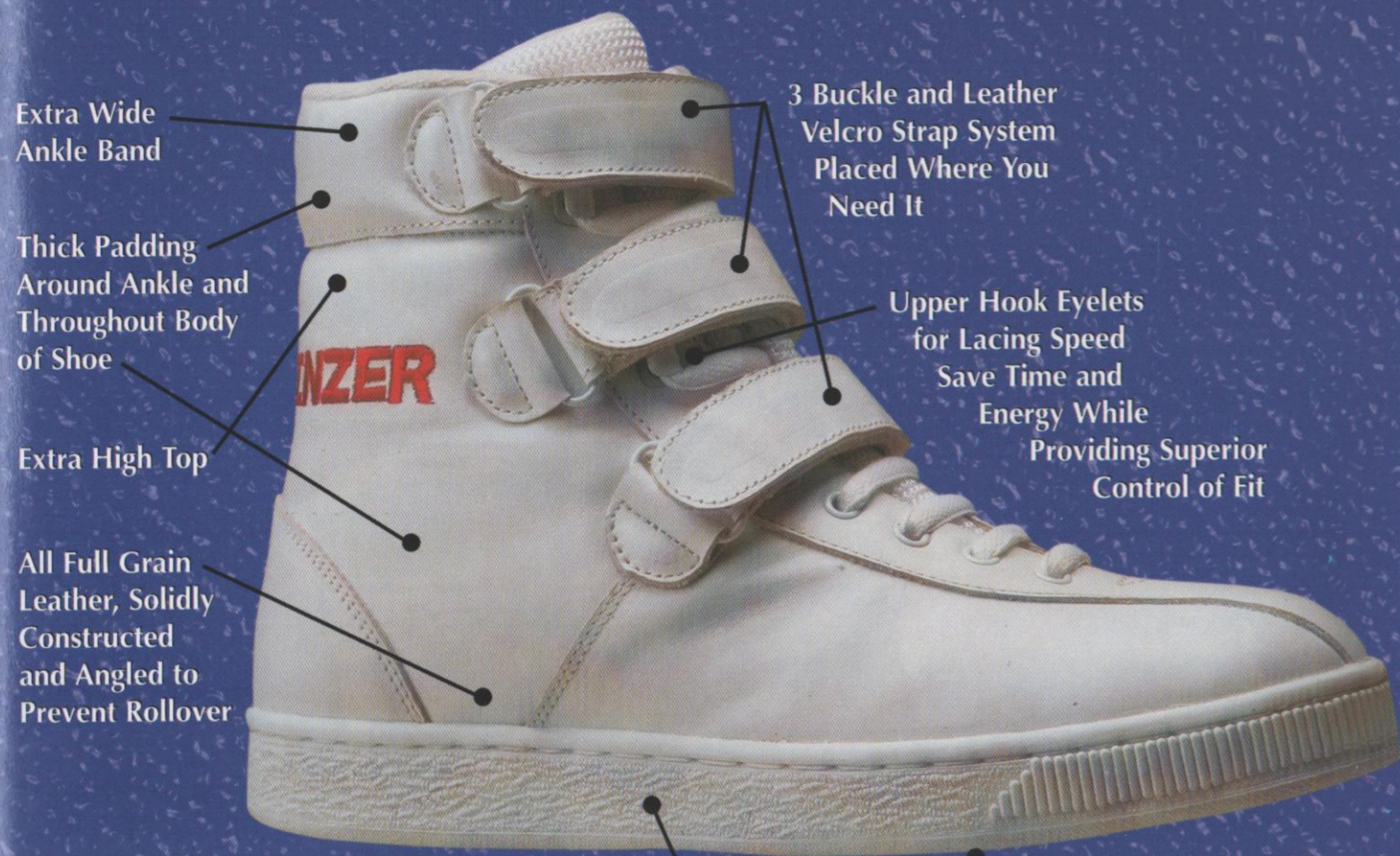


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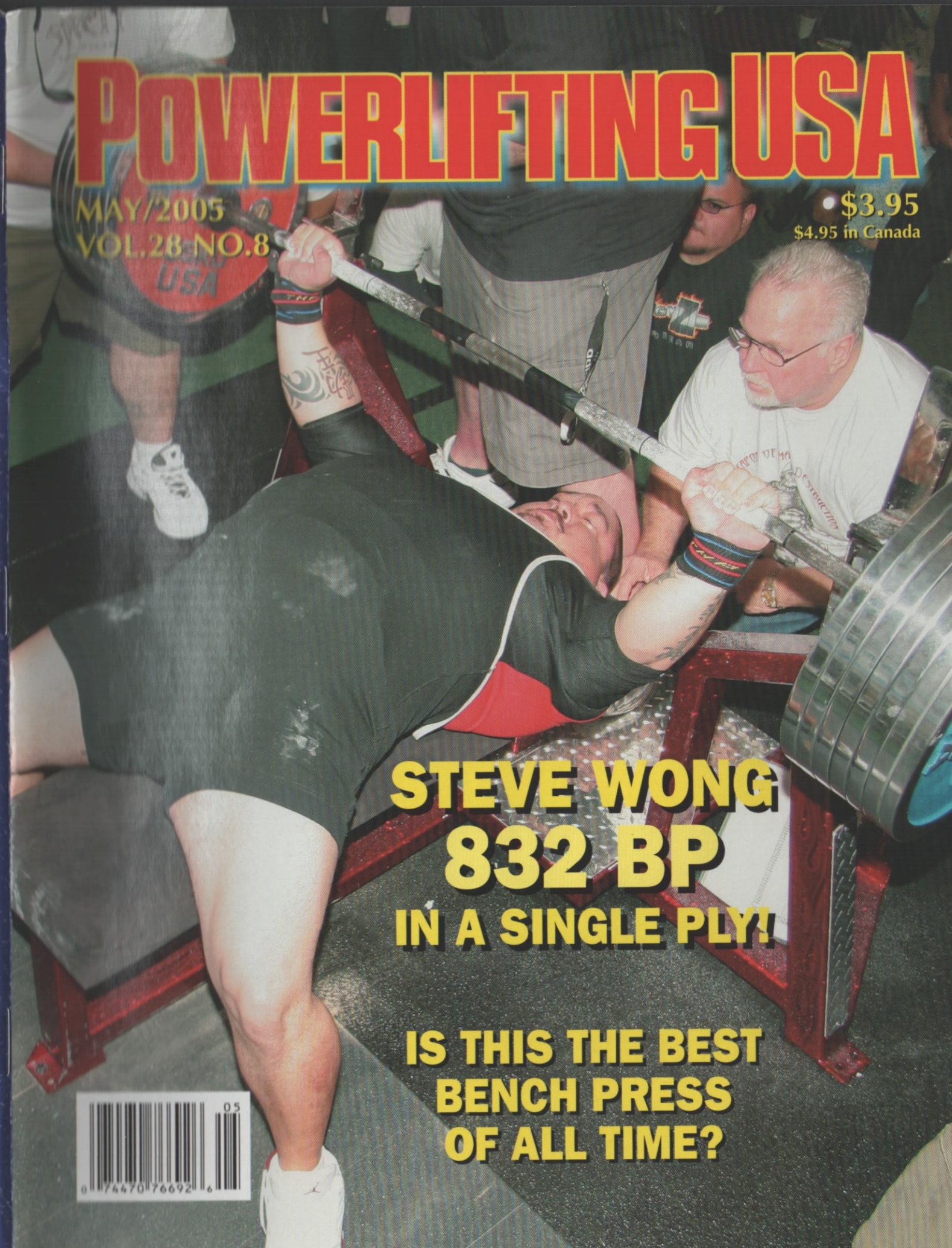
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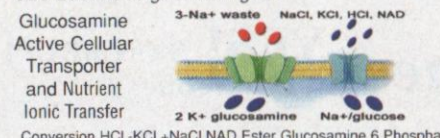
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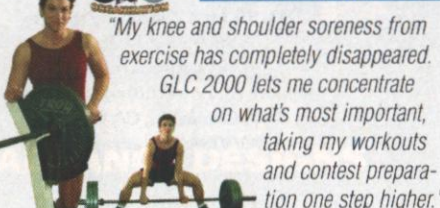
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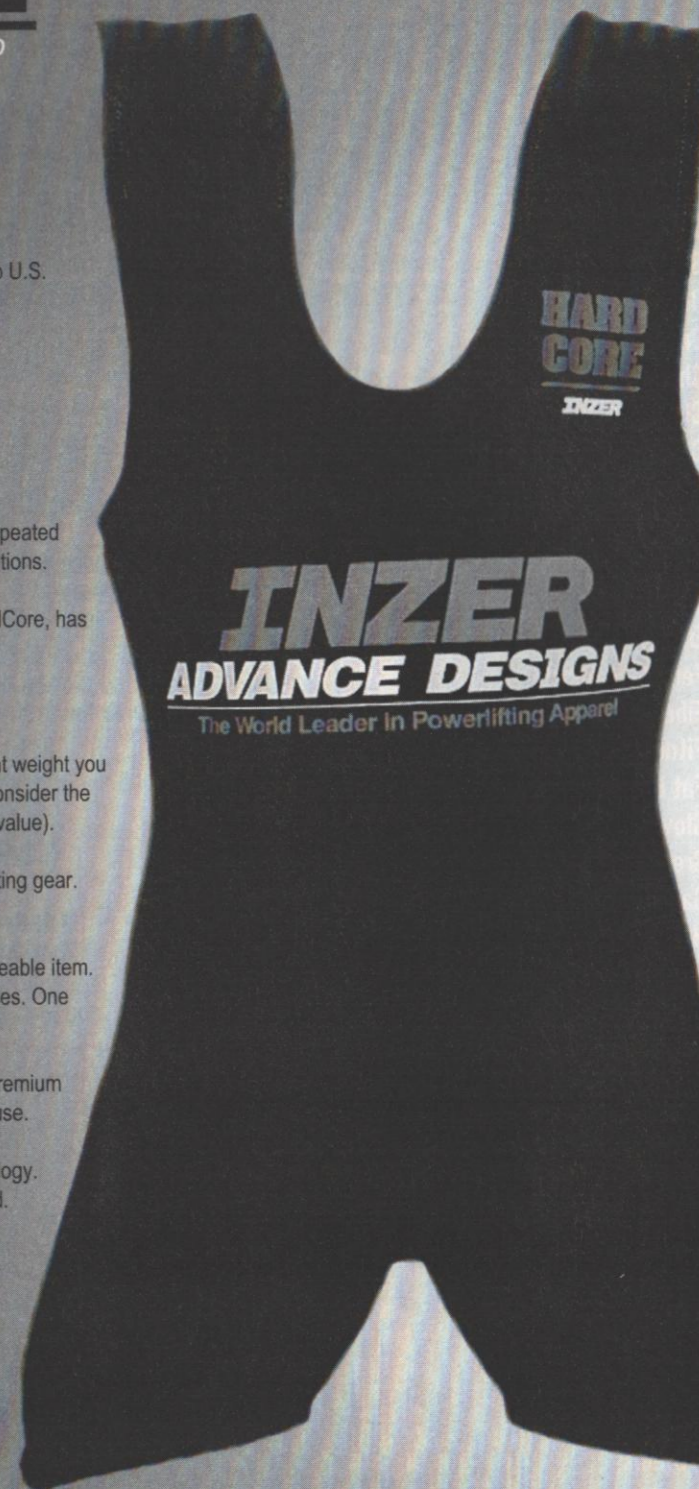
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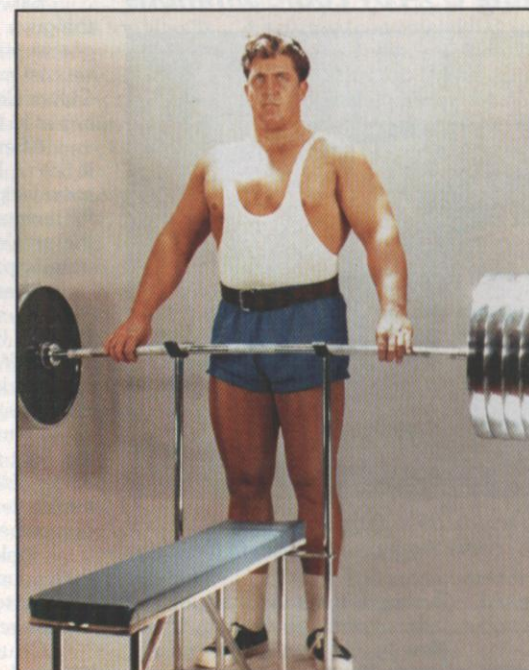


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IN DEDICATION

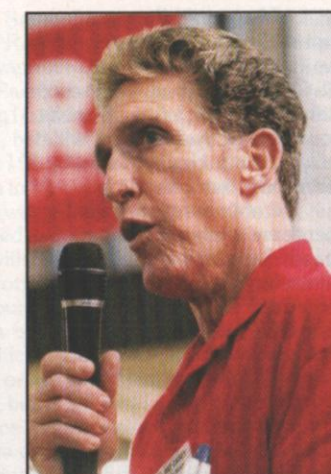
It is with true sadness that I write this short note on one of the greatest powerlifters of all time, Pat Casey, whose untimely death on the 22nd of April, really caught me off guard. I had spoken with him just 5 or 6 days before and he was telling me that he was improving and that the radiation and chemo was working and that he was indeed feeling better. But as we now know, sometimes things don't always work out the way that we want them to, and only the creator knows his reasons for what happens. With his untimely passing, the sport of strength has truly lost one of its greatest strongmen, but also a real pioneer. His feats of lifting were many and varied, but probably the greatest was the fact that he bench pressed 600 plus pounds, and the first man on the planet to do so. His squat of over 800 and total of 2000 plus were also milestones, but I think what I most will remember about



A True Powerlifting Pioneer... Pat Casey made history

Pat was his compassion for others. He would go the extra mile to help someone with their lifting. I know

that for a fact because as a young athlete in the late 60's I was constantly writing and then calling him to get tips on getting strong, advice on sets and reps, and all the latest information on other lifters, shot putters, and strongmen. I was always amazed that he would take time to write me back a short or long letter depending on my questions, and also I treasure the autographed photo of him bench pressing his world record 617. Probably one of his greatest attributes was that he never belittled someone's lifting. He would always say, so and so just set a great record in the bench press, did you read about it? And I would always come back with some comment such as what was the supporting gear he used, or how deep was the squat, or how much arch in the bench? Through the years, as he went from athlete, to health club



Pat was already fighting cancer back at the 2004 California Powerlifting Hall of Fame ceremony

owner, to working the weapons ordinance at Seal Beach, to becoming a policeman, he always trained and watched his health. He was almost fanatic. He never exaggerated his lifts as he got older. He accepted gracefully the hand he was dealt and with great dignity. He never complained. So unlike me. I am going to really miss this amazing person. We, in the sport of strength and health, have lost a great person. We miss you Pat.

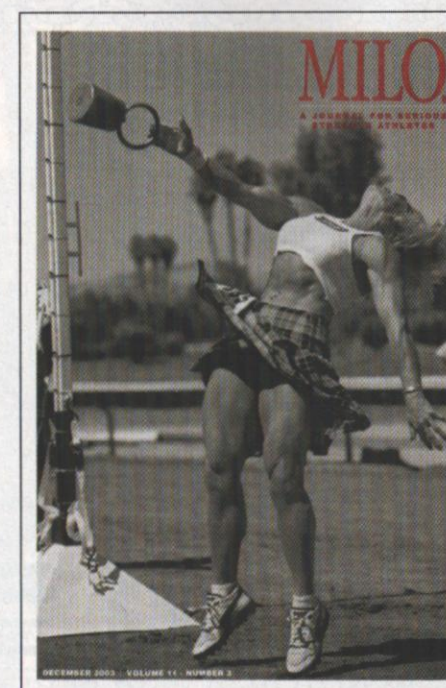
BRUCE WILHELM

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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My powerlifting memories start in 1966, just one month before my induction into the Army. I feel like Captain Ahab with his obsession with Moby Dick. I am strapped to powerlifting, and I know I will be pulled to my chalky death by it eventually, but I can't stop.

All my memories and my friends are involved in powerlifting, so I am drawn to it even more today than ever. So this is my story as I remember it.

My first exposure to powerlifting was a power meet in Dayton, Ohio, late in 1966. I had Olympic lifted since I was 12 and competed at 14, doing a 175 snatch and a 260 clean/jerk at a bodyweight of about 155. I really thought I was a strong guy until that first power meet. There were 11 men in the 165s and I got 10th place, beating only a 55 year old dude.

This was an eye opener for me. I never Olympic lifted again. My Olympic lifting training partners should have worn signs saying "I lift weights", because if they were brought into court for it, the case would be thrown out for lack of evidence. However, the powerlifters I saw not only were strong but looked like they were strong.

One of these men was Milt McKinney, a future world champion in the 132s. George Crawford was amazing at 165, trying a 525 world record squat with legs like tree trunks. He later squatted 650 at 165 with no gear, when 500 was good. George was the first to help me with my squat form. He was always helpful at meets. His son came to visit years later, and it was my honor to help him.

Vince Anello was in the meet as well, showing signs of his deadlift prowess even then. Vince told me once that anything made his deadlift go up. He was doing the conjugate system without knowing it. I just saw Vince at the 2004 IPF World Bench Championships in Cleveland, OH. He still looks great.

That meet in 1966 was my introduction to Larry Pacifico. He would become one of the greatest lifters I ever saw. There was nothing I did not do to try to beat him, but I never did, nor did anyone else until injuries and a technical error in the 1980 Senior Nationals cost him his chance to win 10 Worlds in a row. He would give advice on benching, which was to gain weight and work your triceps. Larry's son is becoming quite a shot putter, throwing 60 feet as a ninth grader.

THEN AND NOW

as told to Powerlifting USA by Louie Simmons



Meltdown in Mississippi... amidst the infernal humidity of the '79 Seniors in Bay St. Louis, MS, Louie Simmons benches in the 220s.

This group, along with Ed Matz and a few top lifters around the world, had a network of training knowledge at their disposal, which was a major factor in their success.

Today we have the Internet, but unfortunately many use it to bad-mouth each other, to cry about their training partners, or, worse, to be a legend in their own mind.

After that power meet, I went into the Army. The next month I was in the infantry, but did not go to Vietnam. Instead I was sent to

Berlin, I think because of my father's untimely death in 1968. Now I could train fairly regularly, but my lifts were going nowhere. No one knew anything about powerlifting. One day I picked up a Muscle Power Builder, which later became Muscle and Fitness. In that magazine, there was a powerlifting article about the Westside Barbell Club of Culver City, California. It was about box squatting. I had never heard of this, but with nothing to lose, I gave it a

try. To my amazement, the box squats worked to the point that I later made top 10 squats in five weight classes.

Bill West, George Frenn, and the guys, through those articles, got me started on the right foot. I was never able to visit Westside in Culver City due to work, which I regret to this day.

After getting out of the Army in 1969, I built a power rack, got some weights, and started training full time using what I learned from the articles. They were my only training partners.

After Bill West died, I refer Red to my place as Westside Barbell, but never publicly until 1986. Westside Barbell is a trademarked name (and so is Louie Simmons).

I often wondered if I was on the right track with my training. Roger Estep was doing a 1600 total in the early 1970s. Then out of nowhere, he made an 1800 total. I asked him how he jumped 200 pounds so fast. He said he went out to Westside in Culver City, and the rest WAS history.

Chuckie Dunbar, Jack Wilson, Luke Iams, Paul Sutphin, and some others were known as the Wild Bunch and were a very strong team. They proved to me that I was on the right track. My problem was that I had no training partners. When I went to meets, I would ask lifters who excelled in each lift for tips on that lift. When it came to benching, Larry Pacifico was always telling me to train my triceps and lats.

I was lifting in Indiana and met Bill Seno. This dude was huge. He had won best chest in many Mr. American contests, but was also the American record holder in the bench press. I also asked Bill how to get my bench up to a top 10 lift (at the time there was only a top 10). First he stared at me, then grabbed me by the arms and said I needed to do illegally wide benches for a 6 rep max. When progress stopped, go to 8 reps, then to 10 reps I to failure. I hated the higher reps, but the 6s pushed my lousy 340 at 181 to 445 at 198 then finally 480 at 220 and a top 8 bench. Bill was a close-grip bencher, and he was telling me to bench extra wide?

What gives? In the end, he knew what he was talking about. Bill was training with Ernie Frantz. Ernie was 12 or 13 years older than me. A former bodybuilder turned powerlifter, Ernie was old by my standards, but not old-fashioned. He was and

still is on the cutting edge with power gear — denim shirts and canvas squat suits — which are still some of the best today. For years he was a top 181, 198, and 220. He also formed the APF and WPC to lift some of the restrictions of the IPF. His wife, Diane, was also a top lifter in the 1980s. There were top lifters such as Jack Barnes, who could out-squat everyone at 181 and 198, and John Kanter at 242 with a 2000 total. The heavyweights were always in the limelight: John Kuc, Jim Williams, one of the greatest benchers of all time, and Jon Cole, who made a 2370 total at 286 with no gear.

I entered my first national meet, the Junior Nationals in Patterson, NJ, in 1971. I got third. I thought I had second place locked up until Joe Spack, also known as Spack the Wack, came out and pulled a 650 deadlift to push me into third. I made the top 10 in 1972 in Powerlifting News, a Dan Dewelt publication that was the predecessor to Mike Lambert's Powerlifting USA. In 1970, I met Herb Glossbrenner, who thanklessly keeps stats to this day. Herb and Mike keep it real for everyone.

My arch rival was George Clark. This guy was built like a tank. He would always beat me by 40-50 pounds. But what made it worse was that when he would arrive, everyone would stop and stare at him because he had muscles that did not have names yet. I dreamed about beating him every day of my life, but I never did. I did outlast him though.

I made my first Elite total in February 1973 in Toledo, Ohio. I did 605 - 380 - 670 and a 1655 total. At that time there was no gear. I almost made a 700 deadlift. A lot of good lifters, including Bill Ennis and Ed Matz, participated in that meet. It was known as The Key to the Sea.

The Chattanooga Open was a big, but not national, meet as well. After that meet, I said to myself that my back was indestructible. Boy, was I wrong. I broke my fifth lumbar vertebra. I was on and off crutches for 10 months and in severe pain. I could not do any exercises that had made me strong before. By luck, I came up with the Reverse Hyper. It first helped the pain, then it repaired my back to its former strength.

Walter Thomas was new and on the rise in the early 1970s. Inaba, Precious McKenzie, Eddie Pengelly, and Ron Collins were making names for themselves. Powerlifting was becoming international. The IPF was formed to organize the first world power sport. The AAU had run powerlifting in the beginning. The early 1970s was the springboard for U.S. powerlifting.

A lot of Canadians would lift in our meets in Ohio. I don't think Dr. DiPasquale was one of them, but everyone knows him today by his column in Powerlifting USA. A lot of powerlifters hang on forever. Bob Cortes was in many meets in the early 1970s. I recall he was older than dirt then, and he is still lifting today.

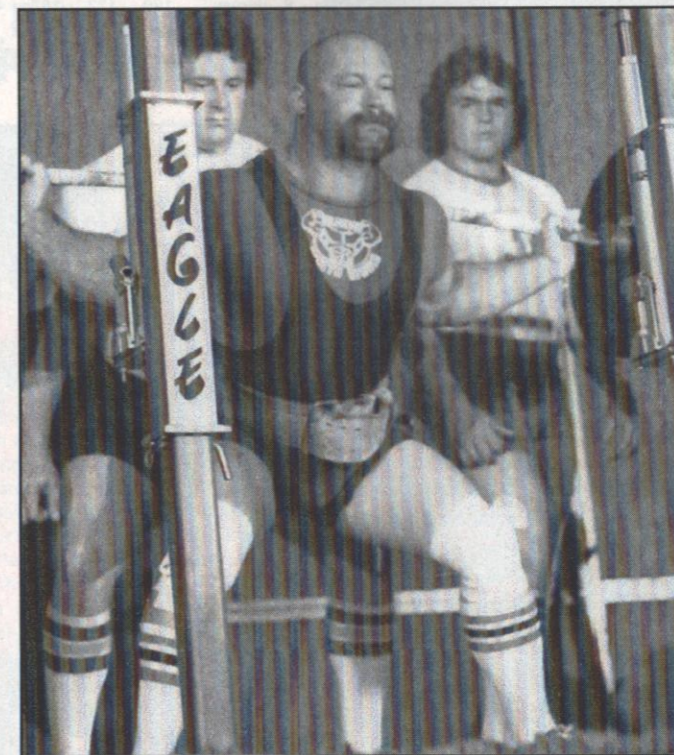
In the 1971 Junior Nationals I broke the squat record with 565, breaking the mark held by Tony Fratto, who was a huge influence in my squatting. It's funny how although you are competing

against these great lifters, they were also great men, as they were the pioneers of this great sport. I trained by myself until I saw Doug Heath at Ohio State University. He was strong as hell, but really eccentric, to say the least. He had many great contests with Ron Mercer of Glass City Power Team, in Toledo. Doug is still strong today, making top 10 lifts. After my back injury, it took me a few years to reach top form again. Spanjian supersuits came on the scene. They did not do much, but I was glad to have some support. I recall that they cost \$24.00. Bob's Belts supplied a 4 inch power belt, which I still use today.

Larry Pacifico was not only lifting big, but was putting on the greatest power meets ever. I lifted in the 1977 Junior Nationals in Lincoln, NE. It was the first time I saw Fred Hatfield. He would become a squatting machine, maybe the greatest pure squatter of all time. I met a kid there who told me he was going to break the world record in the bench at 148. His name was Mike Bridges. He did break the record. I never saw such a lifting machine. He was and is the strongest man under 200 pounds I ever saw. If he would choose to use the best gear of today, it would be crazy. My friend Arnold Coleman broke Mike's and

Gene Bell's total record at the 2005 Arnold Classic. I was amazed to see Arnold break these records. It was unexpected, but the unexpected is commonplace today.

Sam Mangialardi, Dennis Reed, and Henry Waters were making big noise, as well as Clyde Wright, Larry Kidney, and Paul Wrenn, who at superheavyweight sure could squat deep. I was now a 198. Estep, Jones, Cash, and my new training partner, Gary Sanger, were doing big lifts. In 1978, I was strong again: fourth in the squat, seventh in the deadlift with 710, and fifth in the total at 1825. I wanted to go to 220, but had a hard time gaining weight. I thought my injuries were behind me, so I go to



Madness in Mad City... Louie tore himself up seriously after this squat at the 1980 Senior Nationals held in Madison, Wisconsin.

the 1979 Senior Nationals. Bridges is killing then, but Ricky Crain is right there. Walter Thomas was at the top of his game. I was there to beat Pacifico like everyone else. I did everything I could to beat him, but — of course — I didn't, but neither could anyone else.

The 1979 Seniors was known as the Meltdown in Mississippi, for good reason. Bill Kazmaier was making a name for himself and had planned to dominate the meet. I was sitting poolside with some lifters when Bill said, "Beam me up Scotty." His luck got worse when he bombed out with an 804 deadlift. He would have won by over 100 pounds. It was very humid, which caused a lot of missed deadlifts. I weighed only 212 and made a 733 PR squat and a PR bench of 462. My opener of 677 would place me second behind Larry Pacifico. I pulled the weight easy, but as I locked it out, my grip slipped a little. The head referee was looking at my hand, then my bicep tore loose, causing me to drop the bar. My second place quickly became no place. What a meet. Only two made a total: Larry and Dr. Steve Miller.

To this day, people ask me Where's your bicep? I reply, "Bay St. Louis, Mississippi." Two surgeons recommended surgery, but one said no, and that's the way I went. Many people asked if I was going to lift again. I said, "Hell yes." Six months later, in January 1980, at the Y Nationals, I was back. I squatted 765, benched 480 (my first top 10 bench), and deadlifted 705, to total 1950. It was the third best total ever, for a short time. That's the good news. The bad news was that I had hurt my groin and lower abs. I was in extreme pain, but I was getting to like pain, maybe a little too much.

Next stop, the 1980 Senior Nationals in Wisconsin. I opened with 722, but failed. I made my second attempt, but with a lot of pain and a popping sound. For the first time, I used my head and passed the rest of the meet. Ernie Hackett, a world record holder and physical therapist, looked at me and said I had torn tendons of the pelvic bone and some lower ab muscles. He was right, and I was out for a while.

Meanwhile, Larry Pacifico had won his ninth world championship at the 1979 Worlds in his hometown of Dayton, OH. Japan, England, and Canada had world champs along with the United States. At the 1979 Worlds Lamar Gant beat Precious McKenzie at 123 by pulling a 617 deadlift. The world record was 551, and Lamar made 617 to a standing ovation, the only one I've ever seen.

With there being only one federation, my main goal was to do top 10 lifts in my third weight class. I had some time to think about training. I knew I was doing something wrong because I was stronger in training than at the meets. After breaking my fifth lumbar vertebra for the second time in 1983, I sought medical advice. The doctor wanted to remove two disks, fuse my back, and remove bone spurs. I said, 'No way, Jose'. In next month's article the story and the pain continue.

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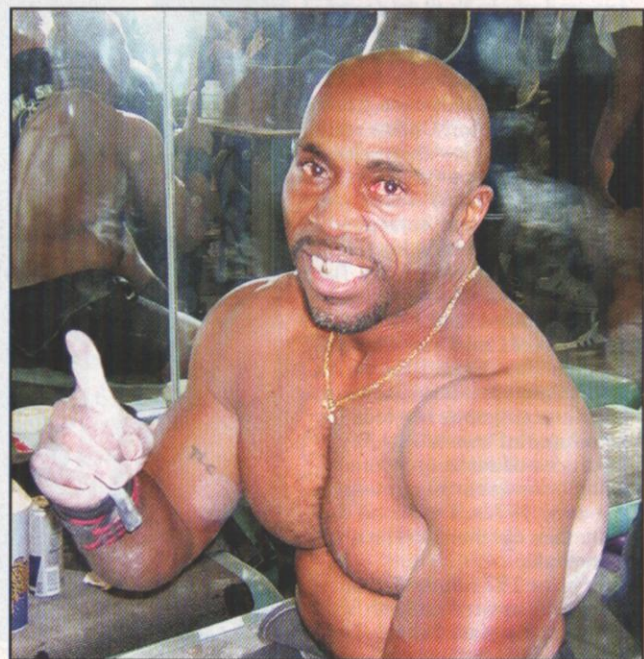
Conyers Breaks the ALLTIME Middleweight Total Mark at the APF Jacksonville Open

APF Jacksonville Open 2 APR 05 - Jacksonville, FL				
WOMEN	SQ	BP	DL	TOT
132 lbs.				
A. Francisous	152.5	65	150	367.5
MEN				
Junior/Teen				
132 lbs.				
D. Conyers	185	70	162.5	417.5
R. Brown	160	105	205	470
Master (40+)				
220 lbs.				
T. Smith	295	215	245	755
J. Culfiton	255	155	242.5	652.5
242 lbs.				
B. Beetey	292.5	160	277.5	730
Master (50+)				
165 lbs.				
D. Coleman	115	70	97.5	282.5
181 lbs.				
D. Pittman	242.5	145	245	632.5
242 lbs.				
S. Bessent	237.5	160	255	652.5
Master (60+)				
148 lbs.				
D. Whitney	227.5	117.5	235	580
181 lbs.				
E. Edwards	142.5	125	182.5	450
D. Parsons	160	115	160	435
220 lbs.				
B. Jordan	197.5	127.5	187.5	512.5
242 lbs.				
J. Carter	142.5	135	160	437.5
Open				
148 lbs.				
B. Williamson	175	87.5	182.5	445
165 lbs.				
S. Francis	210	175	200	585
McWilliams	182.5	150	207.5	540
181 lbs.				
S. Shepperd	260	182.5	235	677.5
T. Travis	227.5	157.5	240	625
198 lbs.				
J. Norman	350	195	317.5	862.5
T. Garland	310	190	242.5	742.5
T. Jones	250	160	227.5	637.5
B. Hayden	227.5	177.5	195	600
R. Burney	190	122	187	499
220 lbs.				
B. Carroll	420	252.5	295	967.5
A. Driggers	410	280	275	945
L. Mosley	365	260	310	935



Tony Conyers ... at the very moment he locked out a 683 to total the historic 2000 lbs.

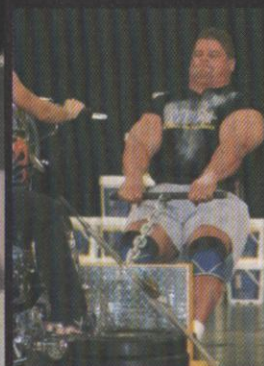
R. Weinstein	287.5	205	272.5	765
B. Tripp	290	190	272.5	752.5
242 lbs.				
T. Burns	312.5	185	237.5	735
275 lbs.				
L. Estevez	395	272.5	272.5	940
308 lbs.				
C. Cornett	362.5	265	272.5	900
S. Priestler	232.5	125	220	577.5
SHW				
S. Crumbley	455	252.5	310	1017.5
K. Southwood	377.5	250	272.5	900
Guest Lifters				
165 lbs.				
T. Conyers	380	217.5	310	907.5
242 lbs.				
(Age 29)				
D. Blue	432.5	277.5	335	1045
(Thank you to Wayne Pullum for results)				



He is the MAN!! ... Tony Conyers the first man to go 2000 as a Middleweight. (photos provided by courtesy of Jason McElroy)

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!



Mark Philippi
- World's Strongest Man
Competitor and Collegiate
Strength Coach

"I've used many over-the-counter and prescription medications to relieve the pain in my knees stemming from many years of powerlifting and World's Strongest Man competitions. RELEVE is my 'go-to' supplement of choice because it really works and it doesn't upset my stomach like the medications do."

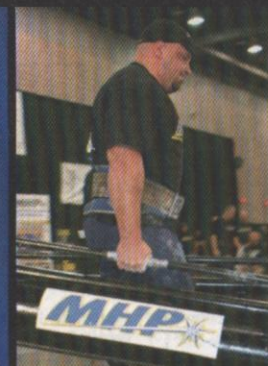
MILLER...NO PAIN!



Mike Miller
- World Record 1200 lb. Squat!

"My body pushes thousands of pounds every week. Last year alone between competitions and training I benched 700 plus pounds over 80 times and squatted over 900 lbs. 30 times. I have had tendonitis in both elbows and my shoulder. I use RELEVE to keep my joints strong and powerful. Without it, I would never be able to train with the workload I do."

KIRIT...NO PAIN!



Steve Kirit
- America's Strongest Man

"Competing as a Strongman places an exceptional amount of stress on my joints. After years of picking up 380 lb. stones from the ground and pressing 300 lb. logs for overhead reps, my joints ache! I use RELEVE every day to keep my joints healthy and strong. Without it, I wouldn't have been able to capture first place at America's Strongest Man two years in a row."

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Strongest Man In America Contest



TELLING the TALE of the SCALE

In January of 2004, Powerlifting USA ran an article about Atlantis Foundation a nonprofit organization aimed at changing the face of powerlifting and strength competition. This November the fledgling organization hosted its third annual strongman meet. As in past years,

Bill Kazmaier and Ed Coan were on hand to M.C. and judge attempts. Awarding cash prizes of \$2,500, \$1,500, and \$500 for first, second and third the competition drew noted lifters Brian Schoonveld and Vincent Dizenzo. Sponsored by MET-Rx, it was a great success.

Atlantis meets differ from other strength competitions in that contested lifts, done with bars and plates, are easily practiced in most gyms. Five events keep meets short and sweet, trap bar deadlift, bench press, push press, chin-up with weight, and Thomas Inch Dumbbell lift. And because contestants compete within static, stable parameters, compared to odd lifts such as the tire flip; risk of injury is significantly reduced.

The list of horrendous injuries suffered during Strongest Man in the World competitions functions as a warning to prospective participants. Gary Taylor suffered a leg crushing injury when a tire he was flipping fell back on him. Mark Philippi suffered compound fractures to both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the bar-bend forever reduced his best potential effort, and who can forget Franco Columbo's mangled leg from the refrigerator race. Even seemingly innocuous events like arm wrestling resulted in a shattered arm for inexperienced Nathan "Mega-Man" Jones. As athletes, we know any of these injuries is potentially career ending. Is it really worth the risk? Why not compete in events that more accurately test brute strength but also do so in the controlled environment of the lifting platform? Who needs an out of control wheelbarrow to threaten one's livelihood?

Combining safe, valid events was Atlantis founder Bruce Derosier's brain child. He wanted to eliminate the stamina/athleticism component of strongman competitions in favor of focusing on the namesake: strength, pure and unadulterated. His idea won the favor of three time World's Strongest Man winner Bill Kazmaier because Kaz often saw weaker competitors doing well on esoteric events. And like many athletes, Kazmaier laments

Atlantis - Revamping Strength Competition

another insidious blot on professional athletics... politics. World Strongest Man events are allegedly rife with politics. The more marketable athlete the more a competition is tailored to him. Ever wonder why the events aren't standardized?

Along with this return back to pure strength competition, Derosier, inspired by American made York equipment, purchased several calibrated bars and a mountain of plates; plates calibrated in pounds. "What appeals to me about York is it's the name that created all our heroes. York was the premiere barbell company. We want to get back to that. The celebration of strength exhibited at the old annual York picnics is something I'd like to incorporate into our meets," says Derosier. "York is about building strength and Atlantis is about showing strength."

Bruce also endorses Forza powerlifting equipment. "Forza is the best high quality American manufactured competition powerlifting equipment. They were glad to customize their products for our needs. Forza sets the standard for powerlifting."

Yet despite Derosier's strong feelings about these companies Atlantis Foundation has no marketing investment in any competitor. Nor will they ever. Atlantis Foundation recently earned national 501 C3, nonprofit status. Atlantis is a charity foundation and therefore far less subject to marketing pressure. No pressure, no politics.

"We wanted to redress what we saw as unfair practices in certain strength competitions," says Derosier. "Eliminating competitors by choosing events that require certain height or body geometry seems almost intentional. 'Less dancing and

prancing, more lifting,'" has become Derosier's mantra. To back his idea, Derosier offers significant cash prizes. Through corporate sponsorship he hopes to further augment winning potential.

Thus far, response to Derosier's ideas has been overwhelmingly positive. Brian Schoonveld, winner of this year's Atlantis Strongest Man in America agrees that Derosier's events more effectively test raw power and leave out athleticism. He believes the World's Strongest Man competitions would more aptly be named World's Strongest Athlete.

Schoonveld sees a discouraging trend in strength competitions. Whereas in 2001 twenty to twenty-five meets offered circa \$1500 for first prize, they were also willing to pay plane tickets, hotels and meals, not to mention appearance fees. In the last few years, he says, funding has gotten scarcer. In Schoonveld's experience, bigger sponsorship and therefore larger purses are typically found at charity venues. In this lean environment Atlantis cash prizes are a welcome source of revenue. Best of all unlike some other venues where winners wait months for cash to be disbursed, after you've won an Atlantis meet, by the time you sling your lifting belt into the back seat of your car, the check is in your pocket. Derosier pays on the spot.

Second place winner Vincent Dizenzo's statements almost mirror Derosier's. The brutally strong, Dizenzo is not an overly tall man. He never felt able to compete in more traditional strongman competitions because he was sure his stature would prove disadvantageous. He also feels the events presented in Atlantis meets are more valid indicators of strength. Along with these advantages, Dizenzo believes competing with barbells enables greater transfer from powerlifting. No surprise, powerlifting was initially designed to test brute strength by those disgusted with weightlifters whose refined technique at times enabled them to defeat stronger athletes.

Massachusetts powerhouse Earl Bostick landed a third

Schoonveld has all around power

place win through guts, determination and good of fashioned strength. Bostick doesn't use lifting gear. As Atlantis competitions allow belt and chalk only, Bostick felt right at home. His impressive showing became more so when Bostick relayed that he never trains the deadlift. His 710 trap bar deadlift came on the heels of only two and a half months of preparation. He found a gym that had such a bar in its arsenal and pulled about 550 in his very first workout. Though he has competed in more traditional strongman events, flipping tires and dragging anchor chains, he appreciated being able to train for the meet with normal gym equipment.

The ability to translate powerlifting prowess to strongman events enables the sport to draw from a larger talent pool. More and better talent means more excitement for fans. Let's face it, it is rare to find gyms that actually have Atlas stones, or Conan wheels.

Ed Coan concurs. Because of similarity to powerlifting, Ed says barbell centered strongman competitions are easier for most lifters to relate to. Derosier, Coan says, is primarily interested in enabling lifters to showcase their talents in cash meets that are free of politics... which is why Coan himself became involved.

The continuing enthusiasm of competitors and audiences alike encourage Derosier to seek ever larger venues and prize money for meets. He envisions future regional meets functioning as qualifiers for national competition. Atlantis can be reached for further information at (508) 885-3686. MARC CAVIGIOLI



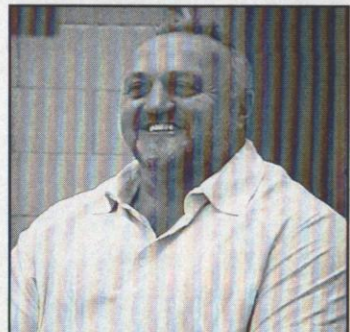
Mr. Marc Caviglioli



Deadlifts were on a Trap Bar



Bench Press the King of Lifts



Bill Kazmaier did some MC work



Ed Coan with the referee's view.

Atlantis 2004 - Strongest Man In New England 23 OCT 04 - Paxton, MA

Overall Placings	T-DL	BP	PP	C-U	TI	TOT
B. Schoonveld-345	775	565	425	50	172	1987
V. Dizenzo-297	100	535	390	25	130	1755
E. Bostick-258	710	470	275	120	120	1135
D. James-275	700	400	325	10	125	1560
G. Gauthier-216	640	350	280	125	150	1545
J. Nowicki-208	550	405	260	140	145	1500
C. Wilson-295	635	430	265	25	135	1490
S. Hurd-172	600	325	200	125	125	1375
J. Fasolino-190	550	355	250	90	125	1370
M. Tavalone-213	550	350	235	105	115	1355
T. Perry-285	615	335	235	20	140	1345
W. Thorng-224	525	345	260	85	120	1335
S. McGlone-214	52	365	225	75	125	1315
A. Sullivan-190	475	330	235	130	115	1285
G. Doherty-181	560	265	205	95	105	1230
C. Rijos-178	550	250	210	100	110	1220
N. Fitzgerald-275	540	270	220	—	155	1185
P. Kowal-149	405	230	205	105	900	1035
J. Amaral-200	440	270	195	5	100	1010
B. Schoonveld-345	775	565	425	50	172	1987
V. Dizenzo-297	700	535	390	25	130	1755
E. Bostick-258	710	475	275	120	120	1735
T. Raines-246	560	395	315	40	105	1415
C. Peterson-186	525	315	220	130	90	1280
C. Rijos-178	550	250	210	100	110	1220

(Thanks to Bruce DeRosier for providing these meet results)

WORKOUT OF THE MONTH

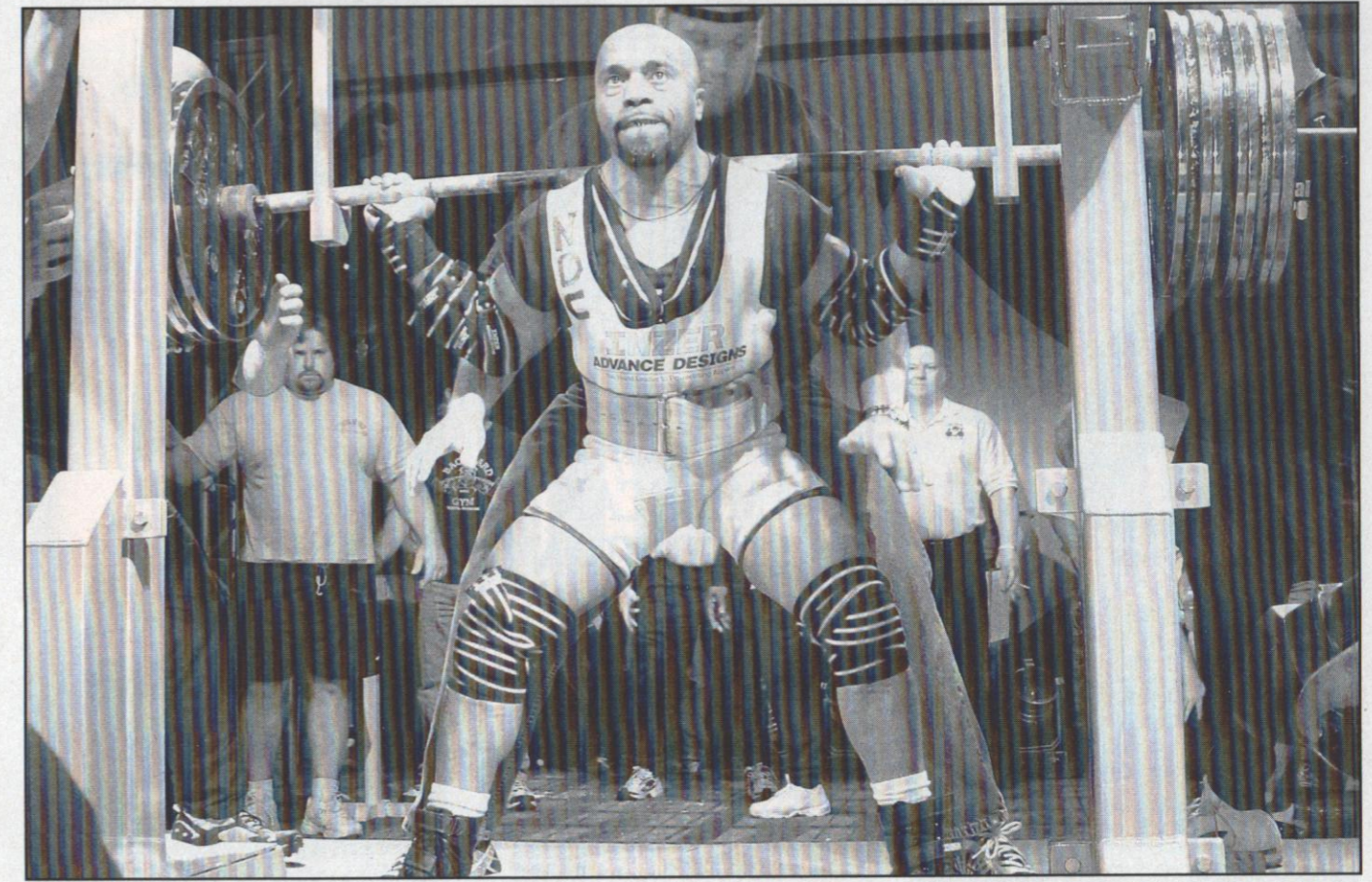
ANTHONY CONYERS SQUAT WORKOUT

Positive thinking, dedication, determination, along with believing in yourself are crucial elements to the success of any powerlifter. A few years back, I remember asking a well known gym owner in Tampa, FL if he thought it was possible for me to squat 600 at 148 lb. bodyweight. "Sorry Tony, I just don't think it can be done without steroids." Well, I believed in myself and since then I have successfully completed much more. I have developed the following routine for the intermediate lifter with a current max squat of 600 lbs. This routine is based on a 10 week cycle. For the first 2 weeks we will use no gear. On Weeks 3 &

4, add a belt. In Weeks 5 & 6, we will add a suit and wraps, keeping the straps down. During Weeks 7 through 10, we will have the straps up. I also use an erector shirt the last 2 weeks of training on my heavy sets. We will train twice a week, Saturday being the heavy day & Tuesday being light. Do leg extensions & leg curls on both days, 3 sets of 10 for each, going 80% on your light day. Remember to practice the proper form and depth on each rep and to complete every set. Some weeks you may feel like doing another set. Don't keep that hunger for next week. I would also like to add that I train at or within 5 pounds of the bodyweight that I

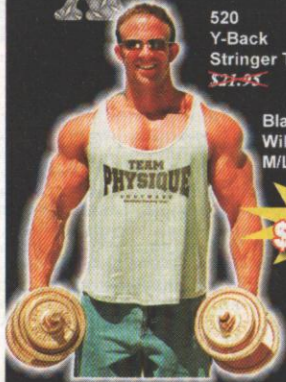
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a Powerlifting authority. Each month, a different lift is analyzed. For those of different 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).

compete at.
Week 1: Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x3.
Week 2: Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 330x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 240x10x2.
Week 3: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 370x8x2. Add belt, but no belt on light day. Light Workout: Bar x 20, 135x10x2, 280x8x2.
Week 4: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 400x8x2. Light Workout: Bar x 20, 135x10x2, 225x8x1, 310x8x2.
Week 5: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 450x5x2. Add suit and wraps, straps down. Light Workout: Bar x 20, 135x10x2, 225x8x1, 310x8x2.
Week 6: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 480x5x2. Light Workout: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x3x1, 455x2x1, 525x3x2. Straps up on last three sets. Cut out light day training.
Week 7: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x3x1, 475x2x1, 550x3x2. Cut leg extensions and leg curls.
Week 9: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 525x2x1, 575x2x2.
Week 10: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 540x1x1, 600x2x2.
1 week rest.
Meet Day: Bar x 20, 135x10x2, 225x5x1, 330x2x1, 405x2x1, 495x1x1. Opener - 575, 2nd attempt - 610, 3rd attempt - 630.



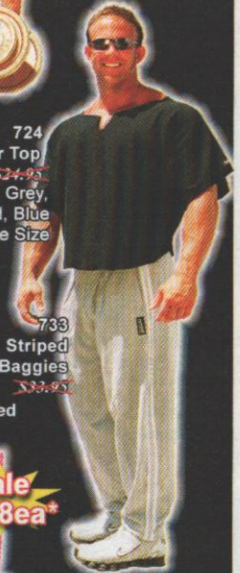
Anthony Conyers is a multi-time WPO Champion who just recently nailed the biggest Middleweight squat in history 837 lbs.

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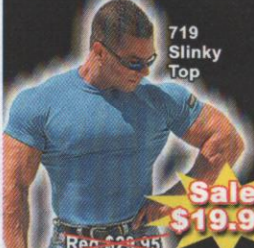
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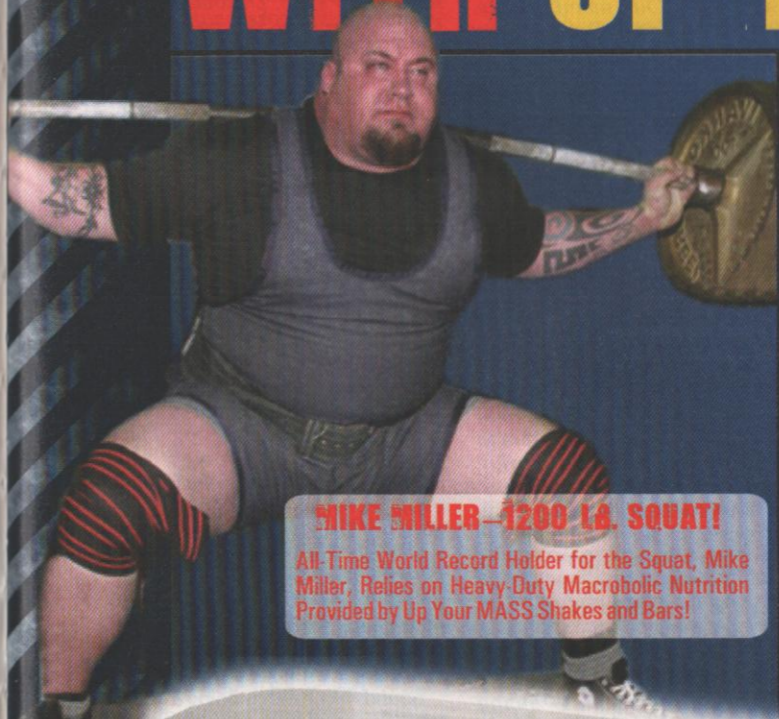
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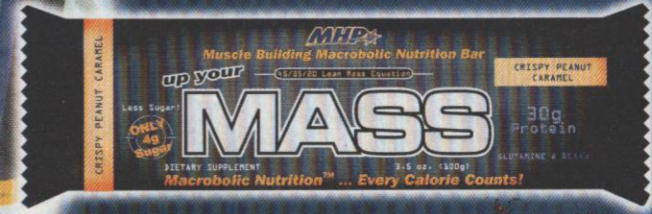
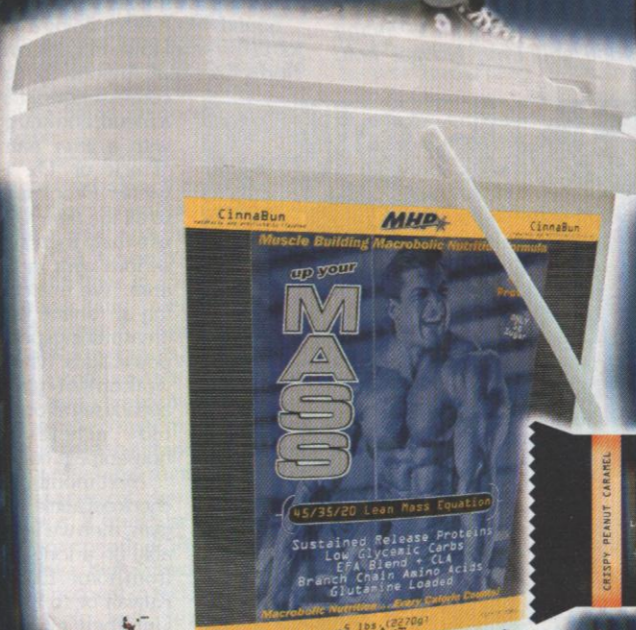
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Last month we looked at a couple of Hard Core Gyms; both were named simply the 'The Gym.' We talked about the dangers of using generic names for your gym, as in the old sitcom where there were three brothers - all named Darryl. A similar thing happened to my sister Cindy when she had her 5th (!?) son. They basically ran out of new names, and so they started reusing old ones - so that their oldest and youngest now share the same name. Michael Scott is the big brother of William Michael. Of course, I just call the youngest "Little Willie" to avoid confusion.

Similarly, all of my 3 kids have nicknames, to more easily separate them from their classmates. There may be other children named Caitlin, Callie, and John - but there aren't many named Possum, Pip, and Pancho. This works great for us, but it presented a problem when our middle child (Pip) started kindergarten and couldn't spell her real name (Callie). Apparently the teacher wasn't prepared to accept her neatly printed 'Pip.' These teachers can be so picky... which brings us to the extensively trademarked name 'HOUSE OF PAIN.' As you can imagine, we have copyright protection on all of our logos and designs, and have trademarked our legal name 'HOUSE OF PAIN' nine ways from Sunday. This means (among other restrictions) that other apparel companies cannot use the term HOUSE OF PAIN without our express written permission. We have stopped several bigger companies

HARD CORE GYM #41

HOUSE OF PAYNE GYM IN NORTH CAROLINA
(How Misspelled Names Prevent Lawsuits)

astold to Powerlifting USA by Rick Brewer, House of Pain

from this sort of trademark infringement. Other companies cannot even legally use a name that is 'confusingly similar,' such as HOUSE OF PAYNE GYM - because it would be confusing to the public. BUT, what if we had a loyal HOUSE OF PAIN customer who had the misfortune of being named Keith Payne. What if he opened a gym and wanted to name it after himself? As in 'HOUSE OF PAYNE GYM'? Well, legally - that won't work - but we have to take care of our good powerlifting friends. So we made an exception for Keith - because we like him! Let's go to North Carolina and see what he has done.

The House of Payne Gym is located in Yadkinville, North Carolina, which is a little town near Winston-Salem. The HOPG is a 1000 square foot powerlifting facility. Although relatively small, the gym is equipped with a monolift, reverse hyper, glute/ham machine, cable machine, various bars and benches, and a couple tons of free weight. The walls are covered with pictures and other memorabilia that we have collected through the years that serves to motivate us as well as create an absolutely great lifting

atmosphere. The HOPG is a strength training gym made up of mostly powerlifters. Our members are strictly interested in Strength. We have no mirrors!

Like a lot of lifters, we studied successful groups such as Westside, Metal Militia, L.A. Lifting Club and NGBB to name a few. We try to reproduce their success. We are cultivating our own HOPG philosophy by taking certain principles we have learned and adding things from practical training experience to form a functional training ideology that works for us.

Most of our members prefer to train in groups. Currently we have three main groups that train together, but we do have several individuals that train alone due to their work schedules. We are very proud of the diversity of our members. We have both assisted and raw lifting groups. Our members range from elite world class lifters to youth lifters. Our members include Travis Mash who just broke Ed Coan's all-time total record in the 220 class. Also, Chris "Ox" Mason who is an elite APF lifter. Mike Lovelace, Tony Atkins, Donnie Atkins, Shane Gaydon and Lynn Hodges hold

various APF/AAPF State and American records. Walter "Truck" Ferguson (a veteran of over 100 meets) is one of our Master lifters. James Lopes, Jason Robertson, Eric Payne and Timmy Payne own various State and American records in the USAPL and AAU. We have several up and coming lifters including Rodney Rochester, Shawn Griffin, Tom Hill, James Gentry, LB Bullins, Brett Payne, Brennan Anderson, Tom Payne, Dakota Phipps, Dustin Phipps and Wayne Rochester.

We welcome lifters that are serious about getting stronger. You can find more information about the HOPG on our website: www.houseofpaynepowerlifting.com or email keith@ironboyenterprises.com.

Equipment: MonoLift, Power Racks with flat benches, Competition Flat Benches, Incline Bench, Decline Bench, 90 degree Military Bench, Lat Cable Machine with attachments, Reverse Hyper Machine, Glute/Ham Machine, Row Machine (Chest supported), Leg Press Machine, Deadlifting Platform, Dumbbells (5 through 120 pounds), Adjustable Dumbbells, Tons of plates. An assortment of bars including: Texas Power Bars, Safety Squat Bar, Texas Squat Bar, Texas Deadlift Bar, Cambered Curl Bar, and Triceps Bar. Accessories: Dragging Sled, Stability Balls, Squat Boxes, Chains, Bands, Boards, Weight Releasers, and Manta Ray.

Sounds like Keith is doing a great job in the small town in Yadkinville, North Carolina! Anyone that welcomes serious lifters is a friend, and any gym with a lifter named 'Truck' or 'Ox' is a winner. People e-mail us all the time asking us to help them find a serious gym in their area. We are creating an online list of great training spots for powerlifters. While we work on that - you can already see all of these old articles at houseofpain.com.

Next month, we'll check out a little Texas gym, then we'll probably go a long ways from home. Either to Kuwait or to Illinois. Until then, nickname all of your kids, and watch out for trademark laws.

Comments/
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Win if you can,
lose if you must,
always cheat.

Sputnik Monroe,
pro wrestler

In the finals of an early Olympiad in Athens, Eupolos was a heavy underdog against Phormio of Halicarnassus. Although Eupolos had defeated Agenor the Arcadian, and Prytanis of Cyzicus in his first two bouts, no one gave him a snowball's chance in hell of beating Phormio. Phormio, who had won at the preceding Festival, had never tasted defeat in his ten year boxing career. In fact, he was considered to be unbeatable in the sport of boxing. In his first two fights he literally destroyed his opponents, beating both of them into submission in less than one round. Amazingly though, Eupolos shocked the sports world by demolishing Phormio in less than a minute of the first round, beating him into a bloody pulp. After the fight, Eupolos was hailed as the greatest fighter of all time.

Interestingly, Eupolos had won his championship with a strategy that has long been a vital component of sport. He cheated.

Eupolos paid the three boxers he fought a large sum of money to take a dive. This is said to have been the first time that an athlete violated the rules of the games and is the first recorded incident of an athlete being immortalized as a cheater.

It seems we haven't changed all that much since then! It is no big secret that many of today's athletes cheat more than a married couple on...well, Cheaters. Just about anything goes in sports - drugs, cheating, lying - anything to gain an advantage. College football and basketball programs are filled with closet professionals who play for pay. There were so many infractions at one Southeastern Conference college that the standard joke on campus was that their players had to take a pay cut when they went to the pros. It's not just the colleges that are cheating. Professionals, amateurs, high schools, even little leaguers cheat in today's world of sports. In fact, few areas of competition at any level have been spared this massive epidemic. Remember the Little Leaguer who was so old he had a full beard and scared the hell out of all the other players? And how about that kid that cheated in the soap box derby? I mean, how low can you go? Next thing you know they'll be fixing little bitty league T ball games. Maybe they have, and we just haven't heard about it yet.

DR. JUDD

The Hypocrisy of Sport- Part I
as told to Powerlifting USA by Judd Biasiotto Ph.D.

Without question the history of sport is crammed with instances of cheating, and athletes have spared no effort discovering ingenious ways to deceive others, from recreational tenth rate golfers to professional baseball. In fact, over the years there have been a number of athletes who have taken cheating to new levels... literally, Hall of Fame phonies and frauds.

For starters look at American marathoners Fred Lorz and Thomas Hicks. At the 1904 Olympics in St. Louis, Lorz finished first in the marathon easily outdistancing Hicks the second place finisher. It was later discovered that Lorz traveled via car from mile 9 to mile 20. His gold medal was taken away and given to Hicks. It was later discovered that Hicks' trainers had given him a mixture of brandy and strychnine to keep him going... drugs that were illegal in Olympic competition. Hicks was still awarded the gold medal, but nearly died getting it.

Then there was Poland's Stella Walsh, one of the fastest women in the world in the early 1930s. In the 1932 Olympics, she smoked everyone in the 100 meters, winning the gold medal in world record time. Four years later, running with a serious leg injury, she took silver at the 1936 Olympics. She had a long and memorable career that included 20 world records in various track and field events. She was once proclaimed as the greatest female athlete to ever walk the face of the earth. Then in 1980 tragedy struck. The once unbeatable Pol was killed in a shooting, and an autopsy revealed that she was... well, not a she - but a he.

And how about Ukrainian Boris Onischenko, a member of the Soviet Army, who entered the 1976 Olympics as one of the world's leading pentathletes. In the discipline of fencing, one of his weaker events, Onischenko wired his sword so that he could register a hit at any time by pressing a switch on the handle of his sword. Onischenko was kicking everyone's butt until he went up against Jim Fox the reigning world champion. At the start of his match against Onischenko, Fox avoided the Ukrainian's first thrust by a good six inches, but the scoring light still went on. An investigation



Eddie Coppin of Belgium failed his drug test at the 1987 IPF Worlds

followed, and Onischenko's deceit was revealed. He was disqualified.

Another member of the Hoodwinker's Hall of Fame is Rosie Ruiz at the Boston Marathon in 1980. She reached the finish line of the grueling race literally without breaking a sweat. She looked as fresh as a daisy, not a hair out of place. A major reason she was the first woman to cross the finish line was that Ruiz started the race a half-mile away from the finish line. Interestingly, it was later discovered that she qualified for Boston by posting a terrific time in the New York Marathon by riding the Manhattan subway for much of the 26.4 mile distance.

And who could forget Tonya Harding, figure skating's darling at the U.S. Nationals in 1994. She skated her way to a national championship after her husband Jeff Gillooly paid a goon named Shane Stant to break the legs of her major competitor Nancy Kerrigan. Stant failed to break Kerrigan's legs, but he was successful in getting caught. His confession about the conspiracy to injure Kerrigan brought Gillooly two years in prison and Harding a lifetime ban from amateur skating.

Still the athletes that get my vote for the all-time trickster's award are the intellectually disabled Spanish Paralympic basketball team of 2000. These guys played with grace, cunning, and a precision

that made me feel like I was intellectually constipated. They literally waltzed through their competition like a fine oiled machine. The euphoria that the Spanish Paralympic team experienced from winning that magnificent gold medal was soon ruined when it was learned that 10 of the team's 12 members had no mental deficiency at all. They were just pretending to be intellectually disabled so that they could compete and bring gold to themselves and their beloved country. Hello!!!!!!!

Then there was the judging scandal that rocked the 2002 winter figure skating competition at the Olympic Games. The problem started when the Russian team of Yelena Berezhnaya and Anton Sikharulidze were awarded the gold medal in pairs figure skating, despite falling on their butt in what was widely perceived as a significantly inferior performance to that of silver medalist's Jamie Sale and David Pelletier of Canada. How did they get the gold then? Easy - the competition was fixed. Indeed, the next day, a French judge, Marie-Reine Le Gougne, said she had been pressured by her own skating federation to favor the Russian couple. The real plot was a vote-swapping deal between figure skating judges from France and Russia. In brief a classic quid pro quo was arranged: the French lined up and gave support for the Russian pair; the Russians in turn lined up and gave support for the French pair, and everybody went away with gold, except the Canadian pair who actually deserved the medal.

On and on and on, the scandals and stigma of cheating have cast a dark cloud over the field of sports. Think about it: When was the last time you haven't read or heard about athletes and cheating? Honestly, and sadly, I can't really remember such a time. Fixed boxing matches, academic fraud, illegal recruiting contacts, illegal payments to college athletes, corked bats, illegal drugs, gambling scandals, corrupt referees, judging scandals, recruiting sex scandals, bogus federations, point shaving, illegal equipment, amphetamines, steroids, human growth hormone, erthropoetin, ephedrine... and the list goes on and on and on.

In sports there seems to be an insatiable desire to win no matter what the cost. While the spotlight shines on a few prominent transgressors, hundreds of other frauds and phonies are sneaking by. Perhaps Victor Conte, the founder and owner of the Bay Area Laboratory Co-Operative in San Francisco, put it best when he said, "The culture of cheating has become so self-perpetuating in that people think if everyone is doing it, it's a disadvantage not to."



From NOVICE to NUCLEAR ... the members of House of Payne Gym cover a very wide spectrum of powerlifting abilities.

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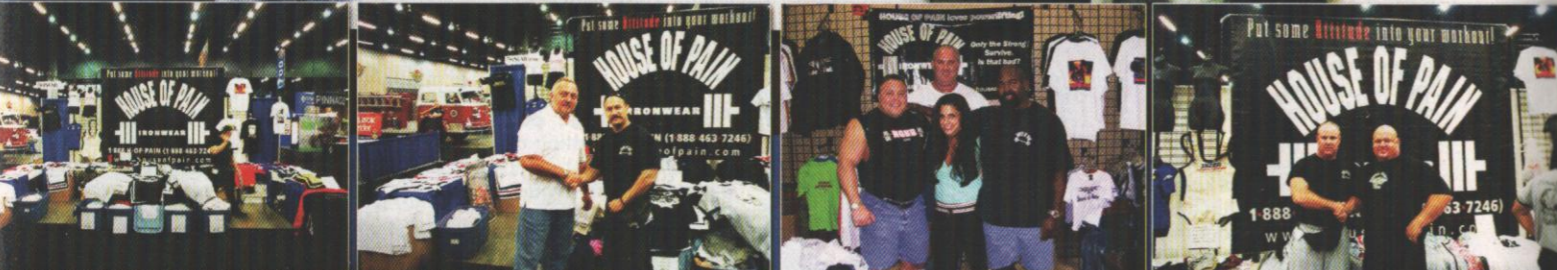
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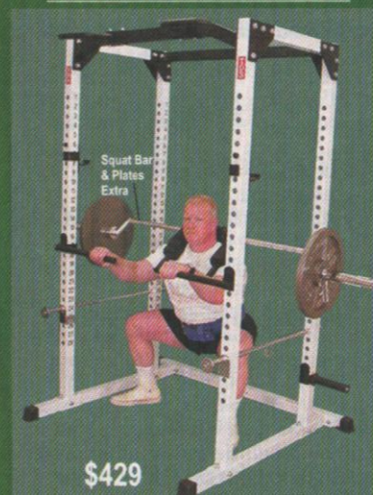


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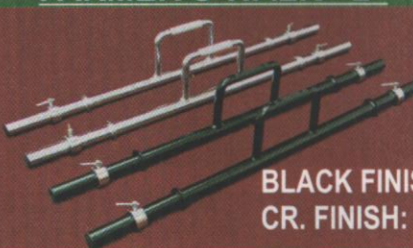
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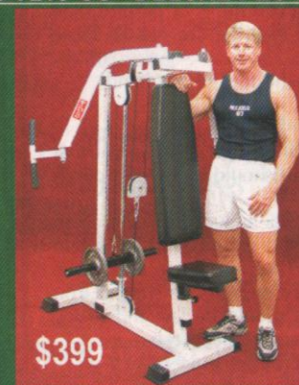
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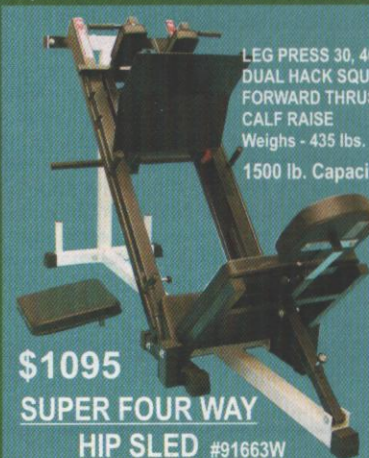
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INTERVIEW

MIKE MILLER

interviewed by Bruce Citerman

Bruce: Mike give us some personal background on yourself.

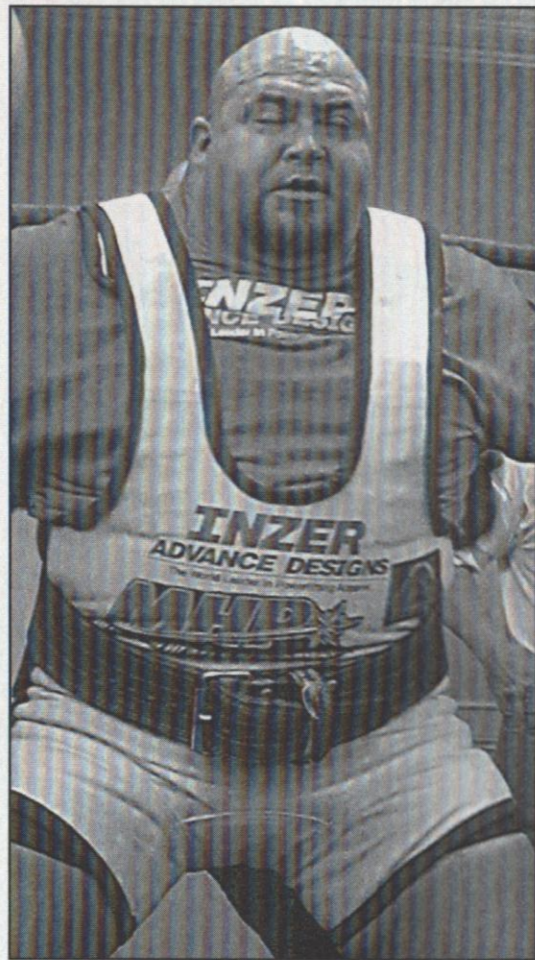
Mike: I live in Tatamy, PA. I grew up a few miles down the road in Bushkill Twp., PA, a small rural farm community. I spent my summers working on a farm and my winters hunting and trapping. I have 5 kids and one on the way. Their ages are 6-15. **Bruce:** What's your athletic background?

Mike: I played football and wrestled in high school. I was a defensive lineman and I played offense for a short period of time. I had too many penalties called on me, so they stuck me on defense full time. I have done the Highland Games as an amateur.

Bruce: How did you get into lifting?

Mike: I started weightlifting in my basement when I was a little kid. I had the old Sears set of sand weights. I lifted on and off throughout high school and into my 20s. I took a break for a while and then one day I decided to get back into it. I went to a hardcore gym in a small town up the road. I met this girl there, whom I found very attractive. She had long legs and a tight round butt, and was wearing short blue shorts doing chain suspended good mornings. She told me I was a big guy and should start powerlifting. I ended up with the girl and started my career in the sport.

Bruce: What contests have you entered and what were the results?



Mike: Well, here are a few of the most recent: 01-08-2005 IPANYS State Meet - 1st Place SHW, Mens'

Zero Momentum training is most beneficial when used with the bench or the squat. All benching is done with a close grip. When you get to your 5 work sets, each rep should take 3-5 seconds, or the weight is not heavy enough. This is designed to teach you how to grind weight and make your lockouts and presses very strong. Do all your raw work with the same technique you use for your shirt. Also, do not worry about how strong your raw bench is anymore. A strong raw bench does not equate to a strong shirt bench.

Due to the extreme nature of this workout, you should only do it once per month. The other 1-2 workouts, you may want to alternate with the following exercises. Try close grip reverse bands or regular close grips, mule presses, and lockouts. You can also hook the bands up from the bottom up and do lighter weight for 8x3 of 5x3. After you're done with your work sets, drop the bar weight and do 2-3 sets of 20 reps for hypertrophy.

I want you to do these in a power rack starting with a set of green minis or purples, one or the other, also around 80 lbs. of chain. Again, you will need spotters. Do not do these without spotters.

1. Your first 2 sets should be the bar and the bands, just to get the feel of the bands.
2. Your next set should be the bar, bands and 40 lbs. of chain.
3. Next the bar, bands, and 80 lbs. of chain. And then 160.
4. Now start adding bar weight. You will need to do 3-4 sets until you get to a weight that forces you to grind. When you get there do 5 singles. Remember it should take 3-5 seconds to do a rep.

Your first wave should be done at 85% of your one rep max. 85% includes bar and chain or bar and band weight. Meaning, if you have a 675 squat, you start with 200 lbs. of chain and 370 lbs. on the bar. After 5 weeks, you will start wave 2. The percentage will move up 5-10%, depending on how strong you are and how fast you are moving the weight. You will also increase the bar weight 10-20 lbs. every time. Your lifts should be fast and strong and take no longer than 3 seconds to descend and 2 seconds up for each rep.

In each cycle for the bench and squat, there are 15 weeks and 3 waves. Each wave consists of 5 weeks. I hope this makes sense. The first three weeks of the bench and squat are spend using chain and bar weight. The last two weeks of the wave are straight weight with the bench and bands with the squat. Your first wave is done at 85% combination chain and bar weight. Each wave for the next 3 waves will go up 10-20% increases so that your combination of band and bar weight or bar and chain weight exceeds 100% of your one rep max.

Open, 2155 total, 1200 squat, 455 bench, 500DL. 04-17-2004 APF Northeastern Regional Championships, New Brunswick, NJ - 1st Place SHW, Mens' Open, 2510 Total, 1050 squat, 805 bench, 655DL, Best lifter award. 11-16-2003 IPASenior Nationals, Harrisburg, PA - 1st Place SHW Division, Mens' Open, 2405 total, 1015 squat, 750 bench, 640DL, IPASenior Nationals sub total 1765. 07-05-2003 2003 Bench America, Chicago, IL - 730 Bench Press, 2nd place overall. 06-07-2003 2003 IPASenior Strength Spectacular - 2nd place SHW division, 760 Bench, World record submasters division. 04-01-2003 2003 IPASenior Metal Militia Bench Wars - 2nd place SHW Division, 755 Bench, World Record Submasters Division. 03-15-2003 IPASenior Beast of the Bench - 1st place SHW, 705 Bench, World Record submasters Division. 09-29-2002 2002 IPASenior Northeast Regional Championships - 1st place SHW, 700 Bench, World Record Submasters. 08-10-2002 IPASenior Metal Militia Bench Wars - 1st place SHW division, 655 Bench Press. 06-2001 2001 AAUNational Bench Press Open - 1st place/Best Lifter, Division SHW, 535 bench press. 06-28-2000 2000 York Strength Spectacular - 1st place SHW Police-Fire, 680 World Record Squat.

Bruce: What is your exercise program like these days?

Mike: The system we use at Nazareth Barbell is based off a 5 week wave, in a training system called ESP (Enhanced Strength and Performance), which is a combination of Zero Momentum Work (see inset) and CNS (Central Nervous System) Overload. This system is designed to optimize strength by using a

maximal amount of weight through active resistance, zero momentum, progressive force training and plyometrics. We also use the conjugate method which allows use to train all year long, free of injury, and we continue to get stronger. These methods are some of the best in the world and have produced some of the strongest powerlifters on the planet. If followed correctly you will maximize your strength in a very short period of time.

Bruce: What kind of vitamins and supplements do you take?

Mike: I use MHP Up Your Mass protein Powder, MHP glutamine and Trac. I have a rather lengthy list of vitamins, but I will give you a few, Vitamin C, E, B complex, L-Tyrosine, and D-Phenylalanine.

Bruce: What are your plans in PL?

Mike: My goals are to hit a 1400 lb. squat and to total over 3000. I would like to coach a lot afterward and take time to enjoy the sport.

Bruce: Any comments about PL?

Mike: I would like to see more unity in the sport. We are our own worst enemies. Instead of working together to promote the sport and increase it's public exposure, we fight and argue and criticize something that only a few thousand people give a — about. Instead of finding ways to belittle one another, why not find ways to help each other and make something of this? I would like to thank Frank and Gerard at MHP, Alan at Pro wrist straps, Rick and Jason at HOP, John Inzer for the best powerlifting gear around, Iron Woody Fitness Bands, Lloyd Hemenway at Metro Motors for all his support, Larry at ANAFIT and Rob Morris for making the trip to the Seniors possible and more comfortable. Also, to my wife Deb and all my friends and Family — thank you for everything.

Many people would say they are open to change, but in reality they are resistant to it. However, powerlifters are a bit more open to change than the average person. Lifters digest every paragraph in PL USA to get the latest tip, exercise or supplement that can bring better results. Most are willing to pay to obtain the latest hi-tech knee wrap or protein supplement or try a new assistance exercise. Many times trying new things can result in progress, but if we are going to try implementing change, it's best to have some ground rules to follow.

First, approach any change on contest day with the greatest care. One misjudgment can wipe out months of training in the blink of an eye. Any change in food consumed beforehand could be disastrous. Blueberry pancakes with wheat germ may be the staple of choice for the lifter you just met at Denny's the morning of the meet, but that doesn't mean it will work for you. You don't know what its effects can be on your stomach. Another lifter may drink a large volume of electrolyte liquids throughout meet day. This same amount may bloat you and kill your meet performance. I suggest taking any pre-meet dietary suggestion back home with you and give it a try on a day when you have no contest to worry about. On meet day, consume the same food and

STARTIN' OUT

A special section dedicated to the beginning lifter

CHANGE CAN BE GOOD

as told to Powerlifting USA by Doug Daniels

beverages as before. Don't change their quantity or frequency of intake.

On the other hand, meets are one of the best places to learn about new lifting gear. You'll hear lifters either praising or knocking the latest knee wraps, etc. Often the information and opinions you hear can be valuable, but — as with diet — don't try any new gear on meet day. You need numerous workout sessions to become accustomed to the use of new gear and the leverage changes it may cause. Trying new gear on meet day with maximum weights can result in missing a lift or, at the worst, injury due to a miscue during the lift. Use the gear you came with, but you may want to order some new brands of gear for the next meet and give them a try during your training sessions to see if they have merit. If they don't, then you have given them a try and eliminated them from future consideration. If they are miracles,

then use them in your next cycle and in competition after becoming accustomed to their effects.

Changing lifting technique is another factor. This can range from grip changes to using a different style of execution such as conventional deadlift style versus sumo. At one meet, a lifter could not get a successful lift in with sumo style, so as a last ditch effort, he attempted and made his third deadlift using conventional style. He was trying out the new deadlift style, but he found out it was not working so he reverted to his old style and saved the day. If you decide to change techniques, I would not use it in a meet until you are sure of succeeding with competition weights.

The best time to break in to a new lifting style is in with sumo season, more than 8 weeks prior a meet. This allows plenty of time to get used to make training adjustments and evaluate if it works.

For example, if you want to switch from conventional deadlift, start doing very light sumo deadlifts in training far in advance of your contest training period. Changing styles may require increasing flexibility. Hamstring stretches would be highly recommended in this effort. This would also be true for switching to a wide stance squat. Increasing the width of your bench press grip will require more flexibility in the shoulder area, especially at the pec/delt tie-in. Increasing flexibility will decrease the likelihood of tears and pulls in muscles that are not quite ready for the new exercise style.

Change can be a good thing. In our office is a quote from Albert Einstein: 'Insanity is trying the same methods time and time again and expecting a different result'. We should always be evaluating our training methods, diet, and lifting gear for their effectiveness. Something that has worked for a long time may not be effective forever. New products and methods become available that can improve results. Other times trying new things only proves that our current ways are still the best. Common sense should always be used when making a change. Abrupt change at a contest can be suicide. Plan change carefully and make changes only for the better not just for the sake of change.



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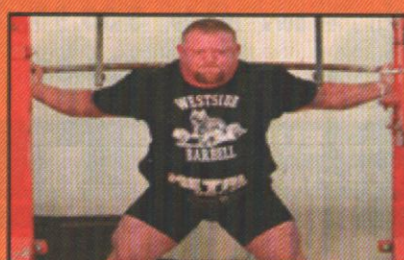
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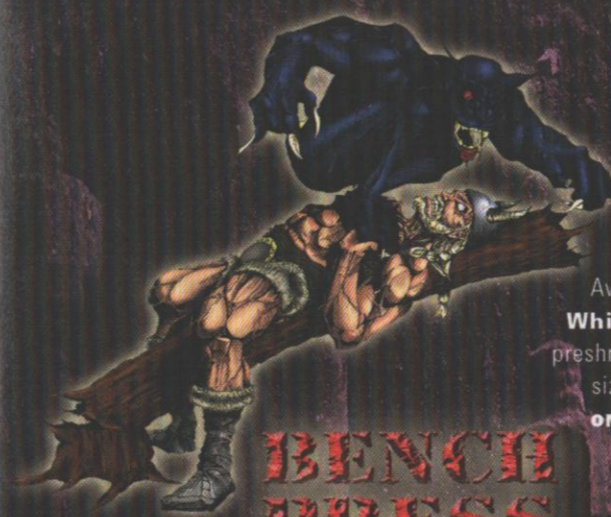


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POWER - RESEARCH

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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 (N.J.) 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".

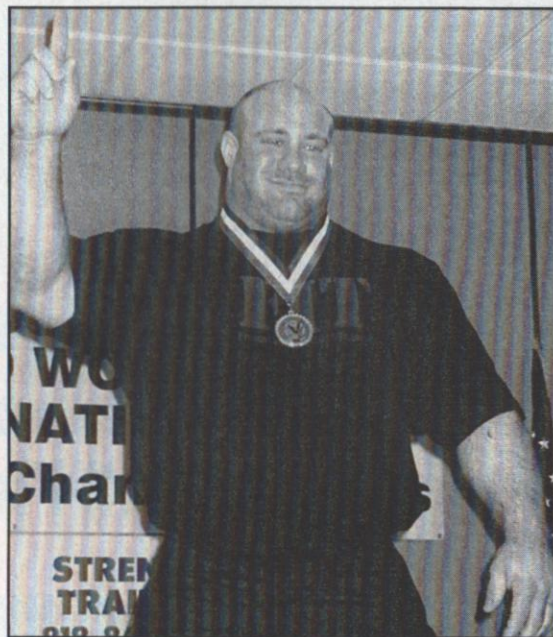
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep 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 service 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 Incledon, 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.

Scot 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 Ferris, 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

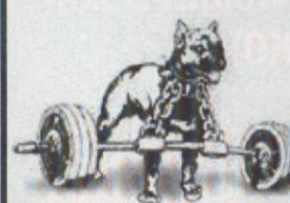
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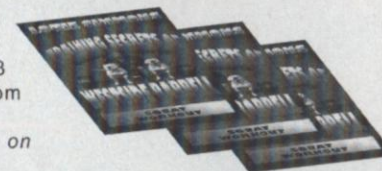
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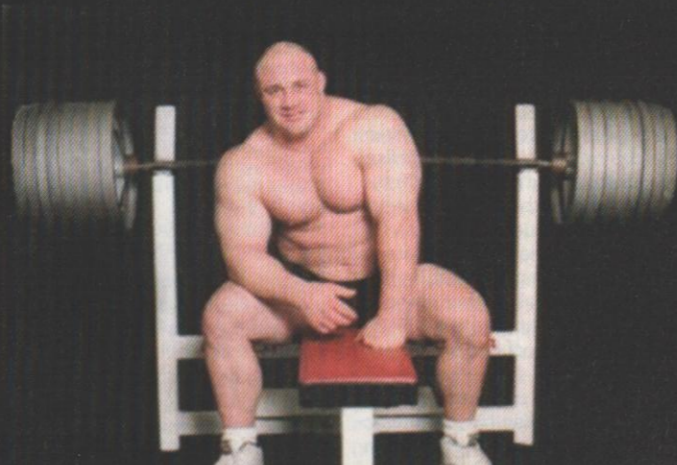
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NUTRITION

THE MIKE BROWN STORY

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

Every once in a while a star seems to suddenly burst on to the powerlifting stage, making us wonder where this specimen might have come from. When Anthony Clark made a 600 pound bench press as a teenager, powerlifters couldn't believe what they had seen. Little did they know that from Westside Barbell would emerge a lifter so strong and so young it would amaze everyone. The new teen bench phenom is none other than Mike Brown. He set an unthinkable mark on September 11th, 2004 when he not only eclipsed Anthony Clark's teenage mark, but destroyed it. The super Bench Press Monster - 19 year old Mike Brown brought a massive 730 pounds down to his chest and blew it off like it was a broomstick. To top it off, Mike hit a full meet on November 21st, 2004 with a Squat of 850, Bench of 735 and a pull of 715 for an amazing 2300 total.

You would expect that such a "Monster" would come from Westside Barbell. No doubt it is the most hardcore powerlifting gym on the face of this earth. With the expert coaching of Louie "The Living Legend" Simmons, Westside is known for their super benchers. When Kenny Paterson did his 721 bench as a junior the powerlifting world witnessed something they never thought they would see again. But out from the shadows Mike Brown was waiting to unleash his fury on a record that most thought would never be broken. At a time when most 19 year olds are hanging out, going to clubs, chasing girls, and just being a menace to their parents and society, Mike is in the gym training to be the strongest powerlifter who ever lived.

With nothing but the best coaching and hardcore atmosphere available, Mike was ready to do some damage. All that was left was one area - a power nutrition plan. The nutritional sciences were something that intrigued Mike. He tried to learn from different bodybuilding books and magazines, but he knew the nutrition plans of bodybuilders, athletes, and everyday sedentary individuals were not going to help him bench press over 700 pounds. After reading my column, he was intrigued. With numerous World and National Champions singing my praises, Mike called and told me he wanted to be my new specimen. Since that day, Mike hasn't looked back and he has been destroying everything in his way.

I like taking on new clients who I know are going to tackle my nutrition program with the same dedication they do with their training program. When an athlete has the burning desire to succeed like Mike does, and when he is surrounded by the likes of Louie

and the Crew at Westside overlooking his training and myself monitoring the nutrition end, then you are going to have a powerlifter who is destined for success.

When Mike first consulted with me I was impressed. Unlike a lot of other clients, he had been studying my theories like they were sacred texts. I have not seen a 19 year old as focused on the sport of Powerlifting as Mike. In our first conversation he told me that he drove to Westside, an hour and a half each. If that is not a serious attitude to be the best, then I don't know what is. The only thing most teenagers can do for three hours is play X-Box or gyrate their bodies on a dance floor in a tribal frenzy while intoxicated on alcohol and who knows what else. The fact that he took the time to study my nutrition methodology and then personally contacted me is not something your average teenager does. Mike wants to be the best bench presser in the world and when the time is right I believe he will. With a start like he already has, it would be foolish to think that this could not be in his future. With this introduction to Mike, let's take a look at how he uses the Nutrition XP3 system to lift poundages other teenagers only dream of.

When Mike laid out his nutritional journal to me a smile came across my face. It was if a student just laid a masterpiece in front of his teacher. It wasn't that his plan was perfect, and I didn't expect it to be, but it had my "trademark" all over it. There was no doubt that he studied my articles and did his best to apply the knowledge. There were a lot of things that needed to be corrected, but he was much better off than the majority of other powerlifters who seek my guidance. Mike had the basics down, and it was my job to fine tune the plan and dial him in.

One of the things I was impressed with was the fact that he was eating 5 times per day. That's pretty good for a powerlifter. Most that I start with barely get three square meals in per day. Even though 5 is decent, it wasn't enough. It was time to bump him up to 8 meals per day. Every two hours he was going to eat a solid meal or have a meal replacement shake to make sure that his body was getting

the nutrients he needed to be a power beast.

Now that we had his meals increased, we had to make his meals more calorie dense. This doesn't mean add in some chocolate chip cookies and ice cream. Since Mike weighs in around 315 pounds, it's important that he has enough calories to sustain his daily needs. The fact that he is young is another factor. At the present time I have Mike's calories ranging from 7-8000 per day. There is no way a 300 pound powerlifter is going to make much progress on a measly 3000 calories a day! As I have said time and time again, "If you want to succeed - you have to feed the machine!" The main thing to remember here is that the quality of the calories is very important. You have to remember that a calorie doesn't necessarily equal a calorie. The way they affect your metabolic rate, fluctuation of hormones like testosterone, level of insulin sensitivity, glycogen replenishment, rate of recovery, energy level, and workload capacity is going to be different depending on what you shove in your mouth. If anyone tells you different, then they most likely don't know an amino acid from an antacid.

Mike was taking in a decent amount of protein. It wasn't enough for what I had planned for him, but it was a lot more than I am used to seeing with someone that is just starting with me. It was time to double it up and change the varieties. This would give him a different amino acid spectrum. We had to address the bio-availability of his protein intake as well as the timing. Biological value relates to how much protein the body can absorb from a specific source of protein. Whey is very high, scoring 100 or more. Soy, on the other hand, scores in the 60 range or less. Protein timing relates to how quickly the body absorbs different types of protein. This is very important because if you take in the wrong type of protein at the wrong time, then you will see a decrement in your results. When you are looking for every advantage available, then you have to use the science behind the food to get the most bang for your buck. Since certain proteins can actually

hit your bloodstream as fast as sugar this can play a major role in your rate of recovery, protein synthesis, and post workout hormonal manipulation. Other proteins can take several hours to get into your bloodstream and will provide a slow, time-released dose of amino acids to your muscles. Knowing what types of proteins to take at the right time and how to match them according to their biological value and amino acid spectrum can make a big difference in your results. And you thought this whole nutrition thing was as simple as just wolfing down some chicken and rice and calling it a day.

Next up, his carb choices were not in order. Carbohydrates, much like proteins, have different rates at which they are absorbed, as well different qualities and how they affect your hormones. Eat the wrong ones in the meal before you train and you will bottom out when you need energy the most. I had to increase the amount of complex low glycemic carbs in his plan to fuel his massive frame. His pre- and post-workout plans were in need of reconstruction. These were very important if I was going to keep him fueled up for his workouts and help him recover. Another thing that I had to fine tune were his macronutrient ratios. This is looked at on a single meal basis, but also his ratio totals for the day have to come into play. This is a complex area because each and every powerlifter I work with is different. The comprehensive blood work and glucose tolerance test protocol that is performed on a regular basis with all my athletes helps lay the groundwork. When you go as in depth as I do when working with a client you can understand a lot about the make up of an individual by looking at their blood profiles. This is very important for the lifter, not only to maximize his performance, but also to keep their health in tiptop shape.

Hydration was another area that we had to improve on. Most powerlifters don't realize how important this is for your energy level and your strength output. Even a 3% dehydration level will cause a major decrement in your strength. Not to mention that proper hydration will help flush out toxins, keep your blood pressure down, help prevent kidney stones, help reduce your bodyfat percentage and much more. I try to have Mike drink a gallon and a half of water per day. At his weight one gallon is not enough and with the amount of protein that he is taking in he has to make sure that he keeps himself well hydrated.

After reading all this, you must be wondering what actually fuels his young but powerful frame to the point that he can bench press over

700 pounds. As I have said before, do not try to duplicate this diet for yourself, because what you are about to see is what has been customized specifically for him. So let's take a look at a 1 day nutrition plan that Mike followed prior to a recent contest victory. This is not what he follows day in and day out as I provide my athletes with variety to keep them from getting bored. That allows their body to get a wide spectrum of different nutrients from the many different foods that I have selected to be part of their plan.

Day 1: Mike Brown Power Meal Plan

Meal 1 - Breakfast - 16 Egg Whites, 3 Yolks, 2 Whole Wheat Pitae, 2 Bananas, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of water

Meal 2 - 2 Cups of 1% Low Fat Cottage Cheese, 2 Cups of Mixed Fruit, 1 Trioplex Protein Bar, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of Water

Meal 3 - Lunch - 16 oz of Salmon, 3 Cups of Brown Rice, 2 Cups of Broccoli, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 4 - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 2 Cups of Rolled Oats, 2 Tablespoons of Nutra Sea Herring Oil

Meal 5 - Pre Workout - 12 oz of Chicken Breast, 3 Cups of Yams, 2 Cups of Mixed Vegetables, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 6 - During Training - Anthony's "Proprietary Training Formula", 32 oz. of Water

Meal 7 - Post Workout - Anthony's "Proprietary Post Workout Concoction", 24 oz of Water

Meal 8 - Dinner - 24 oz Lean T-bone Steak, 3 Baked Potatoes, 2 Cups of Broccoli, 4 Cups of Mixed Salad, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 9 - Bedtime Meal - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 1 Cup of 1% Low Fat Cottage Cheese, 2 Tablespoons of Nutra Sea Herring Oil

Nutritional supplements are a big part of all my athletes' plans and Mike is no exception. Below I have laid out some of the supplements that I have included in his nutrition plan to provide a synergistic effect. Here are some, but not all, of what I have included in this beast's plan to take him to the next level!

Protein Powder - Mike's supplementation plan needed a revamp to complement his eating schedule. The first thing that I did was get a proper protein supplement. Mike was using a protein shake in his regimen before working with me since he was trying to follow the advice in my articles, but he was not using the right types at the right times. The type of protein you use, it's amino acid spectrum, biological value, filtration process, glutamine content, rate of absorption, and BCAA content all play an important role. It's not as easy as just running down to the local health food store and picking up a "Tub of Whey". I have many



The Amazing Mike Brown is now recovering from a broken left arm (check out the surgery scar!) suffered when he was attempting a 744 bench press. (photograph provided by Doris Simmons)

customized formulas I have designed for my athletes to get them the best result possible.

Universal Animal Pack Multivitamin / Mineral Formula

- I included a comprehensive multivitamin/mineral supplement twice per day. Making sure you get a comprehensive spectrum of all your fat and water soluble vitamins, minerals, and electrolytes is very important. Vitamins and minerals have different functions in the body and even a deficiency in just one will cause your performance to not be 100%. The vitamin formula that I have put Mike on is called the "Animal Pack" by Universal Nutrition. This is one of my personal favorites due to its wide spectrum and high quality ingredients. I have personally used it for over 12 years dating back to my teenage competitive days. I recommend this formula to all powerlifters looking to take their performance to the next level, because it can make a big difference in jacking up your strength, preventing micronutrient deficiencies, improving the digestion and absorption of your meals, enhancing your rate of recovery and so much more. I have used many different formulas and there are others that I recommend as well, but this is one of the best on the market for the hardcore powerlifter.

Essential Fatty Acids - Essential fat is another area that Mike needed to improve. When I started working with him he had no healthy fats in his plan. I started him on two important formulas. The first one that I put him on is called Udo's Ultimate Blend. This is an EFA formula that has a balanced ratio of Omega 3-6-9 fats to make sure that you are not missing out on any of them. The taste is also good so for those of you reluctant to try it, there are no worries. The other EFA supplement that I put him on is concentrated herring oil from the

company Ascenta. The Nutra Sea Herring Oil is what I mentioned in my column over a year ago. Just because I said herring oil, you must be thinking that it tastes horrible, but this is a pharmaceutical grade oil that has the fish taste removed and replaced with a lemon and thyme flavor. It enhances the taste of your protein shakes or it can be used on salads and veggies as well. This product is recommended because it has a high Omega 3 concentration but most importantly the specific type and ratio of Omega 3's present in this formula. It includes an excellent ratio of EPA and DHA, which in my opinion are the best fats that you can get.

Vitamin C - Another thing that I do is keep Mike's level of Vitamin C in a range where he is going to get the most benefit. I have preached the many benefits of this wonder vitamin in my column over and over. I keep it in Mike's plan for many reasons. First off, it is to keep his testosterone on the up and up. Next, this little wonder can help reduce his cortisol level from his hardcore training sessions. Next, it helps him recover from his workouts and helps repair his connective tissues. It is also a very potent antioxidant. This will help beat down those free radicals that will cause many different health problems down the road. With Mike I keep in 4000-6000 mg of Vitamin C daily in his plan. I break this up in 1000 mg dosages throughout the day. It is a water-soluble vitamin, so taking too much at one time will not be as effective as spacing out your dosages.

My Secret Weapons of Mass Construction

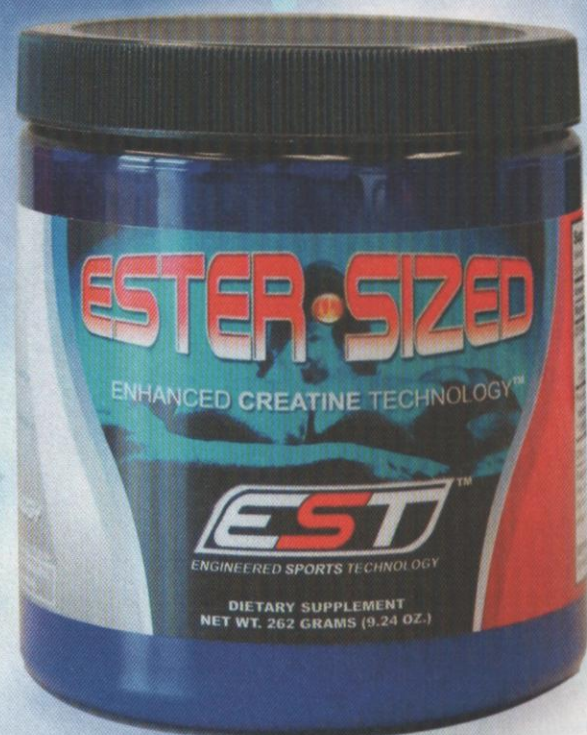
- Mike also uses my Secret "Training and Post Workout" formulas. I know you guys are dying to know what they are, but that is saved for my private elite clientele. They don't taste pretty, but they will get you results. They consist of numerous different ingredients to take advantage of the critical post workout period, to maximize an environment that will increase strength and muscle mass, increase cell volumization, replenish glycogen stores, improve recovery, decrease body fat levels and much more. These result-producing formulas are included in the Nutrition XP3 Customized Nutrition Program.

With all you have just read I am sure you realize that this young powerhouse has one very successful powerlifting future ahead of him. He has accomplished more in his teen years than most powerlifters can in an entire career. Mike's goal is to compete with the best of the best and come out the victor. With Louie and the Crew at Westside guiding his training and with me taking care of all his nutrition and supplementation needs, Mike is going to be a major force to be reckoned with. Look out powerlifting world, I have warned you about this teenager. Mike has just scratched the surface of what he can accomplish. With his determination, positive mindset, and dedication to his training and nutrition plan, there is nothing that is going to stand in his way!

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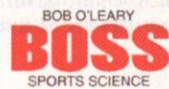
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Anabolic steroids, like all drugs, are dangerous. They have side effects including liver toxicity, increased risk of cancer and heart disease. If you've found dietary supplements that increase strength and decrease your risk of heart disease, cancer and detoxify your liver, wouldn't it be worth finding out more? I am 46 years old and last year I set 10 world records. In the World Association of Bench Pressers and Deadlifters (WABDL), I added 50 lbs. to the open world record deadlift. At the Nationals, I lifted more than any competitor, even the superheavyweights. I out deadlifted all competitive lifts nationwide at 181 lbs., even in competitions that were not drug tested. I have severe arthritis in my right knee as a result of a bicycle injury more than 30 years ago. I have no anterior cruciate ligament or lateral meniscus. Fourteen years ago, after my second knee surgery, I was told my knee was similar to an 80 year old's and doctors compared it with another patient who was confined to a wheelchair. I also have severe arthritis in my neck. According to the medical establishment, this would preclude me from strenuous activity. The reason I bring up these conditions is that, in my experience, the dietary supplements available today actually help rebuild joints and allow me to enjoy powerlifting.

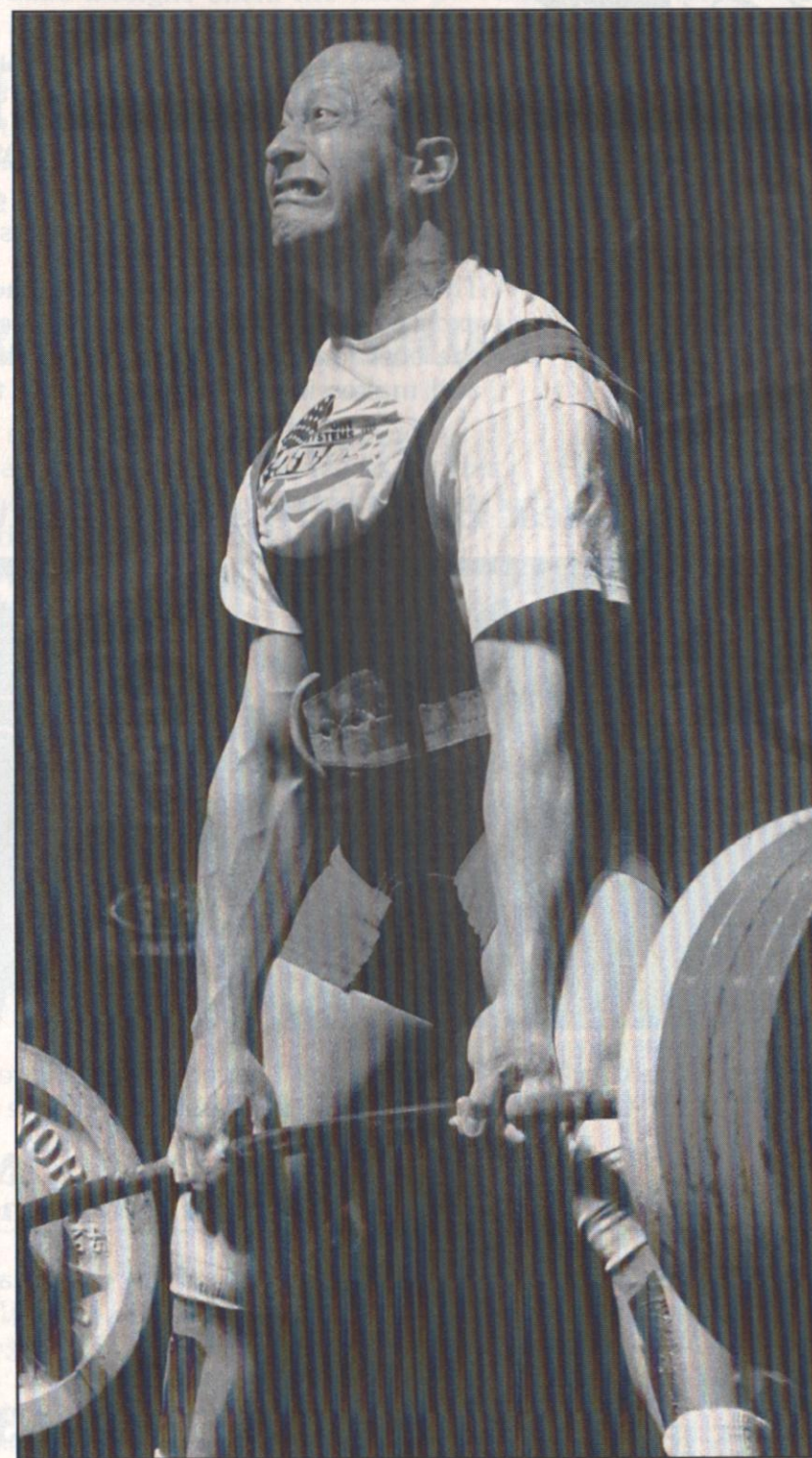
In 1991 I went back to school to become a chiropractor. As a result of my education, I soon decided to become a vegetarian. The changes in my diet, coupled with my busy schedule, resulted in less competitive lifting. In 1995 I graduated from Life Chiropractic College. A couple of years later I tried creatine and achieved good results. I decided if creatine worked there must be other things that might work. Now I take numerous supplements with great results. Although I train less than ever, only two times per week, and have many more responsibilities, running a busy chiropractic office and, with my wife Julie, raising my two boys, Gabriel and Aaron, I am able to lift more than I ever have in my life. A big part of this is the supplements

and regular chiropractic care. The supplements decrease inflammation and help rebuild joints. Therefore I don't suffer from arthritic pain.

Today, most sports have an image problem. The public believes steroid use is prevalent. Baseball is implementing testing and controversy is high about records

that were set during non-tested years. High school athletes and younger are getting a strong message that steroids are necessary to compete at a high level. I believe that with the right supplements, training, and chiropractic, great results can be achieved. Whether steroid use is prevalent or not, I am

Performance Supplementation as told to Powerlifting USA by Tom Eiseman DC



Tom Eiseman's supplementation program has helped produce prodigious pulls.

convinced that in most sports the athletes can compete at just as high a level using dietary supplements and chiropractic. Whether you're young or old, amateur or professional, drugs always cause ill side effects, and the gains are very expensive. However, with dietary supplementation, the increase in athletic performance comes with many additional health benefits. Here are some examples:

Cordyceps: This mushroom extract increases testosterone levels and elevates energy levels. Additional benefits of this supplement are reduced asthma and respiratory problems, improved memory, and kidney function.

Lipoic Acid: This helps carry creatine to the muscle cells and provides energy for intense exercise. Additional benefits of this supplement include helping detoxify the body from heavy metals, and it acts as a powerful antioxidant.

L-Carnosine: Enhances strength and improves high intensity exercise performance. Furthermore, it is a powerful antioxidant and improves wound healing.

Alpha Glycerolphosphorylcholine (GPC): Increases the body's growth hormone levels which improves, with weight training, strength and athletic performance. In addition, it improves mental focus, cognitive functioning and improves fat burning.

N-acetyl glucosamine: Improves joint structure and function and reduces pain and inflammation from arthritis. Some other benefits include aiding in the maintenance of healthy mucosal lining of the urinary and digestive tract and healthy skin.

Aloe: Also improves joint and gastrointestinal function. Additionally, it's a powerful antioxidant, anti-inflammatory, antiviral, antibacterial agent that helps with fat loss, fighting cancer and heart disease.

There are so many more, and I'll put it all together in the near future. Dietary supplementation, not drugs, is the future -- for improved health and enhanced athletic performance.

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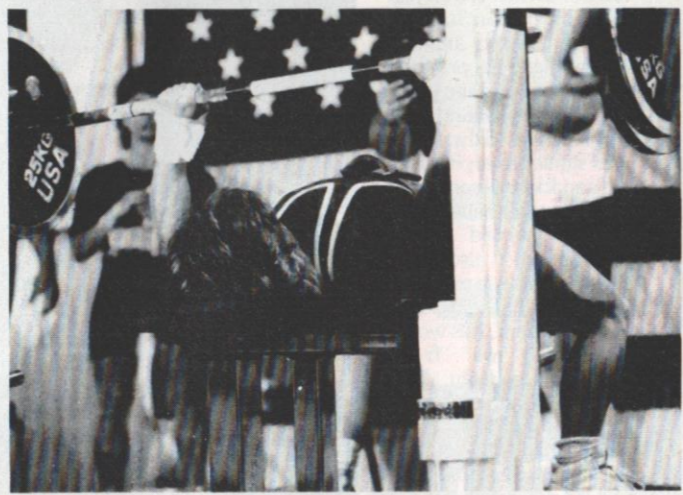
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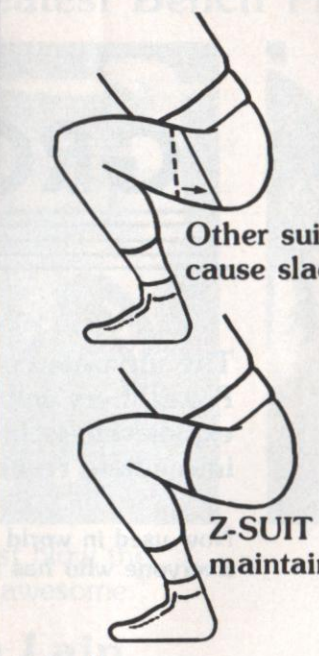
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Jim Cash - World Champ

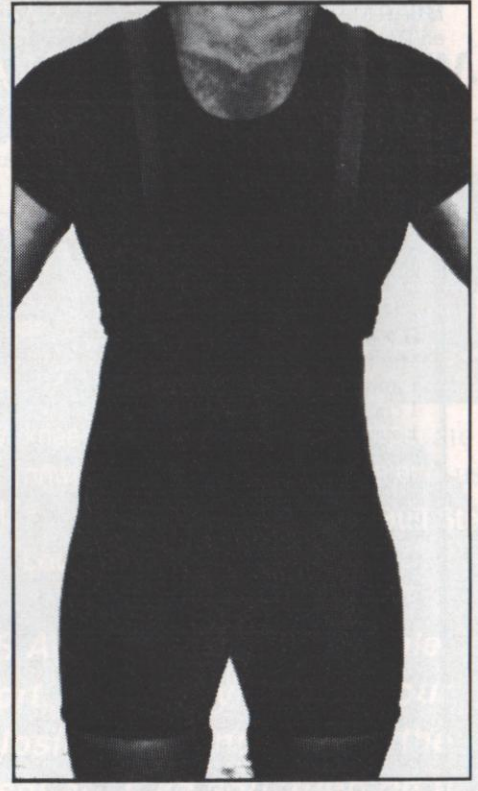
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ASK THE DOCTOR

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

DEAR MAURO: I have recently purchased your Anabolic Solution book and for the as two months have experienced good results. I am a 37 year old experienced powerlifter (600 plus squat and deadlift raw, and 500 plus bench raw). I weighed approximately 320 lbs when I started your diet and have lost 20 lbs in two months without any effect on my lifts. My question is that I am constantly hungry during the night. I eat 6-7 meals a day and take in 275-300 grams of protein during the day. My weight

loss has stalled, however, I continue to lose body fat. I will be competing in a world bench press championship in late June and want to lift in the 275 lb class. If I go to the cutting phase in your book I fear that I will be even hungrier. To reiterate, I need to know how to get through the night without waking up and wanting to eat my arm. I am awaking twice during the night which is also effecting my deep sleep, another no-no according to your book. Any help would be greatly appreciated.

DEAR READER: I know where you're coming from as in my almost 20 years of competing I varied my weight class from 132 lbs to 198 lbs and it was sometimes really tough to drop weight and keep the maximum amount of muscle for that weight class.

The whole trick is to eat the nutrient dense foods that satisfy you the most so that your overall calorie uptake is low enough for you to lose weight, mostly as bodyfat. I've copied the list of foods I recommend for those on my Radical Diet (which I'm in the process of revising - it'll be in hard cover by this coming Spring). It's a good start.

As well, using NitAbol (<http://www.mdplusstore.com/pdfs/nitabol.pdf>) at night really helps in cutting down your appetite and improving body composition and strength. Heaping up on the Myosin Protein (for you up to 6 scoops before bed) and taking the TestoBoost and GHboost should help you sleep through as well as providing other benefits. As far as the best supplement for you to use during the day, I'd give LipoFlush a try (<http://www.mdplusstore.com/pdfs/lipoflush.pdf>). A lot of athletes trying to maximize their lean body mass and get rid of excess body fat are using LipoFlush as their pre-training primer and it's really working well for them. Let me know how you do in the next few months. Best regards, **Mauro**

THE COMPLETE RADICAL DIET FOOD LIST

FOOD**	CALORIES	CARBS	FOOD**	CALORIES	CARBS
MEAT AND POULTRY			FRUITS		
1 and 1/2 oz processed turkey breast	47	0	1/2 orange or 1/2 a medium grapefruit**	45	10
1 cup beef bouillon	17	0	1/2 apple	45	10
1 cup chicken broth - Low Fat	10	1	1/4 cantaloupe	45	10
5 oz shrimp, 5 oz lobster, or 5 oz crab	125	0	Strawberries		
2 oz corn beef	142	0	(with or without artificial sweetener) 1 cup***	40	10
2 oz beef bologna	76	0.4	1/2 lemon without skin	8	2.7
2 oz turkey salami	111	0.3	MISCELLANEOUS		
3 oz fresh or canned salmon	130	0	Salsa 2 tablespoons	14	3
3 oz lean ground beef	218	0	Sugar free Jell-O 1 cup	8	0
3 oz rib eye or T-bone steak	188	0	Diet pop and other no carb drinks	0	0
3 oz tenderloin	141	0	Tea or coffee - black	0	0
3 oz top sirloin steak	176	0			
3 oz turkey breast	133	0			
3 slices bacon	129	0			
3 oz eye round roast	143	0			
4 oz fish fresh or packed in water*	120	0			
6 oz beef broth in water	20	0.6			
3 oz chicken (baked, broiled, or BBQ)	133	0			
EGGS					
Egg white	17	0			
Hard boiled or poached egg	65	1			
DAIRY					
Cottage cheese 1% or less - 1/2 cup	90	4			
VEGETABLES					
Alfalfa sprouts 1/2 cup	5	0.6			
Asparagus 1/2 cup	15	3			
Brussel Sprouts 1/2 cup cooked	25	5			
Cabbage, Broccoli, Cauliflower 1/2 cup cooked	15	3			
Carrots 1/2 cup chopped (125 grams)	50	12			
Celery 1/2 cup diced	10	2.2			
Cucumbers 1 medium	5	1			
Dill Pickles 1 medium	5	1			
Green beans, Pole Beans 1/2 cup	15	3			
Lettuce loose leaf 1 cup	10	2			
Lettuce greens 2 cups + 1 tbsp light dressing	50	3			
Mushrooms 1/2 cup	21	4			
Radishes 1/2 cup	10	2			
Spinach, swiss chard, beet greens, turnip greens, mustard greens, collards 1/2 cup cooked	20	3.5			
Tomato 1/2 cup	15	3			
Watercress 1/2 cup chopped	2	0.2			

* Fish includes tuna, flounder, haddock, halibut, sole, trout and whiting. It also includes 12 medium oysters since the calorie count is the same as 4 oz of fish.

** Grapefruit seems to encourage weight and fat loss more than most other foods, regardless of its carb content. Eating half a grapefruit (but not grapefruit pills or juice) seems to lower insulin levels.¹ Thus its effects seem to be opposite to the effects of carbs on insulin and as a result doesn't act like a real carb.

As well, it's been shown that the grapefruit flavanone naringenin inhibits insulin-stimulated glucose uptake in fat cells by inhibiting the activity of phosphoinositide 3-kinase (PI3K), a key regulator of insulin-induced GLUT4 translocation.² This leads to a decrease in the amount of dietary carbohydrate that is stored as fat. Thus grapefruit seems to decrease the insulin response in two ways, one by decreasing insulin levels and two by decreasing the effects of insulin on fat formation from carbohydrates. One half a medium sized grapefruit also has 5 grams of fiber, which accounts for almost half of its caloric value.

*** Strawberries, along with grapefruits, are also almost an ideal fruit for those on the Radical and Metabolic Diets. That's because they are relatively low in carbs, contain useful fiber and have positive effects on health.³

¹Fujioka K, et al. Presented during the 228th national meeting of the American Chemical Society in Philadelphia, August 2004.

²Harmon AW, Patel YM. Naringenin inhibits phosphoinositide 3-kinase activity and glucose uptake in 3T3-L1 adipocytes. *Biochem Biophys Res Commun.* 2003 May 30;305(2):229-34. *Biochem Biophys Res Commun.* 2003 May 30;305(2):229-34.

³Hannum SM. Potential impact of strawberries on human health: a review of the science. *Crit Rev Food Sci Nutr.* 2004;44(1):1-17.

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Kgs.	Lbs.	Alt. Lifter	BitKgs.	DB/NT	Date	Location	Org.
1. 455.860	1005.0	(3) RYCHLAK, Eugene	169.64	68USA	21NOV04	Shamokin Dam, PA	IPA
2. 442.252	975.0	() Rychlak	177.81		16OCT04	Canonsburg, PA	APF
3. 437.717	965.0	(1) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
4. 430.912	950.0	(1) Rychlak	169.64		21NOV04	Shamokin Dam, PA	IPA
5. 424.562	936.0	(2) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
6. 419.500	925.0	() Rychlak	175.0		09MAY04	Kumite Classic	APF
7. 409.367	902.5	(4) KENNELLY, Ryan	139.25	74USA	04DEC04	Kennewick, WA	APA
8. 408.230	900.0	(2) Rychlak	154.22		16NOV03	Harrisburg, PA	IPA
9. 403.697	890.0	(1) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
10. 401.429	885.0	(3) Rychlak	157.85		08NOV03	Pittsburg, PA	APF
11. 397.5	876.337	(3) Rychlak	164.25		06MAR04	Columbus, OH	WPC
12. 397.0	875.235	(2) MENDELSON, Scot	139.7	69USA	12JUL03	Venice, CA	APF
13. 390.0	859.802	(2) LATTIMER, Shawn	181.9	76USA	06MAR04	Columbus, OH	WPO
14. 387.821	855.0	(4) Kennelly	135.62		10JUL04	Coeur D'Alene, ID	PRIDE
15. 387.5	854.291	(2) Kennelly	143.1		20FEB05	Pasadena, CA	APF
16. 385.553	850.0	(2) Kennelly	133.35		13MAR04	Kennewick, WA	APA
17. 385.553	850.0	() Lattimer	183.0		10JUL04	Bedford, PA	IPA
18. 385.0	848.779	(2) Kennelly	138.5		05MAR05	Columbus, OH	WPO
19. 381.017	840.0	(2) Rychlak	157.85		08NOV03	Pittsburg, PA	APF
20. 380.0	837.757	(2) Lattimer	181.9		06MAR04	Columbus, OH	WPO
21. 380.0	837.757	(3) FRANK, Garry	170.5	64USA	04APR04	Jacksonville, FL	APF
22. 378.749	835.0	() Lattimer	183.5		21AUG04	Glen Falls, NY	APF
23. 377.5	832.245	(1) Mendelson	139.71		12JUL03	Venice, CA	APF
24. 376.481	830.0	(1) Kennelly	139.25		04DEC04	Kennewick, WA	APA
25. 375.0	826.733	(2) FIEDLER, Andrew	122.02	66USA	07AUG04	Debuque, IA	APF
26. 374.213	825.0	(2) Mendelson	140.89		05JUL03	Chicago, IL	BA
27. 374.213	825.0	(1) Rychlak	154.22		16NOV03	Harrisburg, PA	IPA
28. 374.213	825.0	() Lattimer	185.0		18SEP04	Tribes Hill, NY	APF
29. 372.5	821.221	(2) Mendelson	142.4		08JUN03	Los Angeles, CA	APF
30. 372.5	821.221	(2) Kennelly	137.85		06MAR04	Columbus, OH	WPO
31. 372.5	821.221	(2) Rychlak	164.25		06MAR04	Columbus, OH	WPO
32. 372.5	821.221	(1) Kennelly	138.5		05MAR05	Columbus, OH	WPO
33. 372.5	821.221	(1) BRANDenburg, Clay	182.0	74USA	05MAR05	Columbus, OH	WPO
34. 371.945	820.0	(1) MEEKER, Paul	135.0	71USA	11DEC04	Houston, TX	APA
35. 370.0	815.710	(2) Brandenburg	175.9		25SEP04	Orlando, FL	WPO
36. 370.0	815.710	(1) Lattimer	185.1		05MAR05	Columbus, OH	WPO
37. 369.677	815.0	(3) Rychlak	161.21		10AUG03	Camp Hill, PA	IPA
38. 367.5	810.198	(4) Lattimer	178.25		27SEP03	Orlando, FL	WPO
39. 367.409	810.0	(3) Rychlak	161.03		07JUN03	Nazareth, PA	IPA
40. 367.405	810.0	(3) Fiedler	122.02		10APR04	Elk River, MN	APF
41. 365.141	805.0	() MILLER, Michael	174.63	68USA	17APR04	New Brunswick, NJ	APF
42. 365.141	805.0	(2) Fiedler	122.02		10APR04	Elk River, MN	APF
43. 365.0	804.687	(1) Mendelson	142.4		08JUN03	Los Angeles, CA	APF
44. 365.0	804.687	(2) Rychlak	158.1		27SEP03	Orlando, FL	WPO
45. 365.0	804.687	(3) Kennelly	135.9		13DEC03	Las Vegas, NV	WABDL
46. 365.0	804.687	(3) Frank	169.4		06MAR04	Columbus, OH	WPO
47. 365.0	804.687	(1) COOKE, Chris	143.5	74USA	25SEP04	Orlando, FL	WPO
48. 365.0	804.687	(3) WONG, Steve	129.5	68USA	12NOV04	Reno, NV	WABDL
49. 363.10	800.5	(4) Meeker	132.95		26JUN04	Houston, TX	APA
50. 363.0	800.278	(4) Kennelly	133.81		03AUG02	Portland, OR	WABDL
51. 363.0	800.278	(2) CRAWFORD, Wm.	124.95	74USA	06MAR04	Columbus, OH	WPO
52. 362.873	800.0	(3) Lattimer	178.48		26OCT03	Edison, NJ	WDFPF
53. 362.873	800.0	(1) Kennelly	133.35		13MAR04	Kennewick, WA	APA
54. 362.873	800.0	(2) Kennelly	135.62		10JUL04	Coeur D'Alene, ID	PRIDE

800 Bench Press Club Multiple Performance Ranking as prepared by Herb Glossbrenner



Rychlak is the KING! of the 800lb. Bench Press Club, on multiple performance basis. 54 performances by 12 lifters: Rychlak (16), Kennelly (12), Lattimer (8), Mendelson (5), Fiedler (3), Frank (2), Brandenburg (2), Meeker (2), Miller (1), Cooke (1), Wong (1), Crawford (1), (R.B.)

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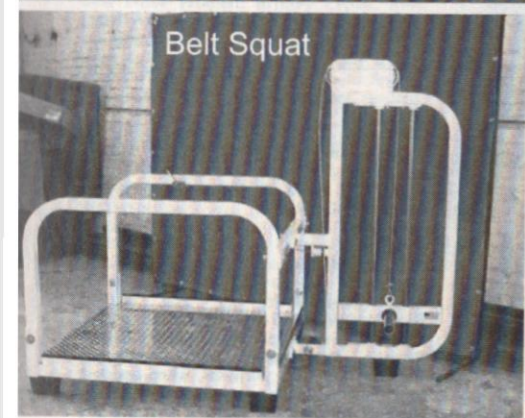
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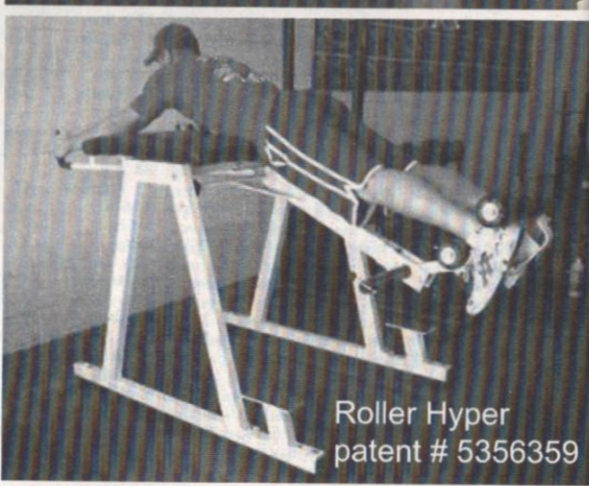
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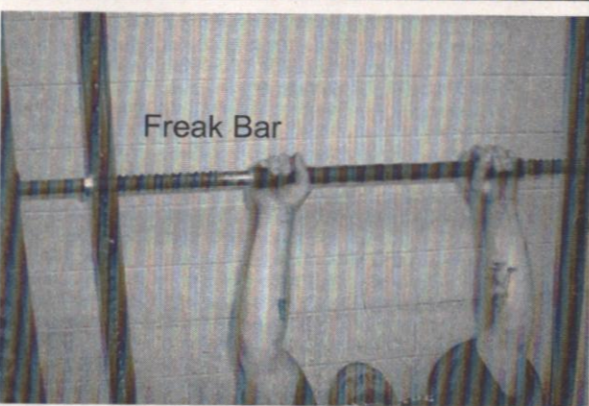
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28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654
28 MAY, APA Central Florida BP/DL (Oviedo, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com
28 MAY, AAU Crawford, Erie, Warren Counties Youth PL (PA) Zeke Wilson
28 MAY, APF/AAPF Back Bay Bench Bash (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'Arville, MS 39540, 228-669-4240, www.joeladnier.com
28,29 MAY, WDFPF European Single Lift Championships (Pompeii, Italy) jim-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 (Seguin - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 JUN, SCHS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)
4 JUN, APA Battle on the Bay BP/DL (Push-Pull (Bay City, MI), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com
4 JUN, ISS Big Bench Open (Kenosha WI) Mike Strom, Kenosha Athletic Center, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 or mikesbench@hotmail.com
4 JUN, APA War on the Shore (Daphne, AL) Ryan Cidzik, 315-794-1836, Reidzik@yahoo.com, www.apa-wpa.com
4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4 JUN, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520
4 JUN, 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, AAU Military Nationals (Little Rock AFB, Jacksonville, AR) Larry Kye, LKYE@NETSCAPE.NET, 501-982-7668
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@pikitu.com
4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3128, worldpowerlifting.org
5 JUN, Big Bench at the French BP/DL/C Class II (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
11 JUN, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 JUN, AAPF Florida State (Lantana, FL) Pamela Clayton, 386-734-3128, pamelaclayton@aol.com
11 JUN, AAU Jefferson, Armstrong, Indiana Counties Youth PL (PA) Zeke Wilson
11 JUN, 12th Miller's Ironhouse All Natural BP (open, women, high school, raw, teen subs, masters, grand masters) Allegany High School, Cumberland, MD, 301-777-0644, Millersiron@hereintown.net
11 JUN, USAPL Minnesota Push/Pull, Fran Huston, 2801 Flag Ave. #319, New Hope, MN 55427, 763-591-0067
11 JUN (REVISED NEW DATE), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwrlfrts@msn.com, www.powerliftingca.com, 661-333-9800
11 JUN, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683
11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518
11 JUN (NEW DATE), 15th AAPF/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), IHM 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
11 JUN, APA Gulf Coast Record Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El

COMING EVENTS

Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
11 JUN, WLOP World Bench Press Championship (Raw & Drug Free, All Weight Classes, All Ages, Trophies, Elite, Masters, Amateurs, Youth) - Radisson Hotel, Whittier, CA. Entries to: 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com
11-12 JUN, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyfrantz@aol.com
12 JUN (NEW DATE), USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
12 JUN, 2nd Headhunter Barbell BP (Wadsworth, OH) Open, Master, Teens, Women, John Kelly, 184 Pine St., Wadsworth, OH 44281, 330-334-2034 or www.headhunter.50megs.com
12 JUN, WNPFF North Americans & Elite Nationals (Ephrata, PA) WNPFF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com
17-19 JUN, (new website) 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.ipfworlds.com/napf
18 JUN, 6th annual New England's

Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
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, APA California Open PL/BP/DL/Push-Pull/Strict Curl (Sacramento, CA), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com
18 JUN, APF Florida State (Lantana, FL) Pamela Clayton, 386-734-3128, pamelaclayton@aol.com
18 JUN, APA Kentucky State PL (Louisville, KY) Wade Johnson 615-782-4036, supersquat800@yahoo.com, 404 Willis Pass, Mt. Juliet, TN 37122
18 JUN, WABDL Emerald Coast Classic BP/DL (Destin, FL) Rick Hagedorn, 256-545-8654
18 JUN, SLP Wisconsin's Strongest BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.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,

APF/AAPF/WPO Schedule

- June 4th: APF South Texas PL+BP, Seguin TX. Gary Pendergrass.
- June 4th-5th: APF Senior Nationals PL+BP (WPO Qualifier), Detroit MI. Jim Hinze.
- June 11th: AAPF Florida State PL+BP, Lantana, Fla. Kieran Kidder.
- June 18th: APF Florida State PL/BP, Lantana, Fla., Kieran Kidder.
- June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY.
- July 29th-31st, APWC Worlds (Unified National Qualifier) Chicago, Illinois, Kieran Kidder
- Aug, WPO Qualifier, Kieran Kidder
- September 3rd, APF Georgia State PL/BP, Kennesaw, GA, Jon Grove
- September 10th, APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence
- October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNC SOS, Atlanta, GA, Kieran Kidder
- October 15th, US National PL Championships (Unified Nationals), Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.
- November 3rd-6th, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Helsinki, Finland. Minna & Ano Turtiainen
- November 19th, AAPF Southern States, Kieran Kidder
- December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

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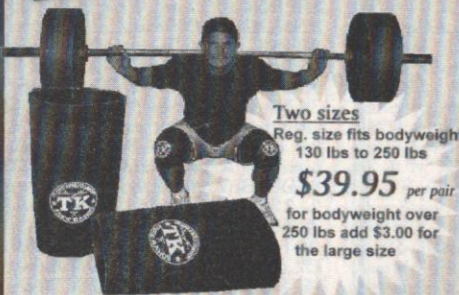
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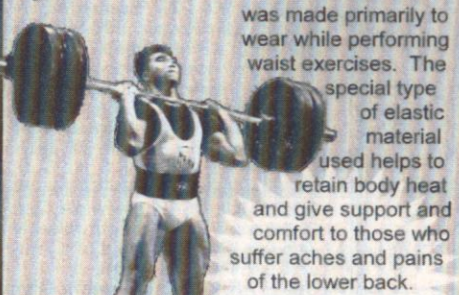
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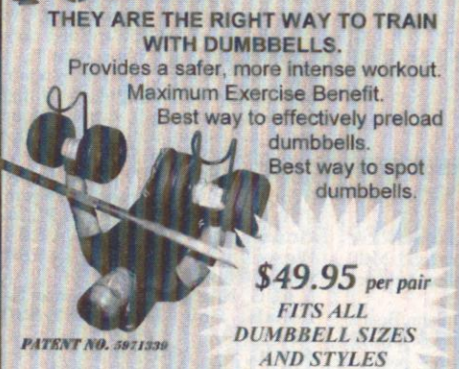
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6 AUG. Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877, Southsidebarbell@hotmail.com
6 AUG. WNPFL Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com
6, 7 AUG. WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654
7 AUG. SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
13 AUG. SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, WI.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
13 AUG. WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210
13 AUG. USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org
13 AUG. APF/AAPF Mississippi State PL/BP (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D Iberville, MS 39540, 228-669-4240, www.joeladnier.com
13 AUG. Larry Flynn Classic Powerlifting & BP Meet - Gold's Gym, 6501 S. Frontage Rd., Merriam, KS 66202, NASA Sanctioned Meet - Drug Free!, Meet Director: Jim Duree, Meet Coordinator: Jim Mellon, 816-868-4570, www.larryflynnclassic.com.
13, 14 AUG. APC Region-I Powerlifting & BP Championships - Dayville, CT. Scott Lee or Tom Stucke, 860-779-0673, www.americanpowerliftingcommittee.com.
13, 14 AUG. WABDL Can Am Cup (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067
13, 14 AUG. NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068
13, 14 AUG. AAU Open Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aausports.org
14 AUG. 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us
14 AUG. WNPFL Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890
14 AUG. SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
20 AUG. AAU World Qualifier (youth & adult, PA) Zeke Wilson
20 AUG. APA Twin State Open Strict Curl/BP/DL/Push-Pull (Keene, NH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com. **20 AUG.** USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiapowerlifting.com
20 AUG (New Date), WNPFL Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterwfields@aol.com
20 AUG. USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156
20 AUG. NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
20 AUG. Northern Virginia Raw BP Championships (Sterling, VA), John James, 703-475-9885, www.northernvirginiarawpower.com.
20 AUG. 21st Annual Iowa State Fair BP/DL

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20 AUG. APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawmerica@hotmail.com, www.upfd.com.
20 AUG. WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596
21 AUG. SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP

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25 June - APC Central California Open and Novice (Teen, Women, Junior, Masters, Open - APC National Qualifier to go to the GPC Worlds), Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

3 SEP. APF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org
3 SEP. WABDL Oklahoma State BP/DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood, 918-955-4789
10 SEP (NEW DATE/LOCATION), WNPFL Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPFL, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com
10 SEP. APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org
10 SEP. USPF Venice Beach PL/BP Steve Denison, p.w.r.l.f.t.r.s@m.s.n.c.o.m., www.powerliftingca.com, 661-333-9800
10 SEP (new date), NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, qualifier@surbest.net
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. the Power Quest Strength Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162.
10 SEP. APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudedog@adelphia.net
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
11 SEP. United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30.00 entry fee, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117.
17 SEP. WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net
17 SEP. Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250
17 SEP (New Date), NPA (drug free) Naationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com
17 SEP. USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 SEP. APF/AAPF Sin City Ironfest, "Bring it If You Got it", Powerlifting & BP (Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymilassvegas@earthlink.net
29 SEP. SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
SEP (Date Change), WNPFL Northern Florida BP, DL, Ironman & PC (429) 679-4333, www.northernfloridapowerlifting.com

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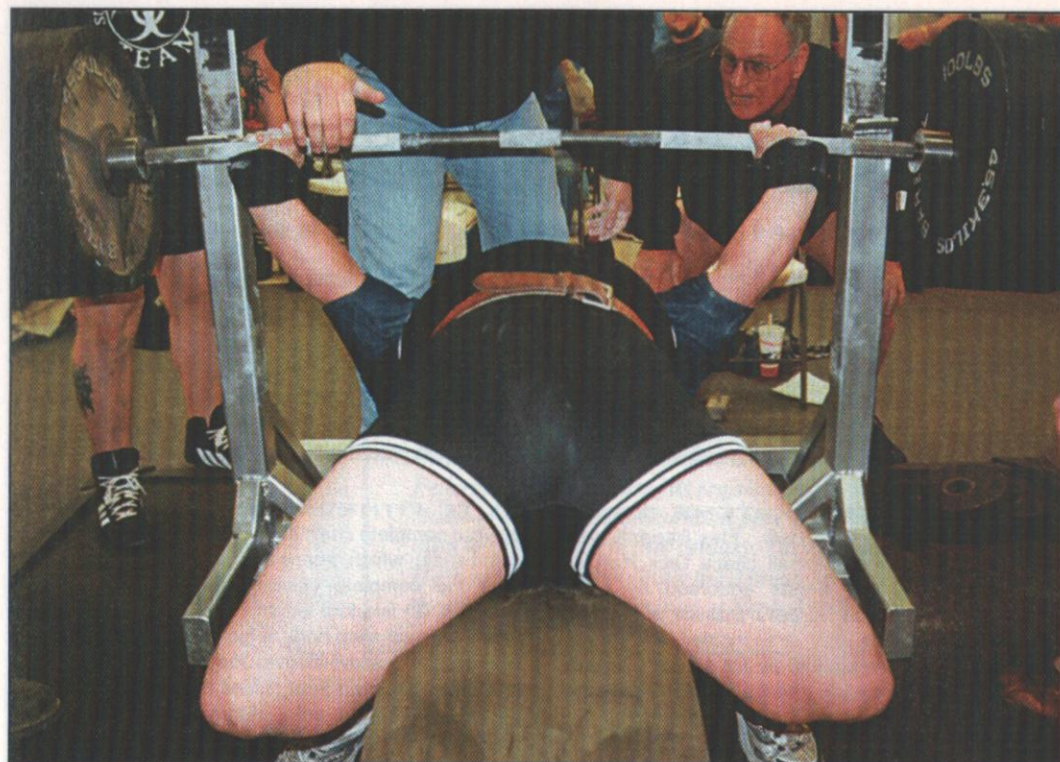
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Brad Kelly benched a huge 772 1/2 pounds at a 238 lb. bodyweight at the APA Battle of the Iron Barbarians, a new "all time" record for the 242 lb. class (photographs provided by courtesy of Scott Taylor)

APA Iron Barbarian Open 5 MAR 05 - Williamston, SC				
BENCH	C. Crosby	290		
MEN	(60-69)			
198 lbs.	C. Summers	225		
Drug Tested	242 lbs.			
M. Pritchard	Drug Tested			
(18-19)	B. Kelley	750		
M. Bassett	275 lbs.			
Submaster	Junior			
(50-59)	C. Stanley			
M. Pritchard	DEADLIFT			
425	MEN			
S. Durham	220 lbs.			
365	Submaster			
(16-17)	A. Davis	620		
K. Blake	260			
(18-19)	SQ	BP	DL	TOT
WOMEN				
132 lbs.				

J. Reedy	455	360	490	1305
4th-DL-500				1310
Junior				
J. Reedy	455	360	490	1305
4th-DL-500				1310
G. Rollins	480	340	480	1300
Submaster				
N. Joseph	600	315	500	1415
S. Johnson	500	355	450	1305
275 lbs.				
Open				
M. Schenk	650	465	675	1790
M. Reedy	525	405	605	1535
Drug Tested				
T. Nash	696	375	545	1640
4th-SQ-720!				
W. Lewis	500	365	550	1415
Junior				
C. Stanley				
Submaster				
T. Nash	696	375	545	1640
4th-SQ-720!				
W. Lewis	500	365	550	1415
Open				
C. Liles		405	550	955
Submaster				
M. Free		450	600	1050
308 lbs.				
(13-15)				
B. Sutherland	425	315	515	1255

! = World Records. Female Best Lifter: Patty Burnett. Male Best Lifter: Matthew Schenk. Best Lifter Push-Pull: Anthony Davis. This years event was held at Survivors Gym of Williamston, South Carolina. It was a day full of great lifting, camaradery, and a very large and vocal audience to cheer the lifters on. Lifting quality was great. The highlight of the day was Bart Kelley's all time bench press record of 772 pounds at 238 bodyweight. Simply amazing! The lift was flawless and it looked like he had another 10-15 pounds in him. 800 in the 242 class will fall soon and most likely it will be by Brad Kelley. I would also like to mention that Blake Sutherland amazed me with his 1255 total at 15 years of age! This is a young man to watch as he will be going places in this sport. Special thanks to Mikki Free for providing a great facility and equipment, Kate Taillon for bringing a great competition bench and judging, Carl Summers, Bart Kelley, Brad Kelley for all your help on the platform as well, the spotters who did an excellent job throughout the day, and staff of Survivors Gym who made this a great day for all who attended. Please note that although some of the records that were set at this meet are



Matthew Schenk pulled a 675 at the APA Battle of the Iron Barbarians

G. Smith, Jr.	375	300	450	1125
Submaster (33-39)				
198 lbs.				
J. Smith	585	475	455	1515
Master (40-49)				
S. Lemarie*	575	400	650	1625!

BL=Best Lifters. ! = American Record. Best Lifters: Jim Smith (BP), Steve Lemarie (PL). Our female lifters had a great day in the bench; Nino Choy set a MS record in the 114 class with her 130# lift, and Lani Powell set two records with her 180# bench. We were lucky to have two of the top benchers in the world compete. August Clark lifting in the Open 148s just missed a World Record 465 and Frank Caminita almost locked out a World Record 605 in the Open 198s. Eric Downey hit a LA record of 470 in the Open 220s, and Larry Cousin lifting in the Open 275s also set a state record with his third attempt of 505. Coming here from MS, Jim Smith won Best Lifter in the BP with his 475 lift in the Submaster 198s. Jim also had a nice total with his 1515, setting 4 state records. Glen Smith Jr. also set 4 state records, including his 1125 total in the JR 165s. The strongest vet in LA, Steve Lemarie had a great day in the Master 40-49 198s with his 1625 American Record total and was the meets Best Lifter. Lifting in his first meet, Matt Story had a nice pull with his 400 in the



Patty Burnett with her new APA master record 300 pound squat at the Battle of the Iron Barbarians

Open 165s. Master lifter James Barlow also had a great day in the Push-Pull meet with his American record of 330 and 440. Special thanks to Coach Joe Hruby and everyone at Southeastern Louisiana University, Greg and "T" and all of our spotters/loaders that made this meet a huge success. (results courtesy Ryan Cidzik)

Cutting Edge Winter Classic
29 JAN 05 - Albany, NY

FEMALE	SQ	BP	DL	TOT
Teen				
148 lbs.				
R. Mayer	275	134	268	677!
4ths:	282!	138!	270!	
Master (55-59)				
122 lbs.				
S. McCallion	185	92!	220	488
4ths:	215!		235!	
Master (40-44)				
148 lbs.				
C. Bosco	221!	45!	100!	366!
4th-SQ-230!				
MALE				
Special Olympics				
114 lbs.				
C. Voys	100!	100!	125!	325!
4ths:	110!	105!	135!	
Youth				
132 lbs.				
N. Marozzi	105!	58!	125!	288!
4ths:	63!	140!		
198				
Teen (16-17)				
W. Cusey	280!	191	405	876!
4ths:		200	426!	
Master (45-49)				
181 lbs.				
G. Sagor	230!	140!	312!	682!
4ths:	247!	145!		
Master (40-44)				
181 lbs.				
D. Naughton	75	437!	255!	767
4th-DL-300!				
Master (65-69)				
220 lbs.				
E. Brown	352!	263!	391!	1006!

! = Meet Records. (results by Dyke Naughton)

White's Truck Stop/YMCA
15 JAN 05 - Stanardsville, VA

BENCH	275 lbs.			
FEMALE				
181 lbs.				
Open				
S. Stapleton	475			
B. Drummond	470			
SUPER				
Open				
(35-39)				
D. Redman	515			
DEADLIFT				
198 lbs.				
Teen				
A. Glass	550			
220 lbs.				
Open				
R. Glass	530			
S. Click	510			
220 lbs.				
(40-49)				
R. Glass	530			
(50-59)				
D. Morris	420			
(60-69)				
B. Thompson	525			
242 lbs.				
Open				
A. Saavedra	555			
(40-49)				
B. Robertson	500			
275 lbs.				
Open				
A. Louis	530			
(40-49)				
M. Lester	500			

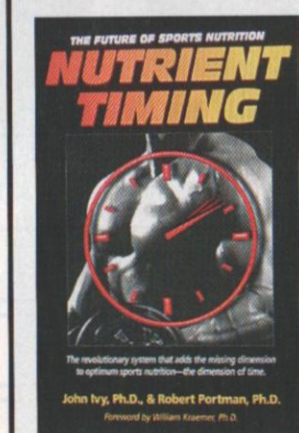
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WNPF Ohio Championships
13 FEB 05 - Youngstown, OH

BENCH	115
Equipped	165 lbs. (50-59)
FEMALE	105!
123 lbs. (40-49)	J. Huff SHW
N. Proctor*	140 (13-16)
148 lbs. (40-49)	A. Shultz MEN
C. Clifford	200 148 lbs. (17-19)
165 lbs. (50-59)	B. Mechan 225
J. Huff	235 165 lbs. (13-16)
MEN	240!
132 lbs. (40-49)	M. Lyden 181 lbs. (35-39)
J. Helms	255 (M. Gillum 275)
148 lbs. Lifetime	E. Freeman 330!
J. Smith*	450! 198 lbs. (17-19)
181 lbs. (40-49)	B. Wharry* 345!
J. Woods	365 242 lbs. (20-23)
198 lbs. Lifetime	T. Strohshine 455
T. Strohshine	455 220 lbs. (20-23)
220 lbs. (20-23)	P. Hartman 395
P. Hartman	395 Police/Fire
Police/Fire	265
Deardowski	DEADLIFT
SQUAT	Raw
MEN	123 lbs. (13-16)
Raw	181 lbs. (35-39)
181 lbs. (35-39)	M. Gillum 360!
M. Gillum	360! Equipped
Equipped	475
275 lbs. (40-49)	J. Peshek 710!
J. Peshek	710! POWERCURL
POWERCURL	MEN
MEN	242 lbs. Dearoowski 410!
242 lbs. Dearoowski	410! FEMALE
Natural	275 lbs. (17-19)
A. Lentz	520! 123 lbs. (40-49)
520! (50-59)	G. Clark 485!
R. Brown, Jr	430 SHW
275 lbs. (20-23)	N. Proctor 60
Police/Fire	148 lbs. (40-49)
J. Begue	515! S. Cline 610!
515! SHW	Police/Fire
Novice	610!
S. Cline	475! FEMALE
475! (40-49)	148 lbs. (13-16)
S. Cline	475! C. Clifford 200
BENCH	200 165 lbs. (50-59)
Raw	J. Huff 235
FEMALE	148 lbs. (17-19)
148 lbs. (17-19)	Y. Aponte 110
Y. Aponte	110 (40-49)



Best Lifters MIKE MCNINCH and DAVE POLIS at the WNPF Ohio meet flank meet director Ron DeAmicis

M. Gillum	360!	P. Palichat	60!	S. Schaffer*	270	145	250	665	L. Newman	650	420	575	1645		
Equipped	275 lbs. (40-49)	165 lbs. (50-59)	J. Huff	65!	114 lbs. (13-16)	R. Luklan	525	460	575	1560					
J. Peshek	710!	J. Peshek	710!	MEN	D. Wrobel	195	100	190	485	B. Brammer	585	405	505	1495	
POWERCURL	MEN	123 lbs. (13-16)	N. Carano	535	300	545	1380	Lifetime	D. Champ	475	360	500	1335		
242 lbs. Dearoowski	410!	123 lbs. (13-16)	J. Fail	80!	181 lbs. (50-59)	J. Phillips	475	370	465	1310					
Natural	275 lbs. (17-19)	181 lbs. (40-49)	Open	B. Gregory	140	275 lbs. Lifetime	T. Fox	530	335	500	1365				
A. Lentz	520!	123 lbs. (40-49)	C. Clifford	70!	M. Stas	150	BP	DL	TOT	D. Polis*	590	430	560	1580	
520! (50-59)	G. Clark 485!	123 lbs. (40-49)	IRONMAN	BP	DL	TOT	M. Lyden	240	405	645!	L. Newman	550	390	550	1490
R. Brown, Jr	430 SHW	123 lbs. (40-49)	165 lbs. (13-16)	M. Lyden	240	405	645!	T. Fox	530	335	500	1365			
275 lbs. (20-23)	N. Proctor 60	123 lbs. (40-49)	165 lbs. (13-16)	240	405	645!	M. Moore	225!	130	265!	620!				
Police/Fire	148 lbs. (40-49)	181 lbs. (50-59)	J. Huff	235	C. Cambers	315	465	780!	E. Brown	165	140!	225	530		
J. Begue	515! SHW	181 lbs. (40-49)	SQUAT	Equipped	SQ	BP	DL	TOT	R. Brown, Jr	600!	430	530	1560!		
Novice	610!	181 lbs. (40-49)	Raw	FEMALE	148 lbs. (20-23)	275 lbs. (20-23)			C. Evans	400	340	425	1165		
S. Cline	475!	148 lbs. (40-49)	148 lbs. (17-19)	Y. Aponte	110	(35-39)			275 lbs. (40-49)						
Police/Fire	475!	165 lbs. (50-59)	148 lbs. (17-19)	110	(40-49)										
S. Cline	475!	165 lbs. (50-59)	148 lbs. (17-19)	110	(40-49)										
BENCH	Raw	165 lbs. (50-59)	148 lbs. (17-19)	110	(40-49)										
Raw	FEMALE	148 lbs. (17-19)	148 lbs. (17-19)	110	(40-49)										
FEMALE	148 lbs. (17-19)	148 lbs. (17-19)	148 lbs. (17-19)	110	(40-49)										
148 lbs. (17-19)	Y. Aponte	110	(40-49)												
Y. Aponte	110	(40-49)													

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SIGNATURE/PARENTS SIGNATURE IF UNDER 18 _____ DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

times setting new state records and winning best lifter. In the mens divisions teen lifter Drew Wrobel set all new state records putting up some strong numbers at a very light body weight 198 lb. master lifters John Phillips and Nick Carano returned to claim their divisions as did Bill Schaffer and Dave Polis in the 220 lb. class with both lifters setting new state records and Polis winning best lifter in both the equipped and masters Divisions. Polis had some stiff competition this year from Len Newman and Tim Fox on his way to winning the division. In the 242 lb. class Ralph Brown Jr. set all new state records and an American record winning the masters division over Chuck Evans with Brown also winning the bench only division. In the 275 lb. class there was another close battle this year as in past years with Lonnie Newman winning the division with state records being set by both Newman and Rich Luklan followed closely by Brian Brammer. SHW Dave Champ turned in a strong total winning the lifetime division. In the raw divisions female lifters teen lifters Paula Adcbite, Dawnetta Williams, Megan Moore, and Elizabeth Brown turned in some fine lifts in their first meet ever with Moore setting new state and American records. In the masters division Peri Pauchat set all new American records winning her division along with the power curl division. In the mens divisions Ruben Gomez and Elliot Shaffer battled in the 165 lb. teen division with Gomez edging out Shaffer and setting a new state record. In the 181 lb. class Mike McNinch once again won the submasters division setting new state and American records and best raw lifter. In the 198 lb. class another battle took place between two strong teens in the 17-19 year old division with Raf Neapolitan edging out John Mayo with both setting new state records and Neapolitan winning best teen lifter in the masters division mike McCorkle returned to defend his title setting new state and American records teen lifter Tim Luchini and Matt Roth set

new state records winning their divisions with some strong lifts in their first full meet. 220 lb. lifter Tim Fox set new state records winning both the lifetime and masters division. In the 242 lb. class Duane Fryberger set a new state record winning the lifetime division and 275 lb. lifter Mike Stas returned after a break from competition to win the submasters division and the power curl. SHW Todd Strom set all new state records in his first meet winning the masters division. In the equipped bench only classes female Nancy Proctor set a new state record winning the masters division along with best lifter and the power curl. In the mens divisions Jay Helms, Joe Smith, Jeff Woos and Tim Strohshine all set new state records winning their divisions with Smith walking a way with best lifter. 220 lb. lifters Phil Bartman and Steve Deardowski did some strong lifts winning their divisions with Deardowski setting a new state records in both the bench and deadlift. Aaron Lentz and Jeff Begue also set new state records winning their divisions. SHW Shane Cline set new state records winning the bench and deadlift divisions in the novice and Police/ Fire classes. In the raw divisions female lifters, Colleen Clifford and Joyce Buff, did some strong lifts setting new state records and Clifford winning best lifter. Clifford and Huff also won the power curl divisions. Teen lifters Yessica Aponte and Amanda Shultz did some strong lifts in their first meet with Shultz setting a new state record. In the mens classes teen lifters Brian Mechan, Matt Lyden and Brian Wharry set new state and American records with Wharry taking the best lifter award and Lyden setting a state record in the ironman. 181 lb. Lifter Ed Freeman set a state and American records in the masters division and Mark Gillum took first in the squat and deadlift division with new state records. 242 lb. Lifters John Vega and Brian Michaels put up some strong lifts winning their divisions. In the ironman teen lifter Colin Chambers set a new state

WDFPF European Championships
5,6 JUN 04 - Pescara, Italy (kg)

EQUIPPED	75 kgs.	SR	Mangiameli	580	JR	M. Sperandi	232.5
FEMALE	70 kgs.	SR	S. Fanciullo	530	SR	N. Pino	550
SR	B. McKinley	402.5	L. Russo	485	SR	M5	
MALE	52 kgs.	JR	S. Luca	515	SR	M. DiLauro	255
JR	A. Coggi	345	82.5 kgs.	SR	C. DiDonato	195	
M3	L. Innocenti	330	60 kgs.	SR	L. Pilling	725	
M3	G. Impero	—	70 kgs.	SR	L. Evangelista	210	
T3	D. Conigliaro	367.5	58.5 kgs.	M1	M. Golding	327.5	
T2	A. Pizzino	510	70 kgs.	SR	J. Gostelli	420	
SR	L. Pecoraino	452.5	90 kgs.	SR	125 kgs.		
M. Minitti	520	JR	C. Esposito	325	SR	Pierantonio	650
S. LePresti	410	JR	Salvatorelli	235	M3		
C. Emiliano	350	F	F. Baldino	667.5	MALE	H. Davidson	565
M4	G. Colella	607.5	G. Colella	607.5	67.5 kgs.	M2	
A. Colella	460	C. Turco	C. Turco	587.5	SR	A. D'albertoa	—
T2	G. Massimino	587.5	G. Massimino	587.5	A. Rosa	472.5	
S. Mazzone	432.5	S. Maden	S. Maden	572.5	(Thanks to WDFPF for providing results)		



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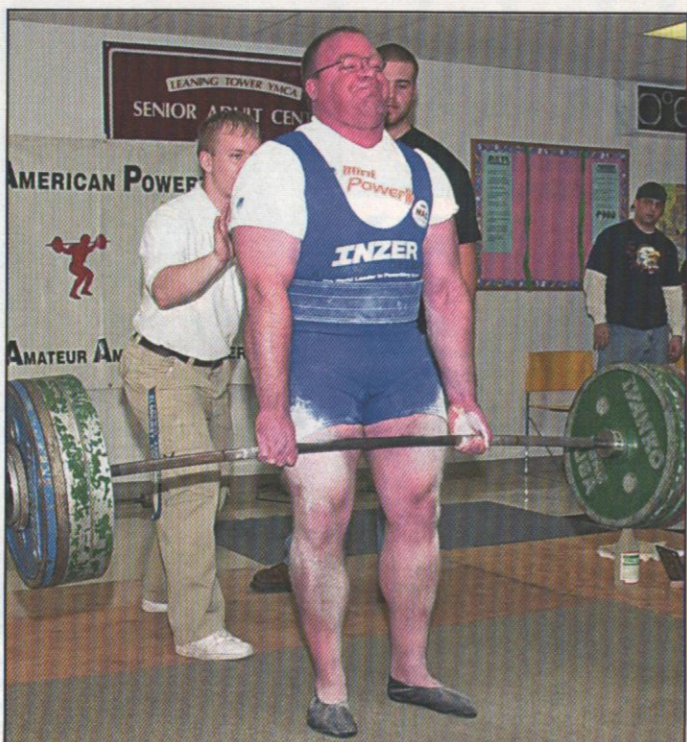
New Castle BP
12 FEB 05 - New Castle, PA

BENCH	C. Kitchen	540	
WOMEN	B. Pochiba	—	
J. Ullrich	275 lbs.	—	
MEN	P. Sibeto	575	
Teen	D. Hardic	—	
B. Wharry	365	SHW	
J. Smith	—	C. DiNardo	475
M. Adams	—	N. Rolle	—
148 lbs.	—	P. Bradshaw	—
C. Ventarella	375	Master 35	—
D. Jackson	—	T. Gibson	620
D. Dessaw	—	M. Keyser	—
B. Meehan	—	D. Dessaw	—
165 lbs.	—	Master 40	—
A. Sturgill	400	B. Zemaits	430
A. Reino	—	Master 45	—
181 lbs.	—	R. Cooper	500
R. Shields	360	N. Rolle	—
198 lbs.	—	T. Donahue	—
C. Wargo	410	D. Hardic	—
M. Maicher	—	L. Reese	—
220 lbs.	—	Master 50	—
S. Prozy	475	B. Pochiba	500
G. Langham	—	G. Longham	—
M. Keyser	—	R. Verdi	—
M. Jackson	—	S. Popovich	—
R. Verdi	—	—	—
242 lbs.	—	—	—

(Thanks to Charles Ullrich for the results)

APF/AAPF Windy City Ironman
8 JAN 05 - Niles, IL (kg)

BENCH	110 kgs.	—	
AAPF MEN	Open	—	
67.5 kgs.	R. Luyando	312.5	
Junior	APF MEN	—	
C. West	75 kgs.	—	
92.5	Open	—	
75 kgs.	Degrengowsk!	160	
Open	Junior	—	
Degrengowsk!	Degrengowsk!	160	
160	100 kgs.	—	
82.5 kgs.	Open	—	
SM	J. Cravatla	297.5	
D. Phipps	110 kgs.	—	
197.5	Open	—	
90 kgs.	R. Luyando!	312.5	
Open	AAPF	—	
P. Henry	167.5	WOMEN	—
Master (45-49)	J. Hummel	132.5	—
100 kgs.	Open	—	—
Open	T. Putchio	67.5	—
K. Farley	227.5	UNL	—



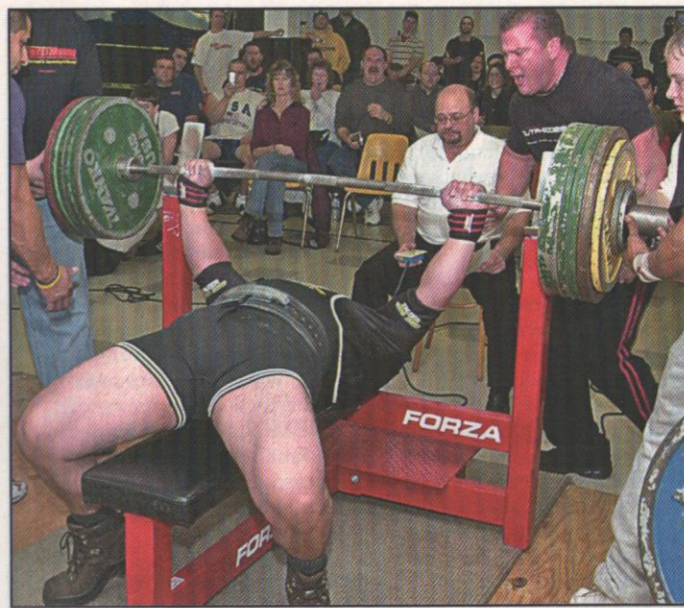
John Hudson deadlifting 711 in the 275s at the Windy City Iron Man

Master (50-54)	AAPF MEN	75 kgs.	—	
S. Thoms	67.5 kgs.	Teen (13-15)	—	
140	APF WOMEN	M. Bordenaro	115 170 285	
APF WOMEN	67.5 kgs.	Open	—	
67.5 kgs.	Open	L. McMasters	205	
Open	90 kgs.	D. Martin	192.5	
J. Cravatla	80	A. Kim	192.5 240 432.5	
297.5	B. LaPierre	110	217.5 327.5	
Open	UNL	C. Rzany	—	
R. Luyando!	S. Thoms!	140	192.5 240 432.5	
312.5	DEADLIFT	—	—	
AAPF	Ironman	BP	DL	TOT
WOMEN	AAPF MEN	205	277.5	482.5
J. Hummel	67.5 kgs.	J. Thoms	—	—
132.5	67.5 kgs.	N. Zostautas	197.5	287.5 485
Open	Master (65-69)	SM	—	—
T. Putchio	67.5	K. Anderson	80	92.5 172.5
67.5	UNL	—	—	—

G. Mylin 150 215 365
APF MEN 67.5 kgs.
Teen (13-15) 70 137.5 207.5
J. Meyer 82.5 kgs.
Open 192.5 240 432.5
A. Kim! 192.5 240 432.5
Junior 195 245 440
A. Kim! 192.5 240 432.5
T. Runde 195 245 440
Teen (16-17) 110 242.5 352.5
E. Lilliebridge, Jr 110 242.5 352.5
Teen (13-15) 105 195 300
E. Lilliebridge 125 kgs.
SM 240 322.5 562.5
J. Hudson 140 kgs.
E. Littlebridge 215 325 540
! = Division cross-over. Best Lifters: Best Male APF Bench - Rob Luyando. Best Male AAPF Bench - Rob Luyando. Best Male APF Deadlift - John Hudson. Best Male AAPF Deadlift - Jeremy Thomas. Best Female Bench - Sidney Thoms. Best IRONMAN - John Hudson. The 2005 APF/AAPF Windy City IRONMAN was held at the Leaning Tower YMCA. The new year of 2005 started out with a bang for APF Illinois with the APF AAPF Windy City IRONMAN in Niles, IL. We were at the historic Leaning Tower YMCA, which has been the home for powerlifters and powerlifting meets since the beginnings of the sport. We were happy to work with the staff of the YMCA, including fellow powerlifter Erwin Chang, and fitness director of the Y, Cheryl Targos. The meet was equipped with some of the best equipment available from Frantz Gym in Aurora, thanks to our APF/WPC Founder Ernie Frantz. We had a Forza competition bench press, a Frantz power bar, a Frantz deadlift bar and Ivanko kilo competition plates. We had some great lifting at the meet on the bench and deadlift. From the Carpenter Powerlifting team, Rob Luyando benched a huge 689 pounds, and just narrowly missed 705, all at a 242 pound bodyweight! Rob may have already benched over 700 by the time you read this! From the Frantz Power Team, masters lifter Sidney Thoms benched a huge 308 pounds. Sidney is only the third woman over 50 to bench over 300 pounds, and she keeps inching up above 300 with every meet. Rob earned the Best Male APF and AAPF Bencher, and Sidney earned the Best Female Bencher for their performances. We also saw some great lifting from the Illini Powerlifting Team, including from their coach John Hudson. John benched over 500, pulled over 700, totaling 1240 pounds in the ironman division. John received the Best Male APF Deadlift award, as well as the overall Best IRONMAN award for the meet. John and his team were not only lifting for PRs on this day, though. Every pound they lifted earned them money that they will use to help the tsunami victims in Asia. Team mini raised over \$800 for this noble cause, and are continuing to raise money throughout 2005. Many of the other lifters had great meets also. Even on a self-described "off-day" for Jeremy Thomas, he earned the best AAPF Deadlift award on the day with his 618 pound pull at 198. The biggest pull of the day came from Ernie Lilliebridge, Sr. who pulled up a strong 716 pounds. Ernie was accompanied by his sons Ernie, Jr. and Eric, who had great days as well. Ernie, Jr. pulled in his dad's footsteps on this day, pulling a big 534 at 181 as a teenager. It was a great meet for the lifters all around, with many Illinois State and American bench records broken, as well as many PRs! I once again had an abundance of help at this meet, making the meet run very smoothly. APF IL State Chairman and multi-time World Champion Powerlifter Maris Sternberg was on hand to MC the meet as well as handle the many records set on this day. At the scorer's table, my training partners Sharra Powell and Tywnia Brewton expertly took attempts and ran the table with Maris. Taking attempts from the lifters was my training partner and girlfriend Jackie Ebben. Jackie also handled the computerized scoring at this



Sidney Thoms breaks the 300 lb. barrier in the bench press again at the Windy City competition. (all photos are courtesy Eric Stone)



Rob Luyando at the APF/AAPF Windy City Iron Man with his 688 pound bench press in the 242 pound class that was not considered on our March 2005 issue's All Time Bench Press Performance list.

meet. She had the scoring of the meet done so quickly, the awards were given almost immediately after the lifting ended. Handling the fair and consistent judging of this meet were experienced, expert WPC Officials Bob Kelly and Mike Sweeney. They were joined by the newest APF meet director in Wisconsin, Gary Reichert. APF Iowa State Chairman and World Champion Bench Presser Bill Carpenter was also on hand as judge. Finally, saving many lifters on this day were experienced loaders/spotters of Mike Morrow and Ernest Roberts. They definitely saved more than one mis-grooved bench on this day, including the closet call I've ever seen when Illini lifter Andrew Kim lost a bench back towards his head. The bar was

literally inches from Andrew's head! I would not have been able to run this or any meet with all this of great help. Most of them volunteered their time for their love of the sport. Without such generous volunteers, this sport could not exist! And finally, the lifters were met with a number of extras at this meet, thanks to my sponsors. All Pro Protein helped out APF Illinois again with 5 pound bags of whey protein for all the best lifters. Monster Muscle provided tree t-shirts for all the staff, as well as free Monster Muscle magazines for all the lifters. The lifters also had free Powerlifting USA magazines, also given away free thanks to PL USA. Both of these publications do a great job covering the great sport of powerlifting, and powerlifters should support them both. Finally, World Champion Powerlifter and Bench Presser Sidney Thoms and her husband Alan Thoms took pictures of the meet on very short notice. Here's another "thanks" to all of those companies who were generous enough to sponsor APF Illinois and this meet. Thanks again to everyone who helped me run this meet, and congratulations to all the lifters. Stay tuned to APF-Illinois.com for upcoming APF meets in Illinois. Especially look to this summer when I will run the APF/AAPF Chicago Summer Bash II, which looks to be even bigger and better than the first Chicago Summer Bash. (Thanks to Eric Stone, Meet Director, for providing these meet results to Powerlifting USA)

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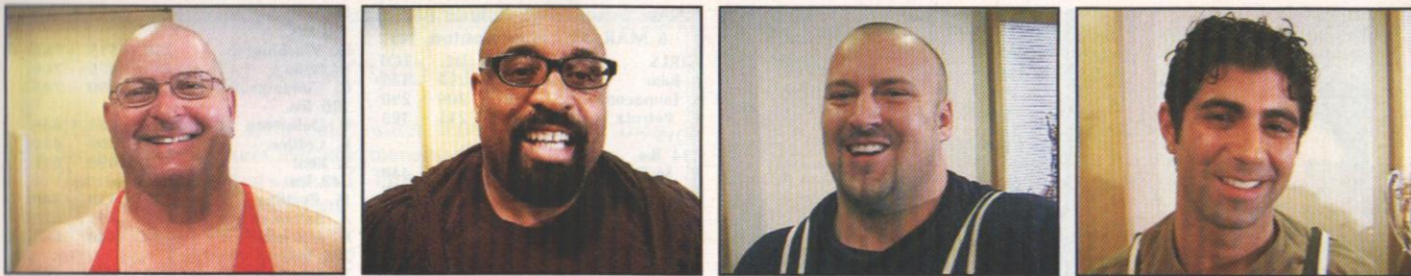
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WLOP Champs: Steven Brown..... Alvin Waldon..... Cory Dexter..... Narbe Mansourian...(Moffitt)

**WLOP C.T. Classic
11 DEC 04 - Whittier, CA**

BENCH	
Raw-Drug Free	363
Master Elite Men	358
50-54	435
SHW	475
S. Brown	479
242	275
A. Waldon	479
60-64	220
220	220
A. Nerenberg	325w
275	365
M. Vail	308
80+	198
181	325
E. Malin	150
Master Elite Women	235
80+	165
123	265
B. Maullin	55
Open Elite	205
275	132
M. Bacon	418
220	242
C. Dexter	479w
165	295

w=world record. On December 11th, 2004, the World Legion of Power sanctioned a bench press competition called "The CT Classic". The event was held at the Radisson Hotel in Whittier, California. C.T. Fletcher, CEO and Co-founder of the WLOP, was the MC. The WLOP is a raw (no bench-press shirt) and drug free organization. The event was drug tested. Members who attended congratulated the WLOP for a super meet. Once member wrote "Your venue, trophies and support staff are one of, if not the best of all the federations I have lifted in". It was a warm and supportive event dedicated to serving the "Iron Brotherhood". For more info about WLOP go to: www.worldlegionofpower.com (Thanks to Grant Moffitt for these results)

**Montana High School "Raw"
5 MAR 05 - Great Falls, MT**

WOMEN	SQ	BP	DL	TOT
114 lbs.				
B. Acton	100	110	220	430
S. Unruh	150	110	245	505
132 lbs.				
A. Mahoney	—	80	175	255
148 lbs.				
B. Sorenson	225	135	280	640
S. Schmitz	255	185	265	705
165 lbs.				
J. Vonada	175	115	300	590
SHW				
B. Williams	145	135	300	580
MEN				
114 lbs.				
F. Ramsey	225	130	240	595
123 lbs.				
R. Witherite	170	115	220	505
B. Huffman	190	140	340	670
132 lbs.				
P. Jones	225	140	320	685
N. Grant	215	180	370	765
Shellenberger	295	205	375	875
R. Veach	210	160	320	690
148 lbs.				
P. Bolan	270	200	380	850
Z. Woodward	340	195	435	970
C. Dobson	305	185	385	875
J. Kruse	335	220	350	905
R. Veach	260	185	360	805
Waldenberg	335	210	395	940
165 lbs.				

J. Glueckert	290	190	370	850
B. Graupman	—	220	—	220
T. Wald	350	190	425	965
J. Stevens	260	210	320	790
T. Merideth	275	210	320	805
D. Auger	275	175	340	790
B. Bollwit	370	235	435	1040
S. Shaulis	330	225	375	930
M. Hopkins	290	190	470	950
N. Berryman	280	210	345	835
181 lbs.				
R. Egan	365	235	420	1020
C. Vuckovich	300	220	375	895
C. Posey	360	170	375	905
198 lbs.				
L. McKinley	410	250	450	1110
G. Thompson	350	250	365	965
J. Dalzell	320	260	425	1005
S. Koffman	320	300	430	1050
C. Dostal	355	245	400	1000
220 lbs.				
J. Mahana	390	250	430	1070
C. Winters	480	405	575	1460
J. Vulk	280	190	410	880
H. Mclean	275	185	410	870
242 lbs.				
A. Voorhees	365	220	405	990
S. Cleveland	385	240	385	1010
L. Stubbs	405	290	430	1125
T. Kain	310	210	410	930
A. Fjeseth	390	295	425	1110

275 lbs.				
R. Boone	445	250	450	1145
N. Jones	425	325	475	1225
J. Hansen	415	300	460	1175
SHW				
J. Hoffman	420	255	485	1160
S. Schroeder	430	280	425	1135

The Montana State High School "Raw" meet was held at the Great Falls Community Recreation center. The meet directors were Jim Ramsey, Willie Weaver, and Alan Rohrback. The team winners were Helena Capital High School. (Thanks to Edward T. North for providing these contest results)

Fitness One BP 26 FEB 05 - Hamilton, OH			
FEMALE	M. Smith	240!	
165 lbs.	Open Raw	Schwitalski	250!
Open Raw	155!		
T. Benson	4th-160!	Teen Raw	
Master (45-49)	M. Flum	175!	
Raw	Open Raw		
M. Ferguson	225	C. Kimbrell	355!
4th-235		198 lbs.	
MALE	Open Raw		
148 lbs.	J. Cobb	365!	
Teen Raw	Open		

J. Lindsey	450	P & F	
Master (40-44)		Submaster Raw	
S. Watts	485	R. Frazier	365
Master (50-54)		242 lbs.	
Raw		Master (50-54)	
B. Bean	370	Raw	
4th-380		J. York	255
Master (60-64)		4th-270!	
Smallwood	405	Master (55-59)	
4th-425!		Raw	
P & F		M. Ferguson	365
Master (40-44)		P & F	
Raw		Raw	
B. Henson	325	T. Baker	355
4th-340!		275 lbs.	
C. Smallwood	340	P & F	
4th-350!		A. Patrick	455
220 lbs.			
Master (50-54)			
T. Boyer	480!		

!Personal record. The 2nd annual Fitness One Bench Press Championship was held at Wayne's Fitness One. This gym is owned by none other than Wayne Smallwood. Who has been training powerlifters & bodybuilders along with general health and fitness types of all ages male and female for over 30 years. This had to be one of the safest places to be this day due to the fact we had five lifters in the Police and Fire classes among us. Thanks goes out to Powerlifting USA and HOUSE OF PAIN for the great support of this meet. I would also like to thank the spotter/loaders Jimmy Gross and Jerome Maggard for helping make this another safe DWG Productions meet. Teagan Benson started the meet lifting in the female 165 open raw class setting a new pr with a 4th attempt 160. Marcia Ferguson came down to compete in the female 165 master 2 raw class and went 4 for 4 finishing up at 235. At 148 Teen raw we had first timer Mark Smith getting a pr of 240. 165 Teen raw lifter Matt Flum also in his first meet got an easy 175. 148 open winner Ryan Schwitalski finished up at 250. Chris Kimbrell competing at 165 open raised his pr to 355 then just missed a 365 4th attempt. John Cobb settled for 365 after missing 385 twice today in the 198 open raw class. Joe Lindsey benched a strong 450 to take the 198 open class. In the master 40-44 198 class we saw Steve Watts just coming up short of lockout with 500 before settling with a no doubt about it 485. Bob Bean, lifting in the 198 50-54 raw class looked super while pushing up a 380 lb. 4th. Bob is the strength coach for Ross High School, and one of the many all around good guys in our sport. Tom Boyer matched his best ever with a 2nd attempt 480 then called for 500 and nearly pulled it off. Joe York also went 4 for 4 today in his 1st competition ending up with a 270 4th. Mike Ferguson lifting raw at master 55-59 242 benched 365 before falling just short at 385. Mike took today off from an upcoming bodybuilding competition which is only about 5 weeks out. Gym owner Wayne Smallwood also went 4 for 4 in route to a new pr for himself of 425. Butch Henson also had a perfect day of lifting finishing with 340 lbs. in the 198 master 40-44 Police and Fire. Tim Baker pressed 355 to win at 242 Police and Fire lifting raw. Aaron Patrick had to settle for just his opener of 455 in the 220 Police and Fire class was Randy Frazier looking strong with 365. First time competitor Chris Smallwood pushed up a 4th attempt 350 lifting in the Police and Fire 220 master 40-44 class. Thanks to everyone for making this a great homecoming for DWG. (courtesy of DWG)

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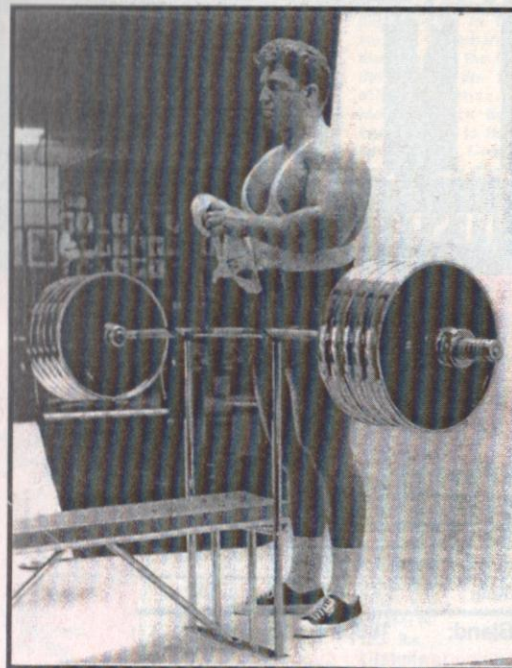


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DEADLIFT	Weight	Age	Record
MALE	198 lbs. E		
	N. Peters	345	
	(35-39)	(14-15)	
	181 lbs.	220 lbs.	
Raw/Open	B. Madigan	245	
G. Rendino	(40-44)		
(50-54)	220 lbs. E		
181 lbs.	J. Mitchell	410	
Raw	Lifetime		
R. Diliberto	220 lbs.		
(45-49)	D. Herbst	350	
181 lbs. E	(40-44)		
S. Cannova	220 lbs. L Raw		
(40-44)	L. Cichelli	450!	
220 lbs. E	(45-49)		
M. Peters	242 lbs. E		
(35-39)	W. Carroll	380	
308 lbs. Raw	Lifetime		
A. Valezquez	242 lbs. E	405	
BENCH	M. Arcarisi	290	
MALE	(16-17)		
(20-23)	242 lbs.		
198 lbs. Raw	C. Chissom	270	
Baumgardner	(40-44)		
(16-17)	242 lbs. L Raw		
198 lbs. Raw	R. Murray	445!	
B. Mosher	308 lbs. L E		
(18-19)	S. Rogers	480!	
Ironman	BP	DL	
TOT			
FEMALE			
(12-13)			
132 lbs. Raw			
A. Rook	80!	195	275
(14-15)			
123 lbs. Raw			
R. Turner	95	220!	315
MALE			
(11+ Under)			
132 lbs. Raw			
V. Becker	85!	180!	265
(14-15)			
148 lbs.			
D. Smith	135	280	415
181 lbs. E			
T. Carroll	200	300	500
(16-17)			
165 lbs. Raw			
J. Hanson	225	340	565
(35-39)			
148 lbs. Raw			
J. Sykes	220	325	545
(14-15)			
181 lbs. Raw			
E. Houseknecht	135	200	335
220 lbs.			
J. Brown	280	475!	755
(40-44)			
275 lbs. Equip.			
M. Hanson	415	560	975
! = American Records. The Drug Free			

AAU Dan Miner New York State Bench Press/Dead Lift Championships were held at Donselaar's Partyhouse. 26 New York state records and 10 American records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremy Brown, Mark Harrison, Gene Rendino, Scott Cannova, Albert Velasquez, TC Carroll, Dan Smith, Jeff Hanson, Jamie Sykes, Erik Houseknecht, Frank Baumgardner, Nick Peters, Leo Cichelli, and RL Murray. American Records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremy Brown, Scott Cannova, Gene Rendino, Leo Cichelli, RL Murray and Steve "Big Dawg" Rogers. I want to congratulate all these fine lifters. Special congrats to Leo Cichelli, AAU World Champ. Also to RL Murray who I train with and watch fight through a lot of injuries to lift raw and set records. Leo and RL are two of the best raw lifters in New York and Drug Free! It was great for me to be back near 500 lbs. again; 480 an American record for Steve Rogers, not bad. In April 500 pounds will go again. This meet is in honor of Dan Miller who was a great deadlifter taken way before his time. Dan you will never be forgotten. The Dan Miller Deadlift award for this past year went to Jamie Sykes, who is very deserving. He always is a great lifter at AAU meets and puts forth great effort every time he lifts, that's why he is the winner. My brother Fred Rogers Sportsmanship Award went to my friend Mike Arcarisi, who is so deserving of this award. Mike may not lift the biggest but his heart is huge, lifts his best and always helping everybody sometimes sacrificing his own lifting. You deserve this award Mike. It is great to have these two awards to keep these people's memories alive. My brother is always in my heart and will stay there forever. Every lift I do is in his memory. These AAU meets are bigger every time with more lifters and more spectators, so AAU is growing. I want to thank my wife, Michelle for all she does. She takes care of the head table, the state records, the record certificate for all the lifters, you are an asset to lifting and I love you. To my great team of guys: RL Murray, Rich Molisani, Brett Wells, Terry Stafford, Jason Stafford, you guys keep these meets going. Not enough can be said to have the best crew going. To Mark Howell, Brett Wells and Brian, great job spotting all day, you make lifting safe. To Kristy and Kim, thanks for doing the admission and the 50/50. Donselaar's Partyhouse, great facility and the official home of all AAU meets. Until April 16th, train drug free. (Thanks to Steve "Big Dawg" Rogers, AAU NYS Chairman, 500# bench, for results)

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