprecedented move. It was the opinion of most powerlifting experts that the ADFPA would fail miserably. Initially, it looked like it would fail. There were financial and legal problems, and major issues with drug testing. Worse yet during the first year the ADFPA had less than 200 card-carrying members. Through hard work, perseverance and sheer determination, Brother Bennet took the ADFPA from relative obscurity to national prominence in less than three years. In so doing the organizations membership increased tenfold.

The separation of the ADFPA from the USPF opened the floodgates. Within no time organizations sprang up throughout the country. Today we have over 25 different powerlifting organizations in America alone. As a result, powerlifting is experiencing extreme factionalism, which in my opinion has significantly weakened the sport and could very well lead to its destruction. Of course, this remains to be seen. Either way Brother Bennet has significantly influenced the history of the sport and consequently is one of my choices as one of the most influential people in the history of the sport.

HERB GLOSSBRENNER

Herb Glossbrenner, is perhaps the most un-celebrated, but by far one of the greatest contributors to the sport. Powerlifting, over and above most sports, is about numbers. Statistics are the sport's lifeblood. We study meet box scores, compare lifters' totals, memorize the record books, and scrutinize Powerlifting USA's rankings month after month. If you ask Mike Lambert, he will probably tell you that one of the major selling points of Powerlifting USA is its ability to bring the reader the most up to date statistics and/or lifts that are recorded around the world. Herb Glossbrenner has provided this service for powerlifters for more than five decades, and he has done it with the precision



and care of a neurosurgeon. In this respect, Herb Glossbrenner is the gatekeeper of powerlifting statistics.

Glossbrenner's work, although rigorous, prudent, and insightful, languished for many years in obscurity, largely ignored by the lifting world, but in the past few decades, thanks to Powerlifting USA, numerous lifters and supporters of the sport have started to take his work more seriously. Shrewd observers of the sport seek understanding not through commentaries or editorials, but from the statistics that accrue over years and years. Analyzing those statistics allows one to make a more informed and intelligent decision as to which lifters are better than others or what the best strategy might be against a certain athlete. Through his work Glossbrenner has given the powerlifting world these advantages and in so doing he has changed powerlifting immeasurably. More significantly though, without Glossbrenner, powerlifting would not have a legitimately documented history. For this reason, every person associated with the sport is greatly indebted to Glossbrenner.

JOE WEIDER

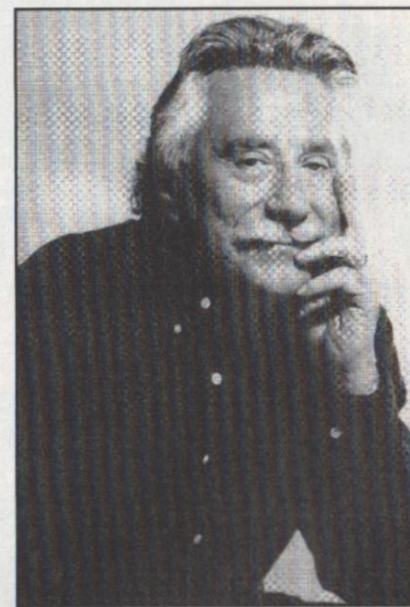
In brief, Weider is the father of bodybuilding. He literally took a marginalized activity that was viewed by the general population as a joke and turned it into a competitive and mainstream sport. In so doing he also created a billion-dollar industry. Weider has organized, subsidized, and conducted all of the major bodybuilding championships in the world. He has been, in addition, the publisher of the major magazines in the field. As a result of his strong beliefs in the concept of liberty, he has done more to open up the sport of bodybuilding to all people, notably, women and ethnic minorities. This in itself is a dramatic contribution.

He is also to a great degree responsible for revolutionizing how athletes trained in all sports. During the 1950s, sports teams rejected weight training as a method for building strength. Coaches and physical fitness experts of the time believed that weightlifting would decrease an athlete's speed and flexibility and would render him musclebound and uncoordinated. Through scientific research presented in his publications, he squelched those myths and presented hard

evidence to show that weight training significantly enhanced athletic performance.

It could also be argued that no other individual in the world has done more to promote the spirit of physical fitness to the world market. His fitness magazines such as Shape and Men's Fitness have created a new health and lifestyle for literally millions of individuals. In this respect, he could in addition be considered the father of the fitness boom in America too. As a side note, he is likewise responsible for helping Arnold Schwarzenegger achieve world class status as an athlete, entertainer, and a political figure.

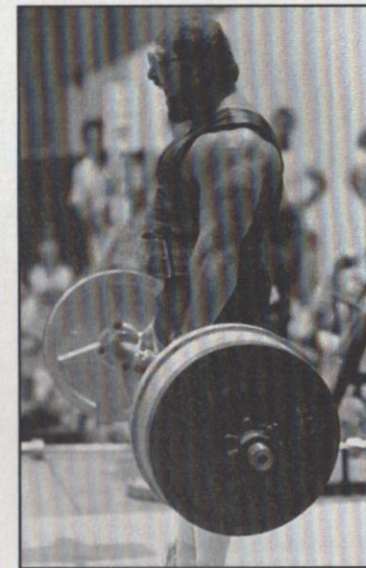
The aforementioned is basically common knowledge to anyone who is even remotely interested in physical fitness. What you might not know is that Weider was primarily responsible for introducing powerlifting to the world stage when it was basically a backyard sport. In its infancy powerlifting was basically an unknown activity, and for the few individuals who did know about it, it was more of a joke than



bodybuilding. Through his publications Weider introduced the sport to millions of readers throughout the world and in so doing gave the sport instant credibility. Over the years he has consistently promoted the sport. In all candor powerlifting might never have evolved into a legitimate sport if it weren't for the efforts of Joe Weider. His contributions were that significant to the sport.

LARRY PACIFICO

Larry Pacifico is the only world class lifter to make this brief list. Pacifico was, without question, powerlifting's first real superstar and is still one of the greatest lifters of all-time. In fact, considering everything ... the weight classes he competed in, the lifters he competed against, his world records and world titles ... it could easily be argued that he is the greatest lifter of all time. In his prime, there was no one who could even come close to challenging his greatness. He could compete in any weight class he wanted too, in world class competition, and still walk away unchallenged. He was just that great. His achievements in the iron game are literally legendary. During his career, he won a total of 102 competitions and set 54 world records. He won nine straight world powerlifting championships during a time when a world championship truly signified that the champion was the best lifter in the world. He was literally a powerlifting demigod, a legend in his own time. In the years that he competed, he not only became the greatest powerlifter who ever lived, but he was also one of the most recognized strength athletes in the world. Perhaps more importantly though



he handled his fame with a grace and dignity that has transcended the sport and made the name of Pacifico a household name among individuals who didn't know much about the sport of powerlifting. It has been suggested that no single lifter in the history of the powerlifting has drawn more individuals to the sport than Larry Pacifico. Even today two decades removed from his competitive years, Pacifico is still one of powerlifting's greatest ambassadors.



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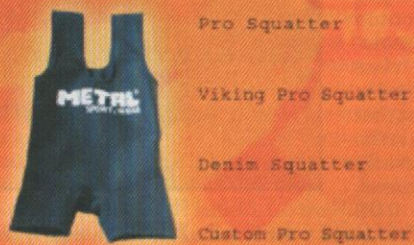


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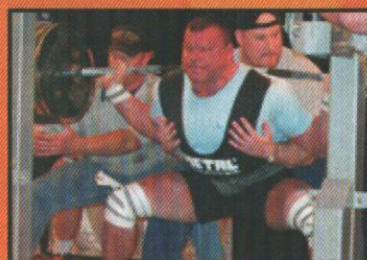


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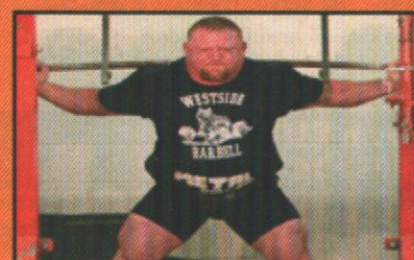
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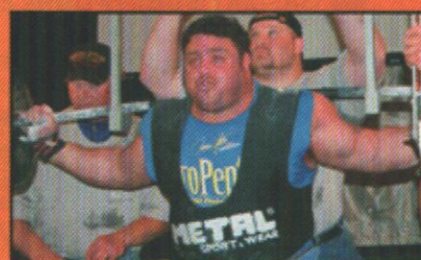
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Anu Turtiainen 2491lb Total



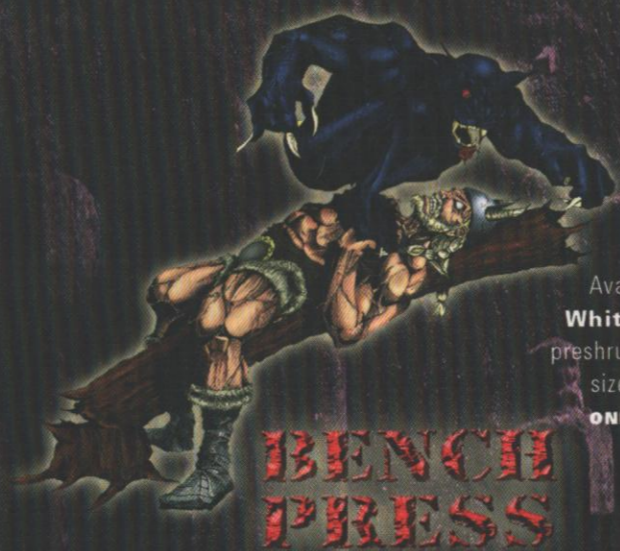
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NMJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

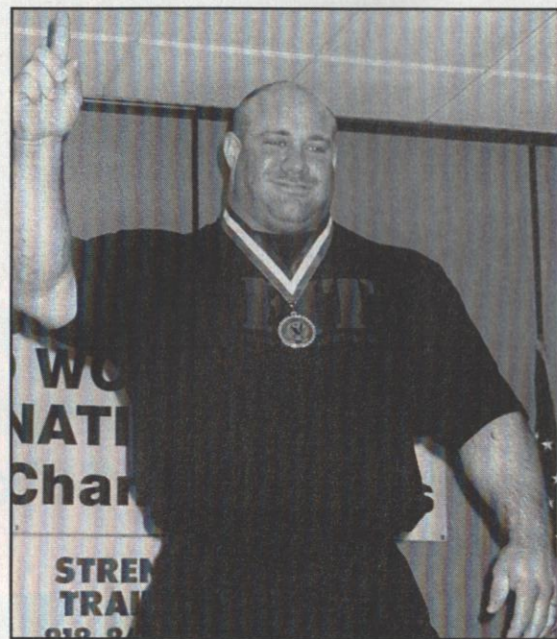
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferriss, ACSM



Scott Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the triceps head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must serve larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Inledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scott Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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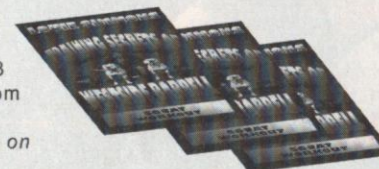
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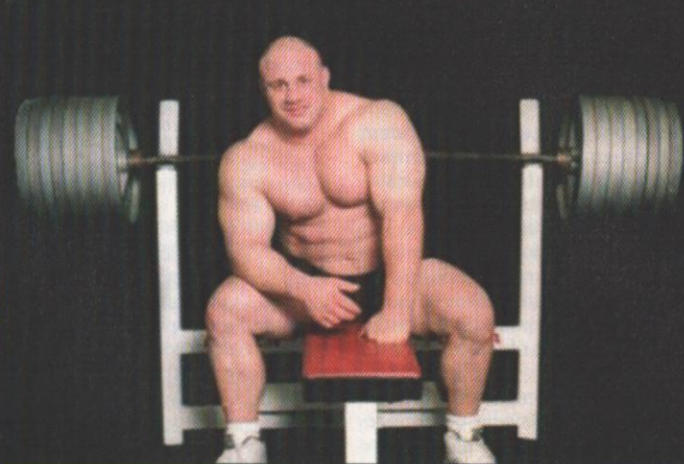


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There are several popular and effective bench press assistance exercises that can be of use to the powerlifter. Among them are variations of the regular flat bench; incline and decline presses. Incline presses are performed on a bench that has the lifter's head and torso inclined above parallel to the floor. Declines are the opposite; they position the lifter's head and torso angled below parallel to the floor. They each have different benefits and each have their own challenges. To get the most out of these exercises, I'd like to point out how to properly execute each one as well as explain common exercise pitfalls that stop lifters from getting max results. In addition, I will provide some alternatives and caveats. Let's proceed.

Incline presses are an extremely popular exercise for bodybuilders. The foremost benefit of inclines is developing the upper portion of the pectoral muscles. However, many lifters do not perform inclines in the most effective manner. First of all, if the angle exceeds 30 degrees, most of the work is done by the delts, not by the chest. Another flaw

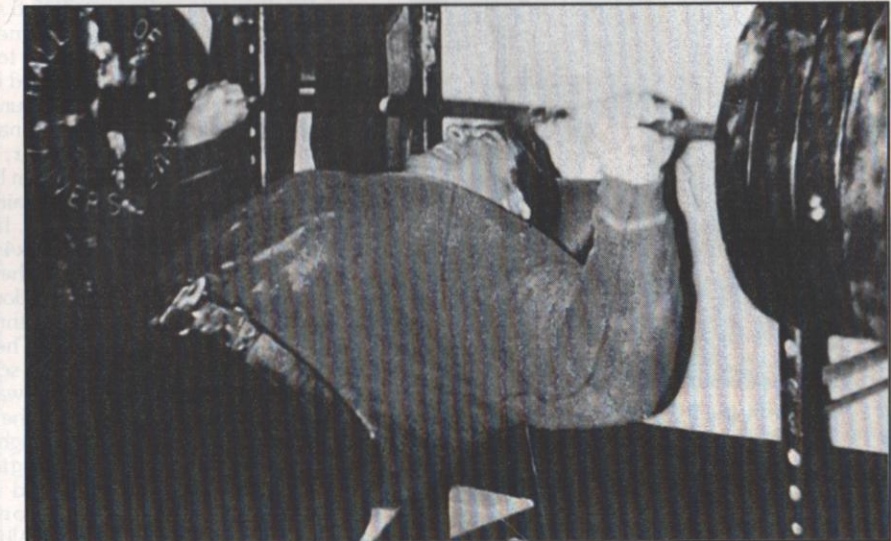
many lifters practice while inclining is they raise their butt off the bench while pressing, in essence, making the incline press a flat press. This takes away emphasis on the targeted area; the upper pec. Lower the bar high on the chest and press upwards, keeping your butt on the bench, with your back flat on the inclined bench support.

Decline presses are also widely used. Their forte is opposite of inclines; emphasizing the lower pec region. The major execution flaw is lifters tend to hit the bar closer to the waist than the chest, essentially doing a 'belly bounce'. This considerably shortens the range of motion. This explains why some lifters claim to decline press more than they do on the regular flat bench. Less distance means that more weight can be lifted; simple physics. For declines, lower the bar to the lower part of the pecs and press upwards. In both cases, lifters too often deviate from proper form over time to lift more weight and get more reps.

Another complication is while many lifters may want to work their upper and lower pecs, they don't have access to incline or decline benches; no problem! For working the upper pecs, try benching on a flat bench with a wide grip lowering the bar to a point high on the chest, towards the head. The pecs can be emphasized more if your elbows

STARTIN' OUT A special section dedicated to the beginning lifter

**INCLINE AND DECLINE PRESSES
as told to Powerlifting USA by Doug Daniels**



Pat Casey, the first man to bench press 600 lbs., trained the incline press as well and set an unofficial world record (above) of 523 lbs. back in 1967. (from Myers Badura)

are kept at right angles to the body. This really puts stress on the upper pecs and is actually more effective than inclines. Be careful when starting to use this exercise. If you dive in to heavy weight too quickly, you can easily pull a muscle. Start with lighter weights and warm-up and stretch slowly with this movement. The stretching of the pecs and shoulders is a drawback to this exercise. If you experience any pain or soreness, don't go as high towards your neck as you were, decrease the weight or drop the exercise altogether.

To target the lower pec area, try the opposite of the above example. Hit the bar lower on the chest, slightly below your nipple line. Also as in the previous example, keeping your elbows at right angles to the body will also add to developing additional pec strength. The regular flat bench works the lower pecs hard already.

Integrating these assistance exercises into your routine is last. Incline can be a wise choice on your light bench day, replacing regular flat benches. Of course, benches high to the chest can be substituted, especially if you lack an incline bench. Cease most, if not all, assistance work for the bench the last 2-3 weeks prior a meet. Concentrate on assistance

work prior to this time and during your off-season period. Dumbbells can be used instead of barbells for variety and stressing the stabilizing musculature.

Inclines and declines are two of many assistance exercises available to the powerlifter. You can also get most, if not more, benefit from these flat bench variations I discussed in this article if you do

not have an incline or decline bench. Full range of movement is essential for best results in any exercise, but on the other hand, extreme range of movement can be risking injury. Work into any new exercise slowly with light weights, never compromising form as you increase the weight. As with any assistance exercise, remember their end goal is to increase the powerlifts. Use proper form and the most effective exercises in the most effective manner and your lifting totals will be on a steady incline and that's an offer too good to decline.

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The meet site was Del Webb's Kulima Hotel. He was owner of the New York Yankees then, and Micky Mantle used to visit with Billy Martin and I'd sit around drinking beer and listening to their war stories. I was in charge of security on the graveyard shift. I worked there from December of '75 to July of '77. Most of my job involved dealing with the fighting in the bar after midnight. I never thought I'd live more than a few months. We were not armed and the bad guys were. I stayed in an entertainer's room for the entire 19 months. The room was in the bowels of the hotel - right off the kitchen - a good place to be if you were an aspiring powerlifter.

I'll relate two life threatening episodes which should have made me quit this job. The first involved a hit man that a mafia head had directed to send me a message. He had been shot 7 times in a fight and lived to tell about it. He was one of the most evil looking people I had ever seen - about 6', 260#. I slept during the day, but was awakened about noon and informed this guy

wanted to talk to me and he had a gun wrapped up in a towel. Keep in mind, haoles (Caucasians) weren't the most popular race in Hawaii and the vast majority of surfers, hippies, rich children of California businessmen were getting their ass kicked on a regular basis. Well, I was going change that perception. The best way to do that was to become a powerlifter and I went from a 6'4" 240# first baseman for the University of Hawaii to a 290# powerlifter in 6 months. I ate everything in sight: 36 eggs a day, 2 gallons of milk, 1/2 gallon of ice cream, 2 steaks, 3 cans of tuna fish and 3 cheesecakes a day - cakes not pieces of cake.

Back to the hit man. I said, "If he's got a gun, why did you tell him where I was?" My wife had just divorced me, as she should have, since my only interest was lifting and getting big as fast as I could. I could only see my two daughters for 4 hours once a week. I had been in law school in Oklahoma City in 1974-75, but was kicked out because of a couple of incidents I'll explain later. Because of these personal issues, my main interest was just becoming huge (I was 310 at the time) and I didn't give a damn about anything else. I had no fear. I went to the guy in the bar. "You looking for me?" He swiveled around with the towel all wrapped up. He seemed surprised. We walked outside. I knew I was the biggest haole (white guy) he

Legends of Powerlifting

March 11, 1977 - the first Hawaii World Record Breakers Meet by Gus Rethwisch



Gus Rethwisch lifted in and promoted his meets with a fierce intensity that had to be believed. He created a scope of competition that no one else even imagined to be possible back in the 1970s and 80s

had ever seen. "My boss wants me to give you a message: you need to quit this job because you're beating up too many good people."

I said, "You mean the A... brothers?" - they were real tough guys. They had beat up on a 65 year old guy in the bar while one of them was grabbing his 35 year old wife the whole time." He said, "Look. I'm not here to fight you, just to give you a message."

I said, "Any f--- idiot could figure that you have a piece in that towel," and I said, "I think I can do a lot of damage before you unwrap it." He said, "How much do you bench?" I said, "F--- the bench. I only do 500, but I deadlift 900 on a good day." He said, "What's a good day?" I said, "One filled with rage. You see, I'm just an average fighter, but with my strength and rage, I black out and I do amazing things." That was the end of the conversation.

My boss was a Tongan guy named Sione Fillipe or John Phillip. He had finished 2nd at the 1975 IPF Worlds. He was a great training partner. He benched 580 raw, squatted 800 raw and deadlifted 700. He could kick a football 75 yards on the fly in his street clothes. He had been a state wrestling champ for four years. Anyway, we were training and this hit man showed up again, because I didn't quit the job like I was supposed to. We were facing off and John Phillip said to him, "You're making a mistake. He has nothing to live for

and he's insane half of the time".

He charged, and I went to take a swing when John Phillip came out of nowhere to drop him with the most vicious punch I have ever seen. Trust me, Mike Tyson and George Foreman had nothing on John Phillip. The guy got up and John backed him up with wicked "just to let you know I'm here" slaps for 200 feet. I asked John why he intervened. He winked and said, "Don't think I'm your good friend now, I just didn't need to lose my chief of security because of a broken hand or broken jaw. You'll probably have two fights tonight at work and I want you to be fresh. It's just business, Gus." Then we went back to our squatting and I tripled 700 in a singlet and he did the same.

That night I did have a fight at work in the bar. At 2:00 a.m. John and a bunch of fellow Tongans brought in a pig cooked in an "imu" (an underground pit covered with taro leaves). We put it on the hood of my car and we ate the whole thing, with no silverware.

The reason I got the job with John was that I had been bouncing in the two most dangerous bars in Waikiki - Opehrs and Midnight Cowboy. I had thrown a 275# Samoan 30 feet through the air off a landing. Two cops witnessed it. One cop was 6'6", 275# or so. He said, "How the hell did you do that." I said, "I don't know. I was scared spitless and I went into rage mode and blacked out on my feet."

Six months later, the same Samoan and his buddies wanted revenge. They found out where I lived and threatened to do something to my daughters. I was standing on a six-step landing and they were on the main drag, yelling threats at me. I was a very fast runner. I used to race guys for \$20 in the lobby of the Sheraton Waikiki and ran a 4.9 forty-yard dash. I charged off those steps and hit his compact Datsun on a dead run and tipped it over. The driver was trapped inside and I crawled in through the window and dragged him out and put a few dents in the car with his head. Traffic was backed up five blocks.

One of my fellow bouncers was Wayne Bouvier, who had benched 617 raw. We were rooming together at the University of Hawaii football dorm. The only

problem was... we weren't football players and we weren't supposed to be there. So, the football coach put a huge steel latch on our door. Wayne and I came back from a night on the town and saw the latch and Wayne kicked it in with one shot. The next day, a football player delivered a note from the coach saying we had to leave. We told him to tell the coach to deliver it personally. He never did.

Then John Phillip showed up where I bounced and offered me the job at the Kulima. All of the aforementioned incidents led directly to the first Hawaii World Record Breakers meet. Prior to the bouncing job, I had about \$100 to my name and I was living out of my car, sleeping on the beach. I slept in back of the bar where the entertainers kept their band instruments. I made a bed out of plywood and 2x4s draped over two safes. I slept there for three months, then at the dorm at the University for the other three months.

The reasons I got kicked out of law school were threefold. #1, I only was interested in Powerlifting. The feeling of lifting big weight was highly intoxicating. #2, I was playing intramural basketball and I decked a guy who kept talking trash to me. I wasn't used to it. I had been All Conference in high school, but only weighed 185, and everybody just let their play speak for itself then. Then, #3, the freshman law school played the second year law school in football and they had an All Conference center from North Carolina State. The day of the game he wore a T-shirt with 'Vicious' written on the back of it. I'm sitting in the cafeteria minding my own business and he comes over to me and slams his fist on the table where I was eating and turned around, I guess to show me what his T-shirt said. He walked away. He never said a word and neither did I. On the first play of the game, I broke his sternum and I was on my way out of Law School. My grades weren't the best either, but I didn't like school anyway and all I did was train. My training partner there was Walter Thomas - a great lifter and good friend.

My most memorable moment in Law School was when a flash flood was going down the parking lot outside my dorm. A yellow Volkswagen was being washed away at about 6:00 a.m. and I ran out in my boxer shorts and picked up one end and pulled it off the parking lot onto the higher grass area. I got a standing ovation from all the dorm students who were awakened by the owner of the Volkswagen, a young lady, screaming that her car was being washed away.

Back to my job at the Kulima. It was a beautiful 600 room hotel on the North Shore of Oahu. I

started dreaming of putting on a meet there. I was disillusioned with going to meets with no spectators. I went to the '74 National Collegiates with Wayne Bouvier at Long Beach State. There were only 100 spectators with over 200 contestants. Bouvier won, at age 19, with a 480 bench, 700 squat and 620 deadlift. No knee wraps - just a small leather belt. Wayne was attending USC on a track scholarship and he was a 63' shot putter. We were staying at a motel and didn't have any money to go to a restaurant. In the three days prior to the meet, we drank four gallons of milk and ate five pounds of hamburger - raw. My lifts were 360 bench, 490 squat, and 660 deadlift.

A couple more items to develop the background of the participants for the First Annual World Record Breakers. When I went to law school in Oklahoma City, Walter Thomas and I trained and went to meets together. One memorable moment was when we had a pancake eating contest in Texas on the way to a meet in Shreveport.

Walter weighed 165 and I weighed 295. Walter won and I was feverishly trying to keep up. I also went to Walter's church, the only white member in an all black church. They were great people and every Sunday after church they had a picnic with fried chicken, ribs, etc. It was the best food I ever had.

When Wayne Bouvier was only 20, a brothel in Windsor, Ontario, Canada hired him to arm wrestle the best that the Detroit mafia had to offer. What Wayne didn't know was that \$10,000 was riding on the match. Wayne smoked him. He had 10" wrists. He could do power cleans for triples at 385 and he never trained them.

Another exploit was the Hawaii qualifier for the World Arm Wrestling Championships in Milwaukee sponsored by Miller Beer. You had to win two matches to get to the final. One of Wayne's opponents was some big 360 pound Hawaiian from Maui who had been featured in "That's Incredible" with John Davidson. He had held up the back end of a 1957 Chevy while a driver had it in reverse and the tires were blowing smoke everywhere. He tried to intimidate Wayne. Wayne was a baby faced kind of guy. Wayne smoked him and broke his arm in the process.

Then to the final. An iron worker from Los Angeles came to Hawaii to avoid going up against



The Late Wayne Bouvier with his USA lifting suit, contemplating a 610 pound bench press attempt at the first Record Breakers meet. Wayne was a hard to miss icon in Waikiki, weaving in and out of traffic on a miniscule Honda 50 that you could hardly make out underneath his 300+ lb. bulk, wearing a too-small crash helmet, with his long hair streaming out behind

the legendary Cleve Dean, a 460 pound behemoth. Wayne and this guy jockeyed for position for at least 10 minutes - more than the legal time allowed, I'm sure. This tournament was held at the Pearl Ridge Mall. At least 1,000 people were watching. Everyone expected a battle. They were very disappointed. Wayne put this guy's arm down fast enough where he yelled in pain.

Wayne Bouvier was planning on going back home to Michigan in December of 1976 for Christmas. I talked him into staying in Hawaii until March 12, the day after the first World Record Breakers. That's a story in itself - I had no money and he had no money, so I stowed him away in the hotel for 2 1/2 months. I had a good relationship with the staff and being in security, I had a master key to every room. I would simply check with housekeeping and I think Wayne probably switched rooms 10 times. He would eat with me in the employee cafeteria and then every night at about 2:00 am we would eat filet mignon steaks, papayas, gallons of milk and at least 2 or 3 cheesecakes apiece.

Now to the meet. The biggest attendance in history at a powerlifting event at that time had been about 1500 at the IPF Worlds in Birmingham, England in '75. The attendance at the first World Record Breakers was over 1700. We

turned away over 100 people, including one who sued me. Walter Thomas and Wayne Bouvier were the main stars. I almost had this meet televised. I had become friends with Clark Gable's stepson. He introduced me to an independent TV sports producer named Larry Lindberg. Lindberg was at the hotel filming a Smirnoff Surfing Championship at the Pipeline.

He offered \$5,000 and it was going to be on NBC. I made the mistake of telling Clay Patterson, of the IPF, who insisted I ask for \$50,000 and Lindberg backed off. However, that meeting laid the basis for the first ever Powerlifting meet on TV, the '77 IPF Worlds in Perth, Australia. Terry Todd got involved and talked sense into Clay Patterson and NBC signed a deal with

the IPF for three years. \$5,000 in 1977 (exactly what Lindberg had offered), \$7,500 in 1978, and \$10,000 in 1979.

Getting back to the meet. The hotel only had 1,300 chairs and was held on a Monday because that was the day I could get the ballroom free. At 4:00 p.m. the meet started, but at 5:00 p.m. I drove over to the BYU Hawaii college campus and borrowed 400 more chairs. I had them in the back of the hotel produce truck. A cop was following me. They were on those portable, wheeled chair holders. Well, it wasn't long and 400 chairs had fallen into the street right in front of the cop... somehow, he helped me load them back up and by that time the meet was already two hours old. Those extra 400 chairs filled up fast. We had a physique contest run by Bill Nelson, still the NPC Chairman today. We also had the best bikini contest you could imagine. Bill Grant, a big name bodybuilder was guest poser. We had 30 lifters total.

Now on to the lifting. At 132#, Albert Andrade had the distinction of setting the first World Record ever at the World Record Breakers, a 343 bench at 132, raw, of course, on a fourth attempt. Al was a good friend, but he ended up doing 14 years in prison for some serious felonies. I used to visit him every Sunday. When he was transferred to Kauai, I did my last

big deadlift in an exhibition at the prison - 840. I hadn't deadlifted in a month, but with 600 inmates watching, there was no room for weakness.

I was warming up when Walter Thomas squatted 650 weighing only 170. The audience went berserk and I had chills from the excitement of that roar from the audience. He squatted 650, benched 405 and deadlifted 655, for 1710. This is 1977. Today at the WABDL World's, 655 would come in 3rd. Two years ago he would have won. He went on to do 821 at 198 and 722 at 181.

Wayne Bouvier smoked 580 on an opener. He had doubled 605 in training, but I think the stress of being a stowaway in the hotel was too much and he had lost about 12 pounds. He went to 610 for the World Record - no go twice. He was wearing a USA flag suit and hadn't cut his hair in a year. Like Samson, he felt that he got strength by not cutting his hair. He squatted 760 without knee wraps, benched 580 raw and deadlifted 700 for a 2040 total. I was his competitor. I had done 705 x 4 in training in the squat, but I only got 680 with a 475 bench and a 770 deadlift. I locked out 800, but hitched it. I was wasted from promoting the meet.

Doug Young, Jon Cole, Marvin Phillips, and Paul Wrenn were no shows. When the TV fell through, they were gone. The judges were Dennis Burke, Dick Burke and Rodney Hurt, all IPF card holders. Dick Burke, about 70, did 15 one arm pushups with a 100# plate on his back. I had my first taste of promoting - not just directing - a powerlifting meet. I was hooked.

About three months later the A... brothers and their friends, drunk on their butts, stormed the hotel at about 3:00 a.m. with rifles and shotguns in revenge for me kicking their butts. The guard at the entrance alerted me. We only had three of us on duty, no guns, and the A... brothers were friends with the local cops. I crawled on my belly on the golf course for about three hours with 3 A... brothers and two of their friends looking for me with flashlights. The cops never even arrested them, and I saw the handwriting on the wall. I left the Kulima and started working security at the Sheraton Waikiki in July of 1977. It had 1950 rooms, 33 stories, right on Waikiki Beach and the biggest ballroom in the world. Every chance I got I would sit in a chair in the dark in that ballroom dreaming about putting on a meet where I could fill that seating capacity of 3,600. Next time, I will talk about the second Hawaii World Record Breakers, the 1978 version which had an unbelievable turnout in spectators.

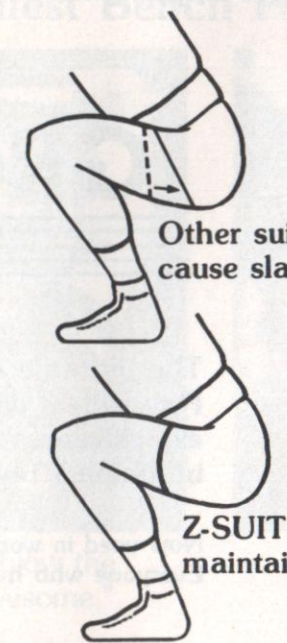
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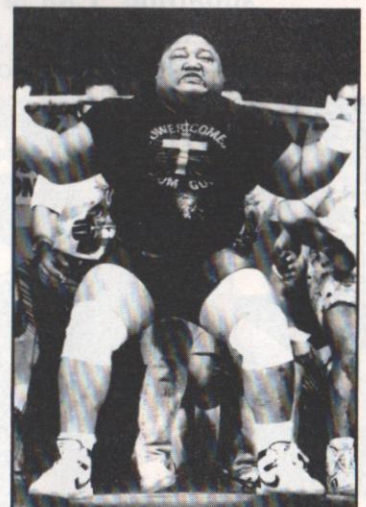


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ASK THE DOCTOR

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 DOC: I'm a 33 year old powerlifter. I have a very successful powerlifting career for the past 6 years with best lifts of 280-200-295-765. While preparing for the 2003 Nationals I encountered some low back pain and subsequent diagnosis revealed a grade 1 spondylolisthesis at the L5-S1 level. I believe that forcing an exaggerated arch while benching has to some degree led to my problem. I am currently doing prescribed lower back stretching and lower back stabilization exercises but am at the point where I have so much lower back pain that I cannot squat or deadlift effectively. In the November, 2003 issue of PL USA I read of a lifter named Steve who, with your advice, resumed successful lifting after being diagnosed with an L5-S1 herniated disk. If this lifter resumed training after a herniated disk, is there some chance I will ever resume lifting again? Yours truly, **Rob**

HI ROB: I received your letter about your grade 1 spondylolisthesis. This is a difficult issue to discuss with you without having examined you and watching your lifting technique. In general, however, I can tell you that I've seen lots of lifters do very well with a grade 1 spondylolisthesis, although there have been others who gave up on heavy squats and deadlifts. The hallmark of dealing with the problem is to thoroughly strengthen the entire torso including the abs, and the hamstrings, prior to getting back into the heavy lifts. I had one experienced powerlifter in his late thirties who developed severe back pain, was diagnosed with grade one spondylolisthesis, and then started working his abs hard and did lots of lat pulldowns, chins, reverse hyperextensions, and lots of hamstring work over about a one year period. About half way through he started doing deadlifts and squats again. He changed his style going to sumo in the deadlift, keeping his back very straight to decrease the pressure and the tendency for slippage, and widening his stance in the squat and keeping straighter here as well. He also decreased his arch in the bench, and contracted his abdomen and hamstrings more when he did arch. By the end of the second year he breezed by his previous max lifts. Now I'm not saying that everyone with spondylolisthesis can do this well. However, the presence of spondylolysis or spondylolisthesis by themselves doesn't have to be an insurmountable problem for a lifter as long as he or she is aware of and listen to their bodies, and takes things slow. It's very important to be seen, treated, and then followed up on a regular basis by a therapist who knows what he or she is doing when it comes to dealing with spondylolisthesis and how to deal with the problems it represents to powerlifters. I'm not familiar with any out your way but one of the best where I am is Ken Kinakin, a sports chiropractor who incidentally just put out a book that was published by Human Kinetics. I'd also recommend that you take my Joint Support (you'll find it in the store at <http://www.metabolicdiet.com/> or call 905-372-1010) on a regular basis as this will help strengthen the tissues involved. As well, it'll be useful for not only the pain you're experiencing now but also to help you to train more effectively. The other day I received this comment, which I cut and pasted, from a lifter who was ordering Joint Support: joint support is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Let me know if you have any questions, and of course how things go. Best regards, **Mauro**

DEAR MAURO: Hello, I was wondering if you could give me any details

on the formulation of your 'Amino' product and how it compares to other products on the market. I know that you are a leader in the supplement field and I hear that your supplements are the best out there. On the other hand in reading the various ads it seems like some of the other products out there are good as well. **Jim**

DEAR JIM: There is no comparison between Amino and any other product currently on the market. If you want the details have a look at the Amino product page, especially the Nutritional Panel and the pdf information file. There are specific reasons for each of the amino acids, other ingredients and dosages in Amino, some of it according to what I wrote in my book *Amino Acids and Proteins for the Athlete, The Anabolic Edge*, published in 1997 by CRC Press, and much of it from recent research and other information I've accumulated since writing the book (which I'm presently revising). The amino acid array in Amino, plus the patent pending proprietary formula is optimized for maximum muscle gains by way of increased insulin and growth hormone signaling, protein synthesis, and anticatabolic action. The array is also optimized for absorption, not only because the Amino tablets break apart almost instantly upon hitting the gastric secretions, but also because I've included hefty doses of glutamine peptides, as well as individual amino acids. Studies have shown that the peptides are actually absorbed faster than the individual amino acids. As a caveat, don't believe everything out there. Most supplement companies are all about hype and not providing quality supplements that work. In fact if you're interested I've just written a short ebook on the ins and outs of the supplement industry. This ebook is available to PL USA readers for free from www.MetabolicDiet.com. Go online and enter your email address and the code PLUSA and we'll send it out to you. **Mauro**

DEAR MAURO: A compound that is getting a lot of attention is citric acid. I cannot find a lot of information on anything except sodium citrate and unfortunately do not understand the larger picture with its supplementation. Is sodium citrate the same as citric acid? How does this work to enhance sports performance (primarily aerobic?), **Carl**

HI CARL: Citrate and citric acid are the same thing. It's an intermediate in the Krebs Cycle but in my view is not nearly important as some of the other intermediates. In fact, if taken in excess it can actually increase fat formation. If you want some of the details let me know. BTW I have citrate in the new Creatine Advantage as part of the Proprietary Complex that also includes malate, fumarate, succinate, aspartate and glutamate, all are important for TCA flux and aerobic energy production. **Mauro**

DEAR MAURO: I was wondering if you could recommend any exercises or supplements I could use to help aid the repair of my pec rupture. Training is going excellent, I have gained 17 pounds in 4 weeks, but I am wondering if I am spinning my wheels since I could be doing something else to help aid the repair of my injury. Your feedback is always appreciated.

DEAR READER: The exercises I would recommend are the ones where you can precisely control the movement and make adjustments if necessary. Machines are great for that, with some obviously better than others. For example, the Hammer Strength upright bench machine would allow you to do that. You can vary the grip and motion to suit the amount of pec you want involved in the movement, and the tracking is precise enough that there are no surprises. It's also easier to back off is you get a twinge that something is giving way. I'd also recommend that you really work on strengthening your triceps, delts and lats. All three, along with strengthening the torso - something that will help your stability, will help you in the bench and will decrease the amount of work your pecs have to do. If you're looking for supplements to help you heal and build up, then I'd use the following, in order of importance. You can read up on all of them at the MD+ store at <http://www.metabolicdiet.com/>. 1. And most important - Joint Support - use on a regular basis. Here's what one chap wrote today when he ordered it: "...the joint support is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Customer: Al"2. GHboost and Myosin Protein - both are used before bed and will increase GH/IGF-I and help the healing process. You can use both with TestoBoost (all three are my NitAbol mix). Best regards, **Mauro**

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NUTRITION

POWER NUTRITION Q & A

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

Q: I just read your column about the guy who did a liver cleanse program. Are those pics for real? They were quite disgusting to say the least. It's hard to believe that those things can be lodged up inside your organs. Well, after taking a look at those pictures it sure has made me think twice about what I stick in my mouth. That was a real shocker to say the least. You had my attention with that column that's for sure. I know that you do a lot of cleansing with your athletes to keep them healthy and get rid of toxins. I was wondering if it was possible for me to get hooked up with such programs. I heard on the Internet that you are launching a new cleansing system for powerlifters and I am interested in knowing more. Sincerely, Vito Dicenzo

A: Those nasty pics that you saw were the real deal my man! Yes, those are the sweet little toxic stones that you build up from eating like a garbage disposal and not properly monitoring your "Pharmaceutical Enhancement" program. I have gotten tons of emails about this one and I should have considering it was one heck of a shocker for a lot of powerlifters. I have gotten tons of lifters contacting me wanting to know what they can do to cleanse their bodies of all the impurities they have built up from their unhealthy lifestyle. The Power Cleanse XP3 program is one system that you have never seen before. It is designed for the strength athlete looking to cleanse different organs of impurities and toxins that have built up over the years. Year after year of eating those greasy hamburgers and fries can take a toll on your organs. Let's not forget those that use pharmaceuticals to enhance their performance. Those "Enhanced Lifters" out there should also keep in mind all the nice toxins that can build up over the many cycles you have done. The Power Cleanse XP3 is a unique system that will help you attain a better level of health and wellbeing. Not to mention it will no doubt have a positive affect on your performance as well. When different organs in the body like your colon and liver and polluted to the max from toxins and impurities, they cannot work at their optimal rates. What this means for you is that you won't absorb your food, supplements, or that "Pharmaceutical Arsenal" nearly as effectively as those who get rid of toxins. It is a compilation of different cleansing protocols along with a multitude of detox programs to keep you healthy and improve your performance on the platform. These unique systems will layout different protocols for cleansing different organs in the body guiding you along the way to a healthier body. I know that some of

you guys out there probably doubt me, but take a closer look at the pictures that were in the Liver Cleanse column and you will think again about what I have to say. The Power Cleanse XP3 program is unlike any other system out there geared for the competitive strength athlete. It will address the needs of those who are looking to purify their body from a lifetime of bad eating habits as well as those who are chemically enhanced. I know many of you will think that this program is some new age mumbo jumbo crock, but that is not the case. If you are a hardcore powerlifter who cares about his performance and long-term health then the Power Cleanse XP3 is just what you need to get the job done. For those interested take a look at my website www.nutritionxp3.com for more info.

Q: I would like to tell you how much I liked your "Power Nutrition Recipes to get you Jacked" article. I tried many of the recipes out and I will have to say that they were fantastic. Those Buffalo wings were great and the Guilt Free Banana Cream Cheesecake was just what the doctor ordered. I am a big fan of yours having read all your articles over and over. There is so much valuable information in your column that it's hard for me to remember it all. I do try to apply your nutritional ideas to my eating plan, and I have made some very good results, not only in my lifting, but the way I look as well. Hey, I am no bodybuilder, but just because I am a powerlifter I don't want to be labeled a "Fat Guy". I think the reputation of powerlifters being big, fat lethargic individuals has to change. With your column and ideas I see that you don't need to sport the extra spare tire to lift big. What is your idea about not having to hold that extra roll of flab to get the new PR. Sincerely, John Ovalty

A: John, I couldn't have said it better myself. If you take a look at lifters now compared to twenty years ago you will see that they carry a lot less fat. Fat will give you more leverage in some circumstances like in the squat, but it can really hurt other lifts like your deadlift. Powerlifters are getting leaner and leaner all at the time



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

and their lifts are still going up with records being broken all the time. A few good examples would be some of my private clients. This would include Ron Palmer, Phil Harrington, and Hennis Washington III just to name a few. Phil is between 5-8% body fat year round and he is closing in on a 900 pound squat in the 181 class. How is that for strength? You don't have to sport a spare tire to lift big. That is a big misconception that needs to be re-evaluated because not only will it not have a positive affect on your lifts, but it will also increase your chances of negative health conditions down the road. Don't get me wrong here. A thick dense midsection is not the same as a big roll of flab hanging over your belt. I am not talking about keeping a tiny bodybuilding type waistline here, but I am talking about it being void of layer after layer of adipose tissue. There is a big difference between a thick dense powerlifting core waistline and a spare tire and love handles that make you look like a couch potato not a strength athlete. Muscle is a lot more effective than fat for lifting heavy weights any day. The science of nutrition is at the forefront of why strength athletes are getting in better shape year after year. Strength athletes are getting stronger, faster, and leaner and the majority of this has to do with their nutritional regimens. Many may argue that it is the new power gear that is out on the market or a new drug program that has done wonders for higher totals. The fact is the nutritional programs have changed like night and day in our sport over the last decade and even more over the last couple of years. The science behind sports nutrition

has greatly improved the strength athlete's performance to unseen heights. These new ideas have taken their bodies and have turned them into fine tuned machines, not fast food depots. If you are guilty of bad nutritional habits, put down that pint of ice cream and get on track because your powerlifting success is depending on it.

Q: You are the Man! I love the way you told off that fat jerk that sent in a picture of himself in a previous issue. What's up with his ignorant attitude? I am sure that you get tons of emails from idiots trying to disprove your theories. I am a big believer in your ideas because I have seen them work first hand. You put him down so good I couldn't believe it. You really spice up this magazine that's for sure. I love your "tell it like it is" attitude especially when you are giving it good to some ignorant moron who thinks he knows everything. I have to give it to you. Not only are you informative, but you are funny as hell. I like the way that you tackle new and off the wall topics like the liver cleansing column. Wow, those pics were disgusting! Keep up the good work because you add a new dimension to not only this great magazine, but the sport of powerlifting as well. I heard that you just launched your nutrition web site. Can you give me some more info about it?

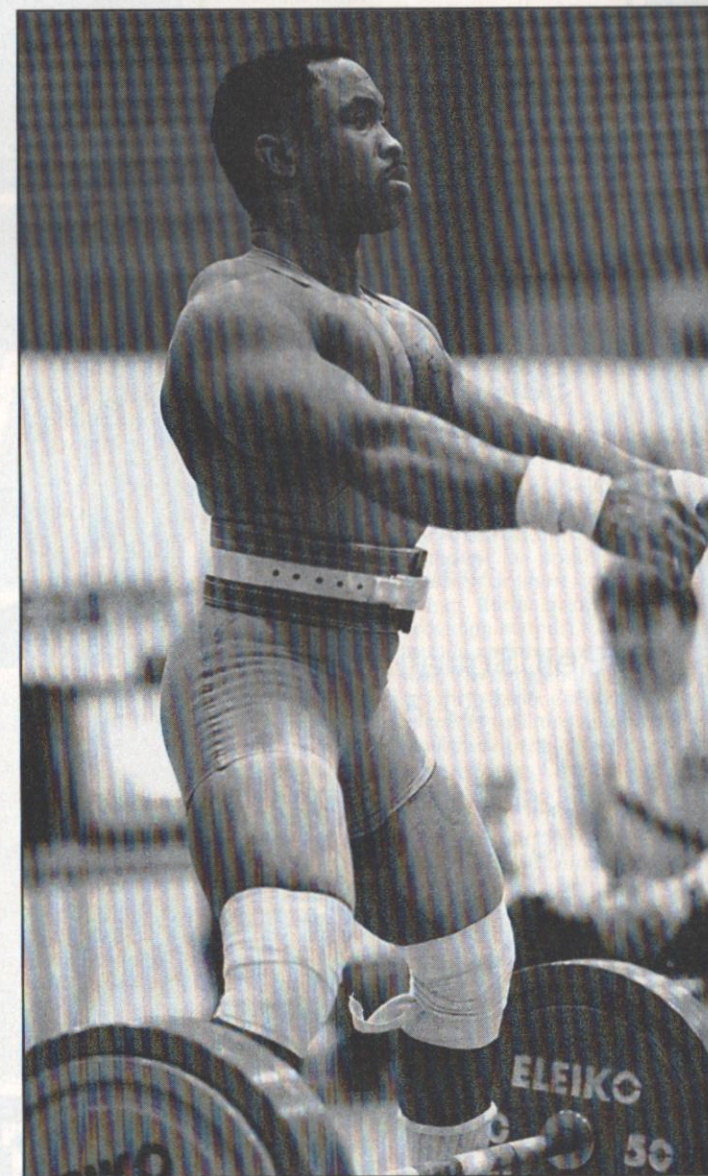
A: Thanks for the kind words. I am glad you liked the way that I told off "Mr. Furball". Generally, I am a really nice guy to people, but when I have to deal with a pure moron like that guy then it's going to be a different story. I guess there are a lot more idiots out there then I thought. In regards to spicing up the magazine with my column I appreciate your compliments. I try really hard to keep powerlifters on the cutting edge of the nutritional sciences to improve their performance and help them take their total beyond what they ever thought possible. I try to breakdown the entire scientific lingo and put it into words that you the powerlifter can understand. At the same time I try to inform you how to incorporate all these ideas into your current nutritional plan. What good is it to give you a textbook full of scientific info if you don't know what the hell I am trying to say and then not having a clue how to apply it to your powerlifting needs? It would just be a waste of paper at best. I try to put everything I write into real world situations that you can use to jack up your total. I try to give powerlifters a new outlook on sports nutrition as well as the insight of some of my own ideas on what powerlifters need to do to constantly raise the bar higher. If any of you out there have any topic

suggestions for articles or anything you would like addressed in a future issue please email me and let me know.

In regards to the web site, yes, it is finally up and running. You can find it at www.nutritionxp3.com. You will really like the site that's for sure. There is a complete section for the Nutrition XP3 Power Transformation Contest. It will also cover some of my top athletes and how they have improved their performance through my nutritional programs. Another exciting thing about the site is that there will be a comprehensive message board for all strength athletes. It will not just contain nutrition topics, but from everything from training to injuries to supplementation. This will no doubt be the best board out there for the serious strength athlete. I invite everyone out there to become a member and get involved with their input on a variety of topics. For those of you out there who are specialists in a specific field, I am looking for moderators for the different sections to help me out with all the traffic. If any of you are interested please feel free to contact me. It will provide a ton of info from many different topics to help educate lifters as well. Feel free to sign up for the free newsletter to find out the latest cutting edge info. I know that this will be the most popular board out there so get involved and learn a lot in the process.

Q: Your column has really got lifters thinking about the whole nutrition thing not only about their performance but also from a health perspective. I too got lost in the "Need a Bigger Total" tunnel vision that so many powerlifters suffer from, but that all changed when my training partner who is 46 years old had a heart attack. This shocked the hell out of me because it happened right in front of me in the gym. The rush of the paramedics, the lifeless look on his face, and the whole shock of it all really sent me for a loop. I am happy to say that he survived the heart attack, but the doctor said he was very lucky since most people that have such a severe attack die before they hit the floor. It has really opened my eyes and made me really think about life differently. I hope this doesn't sound soft, but it really scared me when that happened to my partner. He has 2 kids and a wife and a whole life outside powerlifting ahead of him. I myself suffer from high cholesterol and high blood pressure so this has made me take a better look at what I need to do to improve my health. I just had my bodyfat checked

and I am at 36%. I weigh 268 pounds right now. This means that I am carrying 96.5 pounds of pure fat on my body right now. This scared the hell out of me because I know this can't be good for my heart in the least. I know this is way over the limit and is a cardiovascular nightmare just waiting to happen. I would like to work with you for program design to help get my health on track. I want to make some changes before I end up in the same boat as my friend. The sad thing is I might not be as lucky as him. Please consider taking me on as one of your private clients because I want to make it to be a grandfather one day and if I keep up with the way I am going I know I will just be another American Heart Attack Statistic. Please contact me as soon as possible because I want to get started right away. Andrew Wong



World Champion and all time world record breaking athlete GENE BELL is one of Anthony Ricciuto's new clients. (Lambert photograph, from the 1987 IPF World Championships in Fredrickstad, Norway)

A: I can fully understand where you are coming from with what happened to your friend. I work with a lot of top level athletes and many times the only thing that is in their mind is to be the best. Now, don't get me wrong, if you are going to be a champion at any sport you have to have this attitude or you will never make it to the top. The fact is you can't sacrifice everything to get to the top only to fall off the scene of stardom just after getting there because of health conditions. I get tons of emails from people in the same situation as you. They suffer from medical conditions like high cholesterol, Type II Diabetes or high blood pressure and yet they do nothing to fix the problem. Yes, they throw back some meds that their doctor prescribed them, but that's it. Believe me there is a lot more to optimal health then using drugs to

bring down your cholesterol, while you are sucking back fast food and donuts like the world is going to end. I see people like this all the time and it makes me shake my head in amazement because they don't realize what they are doing to their long term health. Hey, I am not saying that you can't cheat here and there with your diet, but the way a lot of powerlifters eat it is a non stop 24 hour-7 days a week gorging feast of foods that ultimately lower your life expectancy. There is a fine line between enjoying yourself once a week to a cheat meal and living a life of fast food, processed junk foods, refined carbs, saturated fat and unlimited amounts of sodium on a daily basis.

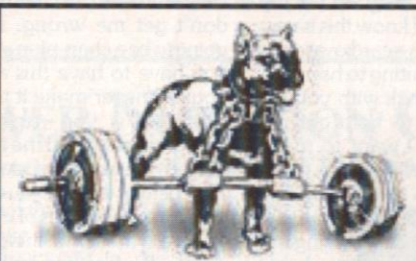
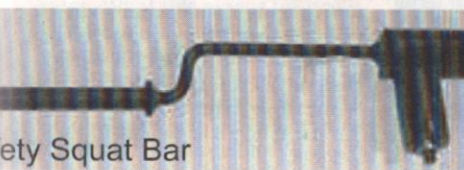
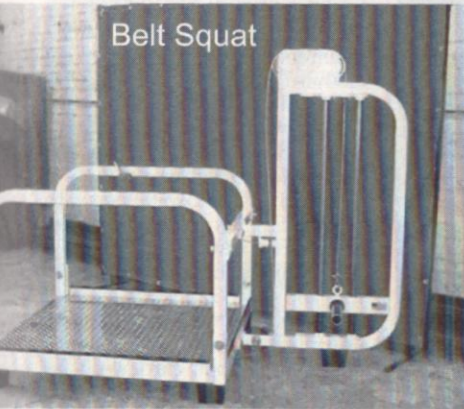
Your friend is very lucky that he survived such an ordeal because there are thousands every year that are not so lucky. I have tried time and time again with my column to open the eyes of the powerlifting community to the importance of sports nutrition not only for performance enhancement but also for preventative health maintenance. I know a lot of you die-hard powerlifters will read this and think, "Hey this nutrition guy is a real wuss." The fact is a heart attack can take you from the stardom of powerlifting success to a guy lying in a hospital bed with tubes stuck in his nose and arms just to keep him alive. You may think, "Hey, that won't ever happen to me I can squat over 900 pounds, I am a beast" but think again. You are only as strong as your weakest link and if your cardiovascular health is that weak link then you are setting yourself for some big trouble down the road. I guarantee it! Just look at all the different powerlifters that you see dying at a young age. All you have to do is look at many of the different issues of PL USA to see a dedication of different lifters that passed way before their time. It's situations like the one you mentioned above that really make you appreciate things and look at life in a bigger picture of things. I love powerlifting as much as the next guy, so if you want to increase your performance and live long enough to lift as a masters competitor then cleaning up your nutrition plan should be priority number one. Contact me and we will set up a phone consultation so that we can go through some things about your customized program design. I look forward to hearing from you and taking your performance and health to new heights.

For those interested in the Nutrition XP3 Kit or those with any questions please feel free to contact me at aricciuto@x-tremepower.com.

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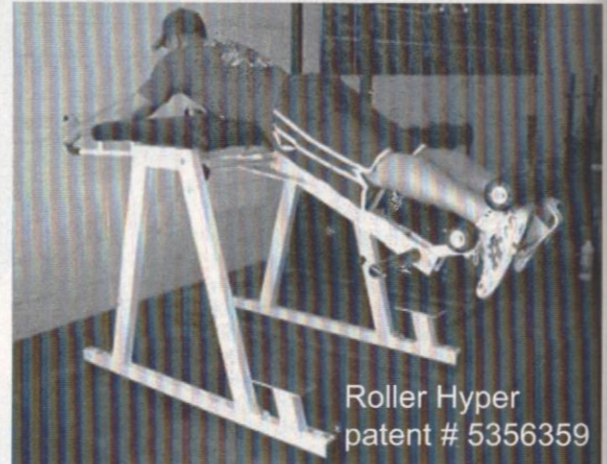
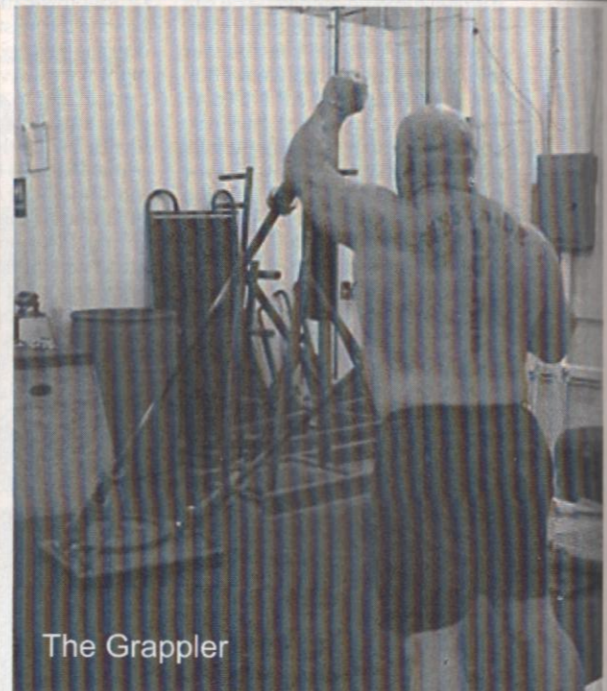
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APPLYING THE LESSONS FROM POWERLIFTING TO SUCCEEDING IN THE DESERT IN OPERATION IRAQI FREEDOM

as told to Powerlifting USA by Joe Walden

For over 20 years, my primary personal focus was competition on the powerlifting platform. Although non-lifting related injuries forced me to retire from competition in 1996, the lessons I learned in powerlifting were beneficial to me when I deployed to Kuwait in February 2003 to support Operation Iraqi Freedom.

What could be the relation between competing in powerlifting and preparing for combat support operations in a war zone? Let's take a look at what I learned from powerlifting that helped in preparing for wartime support and what I learned from the Army that will benefit your training and competition preparation.

- Here are some of the lessons that I learned from powerlifting:
1. Establish a good plan which includes incremental and long-range goals.
 2. Discipline
 3. Keep a log of activities.
 4. Perseverance
 5. Dedication
 6. The importance of a good training partner.
 7. It always takes longer than planned.
 8. Know your limitations.

Let's look at how each of these lessons benefited me in establishing the first ever Theater Distribution Center within a theater of war. This involved designing, establishing, and operating a multi-million square foot distribution center to receive, store, and issue all of the supplies needed in support of the Armed Forces in Kuwait and Iraq.

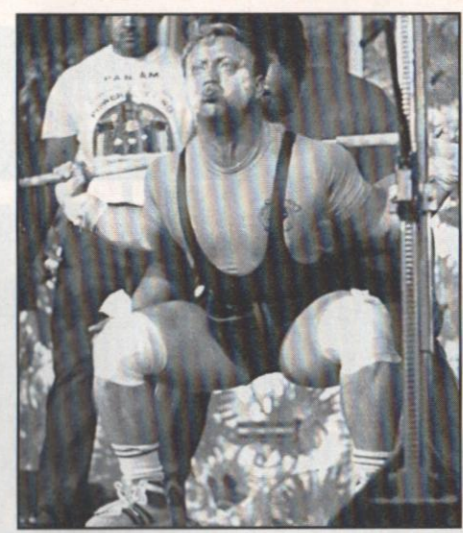
Establish a good plan that includes setting incremental and long-range goals: On the first day the Theater Distribution Center was "functional," we were already about eight days behind in getting supplies to the units and there were lots of supplies still arriving daily. The US Military moved the equivalent of 150 Wal-Mart Super Centers into Kuwait in late 2002 and early 2003. Just as it is necessary to have a sound plan in preparation for a meet, it was also important to have a plan in place on how to organize the distribution center. A good training cycle has incremental goals. When I was competing, I had a goal for each meet based on the accomplishment of the weekly goals that comprised my training plan. My training plan

detailed every set of every workout. The planning for distribution operations in Kuwait was no different, we set daily goals for the execution of getting the supplies to the soldiers.

Discipline: Preparing for a meet required me to watch what I ate, how much sleep I got, getting to the gym, and trying to train the lifts with the same strictness I would expect of the judging at a meet. I also trained to meet the time limits for competition to prepare me mentally for the stress of the meet. If you cut corners during training, it will show at the meet. For example, if you squat high in the gym, you will probably squat high at the meet. If you do not train your bench with a pause you may very well find yourself missing lifts at the meet. It was the same principle for us in Kuwait, if we did not have discipline in our supplies ordering and distribution, soldiers might not get what they need - which could have larger, more serious implications than missing a lift.

Keep a log of your activities: When I was competing, I learned from Mike Scott and Gary Watanabe at the Power Pit in Pearl City, HI, to keep a record of every workout. I would plan the workout down to the sets and reps, write it down in a notebook and then make notes during the workout if something went well or not. I found these notes valuable in planning future workouts, adjusting the original plan, and preparing myself mentally. I did the same thing in Kuwait. I logged what we planned for each day's activities and at the end of the day, I compared what we planned to what we actually accomplished, and my thoughts as to why something did or did not work and ideas to fix that. Just like my training notes, these were not excuses, but reasons which could be worked on for improvement the next day.

Perseverance: I bombed out of my first National Championships in 1982 and then repeated the act again on a different lift a few years later. The lesson here is that I could have easily quit after the embarrassment of bombing out, but instead I learned from the experiences and continued to compete. This same lesson in perseverance kept me going in the desert in the face of seemingly insurmountable odds to make



Joe Walden, who recently retired from the US Army, squatted 840 as a 198 pounder back in 1987 to lead the TOP 100 rankings.

operations work. There are worse things in life than missing a lift, but it does not seem like it at the time. The key issue is to determine why you missed the lift. Be brutally honest with yourself, fix it, and persevere in preparation for the next meet. Rarely is it the judges, the spotters, or the equipment that causes you to miss the lift. It might be poor training, which can be fixed, or an overlarge ego which is usually remedied by bombing out. Determine the real reason and adjust your plan accordingly for the next time - do not get discouraged and quit.

Dedication: How many lifters have you seen that lack this critical requirement? Over my lifting career, some of the lifters with the most potential either did not have the dedication to reach their potential or spent more time looking for short cuts. Just like lifting, there is no shortcut in providing support to soldiers in a foreign country getting ready for war. The dedication to doing what is right in the face of adversity leads to success in lifting and was critical to all those I worked with to ensure success in Operation Iraqi Freedom.

The importance of a good training partner: Over my lifting career, I had a number of training partners - including some of the best lifters in the sport at the time - Lonnie Keyes, Barry Walker, Magic Dent, John Gamble, Rock Urekis, Jim Drupal, and Francis Silva. Your training partner is there for motivation, advice, guidance, and to keep you focused. In Operation Iraqi Freedom my "training partners" were the soldiers who worked with me - they were there to provide motivation, give me advice, and help set the goals for each day's work. Be careful in choosing your training partners so you have someone who will be honest when

you ask questions and need advice.

It always takes longer than planned: In Kuwait things seemed to take longer than we planned for supplies to arrive and then get out to the units. In lifting, my experience taught me that success can take longer than planned. I have seen some folks who insist on sticking to the plan even when lifts are being missed in the gym. Plans are starting points for the training cycle and just like the plans in Kuwait, they can be altered to adjust for unexpected occurrences such as missed lifts, minor injuries, or over ambitious expectations.

Know your limitations: Just as you would never try to lift something beyond your limitations just to see what happens, it was important in Kuwait to know what limitations we had. Exceeding your limitations can result in injury. In Kuwait, exceeding limitations could result in needlessly putting someone in danger. In the gym you are only limited by the limitations of your mind. The first time I squatted 800 in the gym was after several weeks of walking out of the racks and setting up with 800 pounds and then walking back in. The feel of the weight on my back convinced me that I could indeed squat that weight and with that psychological limit erased, the lift was actually much easier than I envisioned it would be.

Let's take a quick look at some of the lessons I have learned in the Army that carried over to my lifting. The most important lesson is do not forget the basics. This is as important in military operations as it is in the gym. Don't get fancy, just stick with the basics. Pay close attention to details. When you stick to the basics and pay close attention to the details of the basic lifts, you will see greater gains. Don't get discouraged when your plan doesn't go as you thought it should. Military plans are only as good as the preparation up to the first round down range. Lifting plans are the same - create a good plan for your training cycle, but remember to adjust the plan as you go along. Sometimes you may find your plan was too conservative or that it was too optimistic. Train the lifts, not the plan.

When you apply the lessons from lifting that helped my military career and apply the military lessons that helped my lifting you will find a new outlook on your training and start making new PRs. Joe Walden

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POW!ER SCENE

POW!ER SCENE spent the President's Day weekend - a very rainy weekend - at Pasadena, California's Fit Expo, as did a lot of top powerlifters, along with many top strongmen, bodybuilders, and figure competitors. Day One (of three) was spent visiting booths, and at the House of Pain booth we found their new West Coast distributor, Richard McKeefe, who recently moved to California from Oklahoma. Richard lives near Monterey and does his PL training with Matt LaMarque. Helping in the booth was Texas' Tiny Meeker, who was getting ready for Sunday's big bench meet.

Star powerlifters Mari Asp and Kara Bohigian were at the Inzer booth, selling t-shirts and wraps, and getting lots of requests to have their pictures taken. Scot Mendelson and his training company, FIT, had a booth, and Scot was busy planning and prepping for the BP meet he was putting on for Sunday afternoon.

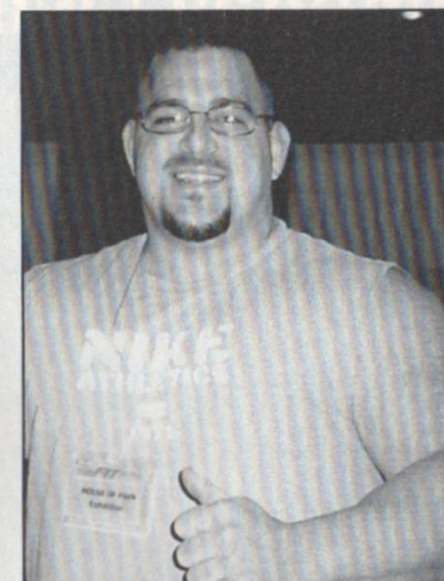
Saturday was the USPF Western USA Cup, promoted by state chair Steve Denison, and that met saw some great lifting. In the lighter weights, Scott Layman hit a 1499 total at 148, going over 10x bodyweight. At 242, Tony



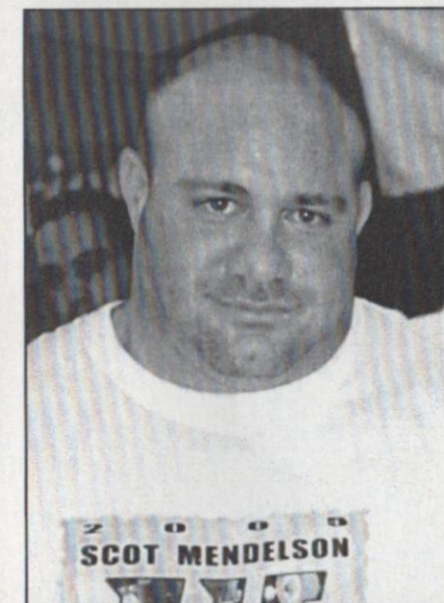
Serious Mass ... strongman champion Brian Schoonveld, pro bench division winner Ryan Kennelly, and IPF World Champion and record holder Brian Siders at the Inzer booth.



Beautiful Bench Press Power ... Kara Bohigian has reportedly hit over 400 in training, while Mari Asp punched up 325 in the amateur meet on Saturday. Both of them did a great job in the Inzer booth as well. (photographs courtesy of Ned Low)



Fierce Warrior in the pro meet, Tiny Meeker also helped out at the House of Pain booth.



Scot Mendelson - will he be coming back?



Richard McKeefe is the West Coast House of Pain Rep

Hardridge had a 710SQ. Brian Meek and Josh Bryant, in the 308s, had big numbers. Brian hit 705, 507, 633 for an 1846 total; Josh put up 628, 540, 738 for a 1906.



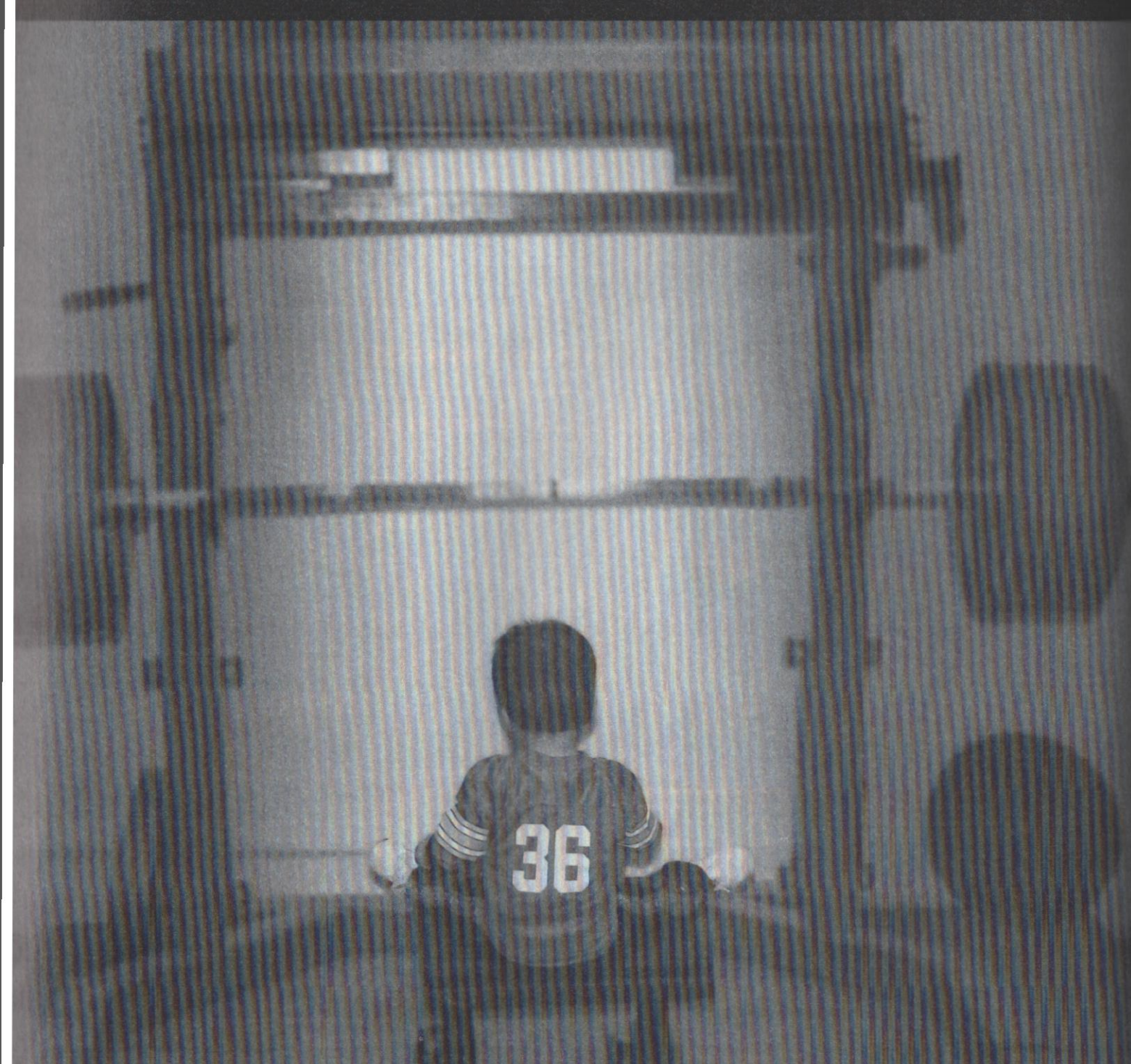
Steve Denison ... he's for POW!ERLIFTING, regardless of the federation it involves.

Sunday brought the final events of the strongman show, won by Indiana's Brian Schoonveld, and then the Expo's closing event, the Scot Mendelson Bench Press Classic. Tiny Meeker, Andy Fiedler, Ryan Kennelly, and Brian Siders had all flown in to compete in this invitation-only, \$5000 winner take all contest, and they all went for broke. Ryan's 854 took the money, and the crowd got to see a fast-paced, high-energy BP show. POW!ERLIFTER VIDEO and PL USA were on stage covering the action, along with Keith Lemm's CSS and Wayne Gallasch of Australia's GMV Productions, so there should be lots of pictures and video footage available.

In between all the powerlifting and strongman competitions, there was lots of bodybuilding and fitness, plus many talks, demonstrations, and seminars. The Fit Expo is already scheduled for next February, 2006, in Pasadena, so think about checking it out.

Hoping you're having a great start to Spring, and staying healthy and strong. See you on video. NED LOW

Someday I will...



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 Someday I will perform to my best ability.
 Someday I will prevail.

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Men's 25 All Time Best Bench Press as compiled For PL USA by Herb Glossbrenner

114 lbs.	402 Stanaczek, A	POL	04Nov03	446 Collins, T	USA	10Sep04	198 lbs.	730 Fields, R	USA	17Apr04	
386 Ikeda, N	JPN	02Oct04	446 Huang, L	TPE	11Nov04	685 Rabine, S	USA	722 Ladnier, J	USA	13Oct04	
374 Ridulis, A	LAT	01Dec03	440 Hulecki, K	SWE	13Dec85	683 Halbert, G	USA	715 Capozzolo, R	USA	08Jun02	
374 Fedosienko, S	RUS	12Mar04	440 Kuroiwa, G	JPN	Jun97	652 Kellum, J	USA	705 Wardell, J	USA	26Nov03	
350 Booker, M	USA	01Dec01	440 Lapshin, M	RUS	02Oct03	635 McVicar, J	USA	705 Kelley, S	USA	02May04	
338 Ishiwatari, H	JPN	01Sep01	165 lbs.	645 Schick, M	GER	27Nov04	633 Wolfley, H	USA	705 Buechlein, G	USA	18Sep04
336 Yanagida, K	JPN	12Dec99	615 Mazza, J	USA	02Oct04	606 Rorie, L	USA	701 Patterson, K	USA	09Oct99	
336 Kazakov, R	RUS	13Nov02	584 Kodama, O	JPN	03Dec04	606 Daly, R	USA	700 Stussy, S	USA	18Sep04	
336 Wrona, K	POL	02Dec04	562 Heck, B	USA	02Apr89	601 Lee, J	USA	700 Bayles, J	USA	20Nov04	
330 Khadrouti, K	SWE	02Jun00	551 Bolt, F	USA	01Mar03	601 Cartinian, M	USA	681 Confessore, C	USA	03Nov04	
330 Hollyfield, C	USA	16Oct92	550 Warr, G	USA	16Sep95	600 Palazola, A	USA	672 Golmohammad	IRN	04	
325 Dunbar, C	USA	07Jul84	542 Chesnokov, A	RUS	26Nov03	600 Piggee, D	USA	666 Luyando, R	USA	22Jan05	
325 Watanabe, S	JPN	18Nov99	540 Takahashi, K	JPN	02Oct04	599 Chaokov, V	RUS	661 Wessels, W	USA	22Jun97	
325 Culp, I	USA	23Sep00	537 Fokken, R	USA	03Jun01	595 Nyblin, L	FIN	661 Blakeley, Jm	USA	09Oct99	
322 Cunha, J	USA	19Jul82	534 Miller, L	USA	24Aug02	595 Onozo, S	HUN	661 Biermondt, H	GER	04Apr03	
321 McDonald, D	USA	09Apr89	530 Werner, S	USA	10Apr93	595 Frankl, S	USA	661 Zimmerman, S	CAN	03Nov04	
320 Klein, C	GER	08Nov03	529 Kotka, P	FIN	04May03	588 Confessore, C	USA	660 Burns, S	USA	06Apr02	
320 Grabowski, J	USA	27Jul91	529 Clark, A	USA	06Mar04	585 Adams, J	USA	660 Conner, S	USA	27Mar04	
319 Escobedo, H	USA	05Jun82	529 Knyazev, S	RUS	03Dec04	585 Gallager, W	USA	656 Lain, K	USA	01Sep91	
319 Schick, M	GER	06Oct93	523 Hara, M	USA	07Sep02	585 Schmalz, C	USA	650 Smith, S	USA	19Apr99	
319 Podpalny, A	RUS	17Aug96	518 Sakuta, S	JPN	Sep98	584 Warrington, G	USA	275 lbs.			
319 Kurihara, A	JPN	13Jul03	518 Juhasz, J	Hun	04Sep04	584 Vorobyev, A	RUS	826 Fiedler, A	USA	07Aug04	
319 Romanov, A	RUS	18Jun04	515 Osgood, D	USA	27Jun04	578 Nealy, D	USA	800 Crawford, W	USA	06Mar04	
319 Phah, H	USA	02Dec04	512 Hooper, W	USA	30Apr04	578 Tarasenko, A	RUS	800 Crawford, V	USA	13Dec03	
316 Ikei, C	USA	07Apr91	507 Perez, J	USA	26Mar94	573 Seibold, R	USA	767 Dizenzo, V	USA	13Dec03	
123 lbs.			507 Ito, D	USA	09Dec95	220 lbs.		765 Kennelly, R	USA	06Sep03	
418 Ohtsubo, H	JPN	03Jun00	503 Petrillo, D	USA	08Oct04	771 LaMarque, M	USA	740 Coulter, M	USA	10Jul04	
414 Isagawa, H	JPN	04Nov03	501 Palmer, R	USA	07Nov03	735 Kellum, J	USA	728 Patterson, K	USA	11Nov95	
414 Pavlov, K	RUS	26Aug04	501 Kirchner, L	USA	29Nov03	733 Halbert, G	USA	727 Holdsworth, J	USA	06Jun04	
413 Karlsson, H	SWE	14Nov96	496 Gallagher, W	USA	23Jun01	716 Patterson, K	USA	725 Burns, S	USA	10Aug02	
407 Miyazuki, V	JPN	01Dec02	181 lbs.			711 Hein, B	USA	722 Zemmin, J	USA	10Nov02	
407 Mukhamatyanov	RUS	02Oct03	665 Kilts, J	USA	19Feb05	705 Albano, S	USA	722 Franco, A	USA	19Feb05	
402 Booker, M	USA	20Jun04	663 Schick, M	GER	11Dec04	705 Ponomarenko, V	UKR	716 Meeker, P	USA	08Jun03	
396 Kazakov, R	RUS	13Jun03	620 Vargason, B	USA	Dec04	705 Robertson, K	USA	711 White, B	USA	27Sep03	
391 Parnian, T	NDL	03Dec04	600 Waterman, D	USA	01Mar97	700 Nealy, D	USA	711 Lane, H	USA	02May04	
386 Stanaszek, A	POL	20May00	597 Bolt, F	USA	25Sep04	696 Mash, T	USA	710 Toranlo, J	USA	21May01	
374 ButerbAugh, D	USA	11Nov95	595 Savino, G	USA	06Mar04	665 McVicar, J	USA	705 Tokarski, C	USA	20May94	
374 Unten, K	USA	15Nov98	573 Vorobyev, A	RUS	08Jun02	662 Confessore, C	USA	705 Obradovic, J	USA	24Feb02	
374 Nakayama, V	JPN	07Dec03	567 Wegiera, J	POL	03Dec04	661 Stewart, C	USA	705 Meszaros, L	HUN	05Dec04	
370 Clark, A	USA	10Jul99	567 Schmalz, C	USA	25Sep04	661 Ilesch, R	SWI	705 Chabot, G	USA	26Jun99	
370 O'Neil, C	USA	21Nov92	565 Sherman, J	USA	04Sep93	656 Pfrummer, F	GER	705 Key, P	USA	29Feb04	
369 Celin, J	SWE	05Jun99	562 Confessore, C	USA	17Jul88	650 Wardell, J	USA	701 Peshek, J	USA	13Nov04	
365 Ortiz, D	USA	24Jul93	556 Weil, R	USA	29Jun86	650 Cravetta, J	USA	700 Hicks, A	USA	21Sep02	
363 Schick, M	GER	20Aug94	556 Watanabe, Y	JPN	03Dec04	645 Gould, J	USA	700 Riley, B	USA	21Jun03	
363 Fedosienko, S	RUS	20May04	555 Robbins, D	USA	16Dec00	639 Butenko, A	CAN	690 Stafford, J	USA	04Apr04	
360 Wright, C	USA	13Apr96	551 Succarote, A	USA	23Jul89	639 Vimi, E	FIN	688 Lade, S	USA	02May04	
358 Owsainy, K	POL	06Aug99	551 Coleman, A	USA	18Nov00	635 Scott, G	USA	308 lbs.			
358 Rudulis, A	LAT	19Aug00	551 Kotka, P	FIN	07Sep03	665 McVicar, J	USA	902 Kennelly, R	USA	04Dec04	
355 Grabowski, J	USA	13Mar93	551 Caminita, F	USA	27Sep03	662 Confessore, C	USA	875 Mendelson, S	USA	12Jul03	
352 Asabin, N	RUS	12Mar04	551 Bogdanov, S	RUS	17Apr04	661 Stewart, C	USA	804 Wong, S	USA	12Nov04	
352 Culp, L	USA	14Mar04	551 Nochnoy, S	RUS	29May04	661 Ilesch, R	SWI	800 Meeker, P	USA	26Jun04	
132 lbs.			551 Koshkin, S	RUS	10Sep04	656 Pfrummer, F	GER	800 Meeker, P	USA	26Jun04	
462 Matsumoto, K	JPN	02Oct04	551 Kodama, D	JPN	10Oct04	650 Wardell, J	USA	785 Crawford, W	USA	22Feb03	
457 Zakiyev, A	RUS	17Sep04	551 Heck, B	USA	02Apr89	650 Cravetta, J	USA	775 Holdsworth, J	USA	24Apr04	
457 Kazakov, R	RUS	10Nov04	542 Takahashi, K	JPN	02Oct04	584 Vorobyev, A	RUS	761 Leitz, R	USA	24Jul04	
453 Isagawa, H	JPN	07Dec01	537 Fokken, R	USA	03Jun01	578 Nealy, D	USA	755 Key, P	USA	12Jun04	
451 Kawakami, T	JPN	01Sep01	534 Miller, L	USA	24Aug02	578 Tarasenko, A	RUS	751 Kovacs, D	USA	27Sep03	
440 Parnian, T	NDL	08Aug03	530 Werner, S	USA	10Apr93	573 Seibold, R	USA	749 Toranzo, J	USA	06Mar04	
429 Fokken, R	USA	16Sep00	529 Kotka, P	FIN	04May03	220 lbs.		749 Rantanen, J	FIN	11Jul04	
425 Unten, K	USA	09Aug03	529 Clark, A	USA	06Mar04	771 LaMarque, M	USA	749 Hamalainen, H	FIN	07Nov04	
424 Warr, G	USA	09May99	523 Hara, M	USA	07Sep02	735 Kellum, J	USA	735 Fusner, R	USA	08Sep01	
424 Nakayama, H	JPN	07Dec02	518 Sakuta, S	JPN	Sep98	735 Adams, J	USA	735 Brown, P	USA	21Nov04	
418 Schick, M	GER	27Apr96	518 Juhasz, J	Hun	04Sep04	585 Gallager, W	USA	730 Dizenzo, V	USA	05Oct02	
418 Karlsson, M	SWE	30Nov96	515 Osgood, D	USA	27Jun04	584 Warrington, G	USA	727 Tokarski, C	USA	04Jun95	
415 Ito, K	USA	23Jul94	512 Hooper, W	USA	30Apr04	584 Vorobyev, A	RUS	725 Taylor, C	USA	17Apr04	
410 Heath, D	USA	07Mar98	507 Perez, J	USA	26Mar94	578 Nealy, D	USA	722 Lain, K	USA	24Oct90	
407 Bogatov, V	RUS	03Oct02	507 Ito, D	USA	09Dec95	573 Seibold, R	USA	722 Chabot, G	USA	26Feb00	
396 Bradley, J	USA	06Dec30	503 Petrillo, D	USA	08Oct04	220 lbs.		722 Gillespie, W	USA	02May04	
396 Mukhamatyanov	RUS	12Dec99	501 Palmer, R	USA	07Nov03	771 LaMarque, M	USA	720 Hickey, R	USA	22May99	
396 Pavlov, K	RUS	27Feb03	501 Kirchner, L	USA	29Nov03	735 Kellum, J	USA	716 Zenmin, J	USA	23Feb02	
396 Zolov, A	RUS	11Sep03	496 Gallagher, W	USA	23Jun01	733 Halbert, G	USA	715 Riley, B	USA	19Apr03	
396 Hermann, M	POL	07Aug04	181 lbs.			716 Patterson, K	USA	715 Cooke, C	USA	17Apr04	
396 Hsieh, T	TPE	10Nov04	665 Kilts, J	USA	19Feb05	711 Hein, B	USA	711 Burns, S	USA	17Sep03	
396 Sutrisno, D	INA	10Nov04	663 Schick, M	GER	11Dec04	705 Albano, S	USA	308 lbs.			
386 Wu, T	TPE	07Dec01	620 Vargason, B	USA	Dec04	705 Ponomarenko, V	UKR	1005 Rychlak, E	USA	21Nov04	
148 lbs.			600 Waterman, D	USA	01Mar97	705 Robertson, K	USA	859 Lattimer, S	USA	06Mar04	
518 Schick, M	GER	24May03	597 Bolt, F	USA	25Sep04	700 Nealy, D	USA	854 Kennelly, R	USA	20Feb05	
510 Warr, G	USA	04Jun94	595 Savino, G	USA	06Mar04	696 Mash, T	USA	837 Frank, G	USA	04Apr04	
503 Schwab, B	USA	08Oct04	573 Vorobyev, A	RUS	08Jun02	665 McVicar, J	USA	825 Mendelson, S	USA	05Jul03	
501 Clark, A	USA	01Mar03	567 Wegiera, J	POL	03Dec04	662 Confessore, C	USA	815 Brandenburg, C	USA	25Sep04	
496 Ito, K	JPN	29Jun02	567 Schmalz, C	USA	25Sep04	661 Stewart, C	USA	805 Miller, M	USA	17Apr04	
485 Hatch, N	USA	08Oct04	565 Sherman, J	USA	04Sep93	661 Ilesch, R	SWI	804 Cooke, C	USA	25Sep04	
479 Sivokon, A	KAZ	09Dec00	562 Confessore, C	USA	17Jul88	656 Pfrummer, F	GER	782 Gillespie, W	USA	26Jun04	
470 Bullock, D	USA	25Apr92	556 Weil, R	USA	29Jun86	650 Wardell, J	USA	780 Clark, A	USA	22Sep96	
468 Zolov, A	RUS	12Mar04	556 Watanabe, Y	JPN	03Dec04	650 Cravetta, J	USA	765 Galligan, J	USA	21Nov04	
465 Heath, D	USA	15Nov02	555 Robbins, D	USA	16Dec00	645 Gould, J	USA	760 Harris, J	USA	19Oct96	
464 Ito, D	USA	28Apr95	551 Succarote, A	USA	23Jul89	639 Butenko, A	CAN	755 Moore, B	USA	10Oct04	
462 Sokolov, N	RUS	30Jul04	551 Coleman, A	USA	18Nov00	639 Vimi, E	FIN	749 Riley, B	USA	27Sep03	
462 Moroe, M	JPN	02Oct04	551 Kotka, P	FIN	07Sep03	635 Scott, G	USA	749 Thompson, D	USA	10Oct04	
460 Manfredi, J	USA	10Aug02	551 Caminita, F	USA	27Sep03	633 Carter, M	USA	744 Siders, B	USA	14Nov04	
457 Bogdanov, V	RUS	07Jun03	551 Bogdanov, S	RUS	17Apr04	633 Freydm, I	UKR	744 Kalliola, K	FIN	11Dec04	
457 Matsumoto, O	USA	09Dec03	551 Nochnoy, S	RUS	29May04	630 Smith, C	USA	738 Hamalainen, M	FIN	03Dec03	
457 Pracownik, P	POL	06Aug04	551 Kodama, D	JPN	10Oct04	630 Cook, V	USA	738 Lewis, J	USA	02May04	
455 Mukite, J	USA	13Apr02	551 Heck, B	USA	02Apr89	242 lbs.		733 Tokarski, C	USA	11Nov95	
451 Karlsson, H	SWE	15Jun03	550 Salvagni, R	USA	13Dec03	771 Jackson, J	USA	727 Tuita, K	USA	28Nov96	
447 Morishima, E	USA	03Sep88	547 Solovyev, D	UKR	08Oct04	766 Halbert, G	USA	727 Rodriguez, H	USA	27Sep03	
						765 Stewart, C	USA	720 Williams, W	USA	20Sep97	
						744 Carpenter, W	USA	720 Martin, S	USA	10Aug03	
								716 Sandvik, K	FIN	05Jun04	



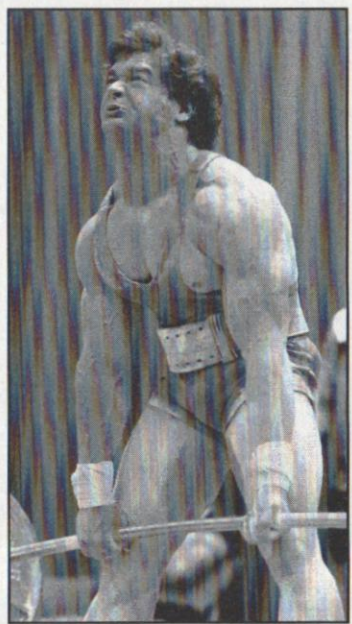
Says Herb "I've assigned 25 pts. for top spot each weight category deducting 1 pt. for each successive lower placing - ending with 1 pt. for 2

Men's 25 All-Time Best Deadlifts as compiled for PL USA by Herb Glossbrenner



Bhaskaran pulled a big 573 @ 114

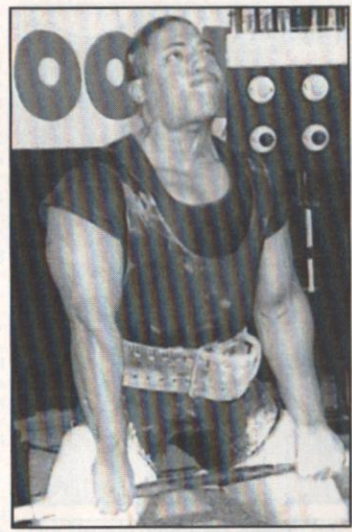
114 lbs.	573 Bhaskaran, E	IND	93	821 Thomas, W	USA	28Feb82	308 lbs.	
551 Fedosienko, S	RUS	11Mar04	815 Gushin, S	RUS	17Jan04	909 Podtynny, M	RUS	10Dec01
545 Lu, S	TPE	13Apr98	800 Scialpi, S	USA	14Jun92	903 Kenaov, D	+USA	06Apr06
540 Ambu, N	IND	16Nov00	799 McCain, C	+USA	15Dec79	898 Bolton, A	GBR	19Nov00
540 Hu, C	TPE	15Nov01	799 Zvarkin, A	RUS	22Nov03	889 Noren, L	SWE	04Apr87
534 Thios, D	INA	01Sep90	799 Shilyakhta, I	UKR	06Mar04	887 Badenhorst, G	RSA	14Oct90
523 Inaba, H	JPN	15Jun84	793 Cash, J	USA	01Mar80	882 Cole, J	USA	28Oct72
518 Gorbunov, V	RUS	20Jun98	793 Ghirardi, D	ITA	07Apr02	881 Kuster, R	FRG	27Aug88
518 Gainer, E	USA	09Jul04	793 Pozdeev, K	RUS	22Nov01	881 Greig, B	CAN	24Oct02
512 Watanabe, H	JPN	21Sep80	790 Brookins, J	USA	27Oct01	865 Long, T	USA	06Mar83
512 Green, B	USA	11Jul97	788 Duke, B	USA	08Jul84	859 Gurianov, H	RUS	20Sep98
512 Prakash, S	IND	18Nov99	782 Szymkowiak, R	POL	00	859 Turtiainen, A	FIN	03Mar03
507 Zhuravlev, G	RUS	29Feb92	777 Frantz, E	USA	15Jun80	848 Wohleber, D	USA	11Nov84
507 Wijaya, A	INA	08Nov92	777 Keyhea, V	USA	10Nov91	848 Spinov, Y	UKR	17Oct93
507 Chopovsky, Y	RUS	96	777 Terry, C	USA	01Nov03	843 Kerr, A	GBR	28Nov82
507 Thompson, R	USA	26Jul97	772 Collins, R	GBR	22Mar80	843 Grande, L	USA	17Apr94
507 Loganathan, V	IND	11Nov98	771 Anderson, S	USA	27Oct68	840 Chaillet, H	USA	16Nov86
507 Constantine, P	GBR	09Nov04	771 Toivanen, J	FIN	16Nov95	837 Vrasdonk, P	NDL	07Apr85
501 Madsen, J	NZL	18Aug84	770 Black, J	USA	26May01	837 Kiri, R	FIN	21Jan89
501 Maxwell, J	GBR	26Jun04	766 Nellor, E	+USA	12Jan85	837 Papazov, V	UKR	28Mar01
498 Seng, T	INA	15Dec88	220 lbs.		19Feb83	833 Aman, I	FIN	13Aug83
496 Male, V	+INA	10Oct88	901 Coan, E	USA	28Jul91	833 Kuc, J	USA	21May72
490 McKenzie, P	NZL	01May75	837 Cash, J	USA	08Jul84	832 Cundy, D	USA	04May79
490 Hile, P	USA	29Jul94	830 Holmes, C	USA	24Feb96	832 Kazmaier, W	USA	04May79
490 Skeen, L	AUS	13Aug82	826 Vyshnitsky, A	UKR	17Nov01	832 Piekut, J	USA	14Jun81
123 lbs.			821 Goggins, S	USA	06Dec87	+308 lbs.		
639 Gant, L	USA	10Jul82	821 Washington, R	USA	28Oct89	932 Bolton, A	GBR	01Mar03
595 Hu, C	TPE	13Nov97	815 Jackson, J	USA	16Jun01	931 Frank, G	USA	09Nov02
587 Abbu, N	IND	17May02	815 Fedorenko, V	RUS	04Oct03	925 Heisey, G	USA	15Mar82
578 Komarudin	INA	24Jun94	815 Vogelpohl, C	USA	05Mar04	903 Henry, M	USA	16Jul95
573 Sahu, K	IND	99	811 Anello, V	USA	29May77	899 Meszaros, T	HUN	16May04
573 Lu, S	TPE	14Nov02	810 Pegues, J	USA	12Feb86	895 Noren, L	SWE	10Apr88
573 Hawthorne, R	USA	17May03	804 Toivanen, J	USA	20Jan01	887 Tregloan, P	GBR	06Jul97
570 Holloway, D	USA	17Jan04	804 Backus, S	USA	26Feb82	886 Kazmaier, W	USA	29Nov81
562 Talambanua, N	INA	17Sep87	804 Barkhatov, K	RUS	15Mar04	883 Magnusson, B	ISL	23Oct04
562 Taylor, T	USA	28Oct89	804 Finch, J	USA	06Jul85	882 Ravindal, T	NOR	Aug70
562 Hsieh, T	TPE	14Nov02	801 Kaller, H	HOL	15Jul01	881 Bondarenko, V	RUS	18Jan04
556 Pattaway, D	USA	28Jul90	800 Kapyla, A	FIN	14May88	876 Wilson, OD	+USA	18Feb89
556 Bochkovsky, A	UKR	00	800 Reynolds, B	GBR	28Feb99	865 Rethwisch, G	USA	25Jan86
551 McKenzie, P	NZL	02Nov79	800 Webster, W	USA	13Mar93	859 Kenady, D	+USA	04May79
551 Devega, A	COL	03Aug90	800 Horton, J	USA	13Apr96	859 Wrenn, P	USA	15Aug76
551 Thios, D	INA	08Nov92	799 Stevens, T	GBR	29Sep84	854 Gillingham, B	USA	17Nov02
551 Rakhmakulov	UZB	16May02	799 Mash, T	USA	18Oct03	850 Smith, H	USA	13Apr03
551 Kupperstein, E	USA	06Mar04	799 Freydon, I	UKR	13Nov04	848 Young, C	USA	02Feb86
549 Cross, M	USA	30Aug74	793 Hood, J	USA	27Apr86	848 Badenhorst, G	RSA	03Dec89
548 Clark, A	USA	19Feb72	242 lbs.			848 Greig, B	CAN	28Feb98
545 Defaria, L	FRA	19Nov92	735 Culbertson, T	USA	24Aug96	848 Fomin, V	RUS	30Sep00
545 Yang, S	TPE	12Nov88	734 Virtanen, J	FIN	14May88	845 Kuc, J	USA	11Nov72
540 Joseph, P	IND	23Nov84	727 Kallya, I	RUS	03Oct03	840 Reynolds, G	USA	05Jun82
540 Castro, H	USA	19Nov88	722 Alexander, A	USA	02Apr89	840 Ware, J	USA	29Jan89
534 Milian, E	USA	21Nov87	717 Coppin, E	+BEL	11May85			
132 lbs.			716 Valineva, R	FIN	13Mar82			
683 Gant, L	USA	11Nov88	716 Crain, R	USA	13Mar82			
633 Defaria, L	FRA	20May90	716 O'Connor, M	IRE	00			
623 Sutrisno, D	INA	17May02	716 Belyaev, A	RUS	28Feb03			
622 Yang, S	TPE	18Nov99	711 Bridges, R	USA	30Oct93			
620 Lee, Y	TPE	03Nov97	711 Baranov, V	RUS	29Sep00			
620 Carr, JD	USA	15Nov86	706 Sivokan, A	KAZ	06Apr02			
619 Sawant, S	IND	17Aug92	705 Cavalier, W	USA	12Mar83			
611 Lampela, K	FIN	97Mar79	705 Eiseman, T	USA	17Nov90			
610 Montgomery, E	USA	24May98	705 Pesonen, M	FIN	02Aug92			
			705 Rimoldi, A	ITA	13Nov95			
			705 Furashkin, V	RUS	15Nov92			
			705 Toins, F	USA	28Mar92			
			702 Bell, J	USA	21May78			
			181 lbs.					
			793 Brunazzi, G	ITA	24Jun95			
			791 Coan, E	USA	07Jul84			
			788 Kumpuniemi, V	FIN	17May80			
			782 Collins, R	GBR	17May80			
			771 Bridges, H	USA	22Feb81			
			771 Ghirardi, O	ITA	17Nov99			
			766 Gaugler, R	USA	01Dec84			
			766 Eiseman, T	USA	11May86			
			760 Shilyakha, I	UKR	16Jun01			
			755 Schirman, V	KAZ	01Mar92			
			755 Szymkowiak, R	POL	20May95			
			750 Anello, V	USA	16Dec73			
			749 Coppin, E	+BEL	03May87			
			749 Virtanen, J	FIN	08Nov85			
			749 Cavalier, W	USA	24Mar90			
			749 Carter, D	GBR	02Dec93			
			749 Lappi, I	FIN	28Feb99			
			749 Matveyev, D	KAZ	99			
			749 Keyhea, V	USA	13Feb82			
			744 Malinen, H	FIN	14Nov87			
			744 Bell, G	USA	08Apr88			
			744 Benemerito, R	USA	16Jul95			
			744 Ricks, D	USA	08Jul00			
			744 Sohlman, S	FIN	16Nov01			
			740 Gay, D	USA	15Nov86			
			198 lbs.					
			859 Coan, E	USA	07Jul85			
			823 Coppin, E	+BEL	13Nov87			
			822 Kumpuniemi, V	FIN	16Oct82			
			821 Anello, V	USA	07Feb82			
			837					



When Herb assigned 25 points for top spot in each category, deducting 1 point for each successive lower placing ending with 1 point for 25th, the all time best deadlifters rate as follows: (1) Coan 118, (2) Bolton 63, (3) Anello 52, (4) Gant 50, (5) Austin 48, (6) Kumpuniemi (46). Above is Coan's 791 @ 181

APF/AAPF S. Carolina Champs 11 DEC 04 - Columbia, SC

BENCH	(40-49)			
MEN	P. Horn	440		
Junior	242 lbs.			
Teen	(40-49)			
165 lbs.	E. Hubbs	480		
C. Tucker	365 W. Williams	385		
M. Effner	310 Open			
220 lbs.	198 lbs.			
B. Williams	225 T. Isbill	390		
Master	220 lbs.			
181 lbs.	B. McRavin			
(70-79)	SHW			
W. Milner	220 C. Cooke			
220 lbs.				
MEN	SQ	BP	DL	TOT
Junior				
Teen				
220 lbs.				
M. Rufail				
275 lbs.				
P. Deaver	505	325	440	1270
Master				
181 lbs.				
(40-49)				
M. Steck	415	295	400	1110
(50-59)				
R. Layman	450	215	425	1090
(70-79)				
G. Camacho	255	200	315	770
(40-49)				
S. Clark	505	350	440	1295
(60-69)				
T. Walters	390	190	330	910
220 lbs.				
B. Jordan	405	225	415	1045
242 lbs.				
J. Floyd	800	450	600	1850
(50-59)				
R. Bell	485	335	430	1250
275 lbs.				
B. Sturdivant	685	530	600	1815
(40-49)				
T. Shook	575	350	525	1450
J. Holland	560	415	450	1425
Open				
132 lbs.				
D. Carpenter	395	285	455	1135
165 lbs.				
J. Jordan	650	385	585	1620
M. DeFee	405	350	455	1220
W. Anderson	425	305	425	1155
181 lbs.				
B. Waites	650	500	550	1700
G. Crook	645	430	525	1600
J. Blankenship	505	300	405	1210
198 lbs.				
M. Brandon	705	555	630	1890
T. Kelly	650	500	525	1675
K. Brown	590	430	450	1470
M. Waldron	495	365	565	1425
B. Bozard	540	355	515	1410
J. Pettenger	525	385	500	1410
220 lbs.				
C. Hendrix	565	385	500	1450
P. Johnson	505	335	515	1355
B. Bleau	405	275	405	1085
E. Washington	340	265	325	930



Best Lifters ... Marcus Brandon and Wanda Burnette ... at the APF South Carolina Championships ... (photographs by Bill Numberger)

242 lbs.	M. Hemlepp	560	430	500	1490
	C. Vogt	575	365	525	1465
	J. Culliton	473	350	500	1325
	G. Austin	275 lbs.			
	G. Campbell	805	620	660	2085
	J. Lawson	725	455	800	



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SIGNATURE X _____

415 lbs for a total of 1045 lbs and. And 1st place in his division. Thanks for making the trip down, Bill. Dan Carpenter, "132 lbs. of steel" from Savannah GA was our next lifter. He is currently rated #14 in the top 100 132lb USA lifters for his 1124 lb. total. He easily hit his 1st squat attempt of 360 but lit up the red lights on his 395 lb. try only to come back on his 3rd attempt and nail it! He benchpressed 285 but couldn't keep down on his 305 try. Dan's deadlift show was only short of awesome! He opened with a solid 455, on to 505 (which seemed to stick no matter how high he got it). What an effort... but no go... Again on the 3rd attempt @ 505 another superman try, but, no way, not today. The crowd was as exhausted as Dan was. He totaled 1135 for 1st place in his division and a bump-up from his Top 100 total. Tom Walters, the current Master Olympic 2004 USA and PanAm champion, is 66 years old and lifted in MM 198 60-69. He squatted 370 and then 390, had 3 smooth successful bench press attempts of 170, 180, and 190 and dead lifted 330 for a total of 910 lbs. and 1st place in

his division. He knows the magic formula that keeps one young and strong. Billy Anderson, a strength coach at USC, lifted in MO 165. He had 2 successful squat attempts of 375 and 425. His 3rd attempt called the spotters into play with another cool save. He benchpressed 275 and 305 before getting stuck on a 320 attempt. Good with all 3 deadlifts up to 425 he totaled 1155 lbs. for 3rd place in MO 165. Michael DeFee from Clemson University at 20 was the youngest lifter in MO 165. He buckled under his 1st squat attempt, found his groove on his 2nd attempt of 375 made it and then moved on to 405. He benched 315 and 350 before his 375 attempt needed a spotter save. His deadlifts of 400 and 445 flew off the floor but he was challenged at his attempt of 465... and he won't, totaling 1220 lbs. and 2nd place in his division. "Tattoo, Tattoo" roared the crowd, as Brian Bleau got to the platform. 26 years old in MO 220 he opened with 385 and then 405 in the squat. A little bounce got him red lights for a 435 attempt. He missed 275 on his 2nd bench press attempt but came back

strong on his 3rd attempt. He deadlifted 405 for a total of 1085 lbs. and a 3rd place trophy. Michael Steck MM 181 and current SC State record holder in 40-49 had best lifts of 415 squat, a 295 bench (barely missing a 305 attempt which just seemed to "stick"). He worked hard to get dead lifts of 385 and then 400. He totaled 1110 lbs. for 1st place and a new SC State record squat of 415 lbs. Rick Layman from Total Gym in MM 181 50-59 had 3 hard squats at 400, 435, and 450... perfect! He struggled with his bench posting... 215 as his best of the day. Missing 400 on his 1st deadlift attempt he came back to muscle it up to 425 for a total of 1090 lbs. and a 1st place trophy in his division. Next up was John Pettenger lifting in MO 198. He opened with 3 nice squats up to 525 lbs. His benchpress attempt of 400 lbs. just wouldn't go and he settled for 385. Two good deadlifts up to 500 lbs. but 525 was just too much today. He totaled 1410 in a tough division. Jeremy Sisler, the 1st of our Police/Fire lifters is 28 years old @ 220 lbs. His 1st squat looked too easy. Smiles, and

"put some weight on that bar" cheered him up to 450 lbs. On his 1st bench @ 300 lbs. he was red-lighted forgetting up off the bench, but came back strong on the next attempt to make 315 and then just miss 330. He dead lifted 465 for a total of 1230 and a 2nd place trophy. Anthony Kelly, the 1st of the Waites Fitness lifters in MO 275 had squats of 425, 470 and a good, strong 500 lbs. He benched a hard 450 after smooth attempts @ 375 and 415. He deadlifted 525 on his 2nd attempt to total 1475 lbs. Chris O' Cain from Jungle Gym had a good day of lifting going 9x9 with squats of 405, 455, and 505. He had solid bench presses of 365, 405 and 435 lbs. and 3 deadlifts up to 500 lbs. to total 1440 lbs. in our biggest category MO 275. While the spotters stripped the bar down to start the 2nd flight, Mike Johnston introduced the Hooters girls (who filled the bill as card girls) and recognized all of our valuable sponsors. Donnie took the mike and got the lifting started again. The 2nd flight squat round opened with Jeffrey Culliton, from VA, an accomplished body builder, lifting in MO 242. He started with an easy 430 lb. squat which he upped to 475 for a good, strong lift, but could not make his 3rd attempt of 535. He had 3 nice bench presses up to 350 lbs. Then, opening with a smooth deadlift of 450 lbs., he upped the ante to 500 and had a great pull. Going up to 540 proved to be too much, even with his super effort. He totaled 1325 lbs. and a 3rd place trophy. Next up was MM 242 Robert Bell, also from Waites Fitness. Without knee wraps he opened with a 440 lb. squat, pushed it up to 485, then to 500, which was too heavy in spite of his hard effort; Another thanks to great spotting. He worked his bench up to 335 but could not push up 350. Slow getting his deadlift in the groove he missed with 420 and 430, but, came back with a great effort and made the 430 lbs. He totaled 1250 and won a trophy in MM 242 50-59. Steve Clark, having competed in all of our meets and training at Maximus Barbell, is the current SC record holder in MM 198 (40-49). After an opening squat of 325, he just missed 350, but came back strong on the 3rd attempt to get it. In the bench press he again hit his 1st, missed his 2nd, but got his 3rd @ 350 lbs. He dead lifted 440 for a total of 1295 lbs. For 1st place and new State records in each lift and total lbs. Mark Rufail, lifting in Jr/Teen 220, just couldn't get in his groove today. He struggled with his 1st attempted squat of 455 only to be red lighted. In his 2nd and 3rd tries he needed the help of the spotters. He was the first lifter to bomb out but we know he'll be back strong. In MO 220 Phillip Johnson posted a good opening squat of 455, slow, easy, perfect! He struggled with 505 on his next attempt but could not get it. On his 3rd attempt, slow and easy, he got it! He had to settle for 335 in the bench but had 3 good pulls up to 515

lbs. and the best deadlift in this division and a new SC State dead lift record. He totaled 1355 lbs. for a 2nd place trophy. Latecomer Michael Waldron made us all glad that he was able to compete today. His close leg, very deep, fast squats were real crowd pleasers. He easily made his 475 opener, his 2nd @ 495 but his attempt @ 505 needed the spotters. He worked his bench up to 365 but ran out of gas @ 375 lbs. He powered up 545 and 565 in the deadlift but could not make 585, even with his super effort. He totaled 1425 lbs. in a tough MO 198 division. We look forward to seeing Mike again. Bryant Bozard from G7, currently holding 3 State records in MO 198, was our 1st 500 lb. squat attempt of the day, but, unfortunately he could not get low enough. He did, however, come back with a great 2nd squat of 540 lbs. His 3rd attempt, this time with 565, needed the spotters help. He benched 330 and 355 but couldn't quite get 375. Deadlifting smoothly up to 515 he lost his grip on his last attempt of 545. He totaled 1410 lbs. Tommy Holland, also from G7, lifting in MM 275 (40-49), started with a perfect squat of 500 lbs., a big jump to 560, but 620 for his 3rd attempt was no good. He had 2 nice bench presses up to 415 with 440 being too much today. He missed his opening deadlift of 400 lbs. but came back to make 450. Totaling 1425 lbs. earned him a 3rd place trophy. A strong Michael Hempflepp from Total Gym topped the MO 242 category with squats of 500 and 560 only to be stopped @ 615 lbs., needing the spotters help. He benched 360 and then up to 430 but not quite to 465. His 500 lb. deadlift was enough to total 1490 and 1st place in this division. Beef! Beef! At 19 years old and 272 lbs. Preston Deaver is a big Jr/Teen but not as big as he was at our last meet when he lifted in Jr/Teen 308. His opening squat of 505 was as good as it gets today. He benched 325 but at 335 he needed help from the spotters. The 1st deadlift of 415 was shaky but he got it and moved up to 440 on his 2nd attempt. A big try @ 500 lbs. was too much. His total was 1270 lbs. for 1st place and new SC State records. Up next was Todd Shook out of Maximus lifting in MM 275 (40-49). He made his opening squat of 505 but couldn't find his groove @ 550. He slowed down to squat a steady 575 on his 3rd attempt. He benched 350, had 2 smooth deadlifts up to 525 but, was stopped @ 550. Totaling 1450 lbs. he won a 2nd place trophy. Jeremiah Blankenship, also from Maximus, is 26 years old and lifts in MO 181. He had a nice, slow, steady opening squat of 505 lbs. but that was it for today. His next 2 attempts @ 525 needed the spotters. He bench pressed 300 lbs. getting red lights on his next 2 tries @ 315. An easy 405 deadlift raised his spirits and upped his challenge to 505 (100 lbs. more) which proved to be too much today. He totaled 1210 lbs. He did better 3 of his



Tex Henderson tries a 1000 lbs., closely watched by head referee Joe Deverville, and closely spotted by WPO champ Donnie Thompson

previous State records but it was not enough to retain those records. Next, from Waites Fitness, was Kevin Brown in MO 198. Kevin worked his squats up to 590 but couldn't quite get 600 lbs. as the spotters moved in to help. He had a nice opening bench of 430 but his jump up to 485 proved to be too much. He progressively deadlifted 375, 400 and 450 to total 1470 and a 3rd place trophy. Collin Voigt, another strength coach from USC, lifting in MO 242, started with a good 525 lb. squat, needed the spotters help with his 2nd attempt of 575, but came back on his 3rd attempt, to make it. He blew 315 off his chest for his 1st bench, had a good, solid 365 for his 2nd, but couldn't make his final attempt at 405 lbs. He dead lifted 525 for a total of 1465 lbs. and a 2nd place in his division. Chris Hendrix from Total Gym, powerlifting for only 1 year, was the last and best competitor in MO 220. He made 2 nice, steady squats up to 565, but did not make his attempt @ 580 lbs. (after a great effort). He benched 385 on his 3rd attempt and deadlifted 500, for a total of 1450 lbs. and a 1st place trophy and a bump up on his 3 SC State records. Tommy Kelly, "Mr. South Carolina 2004", from Jungle Gym, a body builder trying his hand at powerlifting, was a crowd favorite in MO 198... Starting with 2 good squats up to 650 lbs., his 3rd attempt @ 700 was too much, but the spotters were there to prevent injury. He benched 450, 485, and then 500 lbs. looking real strong. Making his opening deadlift of 525 he barely missed his at-

tempts @ 600 despite a great effort on his part. His total was 1675 lbs. which was enough for 2nd place in a big division, and 3 new SC State records @ 198. We hope to see more of Tommy in the future. Jared Bruff, having lifted in our previous meets, was well known to this crowd. At 275 in MO he opened with a 575 lb. squat, easily moved up to 600 but didn't get low enough with 625. He benched 450, 465, and then with a super effort he pushed up 480 lbs. He pulled 525, 550, and 570 lbs. to total 1650 lbs. in our most crowded division. Lifting in MO 181, Greg Crook chased Brantley Waites with good, hard squats of 580, 620, and 645. He benched up to 430 lbs. but could not get 450 on his 3rd try. He deadlifted 525 on his 1st attempt but had to be satisfied with that because, despite his great effort, that was it today. His total was 1600 lbs. and a 2nd place trophy. Lifting in Police/Fire was Capt. Jonathan Couick of the Charlotte Fire Dept. He started with 3 powerful squats up to a big 650 lbs. He benched up to 430 but could not get 450. He deadlifted 550 on his 1st attempt but 620 was just too much. His total of 1530 lbs. was good for 1st place in this division, and, 4 new SC State records. During a short break, I took the mike to pay tribute to the super powerlifting performance by Travis Mash at the WPO finals last October. Travis is now the "Strongest Man of All Time @ 220 lbs." He broke the unbreakable record set by Ed Coan in 1991 with a new total of 2410 lbs. Congratulations Travis from all of us with the APF! As

Donnie moved to the platform to help spot the bigger lifters, Marc got the 3rd flight totaled. Jon Gordon from NGBB, a great young lifter, 24 years old, and training for only 2 years opened with a good 585 lb. squat. He moved up to a 625 and then powered up a big 650. What a great lift for a 165 lb. man, almost 4x his body weight. He benched 385 and then deadlifted 585 to total 1620 lbs. and a big 1st place win in MO 165. Brantley Waites, head of the Waites Fitness team, was obviously the man to beat in MO 181 as he was the 1st squatter to open at 600 lbs. which he "just stood up with". Getting 625 on his 2nd he got a big 650 lbs. on his 3rd attempt, for the best squat in his division. It took him 3 tries at 500 to make this big bench but he got it! His 550 deadlift gave him a 1700 lb. total, 1st place in this division and posted all new SC State records in MO 181. Good job, Brantley! And now, Marcus Brandon the #1 lifter in MO 198 and our "Best Male lifter". He is a great example of NGBB's contribution and dedication to powerlifting. He had 3 strong squats up to 705 lbs. Out of his groove on his 1st bench attempt he went on to make his 2nd and then up to a big 555 on his 3rd. His 630 lb. deadlift was over 100 lbs. heavier than his 2nd place rivals, bringing his total up to 1890 lbs., which would have been just 9 lbs. short of qualifying for the 2004 WPO finals. That's POWER LIFTING! The strongest of our Master lifters, Barry Sturdivant MM 275, was up next. He opened with a good 640 lb. squat, moved up to 685 on his 2nd but didn't get low enough on his 3rd attempt @ 720. His bench presses got better as he progressed. First, missing at 475 and then making it, and then on to a big 530 lb. lift on his 3rd. Opening with an awesome 500 lb. dead lift he powered up all 3 attempts to 600 lbs., for a total of 1815 lbs., way ahead of the crowd. He earned a 1st place trophy and a new SC State record Bench Press. Next up was "The Married Man", Josh Thompson from Maximus in Columbia. Josh is a big 23 year old lifting in MO 275. He blew out his suit on his 1st squat @ 640, but made it anyway. Not being used to the new suit, he had difficulty @ 700 lbs. and needed the spotters for his next attempts. He opened with a 455 smooth bench but stalled with his 2nd attempt of 505. With a great effort he made it on his 3rd attempt. He just wouldn't let it stop him. That bench proved to be a SC State record. Good job! He just couldn't get his deadlift today, (or should I say tonight?) Maybe a 10 hour meet was taking its toll on the lifters. Donnie said it best, "He's out of gas". Our next lifter in MO 275, weightlifting for 15 years, was Jason Lawson from The Compound. He had an easy opening squat of 640 lbs. "Put some weight on the bar". Even after 2 more smooth squats up to 725, he looked like he had plenty more left. It took 2 attempts but he got 455 and just missed his big try of 475

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

Louie S., FIBO Show, TOP 100 123s.
 Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
 Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
 Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
 Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
 May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
 Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFFA 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., ADFFA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
 Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
 Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltws.
 Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
 Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
 Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best

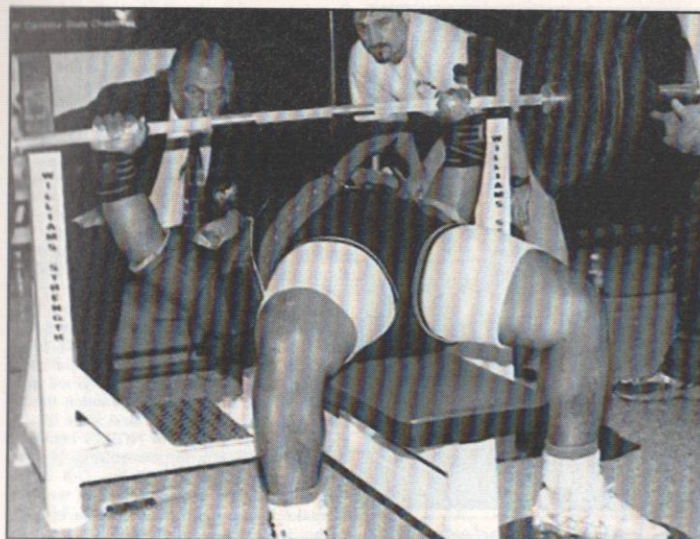
IPF Women, TOP 198s
 Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
 Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
 Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
 Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
 Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
 Aug/98... USAPL Men's, Platform Deadlifts, ADFFA 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 Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
 May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals,

Russian Stretches, 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 Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
 Jan/00... IPF Worlds, WABDL Worlds,

Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
 Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s
 Mar/00... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
 Apr/00... Arnold Classic/WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
 May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
 Jun/00... Gary 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 Sr. Pt. I, AAUF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
 Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
 Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
 Nov/00... Best Bench of All Time, final More from Ken Leistner, Drug Free 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... Gary Frank Goes 2500, WPC



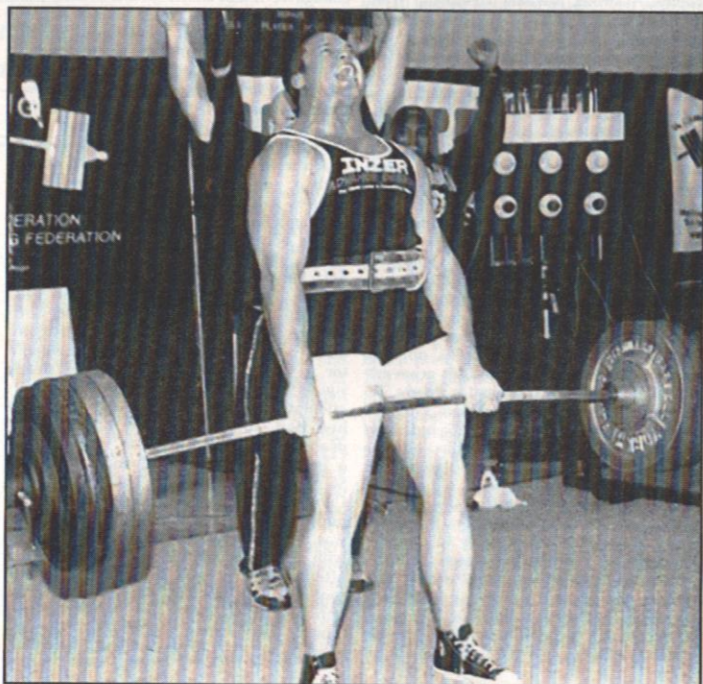
Greg Campbell had the biggest bench press of the meet, 620 pounds

in the bench press. But, he is a deadlifting man! Smoking all 3 big lifts up to a meet-topping, crowd screaming, SC State record of 800 lbs. His total of 1980 lbs. was good for a 2nd place trophy in his division. Our next lifter, Greg Campbell, was "The Man" in our biggest division, MO 275. He is currently a powerlifting champion and it shows. A little high with his 1st squat attempt @ 700 lbs. he blew up 750 for 3 white lights and destroyed 805. He was not steady with his bench attempt @ 600 but came back to get 620 lbs. on his next attempt, A great effort at 650 just didn't go. His 3 deadlifts were solid all the way up to 660 lbs. for a total of 2085 lbs. and a 1st place trophy. Grant Austin, at only 242 lbs. from Charlotte NC opened with a big, big 725 lb. attempt (triple body weight) but could not get it. He tried again and again @ 750 but not today. Don't count Grant out. He is a strong lifter and fierce competitor. Our final Police/Fire competitor was Billy Warren a 242 lb. lifter opening with a 750 lb. squat attempt which he gets... easy!! Moving up to 800 and then to 825 getting them both, WOW! Almost 3 % x body weight. He had 2 solid benches @ 440 and 475 only to be stopped @ his 500 lb. attempt. He muscled up his dead lifts to 625lbs. Having a great lifting day, going 8x9 totaling 1925 lbs., he earned a 1st place trophy and set all new SC State records in P/F 242. Jay Floyd from GA lifting in MO 272 opened with a 750 lb. squat, and then up to 800 after some smack "psyching up". A 3rd attempt with 825 just wouldn't go. He smoked all of his bench presses up to 450 lbs. His 1st deadlift @ 575 was easy for him as was his 2nd with 600,

but a stab @ 615 wasn't enough today. His total was 1850 lbs. and 3rd place in his division. Next lifter was big John Manly ably assisted by his wife Stacey (the current SC State record holder in WO 181). He had 3 great squats of 750, 800 and 870 lbs. A record breaking 600 lb. bench on his 2nd attempt was as solid as a rock, but he was stopped @ 625... great effort... so close. His opening dead lift of 650 flew off the floor, but, that was it. He could not make his next 2 tries of 730. He posted the highest total of the meet for now @ 2120 lbs. and broke his SC State record bench press by almost 50 lbs. He earned a 1st place trophy in MO 308. Jon Grove, "Mr. NGBB", and a champion powerlifter was our guest lifter @ 308. Jon's big lifting brought out some extra beef from Jungle Gym to help our spotters stay safe. He planted a kiss on the bar and ripped it from the rack, down and up, slow and easy, just like that with 820 lbs. Up to 880 on his 2nd attempt, but not quite with "925" on his last attempted squat. A big opening bench attempt of 500 lbs. brought shouts of, "Oh, yeah", from the crowd. Jon makes it look easy. 630 lbs. on his next 2 attempts just would not go. He opted out of the deadlifts, but received the crowds approval for his efforts. Thanks, Jon. North Georgia Barbell is always welcome at our meets. Aaron Pickens, a big 25 year old from Spartanburg, working out with Donnie in Columbia is the current SC State record holder in the squat @ 308. He began his lifting with 870 lbs., which he made look easy. He went up to 905, smooth and slow, only to be stopped at his final attempt of 940 lbs. He benched up to 450 but 500 lbs. was too much today. His

1st deadlift attempt of 630 came up smooth and easy, but that was it. He totaled 1985 lbs. for 2nd place in MO 308 and little bump up for his new SC State record squat to 905 lbs. And now, "the big man", everyone's favorite, Tex Henderson. At 390 lbs. he is truly a gentle giant, as we all could see as he held my new twin grandchildren in his big arms. With Steve Goggins, a world class powerlifting record holder at his side, he started a little high on his opening squat attempt with 905, but came back to get 3 white lights with a big 940 lb. on his shoulders. Steve got the crowd up for Tex's attempt with 1000 lbs., "go, go, go" shouted the crowd... close, but, no go. Do not fear, "He'll be back" to get the "1/2 ton" in the near future. A little out of his groove with his 1st bench attempt of 555 he came right back to make it on his 2nd. His opening deadlift of 715 looked easy, but that was it. He totaled 2210 lbs., the highest in the meet for a 1st place trophy MO SHW, and four new SC State records. Ron Shirley took the mike and got everyone ready for the "Bench Only" category which featured 10 lifters. First up was "Lil" Killer Williams, 17 years old, making his 1st attempt with 205 lbs. He could not get his 2nd, but with lots of encouragement from Dad, he made the 3rd attempt with 225 lbs. for 1st place in J/T 220. Up to 74 year old Bill

Milner lifting in 181, benching an easy 210 in his 1st. He was stuck with 220 on his 2nd attempt but got it on his 3rd to earn a trophy in MM 181 (70-79). Mike "Hulk" Effner, our only Charleston lifter in J/T, 165 lbs. opened with 310 and had a good lift. His attempts @ 340 were too much today. He was 2nd place in this division. Up next was Chad "Big Nasty" Tucker holder of many powerlifting records @ 148, lifting today @ 165 lbs. He opened with a big 350 lb. bench press. Up to 365 for his 2nd attempt, he could not get 375. His effort earned him a 1st place trophy in J/T 165. Brian McRavin, from Darlington, lifting in MO 220, opened with a good 375 lb. lift. He moved it up to 390 on his 2nd attempt. A 3rd attempt of 400 was just out of range today. He won a 1st place trophy. "Johnny B. Good", known to us as Killer Williams lifting in MM 242 (40-49) @ a body weight of only 222, is the current SC State record bench presser in MM 220. He smoothly beats that with his opening attempt of 385 lbs. but could go no higher and placed 2nd today. A crowd favorite, everybody knows when "the Killer is in the house". Our next lifter, Tom Isbell who has more bench press records than I can list, is competing with the APF for the 1st time. Making his 1st attempt with a solid 390, he could not get up to his best today, but we



A Truly Great Lift ... Jason Lawson had the best deadlift — 800 lbs.

know that he will next time. He won a trophy in MO 198. Phil Horn, from Lyman SC, a strong 44 year old 220 lifter also a holder of many bench records, started with a "smoking" good lift of 425 lbs. He worked his way up to 440 and a 1st place trophy. Next up was Eric Hubbs, down from 275 he lifted in MM 242. Eric is a big bencher and a heck of a guy, helping us with the meet as day progressed into night. He opened with a solid 425 lb. attempt and worked it up to 480 on his last attempt after just missing it on his 2nd try. He won 1st place (40-49). The final bench presser Chris Cooke amazed the crowd when we announced his opening attempt @ 840 lbs.! That's the kind of bench that only a handful of lifters in the world would attempt. The man they call "The Head" gave it a heck of a try, but just couldn't get it. Again, he tried the 840 but no go. Then he called for the bar to be loaded to 905 lbs. (the biggest attempt we have ever seen). He pushed and pushed but, not today. Even though he didn't make his benches it was awesome for us to witness these "super human" efforts. A special thanks to Marge, Phyllis, Brett, and everyone else who helped with this long, long meet. Lynn, who helped me write this article with her notes during the meet; the Special Olympics crew; our sponsors; USC; photographer Bill Numberger; Chiropractor Shane Conner; LMT Secca Shealy; Warren, Michael and Eric for their unsolicited help wherever needed; the guys in Columbia; the APF; and all of the great lifters who competed in this our final meet of 2004. (results from Will Millman and Bill Numberger)

USAPL Arizona State (kg)				
2 OCT 04 - Queen Creek, AZ				
WOMEN				
Master	SQ	BP	DL	TOT
148 lbs.				
S. Meshkon	155	70	157.5	382.5
123 lbs.				
J. Froeschle	127.5	60	130	317.5
Open				
181 lbs.				
L. Blyn	185	105	187.5	477.5
M2				
148 lbs.				
S. Meshkon	155	70	157.5	382.5
123 lbs.				
J. Froeschle	127.5	60	130	317.5
Teen				
148 lbs.				
C. Mundy	95	47.5	100	242.5
T2				
165 lbs.				
B. Greene	60*	50*	80	190
MEN				
Master				
220 lbs.				
B. Schmidt	282.5	175	282.5	740
165 lbs.				
J. Gragula	105	90	137.5	332.5
Open				
165 lbs.				

C. Lloyd 142.5 105 155 402.5
181 lbs.
N. Miceli 155 140 185 480
K. Conlogue 167.5 115 180 462.5
220 lbs.
S. Liabe 250 177.5 227.5 655
275 lbs.
A. Watson 262.5 195 265 722.5
D. Wadekamp 240 115 137.5 492.5
BENCH
M2
242 lbs.
Mark Brown 125 — — —
*State records. Meet Director: Jim Sullivan, Rich Wenner. Judges: Lanett Lopez, Jim Sullivan, and Rich Wenner. Sponsored By: Rebuild II, Titan Support Systems, and PL USA. Women's Open Best Lifter: Liane Blyn. Women's Masters Best Lifter: Sasha Meshkov. Women's Teen Best Lifter: Chelsi Mundy. Men's Open Best Lifter: Shilo Liabe. Men's Master Best Lifter: Bill Schmidt. We had several lifters qualify for National Championship competition. Master lifter Jan Froeschle qualified for Women's Masters and Women's Open Nationals, 2003 Worlds Strongwomen competitor and part time powerlifter Liane Blyn qualified for Women's Open Nationals. It would be scary to see what Liane could do if she concentrated on the powerlifts. High school junior Chelsi Mundy qualified for Women's Teen and High School Nationals. First time competitor Joe Gracula qualified for the Master's Nationals and junior lifter Shilo Liabe qualified for the Men's Junior Nationals. High school lifter Briana Greene established the Women's T2 State records in the Squat, Bench, Deadlift, and total. Briana had never seen a Powerlifting meet before the day of the competition. Not bad for learning on the run the day of the meet. I would also like to thank the lifters who traveled from out of state. Sasha Meshkov traveled in from California. Former ADFPA open and world champion and long time friend Bill Schmidt came in from North Carolina. Andy Watson has traveled from Las Vegas to several of our meets now and we look forward to him returning in the spring. I would also like to thank Nicholas Miceli for making the trip from Tucson. Nick competed for the first time in the USAPL last spring. It's a commitment like Nick's that will make Powerlifting grow throughout the state. We also had several lifters new to the USAPL. Briana Greene, Mark Brown, Shilo Liabe, Chris Lloyd, Joseph Gragula, Damien Wadekamp, and Kevin Conlogue. Damien had to fight through some injuries to be able to compete but will be more than ready next time around. Kevin has only been training for Powerlifting for a couple of months and has yet to try any gear. Queen Creek High School and Coach Todd Workman deserve a big thank you. The venue was perfect and the help that Coach Workman provided to assist with the setup, spot, load and tear down was second to none. The loaders even provided their assistance in the

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warm-up room. As Bill Schmidt put it, I've never competed in a meet where I didn't even have to load a bar in the warm-up room. I would also like to thank Tim McClellan for announcing. Tim was a long time member of the ADFPA, National referee, and the first world team coach for the ADFPA. Also meet director for several Lifetime National Championships, along with the Collegiate National Championships. My partners who have been a large part of building the USAPL back up in the state. John Pena and M2 2004 National Champion Jim Sullivan. Also Lanette Lopez for really showing us the administrative ropes the day of the meet. Lastly the sponsors, Titan Support systems; not only does Pete make great equipment he is a true supporter of the sport, Mike Lambert and Powerlifting USA, and Gary Lewellan with Rebuild II. Rebuild II has been a very popular supplement among NFL and NBA teams and is slowly making its way into the strength sports. You can get more info on rebuild n at www.rebuildii.com (Thanks to USAPL for providing these meet results)

Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF

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

Worlds, WNP World, WPC Worlds, Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback,

Worlds, WNP World, WPC Worlds, Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
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Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback,

Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Siouz-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BAWorlds, 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
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

USAPL MA/RI States Open				
20 NOV 04 - Warwick, RI				
WOMEN	SQ	BP	DL	TOT
Special Olympics				
J. MacDonald	285	140	315	740
Teen				
N. Pierce-17	155	110	215	480
Master				
T. M-Ward-41	200	100	245	545
D. Farrar-48	220	110	225	555
Grandmaster				
D. Lehan-52	255	150	325	730
J. Clough-57	200	100	285	585
Open				
Hatfield*-177	460!	290!	375	1125!
T. Schiffer-156	280	160	300	740
J. Clough-110	200	100	285	585
MacDonal-192	285	140	315	740
C. Towne-157	250	135	265	650
MEN				
Special Olympics				
S. Burns	220	175	270	665
M. Kardok	—	190	305	495
Junior (20-23)				
M. Petrarca	450	280	475	1205
D. Poulos	500	325	525	1350
D. Fragoja	380	275	420	1075
Y. Kahn	400	295	530	1225
J. Carpenter	450	340	450	1240
C. Clifford	465	320	430	1215
B. Lanoue	255	55	645	955
K. Gilbert	—	—	—	—
Master-1 (40-44)				
B. White	565	415	680	1660
K. Rossi	530!	420	535!	1485!
S. Michelson	535	335	545	1415
R. Johnson	500	250	405	1155
S. Bowen. Sr.	260	145	365	770
Master-2 (45-49)				
Montebault*	650	400	580	1630
D. Schuman	520	325	490	1335
J. Ricci	600	370	540	1510
B. Topol	435	360	465	1260
B. Letson	325	265	430	1020
Masters-3 (50-54)				
P. Mears	420	245	470	1135
J. Wild	305	160	345	810
B. Troiano	—	—	—	—
Masters-4 (55-59)				
D. Mansfield	575!	290	540!	1405!
J. Medeiros	475	365	465	1305
J. Rizza	400	155	355	910
Masters-5 (60-69)				
D. Allen	375	260	435	1070
J. Marchionda	350	170	330	850
E. French	265	160	360	785
Master-6				
Archambault	350	210	410	970
Open				
132 lbs.	—	—	—	—
Kupperstein*	485	260	575!	1320
148 lbs.	—	—	—	—
M. Petrarca	450	280	475	1205
S. McIsaac	375	—	—	—
165 lbs.	—	—	—	—
G. Marshall	530	415!	560!	1505!
R. Urso	340	315	410	1065
181 lbs.	—	—	—	—
S. Rillicci, Jr.	450	340	535	1325
B. Brown	385	275	550	1210
S. Alba	440	—	—	—
198 lbs.	—	—	—	—
M. Campbell	630!	400	610	1640
K. Rossi	530	420	535	1485
E. Gasinowski	450	300	500	1250
F. Juszynski	425	295	525	1245
R. Johnson	500	250	405	1155
220 lbs.	—	—	—	—
S. Burbank	625	450	625	1700
B. White	565	415	680	1660
G. McDonough	455	315	540	1310
M. Leblanc	365	245	380	990
242 lbs.	—	—	—	—
M. Aliano, Jr.	400	300	450	1150
R. Zilber	320	300	420	1040
B. Butler	300	265	380	945
P. West	—	—	—	—
275 lbs.	—	—	—	—

For Review .. the new issue of **POWERLIFTER Video** is out (#41) and it has some monster workout footage from Mike Miller's Nazareth Barbell Club ... big bench phenoms like Shawn Lattimer and Joe Mazza (and many others!) work out and share lifting tips (like big time board pressing!), then it's off to Iron Island Gym in New York where some mighty big boys go through a humongous squat routine.



From there this issue goes to the man who has been in **POWERLIFTER Video** far more than anyone else, widely considered among the P!LVID staff to be the best looking and most charming powerlifter ... for great workout insights and training footage. Check out the **POWERLIFTER VIDEO** ad on page 38 of this issue or call 1-800-BARBELL (1-800-227-2355) to order directly.

Also available visually are the DVDs of Jill Mills and Becca Swanson ... first off is a fear-

some bench workout, with 300 lb. weights being toyed with, in which both learn how to master the use of the denim bench shirt, through the instruction of coach Rick Hussey of Big Iron Gym. The image quality of this tape is extraordinary. Their second offering is a hardcore workout video where they both hit full squats, rack squats, deadlifts, olympic lifts, and they even get into a one arm snatch contest, and top it off with a revealing one on one interview. The imagery of two of the World's Strongest women doing raw reps with weights many (including men!) can't do for max singles will not be soon forgotten. You can order the tapes at www.jillmills.com or www.beccaswanson.com through Becca Swanson, 643 N. 98 Street PMB 176, Omaha, NE 68114. The bench DVD is \$24.99 + \$5 S/H, the training DVD is \$39.99 + \$5 S/H, or you can order both for \$55.00 + \$8 S/H.

S. Michelson 535 335 545 1415 SHW
G. Ziriak 700 — — —
*Best Lifters. !-Records set. Held at Northeast Training. Meet Directors: Greg Kostas and Rene Moyer. Women's Overall Best Lifter: Disa Hatfield. Men's Overall Best Lifter Session I: Dennis Montebault. Men's Overall Best Lifter Session II: Eric Klipperstein. Team Standings: 1st - Next Level fitness - RI. 2nd - Powerzone - NH. CT State Records: Disa Hatfield - Women's 181 lbs. Div. - 460 Squat. 290 Benchpress, 1125 Total. Mass State Records: Eric Kupperstein - Men's 132 Div. - 575 Deadlift. Gene Marshall - Men's 165 Div. - 415 BP, 560 Deadlift, 1505 Total. Dave Mansfield - Masters IV 220 lb. Div. - 575 Squat, 540 Deadlift, 1405 Total. RI State Records: Dianne Farrar - Women's Masters 123 lb. Div. - 225 Deadlift. Mike Campbell - Men's 198 lb. Div. - 630 Squat. Kevin Rossi - Men's 198 Masters - 530 Squat, 535 Deadlift, 1485 Total. Officials: Greg Kostas - MA National, Joe Wenclis - MA State, Eric Cordico - MA State, Rene Moyer - RI State, Joe Peters - RI State, Disa Hatfield - CT State, Mike Laliberte - ME State, Sam Tyler - ME State, Scan DiCataldo - MA State. Meet Highlights: Disa Hatfield - Women's Open: 460 Squat - 290 Bench press - 375 Deadlift - 1125 Total. Bill White - Masters I: 565 Squat - 415 Bench press - 680 Deadlift - 1660 Total. Kevin Rossi - Masters I: 530 Squat - 420 Benchpress - 535 Deadlift - 1485 Total. Dennis Montebault - Masters II: 650 Squat - 400 Benchpress - 580 Deadlift - 1630 Total. Dave Mansfield - Masters IV: 575 Squat - 540 Deadlift - 1405 Total. Fred Archambault - 81 yrs. Old: 350 Squat - 410 Deadlift. Eric Kupperstein - Men's 132: 485 Squat - 260 Benchpress - 575 Deadlift

- 1320 Total. Gene Marshall - Men's 165: 530 Squat - 415 Bench press - 560 Deadlift - 1505 Total. Mike Campbell - Men's 198: 630 Squat - 400 Bench press - 610 Deadlift - 1640 Total. Scot Burbank - Men's 220: 625 Squat - 450 Bench press - 625 Deadlift - 1700 Total. The following lifters went 9 for 9: Paul Mears. This event featured 64 lifters (including multiple entries - those lifters who entered more than one division who came from the following states: MA, RI, NH, ME and MI. The event featured a multitude of quality USAPL lifters of all ages, both men and women. The event again featured a split session on Saturday with one flight in the morning and the other flight in the afternoon. Thanks again to Rene Moyer and Next Level Fitness for hosting another successful event. Thanks also to Mike of Northeast Fitness for the continued use of his excellent facility. Thanks as always to all of our judges, spotters, loaders, table help, sponsors and everyone else who assisted with hosting this event. And of course, thanks to you - the lifters who support our USAPL events! On a personal note, my mentor, Joe Zarella, was in attendance at our event. For those of you who don't know who Joe was, he was the father of New England Powerlifting as well as Women's International Powerlifting. He ran powerlifting events for over 25 years at the Nashua NH YMCA and also in Amesbury, MA. It was both an honor and a privilege to have Joe here so that we could thank him for all of his tireless and selfless efforts in promoting NE powerlifting. In closing, I hope that everyone enjoyed their holidays and I look forward to seeing everyone in the Spring. God Bless. Yours in powerlifting, Greg Kostas. (Results of this competition were provided to PL USA by Greg Kostas)

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

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, USAPL Maine State, Ed French, 2H Street, Bangor, ME 04401, 207-944-3460.

26 MAR, USAPL New Mexico State, Doug Lees, 1216 N. Bennett St., Silver City, NM 88061, 505-538-8806.

26 MAR, North Carolina Strongman Bench Press Championship (Charlotte, NC) www.moneybikeproductions.com.

26 MAR (New Date/Location), WNPF Tennessee PL, BP, DL, PC (Cleveland, TN) Lester Fields, 770-842-2137, lesterwfields@aol.com, members.aol.com/wmpf

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 Linsley

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

26 MAR, APF Minnesota State, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave Harrison, 763-441-4232, or Jerry Gnerre 763-753-0569

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

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

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

1 APR, ADAU 42nd Great Lakes Open (open & all ages - men & women) Joe 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), WNPF Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

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

2 APR, SLP HARVEY'S GYM OPEN BP/DL CHAMPIONSHIP (Columbia, TN.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

2 APR, Maryland Strongman Bench Press Championship (Baltimore, MD) www.moneybikeproductions.com

2 APR (New date), WNPF Carolina PL (Greenville, SC) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wmpf@aol.com

2 APR, WABDL Heart of America BP/DL (Collinsville, IL - 10 miles east of St. Louis, MO) Erica Haislar, 618-344-3947

2 APR, APF Nebraska/Iowa State, Regional 'Big Dog Day', Rick or Becca, 8902 Grant St., Omaha, NE 68134, 402-392-2446, becca@beccaswanson.com

2 APR, USAPL Oxman V Teen/Jrs, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

2 APR, 7th annual Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinbestbench.com

2-3 APR, USAPL Pennsylvania State PL (Red Lion, PA) Niko Huislander, 717-993-8000, www.purepowerlifting.com

2-3 APR, GPC Canadian Nationals, Canada Olympic Park, Calgary, AB, CAN, Brian Johnston, KiFitness@telus.net, 403-215-4549

2-3 APR, 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, USAPL Oxman V Open/Masters PL/BP, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

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

3 APR (New Date), WNPF Georgia PL (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wmpf@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, WNPF Dungeon Power Works Push-Pull (Three Rivers, MI) Mark Mellinger 269-435-7586

9 APR, USAPL Dave Martin Memorial Qualifier, Greg Simmons, 100 E. Miller Dr. #65, Bloomington, IN 47401, 812-330-1012

9 APR, USAPL Ketchikan PL, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8463

9 APR, South Carolina Strongman Bench Press Championship (Greenville, SC) www.moneybikeproductions.com

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) Segun Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.segunfitness.com

COMING EVENTS

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 theymlasvegass@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 road Rd., Canterbury, 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 Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@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.northernvirawpower.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, Tennessee Strongman Bench Press Championship (Nashville, TN) www.moneybikeproductions.com

16 APR, APF Louisiana State PL, Garry Frank, Baton Rouge, LA, 386-734-3128, worldpowerlifting.org

16 APR, APF Metal Militia Bench Wars, Glens Falls, NY, Bill Crawford, 386-734-3128, worldpowerlifting.org

16 APR (address correction), Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, masters 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 3392

rhsvpmore@ms.neiu.k12.pa.us
17 APR, WNPf Maryland Championships (Columbia, MD) Lester Fields, 770-842-2137, lesterfields@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 the French BP/DL/C (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
22-24 APR, AAFP National BP & PL, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
23 APR, Red Swain Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net
23 APR, Central Pennsylvania BP, Chip Acumiller, 4243 US Hwy 522 S., McBeystown, PA 17051, 717-899-7629, caumiller@pa.net
23 APR, Central Wisconsin BP, John Easterly, 734 Deerborn Dr., Grand Marsh, WI 53936, 608-339-3977
23 APR, USAPL Nebraska State & Maple Creek Powerthon, Jenae Jindra, 2490 Rd 9, Clarkson, NE 68629, 402-892-3295
23 APR, Ronnie Coleman Strength Extravaganza, Brian Dobson, c/o Metroflex Gym, 2921 S. Cooper St., #109, Arlington, TX 76015, 817-465-9337, briandobson57@comcast.net
23 APR, 3rd Tupelo Fitness Max Gym Bench Press (Tupelo, MI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, Dennis George 608-787-5693 or 662-841-0297
23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

23 APR, SLP TRUMAN STATE IRON DOGS/JACKSON WEIGHTLIFTING CLUB POWERLIFTING/BP/DL SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
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, 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 Chairman, 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, 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 Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
30 APR, APF Ohio Crushed or Crushed Bench for Cash (Middletown, OH) Tom

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Hypes, 513-464-8363, hyper242@sbcglobal.net, ohioapf.com
30 APR, Virginia Strongman Bench Press Championship (Norfolk, VA) www.moneymikeproductions.com
30 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 4th St. NW, Kasson, MN 55944, 507-634-4730
30 APR, USAPL No Frills, Karen Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814.
30 APR, USAPL FL State BP & DL/State Collegiate BP/State H.S. PL, (Nova Southeastern University, Ft. Lauderdale, FL) Robert Keller, 4262 Vineyard Circle, Weston, FL 33332, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl
30 APR, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654
30 APR, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
30 APR, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajstork@earthlink.net
30 APR, 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@pikitung.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 qvhl@wirefire.com
30 APR, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Herring, 770-963-6738
APR, WNPf 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), WNPf Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPf, 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, SQBPDL@aol.com
7 MAY, APF/AAPF NYC Coliseum Impact Push-Pull for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com
7 MAY, USAPL Rocky Mtn States PL/Big Cat BP (Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035
7 MAY, World Gym of Cape May BP, World Gym, 3845 Bayshore Rd. N., Cape May, NJ 08204, 898-3800
7 MAY (New Date), APF World Gym Bench Press Challenge, Columbus OH. Ken Patterson/PES, 386-734-3128, worldpowerlifting.org
7 MAY (NEW DATE), Bartlesville Classic BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, Jim Duree, 913-626-1141 or 626-1142, jduree7086@aol.com
7 MAY, APF California State PL & BP, Los Angeles, CA, Scot Mendelson
7 MAY, NASA New Mexico State (Rio Rancho, NM) Mike Adelmann, powerlifter@surfbest.net, 505-453-6637
7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowercene@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

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RULES: 1. No Bench Shirt or Wraps 2. All Lifts are done with a pause 3. Belts and Chalk are allowed. 4. All contestants must pay a \$50 dollar entry fee.

Call: 508-885-3686

All proceeds go to the Boys Club of America

Wade Johnson, 615-782-4036, supersquat800@yahoo.com
14 MAY, 6th annual USAPL Nation's Capital Cup PL/BP, Steve DeBenedictis, 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, qvhl@wirefire.com, www.vhpower.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, Money Mike's East Coast National Strongman Bench Press Championship (Charlotte, NC) www.moneymikeproductions.com.
14 MAY, UAPC 3rd annual Quad Cities Push-Pull (Davenport, IA - Holiday Inn) Ed Angstrom, 563-370-3685 (cell), angstrom6@aol.com
14 MAY, Bench Blast for Cash (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
14 MAY (New Date), APC Excalibur Classic PL & BP (open, novice, master, teen, 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 Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898

14 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
14,15 MAY (NEW DATE), WNPf Pan-American PL (Orlando, FL) WNPf, 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

2005 WPA World Championships To be held at the Opryland Hotel, Nashville, TN.
 www.gaylordhotels.com/gaylordoprland
 May 7 & 8
 Information: Scott Taylor (941) 697-7962 apapresident@apa-wpa.com
 OR
 Wade Johnson (615) 782-4036 supersquat800@yahoo.com
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21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@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, USAPL Pennsylvania State BP/DL (Freedom H.S., Bethlehem, PA) Terri Kunsman, 610-662-8336, tkunsman@rcn.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 & Northern BP Challenge, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com
21, 22 MAY, IPA Strength Spectacular @ Four Seasons Fitness, W. Paterson, NJ, www.nazbar.com, deb@nazbar.com, 610-438-2902
21, 22 MAY, USAPL New York State, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760
22 MAY, 2nd annual Atlantis New England BP Classic (Paladium, Worcester, MA - trophies, cash prizes, cash bonus plan, hosted by 12 time World Champion Ed Coan) 508-885-3686
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, NASA East Texas State (PL,

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March 26 - WNPf Tennessee Championships, Lester Fields, 770-842-2137

Apr 2 - WNPf Carolina Championships, Troy Ford, 770-997-0589, wnpf@aol.com

Apr 3 - WNPf Georgia Championships, Troy Ford, 770-997-0589, wnpf@aol.com

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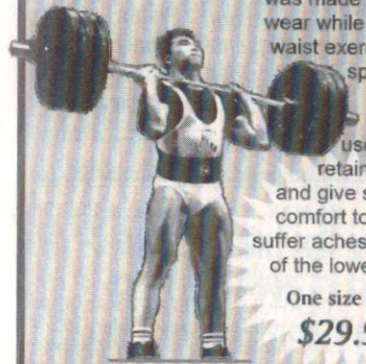
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BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654
28,29 MAY, WDFPF European Single Lift Championships (Pompeii, Italy) jm-gedney@wiu.edu

MAY, NHSP BP Championship, Jamie Fellows, NUTRITION 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 gvhl@wirefire.com

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

4 JUN, APF South Texas (Sequin - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Sequin Fitness, 256 W. Court St., Sequin, TX 78155, 800-378-6460, www.sequinfitness.com

4 JUN, SCHA Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4 JUN, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Homell, NY 14843, 607-324-5520

4 JUN, West YMCA Open PL, BP, DL, PP, 7502 Maple, Omaha, NE, Roger or Machia 402-393-3700

4 JUN, SRPA Georgia Ironman (Tucker, GA) Mark Fain 770-935-4998, markfain@juno.com, www.IronThredz.com

4 JUN, Capital City Challenge Strongman, Ford's

Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227

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

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

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

4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinz, 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, AAFP Florida State PL + BP, Ft. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

11 JUN (REVISED NEW DATE), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwriftr@msn.com, www.powerliftingca.com, 661-333-9800

11 JUN, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6603
11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

11 JUN (NEW DATE), 15th AAFP/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriverp@yahoo.com

11 JUN (revised date), IIM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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



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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

11-12 JUN, AAFP Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyjackson@aol.com

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

17-19 JUN, 3rd IPF/NAPF North American Regional and USAPL International Open PL (18th) (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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

18 JUN, USAPL Great West PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

18 JUN, USAPL Kansas State Open, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

18-19 JUN, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego, CA) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

18,19 JUN, USPF Nationals Men & Womens Open, Jrs., Submasters, Masters (Los Alamitos, CA) Steve Denison, pwriftr@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 Kidder, 386-734-3128, worldpowerlifting.org

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

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

25 JUN, APC Central California Open/Novice, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

25 JUN, Mountaineer Cup VII Strength & Sports Expo Powerlifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 387-8174, mllolini@mtgaming.com

25 JUN, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 JUN, APF Central California

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

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

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900

Westheimer, Houston, TX 77082, Tom McCullough, tomme56@earthlink.net

26 JUN, ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW. (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikkitup.com

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, djslaga@yahoo.com

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

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

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

9 JUL, NASA Western States Nationals, PL'ing, BP, Push/Pull &. Power Sports, Mesa, AZ, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

10 JUL, WNPF USA Open Championships & Women's Nationals (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

10 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

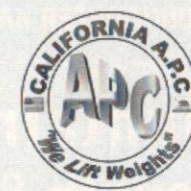
16 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654

16 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) Sequin Fitness, 256 W. Court St., Sequin, TX 78155, 800-378-6460, www.sequinfitness.com

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

30 JUL, NHSP Push-Pull Championship,



25 June - APC Central California Open and Novice (APC National Qualifier to go to the GPC Worlds)

10,11 December - 52nd annual APC Iron Man Powerlifting & Bench Press Championships and Mr. Iron Man competition (APC National Qualifier to go to the GPC Worlds)

Bob Packer
559-658-5437
559-322-6805
www.calapc.net

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

23 JUL, USAPL Iron Works Bench and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-837-8700, powerlifter@charterinternet.com

23 JUL, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Deadlift Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, WABDL House of Pain Southern Regional BP/DL (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

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

23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

23 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

23 JUL, AAU Lany Garro Memorial BP - DL - Ironman - Ironwoman Open, Brian

Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.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 SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

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

30 JUL, APF West Coast Push-Pull, John Ford, 650-303-7518

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

30 JUL, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Packer, 802-865-3068

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) Sequin Fitness, 256 W. Court St., Sequin, TX 78155, 800-378-6460, www.sequinfitness.com

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

30 JUL, NHSP Push-Pull Championship,

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Seguin, TX 78155, 800-378-6460,
www.seguinfitness.com
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OK 74884, ussapl@hotmail.com
6 AUG, APF Southeast Challenge (Or-
ange - men & women - open, below 1,
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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,
pwriftr@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 wnfp@aol.com
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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,
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ice/Fire/Corrections PL (Columbia, MD)
Vic Selvaggi, vselvaggi@co.ho.md.us
14 AUG, WNPF Motown Open - De-
troit, MI, Richard Van Eck (269) 521-
4031 or Jeff Buchin (517) 622-3890
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SQBPDL@aol.com
20 AUG, WABDL Tennessee State BP/
DL (Holiday Inn, Murfreesboro, TN) Ken
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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 Champi-
onships - Lester Fields, 770-842-2137
or lesterfields@aol.com
AUG (New Date), WNPF Ralph Peace
Memorial (Asheville, NC) Lester
Fields, 770-842-2137
www.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
wnfp@aol.com
10 SEP, USPF Venice Beach PL/BP,
Steve Denison, pwriftr@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 State 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,
rlpwt@frontiernet.net
17 SEP, Open BP meet, Greenwood
Athletic Club, (Glenwood, AR) Jason or
George at 870-356-6250
17 SEP (New Date), NPA (drug free)
Nationals BP&DL, Fitness Lifestyes,
641 W. Stephenson St., Freeport, IL
61032, 815-233-2292,
fitlifed@cs.com
17 SEP, USA 'RAW' BENCH PRESS
FEDERATION FALL NATIONALS
(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
17 SEP, APF North California Open,
John Ford, 650-303-7518
17 SEP, NASA E. Texas Regional (PL,
BP, PP, PS - Longview, TX) Rich Peters,
Box 735, Noble, OK 73068, 405-527-
8513, SQBPDL@aol.com
17 SEP, NASA New Mexico Regional
(PL, BP, PS - Albuquerque, NM) Mike
Adelmann, powerlifter@surfbest.net
24 SEP, Bartlesville Drug Free Classic,
Gilkey's Gym, 5701 SE Adams Blvd.,
Bartlesville, OK 74006, 913-626-1141 or
626-1142, jduree7086@aol.com
24 SEP, SLP OPEN NATIONAL
POWERLIFTING / BP / DL
CHAMPIONSHIP (Tuscola, Il.) Son
Light Power, 122 W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
24 SEP, NASA Tennessee Regional
(PL, BP, PP, PS - Pickwick Dam, TN)
Rich Peters, Box 735, Noble, OK 73068,
405-527-8513, SQBPDL@aol.com
24 SEP, WABDL Washington State BP/
DL (Sam Benn Gym, Aberdeen, WA) Dr.
Don Bell, 380-532-8339
SEP (Date Change), WNPF Northern
Florida BP, DL, Ironman & PC (Lake
City, FL) Lester Fields, 770-842-2137 or
lesterfields@aol.com
30 SEP-1 OCT, BenchAmerica 3
(Elgin, IL "DO YOU QUALIFY"),
info@benchamerica.com

1 OCT, APF/AAPF 2nd NYC Coliseum
Impact PL for Charity, PL, SQ, BP, DL,
Rawand Assisted, Coliseum Gym, 7509
71st Ave, Middle Village, NY 11379,
718-326-2496 7-10pm as for Teddy or
Stacy, www.coliseumgym.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 Associa-
tion (ABA) Arkansas Open BP & DL,
D.D. Nichols, 2122 Misty Circle, Benton,
AR 72015, 501-860-6851
1,2 OCT, 14th WNPF World Power-
lifting Championships (Philadel-
phia, PA) Ron DeAmicis, 6531 New
Rd., Youngstown, OH 44515
2 OCT, ADAU Connecticut State Open
PL/BP, Rob Delavega, Powerhouse
Gym, 71 Commerce Dr., Brookfield, CT
06804, 203-775-8584,
phgbrookfield@sbcglobal.net
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
29 OCT, NASA North Carolina Regional
(PL, BP, PP, PS) Rich Peters, Box 735,
Noble, OK 73068, 405-527-8513,
SQBPDL@aol.com
8 OCT, ADAU "No Druggies Allowed"
Raw SQ, BP, DL (no total - men & women
- open & all ages) Joe Oreglia, 4468 W.
26th St., Erie, PA 16506, 814-833-3727
8 OCT, SLP OKLAHOMA STATE BP/
DL CHAMPIONSHIP (Tulsa, Ok.) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
8 OCT, ADAU "No Druggies Allowed"
Raw SQ, BP, DL (no total - men & women
- open & all ages) Joe Oreglia, 4468 W.
26th St., Erie, PA 16506, 814-833-3727
8 OCT, SLP OKLAHOMA STATE BP/
DL CHAMPIONSHIP (Tulsa, Ok.) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
14, 15, 16 OCT, WDFPF Single Lift
Worlds (Croatia) jm-
gedney@wiu.edu
15 OCT, PPL "Drug Free" Nation-
als 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
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, 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, pwriftr@msn.com,
www.powerliftingca.com, 661-333-9800
15-16 OCT (corrected dates), AAU
National Bench, Deadlift and Push/
Pull (Richmond, Va. Holiday Inn)
ausports@org or
aaupower@aol.com, Va Powerlifting
Association - 1811 Southcliff Road,
Richmond, Va 23225
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
17-23 OCT, GPC World PL/BP
(Dessau, Germany) LB Baker, 770-
725-6684 or 770-713-3080,
www.globalpowerliftingcommittee.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 Cham-
pionships Open and All age Groups for
both men and women The longest, con-
tinually conducted DRUG-FREE meet in
Pennsylvania Meet held in Bigler St.,
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-
2 5 3 - 5 4 2 9
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
29 OCT, Iowa/Midwest Open BP or DL
(teen, novice, open, submaster, master
1-2-3, women) Wayne Hammes, Box
433, Oskaloosa, IA 52577, 641-673-
5240
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, USAPL Florida Collegiate PL
(Florida Gulf Coast University, Ft. Myers,
FL) Jim Dundon, jdundon@fgcu.edu,
239-590-7709
OCT, WNPF Michigan State and Open,
Benton Harbor, MI, Richard Van Eck
(269) 521-4031
OCT, NASA Big River Classic, Tobey &
Daryl Johnson, Plytheville, AR.
OCT, NHSP PL Championship, Jamie
Fellows, NUTRITION 101, 865 Second
St, Manchester, NH 03102,
AmericanPowerlifting.com,
NHBodybuilding@yahoo.com
OCT, NASA Kentucky Regional PL'ing,
BP, Push/Pull & Power Sports,
Louisville, Ky. Greg & Susan Van Hooste,
Route 1 Box 166, Ravenswood, WV
26164, Call: (304) 273-2283 ore-mail
gwhl@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
5 NOV, USAPL California State (PL, BP
- Dublin, CA) Jason Burnell, 510-232-
4755, deepsquatter@deepsquatter.com,
Lance Slaughter, 310-995-0047,
lanceslaughter@yahoo.com, www.usapl-
ca.org
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
5 NOV, NASA Kansas City Regional,

Jim Duree, 5619 Pawnee Ave., Kansas
City, KS 66106, 913-626-1141 or 626-
1142, jduree7086@aol.com
5 NOV, USAPL NJ State, Joe Morreale,
350 Rt 46, Rockaway, NJ 07866, 973-
627-9156
12 NOV, USAPL Ohio BP/PL, Ed King,
24775 Aurora Rd., Bedford Hts., OH
44146, 440-439-5464.
12 NOV, SLP OHIO STATE BP/DL
CHAMPIONSHIP (Hamilton, Oh.) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
12 NOV, NASA Arizona Regional,
PL'ing, BP, Push/Pull & Power Sports,
Rich Peters, Phone - 405-527-8513, E-
mail SBPDL@aol.com, P.O. Box 735,
Noble, OK 73068
12-13 NOV, WNPF World Bench,
Deadlift, Ironman & Powercurl (At-
lantic City, NJ) WNPF, BOX
142347, Fayetteville, GA 30214
770-997-0589 or wnfp@aol.com
13 NOV, SLP Central Illinois Open BP/
DL (Hillsboro, Il.) SLP, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
**8-13 NOV (REVISED NEW DATE) -
IPF Men's Worlds (J.L. Knight Cen-
ter, Miami, FL) Robert Keller, 954-
384-4472, rhk@verizon.net,
www.geocities.com/floridausapl
8-13 NOV (REVISED DATE), IPF Pan-
American Men's & Women's PL (J.L.
Knight Center, Miami, FL) Robert
Keller, rhk@verizon.net, 954-384-
4472, www.geocities.com/
floridausapl
18-20 NOV, WDFPF World PL Cham-
pionships (Turin, Italy) jm-
gedney@wiu.edu
19 NOV, USAPL Police & Fire Na-
tionals, Keith Simonds, 800 N. Port-
land, Oklahoma City, OK 73107,
405-321-1775
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
NOV, APF Northern California, John
Ford, 650-303-7518
2-5 DEC, AAU World Bench, Deadlift
and Push-Pull (Laughlin, NV) Martin
Drake, P.O. Box 108, Nuevo, CA
92567, 951-928-4797,
MARTIN.J.DRAKE@BOEING.COM
3 DEC, APF Rio Grande Valley
(Harlingen - men & women - open, be-
low 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
3, 4 DEC (NEW DATE), WNPF Drug
Free for Life/Battle of the Countries
Championships (Orlando, FL or At-
lanta, GA) WNPF, BOX 142347,
Fayetteville, GA 30214 770-997-
0589 or wnfp@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 divi-
sions 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
9-11 DEC, USAPL American Open PL/
Invitational BP (Philadelphia, PA) Rob-
ert Keller, rhk@verizon.net, 954-384-
4472
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 wnfp@aol.com
10 DEC, NASA Novice Nationals PL
& PS (Springfield, OH) Gary Scholl,
GSat2950@aol.com
10 DEC, USAPL Christmas BP Raw &
Assisted, John Shifflett, Box 941,
Stanardsville, VA 22973,
valifting@adelphia.net,
www.virginiausapl.com
10.11 DEC, 52nd APC Iron Man PL &
BP/Mr. Iron Man, (APC qualifier to go
to GPC Worlds) Bob Packer, 559-658-
5437, 559-322-6805, www.calapc.net
11 DEC, SLP Turner Classic BP/DL
(Sallisaw, OK) SLP, 122 W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com
11 DEC, SLP "THE LAST ONE" BP/DL
CHAMPIONSHIP (Tuscola, Il.) Son Light
Power, 122 W. Sale, Tuscola, IL 61953,
217-253-5429, www.sonlightpower.com,
sonlight@netcare-il.com
**JAN 06 - AAU World Champi-
onships (three lifts)**
:aaupower@aol.com or Va Power-
lifting Assoc., 1811 Southcliff
Road, Richmond Va 23225
MAR 06, USAPL Florida State PL
(Florida Gulf Coast University, Ft. Myers,
FL) Jim Dundon, jdundon@fgcu.edu,
239-590-7709
19-23 APR, IPF Pan-American
Men's & Women's Masters BP (Mi-
ami, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl
19-23 APR, IPF World Masters BP
(Miami, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl
APR 06, USAPL Collegiate Nation-
als (Nova Southeastern Univ. - Ft.
Lauderdale, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl
26-28 MAY 06, WDFPF European
Single Lift Championships (Varese,
Italy) jm-gedney@wiu.edu
JUL 06, USAPL Men's Nationals PL
(Miami, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl
JUL 06, USAPL/USOC Palm Beach
County Tropical Games BP & DL (W.
Palm Beach, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl
14, 15 OCT 06, WDFPF Single Lift
Worlds (Bendigo, Australia) jm-
gedney@wiu.edu
OCT 06, USAPL Florida Collegiate PL
(Florida Gulf Coast University, Ft. Myers,
FL) Jim Dundon, jdundon@fgcu.edu,
239-590-7709
1-5 NOV, 2006 GPC World PL/BP
(Gent, Belgium) LB Baker 770-725-
6684 or 770-713-3080,
www.globalpowerliftingcommittee.com
10-12 NOV 06, WDFPF World PL
(Cork, Ireland) jm-gedney@wiu.edu

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

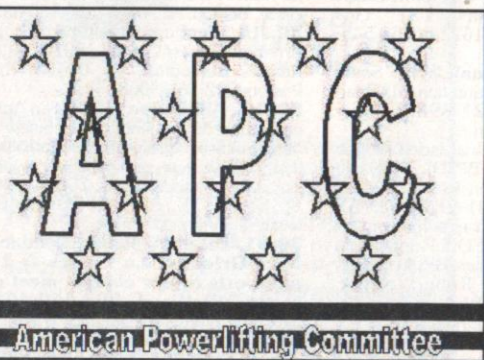
APC/GPC: Upcoming meets in the U.S.

April 9, 2005 - APC Georgia State Open:
An APC national qualifier meet.

July 9 & 10, 2005 - GPC American Cup - Canada/USA:

Global Powerlifting Committee (formerly World Powerlifting Committee)
A GPC world championship qualifier meet.

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



USA POWERLIFTING CORNER

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Columbia City, IN 46725
Administrator: Barbara Born

Website:
www.usapowerlifting.com

Email:
USAPLADMIN@skynet.net

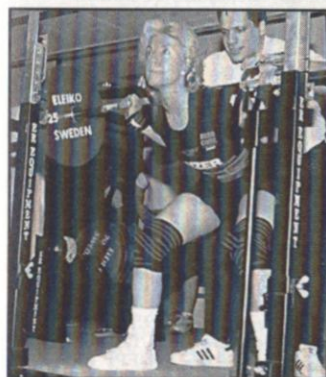
President
Larry Maile, Ph.D.
Email:
L-MAILE@usapowerlifting.com

Vice President
Johnny Graham
Email: jtruck52@hotmail.com

President's Message

Women's Nationals: The Largest Ever!

This year's USA Powerlifting Women's Nationals was held in St. Louis, Missouri the first weekend of February. To say it was a success



Regina Hackey won the best lifter over 60 years of age.

is an understatement. 160 women competed in the Teenage, Juniors, Master's divisions.

As has been said a number of times, what makes the USAPL Women's Nationals unique is the fact that it is a women's only competition. They are not an afterthought or warmup before the men's event. They are the event. And what an event it was. American and World records fell in every division and age group. But what is unique to the Women's Nationals is the camaraderie among the competitors and support staff. The athletes themselves cheer on their competitors. The coaches help athletes who are competing against their own. And most importantly, everyone seems to be having a good time. That may be something that is in short supply in a combined

or men's meet: the low pressure fun.

St. Louis is definitely a powerlifting town. Saturday and Sunday were both tiring days, but the crowd stayed until the very end. Harold and Dawn Gaines and Rick Fowler put together a staff that worked from dawn until well past midnight. They got through the whole weekend without a loading error (almost 1500 attempts) and remained helpful and cheerful the whole time. We will definitely look forward to going back to St. Louis.

Our Traditions: The Commitment of Our Members



Fred Glass, Nick Theodorou, George Hummel, and Dr. Larry Maile at the American Open (photo courtesy of Rob Keller)

This past December, I had the occasion to spend some time with three of the founders of the ADFPA. Fred Glass, who held the ADFPA Nationals in Allentown, Pennsylvania, Nick Theodorou and George Hummel who worked with Brother Bennet to organize the framework for our organization which provides the structure that we continue to follow. As you know, the ADFPA (now USA Powerlifting) grew out of the vision of these few people in response to the rampant drug use in the sport. George Hummel was at the top of his game on the U.S. powerlifting scene but saw a need to make our sport something that embraced health and longevity. Brother Bennet, an active national meet promoter was concerned with the growing numbers of his competitors who were experiencing health problems. Together, these gentlemen took the risk of forming an organization which has, as its cornerstone, a drug free ethic. It is through the vision of these individuals, and those who signed on shortly after that USA Powerlifting is both the largest and the cleanest organization in the U.S.A.

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.

Top Twenty

This month, we feature the top 20 women at 60 kg. (132 lbs.) and the top 20 men at 67.5 kg. (148 lbs.) To search the lifter data base, or for the complete 2004 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

Message from Jacques Rogge

In a letter dated November 29 and addressed to all 202 National Olympic Committees, Dr. Jacques Rogge, the IOC President, emphasizes the importance of the World Games for the future development of sports in general. Dr. Jacques Rogge, President of the International Olympic Committee, follows up earlier correspondence to the 202 National Olympic Committees (NOC) with a letter calling for their support to the national delegations in The World Games 2005

Duisburg. "The World Games play an important role in the framework of the Olympic Movement, providing an invaluable opportunity for athletes from a variety of sports not currently on the program of the Games of the Olympiad to compete in their own elite multi-sport event and represent their countries as members of a national delegation," Rogge writes in the November 29 letter.

In the same letter, the IOC President acknowledges the many efforts made by NOCs already in providing The World Games with their support. He refers to the multi-sports games' history by pointing out that The World Games have enjoyed an exceptional development since their inception in 1981. The 6th World Games 2001 Akita in particular were an outstanding success by every standard. "I am convinced that The 7th World Games 2005, with good collaboration between the International World Games Association (IWGA), the 2005 Duisburg organizers, the 3,000 athletes, and the National Olympic Committees involved, will again be a great success," Rogge expresses his optimism. "I am confident that The World Games will continue to prosper and encourage all NOCs to support this important multi-sport event in Germany next year," Rogge concludes the letter. IWGA President Ron Froehlich met with

Women's 132 class				
Name	Squat	Bench	Deadlift	Total
Bettina Altizer	402	309	375	1086
Carly Nogle	400	220	425	1045
Jennifer Rey	320	198	369	887
Jennifer Thompson	276	287	314	876
Codi Grubbs	347	193	320	860
Rachel Churchward	335	180	340	855
Christina Henesian	303	171	369	843
Angela Simons	254	215	314	783
Darla Merrival	270	176	319	765
Kate Dingle-Craig	276	165	320	761
Kitty Dalton	325	150	280	755
Jessika Kratz	281	171	303	755
Pala Ramirez	298	138	320	755
Judy Drenth	259	154	336	750
Veronica Aguila	265	171	298	734
Megan Jovanovich	303	144	287	733
Karlynn Elick	287	127	314	728
Natalie Hellerstedt	265	171	292	728
Jenna Farek	287	127	314	728
Kylie Morris	237	132	353	722

Men's 148 class				
Name	Squat	Bench	Deadlift	Total
Caleb Williams	656	408	562	1626
Greg Simmons	568	375	540	1483
Scott Layman	579	380	518	1477
Vincent Niedoliwka	513	348	574	1433
Lloyd Weinstein	524	303	584	1411
Casey Brown	529	309	562	1400
Keith Scisney	568	342	491	1400
Paul Wong	491	386	502	1378
K. Wilson	535	300	535	1370
Wayne Veal	458	309	579	1345
Jesse Robles	480	330	530	1340
David Edmondson	485	300	500	1285
Allen Wigham	491	265	529	1284
Brendan Rohan	425	315	525	1265
Bryan Hynson	463	292	502	1257
Manuel Ruiz	441	259	551	1251
Michael Petrarca	475	295	475	1245
Sterling Stinson	468	292	480	1240
Michael Dyer	458	303	474	1235
Steven Mikulecky	430	271	529	1229

the IOC President on Monday, November 29, at the Chateau Vidy in Lausanne, Switzerland. Dr. Jacques Rogge confirmed that he will personally attend the Opening Ceremony of The World Games 2005 Duisburg. -Courtesy of <http://www.worldgames2005.de/en/>

2005 WORLD GAMES - AN OVERVIEW

In 1980 a group of 12 International Sports Federations (The International Powerlifting Federation being one of these federations) decided to join forces by forming the World Games Council, later to be renamed the International World Games Association (IWGA). The founding meeting was chaired by IOC Executive Board Member Dr. Un Youg Kim, who is also the President of the International Taekwondo Federation. The purpose of the new organization was to create a multi-sport event for sports (and/or disciplines of sports) not included in the program of the Olympic Games. This aimed at, among other things, creating more exposure in the media and increased interest from spectators, which would assist the Federations in developing their sports. This initiative came during an era when international sport, including the Olympic Games, were yet to become the great television success - and thus the sponsoring venture - they are today.

2005 WORLD GAMES - AN UPDATE

With the official nominations of 2,063 athletes from 84 nations already in, Germany fields the largest contingent so far: 276 men and women. France is in a rather distant second place: 164 athletes. But the final tally is still subject to major changes.

So far, and with three months still to go to the deadline, 2,063 atWetes have been nominated by their International Sports Federations for participation in The World Games 2005 Duisburg.

That is still short of two thirds of what will likely be the final tally! 3,500 atWetes is the organizers' declared target. And the round figure of 100 would break the previous record of nations entered in The World Games: 93 for 2001 Akita.

One of the smaller delegations is likely to be fielded by India. Only two atWetes have been nominated to represent the populous subcontinent so far. One of them is India's 'Sportsman of the Year 2003', the snooker prodigy Pankaj Advani, who will turn 20 on the last day of The World Games 2005. After he already won the 2003 International Billiards & Snooker Federation World Snooker Championships in China, he is one of the top contenders for the World Games title in July.

Some of the other nations entered in The World Games 2005, in the order of nominations received by the 2005 Duisburg organizers: USA 112 entries; GBR 106 entries; and AUS 105 entries. Courtesy of <http://www.worldgames2005.de/en/>.

USAPL Colorado (kg)

11-12 DEC 04 - Colo. Sprgs., CO				
	SQ	BP	DL	TOT
BENCH 123 lbs. (14-15)				
B. Peterson	75			
198 lbs. Master-1				
Shalkowski	227.5			
F. Prutch	155			
Master-3				
J. Handley	95			
Youth (12-13)				
R. Boh	65	32.5	82.5	180
105 lbs. (10-11)				
A. Weisigier	70	32.5	90	192.5
(12-13)				
A. Wax	70	40	97.5	207.5
114 lbs. (12-13)				
M. Carter	72.5	42.5	90	205
N. McCabe	72.5	37.5	85	195
220 lbs.				
J. Zuercher	150	100	150	400
Teen (14-15)				
114 lbs.				
R. Maestas	107.5	55	122.5	285
J. Rein	97.5	52.5	115	265
T. Costigan	57.5	40	85	182.5
123 lbs.				
L. Pruned	110	65	120	295
K. McClung	100	57.5	117.5	275
(16-17)				
M. Hansen	105	50	125	280
132 lbs.				
V. Scavuzzo	110	65	117.5	292.5
J. Posey	85	40	102.5	227.5
(18-19)				
J. Rein	132.5	75	165	372.5
J. Giorno	130	85	150	365
148 lbs.				
R. Theisen	127.5	97.5	152.5	377.5
D. Weisigier	95	50	100	245
(16-17)				
B. Hawkins	182.5	110	182.5	475
J. Bosunga	165	97.5	170	432.5
S. Estensoro	90	52.5	125	267.5
165 lbs. (14-15)				
J. Polakovic	160	87.5	190	437.5
S. Devlyn	90	72.5	135	297.5
J. Medina	105	57.5	127.5	290
A. Cross	107.5	57.5	120	285
(16-17)				
F. Pruned	142.5	77.5	192.5	412.5
181 lbs. (14-15)				
J. Lawrence	107.5	65	150	322.5
(18-19)				
S. Oakey	200	115	250	565
J. Peterson	137.5	125	157.5	420
198 lbs. (16-17)				
M. Johnson	175	105	175	455
220 lbs. (18-19)				
D. Kelley	227.5	152.5	235	615
242 lbs. (14-15)				
M. Littlefield	150	107.5	160	417.5
(16-17)				
J. Walters	190	152.5	230	572.5
(18-19)				
B. Schwake	210	122.5	242.5	575
M. Dionisio	215	142.5	202.5	560
WOMEN				
123 lbs. Teen (18-19)				
A. Stemgrim	105	52.5	92.5	250
M-1 (42)				
O. Sage	60	52.5	82.5	195
M-1 (40)				
S. Warren	47.5	37.5	72.5	157.5
132 lbs. Open				
J. Rey	145	90	167.5	402.5

148 lbs. B. Wazel	75	50	97.5	222.5
165 lbs. Open (28)				
H. Geersen	137.5	110	157.5	405
M. Gertner	107.5	62.5	117.5	287.5
Junior (23)				
165 lbs. L. Hanifen	217.5	197.5	220	635
181 lbs. Junior (20)				
B. Beikmann	227.5	145	265	687.5
Collegiate				
148 lbs. B. Cooper	190	100	197.5	487.5
165 lbs. B. DelBalso	160	100	187.5	447.5
275 lbs. Tuchscherer	237.5	192.5	307.5	737.5
148 lbs. Master-1				
K. Leinsill	155	102.5	190	447.5
Master-5				
B. Beamer	165	125	192.5	482.5
165 lbs. Master-1				
M. Sigala	242.5	155	262.5	660
198 lbs. R. Martinez	182.5	160	197.5	540
Master-2				
R. Keele	155	105	200	460
A. Clemons	65	55	150	270
Master-3				
S. Harms	190	147.5	175	512.5
Master-5				
Wischkowski	160	120	175	455
220 lbs. Master-1				
J. Miller	185	162.5	185	532.5
Master-2				
S. Roberts	305	197.5	275	777.5
S. Nelson	227.5	142.5	230	600
A. Pares	195	132.5	195	522.5
242 lbs. Master-4				
L. Castro	195	110	200	505
275 lbs. Master-2				
M. Samson	227.5	142.5	212.5	582.5
Open				
165 lbs. L. Hanifen	217.5	197.5	220	635
198 lbs. B. Rowe	275	165	245	685
220 lbs. Radululovich	320	185	295	800
S. Roberts	305	197.5	275	777.5
B. Keogh	245	175	260	680
T. Howell	137.5	90	152.5	380
275 lbs. J. Wilson	250	165	250	665
275 lbs. T. Howell	137.5	90	152.5	380
165 lbs. J. Wilson	250	165	250	665
(Thanks to USAPL for providing results)				

USAPL December Fest (kg)

11 DEC 04 - Brooks City Base, TX				
	SQ	BP	DL	TOT
Junior (20-23)				
48 kgs.				
C. Davenport	65	45	95	205
Teen (14-15)				
B. Morales	92.5	42.5	102.5	102.5
56 kgs.				
D. Parks	97.5	42.5	115	255
H. Wright	90	42.5	102.5	235
C. Parks	80.5	37.5	92.5	210.5
67.5 kgs.				
M. Cook	105	57.5	117.5	280
K. Strauss	100	45	117.5	262.5
Teen (16-17)				
M. Mendosa	92.5	40	112.5	245
Teen (18-19)				
N. Love	87.5	42.5	105	235
Youth (10-11)				
52 kgs.				
A. Cook	90	42.5	95	227.5
Youth (12-13)				
I. Bell	100	50	110	260
Master (40-44)				
100 kgs.				
D. Mullins	210	145	227.5	582.5
J. Gutierrez	142.5	150	187.5	480
Military				
D. Dent	205	125	222.5	552.5
Open				
90 kgs.				
M. Coleman	222.5	220	227.5	670
110 kgs.				
R. James	225	160	225	610

145 kgs. C. Saunders	295	150	320	765
E. Jones	252.5	200	272.5	765
145+ kgs. T. Dobson	207.5	165	255	627.5
Submaster				
100 kgs. D. Johnson	295	185	295	775
Teen (14-15)				

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 - * extra reinforced construction
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AAU Maryland Raw
09 OCT 04 - Baltimore, MD

BENCH FEMALE	220 lbs. (40-49)	
Raw	K. Daily	330
148 lbs.	242 lbs.	
Open	Open	
K. Dennis!	D. Harris	385
165 lbs.	Open	
Open	J. Witt	500
T. Gordon	(70-79)	
A. Carter	D. Joy	330
MALE	CURL	
Raw	FEMALE	
114 lbs.	Raw	
Open	Open	
C. Danizler	A. Carter	75
(10-11)	T. Gordon	70
C. Dantzler	MALE	
148 lbs.	Raw	
Open	(14-16)	
T. Mueller	A. Lebrun	125
(40-49)	Open	
T. Mueller	C. Tucker	150
165 lbs.	M. Giddings	180
(14-16)	(70-79)	
A. Lebrun	D. Joy	130
(33-39)	Open	
M. Fowler	J. Witt	185
(50-59)	(40-49)	
A. Fowler	J. Bosley	175

AAU Star City Fall Classic (kg)
6 NOV 04 - Lincoln, NE

BENCH WOMEN	Equipped			
Raw	181 lbs.			
165 lbs.	O			
T1	D. Geistinger	152.5		
E. Roelfs	220 lbs.			
MEN	M1			
IRONMAN	BP	DL	TOT	
148 lbs.				
M1	90	162.5	252.5	
M. Lofing				
T2	72.5	157.5	230	
C. Spilker	57.5	100	157.5	
B. Chrisensen				
198 lbs.				
T2				
W. Heiser	105	145	250	
J. Warner	105	115	220	
PWRLIFTING	SQ	BP	DL	TOT

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At the Northern Virginia Raw Competition... we have (front row, left to right) Nick Mercorelli, John Self, Kerri Self, and Kenneth Spitzer; (back row, left to right) Brian Powell, Rueben Weaver, Michael Jacques, and Brian Self. (photo provided by courtesy of John James)

RAW WOMEN	132 lbs.					
T1	K. Schroer	97.5	62.5	125	285	
165 lbs.						
T1	K. Schroer	102.5	67.5	129	299	
181 lbs.	O					
K. Dodge	135	72.5	130	337.5		
MEN	132 lbs.					
T1	J. Hile	182.5	97.5	160	440	
D. Brestler	92.5	47.5	112.5	252.5		
T3	C. Borer	115	80	137.5	332.5	
275 lbs.	M1					
J. Kunzman	262.5	185	255	702.5		
308 lbs.	O					
S. Davenport	327.5	235	322.5	885		
Best Lifter: Katie Dodge. Best Bench: Steve Davenport. Meet held at Lincoln Christian School. (results courtesy Howard Huffman)						
PWERSPORT	WOMEN	132 lbs.				
BENCH	MEN	K. McGowan	85			
M-1	148 lbs.	C. Peters	92.5!			
198 lbs.	D. Hoag	157.5				
Jrs.	275 lbs.	S. Green	147.5			
308 lbs.	Pure	J. White	140			
J. Gossard	167.5					
DEADLIFT	Nat	P. Sullivan	185			
308 lbs.	J. Gossard	185				
POWERLIFT	BENCH	M-2	D. Bruce	125		
YOUTH	CR	SQ	BP	DL		
66 lbs.	T. Kennedy	10	—	20	50	
110 lbs.	D. Hopkins	—	50	37.5	65	
123 lbs.	C. Henderson	—	45	35	92.5	
PWERSPORT	Junior	148 lbs.				
J. Reick	—	62.5	67.5	137.5		
275 lbs.	S. Green	40	—	147.5	190	
Teen	198 lbs.	D. Brandon	—	102.5	42.5	120
M-1	308 lbs.	J. Gossard	60	—	167.5	185
M-P	J. Gossard	60	—	167.5	185	
POWERLIFT	132 lbs.	SQ	BP	DL	TOT	
M-2	C. Kennedy	155	110!	152.5!	417.5	
220 lbs.	M-1					

Northern Virginia Raw PL/BP
06 NOV 04 - Sterling, VA

BENCH WOMEN	123 lbs.				
K. Self	135!				
MEN	181 lbs.				
198 lbs.	5Q	BP	DL	TOT	
N. Mercorelli	450!	385!	485!	1320!	
4th	475!	390!			
220 lbs.	K. Spitzer	520!	360!	535!	1415!
4th	535!				
242 lbs.	B. Self	600!	400!	580!	1580!
242 lbs.	(45-49)				
M. Jacques	375!	330!	480!	1185!	
275 lbs.	(40-44)				
R. Weaver	450	375	525	1350	
319 lbs.	(40-44)				
J. James	365	280	515	1140	

!Northern Virginia Raw Power Record. Best Lifter: Nick Mercorelli. This meet, held on the Saturday following election day, had some great returns. In women's 123, Kerri Self set a record with a 135 lbs. bench press. John Self set a bench record in the 181s of 355 which he shattered on a 4th attempt of 370. Brian Powell did a 370 bench press for a record which he also broke on a 4th attempt of 390 in the (35-39) 242s. Nick Mercorelli was best lifter; He lifted in the 198s, weighed in at 188, and had a 1320 total. Brian Self had the biggest lifts of the meet 600 squat, 400 bench and a 580 deadlift. Kenneth Spitzer did some great raw squats for a 220 pound lifter under less than ideal conditions on his way to a 1415 total. I was happy to see my buddy Rueben Weaver compete again. We used to train at the same gym, The Weight Room, back in the 80s. Rueben went 9 for 9, had a lot of great stories, and was helpful to all the lifters. Thank you to Ron Buch and Len Walker for spotting and loading. Thanks to Mike Lambert and PLUSA. (Thanks to John James for results)

NASA Kansas City Regional (kg)
13 NOV 04 - Kansas City, KS

PWERSPORT	WOMEN	132 lbs.				
BENCH	MEN	K. McGowan	85			
M-1	148 lbs.	C. Peters	92.5!			
198 lbs.	Jrs.	198 lbs.				
275 lbs.	M-2	E. White	182.5			
S. Green	147.5	Teen				
308 lbs.	Pure	J. White	140			
J. Gossard	167.5	220 lbs.				
DEADLIFT	Nat	P. Sullivan	185			
308 lbs.	J. Gossard	185				
POWERLIFT	BENCH	M-2	D. Bruce	125		
YOUTH	CR	SQ	BP	DL		
66 lbs.	T. Kennedy	10	—	20	50	
110 lbs.	D. Hopkins	—	50	37.5	65	
123 lbs.	C. Henderson	—	45	35	92.5	
PWERSPORT	Junior	148 lbs.				
J. Reick	—	62.5	67.5	137.5		
275 lbs.	S. Green	40	—	147.5	190	
Teen	198 lbs.	D. Brandon	—	102.5	42.5	120
M-1	308 lbs.	J. Gossard	60	—	167.5	185
M-P	J. Gossard	60	—	167.5	185	
POWERLIFT	132 lbs.	SQ	BP	DL	TOT	
M-2	C. Kennedy	155	110!	152.5!	417.5	
220 lbs.	M-1					

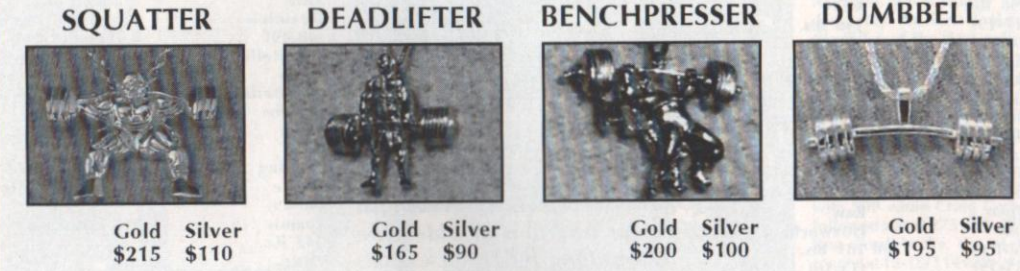
Police
M. Ficcola
!American Records. (courtesy Jim Duree)

SLP Arkansas Christmas For Kids
11 DEC 04 - Glenwood, AR

BENCH WOMEN	114 lbs.		
Master (45-49)	Master (60-64)		
114 lbs.	165 lbs.		
M. Fryar	70	S. Allen	155
Novice	4th-160		
275 lbs.	J. Turner	355!	
K. Brown	385!	Master (70-74)	
Teen (13-15)	165 lbs.		
148 lbs.	H. Hager	230	
J. Shepard	145!	Police/Fire (55-59)	
4th-150!	242 lbs.		
Teen (16-17)	181 lbs.	A. Harris	340!
181 lbs.	J. Shepherd	270!	4th-350!
Junior	Police/Fire		
181 lbs.	Open		
A. Forga	315	181 lbs.	
308 lbs.	K. Treadway	305!	
L. Duncan	480!	4th-315!	
Submaster	Open		
308 lbs.	181 lbs.		
K. Brown	405!	P. Clark	350
Master (45-49)	220 lbs.		
198 lbs.	J. Fryar	320	
D. Partee	315	DEADLIFT	
4th-320!	Junior		
R. Mace	305	308 lbs.	
4th-315	L. Duncan	725!	
Master (55-59)	(45-49)		
242 lbs.	198 lbs.		
A. Harris	340		
4th-350!	R. Mace	360!	
275 lbs.	4th-370!		

!Son Light Power Arkansas state record. Bench Presser: Larodrick Duncan. Best Deadlifter: Larodrick Duncan. The Son Light Power Arkansas Christmas For Kids Bench Press Deadlift Championship was held at Glenwood Athletic Club in Glenwood, Arkansas. A good turnout and lots of toys collected for the needy children in the area; a big thank you goes out to all the participants and owner Jason Fryar for their help in promoting this annual event. In the bench press competition Marie Fryar returned to the lifting platform, even though she had been fighting a cold, taking the master women's 45-49/114 class with her 70 opener. Three more attempts at a state record 80 was close but not meant to be on this day. First-time lifter Kenneth Brown set the Arkansas state record for the 275 novice class with a solid 385, he too making just his opening attempt. In the teenage men's 13-15/148 class it was J. P. Shepard with new state records for his third (145) and fourth (150) attempts, taking that class in his first competition. J.R. Shepard set the state record for the 16-17/181 class with each of his attempts, finishing with a personal best 270. At junior it was Andy Forga with a strong 315 for the win at 315. This was Andy's first competition also. Then at junior 308, LaRodrick Duncan ran away from the pack, finishing with a new state record 415, after two close calls with 505! LaRodrick was also awarded the best lifter trophy for the competition. Kevin Brown only got in his opener of 405, but it was good enough for the win at submaster 308, also setting the state record there. In the master men's 45-49/198 class there was some friendly but stiff competition between Don Partee and Raymond Mace. Raymond, the past record-holder here, finished with 305 before making a fourth with 315. But Don contin-

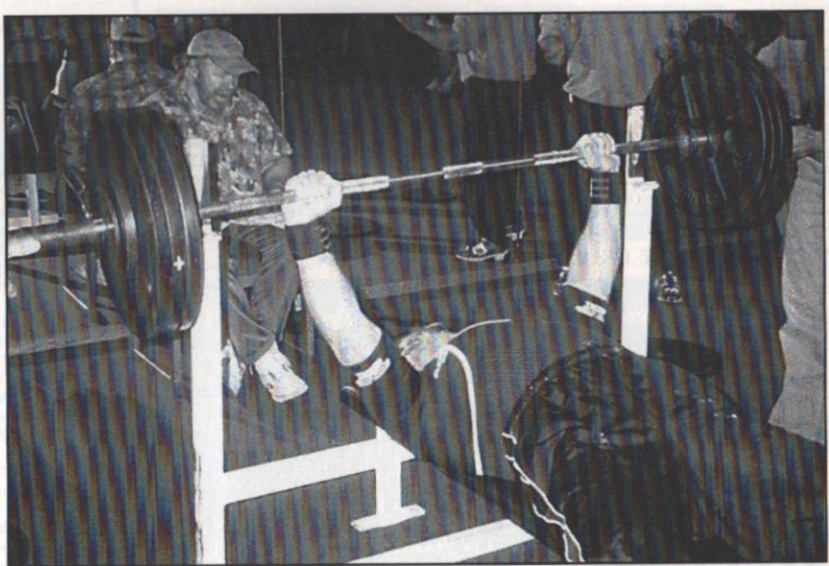
Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants are 14k gold. Silver Pendants are also available. All pendants are also available as tie tacks and lapel pins.



For information, call Michelle at 760 - 371-7898 (8am to 5pm Mon-Fri pst.) Ordering: Send money order, cashiers check or personal check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.

ued to pursue, taking the title with 315, then finishing with a new state record of 320 for the win. Al Harris looked strong at 55-59/242, taking the title there and tying the current state record with his 350 fourth attempt. Al also broke his own state record for the police and fire division for that age and weight class. Also at 55-59 was 275 winner Danny Brackin. Danny, who came up from Sarepta, Louisiana, lifted raw, finishing with a personal best and new state record 415, which he made on his fourth attempt. State record holder Steve Allen won again at 60-64/165, finishing with 155, followed by a good 160 fourth while Jim Turner won at 242 with 355, breaking his own state record there. Crowd favorite Harold Hager had another good day, finishing with 230 and the title at 70-74/165. In the open police & fire division first-timer Kris Treadway won at 181 with his 305 third and 315 fourth attempts, both of which were new state records for the class. In the open division Phillip Clark won at 181 with 350 while Jason Fryar took the 220 class with 320. In the deadlift competition Big LaRodrick Duncan put on another show, pulling a new state record and personal best 725 for the win at junior 308. Best lifter again! Our only other dead

USAPL Kentucky State 4 DEC 04 - Henderson, KY	BENCH Only				
MALE	220 lbs.				
G. Mathews	225				
MALE	KY State				
220 lbs.	J. Hill	365	260	480	1105
A. Pernice	600	335	615	1550	
275 lbs.	R. Pirtle	550	375	575	1500
D. Rogers	765	415	750	1930	
K. Hayes	760	475	670	1905	
J. Gilpin	550	365	540	1455	
Open Master	165 lbs.				
M. Thomas	435	235	510	1180	
220 lbs.	D. Wallace	545	355	515	1415
275 lbs.	K. Hutchinson	405	430	405	1240
Raw	114 lbs.				
Youth	J. Wallace	125	55	160	340
123 lbs.	D. Hall	230	125	285	640
148 lbs.	High School				
K. Wallace	265	155	375	795	
198 lbs.	J. Mortis	450	225	450	1125
J. Childers	250	285	440	975	
R. Pace	340	250	360	950	
220 lbs.	D. Wallace	545	355	515	1415
D. Wallace	242 lbs.				
N. Moseley	500	300	405	1205	
275 lbs.	C. Spinney	400	230	430	1060
SHW	I. Dixon	450	360	440	1250
198 lbs.	R. Utley	200	325	400	925
FEMALE	132 lbs.				
T. Meyers	260	135	300	695	
198 lbs.	S. Moran	375	160	350	885
198+ lbs.	C. Shelby	245	115	260	620
165 lbs.	J. Grady-57	50	100	140	290
J. Grady-57	50	100	140	290	



Al Harris with a State Record 340 @ Police & Fire/55-59/242 at the SLP Arkansas Christmas for Kids contest. (photograph provided courtesy of Dr. Darrell Latch)

132 lbs.	285	245	385	915	
K. Hankins	148 lbs.				
M. Lawrence	335	210	365	910	
181 lbs.	D. Blackfordi	540	315	500	1355
T. Scagliarini	530	345	475	1350	
D. Rumph	410	305	505	1190	
J. Ware	475	270	430	1175	
198 lbs.	K. Dickson	475	310	495	1280
J. Ellis	385	230	450	1065	
220 lbs.	S. Koumanis	675	460	605	1741
J. Montoya	600	400	520	1520	
A. Pernice	600	335	615	1530	
242 lbs.	E. McKelvey	500	375	605	1480
T. Jenkins	425	285	425	1135	
275 lbs.	D. Rogers	765	415	750	1930
K. Hayes	760	475	670	1905	
J. Gilpin	550	365	540	1455	
Open Master	165 lbs.				
M. Thomas	435	235	510	1180	
220 lbs.	D. Wallace	545	355	515	1415
275 lbs.	K. Hutchinson	405	430	405	1240
Raw	114 lbs.				
Youth	J. Wallace	125	55	160	340
123 lbs.	D. Hall	230	125	285	640
148 lbs.	High School				
K. Wallace	265	155	375	795	
198 lbs.	J. Mortis	450	225	450	1125
J. Childers	250	285	440	975	
R. Pace	340	250	360	950	
220 lbs.	D. Wallace	545	355	515	1415
D. Wallace	242 lbs.				
N. Moseley	500	300	405	1205	
275 lbs.	C. Spinney	400	230	430	1060
SHW	I. Dixon	450	360	440	1250
198 lbs.	R. Utley	200	325	400	925
FEMALE	132 lbs.				
T. Meyers	260	135	300	695	
198 lbs.	S.				

WNPF Teen/Raw/Police Nationals
18 MAY 04 - Edison, NJ

BENCH	Loomis	150		
123 lbs.	242 lbs.			
Police	Open			
Raw	Muretta	140		
Cintron	260 Frenck	100		
165 lbs.	DEADLIFT			
(13-16)	WOMEN			
Raw	114 lbs.			
Parsells	190 Hoxworth	160		
198 lbs.	MEN			
(17-19)	148 lbs.			
RAW	(13-16)			
Tumminia	325 RAW			
(40-49)	Hoxworth	300		
Raw	(13-16)			
Green*	440 Richardson	355		
Open	165 lbs.			
Raw	(13-16)			
Green	440 Space	385		
220 lbs.	(50-59)			
Open	Raw			
Raw	Hoxworth	480!		
Caffrey	300 181 lbs.			
(35-39)	(13-16)			
Raw	Christenson	315		
Stalica	390 (17-19)			
Police	Tudisco	505		
Raw	(40-49)			
Phillips	265 Motichka*	525		
275 lbs.	198 lbs.			
(13-16)	(17-19)			
Raw	Space	510		
Moody	205 Open			
SQUAT	Skinner	535		
220 lbs.	(40-49)			
Open	Skinner	535		
Raw	Open			
Caffrey	450 Raw			
Johnson	420 Skinner	505		
SHW	(40-49)			
Open	Raw			
Kiefer	700 Skinner	505		
PWRCURL	220 lbs.			
165 lbs.	Open			
(13-16)	Raw			
Parsells	115 Johnson	520		
198 lbs.	Caffre	510		
(17-19)	Marshall	450		
Turner	135 Open			
220 lbs.	Marshall	420		
Open	SHW			
Stalica	150 Open			
Marshall	140 Kifer			
(40-49)				
WOMEN	BP	DL	TOT	
SHW				
Open				
Raw				
Theodoroulos	315	165	315	



In the tradition of olde time powerlifting, Bill Frenck squats raw with a strong 405 at the WNPF Raw Nationals (photo is by courtesy of Lou Tortorelli)

Space	420	240	510		
(17-19)					
Raw					
Tumminia	435	325	470		
Turner	315	205	420		
Police					
Raw					
Rodriguez	350	290	400		
(35-39)					
Sadie	425	325	600		
(40-49)					
Raw					
Deamicis	375	265	525!		
(40-49)					
Ruscitelli	515	385	605		
Open					
Ruscitelli	515	385	605		
220 lbs.					
Open					
Raw					
Fleming	600	360	545		
Caffre	450	300	510		
(40-49)					
Loomis	315	270	425		
242 lbs.					
Open					
Raw					
Piegan*	650	390	640		
Gonzales	500	375	440		
Frenck	405	305	450		
(35-39)					
Raw					
Tortorelli	470	280	470		
Open					
Perrotta*	700	470	600		
275 lbs.					
(13-16)					
Raw					
Hawrylock	230	160	320		
(17-19)					
Schilliro	360	285	370		
(40-49)					
Raw					
Gisoni	525	355	640		
(50-59)					
Raw					
Hoxworth	390	220!	480!		
181 lbs.					
(13-16)					
Raw					
Christenson	320	130	315		
Montenez	240	150	330		
(17-19)					
Tudisco*	380	245	505		
Open					
Along	370	335	390		
(35-39)					
Raw					
Lombard	305	285	410		
(40-49)					
Motichka	420	250	525		
198 lbs.					
(13-16)					
Raw					
Tidy	335	130	305		
(17-19)					

NASA Missouri Regional (kg)
11 DEC 04 - Joplin, MO

BENCH				
M4 198 lbs.				
B. Lumpkin	127.5			
PUSH/PULL				
BP				
DL				
TOT				

JR 275 lbs.	155	210	365		
(17-19)					
R. Cannon					
165 lbs. M1					
T. Crim	110	177.5	287.5		
Pure					
T. Crim	110	177.5	287.5		
242 lbs. M1					
D. Scott	140	—	140		
198 lbs. M3					
W. Smith	112.5	—	112.5		
181 lbs. SM2					
S. Wingert	145	—	145		
PWSPORTS	CR	BP	DL	TOT	
148 lbs. INT	—	117.5	—	117.5	
J. Tappendick	—	120	—	120	
198 lbs. M1					
T. Hill	—	150	—	150	
220 lbs. M2					
J. Fickel	—	112.5	—	112.5	
198 lbs. M3					
W. Smith	—	112.5	—	112.5	
MP					
W. Smith	—	112.5	—	112.5	
275 lbs. P					
J. Johnson	—	162.5	—	162.5	
148 lbs. INT					
J. Tappendick	50	—	—	50	
220 lbs. M2					
J. Fickel	65	—	—	65	
275 lbs. P					
J. Johnson	—	—	212.5	212.5	
66 kgs. Youth					
S. Bruders	—	—	45	45	
148 lbs. HS					
B. Roark	42.5	67.5	182.5	292.5	
165 lbs. HS					
J. Sentlinger	55	117.5	167.5	340	
242 lbs. HS					
C. Hughey	42.5	95	182.5	320	
275 lbs. HS					
J. Brock	47.5	85	100	232.5	
SHW JR					
B. Jacobs	105	192.5	330	627.5	
198 lbs. M1					
T. Hill	55	120	150	325	
220 lbs. M1					
J. Linder	62.5	117.5	190	370	
275 lbs. Pure					
J. Johnson	80	162.5	212.5	455	
105 lbs. WHS					
C. Winger	22.5	35	78.5	136	
88 lbs. Youth					
C. Anderson	15	25	60	100	
105 lbs. Youth					
C. Anderson	27.5	30	80	137.5	
PL	SQ	BP	DL	TOT	
198 lbs. M3					
J. Stovall	200	115	205	520	
165 lbs. NOV					
J. Hunn	70	127.5	167.5	385	
308 lbs. PURE					
F. Gant	240	197.5	305	742.5	
198 lbs. SMP					
W. Johnson	202.5	145	207.5	555	
242 lbs. SO					
B. Tanner	220	137.5	200	557.5	

(Thank you to Rich Peters for results)

APF Adirondack/Metal Militia
21 AUG 04 - Glens Falls, NY

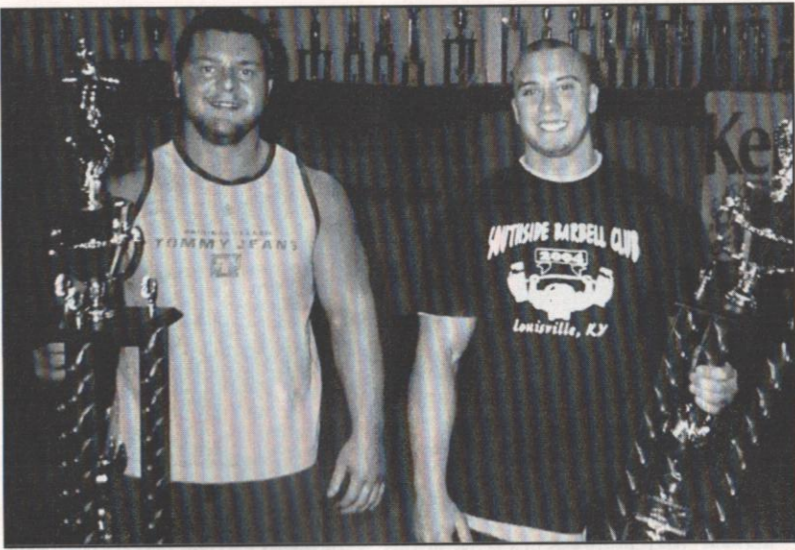
BENCH				
WOMEN				
123 lbs.	S. Rabine			565
J. Faraone	Submaster			
148 lbs.	R. Daly	265	220	550
A. Roberts	J. Ramsey	260	242	555
198+ lbs.	B. Hof			400
K. Currant	180 275 lbs.			
MEN	B. White			700
165 lbs.	T. Bruce			650
Junior	SHW			
Koppenhofer	305 S. Lattimer			835
181 lbs.	DEADLIFT			
B. Sheldon	240 198 lbs.			
198 lbs.	J. Jenkins			500
APF Full Pwr	SQ	BP	DL	TOT
165 lbs.				
P. Nicholson	440	300	405	1145
198 lbs.				
W. Benson	425	300	440	1165
242 lbs.				
P. Grosso	750	600	555	1905
275 lbs.				
C. Taylor	815	700	685	2200
B. Mimnaugh	840	570	705	2115
J. Basile	640	405	565	1610
275 lbs.				
Submaster				
H. Sargent	835	515	775	2125

(Thanks to Sandi McCaslin for results)

SLP Kentucky State BP/DL
20 NOV 04 - Louisville, KY

BENCH				
WOMEN				
Master (40-44)	R. Patton	375		
165 lbs.	4th-400!			
D. Shirley	175!	Open		
MEN				
Wheelchair	K. Thompson	275		
114 lbs.	181 lbs.			
H. Logsdon	200	C. Hamilton	385	
Spec. Olympian	198 lbs.			
181 lbs.	R. Patton	375		
S. Chapala	255!	4th-400		
Novice	242 lbs.			
165 lbs.	S. Nagle	—		
D. Curry	345!	275 lbs.		
R. Hamilton	245	R. Winter	585!	
181 lbs.		308 lbs.		
D. Greco	285!	J. Jesse	500	
198 lbs.	DEADLIFT			
T. Holley	375	WOMEN		
220 lbs.	Master (55-59)			
A. Stallard	405!	181 lbs.		
242 lbs.	S. Hunter	315!		
D. Anderson	530!	4th-325!		
275 lbs.	MEN			
C. Carter	405!	Spec. Olympian		
Teen (13-15)	181 lbs.			
114 lbs.	S. Chapala	315!		
R. Ford	140!	Novice		
148 lbs.	181 lbs.			
B. Cissell	180	D. Greco	430!	
4th-185	220 lbs.			
Teen (16-17)	A. Stallard	590!		
123 lbs.	275 lbs.			
B. Guffy	200	C. Carter	495!	
132 lbs.	Teen (13-15)			
B. Hemp	185!	114 lbs.		
181 lbs.	R. Ford	285!		
J. Meador	270!	Teen (16-17)		
Teen (18-19)	132 lbs.			
165 lbs.	B. Hemp	335!		
C. Witcher	265!	4th-350!		
Junior	181 lbs.			
198 lbs.	J. Meador	430!		
R. Patton	375	Master (40-44)		
4th-400	275 lbs.			
242 lbs.	J. Parks	505		
Lombardy, Jr	355	Master (45-49)		
Submaster	123 lbs.			
181 lbs.	B. Lamb	350		
K. Robbeloth	365!	148 lbs.		
Master (40-44)	M. Evans	430		
198 lbs.	Open			
D. Thompson	405!	165 lbs.		
4th-440!	W. Hemp	480!		
275 lbs.	220 lbs.			
J. Parks	500	A. Barnes	525	
J. Robinson	485	242 lbs.		
Master (45-49)	M. Cox			
123 lbs.	308 lbs.			
B. Lamb	240!	J. Jesse	575	
148 lbs.	181 lbs.			
M. Evans	230	Hunter/Shirl	600!	
220 lbs.				
R. Belanger	325			
Master (55-59)	181 lbs.			
Klinglesmith	315!			
Master (60-64)	242 lbs.			
T. Chapala	315			

Greco, another first-timer, won at 181 with 285; another state record! Tim Holley won at 198 with a solid 375; his first time out. Then at 220 it was Anthony Stallard, making just his 405 opener before finishing with a strong 440 fourth attempt. Jeff Parks settled with just his opener of 405, but which was still a new state record for the class. Daniel Anderson took the 242 class with a big state record 530, just missing a final attempt with 550. Craig Carter set the state record at 275 with his 405 opener. In the teenage men's 13-15 age group it was Ron Ford for the win at 114 with a new state record of 140. Blake Cissell won at 148 with 180, followed by a personal best fourth of 185. At 16-17 it was Brian Guffy with his first official 200 bench! This established a new state record at 123. Ben Hemp set the state record at 132 with 185 while Jake Meador did the same at 181 with 270. Cody Witcher tied the existing state record at 18-19/165 with 265. Robert Patton had a great day, taking all three of the classes he lifted in; junior, police & fire and open 198. But even more impressive was that Robert finally got his first official 400 bench, and he did it "raw"! Also at junior was 242 winner Anthony Lombardy, who finished with 355. Kelly Rebbeloth broke the state record for the



USPF Southeastern Cup 4 DEC 04 - Adel, GA			
BENCH	J. Conyers	295	
WOMEN	242 lbs.		
M. Vernal	95 W. Russell	235	
MEN	275 lbs.		
Master (40-49)	G. Heaton	415	
198 lbs.	308 lbs.		
K. Martin	430 M. Dame	405	
D. Murphy	— Open		
275 lbs.	132 lbs.		
B. Bullock	415 C. Catton	225	
Master (50+)	148 lbs.		
181 lbs.	T. McCoy	320	
H. Sauls	200 198 lbs.		
220 lbs.	S. Harrell	440	
J. Deverville	435 C. Rutherford	405	
J. May	285 220 lbs.		
K. Rowan	285 M. Green	550	
275 lbs.	242 lbs.		
R. Denny	325 J. Hoonstra	600	
Novice	J. Young	440	
132 lbs.	308 lbs.		
M. O'Steen	265 M. Dame	405	
148 lbs.	Police/Fire		
K. Poitevint	235 Middle		
165 lbs.	D. Murphy	—	
B. Hamilton	260 Heavy		
181 lbs.	M. Dame	405	
H. Sauls	200 Teen (18-19)		
198 lbs.	C. Catton	225	
FULL MEET	SQ BP DL TOT		
Masters (40-49)			
B. Bullock	600 415 660	1675	
Masters (50-59)			
C. Taylor	550 405 600	1555	
R. Denny	300 325 430	1055	
C. Hewitt	430 315 420	1165	
B. Coleman	350 190 325	865	
H. Sauls	260 200 315	775	
Novice			
132 lbs.			
M. O'Steen	315 265 400	980	
185 lbs.			
B. Hamilton	395 260 450	1105	
H. Sauls	260 200 315	775	
198 lbs.			
B. Bradshaw	475 300 500	1275	
J. Hoonstra	660 600 550	1810	
275 lbs.			
G. Heaton	550 415 525	1490	
J. Bowns	400 375 500	1275	
S. Lee	525 285 415	1225	
Open			
181 lbs.			
M. Kirkland	470 275 565	1310	
198 lbs.			
M. Christie	500 — 600	600	



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APF Iron Island Winter BP/DL
 6 NOV 04 - Oceanside, NY

BENCH	R. Freeman	400
181 lbs.	205 198 lbs.	
R. Freeman	E. Seltel	600
198 lbs.	475 J. Tuckner	440
S. Sceppe	340 220 lbs.	
E. Seltel	P. Orlando	425
220 lbs.	360 242 lbs.	
P. Orlando	P. Susco	645
242 lbs.	560 4th-675!	
L. DePalma	350 G. Getman	455
R. Renz	315 R. Renz	450
G. Getman	275 lbs.	
275 lbs.	365 N. Mazan	730
L. Hammond	C. Taylor	635
308 lbs.	705 G. Barsky	500
Z. McCaslin	560 L. Hammond	500
S. Culnan	365 308 lbs.	
D. Brown	D. Brown	550
SHW	655 SHW	
R. McCray	DEADLIFT	
DEADLIFT	165 lbs.	
165 lbs.	C. Rodgers	530
C. Rodgers	V. Centauro	475
V. Centauro	181 lbs.	

!=Masters (40-54) AAPF American Record. (Thanks to Iron Island PL Team for results)

APF Mississippi State (kg)
 6 NOV 04 - Biloxi, MS

BENCH	Master			
MEN	100 kg			
Open	T. Holley	205		
75 kg	R. Stopp	175		
D. Richardson	147.5 WOMEN			
110 kg	Open			
C. Simmons!	282.575 kg			
Submaster	C. Brooks	85		
82.5 kg	Master			
B. Permenter	160 52 kg			
R. Jones	130 B. Lafferty	62.5		
Novice	75 kg			
82.5 kg	L. Powell	70		
V. Welch	157.5			
GIRLS	SQ BP DL TOT			
Teen				
SHW				
C. Joyce	165 47.5 117.5	330		
WOMEN				
Master				
52 kg				
T. Rivers	77.5 35 110	222.5		
BOYS				
Teen				
67.5 kg				
R. Blunsch	182.5 92.5 205	502.5		
MEN				
Open				
60 kg				
R. Hawthorne	250 137.5 250	637.5		
75 kg				
T. Andrew	287.5 197.5 242.5	727.5		
90 kg				
W. Brantley	320 250 265	805		
T. Buckley	320 175 240	735		
L. Savoie	295 150 237.5	682.5		
100 kg				
B. Myers	335 217.5 265	817.5		
R. Tinney	295 165 245	705		
125 kg				
D. Favre	357.5 245 260	832.5		
SHW				
C. Moore	380 260 272.5	915		
Master				
90 kg				
A. Massie	295 137.5 205	625		
100 kg				
B. Myers	335 217.5 265	817.5		
B. Marotte	290 172.5 230	692.5		
B. Carter	242.5 172.5 245	660		

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pictures and banners. My oldest daughter Tiffany Craven, my mother-in-law Mrs. Linda Black and sister-in-law Shannon Black did a great job working the sales table. (They sold my powerlifting/bodybuilding and Universal "Animal" pictures & posters. Inzer Advanced Designs t-shirts, hats, knee & wrist wraps, used bench shirts, squat-suits, meet t-shirts, POWERPIT t-shirts with new logo and also a whole line of HOUSE OF PAIN t-shirts!) Mrs. Cathy Psydo worked the door, along with Brian White doing anything I asked!!! Garry brought his mono-lift over for the warm-up room, but his jack blew a seal. I changed out my jack from the competition mono-lift, so the 1 st flight could warm-up. To save time, the second flight warmed-up on the main stage and the crowd really enjoyed it! Mighty Mite-Richard Hawthorn (WPO 132 lb. champion) has started a small recording studio and his guys had some technical difficulties during the first flight, but with the help of Carolann Myers cd player, they were able to get the music banging for the 2nd flight. Tara Rivers started the day out and won the women's open 114 lb. class and best lifter. Charmayne Joyce, the 14 year old super heavyweight, won the girls teenage division with only 4 weeks of training, nearly squatting 429 lbs. her first time in an Inzer canvas suit. Richard Hawthorn had an off day in his squats, but still managed to win the 132's and best lifter in the men's open. Robert Blunsch, the 148 lb. red-headed firecracker from Garry Franks Hardcore barbell won the boys teenage division and had the war wounds to prove it! Timothy Andres was an APF poster child, with his shaved head and tattoo's, he easily won the 165 lb. men's open division. The 198 lb. division was easily won by Biloxi P.D.'s own "BART SIMPSON" a.k.a. Wesley Brantley. The POWERPIT's eldest member of the meet, had an off day in the squats and bench, but pulled thru in the deads and came in second. Luke Savoie, now a veteran lifter with Hardcore Barbell, managed a 3rd. Another POWERPIT team member, Bobby Myers had a PR day, winning the 220 lb. men's open/mastersdivisions. Ryon Tinney was second with a lot to learn about using equipment. BIG "D" another POWERPIT team member, David Favre was undefeated in the 275 lb. class. Chris Moore, the super heavyweight from Tennessee, looked like one of Louie Simmons guys from Westside barbell with his ultra-wide squat stance, he was also undefeated nearly getting a 903 lb. squat. Although most of the lifters were old enough to lift as masters, their were only 5 to actually do so. Alan Massie, a.k.a. THE MASS (the owner of Sicily's Italian Buffet) and the main sponsor of THE POWERPIT GYM TEAM and this meet, demolished all of his records from last year, easily winning the 198 lb. class. Barry Marotte went up a class and won 2nd place, he's another one

with only his opener. The rising 242 lb. star, Christain Simmons from the POWERPIT team, amazed everyone after missing 666 lb. on his second attempt, making a huge jump to 722 and coming within an inch from locking it out!!! He easily won his class and best bencher of the day. In the women's bench only division, Betty Lafferty from the W ABDL, at 62 years young, stole the masters, winning the 114 lb. class. Lani Powell came all the way from Washington State to win the women's masters 148 lb. class and a spot on the POWERPIT team. Last but not least is Cheryl Brooks, who benched raw on her first 2 attempts, then took a chan-e wearing a bench shirt on her third, breaking her personal best and winning the 165 lb. class. It's never fun to bomb out, especially when you spend all that time and money on your training. With each bomb out though, there's a lesson to be learned. Carolann Myers was the only bomb out in the squats, weighing in about 10 lbs. lighter than her training weight had been, she surprised the crowd (and her husband) with an exploding bloody nose on her third attempt miss. Like the true champ she is, she hung in there and coached her husband Bobby to the win and all new PR's. She will be making her comeback next month, at the APF Southern States meet in Florida. Dwyer Broussard, Paul Fowler and Kristin Lamonica seemed to have opened to heavy in the bench. While Andy Brann @ 275er, smoked a 903 squat that was turned down 2 to 1, opened conservatively light in the bench, but missed the rack signal. He then took a significant jump and missed his 2nd and 3rd attempts. Special Thanks to the following sponsors: Allan Massie - owner of Sicily's Italian Buffet, Tom & Teresa Banish - Power Shack Fitness Products, Richard Hawthorne and friends - Precussion Productions (DJ), BIG MIKE LOWES, Dr. Eve Magarios, Mike Ladnier - owner of 65 Studio's web design, Ken Cook - owner of ABC Auto Salvage, John Inzer - owner of Inzer Advance Designs, Rick Brewer - owner of House of Pain IRONWEAR, Dr. Day McKee - Digestive Health Center. (Report by Joe Ladnier)

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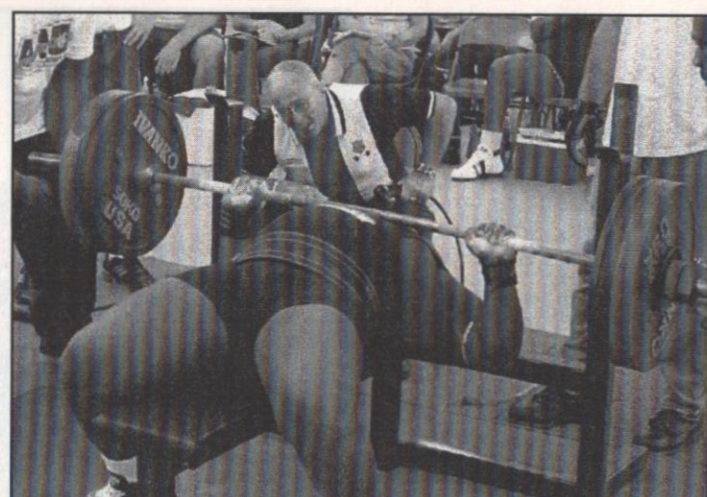
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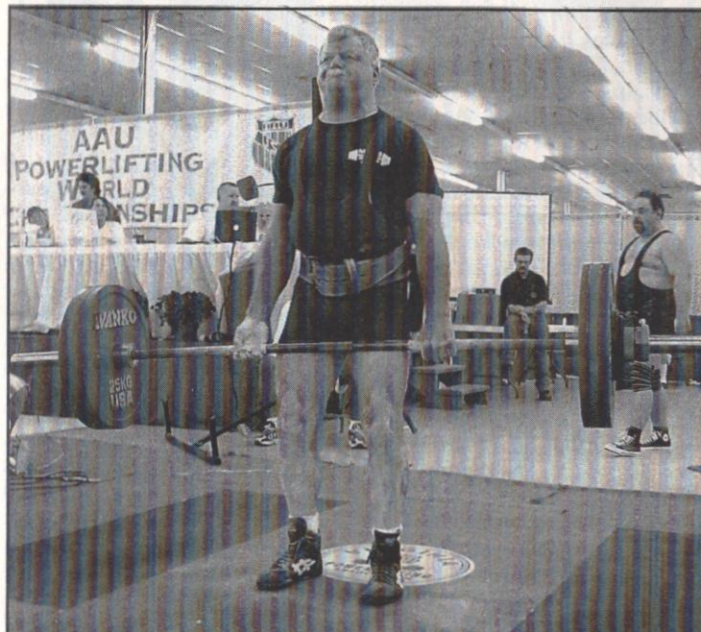
AAU World BP/DL/Push-Pull
29-31 OCT 04 - Richmond, VA

DEADLIFT	B. Myers	336
MALE	Military	
ASSISTED	Junior (20-23)	
148 lbs.	B. Myers	336
Lifetime	181 lbs.	
Masters (45-49)	Lifetime	
J. Warner	Masters (55-59)	501
4th-535	F. Sumner	341
Lifetime	Master (50-54)	
Open	J. Alston	473
J. Warner	Master (65-69)	501
4th-535	R. Pyatt	341
Masters (45-49)	Teen (14-15)	
J. Warner	S. Madrid	504
4th-535	198 lbs.	363
Youth (12-13)	Kids (10-11)	
A. McCloskey	P. Collins	440
165 lbs.	Master (55-59)	181
Lifetime	T. Smith	545
Masters (40-44)	Master (60-64)	
W. Croft	O. Rickman	573
Lifetime	220 lbs.	402
Open	Masters (40-44)	
W. Croft	R. Wilhelm	573
Masters (40-44)	Open	
W. Croft	R. Wilhelm	573
Open	Submasters (35-39)	
W. Croft	T. Bowman	573
181 lbs.	R. Andrew	468
Lifetime	Youth (12-13)	
Masters (40-44)	T. Proctor	159
M. Puckett	275 lbs.	545
Lifetime	Open	
Masters (70-74)	B. Prediger	518
T. Trevorah	FEMALE	440
Open	ASSISTED	
M. Puckett	165 lbs.	545
220 lbs.	Lifetime/Open	
Open	K. Bowers	369
T. Henriques	Open	677
275 lbs.	K. Bowers	369
M. Bradley	181 lbs.	584
308+ lbs.	Lifetime	
J. Orr	Masters (65-69)	573
RAW	E. Trevorah	380
77 lbs.	RAW	
Kids (10-11)	97 lbs.	176
R. Karstendiek	Kids (8-9)	176
Youth (12-13)	V. Vasquez	132
M. Cavallaris	114 lbs.	203
105 lbs.	Open	
Kids (10-11)	B. Cabrera	198
C. Dantzler	132 lbs.	132
114 lbs.	Open	
C. Dantzler	C. Gervais	137
132 lbs.	Kids (10-11)	
Lifetime	A. McCloskey	220
Master (45-49)	181 lbs.	341
M. Schultz	Masters (45-49)	341
165 lbs.	V. Hood	275
Junior (20-23)	Master (50-54)	



Mike Bradley was the Best Master Bencher in the Heavy category.

A. Henderson	4th-413	Master (50-54)	Open
BENCH	Lifetime	R. Strauss	392
Open	Open	M. Richmond	391
ASSISTED	T. Holland	404	B. Prediger
123 lbs.	4th-413	S. Gonzalez	418
Lifetime	Master (45-49)	Submaster (35-39)	F. Sumner
Masters (45-49)	T. Holland	404	S. Gonzalez
G. Murphy	4th-413	308 lbs.	Lifetime
Master (45-49)	220 lbs.	Open	Master (40-44)
Lifetime	B. Lamb	220	Open
Open	4th-225	148 lbs.	Open
K. Bowers	J. Hall	518	Open
Open	Youth (12-13)	Open	A. Shields
275 lbs.	A. McCloskey	220	(Assisted)
M. Bradley	165 lbs.	P. Bossi	534
308+ lbs.	Lifetime	Junior (20-23)	S. Casto
J. Orr	Master (60-64)	303	RAW
RAW	L. Cardon	336	Master (35-39)
77 lbs.	Master (45-49)	(Assisted)	P. Bossi
Kids (10-11)	M. Wicker	259	242 lbs.
R. Karstendiek	181 lbs.	259	Law/Fire
Youth (12-13)	V. Vasquez	132	Master (40-44)
M. Cavallaris	114 lbs.	203	C. Edwards
105 lbs.	Open	358	4th-369
Kids (10-11)	B. Cabrera	198	Lifetime
C. Dantzler	132 lbs.	132	Open
114 lbs.	Open		M. Bingham
C. Dantzler	C. Gervais	214	347
132 lbs.	Kids (10-11)		Open
Lifetime	A. McCloskey	220	4th-270
Master (45-49)	181 lbs.	341	Open
M. Schultz	Masters (45-49)	341	T. Trevorah
165 lbs.	V. Hood	275	264
Junior (20-23)	Master (50-54)		4th-270
	T. Holland	404	Open
	M. Bradley	473	198 lbs.
			Lifetime
			Master (45-49)
			Master (45-49)
			T. Holland
			404
			M. Bradley
			473



Oscar Rickman, 62, of North Carolina, pulling 402, weighing 185.

M. McQuade	380	Open	C. Gervais	93
Lifetime	148 lbs.	Open	148 lbs.	
A. Belfield	385	Lifetime	Lifetime	
Master (40-44)	Open	Open	Open	
A. Belfield	385	E. Manning	176	
Master (45-49)	4th-181	4th-181		
M. McQuade	380	Lifetime		
Master (70-74)	Open	Open		
R. Gunton	192	D. Grimes	110	
Open	Lifetime	Lifetime		
M. Belkanater	567	Submaster (35-39)		
M. Steward	418	C. Parker	71	
M. Steward	418	Military		
A. Selfield	385	Open		
Submaster (35-39)	D. Grimes	110		
S. Gonzalez	358	Military		
308 lbs.	Submaster (35-39)			
Lifetime	M. Vaughter	99		
Master (40-44)	Open			
W. Marrow, Sr	264	E. Manning	176	
Lifetime	D. Grimes	110		
Master (45-49)	Special			
W. Ferguson	352	Open		
Open	D. Handy	148		
W. Ferguson	352	165 lbs.		
T. Rapier	429	Kids (10-11)		
FEMALE	A. McCloskey	99		
ASSISTED	Military			
Lifetime	Master (40-44)			
J. Johnson	170			
165 lbs.	181 lbs.			
K. Bowers	214	Law/Fire		
Open	Open			
K. Bowers	214	M. Robbins	165	
181 lbs.	4th-181			
E. Trevorah	132	Master (45-49)		
198+ lbs.	V. Hood	192		
Open	4th-209			
S. Gibson	231	A. Henderson	143	
RAW	J. Bell	126		
114 lbs.	198 lbs.			
Open	Military			
B. Cabrera	88	Master (45-49)		
Submaster (35-39)	L. Hawkins	137		
R. Moore	143	198+ lbs.		
132 lbs.	V. Crowell	192		
PUSH/PULL	BP DL TOT			
MALE				
ASSISTED				
123 lbs.	Master (45-49)			
Master (45-49)	B. Lamb	220	402	
220 lbs.	4th-225	418		
148 lbs.				
Teen (18-19)				
D. Douglas	192	418	611	
165 lbs.				
Master (45-49)				
M. Wicker	259	396	655	
4th-DL-402				
Master (50-54)				
R. Smith	248	457	705	
Junior (20-23)				
B. Myers	248	336	584	
Military/Open				
C. McCool	248	352	600	
4th-DL-385				
181 lbs.				
Lifetime/Master (70-74)				
T. Trevorah	264	440	705	
4th-BP-270				
C. Castaneca	209	418	628	
198 lbs.				
Lifetime/Submasters (35-39)				
J. Wright	363	551	947	
Master (40-44)				
L. Nichols	391	551	942	
Master (60-64)				
M. Scott	292	531	823	
Military/Master (60-64)				
M. Scott	292	531	823	
Open				
S. Chattin	424	512	936	
220 lbs.				
Master (45-49)				
S. Dokes	374	573	947	
Open				
T. Henriques	347	677	1025	
Teen (18-19)				
R. Douglas	297	485	782	
242 lbs.				
Law/Fire/Master (40-44)				
C. Edwards	358	451	810	
4th-BP-369				
Lifetime/Open				
M. Haumesser	429	600	1030	
A. Belfield	385	451	810	
Lifetime				
4th-BP-369				
Master (45-49)				

D. Runner	341	551	892
Open			
M. Haumesser	429	600	1030
275 lbs.			
Master (50-54)			
R. Strauss	392	462	855
Teen (18-19)			
T. Shaffer	143	363	507
308 lbs.			
Open			
A. Shields	628	611	1240
308+ lbs.			
Junior (20-23)			
S. Casto	303	473	777
Open			
J. Orr	479	573	1052
RAW			
105 lbs.			
Youth (12-13)			
A. Ellis	121	248	369
4th-BP-261			
114 lbs.			
Open			
C. Dantzler	55	137	192
Youth (12-13)			
J. Fleming	138	275	414
4th-DL-286			
123 lbs.			
Teen (14-15)			
M. Manley	121	236	358
Teen (16-17)			
J. Pagan	126	270	396
132 lbs.			
Lifetime/Master (45-49)			
M. Schultz	203	341	545
Lifetime/Master (50-54)			
G. Landess	148	325	473
Master (50-54)			
G. Landess	148	325	473
Teen (14-15)			
T. Johnson	165	358	523
4th-DL-369			
165 lbs.			
Lifetime/Master (40-44)			
R. Barth	286	451	738
Master (40-44)			
R. Barth	286	451	738
Teen (14-15)			
T. McNeely	192	341	534
C. Lanzhaf	154	303	457
181 lbs.			
Master (55-59)			
B. Rich	242	303	545
Teen (14-15)			
S. Madrid	192	363	556
Teen (16-17)			
M. Pedillo	259	424	683
198 lbs.			
Junior (20-23)			
N. Roten	347	556	903
Lifetime/Master (50-54)			
P. Aulicino	352	518	870
Lifetime			
Master (60-64)			
W. Barnett, Jr.	236	374	611
Master (40-44)			
T. Williams	336	606	942
4th-DL-633			
Master (50-54)			
P. Aulicino	352	518	870
Master (55-59)			
T. Smith	270	545	815
Master (60-64)			
W. Barnett, Jr.	236	374	611
N. Roten	347	556	903
T. Williams	336	633	942
198 lbs.			
Submaster (35-39)			
W. Pennell	380	606	986
Teen (18-19)			
L. Hobbs	264	540	804
220 lbs.			
Lifetime/Master (55-59)			
J. Roten	330	584	914
Master (50-54)			
M. Gallagher	286	490	777
Master (55-59)			
J. Roten	330	584	914
Open			
T. Brightwell	429	573	1003
W. Nurse	352	529	881
R. Jones	308	462	771
Submaster (35-39)			
R. Dishman	407	421	892
4th-BP-421			
Youth (12-13)			
T. Proctor	77	159	236
242 lbs.			
Lifetime/Master (55-59)			
G. Prue	352	396	749
Lifetime/Open			



Candelario Castaneda is 70 years of age, and representing Mexico

181 lbs. Kids (10-11)
F. Wilson 66 121 187
Teen (14-15)
J. Outman 137 242 380
198+ lbs.
Teen (16-17)
R. Wilcox 143 314 457
L. Hannegan 110 248 358
World DEADLIFT Best Lifters MALES: Best Raw Open Heavyweight - Brain Preiger, Best Raw Master Lightweight - Tom Smith, Best Raw Master Heavyweight - Ralph Welheim, Best Assisted Open Lightweight - William Croft, Best Assisted Open Heavyweight - Timothy Henriques, Best Assisted Master Lightweight - Tom Trevorah, Best Assisted Master Heavyweight - Michael Bradley, FEMALE

WABDL Capitol City Classic
5 JUN 04 - Sacramento, CA

DEADLIFT		MEN	
WOMEN	Class-1	Class-1	Class-1
Junior	148 lbs.	E. Nahorniak	451
148 lbs.	148 lbs.	T. Pina	485
G. Gendotti	275	K. Herzik	380
Law/Fire	199+	J. Mayes	341
Submaster	418!	198 lbs.	
199+ lbs.	198 lbs.	A. Tortorelli	551
D. Myers	418!	220 lbs.	
Master (40-46)	105 lbs.	D. Brown	248
105 lbs.	105 lbs.	L. Nino	573
D. Brown	248	D. Tracy	573
114 lbs.	225	242 lbs.	
C. Salo	225	M. Ozaeta	633
132 lbs.	303	R. Hebele	600
J. Deuser	303	D. Arredondo	568
148 lbs.	342	SHW	
S. Maher	342	L. Contreras	473
S. Hedman	303	Junior (20-25)	
185 lbs.	181	165 lbs.	
S. Moore	181	J. Alves	402
198 lbs.	264	Law/Fire	
D. Plank	264	Master (40-47)	
J. Hue	259	165 lbs.	
UL	308	L. Esquivel	336
T. Merenkov	308	220 lbs.	
Master (47-53)	225	Z. Clark	644
UL	225	242 lbs.	
S. Vaterlaus	225	I. Soekardi	689!
Master (54-60)	165 lbs.	4th-700	
165 lbs.	231	275 lbs.	
J. Petrey	231	R. Huizar	573
Master (68-74)	165 lbs.	Law/Fire	
165 lbs.	270!	Master (48+)	
G. Cloninger	270!	220 lbs.	
Open	148 lbs.	D. Imrie	512
148 lbs.	275	M. Burrue	600!
G. Gendotti	275	P. Goodwin	540
Submaster	123 lbs.	4th-552!	
123 lbs.	J. Green	292	Law/Fire
J. Green	292	Open	
132 lbs.	R. Jones	264	181 lbs.
R. Jones	264	C. Walker	545
165 lbs.	P. Carroll	231	220 lbs.
P. Carroll	231	Z. Clark	644
UL	D. Myers	418!	242 lbs.
D. Myers	418!	D. Arredondo	568
Teen (13-15)	148 lbs.	275 lbs.	
148 lbs.	B. Braguine	225	D. Martinez
B. Braguine	225	Law/Fire	
Teen (16-19)	123 lbs.	Submaster	
123 lbs.	K. Phipps	231	198 lbs.
K. Phipps	231	S. Pearson	468
198 lbs.	L. Vaterlaus	214	220 lbs.
L. Vaterlaus	214		



Donna Myers ... 6'4" and 405 pounds, has the potential .. says Gus Rethwisch ... to deadlift 600 pounds. At the WABDL Capitol City Classic she benched 220 and deadlifted 418. (CSS Photo Design)

L. Nino	573	Master (40-46)	198 lbs.	I. Soekardi	689	
D. Randa	545	181 lbs.	J. Woods	137	4th-700	
T. Ornduff	490	D. Brekke	435	242 lbs.	D. English	600

G. Phipps	529	165 lbs.	M. Feldman	374
275 lbs.	R. Huizar	573	K. Saleman	352
198 lbs.	Master (47-53)	A. Davila	348	
4th-352	G. Alves	407	K. Herzik	238
T. Robinson	253	J. Mayes	225	
275 lbs.	T. Stewart	562	J. Gammon	407
SHW	B. Alvarez	303	220 lbs.	
L. Contreras	473	220 lbs.	A. Bautisti	429
Master (54-60)	242 lbs.	S. Sames	424	
R. Spikes	523	D. Tracy	418	
4th-540	R. Yost	380	242 lbs.	
Overholtzer	507	242 lbs.	R. Hebele	402
Master (61-67)	198 lbs.	J. Gaudin	374	
Open	R. Eriksen	462	A. Herrera	336
165 lbs.	J. McMurray	424	259 lbs.	
T. Adams	633	R. Budd	358	
181 lbs.	P. Daane	473	B. Alex	451
SHW	I. Soekardi	817	F. Delatorre	518
L. Contreras	429	165 lbs.	Junior (20-25)	
D. Freeland	639	165 lbs.	J. Alves	402
SHW	N. Tuffanelli	800!	4th-407	
Submaster (34-39)	181 lbs.	J. Cisneros	512	
R. Troup	485	Law/Fire		
242 lbs.	V. Shaw	485	Master (40-47)	
Teen (16-19)	181 lbs.	R. Lopez	413	
181 lbs.	J. Neufeld	407	R. Chavez	374
4th-429	B. Williams	424	Z. Clark	429
220 lbs.	259 lbs.	S. Bloom	—	
A. Contreras	358	275 lbs.	R. Huizar	462
BENCH	WOMEN	308 lbs.	J. Tovar	578!
Law/Fire	J. Minahan	540	SHW	
Submaster	D. Myers	220!	D. Schultz	—
UL	Master (40-46)	105 lbs.	Law/Fire	
D. Brown	137	259 lbs.	Master (48+)	
M. Burrue	220	181 lbs.	501!	
C. Salo	132	SHW		
132 lbs.	P. Goodwin	485	242 lbs.	
R. Briggs	—	Law/Fire		
J. Deuser	187	Open		
148 lbs.	181 lbs.	512!		
S. Hedman	176	C. Walker	501!	
S. Maher	165	4th-513		
165 lbs.	137	D. Arredondo	507	
S. Moore	137	259 lbs.		
198 lbs.	J. Hase	214	—	
J. Plank	159	A. Porter	518!	
UL	4th-529			
T. Merenkov	187	308 lbs.		
U. Gaman	148	J. Cisneros	512	
Master (47-53)	105 lbs.	Law/Fire		
UL	105 lbs.	Open		
S. Vaterlaus	215!	SHW		
Master (68-74)	165 lbs.	D. Schultz	—	
165 lbs.	G. Cloninger	99!	F. Delatorre	518
Open	105 lbs.	Law/Fire		
105 lbs.	C. Neely	203	Submaster	
4th-220!	132 lbs.	220 lbs.		
J. Deuser	187	4th-446	424	
Submaster	123 lbs.	T. Ornduff	413	
123 lbs.	J. Green	165	—	
R. Patten	159	Master (40-46)		
132 lbs.	181 lbs.	B. Levering	451	
R. Jones	143	D. Brekke	270	
UL	198 lbs.	F. Dena III	—	
D. Myers	220	J. Woods	137	
Teen (13-15)	148 lbs.	220 lbs.		
B. Braguine	126	D. Peterson	341	
Teen (16-19)	123 lbs.	242 lbs.		
123 lbs.	K. Phipps	115	D. English	512
198 lbs.	L. Vaterhaus	170	R. Ludlam	551
MEN	J. McMurray	424	275 lbs.	
Class-1	275 lbs.	R. Huizar	462	
148 lbs.	E. Nahorniak	330	Master (47-53)	
Nhamhouane	253	181 lbs.		

P. Janoff	330	220 lbs.	J. Neufeld	209	220 lbs.	
D. Rene	325	G. Stephens	—	198 lbs.	A. Sinclair	440
198 lbs.	242 lbs.	B. Williams	281	A. Contreras	259	
G. Alves	391	R. Kitsnl	584	4th-303		
T. Robinson	303	J. Hunter	545	World Records.		
220 lbs.	E. McLaughlin	479	Records were set by Yanto Soekardi in			
L. Wyckoff	347	259 lbs.	law/fire mater 40-47 with 700.8, Manny			
R. Carbo	—	R. Ludlam	551	Burrue in law/fire master men 48+ 259#		
275 lbs.	A. Porter	518	with 600.7, Paul Goodwin law/fire 48+			
M. Johnson	325	4th-529	super with 552, Donna Myers law/fire			
308 lbs.	275 lbs.		submaster women unlimited 418.7, Grace			
J. Minahan	540	S. Cartwright	545	Cloniger master women 68-74 165 with		
SHW	518	D. Freeland	518	270, Nate Tuffanelli open men super with		
L. Contreras	429	308 lbs.	308 lbs.	a rare 800 - that's a number rarely seen		
Master (54-60)	181 lbs.	S. Wong	760	anymore - he weighs 427#. In the bench		
181 lbs.	N. Rial	512	press, world records were set by Jaime			
R. Tsutsui	319	SHW	578.5, Charles Walker law/fire open 181			
259 lbs.	J. Sheffield	573	with 513.6 both of the aforementioned			
E. Olson	330	Submaster (34-39)	165 lbs.	lifters train with Matt LaMarque's Iron		
275 lbs.	165 lbs.		Society in Monterey, California. World			
VanBrocklin	231	M. Feldman	374	records in the bench also by Andrew		
Master (61-67)	181 lbs.	R. Troup	236	Porter. Law/fire open 259# with 529,		
181 lbs.	220 lbs.	Donna Myers law/fire submaster unlim-				
G. Hawkins	270	T. Ornduff	413	ited with 220, Sue Vaterlaus master		
198 lbs.	R. Exum	363	women 47-53 unlimited 215.8 and Grace			
R. Eriksen	266	242 lbs.	Cloniger master women 68-74 165 with			
242 lbs.	R. Kitani	584	99#. Donna Myers is 6'4" and weighs			
M. Bonifield	314	E. McLaughlin	479	405# and is solid. J.P. Krachunis, a former		
Master (68-74)	165 lbs.	J. Villegas	336	Pro Wrestler, is her coach and she will		
165 lbs.	R. Goodman	242	275 lbs.	hit 600# in the deadlift, maybe 650 drug		
242 lbs.	S. Cartwright	545	free. She is a police woman. Sue Vaterlaus			
E. Anderson	341	308 lbs.	is trained by Rene Nielsen and finally got			
Master (75-79)	S. Wong	760	a world record and I'm sure this won't be			
220 lbs.	Teen (13-15)	114 lbs.	her last now that she has a taste of it.			
E. Miranda	242	J. Minahan III	115	Moving on with world records in the		
Open	148 lbs.	4th-132		bench press, Steve Wong tried 760 and		
J. Imamura	341	165 lbs.	missed it because the bar was misloaded			
165 lbs.	K. Brott	214	to 782. He finally came back and blasted			
S. Dias	407	259 lbs.	760 easily for world records in 308 in			
181 lbs.	V. Tovar	363	both the open and submaster divisions.			
C. Walker	501	4th-374		Steve is lifetime drug free and did these		
4th-513	Teen (16-19)	148 lbs.	lifts with a single ply shirt - the highest			
P. Deane	248	Ri. Chavez	270	in history. In open women, Cassette Neely		
198 lbs.	Ru. Chavez	264	set a huge world record of 220 at 105. In			
T. Robinson	303	Ru. Chavez	264	teen men 13-15 259 Viktor Covar, coached		
R. Gloria	220	181 lbs.		by his father Jaime, became the 2nd		
				father son team to set world records. I		

believe before the year is over, Viktor will bench 400 as a 15 year old. I also believe Steve Wong will bench 800 before the year is over and 850 before he's done. Only boredom will slow him down. If he can be hungry, the sky is the limit. Steve tends to be very laid back. Notable state records in the deadlift included Donn Imrie with a California state 5125 in law/fire master 220, Charles Walker with a California record 545.5 in law/fire open 181#, Zach Clark 644.7 in law/fire open 220. Derek Arredondo a California record 568.8 in law/fire open 242. In master men 40-46 242, Yanto Soekardi had a California record 700.8 and Darwin English had a Nevada record 600.7. In master men 47-53 275 Ted Stewart had a Nevada record 562. In master men 54-60 242 deadlift, Ron Spikes set a California state record 540. In master men 61-67 198 Roy Erickson set a Nevada record 462.7. In master women 40-46 148, Silvia Maher set a California record 342.6. In open 165, Tobias Adams put up a Tony Capri-type lift 633.7 for a California record. Notable state records in the bench were Josh Gammon 407.7 California record in class-1 181#, Darwin English 512.5 bench for a Nevada record in master 40-46 242. Frank Delatorre class-1 superheavy 518 California record and law/fire open California record. John Alves came up big with a junior 165# bench 407.7 for a California record. Greg Alves put up a California record 391.2 in master 47-53 198# class. Russell Kitani in open men 242 benched an above average 584. Rich Ludlam at 259 open put up 551. Mark Feldman benched a Nevada Record 374.7 in submaster 165 and Bryan Williams benched a 303 Nevada record in teen 16-19 198#. Big Jim Sheffield put up 573 at super and he should be ready for the big 600 soon. In want to thank the meet directors Jody and Lorraine Woods. Lorraine does a great job as MC. Gary and Elma Thomas did the weigh-ins and

computer. The judges were Jim Sheffield, Mike Moore, Ken Anderson, David Freeland and Jody Woods. There were 160 lifters and the meet was held in the ballroom of the beautiful Marriott Hotel in Rancho Cordova, a Subaru of Sacramento. (These results were provided to POWERLIFTING USA by Gus Rethwisch)

USAPL Florida Collegiate
17 OCT 04 - Ft. Myers, FL

WOMEN	SQ	BP	DL	TOT
114 lbs.	—	—	—	—
Hitchcock-N	—	—	—	—
123 lbs.	—	—	—	—
A. Jones-F	180	105	250	535
132 lbs.	—	—	—	—
J. Momfort-F	230	125	260	615
148 lbs.	—	—	—	—
J. Wiersma-F	150	—	—	—
114 lbs.	—	—	—	—
K. Scheppe-F	230	145	315	690
132 lbs.	—	—	—	—
B. Creel-F	345	235	345	925
148 lbs.	—	—	—	—
B. Korman-N	185	270	205	660
165 lbs.	—	—	—	—
P. Gallagher-F	—	—	—	—
181 lbs.	—	—	—	—
J. Falone-F	340	315	445	1100
M. Banach-F	280	235	265	780
N. Troucher-N	225	205	275	705
198 lbs.	—	—	—	—
Wilcoxson-F	485	340	420	1245
A. Simons-F	—	—	—	—
J. McNeil-F	300	—	—	—
B. Markham-F	330	280	520	1130
242 lbs.	—	—	—	—
R. Hayne-F	440	350	415	1205
G. Alme-N	—	—	—	—

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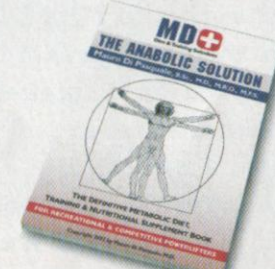
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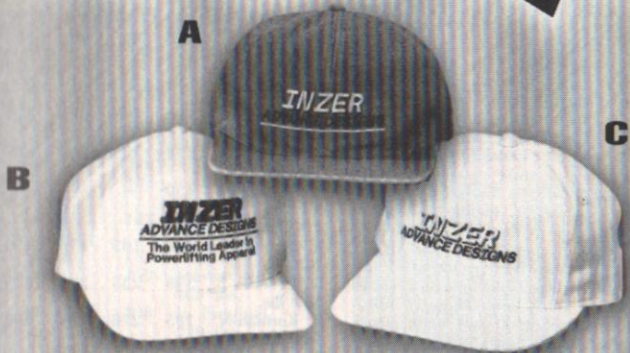
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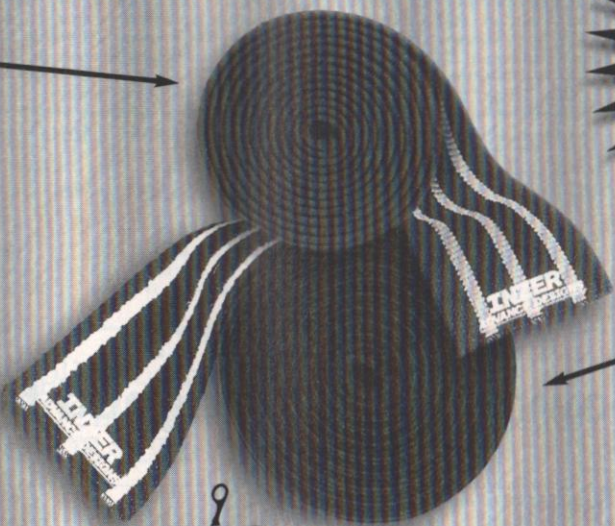
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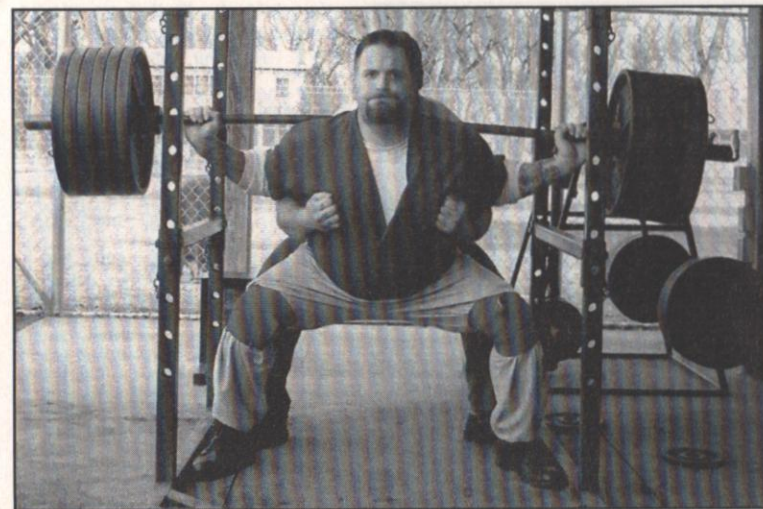


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Phillip "PJ" Pfelehardt attempting a 585 squat at the FLCF Meet. (McKenzie)

FLCF Inaugural Powermeet
22 DEC 04 - Ft. Lyon, CO

181 lbs.	SQ	BP	DL	TOT
A. Lopez	335!	225!	425!	985!
198 lbs.				
J. Brown	365!	365!	550!	1280!
275 lbs.				
N. Ward	475!	365!	585!	1425!
SHW				
P. Pfelehardt	500!	305!	525!	1330!
Guest Lifters				
198 lbs.				
J. McKenzie	550	355	590	1500
220 lbs.				
Masters				
J. Capps	365	285	385	1035

! = Facility records. Swartz factor determined overall placement and best lifter.

All lifts were performed without the aid of squat/deadlift suits or bench shirts. Only the truly hardcore showed up for the Fort Lyon Inaugural. The dedicated stormed the outside weight pile at 8:00 am, the temperature on the platform was a bone numbing 25! Who knows what the wind chill was... COLD! "Big PJ" Phillip Pfelehardt had the biggest squat of the day, dunking his 500# opener with ease. Plenty to spare, just not to be on this cold of a day. Alex Lopez went 9 for 9 in his first ever powerlifting competition! He is capable of much more and will be joining the 1,000 pound club very soon! Nick Ward lifted in true dinosaur fashion! Belt only, and put up some impressive numbers. At a solid 250#, and only 23 years old, expect to see

MASSIVE numbers from him in the future - as the iron bug has completely consumed him! And finally, this days champ - "KC" (J. Brown) who aside from missing two of his squats, had an incredible day. At only 182#, watching him lift is reminiscent of a world champion Lamar Gant! This guy is crazy strong for his size. A lot of heart and dedication to the sport of powerlifting was demonstrated today. It was a privilege and an honor to take part in this meet. See you guys in the March 05 rematch! Thanks to PLUSA, the greatest Powerlifting mag ever, for running our meet results, and the results of all the other meets around the world! HAIL TO POWERLIFTING! A big thak you goes out to FLCF recreation staff, Sgt. Castillo, c/o Burns, and c/o Daniels for all your help and encouragement. Without you guys pulling for us, this meet or the pictures would have never happened. (Thanks to Chief Referee and Coordinator, Joshua R. McKenzie, for the meet results)

198 lbs.	270	240	155	265	165 lbs.	450	525	515	400
C. Stolicker	385				Open	165 lbs.			
P. Williammer	355				M. Marcelw	450			
319 lbs.					181 lbs.				
K. Johnson	575				P. Reif	505			
Master					L. Archiello	410			
168 lbs.					198 lbs.				
B. Stoll	270				H. Saucedo	500			
DEADLIFT					220 lbs.				
WOMEN					C. Sowyna	585			
Teen					M. Kenney	550			
114 lbs.					242 lbs.				
T. Holmberg	240				P. Williammer	425			
MEN					Submaster				
Youth					G. Rendino	500			
T. Decamp	155				Master				
Spec. Olympian					198 lbs.				
D. Decamp	265				R. Thompson	400			
Teen									
165 lbs.									
M. Marcello	450								
198 lbs.									
J. Wood	525								
Junior									
181 lbs.									
R. Capo	515								
PUSH PULL									
WOMEN									
Teen									
114 lbs.									
T. Holmberg	110	240	350						
MEN									
Special Olympian									
D. Decamp	185	265	450						
MEN									
T. Decamp	60	155	215						
Teen									
198 lbs.									
J. Wood	285	525	810						
Open									
K. Young	370								
220 lbs.									
BENCH									
WOMEN									
Teen									
114 lbs.									
T. Holmberg	110								
Youth									
T. Decamp	60								
MEN									
Spec. Olympian									
D. Decamp	185								
Teen									
198 lbs.									
J. Wood	285								
285									
W. Sessions	280								

USAPL Rock Solid Push Pull 4 Dec 04 - Ithaca, NY

220 lbs.	370	275	300	500	400	280
K. Young	370					
148 lbs.						
R. Brothers	275					
181 lbs.						
P. Reif	335					
L. Archiello	300					
242 lbs.						
H. Saucedo	500					
220 lbs.						
B. Pavelka	400					
242 lbs.						

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APA Sunshine State
11 DEC 04 - Bradenton, FL

BENCH		M. Flyan		405	
132 lbs.	Open				
B. Goetz	365	G. Jurkowski	490		
148 lbs.	J. McNealy	370			
(13-15)	Drug Tested				
J. Christian	215	T. Gainer	460		
165 lbs.	(16-17)				
Open	G. Biggs	370			
B. Carleton	280	(40-49)			
181 lbs.	J. McNeal	370			
Submaster	(50-59)				
A. Weiner	425	T. Gainer	460		
(40-49)	L. Ford	375			
D. Agostini	375	SHW			
198 lbs.	Open				
(60-69)	S. White	600			
J. Conzole	370	DEADLIFT			
(70-79)	220 lbs.				
B. Rosenfield	305!	(40-49)			
4th-315!	T. Smith	500			
220 lbs.	275 lbs.				
Drug Tested	Open				
M. Mitchell	405	G. Jurkowski	800		
242 lbs.	(50-59)				
Open	T. Gainer	475			
R. Lawrence	620				
WOMEN	SQ	BP	DL	TOT	
(40-49)					
123 lbs.					
M. Kirkland	325	185	355	875	
Drug Tested					
148 lbs.					
S. Sweeney	315	145	320	780	
165 lbs.					
(13-15)					
C. Kirkland	185	100	200	485	
MEN					
114 lbs.					
Youth (11-12)					
C. Viles	—	110	180	295	
165 lbs.					
Open					
J. McElroy	615	380	610	1605	
181 lbs.					
Drug Tested					
V. Lysoboy	600!	365	510	1475	
(16-17)					
J. Squicciarini	330	300	430	1060	
198 lbs.					
Drug Tested					
B. Highnote	570	460	470	1500	
D. Bennett	380	275	365	1005	
Junior					
Walguarnery	540	365	470	1375	
(50-59)					
J. Sansevere	500	275	460	1235	
(40-49)					
T. Ware	—	335	410	760	
220 lbs.					
(40-49)					



German Goes 800! ... Greg Jurkowski, main man of Gearman Nutrition, pulled an 800 deadlift at the APA Sunshine State Championships (photograph courtesy of APA President Scott Taylor)

J. Durrell 730 420 640 1790
B. Kelly 730 375 650 1755
Open
K. Mackey 570 385 600 1555
G. Lutz 605 405 525 1535
Drug Tested
J. Pritchard 575 310 525 1410
Junior
S. Ribaldo — 420 555 975
242 lbs.
(40-49)
P. Ryan 520 295 500 1315
Open
J. Bellemare — 385 600 985
! = Florida records. Best Lifter Awards:
Jason McElroy - Overall Best Lifter. John Durrell - Drug Free Best Lifter. Brian Goeltz - Drug Free Best Lifter Bench Press. Rick Lawrence - Overall Best Lifter Bench Press. Greg Jurkowski - Best Lifter Deadlift. Sal Ribaldo - Best Lifter Push-Pull. The APA Sunshine State Championships was held at Body Works of Bradenton, Florida. Special thanks to our referee's, spotters, and loaders for doing an excellent job throughout the day. Some great lifting took place and several records fell. Margaret Kirkland did some awesome lifting at 123 bodyweight with a 335 squat, 185 bench, and 355 deadlift! Her 14 year old daughter Carl also lifted and did an outstanding job. The most eye popping lifts of the day had to be Brian Goeltz bench of 365 at 131.5 bodyweight, Rick Lawrence benching 620 at 236 bodyweight, Shannon White's 600 bench, Vince Lysoboy's 600 squat at 176 bodyweight, Jason McElroy's 615 squat and 610 deadlift at 162.5 bodyweight and Greg Jurkowski's 800 pound pull! Some incredible lifting took place indeed. The APA has several events planned for 2005 in Florida. Stay tuned as we post them in Powerlifting USA and on our website www.apa-wpa.com Special thanks to Mike Lambert and Powerlifting USA magazine for sponsoring this event and other past APA events. (Results of this contest were provided to PL USA by Scott Taylor, APA President)

USAPL River's Edge (kg)
11 DEC 04 - Granite City, IL

BENCH		Teen		160	
MEN	K. McNease	160			
Open	J. Newsome	172.5			
148 lbs.	Brandsmeier	107.5			
I. Zwick	122.5	Master (40-49)			
198 lbs.	D. Rosenzweig	207.5			
D. Rosenzweig	197.5	M. Porter	192.5		
220 lbs.	G. King	175			
B. Stewart	207.5	B. Masuoka	147.5		
T. Stanley	175	(50+)			
M. Wolf	167.5	I. Wick	122.5		
275 lbs.	M. Lawson	127.5			
P. Anderson	272.5				
SHW					
J. Dawson					
WOMEN	SQ	BP	DL	TOT	
Open					
R. Zona	90	37.5	100	227.5	
MEN					
Open					
165 lbs.					
K. Bolen	215	142.5	230	587.5	
198 lbs.					
K. Richardson	260	155	247.5	662.5	
B. Wangard	227.5	147.5	195	570	
220 lbs.					
M. Bauman	257	165	247	670	
T. Smallwood	245	150	260	655	
B. West	227	147.5	262.5	637.5	
275 lbs.					
M. Anderson	367.5	247.5	315	930	
Teen					
K. McNease	240	160	272.5	672.5	
A. Odenwald	220	162.5	237.5	620	
K. Neuling	137	135	180	452.5	
Brandsmeier	105	107.5	177.5	390	
B. Cuvor	92.5	92.5	155	340	
A. Hall	182.5	—	—	—	
T. Stafford	—	—	—	—	
Master (40-49)					
D. Winkler	220	162.5	245	627.5	
K. Bolen	215	142.5	230	587.5	
T. Oberle	272.5	172.5	255	700	
B. Masuoka	217.5	147.5	237.5	602	
G. King	—	—	—	—	

Best Lifter Men Full: Michael Anderson.
Best Lifter Men Bench: Patrick Anderson.
(Thanks to USAPL for providing results)

USAPL LA Fall Classic University
6,7 NOV 04 - Baton Rouge, LA

FEMALE		SQ		BP		DL		TOT	
97 lbs.									
E. Ellis	180	95	200	475					
105 lbs.									
A. Matherne	270	200	305	775					
L. Guidry	200	110	250	560					
J. Gautreaux	190	130	235	555					
114 lbs.									
S. Williams	260	130	300	690					
S. Loebig	100	70	135	305					
123 lbs.									
N. Wood	185	95	200	480					
J. Morello	380	185	380	945					
J. Farek	275	170	340	785					
S. Woods	260	135	280	675					
C. Leblanc	225	130	280	635					
A. MacLauren	260	125	250	635					
J. Worley	230	105	255	590					
C. Gallien	170	95	220	485					
148 lbs.									
A. Matt	340	200	380	920					
B. Mire	310	180	320	810					
A. Millet	270	165	300	735					
R. Pidcock	270	180	285	735					
K. Anderson	145	195	145	485					
A. Sanders	390	190	385	965					
181 lbs.									
L. Picou	350	180	350	880					
L. Ferrer	225	150	365	740					
A. Duplessey	200	110	280	590					
198 lbs.									
K. Louque	385	280	400	1065					
S. Sebastian	370	210	385	965					
B. Sisson	315	165	330	810					
J. Johnson	450	290	430	1170ar					
G. Espericueta	450	210	365	1025					
L. Arnold	385	165	380	930					
B. Keane	290	140	225	755					
M. Alderman	275	200	275	750					
MEN									
114 lbs.									
D. Summers	365	230	355	950					
M. Molosso	290	160	285	735					
123 lbs.									
J. Brown	300	190	375	865					
G. Montes	250	150	400	800					
132 lbs.									
C. Melancon	385	325	375	1085					
C. Bourgoyne	415	235	375	1025					
I. Moreno	385	205	425	1015					
K. Seals	345	255	405	1005					
B. Gulotta	365	220	405	990					
F. Kalil	315	205	380	900					
S. Toure	—	—	—	—					
148 lbs.									
J. Olcsvary	500	360	465	1325					
M. Ruiz	465	255	550	1270					
M. Houston	450	300	500	1250					
M. Jenks	390	260	425	1075					
S. Caraway	380	215	430	1025					
W. Hobbs	360	230	435	1025					
M. Gibbens	345	215	405	965					



The 2004 ULL Powerlifting Team: (Front seated l-r) Jennie Hollier, Corrie Gallien, Ashley Sanders, (middle kneeling) Chayse Melancon, Kipp Duplechne, Scott Miller, Melissa Aldeman, Charles Sarver, Jeff Olcsvary, Jarell Brown, (Back standing) Dontrell Davis, Willie Smith, Daniel Hutchinson, Coach Travis Werner, Ryan Welty, Brady Duplechne, Mitch Aldeman. Matt Gibbens absent from photo.



Jeff Olcsvary Best Lightweight Lifter (1325 @ 142), with Meet Director Paul Fletcher (left) and Mitch Alderman (below) at the 2004 University Cup held in Baton Rouge, LA.



165 lbs.					
N. Gutierrez	520	335	500	1355	
D. Davis	435	255	530	1235	
L. Rivers	435	250	510	1195	
B. Brooks	435	280	480	1195	
C. Fuller	430	265	475	1170	
D. Creuder	435	255	470	1160	
A. Whitacker	375	275	470	1120	
J. Griffin	385	270	450	1105	
S. Coker	315	235	390	940	
T. Valentine	330	210	385	925	
E. Messinger	225	230	300	755	
J. Holloway	215	150	330	695	
181 lbs.					
T. Godawa	520	360	545	1425	
J. Hodges	485	360	510	1355	
S. Reid	450	295	525	1270	
J. Albritton	475	340	450	1265	
D. Magehee	420	220	480	1120	
W. Smith	435	215	460	1110	

2nd annual BP/DL Contest

11 DEC 04 - Lehighton, PA

BENCH	T. Ivanov	505
WOMEN	B. Fahrenfeld	375
123 lbs.	Teen (16-17)	
B. Benner	M. Deacy	215
A. Neidlinger	Master (50-54)	
Master (40-44)	J. Jacoby	285
B. Benner	Open	
132 lbs.	242 lbs.	
J. Klein	Wannamaker	460
MEN	M. Geougier	440
Teen (14-15)	C. Russo	425
J. Keller	J. Howick	360
Open	Teen (18-19)	
F. Garvey, Sr	F. Ruch	450
Spec. Olympian	Open	
148 lbs.	275 lbs.	
M. Gaal	D. Embanks	480
Teen (12-13)	319 lbs.	
J. Keller	A. Gonzalez	525
(14-15)	J. Schwartz	405
S. McGonigal	B. Trois	350
Open	DEADLIFT	
Bahchevanor	WOMEN	
Master (50-54)	123 lbs.	
165 lbs.	B. Benner	290
B. Legg	A. Neidlinger	330
Open	Master (40-44)	
W. Kelly	B. Benner	290
B. Legg	MEN	
Spec. Olympian	Teen (14-15)	
181 lbs.	J. Keller	260
K. Miller	Spec. Olympian	
C. Maurer	148 lbs.	
Teen (12-13)	M. Gaal	220
C. Pinicola	Open	
(14-15)	Bahchevanor	540
M. Rambo	Master (50-54)	
Open	165 lbs.	
198 lbs.	B. Legg	325
R. Baum	Open	
400	W. Kelly	405
P. Horan	C. Meile	420
C. Meile	B. Legg	325
P. Bartlett	Spec. Olympian	
375	181 lbs.	
F. Garvey, Jr	K. Miller	305
Open	C. Maurer	325
220 lbs.		



At the Lehighton BP/DL ... special olympians with their 1st place trophies (left to right) Craig Maurer, Michael Gaal, Kyle Miller, Coach Barry Pensyl, and Meet Director Rob Eckhart (who supplied photo)

Teen (12-13)	M. Deacy	415	Brian Fahrenfeld. (results from Rob Eckhart)
c. Pinicola	242 lbs.		
(14-15)	Wannamaker	580	
M. Rambo	C. Russo	590	
Open	J. Howick	450	
198 lbs.	Teen (14-15)		
R. Baum	Moser	500	
400	Open		
P. Horan	C. Meile	420	
C. Meile	P. Bartlett	500	
P. Bartlett	319 lbs.		
375	A. Gonzalez	525	
F. Garvey, Jr	J. Schwartz	450	
335	181 lbs.		
Open	B. Fahrenfeld	655	
220 lbs.	Teen (16-17)		
	B. Trois	405	
	105 lbs.		
	Best Bench: Totyo Ivanov. Best Deadlift: (14-15)		

Christmas Classic BP/CR
11 DEC 04 - Standardsville, VA

Raw	H. Foster	105
FEMALE	114 lbs.	
123 lbs.	(12-13)	
Raw	K. Self	140
MEN	J. Schwartz	450
105 lbs.	105 lbs.	
(12-13)		

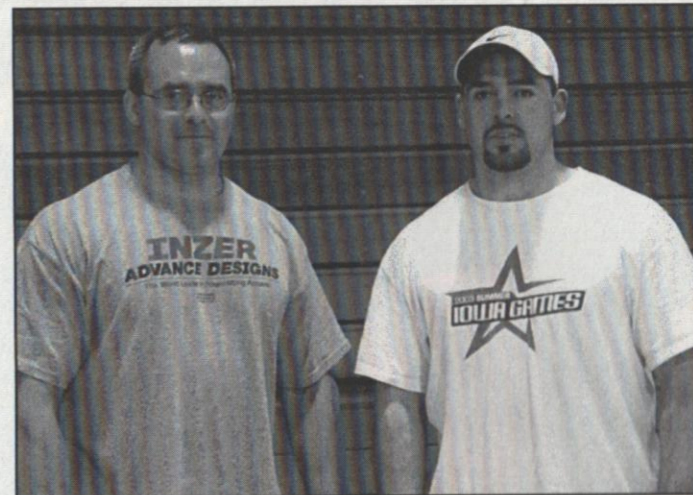
RAW	M. Chavis	85
D. Harris	132 lbs.	
(10-11)	D. Taylor	240
Raw	D. Richardson	145
M. Lewis	Open	
148 lbs.	S. Holden	380
(12-13)	242 lbs.	
Raw	(50-59)	
C. Cannady	80	560
D. Richards	75	275 lbs.
(14-15)	Raw	
Raw	S. Dellinger	405
S. Talley	110	Open
Open	A. Lewis	380
C. Larue	275	(35-39)
L. Clement	225	Raw
165 lbs.	M. Canniff	400
(35-39)	(35-39)	
Raw	S. Kuzma	570
T. Warren	95	(40-49)
181 lbs.	Raw	
(14-15)	R. Weaver	390
Raw	(40-49)	
M. Jones	100	M. Lester
Open	Supers	335
Raw	Open	
J. Self	365	S. Strong
(35-39)	Open	480
T. Comfort	275	148 lbs.
Open	L. Clement	135
(40-49)	242 lbs.	
R. DiBattista	380	Open
198 lbs.	(50-59)	
(13-14)	M. Digges	165
Raw	275 lbs.	
K. Glover	140	Open
Open	A. Lewis	160
J. Wooten	325	(40-49)
220 lbs.	M. Lester	160
(12-13)		
Raw		

What a great day for a meet. Many new young lifters from Team Lift in North Carolina doing a great under Coach William Hawkins. Many old friends doing a great job lifting in the season ending Christmas Classic. (courtesy John Shifflett)

Midwest Open

23 OCT 04 - Oskaloosa, IA

BENCH	M. Hruby	205
WOMEN	Novice	
123 lbs.	198 lbs.	
A. King	150	C. Alvarez
198 lbs.		K. Kemp
A. Olson	155	Open
MEN	198 lbs.	
Teen	R. Hennigar	430
114 lbs.	C. Alvarez	320
A. John	155	Master-1
B. Frank	95	198 lbs.
C. Crandell	75	R. Hennigar
L. Schultz	60	Masetr-2
123 lbs.		F. Sergio
T. Frank	115	Master-3
132 lbs.		198 lbs.
(12-13)	S. Gustafson	250
S. Schwartz	200	Novice
L. Niles	160	
A. Crumes	135	220 lbs.
148 lbs.		D. Mosley
(14-15)	195	J. Steen
Raw	195	A. Lichman
T. Moen	195	260
165 lbs.		Submaster
K. Bergemann	275	220 lbs.
181 lbs.		B. Phillips
S. Schwaber	300	370
198 lbs.		Open
B. Whaley	260	Open
J. Simonsen	215	220 lbs.
220 lbs.		J. Power
J. Hennigar	350	Master-1
L. Doty	275	220 lbs.
Master-1		T. Weikert
148 lbs.		G. Townsell
(14-15)		410
R. Finger	255	D. Mosley
Master-2		355
148 lbs.		220 lbs.
M. Shuger	195	T. Sallis
Novice		300
165 lbs.		Novice
K. Bergemann	225	242 lbs.
181 lbs.		T. Frank
J. Robak	230	K. Grams
Master-1		350
181 lbs.		Open
R. Dexter	340	242 lbs.
Open		J. Donels
315		525
		Submaster
		242 lbs.



Double Bodyweight Benchers .. at the Midwest Open included Roger Hennigan (left) and Josh Power (right). Photograph by Wayne Hammes.

J. Donels	525	220 lbs.
S. Hauschildt	450	Open
Open	275 lbs.	
C. Hudson	465	J. Power
S. Fisher	550	TRAP DEADLIFT
DEADLIFT		Teen
Teen	114 lbs.	165 lbs.
C. Crandall	150	E. Edens
L. Schultz	150	325
Master-3		Novice
148 lbs.		132 lbs.
M. Shuger	225	181 lbs.
Novice		500
225		275 lbs.
198 lbs.		165 lbs.
Note: Double body weight benches by Jeff Donels, Josh Power and Roger Hennigan.		

For meet information contact Wayne Hammes at 641-673-5240. (Thank you to meet director Wayne Hammes for results)

MACC Bench Press

28 AUG 04 - Beaver Springs, PA

WOMEN	Open	
123 lbs.	J. Oburn	190
132 lbs.	Brandstetter	100
132 lbs.	165 lbs.	
Teens	275 lbs.	
S. Feathers	—	170
198 lbs.	A. Clinger	—
S. McCaslin	335	165 lbs.

Open	242 lbs.	
R. Hillyard	365	Open
M. Piermatti	285	C. Kitchen
M. Bretton	250	T. Shartzter
Scicchitano	—	T. Carter
Masters II		Teens
D. Kline	315	J. Kaufman
181 lbs.		Masters I
Open		L. Ruse
B. Crowe	460	275 lbs.
B. Peters	345	Open
S. Kuhns	—	B. Tozer
Teens		525
D. Imes	365	S. Everly
Masters II		Masters I
J. Hoffman	300	B. Tozer
198 lbs.		525
Open		S. Roesch
M. Wolfley	620	430
F. Piermatteri	465	Masters II
R. Dunn	345	Open
M. Blackburn	340	I. Guisti
J. Trisler	325	Masters II
198 lbs.		B. Godden
Masters		480
R. Crowl	300	SHW
G. Campbell	—	Open
220 lbs.		460
Open		
S. Boop	430	
C. Baynham	390	
M. Majcher	355	

USAPL LA Tech Holiday Classic
11 DEC 04 - Ruston, LA

Collegiate	SQ	BP	DI	TOT
97 lbs.				
E. Melvin	180	85	190	455
114 lbs.				
C. Grubbs	160	120	160	440
220 lbs.				
Masters II				
D. White	550	255	530	1335
275 lbs.				
S. Feathers	—			
D. Imes	170	525	255	525
198 lbs.	—	525	1305	
Note: Double body weight benches by Jeff Donels, Josh Power and Roger Hennigan.				

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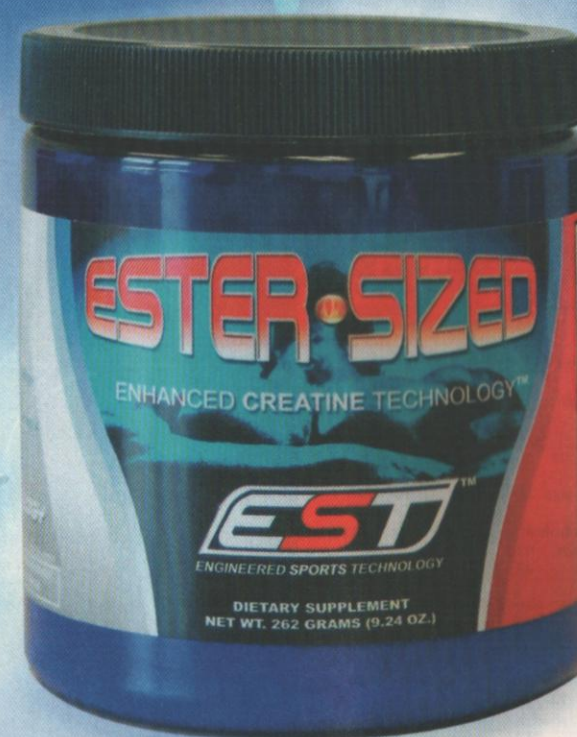
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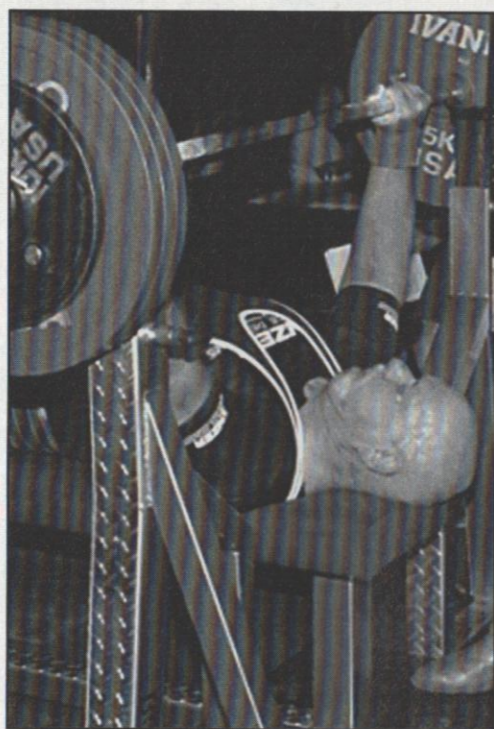




Bud Davis, one of the best master lifters around, pulled big at the WABDL Rocky Mountain meet.

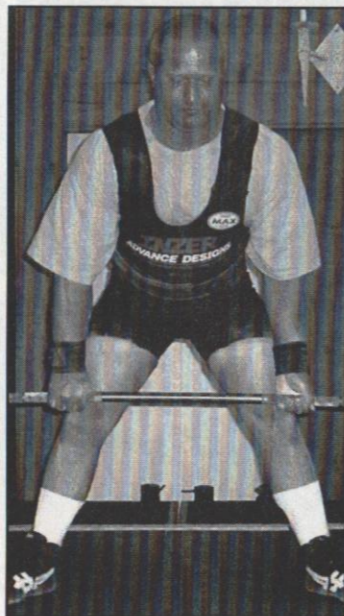
WABDL Rocky Mountain BP/DL
25-26 JUN 04 - SLC, UT

BENCH PRESS		4th	352
Class 1			
148	Ray Whatley	220	
D. Edmondson 154	242	Mike Bennett 429	440
198	Joe Hawk 391	4th	440
Jason Rooney 385	Mike Mcewen	259	S. Marbery 418
220	Bruce Nichols 430	4th	430
Adam Stever 419	M. Berteaux 407	4th	352
J. Martin 352	242	Tim Prince 413	402
Robert Bills 402	259	F. Gonzales 424	430
4th	Lance Davis 380	275	Steve Fredine 363
David Blanke 352	Carl Wimmer 308	M. Hebert 451	Junior Men
181	Stephen Judah 418	198	Joe Hawk 391
Jason Rooney 385	220	Jamie Bennett 413	242
Blankenship 347	A. Drecksel 308	Law/Fire 40-46	SHW
D. Marchant 551	Law/Fire 48+	259	Ed Acey 424
Law/Fire W 40-46	123	L.Christopher 132	Law/Fire Men
242	Tim Prince 424	Rick Mayo 385	Blankenship 347
Carl Wimmer	Law/Fire Women	123	L.Christopher 132
Law/Fire Sub Men	181	Darren Carr 391	242
Rick Mayo 385	Master Men	40-46	148
Pablo Wach 187	D. Edmondson 154	181	J.Cunningham 429
4th	451	4th	352
J. Martin 352	242	Jason Gibson 501	4th
518	4th	600	Ray Clift 341
413	429	429	Blankenship 562
275	Carl Rogers 562	600	L/F Open Women
123	275	L.Christopher 270	281
507	314	4th	L/F Submaster M
485	259	Lance Davis 600	Master Men 40-46
M. Hebert	SHW	148	Pablo Wach 286
B. Gillespie 782	114	D. Edmondson 154	198
Hedy Miller 143	4th	154	Ray Clift 540
123	198	220	551
J. Yamashita 198	148	Ray Whatley	242
Jonika Blanke 115	Submaster Men	148	Mike Bennett 552
148	S. Marbery 451	SHW	D. Marchant 551
B. Montague 358	165	Mike Haynes 303	220
220	Bruce Nichols 430	P. Anderson 413	259
4th	425	G. Anderson 600	Men 61-67
242	Robert Bills 402	259	Bud Davis 639
308	308	M. Herrera 512	Open Men
Teen Men 13-15	148	D. Edmondson 154	165
Eric Milburn 479	501	198	N.Westerlund 451
220	P. Anderson 552	Adam Stever 473	242
Jason Gibson 622	259	Carl Rogers 633	275
A. Osequera 661	David Blanke 529	308	William Mott 766
Open Women	97	A. Anderson 231	253
J. Yamashita 337	148	Jonika Blanke 281	SHW
D. Richards 402	Submaster Men	165	Mike Haynes 479
220	P. Anderson 552	242	Robert Bills 600
259	Carl Rogers 633	Lance Davis 600	Teen Men 13-15
148	E. Reyes 264	281	Teen Men 16-19
SHW	123	S.Karapetyan 358	132
A. Karapetyan 363	148	B. Watson 352	165
Eric Milburn 479	501	181	T. Horne 369
Women 13-15	105	Sierra Sloan 198	209
123	C. Winegar 232	Women 16-19	105
A. Anderson 253	242	Tim Prince 578	4th
600	600	Ken Eyre 507	L/F Women 40-46
123	L.Christopher 270	281	Women 16-19
105	A. Anderson 253	242	242
578	600	4th	600
413	Dave and Randy Marchant did a great job		



Ed Acey benched 424 at 61 years of age (photographs provided courtesy of Namea Designs)

of directing this meet. The hotel was a five-star hotel. Dave and Randy spent a lot of money to put this meet on. They had 84 lifters. excellent judging and good camaraderie among the lifters. First in the Bench Press, Bill Gillespie, set World Records of 761 and 782. He had lifted the day before and bombed out in the Masters division and he had trouble with his shirts blowing out. Bill is one of the strongest drug-free benchers in the World and the strongest lifter in the world over 40. His World Record was set at Super in the Open class. In Open, Carl Rogers set Utah and World Records at 259 ending up with 600.7. Carl bombed in the Submaster. At 148 Open Brad Montague set a Utah record with 358. At 165, Eric Milburn set a Utah record with 380.2. At 181, Jon Cunningham was very impressive with a Utah record 451.7 in Open. In Open Women, Jill Yamashita set a Utah record at 123 in the Bench with 199.4. In Submaster Men, Bruce Nichols set a Nevada record with 430.8 at 220 and beat Philip Anderson who set a Utah record with 425.3. In Master Men's Bench 40-46 181, Jon Cunningham set a Utah record with 451.7. He has done as much as 462 where he was ranked 48th in Powerlifting USA Top 100. At 259, Frank Gonzales set a Nevada record 430.8 and at 275, Kyle Moosman set a Utah record with 507. In Master 47-53 198, Ernest Reyes set a Utah record with 402.2 and in Master 54-60 165, Stefan Lemire set a Utah record with 292 and also in Master 54-60 Super, Peter Herdt set an Idaho record with 369.2. In Master 61-67, Ed Acey set a World Record at 259 with 424.2 and in 61-87 308#, Manny Herrera set a Utah record 369.2. In Master Women 47-53 114#, Hedy Miller set a Utah record 154.2. In Teenage 13-15 165#, Camrin Braun set an Idaho Bench record with 225.7. At 123 Sarkis Karapetyan set a very respectable Utah record in 16-19 age group with 209. In 16-19 181#, Jordan Gallup set a Utah record with 325 and Joseph Trunzo at 242# put up a huge 429.7 at age 17. At 165, Eric Milburn was equally as impressive with 380.2 in 16-19. Moving on to the Deadlift. Bud Davis was as impressive as ever with a 639.2 World Record in 61-67 242# class. Bud is the best Master lifter in the world over 50. In 16-19 97#, Amanda Anderson set a World Record with 253.5. close to three times her body weight in her first meet! In 13-15 123#, Chelsea Winegar set a World Record with 232.3 in her first meet



Carl Rogers had a nice 1233 BP/DL total at the WABDL Rocky Mountain Regional (Rethwisch)

which was equally as impressive. Some of the most dynamic Utah State Records were: Jason Gibson 622.7 in Class-1 and William Mott who pulled a 766 National Record in Open 308#, which is a big time pull when you consider that you rarely see a 800# deadlift in today's lifting world. In Law/Fire Submaster, Lance Davis pulled a Utah State 600.7 at 259#. In Open 259#, Carl Rogers pulled a 633.7 to go along with his 600# Bench. That's a 1233 total and throw in a 700# Squat and you have 1933 in single-ply gear. In 61-67 308#, Manny Herrera pulled a Utah Record 512.5 and in 16-19 165#, Eric Milburn pulled a very impressive 501.5 Utah Record to go along with his 380 Bench. Mike Haynes pulled 479.5 at 165 Submaster for a Utah Record and Jill Yamashita pulled a very respectable 337.1 at 123 for a Utah Record. I want to thank Glenore Marchant

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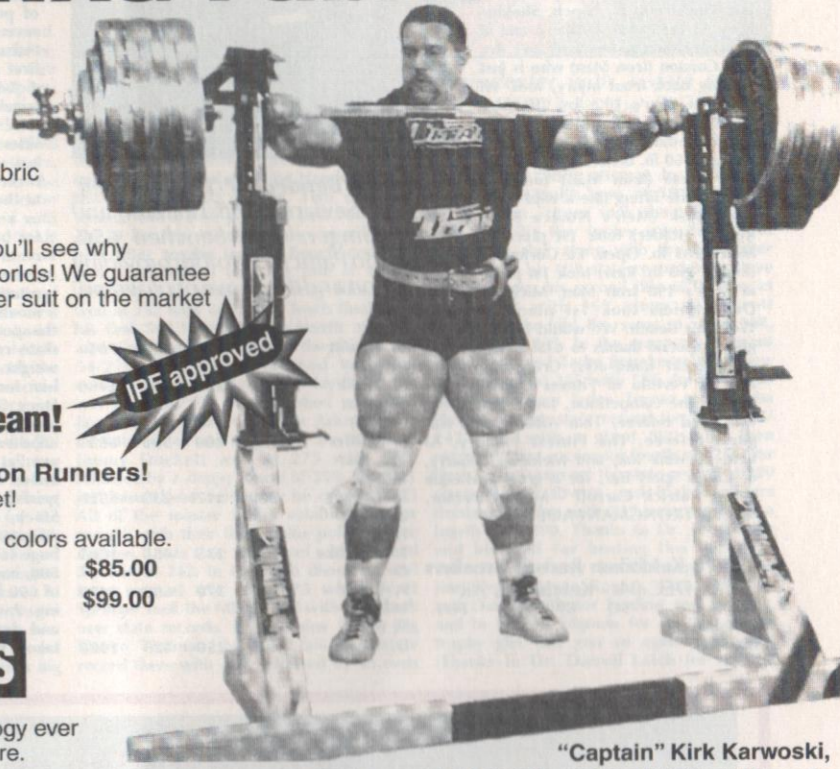
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Bar Benders BP/DL

10 JUL 04 Kingston, NY

On July 10, 2004 the Bar Benders Bench/Deadlift Competition was held at Fitness Unlimited in Kingston, NY. This contest was a "who's who" of benchers with Brad Klinger (Benchzilla) and four times Master Gold medalist assaulting the bar benching 650 lbs. in the Men's 275 lb. Class. "Big" Lou Saviano was the special guest lifter in the Men's 242 Open finishing with a 600 lb. bench. Sheldon Levy, in the Men's Master-4 and at 72 years young, benched 245 lbs. Bob Coisson (Iron Man) who is just coming back from injury, took 1st place in Men's 132 lbs. (Bobby's back!!). Fred Dini (Men's Master Gold medalist) took 1st place doing a 560 lb. bench. "Big Daddy" Dan Cease (Iron Man) took 1st place while lifting like a wild man! John Rusk (Men's Novice State Record Holder) took 1st place in Men's 181 lb. Open. Ed Gorkowski (Men's 198 lb. Raw) took 1st place in Men's 198 Iron Man. Michelle Dedominicis took 1st place in Women's Bench. We would like to



At the Bar Benders BP/DL... from left, Big Lou Saviano, Cliff Tallman, and Brad Klinger, who benched 650. (thanks to Patrick Carroll for providing this report and the above photograph)

give a special thanks to Cliff Tallman who gave great hand-offs, Craig Applegate and Ed Vertillo of Fitness Unlimited for hosting the competition, Joe O'Brien who was head referee, Tom Albano who was guest referee, The Fitness Factory, Al Kent of Mink Ink, and Meldesa Beharry, of Chic's Sport Bar, for a great barbecue party. Patrick Carroll - Meet Director, USAPLSTRONGMAN@AOL.COM

USAPL Ketchikan Record Breakers
11 DEC 04 - Ketchikan, AR
MEN SQ BP DL TOT
198 lbs. M (50+)

B. Hewitt	225	285!	225	735
M (45+)				
F. Frank	405	290	465	1160
148 lbs.				
J. Pfeiffer	185	200	300	685
123 lbs.				
(18-19)				
T. Gregg	200	117!	235	552!
220 lbs.				
(16-17)				
T. Eubanks	335	235	435	1005
O				
P. Stack	500	370	600	1470
165 lbs.				
M (45+)				
D. Gregg	405	250	425	1080

181 lbs. O

K. Johnson 385 265 450 1100
WOMEN
114 lbs. (14-15)
E. Harney 155! 80! 225! 460!
148 lbs. O

M. Goodwin 265 160 300 725
!State records. Best Female Lifter: Missy Goodwin. Best Teen Lifter: Trevor Embanks. Ketchikan celebrated 12 years of powerlifting competition with more record setting performances! Elizabeth Harney, at the 114 pound class, in her first powerlifting meet, set 4 state and 4 K-High records. Her 150 squat, 80 bench press, and 225 dead lift for a 460 total established her as another K-Town lifter to be proud of. At 14 years old she has potential to be setting many more records over many years. Taylor Gregg, at the 123 pound class, in her last meet as a teen, finally broke the state record for bench press with a 117.5. She went on to a personal best in all three lifts and a new state total of 552.5. She plans on returning as a junior lifter in upcoming meets. Bob Hewitt, one of our pillars in the powerlifting community, set a new state record in the over 50, 198 pound weight class with 285. His total qualifies him for the Master's Nationals next May. Doug Gregg, another master lifter, at 165 pounds had to have his personal best total adjusted for body weight and age to edge out Pat Stack by 1.5 pounds for the Best Lifter honors in the meet. Doug also qualifies for the Master's Nationals. Pat Stack, second best lifter overall, when adjusted for body weight age, put up a huge total of 1470. His awesome squat of 500, huge bench of 370, and monster dead of 600 had the crowd stomping and cheering. Pat put 50 pounds each on his squat and deadlift since the last meet! Pat has taken to this powerlifting like a fish to

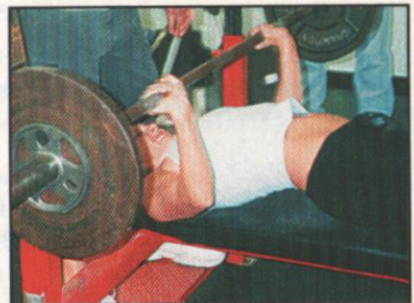
water. Missy Goodwin was the meet's Best Female lifter when adjusted for body weight and age. She was showing the teens what to look forward to. Her squat of 265, bench of 160 deadlift of 300, and 725 total may be her last lifts in Ketchikan as she is moving South. We will all miss her and hope we can talk her into a return trip to visit and compete. Floyd Prank, another master lifter and meet sponsor, totaled 1160 to qualify for the Master's Nationals. Floyd, Bob, and Doug are making plans to be in Palm Springs for the event. Trevor Eubanks took Best Teen Lifter with his 335 squat, 235 bench, and 435 total. He broke the 1,000 pound total with a 1005! Trevor has shown incredible improvement in his form over the last couple years and should be moving up from here. Jason Pfeiffer, another teen and first time competitor, cut to 148 for the meet his squat of 185.200 bench, 300 deadlift, and 685 total is a great starting point. He definitely had more in the dead and hopefully will be back to show us how much. Kevin Johnson returned for his second meet and improved tremendously. His 385 squat, 260 bench, and 450 dead, gave him his goal of 1100 in the total. He trained hard this cycle and it showed on the platform. We couldn't have the meet without the hard work of Floyd, Doug, and Bob setting up and tearing down. Our spotter loaders included: Charley Jones, long time K-town lifter and state record holder, Steve McLaren, Greg Gass, Sal Bemldi, Geoff Harney and John Stack. Lisa and Arlindo Machado at the podium and scoreboard assisted by Mary Gregg kept everything moving along. Julie Sianaker, Deborah Harney, Bob Hewitt, and Doug Gregg judged. The volunteers who give their time are what it takes to make the event a success. Thanks also to Floyd's Carpentry, The Get Fit Stay fit Gym, and Ketchikan Parks and Recreation for sponsoring the meet. (Thanks to USAPL for providing these meet results)

**SLP Turner Classic BP/DL
12 DEC 04 - Sallisaw, OK**

BENCH	Submaster	
WOMEN	132 lbs.	
Teen (18-19)	V. Williams	225!
123 lbs.	165 lbs.	
T. Poindexter	J. Stultz	355!
4th-120!	Master (40-44)	
Novice	198 lbs.	
132 lbs.	S. Harrison	250!
C. Flanagan	220 lbs.	125!
4th-135!	K. Brownfield	545!
MEN	C. Smith	495!
Novice	SHW	
165 lbs.	M. Hamby	660!
J. McInerney	Master (45-49)	
4th-350!	198 lbs.	
242 lbs.	D. Smith	315!
B. Pepi	242 lbs.	
275 lbs.	T. Luce	465!
J. Quickie	Master (50-54)	
Teen (13-15)	220 lbs.	
165 lbs.	T. Leach	475
T. Gusan	4th-500!	
Teen (16-17)	Master (60-64)	
198 lbs.	198 lbs.	
S. Cook	T. Barth	295!
4th-330!	242 lbs.	
220 lbs.	J. Turner	350!
M. Worthen	275 lbs.	
242 lbs.	J. Duckett	335!
B. Philpot	4th-355!	
Teen (18-19)	Police/Fire	
181 lbs.	4th-355!	
B. Sheffield	340!	
A. Sutton	320	450!
275 lbs.	C. Sherwood	
R. Moreno	Open	
308 lbs.	198 lbs.	
J. Quickie	D. Legg	475!
Junior	308 lbs.	
181 lbs.	S. Springer	305!
K. Hixon	SHW	
198 lbs.	S. Trotman	460!
S. Burge	4th-335!	
4th-335!	DEADLIFT	
220 lbs.	MEN	
R. Smith	Teen (16-17)	
	198 lbs.	405!

385! D. Legg
242 lbs. T. Poindexter 575!
405! 2-Man (16-17)
J. Turner Submaster SHW 242 lbs.
R. Lepley 620! J. Turner Master (40-44) B. Philpot 800!
198 lbs. 4th-825!
S. Harrison 365! 2-Man Open 220 lbs.
308 lbs. B. Brown
S. Springer 365! B. Sanders 715!
Man-Woman 4th-800!
165 lbs.
!-Son Light Power Oklahoma state record. Best Bench: Mike Hamby. Best Deadlifter: Ray Lepley. The Son Light Power Turner Classic Bench Press/Dead lift Championship was held at Turner's Chiropractic & Fitness Center. We had a great turnout with forty lifters and almost one hundred spectators cheering on the competitors, making it a great first-time event. In the bench press competition Tasha Poindexter won at 18-19/123 with 115, followed with a 120 pr state record fourth attempt. Cindy Flanagan also set the state record for her class, finishing with 125, then a 135 fourth for the win at novice women 132. Both of these ladies were competing for the first time. In the men's novice division James McInerney won at 165 with 340. A fourth with 350 was also good. Bret Pepi took the 242's with 430 while Justin Quickie benched the same at 275. All three lifters set Oklahoma state records for their respective classes. Taylor Gusan won the 13-15/165 class with 150, establishing a new state record there. At 16-17 it was Steven Cook finishing with 325, before coming back with a successful 330 fourth for the title at 198. Max Worthen won at 220 with 225 while Bubba Philpot was the winner at 242 with 365. All three of these teenagers set new state records for their classes. At 18-19/181 Beau Sheffield won over Austin Sutton 340 to 320, Bear's lift being a new state record. Robert Moreno set the record at 275 with 425 and Josh Quickie got a big

500 state record at 308 for the win there. Another new competitor was Kenneth Hixon, lifting in the junior division, who won at 181 with 220. Scotty Burge finished with 315 at 198, before making a fourth with 335 while Robert Smith took the 220's with 405. All of the junior competitors set new state records for their classes. In the submaster division, Van Williams took the 132 class with 225 while Jerry Stultz won at 165 with 355. Both were also new state records. Steve Harrison, lifting in his first competition, won at 40-44/198 with 250. Kim Brownfield, one of Oklahoma's finest, finished the day with 545 and the win at 220. Calvin Smith, with his new bench shirt, finished with a personal best 495 at 275 while Mike Hamby won at shw with his 660 opener. Two close attempts with a new personal best 700 failed just at the top. Mike was also awarded the best lifter trophy for the bench competition. David Smith took the title at 45-49/198 with 315 along with Tony Luce, who won at 242 with 465. Tony Leach finally got his first 500 bench on his fourth attempt, after finishing with 475 and the title at 50-54/220. Tom Barth returned to bench competition after a few years layoff for the win at 60-64/198. Tom finished with 295. Jim Turner came over from Arkansas for the title at 242 and 350, while the infamous Jimmy Duckett won at 275 with 335, followed by a sloppy fourth of 355. (The boy just hasn't been right since he cut his hair!) All of the master lifters established new records with their lifts. In the police & fire division it was Cale Sherwood with 450 and the win at 242. In the open division Daryl Legg won at 198 with 475 while Scott Springer took the title at 308 with 305, both new state records. Then at shw it was Big Steven Trotman, breaking his own state record there with 460, followed by an even



Tasha Poindexter with a state record 120 @ 18-19/123 at the SLP Turner Classic (photograph courtesy of D. Latch)

stronger 550 fourth attempt. In the deadlift event Scott Smith won at 198 with 385 while Jadon Turner took the title at 242 with 405. Big Ray Lepley won the title at submaster shw along with the best lifter award with his 620 state record pull. Steve Harrison won his second title of the day at 40-44/198 with 365 along with Scott Springer, who did the same at open 308, also pulling 365. In the man-woman event Daryl Legg and Tasha Poindexter set a new state record at 165 with 575. In the 2-man event teenagers Jadon Turner and Bubba Philpot set the state record for the 16-17/242 class with a great 800 pull, then returned for a successful fourth of 825! Our final 2-man team set the state record at 220 open. Bobby Brown and Blake Sanders finished the day with 715 before making a fourth with 800. Thanks to Dr. Jim Turner and his staff for hosting this event, to Roberta Linneberry for taking pictures, to Jim Flynn, Boyce Rogers, Danas Mattox and Dave Smith for loading and spotting, and to Larissa Edgmon for serving as our trophy girl. See you again next year! (Thanks to Dr. Darrell Latch for results)

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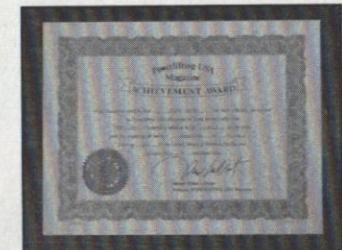
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TOP 100

For standard 198 lb./90 kg. USA lifters in results received from November/03 thru December/04

SQUAT	BENCH	DEADLIFT	TOTAL
1 900 Kamand, T..12/13/03	685 Rabine, S..9/25/04	777 Terry, C..11/1/03	2072 Cartinian, M..10/9/04
2 860 Harrington, P..7/10/04	645 McVicar, J..12/21/03	767 Eiseman, T..5/29/04	2050 Coleman, A..10/9/04
3 859 Cartinian, M..10/9/04	633 Wolfley, M..9/25/04	735 Meyers..8/7/04	2030 Harrington, P..7/10/04
4 815 Coleman, A..10/9/04	606 Daly, R..9/25/04	727 Jackson, A..8/28/04	2006 Frankl, S..11/29/03
5 810 Frankl, S..11/29/03	600 Cartinian, M..8/7/04	705 Capran, T..12/12/03	1955 Kamand, T..12/13/03
6 810 Caplan, M..5/8/04	600 Pigge, D..12/4/04	705 Lewis, R..11/13/04	1945 Coe, M..11/8/03
7 804 Coe, M..11/8/03	595 Frankl, S..2/4/04	700 Henriques, T..12/6/03	1935 Tracy, B..6/26/04
8 788 Nesti, E..10/31/04	585 Schmalz, C..2/21/04	694 Beck, J..7/10/04	1934 Benemerito, R..4/10/04
9 785 Tracy, B..6/26/04	584 Warrington, G..8/22/04	694 Keprice, J..10/16/04	1912 Nesti, E..10/31/04
10 755 Thomas, J..10/23/04	573 McAuliffe, J..12/04/04	690 Saltzman, C..3/20/04	1890 Brandon, M..12/11/04
11 750 Maxwell, M..7/10/04	570 Einflat, L..12/21/03	688 Benemerito, R..11/8/03	1862 Beck, J..7/10/04
12 750 Lavelle, T..11/20/04	570 Celli, R..3/28/04	688 Ray, J..11/13/04	1857 Warren, C..4/3/04
13 749 Warren, C..4/3/04	570 Gugino, M..5/22/04	683 Mastreen, M..11/30/03	1845 Caplan, M..5/8/04
14 744 Benemerito, R..4/10/04	562 Coleman, A..10/9/04	683 Thompson, J..2/15/04	1845 Gugino, M..7/10/04
15 733 Pena, J..1/10/04	555 Heck, B..11/8/03	677 Frankl, S..11/29/03	1830 Maxwell, M..7/10/04
16 733 Keprice, J..4/24/04	555 Brandon, M..12/11/04	672 Warren, C..4/3/04	1825 Neff, C..4/4/04
17 710 Gugino, M..7/10/04	551 Brantley, W..11/6/04	672 Simon, N..10/2/04	1813 Pena, J..1/10/04
18 710 Kanemoto, K..10/13/04	540 Jester, J..4/4/04	672 Coleman, A..10/9/04	1810 Lavelle, T..11/20/04
19 705 Mastreen, M..11/30/03	540 Morishima, E..11/13/04	666 Linn, T..8/14/04	1807 Terry, C..11/1/03
20 705 Norman, J..4/3/04	535 Swanson, B..12/6/03	660 O'Reilly, J..3/6/04	1807 Mastreen, M..11/30/03
21 705 Chalmers, S..6/26/04	535 Whitney, J..11/13/04	660 Nulman, A..3/21/04	1807 Brown, M..10/2/04
22 705 Brown, M..10/2/04	534 Hill, R..11/29/03	655 Sotirakos, G..3/28/04	1802 Thompson, J..2/15/04
23 705 Brantley, W..11/6/04	530 Coe, M..8/21/04	655 Welch, L..8/22/04	1820 Sotirakos, G..3/28/04
24 705 Buckley, T..11/6/04	530 Bianchi, J..9/26/04	650 McNeish, K..11/28/03	1796 Keprice, J..4/24/04
25 705 Brandon, M..12/11/04	529 Simon, N..10/2/04	650 McShane, J..12/13/03	1820 Einfalt, L..12/21/03
26 700 Brown, J..4/4/04	525 Tracy, B..4/4/04	650 Coe, M..3/6/04	1774 Evans, C..4/3/04
27 700 Hailey, S..4/4/04	525 Planchon, A..11/13/04	650 Boyd, J.B..3/20/04	1774 Brantley, W..11/6/04
28 700 Aubuchon, S..11/20/04	523 Evans, C..4/3/04	650 Garrett, K..3/20/04	1769 Norman, J..4/3/04
29 699 Evans, C..4/3/04	520 Dixon, D..12/6/03	650 Neff, C..4/4/04	1765 Thomas, J..10/23/04
30 694 Divine, N..11/8/03	520 McNutt, R..12/20/03	650 Harrington, P..7/10/04	1745 Jester, J..11/20/04
31 694 Beck, J..7/10/04	520 Merchlewer, J..4/24/04	650 Lemarie, S..7/10/04	1736 Fleming, D..10/13/04
32 690 Terry, C..4/24/04	520 Harrington, P..7/10/04	650 Gens, G..7/24/04	1730 Divine, N..11/8/03
33 683 Jay, J..3/28/04	512 Wood, R..5/2/04	650 Kirkland, K..11/6/04	1730 Brown, J..4/4/04
34 680 Einfalt, L..12/21/03	512 Alvarado, J..7/10/04	650 Bischoff, M..11/13/04	1720 McNutt, R..4/4/04
35 675 Fox, E..4/3/04	510 Williams, R..10/23/04	645 Slaybaugh, C..12/6/03	1720 Aubuchon, S..11/20/04
36 675 Neff, C..4/4/04	507 Shalkowski, B..12/12/03	645 Moore, J..7/25/04	1719 Rebera, J..8/22/04
37 672 Flesch, W..3/21/04	507 Kanemoto, K..12/12/03	644 Brandon, M..3/6/04	1713 Kirkland, K..11/6/04
38 672 Sotirakos, G..3/28/04	507 Lane, G..4/3/04	640 Shelton, T..2/28/04	1710 Hailey, S..4/4/04
39 672 Rebera, J..8/22/04	507 Benemerito, R..4/10/04	640 Timonen, S..3/6/04	1708 Solomon, M..8/14/04
40 672 Fleming, D..10/13/04	505 Brown, J..4/4/04	640 Rendon, C..3/27/04	1703 Chalmers, S..6/26/04
41 670 Ingravera, R..11/20/04	503 Gardner, J..11/13/04	640 Jordan..5/15/04	1700 Gibson, T..3/13/04
42 661 Durocher, S..3/27/04	502 Thomas, P..3/21/04	640 Dailing, C..6/13/04	1697 Durocher, S..3/27/04
43 661 Wisenbaker, J..4/3/04	501 Lichtenberger, M..4/3/04	640 Smith, C..7/31/04	1692 Kanemoto, K..10/13/04
44 661 Knutson, J..5/8/04	501 Jones, O..5/2/04	639 Dorsten, J..12/14/03	1686 Dorsten, J..3/21/04
45 661 Van Cleave, M..8/7/04	501 Baker, B..7/24/04	639 Olsen, S..3/27/04	1686 Jones, G..5/1/04
46 655 Dorsten, J..3/21/04	501 Bishop, B..8/14/04	639 Norman, J..4/3/04	1686 Clark, R..10/31/04
47 655 Rendon, C..3/27/04	501 Arrandell, M..9/11/04	639 Placek, M..5/8/04	1685 Lunsford, R..3/20/04
48 655 Bush, K..10/13/04	501 Brown, M..10/16/04	639 Caplan, M..10/13/04	1685 Crigger, T..10/23/04
49 650 Jester, J..4/4/04	500 Ramos, T..11/1/03	639 Nesti, E..10/31/04	1681 Wisenbaker, J..12/7/03
50 650 Scott, J..4/4/04	500 Cotillo, C..11/8/03	639 Clark, R..10/31/04	1681 Willett, M..4/17/04
51 650 Young, B..4/10/04	500 Marrama, R..3/28/04	635 Beechum, K..3/27/04	1681 Villarreal, J..10/16/04
52 650 Willett, M..4/17/04	500 Neff, C..4/4/04	633 Hinrichs, J..3/27/04	1675 Baker, S..9/18/04
53 650 Becker, B..8/7/04	500 Bellanca, D..4/17/04	633 Woodley, L..9/26/04	1675 Kelly, T..12/11/04
54 650 Serio, A..8/21/04	500 Vance, B..4/24/04	633 Williams, T..10/30/04	1665 Ingravera, R..11/20/04
55 650 Baker, S..9/18/04	500 Lowe, D..6/26/04	630 Gibson, T..12/6/03	1664 McNeish, K..11/28/03
56 650 Massia, A..11/6/04	500 Kielczewski, R..6/27/04	630 Enes, J..4/17/04	1660 Young, B..4/10/04
57 650 Schmidt, J..11/20/04	500 Watts, S..8/8/04	628 Hermand, S..12/12/03	1660 Campbell, M..5/15/04
58 650 Reece, H..11/20/04	500 Stevens, A..9/25/04	625 Kamand, T..12/13/03	1658 Jay, J..3/28/04
59 650 Kelly, T..12/11/04	500 Hartlaub, S..11/20/04	625 Tracy, B..4/4/04	1658 Lichtenberger, M..4/3/04
60 644 Solomon, M..8/14/04	500 Lavelle, T..11/20/04	625 Davis, A..24/04	1647 Buffington, G..7/10/04
61 644 Wade, T..8/14/04	500 Kelly, T..12/11/04	625 Serio, A..8/21/04	1642 Green, G..2/15/04
62 644 Clark, R..10/31/04	495 Mattson, K..6/27/04	625 Jeschenig, S..9/18/04	1642 Placek, M..5/8/04
63 639 Thompson, J..2/15/04	490 Smith, J..12/12/03	625 Schmidt, J..11/20/04	1640 Serio, A..8/21/04
64 639 Solan, D..3/21/04	490 Gingg, R..5/22/04	625 Moore, C..12/11/04	1640 Gentges, N..9/18/04
65 639 Garland, T..4/3/04	490 Boyle, S..11/13/04	622 Rhoades, D..11/30/03	1636 Gianetti, A..1/27/03
66 635 Lunsford, R..3/20/04	486 Jewett, T..11/13/04	622 Schmidt, B..11/30/03	1636 Williams, B..7/10/04
67 635 Rowe, B..11/28/04	485 Gianetti, A..11/27/03	622 Woods, J..12/14/03	1636 Linn, T..8/14/04
68 633 Rhoades, D..11/9/03	485 Ferrell, G..5/1/04	622 Linquist, S..2/21/04	1635 Soule, J..12/11/04
69 633 McNeish, K..11/28/03	485 Hansen, C..5/16/04	622 Wisenbaker, J..4/3/04	1631 Baker, E..10/31/04
70 633 Jones, G..5/1/04	485 Dechicko, N..9/11/04	622 Cervero, J..5/1/04	1625 Schmidt, J..11/20/04
71 630 McNutt, R..4/4/04	485 Lopez, R..9/18/04	622 Williams, B..4/8/04	1620 Kratz, E..11/30/03
72 630 Campbell, M..11/20/04	485 Nesti, E..10/31/04	622 Brown, M..6/6/04	1620 Flesch, W..3/21/04
73 628 Matteo, J..11/30/03	485 Vining, J..1/17/04	622 Douglas, J..5/15/04	1620 Rendon, C..3/27/04
74 628 Fletcher, H..8/7/04	485 Coleman, M..12/11/04	622 Solomon, M..8/14/04	1620 Buckley, T..11/6/04
75 628 Villarreal, J..10/16/04	480 Hailey, S..5/15/04	622 McCase, M..8/14/04	1615 Henriques, T..12/6/03
76 625 Bostrom, T..12/6/03	480 Banks, L..7/17/04	620 Lee, R..3/27/04	1615 Edwards, T..3/14/04
77 625 Gibson, T..3/13/04	480 Chesmond, J..12/4/04	620 Gugino, M..7/10/04	1615 Givens, F..7/24/04
78 625 Beck, J..5/15/04	479 Pena, J..1/10/04	620 Aubuchon, S..11/20/04	1614 Belanger, D..12/6/03
79 622 Gianetti, A..11/27/03	479 Thompson, J..2/15/04	620 Ingravera, R..11/20/04	1614 Knutson, J..5/8/04
80 622 Fredette, B..3/28/04	479 Goode, B..4/3/04	617 Divine, N..11/8/03	1603 Schmidt, B..11/30/03
81 622 Placek, M..5/8/04	479 Farley, K..5/2/04	617 Green, G..2/15/04	1603 Garland, T..4/3/04
82 622 Williams, B..5/8/04	479 Dussault, S..5/2/04	617 Jones, R..4/3/04	1600 Walters, G..12/6/03
83 622 Baker, E..10/31/04	475 Reese, T..2/14/04	617 Willett, M..4/17/04	1600 Thomas, 2/9/04
84 620 Edwards, T..3/14/04	475 Spinelli, S..3/13/04	617 Richesson, L..11/13/04	1600 Fox, E..4/3/04
85 620 Griffin, A..4/4/04	475 Schroeck, J..3/27/04	615 Dave, N..6/5/04	1600 Griffin, A..4/4/04
86 620 Weller, T..6/26/04	475 Crabtree, C..3/27/04	615 Maxwell, M..7/10/04	1598 Saltzman, C..3/20/04
87 620 Enes, J..9/18/04	475 Power, J..5/2/04	615 Crigger, T..10/23/04	1598 Hinrichs, J..3/27/04
88 617 Rouse, J..12/6/03	475 Dailing, C..6/13/04	615 Legard, J..11/20/04	1598 Flickinger, W..4/10/04
89 617 Kirkland, K..11/6/04	475 Young, B..8/7/04	611 Belanger, D..12/6/03	1598 Fletcher, H..8/7/04
90 611 Evans, L..3/27/04	475 Smith, C..7/10/04	611 Dally, J..3/20/04	1598 Cooper, D..11/20/04
91 611 Williams, R..8/22/04	475 Miller, M..8/8/04	611 Jones, G..5/1/04	1595 Shelton, T..2/28/04
92 611 Buffington, G..11/13/04	475 Gentges, N..9/18/04	611 Fleming, D..5/8/04	1595 Smith, C..7/31/04
93 610 Walters, G..12/6/03	475 Sceppe, S..11/6/04	611 Canton, J..8/24/04	1590 Jordan..5/15/04
94 610 Merchlewer, J..4/24/04	475 Elick, J..11/13/04	611 Buffington, G..11/13/04	1587 Blindauer, J..2/21/04
95 610 Gentges, N..9/18/04	475 Pruzinksi, J..12/4/04	611 Blindauer, J..12/10/04	1587 Olsen, S..3/27/04
96 606 Jackson, E..11/2/03	475 Capps, D..12/4/04	610 Campbell, M..11/20/04	1585 Merchlewer, J..4/24/04
97 606 Green, G..2/15/04	475 Legg, D..12/12/04	607 Icenhour, J..5/19/04	1585 Beck, 5/15/04
98 606 Lichtenberger, M..4/3/04	475 Burdette, J..11/29/03	606 Nasraser, C..3/7/04	1576 Burdette, J..11/29/03
99 606 Flickinger, W..4/10/04	473 Omura, W..12/12/03	606 Villarreal, J..5/8/04	1576 Timonen, S..2/21/04
100 606 Baker, D..11/30/04	473 Sotirakos, G..3/28/04	606 Ulvang, J..7/17/04	1576 Toole, R..3/7/04

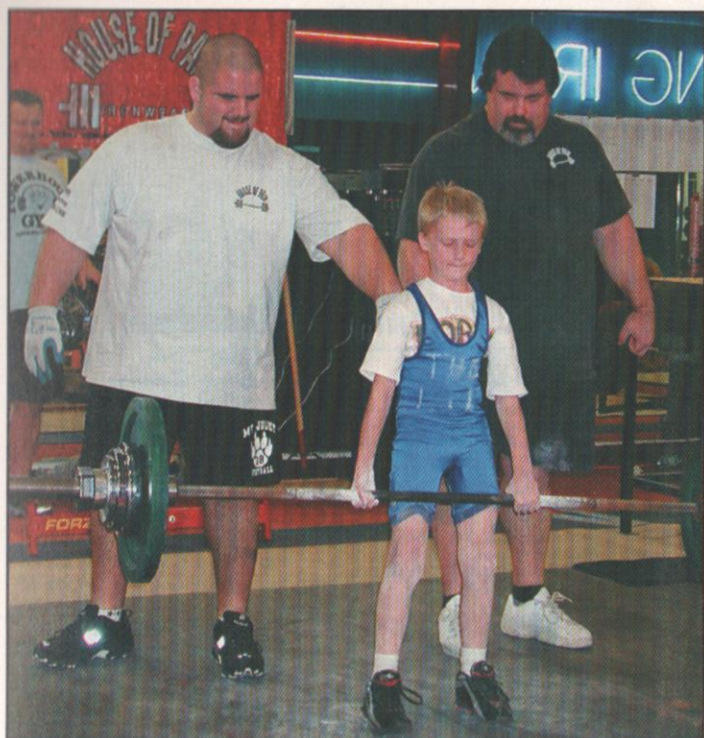
PL USA Top 100 Achievement Awards



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).

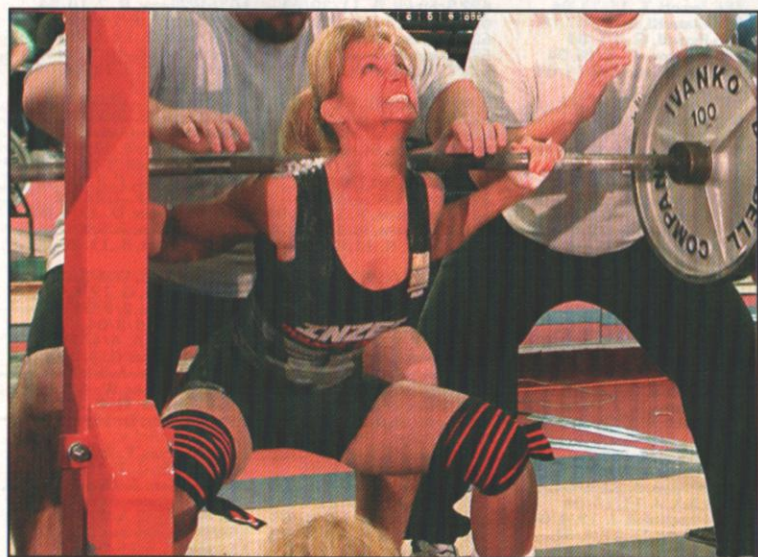
NEXT MONTH... TOP 220s

CORRECTIONS ... Glen Thomas should have been included in the TOP 100 rankings for the Middleweights in the Dec/03 issue of PL USA for his bench press of 380 lbs. This was our mistake and we are sending him a free ranking certificate to make up for our oversight. 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 93



9 year old Jeremiah Llewelyn pulling a 110 lb. PR at the APA Holiday Classic (photographs provided by the courtesy of Wade Johnson)

APA Holiday Classic V 4 DEC 04 - Nashville, TN						
DEADLIFT	Open	L. Henderson	475	310	475	1260
198 lbs.	M. Tumminello	510				
Junior	C. Nunley	405				
K. Mask	242 lbs.					
Open	Junior					
D. Minks	550	C. Stanley	390			
242 lbs.	Open					
Junior	B. Kelley	605				
F. Dorsey	605	SM				
BENCH	B. Kelley	605				
165 lbs.	C. Summers	270				
(40-49)	275 lbs.					
C. Smith	360	(18-19)				
198 lbs.	R. Hoots	375				
Open	Open					
M. Pritchard	350	J. Crader	525			
Open	SHW	(18-19)				
D. Minks	340	J. Ward	550			
SM	350	B. Kelley	730			
M. Pritchard	220 lbs.					
Youth	SQ	BP	DL	TOT		
66 lbs.						
J. Llewelyn	75	40	110	225		
LADIES						
123 lbs.						
Open						
S. Talley	301	165	310	776		
132 lbs.						
Master						
K. Tallion	275	170	275	720		
UNL						
Junior						
N. Dorsey	340	215	420	975		
MEN						
148 lbs.						
Teen (16-17)						
R. Johnson	340	235	420	995		
C. Etherton	580	300	581	1461		
181 lbs.						
Open						
G. Sesler	581	350	530	1461		
J. Finlayson	520	325	520	1365		
198 lbs.						
Teen (16-17)						
J. Carpenter	355	215	430	1000		
Teen (18-19)						
Z. Talbot	580	310	560	1450		
Open						
S. Whaley	580	350	580	1510		
D. Minks	560	340	550	1450		
W. Sesler	510	325	500	1335		
Sub						
J. Burgreen	550	415	550	1515		
S. Leo	385	285	395	1065		



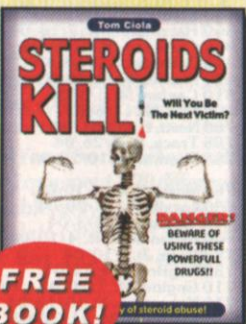
123 lb. Sherry Talley, a master lifter, with a WPA World Record 310 SQ.

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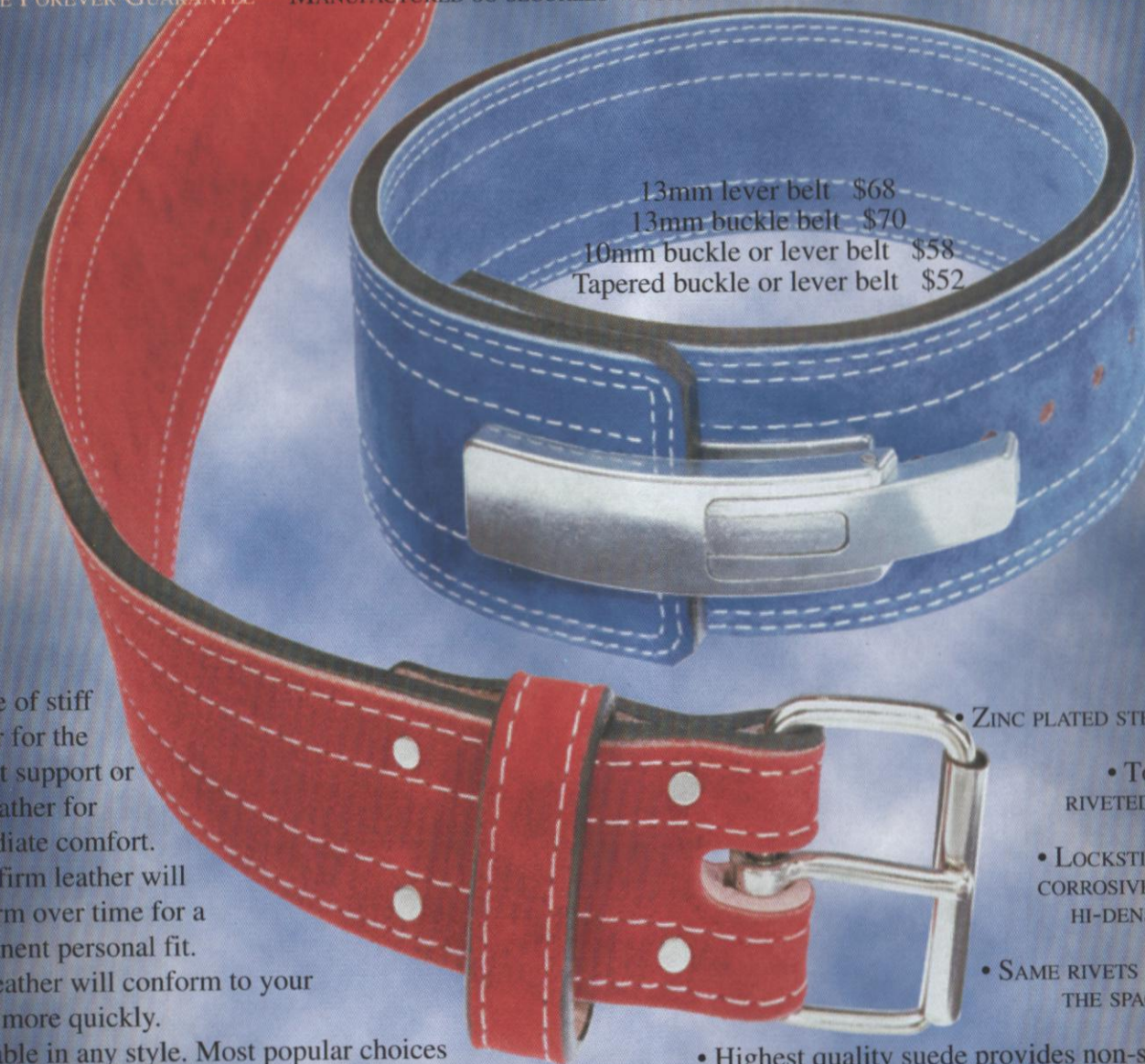
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Sub	J. Maggert	635	—	—	—	—	—	Open	M. Beatty	650	450	600	1700
275 lbs.	Open							Best Lifter Female: Sherry Talley. Best Lifter Lightweight: Michael Himes. Best Squat Lightweight: Michael Himes. Best Squat Heavyweight: Bill Dewalt. Best Bench: Bart Kelley. Best Deadlift: Michael Himes. Blue high light signifies American and World record. This year was the 5th APA Holiday Classic Meet. We had 50 lifters from Tennessee, Kentucky, Missouri, Alabama, Indiana, Arkansas & South Carolina. 20 American and world records were broken and state records fell often and					
J. Humbyrd	615	460	600	1675				were too numerous to hope to list. Thanks to House of Pain and Crain's Muscle world for sponsoring the event and all the efforts these two companies have put in to out training, competing, and meets. Thank you Powerlifting USA for providing magazines for the lifters. The meet was hosted by the World Gym in Goodlettsville, TN and thanks to gym manager Rob Ferguson for providing the venue and hosting the event. Thanks to judges Chuck Forseman, Jim Ingram, Brad and Bart Kelley, Carl Summers, Kate Tallion, Jeff Finlayson and platform staff Zac Woodward, Tommy Hooker, Chad Etheridge, Fallon Dorsey, Jeff Dwyer, Frank "Cheese" Phillips, Ryan Brown and "Big" Wes Johnson. Table staff was Kris Johnson, Linda Wienk, Katie Woodward. There were so many lifters that pitched in and helped with unloading and loading the gear, pitching in with spotting and loading, etc. These are the reasons Kris and I run meets. We are already planning the Holiday Classic VI for next year, so please stay tuned. (courtesy Wade Johnson)					
D. Blackburn	—	—	—	—									
308 lbs.	Sub												
(18-19)	M. Pitti	565	375	510	1450								
Junior	J. Davis	500	500	611	1611								
J. Davis	Open												
500	M. Gaisser	600	450	500	1550								
Open	SHW												
600													

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