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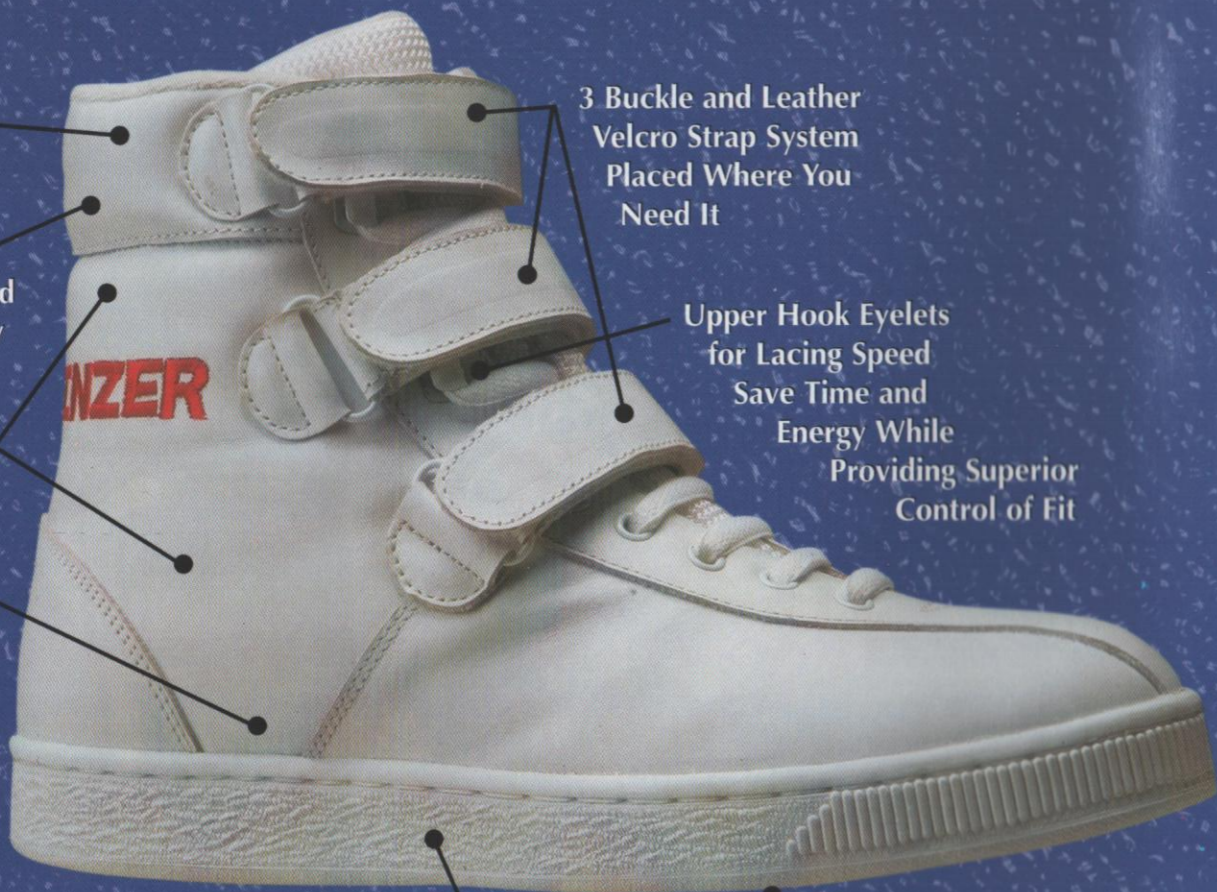
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this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

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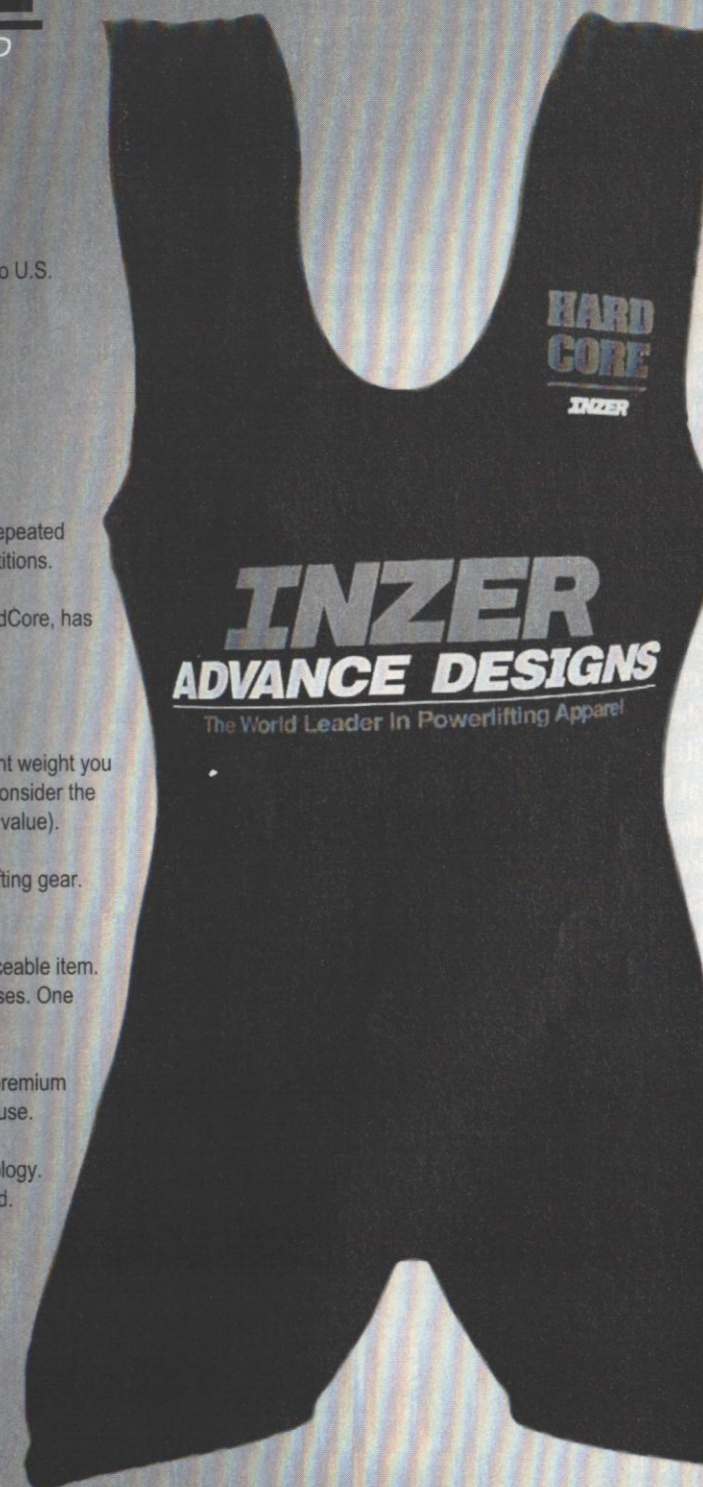
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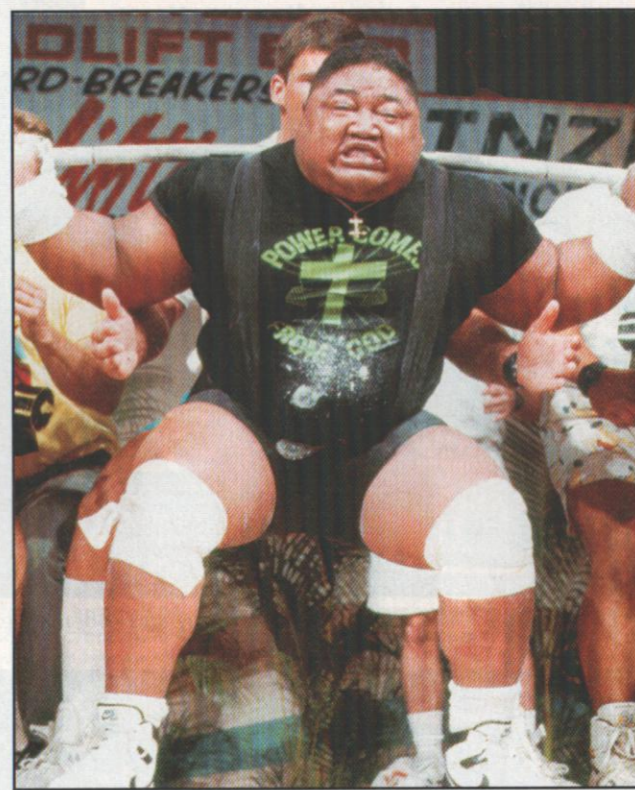
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When I think of Anthony Clark, I think of a boy who overcame childhood abuse and constant bouts of self-doubt, in order to become a powerful man and to deliver a powerful message to under privileged youth. Anthony Clark helped deliver hope to more kids and adults than anybody I know of, with the exception of Billy Graham. He wasn't perfect, and before any of you holier than thou's snicker and judge, ask yourself, "how many under privileged kids did you deliver hope to along with a Christian message?" Yeah, that's right - none!

Anthony was only 5' 8" tall. He took extreme measures in order to accomplish his mission. If he's 5' 8" & 185, 5' 8" & 225, nobody listens and in some of the places he preached he would probably have gotten killed. At 5' 8", 360-375 lbs. and very little fat, he was freaky enough to make the worst of the bad listen up. An example: One street lad, a ver bad ass, told his mom "Where's your m---f--- God now that Dad has left us?" Anthony brought that kid back from the depths of despair, which often leads to anger, which leads to crime, and brought him to a belief in Christianity and that brang tears of joy to that boy's mother. Anthony taught kids to believe in themselves and at least acknowledge that there was a divine power behind everybody's life, whether they be

IN DEDICATION



On May 22nd, Anthony Clark, one of the greatest strength athletes of all time, died, apparently from a heart attack. He was 38.

Jew, Muslim, Buddhist, Hindu, or whatever.

I've heard numerous stories from other people in the lifting community about Anthony's testimonials. Johnny Anderson was with Anthony one week before he died, at a Christian rally for youth. Johnny said Anthony's testimony was earth shattering. In other words, he saved the best for last. God took him because Anthony's normal 185 lb. body, that he transformed into a giant's body, was no longer able to handle the demands of being way too big for way too long. Anthony didn't care. He had a message to deliver and he had to become somebody special in order to deliver it. He had completed his mission on earth and it cost him 40 years of his life. From age 17 to 38, he preached the message of hope, anything's possible if you believe in yourself and reach out for divine guidance.

The first time I saw Anthony was at the 1998 World Record Breakers in Hawaii. Anthony benched 661 and was so freaky looking I told a local Hawaii TV sports anchor that he didn't look human, because he had evolved into another species. His 661 bench was a very narrow grip. He visited Ohau Prison, where he benched 10 reps at 500 lbs. reverse grip. He also visited an orphanage. Anthony was a meet

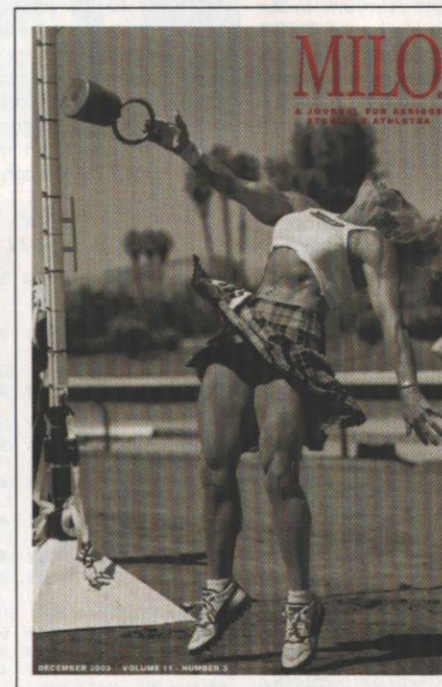
(continued on page 85)

Remember when the strongest kid in your school was a girl?!

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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

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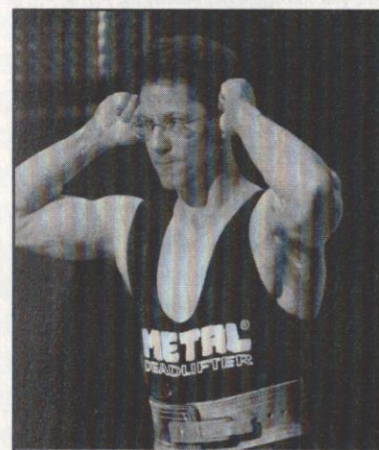
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The 2005 USAPL National Masters Powerlifting Championships presented in Palm Springs, California was a textbook example of professional planning and execution by Lance Slaughter and HIS excellent supporting staff. Held at the resplendent Riviera Resort & Racquet Club in a ballroom that has hosted the likes of Frank Sinatra, Elvis Presley, and too many other stars to name, Palm Springs stoked its furnaces just in time for the event, with daytime highs up to 113 degrees ("yeah, but it's a dry heat") and in the 90s until late into the evening. The venue was very near the famous Palm Springs Tram, that takes you up 1000s of feet in elevation and down dozens of degrees in just a few minutes, as well as many other interesting tourist attractions, and the 170 lifters enjoyed the amenities, especially the spectacularly efficient air conditioning system inside the Mediterranean showroom were the lifting took place, and the host Riviera Resort also served as one of the sponsors of the event.

Denny Barleen and Dennis Smith were the leaders of lean, as the only two entries in the 52 and 56 kg. divisions, and all the 60 kg. entries finished up alone in their respective age groups, after a 319 squat forced veteran Iain Burgess to retire early. The M1s @ 148 were quite competitive, but steady Greg Simmons, just off his open World Championship debut and barely a master, only missed one lift, providing no opening for a tall and ripped Casey Brown. Looking like he was born to bench, Darren Matsumoto two timed an IPF World Masters record 421 bench press, unsatisfactorily. Likable Lloyd Weinstein (the "Professor"?) zipped into LA to catch some of the coastal California attractions, after



Greg Simmons tunes in a DL attempt.

USAPL NATIONAL MASTERS as seen by PL USA Editor Mike Lambert



Best Lifters: Robert Cortes (l), Lloyd Weinstein (r), and Robert Keller



Darren Matsumoto: attempting a 421 BP



Jimmy Kavarnos: winner at 132, 50-54

confidently conquering the M2s. Monte Lofing, an employee of Coca Cola, out-smiled everyone in the meet and finished a happy 2nd @ M2. Rugged Brendan Rohan has impressively balanced lifts and put up a great winning total at Masters 3. All the way up in the Masters 8 division of the lightweights was 75 year old Robert Cortes, who won one of the distinctive Best Lifter awards, incorporating a photo of his lifting at the event, produced by meet sponsor Keith Lemm's California Sports Spotlight. Keith and his crew took photos of all the lifters and had DVDs of the competition available as well.

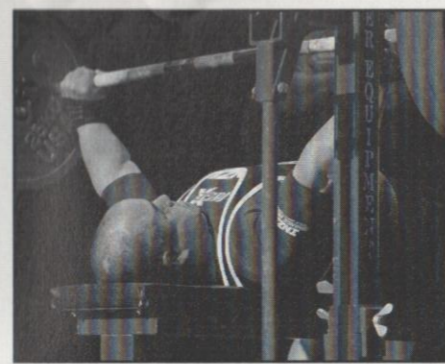
In the Middleweight division, Masters 1 division, longtime ADFPA/USAPL leading light Joe Braca earned himself a prestigious national title, with a pull that was too much even for the likes of deadlift star Mark Sigala. Defending IPF World Champion David Bracken only tokened, except in the bench press. In the Masters 2 category, Michael Hara punched his three lift prowess credential, but made a new

angle. Dynamic Carlos Lewis was just behind Hara at M2, and in M3, Art Little (50) showed he could mix it up with any of them, though George Wiltshire kept him honest, until the deadlifts. Oracle Vice Prez Rich Cirigliano had a rare bad day on the platform. Texas gym impresario Art Menton prevailed easily in the M4 section, just as Jim Yeats did at M5.

Announcer/DJ extraordinaire, Chuck Lamantia, famed by his work in POWERLIFTER VIDEO magazine, did a stellar job of making sure the crowd and lifters knew what was up regarding the progress of the competition and repeatedly recognized the contributions of the meet sponsors and the diligent staff who kept the contest running smoothly.

In the 181s, rugged Ron Garofalo showed world class strength in the M1s, winning with a 1675 total that could easily have been 1700 plus. Mike Barquera (a former contender in open national competition) barely looked 30, let alone 45, and equally extraordinary was Aaron Byas in the Masters 3 group, standing virtually a head taller than nearly anyone else in the weight class. Ivanko was one of the meet sponsors and the fact that their distinctive weight plates were in use was obvious on every attempt.

Master Lifters must like to weigh 90 kilos, as there were 11 entries in the 198 lb. M1s. It was so competitive that only 40 kilos separated 1st (veteran Greg Jones) from 4th, but Craig Terry came very close to narrowing that gap, as he exasperatingly missed his 760 deadlift at lockout and a world record 782 that would have put him in the top spot. The M2s only



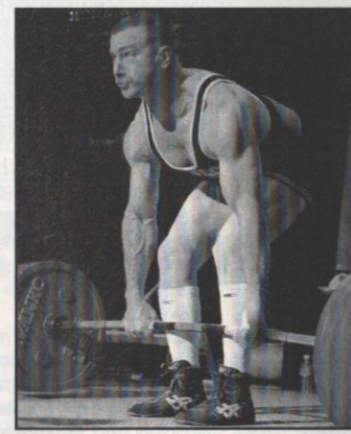
Mike Hara: jammed up a world record bench

had 10 guys, but Mike Bridges doesn't count, cuz he's in a class by himself (as always) .. he went a powerfully precise 10/10, including a world record bench on a 4th. Mike was quoted in the DESERT SUN newspaper, following the meet, as saying that he is preparing for Beijing in 2008 (is PL in the Olympics?). Bill Schmidt didn't feel too bad, placing 2nd to a living legend. Can it be that he is 45 years old .. it seems like just a few years back the former TV weatherman was trading the lead, lift for lift, with Rich Wenner at one ADFPA National Championship after another.. Bill and Rich's coach of those glory years, Tim McClellan, was on hand, begged out of his own retirement by these two to help fire both of them up, resurrecting a taste of the tremendous Samson Power Teams of yore. Only 7 M3s ... but newbies to this age group, Ferstler and Wiley, are definitely world class.

In the 220s, M1, the aforementioned Rich Wenner (how can he be 42?) returned to the national scene, with a familiar result - 1st place despite a down to the wire finish. Jason Burnell was elated with his 644 final deadlift, but it wasn't enough for the win. At M2, Scott Roberts made a sensational, grind it out with every

fiber of your being, success with a super 705 lbs. in the squat over a resurgent Shawn Cain (in the 31st national competition of his career), who pulled cautiously into 2nd. Mike Womelsdorf, the principal of local construction firm MW Builders, made 7 attempts and a substantial contribution to the overall competition when he surprised meet promoter Lance Slaughter with an unsolicited offer to be one of the sponsors. California Firefighter Mike Musto took the M3s, but only because Floyd Givens (who used to be coached by Robert Cortes back in Michigan) missed, barely, at a giant 705 deadlift. Clark and Helmich were well prepared and succeeded decisively at M4 and M5, and Rob Rood (a longshoreman looking to finally retire in January) happily took the M6 crown.

In the 242s, Tony Harris backed up his Men's Open National



Joe Braca: pulls in a championship

title in Texas just days prior with new masters standards at this meet. Scott Waits can't possibly be 40, by his looks anyway, still he finished a strong 2nd. Russ Kitani followed two awkward defeats with 567 in the bench, by coming up a stunning winner with a world record 574 on his last opportunity. Gary Pamplin was as strict in his lifts as he was strong, and the M2s were his by over 200 lbs. Rick Chavez bombed out here after plates shifted on the bar when he was attempting to warm up. Bill Sindelar was too strong in the M3s for even the classic pulling of Frank Panaro. Stan Chatis cheered one and all when he wasn't lifting, and then busted all sorts of M6 records when he was, drawing cheers for his own efforts.

Massive Coach Dave Gonzales had a good contest with coal miner and defending world champ Bill Collins at 275 (M1), the same division where muscular Kevin Stewart seemed to injure his upper body on a squat attempt and could not continue. By the way, Bull Stewart was to make his return to national competition at this event, but had to deal with a death in the family just prior to the event, and passed the chance, though he was present as a coach. Jeff Capps used his martial arts background to prepare for each attempt and prevailed over the M2 contingent. Roger Hendrix put up a super total at M3, and retired sheriff Willie Morris blasted up a new world record in the bench at M5. He and 220 champ Bob Rood go back 50 years together. One of many excellent 40+ lifters from Colorado, Robb Grisham mastered several M6 record attempts.

The best came down to the last ... Deron Rogers repeated a 733 DL attempt on the final lift of the entire meet to win the 275 M1s outright. Ken Ryder, who still looks like Nick Nolte (better,



Arthur Little: a terrific talent in the U.S.A.P.L. Masters division.

actually, much better) just missed a most prestigious national title by 2.5 kilos, but had a great smile for Deron at the awards ceremony. World Champion Paul Fletcher only missed one lift, but it bumped him down to 3rd in this fierce encounter. Rich Cech was just too balanced for anyone else at M2 to handle, after massive Dan Gaudreau (another defending IPF World Masters Champion) flubbed three shoves in the bench, and then gamely deadlifted anyway. Idaho educator Sean Anderson emerged the winner at M4 after Steve Green duped Gaudreau's BP performance and just DLED for the heckuvit.

These Master Lifters deserve a unique form of recognition, not only for their strength, but for their long term dedication to a singular activity. How many new lifters enter one or two PL meets and then are never seen or heard of again? Master lifters represent the opposite end of the participation spectrum.

(article continued on page 80)

Men's Masters National Powerlifting 20-22 MAY 2005 - Palm Springs, CA												
MEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT	
114 lbs. Master-2 D. Barleen 123 lbs. Master-7 D. Smith 132 lbs. Master-1 K. Jones Master-2 J. Bissen Master-3 J. Kavarnos Master-5 R. Trujillo I. Burgess 148 lbs. Master-1 G. Simmons C. Brown D. Matsumoto	292	314	325	225	270	253	578	363	259	402	981	
155 lbs. Master-1 L. Weinstein M. Lofing J. Stanley	253	253	253	143	154	154	396	275	297	336	733	
165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	363	385	391	220	234	231	622	358	380	394	1003	
181 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	264	308	330	203	220	231	562	380	429	429	992	
198 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	507	540	551	330	330	336	881	661	622	622	1493	
220 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	462	462	462	496	542	542	959	462	548	548	1421	
242 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	507	551	600	308	308	347	859	507	529	551	1388	
275 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	344	363	407	264	264	275	683	407	429	454	1113	
315 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	479	534	562	264	292	292	826	551	584	622	1410	
350 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	507	540	551	286	303	303	837	501	523	—	1339	
390 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	424	424	424	286	286	314	—	529	529	529	—	
425 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	462	479	479	303	303	314	766	462	462	501	1229	
455 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	325	363	407	165	170	176	578	314	363	407	986	
490 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	319	336	347	209	220	225	567	352	380	391	959	
525 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	159	270	303	187	214	214	457	314	363	402	821	
560 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	407	407	407	—	—	—	—	—	—	—	—	
600 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	175	424	440	203	225	236	677	485	541	554	1218	
640 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	264	264	264	225	236	236	—	352	385	396	—	
680 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	159	181	214	159	170	187	385	248	281	303	688	
720 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	584	617	639	385	396	396	1003	600	672	699	1675	
760 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	435	468	468	297	319	330	766	479	529	529	1245	
800 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	473	523	523	303	319	344	843	451	473	507	1350	
840 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	504	504	504	—	—	—	—	—	—	—	—	
880 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	485	507	518	308	319	330	837	551	617	650	1455	
920 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	429	462	468	319	347	347	788	448	418	446	1234	
960 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	363	374	374	253	297	314	661	253	402	418	1063	
1000 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	418	435	435	292	314	330	766	485	518	534	1300	
1040 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	435	435	457	396	414	429	—	—	—	—	—	
1080 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	352	402	402	248	284	281	633	451	501	—	1135	
1120 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	253	303	325	192	214	220	545	402	429	440	986	
1160 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	374	396	407	242	253	264	672	374	396	407	1080	
1200 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	319	347	352	209	231	248	584	385	407	—	992	
1240 lbs. Master-1 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	330	330	330	—	—	—	—	429	451	462	—	

Master-3 B. Rohan B. Uyeoka D. Gregg Master-4 B. Coleman Master-8 R. Cortes 165 lbs. Master-1 J. Braca M. Sigala D. Sorensen M. Hara D. Bracken Master-2 M. Hara C. Lewis B. Kergosien Master-3 A. Little G. Wiltshire R. Cirigliano Master-4 A. Menton J. Rizza M. Rosenwald A. Sheen	385	385	402	292	314	319	722	490	512	529	1251	
Master-5 J. Yeats Master-6 R. Mattison Master-7 D. Goodwon 181 lbs. Master-1 R. Garofalo B. Masuoka Master-2 J. Barquera K. Schiessl Master-3 A. Byas E. Martinez D. Barnes Master-4 R. Contreras Klostergaard Master-5 C. Wetlach J. Watach Master-6 J. Lyons R. Schuller W. Callihan	407	407	407	—	—	—	—	—	—	—	—	
Master-5 J. Yeats Master-6 R. Mattison Master-7 D. Goodwon 181 lbs. Master-1 R. Garofalo B. Masuoka Master-2 J. Barquera K												

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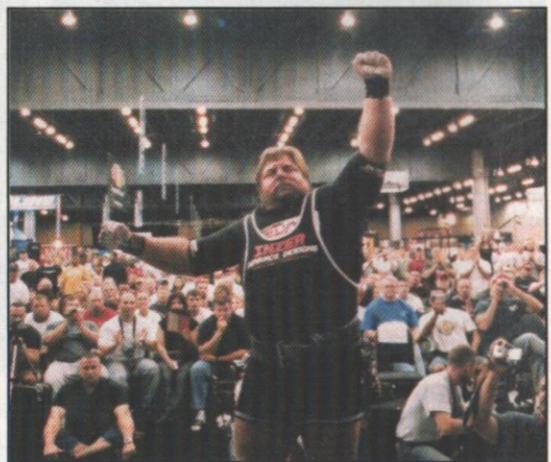
TONY CONYERS
 FIRST MAN TO TOTAL 2000 AT 165

CONGRATUALATIONS TO BEAU MOORE FOR HIS 1125 SQUAT AT THE 2005 ARNOLD CLASSIC

JIM HILTS ALL TIME
 665 BENCH AT 181

INTERVIEW

BEAU MOORE interviewed by Greg Jurkowski



Beau Exults for the crowd in Atlanta after his 755 bench

Greg: I'll let your numbers speak for themselves. What are your current PRs, Beau?
Beau: My PR squat is a 1124 at the Arnold Classic, and I have a PR bench I did in Atlanta, 755. My PR deadlift, which I did a year ago, is 804. My PR total is 2557.
Greg: Can you tell me a little about yourself, personally?
Beau: I'm married to my beautiful wife Michelle. I have two daughters: Carianna, who is 8, and Catalina, who is 2. I used to run health clubs. Now, I personal train part-time and I'm a real estate investor.
Greg: Where were you born and raised?
Beau: I was born in northern Virginia, and raised in North Carolina.
Greg: Do you have a sports background, that led you to powerlifting?
Beau: I was a starting linebacker in high school. I was an All-American in college, playing guard, and that's where I got my weightlifting background. I had a brief stint with the NFL, before I got hurt. I kind of bounced around and started powerlifting when I was 27 or 28 years old.
Greg: Tell me a little back about your history with Five Guys Gym.
Beau: When I was in down here in Florida, playing with the professional spring football league, I met Pat O'Brien and Ray Reary. We were training in the Gold's over on Fletcher, when I did my first contest and I met Tony Conyers, Bill Beekley, and James Jacobs and they invited me to go over and train with them at Five Guys in Tampa. It was a great experience.
Greg: I know you have a friend named Duane Johnson, who is known as "The Rock" in wrestling, and he's now into movies.
Beau: He used to work for me at Bally's in Tampa. He got me into wrestling and I took him along with me to Five Guys to train.
Greg: I've seen you on TV at least three times. Any future plans for movies for yourself?
Beau: I've been interviewed several times about Duane, and have been on the radio. Whatever God wants me to do, I'll be doing it.
Greg: What do you attribute your great powerlifting success to?

(the Beau Moore interview is continued on page 84)

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!

"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."

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

MILLER...NO PAIN!

"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."

Mike Miller
 - World Record 1200 lb. Squat!

KIRIT...NO PAIN!

"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."

Steve Kirit
 - America's Strongest Man

RELEVE—NATURE'S MOST POWERFUL JOINT SUPPORT FORMULA WITH ISOXYGENE™ "THE PAIN ELIMINATOR"

If you train heavy and hard, you've had to deal with *aching muscles and frustrating joint pain*. No matter whether you're squatting, benching or deadlifting...you've trained around these injuries, not wanting to slow down on your fast track to continuous growth and explosive strength. But the reality is, you're only as strong as your weakest link. Injuries limit your potential to achieve maximum strength, and you can't make serious gains if your joints can't handle the heavy weight!

RELEVE is the most powerful natural COX-2 inhibitor available. This all-natural nutraceutical formula contains IsoOxygene™, a proprietary patent pending botanical that has shown to decrease PGE-2 production up to 20 times more than any other natural ingredient! RELEVE's formula is further enhanced with Baikal Skullcap, N-Acetylcysteine and Alpha Lipoic Acid – a synergistic combination of ingredients that work together to provide fast acting relief and anti-inflammatory action. RELEVE also contains Glucosamine Sulfate to help rebuild and repair damaged joint tissue for added joint support, mobility and flexibility. Rounding out this breakthrough formula is a patented, sustained release microencapsulation system, which prolongs the delivery of RELEVE's ingredients to eliminate joint pain while you train and for hours afterward!

Heavy power movements place exceptional amounts of stress on joints and the musculoskeletal system. Your body responds by producing COX-2, an enzyme responsible for the destructive chemical called prostaglandin E-2 (PGE-2) – the culprit behind your joint and connective tissue destruction, inflammation and pain. Breakthrough research in the field of pain management has shown that inhibiting the COX-2 enzyme can significantly reduce the production of PGE-2 within your body, resulting in decreased pain, decreased inflammation and less tissue destruction.

Don't let joint pain or muscle soreness limit your growth and strength potential. If you're experiencing joint pain or discomfort take RELEVE 30 minutes before your workout and TRAIN HEAVY and HARD – WITHOUT PAIN!

Sustained Release for Extended Relief Support
 Natural COX-2 INHIBITORS plus GLUCOSAMINE
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- Inhibit COX-2

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NEW PATENTED JOINT FORMULA
 PROVIDES INSTANT PAIN RELIEF!

The 2005 USAPL Men's Nationals was held at the Killeen Civic and Conference Center, in Killeen, Texas. The facility is a 2 year old \$10 million state of the art building which the lifters really enjoyed. The 25 ft. TV screen and scoreboard was something that all could appreciate.

Before I really begin, I must give a great thank you to my sponsors. To run a meet of this caliber takes the support of many people. Without great people such as Inzer, Titan, House of Pain, Advocate, and Imagine Images (who took some great photos of the lifters, I couldn't make it happen).

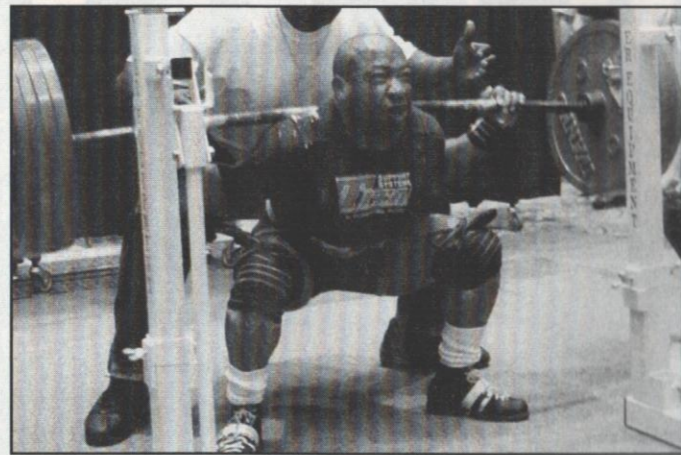
Joe Marksteiner did an outstanding in developing the scoring system, which allows you to track the progress of the meet. With Lanette Lopez and Kathy Conway assisting Joe at the scoring table, the meet ran without ANY problems. The great job of Terry Brady, handling the announcing duties, made for an easy 3 days. I cant forget to mention the outstanding job Robert Keller did as The Technical Secretary for this event. He supplied the best officials in the country, to insure that all rules were followed.

Without a doubt, the members of the Phantom Warriors Powerlifters Teams were always there to set up, spot, load, and tear down all through the weekend. Many of our team members have spent a year in Iraq, and 2 are scheduled to deploy again in August. We want to wish them a safe return home.

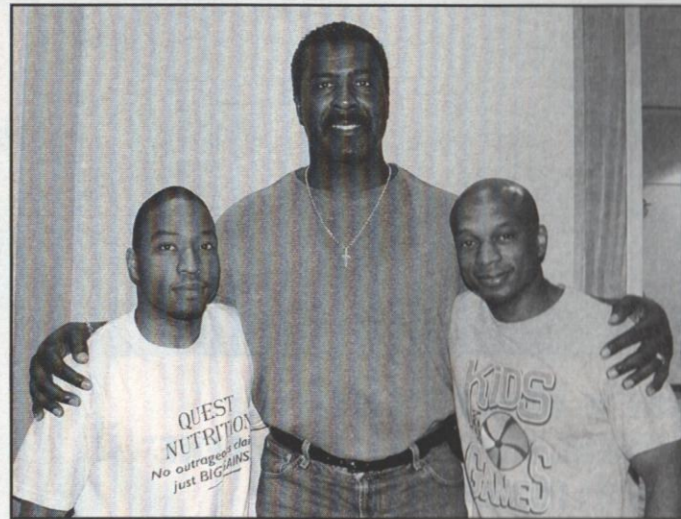
The National meeting was held on Thursday, and many issues were discussed and voted on by the members. The big change was the new 2 year suspension for a positive drug test, as stipulated under the

USAPL MEN'S NATIONALS

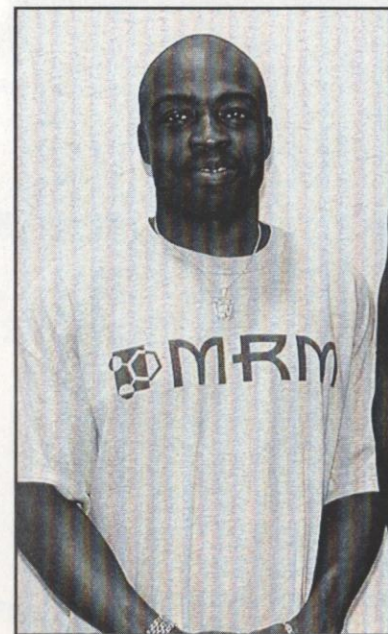
as told by Johnny Graham, USAPL Vice President



Keith Scisney ... determined to become USAPL champion (Newman)



Doc Holloway (123 champ), Johnny Graham, Ervin Gainer (114)



Hennis Washington back on top.

WADA code. With the new rule, many lifters will now have their suspensions reduced to 2 years, and will be able to lift again sooner than expected. USAPL officially went under this code in January.

I am very proud to say that Bettina Altizer was chosen as the 2005 Brother Bennet award winner. This is, by far, the biggest award you can achieve in USA Powerlifting, and I can't think of a more deserving person. Along with being elected to the USAPL Women's Hall of Fame, this has been a great year for Bettina.

Long time Phantom Warrior Powerlifting Team Assistant Coach, and Masters, and Men's Assistant Head Coach, Lanette Lopez, was selected as the Coach of the Year. Lanette has been with the Fort Hood, TX Team

for 8 years. She started out as the team manager. The job she has done with the master's team, and most recently with the men's team in South Africa, earned her the respect of lifters throughout the country. Well deserved.

Also, elections were held, and Jim Hart and Bettina Altizer were reelected to the EC. Erin Dickey was elected as the new USAPL Secretary. Kathy Miller stepped down, but with he living just minutes from Erin, it will be a smooth transition.

With the turnout of lifters being small, (I think because of the World Games being in July), we changed the lifting on Friday to just the afternoon. We really went all out on awards for this event, and we also gave out the top three individual medals for squat, bench press, and deadlift. The medals were custom made for this event. The outstanding lifter awards were also made for this event, and were presented as championship belts.

Ervin Gainer was the lone lifter in the 114 lb. class, but that didn't stop him from doing what was needed to make the World Team. On the Men's World Team, you not only just have to win, but you must also make a qualifying total. Ervin was scheduled to undergo shoulder surgery the week after the Nationals, and went out unsure he made the qualifying total. We wish him a speedy and full recovery.

The 123 lb. class saw the return of a great lifter of the past from the ADFPA, Eric Kupperstein. Eric has always been one of the best lifters of this organization for years, and it was an honor to see him on the platform again. The bad news, he was going against multi-time Collegiate National champion, Doc Holloway. After bombing out in last year's Nationals, Doc assured me I wouldn't see that again this year. Even on a bad day, Doc can beat the rest of the lifters in the country, and he assured his spot on the World team with a 617.5 kg. total. Not only did Doc not bomb out, but he also was the first to have the Best Lifter Belt wrapped around his waist.

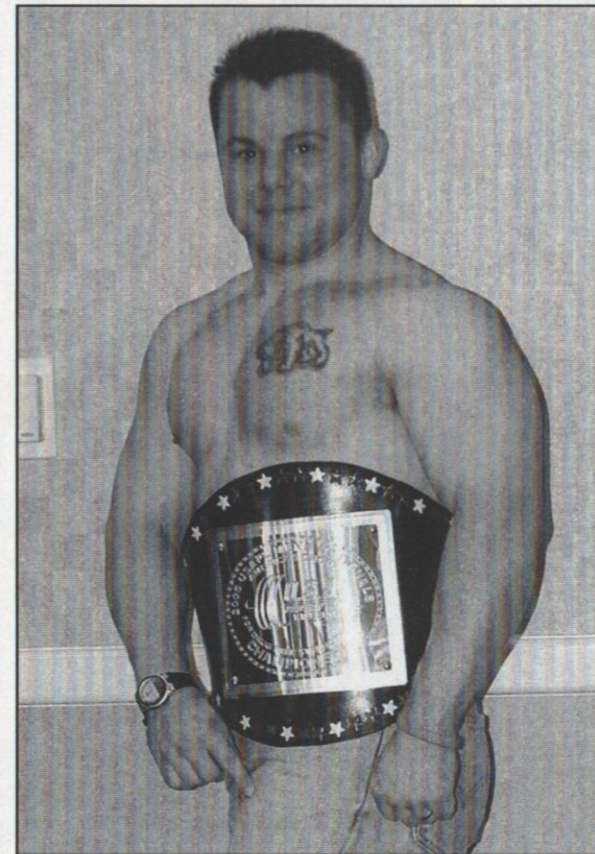
In the 132 lb. class, it was expected to be a battle with Hennis Washington, and bench press specialist, Peter Wong. After Hennis took a 40 kg. lead in the squat, Peter was expecting to make up some of the difference in the bench press. This was not Peter's day, as he missed all three benches, and was disqualified from the meet. With the new IPF rule regarding lifters bombing out, Peter had the option of staying in the meet. They are also allowed to compete for individual awards, but not for official placing. With this in mind, Peter did leave with the silver medal for the squat. Hennis, Doc, and Ervin all went home with a bag of 4 gold medals.

The biggest surprise of the day was not seeing Caleb Williams walk out as the 148 lb. National Champion. But don't ever count out Keith Scisney. A Colorado probation officer, he is used to having his back against the wall, and finding a way to make it work to his advantage. After Caleb got a strong, but hard, 661 lb. squat, other lifters started looking for the silver medal. Not Keith. After Caleb missed all three benches, and his coach Sherman Ledford, did a chair toss in the wrapping area, Keith was back in the driver's seat. Keigh calmly went on to make 5 of the next 6 lifts, and walked away with the title of 2005 National Champion. He still had to wait and sweat it out, as Scott Layman went out to take the win with a 540 lb. deadlift attempt. Scott could not get it past his knees, and that was a sigh of relief for Keith. Another lifter whom we have seen on the

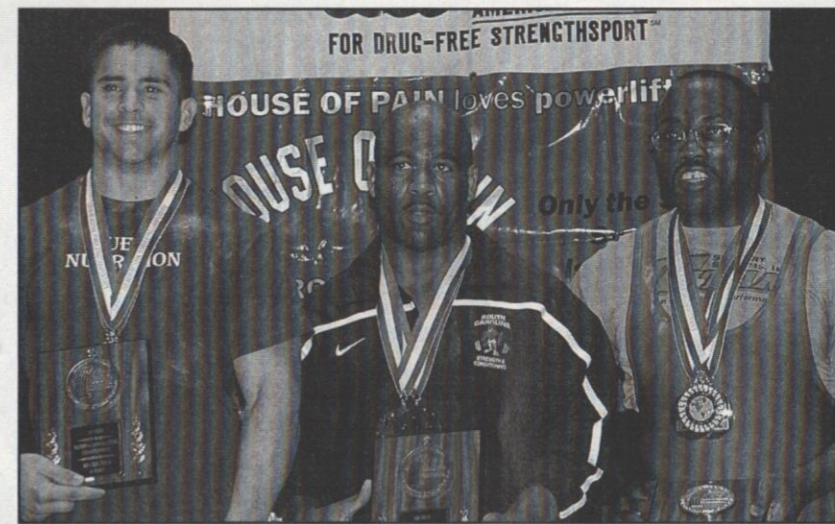
victory stand was Allen Whigham, finishing up in 3rd. Allen only weighed in at 134 lbs., after not being able to get down to the 132s.

Day 2 started off with the 10 lifters in the 165 lb. class, and defending National and World Champion, Wade Hooper looking to put another National title on his resume. Already holding the World Record in the squat and bench press, he came to rewrite the record books. After seeing the best lifter belts, Wade also informed me that he wanted to take one home. After a new World Record 340 kgs. Squat, and 230.5 kgs. bench press, he was on his way to the win and the Best Lifter belt. Along with a 277.5 kgs. deadlift, which has been his most improved lift, Wade had a great 847.5 total.

Erick Nickson has also had some bad days in the past at the Nationals, but that was not to be this time around. This is one lifter who does not know the meaning of the word quit. With some of his lifts looking like they would crush him, he always fought them to the finish. This fight gave him the silver medal in this class. After Wade's and Erick's finish, 3rd place lifter Jamie Schupbach made a 280 kg deadlift to edge out Todd Straub in 4th. Kenny Davis rounded out the top five, beating out 6th place Pat Keenan on bodyweight. Donovan Thompson showed



Wade Hooper ... coveted one of those Best Lifter awards. (all the photos by Sioux-z Hartwig unless otherwise indicated)



What a 181 lb. class lineup!!! ... Steve McLawchin, Dan Austin, David Ricks (l-r)

that the Thompson family from North Carolina can also squat and deadlift. OK, maybe not, because he walked away with the Bronze medal in the bench press. I still have it. Rounding out the rest of the class was Johnny Vasquez, and Phillips Wells. Michael Macri couldn't get a squat passed, but did finish the meet.

The 181 lb. class was a Who's Who of Powerlifting. Where can you go and see the names Austin, Benemerito, Ricks, and the outstanding Junior lifter Steve McLawchin lifting on the same platform. With these guys, his was History 101 in Powerlifting. I have to admit, I was probably the most excited person there watching these guys do battle. The top 3 all opened their squats with over 660 lbs. Steve led the charge with a 688 opener.

Dan and David both opened with 666. I shouldn't say this, but that was not a good number, as both was unable to get their 2nd and 3rd attempts passed. Steve made his other lifts, and finished with a 738 lb. lift, and a lead that he wouldn't give up. When it came to the bench press, Dave went 3 for 3, but Steve still had the big lift of 496 lbs. After the opening deadlift, Steve was assured the win, but Dave gave us all a

scare that he doesn't want to repeat. Dave missed his first two deadlifts of 650 lbs., and had to make it on his 3rd. Like the true professional he is, he went back out there it made it, and won a spot on the World Team. I have had the honor to know and watch Dan Austin lifts for almost 20 years now, and he still is the best technical lifter I have ever seen. All his lifts are performed to perfection, and it was the same with his deadlifts. 705 lbs., with no belt. What more can be said. Oh yeah, gold medal in the deadlift.

James Benemerito squats and bench presses were looking better than I have seen from him in a few years. Maybe now the New Jersey connection needs to get that deadlift working. He almost lost his 4th place, after missing his final 2 deadlifts, but just like Dave, these guys wouldn't just give in. He came back and secured 4th place with a 250 kg. lift. Tony Reid is another big deadlifter, who used that lift to pull him into the medal count at 5th with a 285 kgs. pull. John White, Jamie Stark, and Anthony Joseph all had good lifts during the day. David Emeott lifted in the Military Nationals in March, and traveled all the way from Germany to compete on the big stage. Howard Blake IV just had one of those days that he wants to forget, as he couldn't get a squat or bench press in.

Between the morning and afternoon session, I was honored to be elected into the First Texas Powerlifting Hall of Fame. To be given this award in front of so many people who have supported me, was a great day for all. Thanks to all the members of the selection committee, for believing in what I do for this sport.

Another multi-time National champion and world team member, Ray Benemerito, was back. After bombing out last year, he was not going to let this happen again. Ray did not have one of his better days, but stayed ahead of the competition to win the 198 lb. class. Ray also

(article continued on page 86)

USAPL Men's Nationals 6-8 MAY 05 - Killeen, TX										
	SQ1	SQ2	SQ3	BP1	BP2	BP3	D1.1	D1.2	D1.3	TOT
115 lbs.										
E. Gainer	418	429	440	203	231	242	490	507	548	1179
123 lbs.										
D. Holloway	485	518	518	286	303	319	507	540	573	1361
E. Kupperstein	407	435	435	220	231	248	485	529	554	1168
132 lbs.										
H. Washington	518	518	562	314	336	347	485	523	523	1422
P. Wong	451	468	—	341	341	341	—	—	—	—
148 lbs.										
K. Scisney	529	567	573	330	369	374	490	507	518	1466
S. Layman	554	554	551	374	391	391	485	507	549	1410
A Whigham	485	485	523	275	286	286	490	518	529	1289
L. Williams	644	661	661	391	391	391	545	556	600	—
165 lbs.										
W. Hooper	705	749	793	485	507	534	573	611	633	1868
E. Nickson	567	606	606	385	407	424	600	589	633	1592
J. Schupbach	529	562	562	413	391	402	529	562	573	1537
T. Straub	545	589	595	369	380	380	545	562	562	1515
K. Davis	485	501	523	336	358	369	529	556	567	1471
P. Keenan	523	562	573	325	341	347	501	523	534	1471
D. Thompson	490	518	529	374	402	418	485	512	523	1444
J. Vasquez	529	529	733	380	396	413	501	512	512	1427
P. Wells	457	485	507	319	341	352	468	501	523	—
M. Macri	554	554	554	336	336	358	523	600	600	—

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Here's a e-mail I want to share.

My name is Bill. I am currently working in Kuwait. I love the article on Hard Core gyms. One day I was running through the desert and came across something interesting. I heard some moaning and groaning and looked to see what it was. I looked over a wall where the noise was coming from and there were 2 guys working out. What was surprising was what they were using. I have attached some pictures of the makeshift gym. When I went back no one was there, so it is just pictures of the equipment. I think they would qualify as hardcore and they defiantly show that if you have the desire to train then nothing can stop you.

Bill, I love it! Thanks for the pics; way to stay heads-up. Want to tell me a little about yourself for possible article inclusion? Any further details are good. Do you have any idea who trains there? Americans?

Not much to write about me. I have been competing in Powerlifting for about 7 years now. I do not get to compete as much as I like, but I do what I can. I have been working in Kuwait for the past 1.5 years, so competition is even less. Most of my competing is in the AAU. As far as I know I still hold the AAU World record for the deadlift in the 220lb. military division.

As far as who works out in the so-called gym, I really am not sure. I have only seen a couple of people once or twice and they look like they are Indian or Egyptian, but I am not sure. They can not speak English.

Thanks to Bill for staying heads-up, even though I thought you were supposed to keep your head down in a war zone. Isn't that what Audie Murphy said? Oh well, thanks!

While we're looking at small private gyms in very hot environments; let's come back across the ocean to Orange, TX. Mike McDonald reports that they are having great success with a small team in the controlled environment of a small private gym. He sent a cool video of gym members doing the following: David Brooks setting Texas Master State Records; Larry Mistic winning 2004 WPC World's Master 242# division; Mike McDaniel winning 2004 WPC World's Master 275# division; Cole Morse setting Texas Teen State Records; Michael Griffin totaling 2,225# in 2004 APF Seniors 275# division; Michael Griffin totaling 2,403# in 2004 Texas Cup 275# division setting State Open Records; Dr. Kimberly Pitts setting Texas State Records.

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astold to Powerlifting USA by Rick Brewer, House of Pain



There are tough training conditions, and then there are TOUGH

These (and others with similar successes) train at my and my wife's small private gym in Orange, Texas. Please consider us for one of your "Hardcore Gym" articles. I restricted membership to those with schedules allowing everyone to train as a group, those that constantly train to compete, and to those whose presence in the gym contributes to progress for all versus just themselves. In addition to all being competitive lifters we're also actively involved in promoting the sport my involvement in high school lifting (judging, lifting clinics, coaching, etc.) and judging open competitions. (Note: as previously reported, High School Powerlifting is HUGE in Texas. Please email me to tell me about you High School Team.)

Of our 12 members, 10 compete. The 2 not competing contribute as excellent coaches. As a group we have in excess of 150 State level wins and 4 World titles. We apply a lot of training methods you've seen from other gyms but have refined the approach for optimization versus diversity (age, gender, personal capability) for continued progress/improvement by all.

Please consider an article on Michael Griffin. His powerlifting career began with his first competition December 2000 with a 1,813# total. He's made amazing progress since with his most recent outing being 2004 APF Senior Nationals and a total of 2,255# followed with 2004 APF Texas Cup and a total

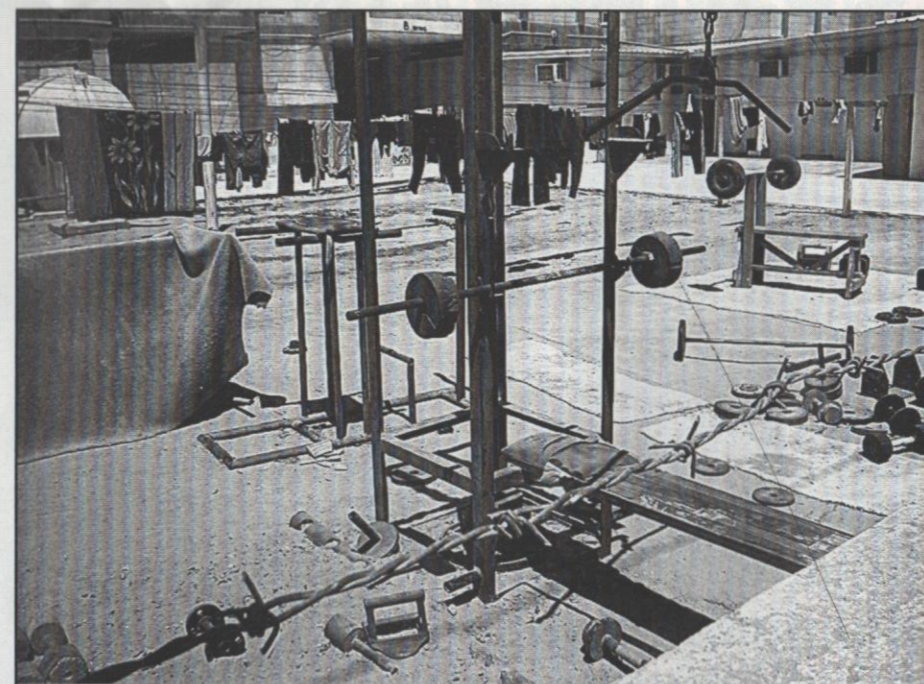
of 2,403. As indicated on the tape all competition lifts to date have been easy, with significant progress yet to be made. His next competition is April 4, 2005 with intent on second attempts on 1047, 655, 843 of breaking Steve Goggins' 2535# all time top 275# division total. In 20 years of active involvement in the sport I've seen most of the great lifters but none to date match Michael's explosiveness and potential.

Thanks to you Mike for this sneak peak at what team work and powerlifting camaraderie can do. We'll get back to this idea in a few months when we profile Bad Attitude Gym - but next month we'll go to Central Illinois.

Questions/comments?
rick@houseofpain.com

or

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TRAINING CONDITIONS ... for our military, where's there's a will -- there's a way!

"OUR FREEDOM"

My Fellow Veterans,

It is an honor and privilege to be writing to you today. May I start off by thanking each one of you for your service to our great country. It may have its problems but it is still the best country to live in and serve in its military forces. Whether you served in the Army, Navy, Air Force, Marines or Coast Guard we are all brothers/sisters-in-arms defending our "Freedom." So much blood, sweat and tears has been shed to keep that which is so precious to us, OUR FREEDOM!!!

That "Freedom" was shaken in the horrific attacks that took place on September 11, 2001. I will always remember where I was on that day when those cowardly terrorists committed their evil acts against the United States and the world. I was on a security detail providing security on a federal inmate at an area hospital when a nurse came running into the room yelling that a plane had just hit one of the Twin Towers. We turned on the television just in time to see the second plane hit the other Tower. At that point, I knew that we were being attacked and that we were now at war. The War against Terrorism. I wonder how many of our fellow Americans understand what it means to be at war against this type of enemy. To wear the uniform and fight to protect its very existence and all the rights that come with being an American citizen. Do they understand what the price of "Freedom" costs?

As veterans, we know what the price of "Freedom" costs. Our WWI, WWII, Korean War, Vietnam War, Persian Gulf War (Desert Shield/Storm), Afghanistan and Operation Enduring Freedom/Operation Iraqi Freedom brothers/sisters have fought against aggression all over the globe. Nazi Germany, Fascist Italy, Imperialist Japan, Communist China, the USSR, the Taliban in Afghanistan and Iraq's brutal, sadistic dictator Saddam Hussein were our enemies. Some might say that we never fought against several of these countries. Maybe not directly, but you were there and you know who you were fighting against by the enemy present on the battlefield and their weapon systems. The War on Terrorism we are now fighting in Iraq has no distinct enemy. The terrorists/insurgents come from Allied as well as non-Allied countries of the United States. This war will be costly because the enemy walks among us. However, the seeds of democracy have been planted here in Iraq and we need to nurture them to maturity.

I am stationed in Iraq and its people and military thank us for being here. They had lived in fear of death and torture for way to long. Some of them have expressed concern that we will pull out before the job is complete. This cannot be allowed to happen for the cost will even be greater down the road. We have to get the job done this time. The Iraqi people deserve their "Freedom" and they have been paying for it with their blood, sweat and tears. Let's help those who are here to get the job done.

I am asking you my fellow veterans, in cooperation with Physique Bodyware, to write to your fellow veterans serving in Afghanistan and Iraq. Let them know how you dealt with being away from home, loss of comrades, personal feelings about war, etc. This will help to build morale and boost the spirits of our fellow veterans. Physique Bodyware will include your letters with the care packages of personal exercise equipment they are sending to the troops. Exercising helps us to relieve the stress that we experience in a combat environment. I wish I had this opportunity when I was over here for Desert Shield/Storm. It would have made a world of difference.

As a fellow veteran, thank you for serving our great country the United States of America. Take care and God Bless each and everyone of you.

Respectfully,
SFC Bartholomew T. Garner

Now more than ever you hear about people and businesses here in the US, doing their part to support and thank our brave young men and women serving overseas by sending care packages of this and that? You rarely ever see the humanitarian photos or hear the replies back from the soldiers from the front lines till now?

Our company, Physique Bodyware, the leading maker of fitness apparel and sportswear made here in the US, a New York based company, were one of the first companies on the scene to donate clothing, mostly red colored, sweat shirts and sweat pants to the Police Department, Fire Department and Volunteer Rescue Workers at ground zero to help keep them safe, dry and warm during recovery efforts.

Since 9/11, we began sending hundreds of free care packages full of fitness gear for men and women including; shorts, tank tops pants, sweat shirts and cameras to our brave young soldiers stationed in Iraq and Afghanistan. Our soldier's love the free care packages, filled with enough gear for their entire platoon; they wait patiently and look forward to them! We will continue to do this till they are home safe! They send us fantastic full color photos, depicting the people and landscape, send emails and letters explaining how they train in makeshift gyms across Iraq, Afghanistan, and all over the middle east, to stay in shape for their missions and to also de-stress from the hell they encounter on a daily basis! Most of these letters and photos can be found on our website, physiquebodywareusa.com under the link ?Military Muscle?.

Here at Physique Bodyware we truly appreciate what our brave troops are doing for us here at home, they are true heroes. We need to take better care of our troops, now more than ever, show them that we support and love them no matter what your political ideas! Freedom is not free, and it comes at a price, they are paying the ultimate price to keep all of us free!

This is why we need to do more, get involved, sending a bar of soap and cookies is OK but they need moral support! They need encouragement to stay the course and finish the job that so many have lost their life for.

We came up with this great idea and ran it across some of our soldiers? and they loved it! Here's how you can help? We are encouraging our retired vets to get involved by writing letters addressed to our brave young soldiers, giving words of support and encouragement, words to boost moral even share stories of similar times and to never loose hope and faith, that it's OK to believe in God!

Please do this for our soldiers they need these letters, they tell us there is nothing better than a letter from home filled with words encouragement and love!

Please send your letters to Physique Bodyware via email to: physiquebodyware@aol.com or contact this magazine for further details.

Your letters will be sent along with the free care packages we are sending out to our troops weekly.

Attached is a letter from a soldier stationed in Iraq to our vets asking for their support!

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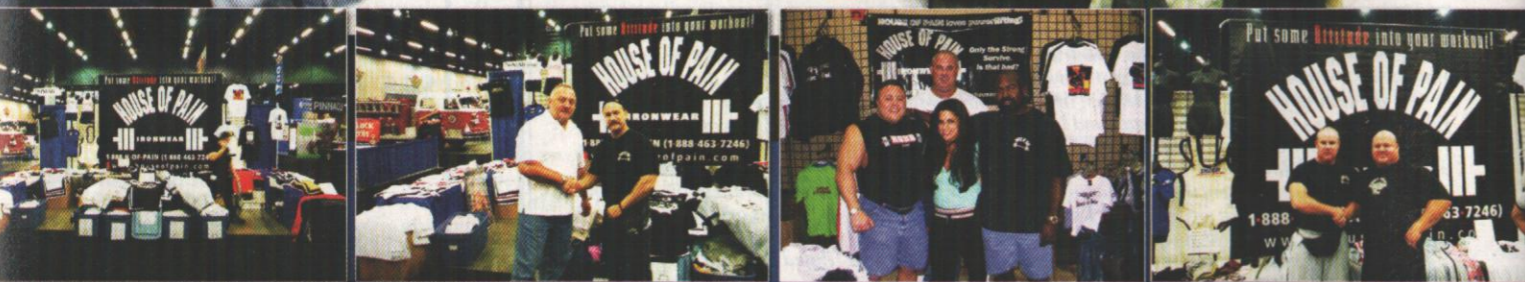
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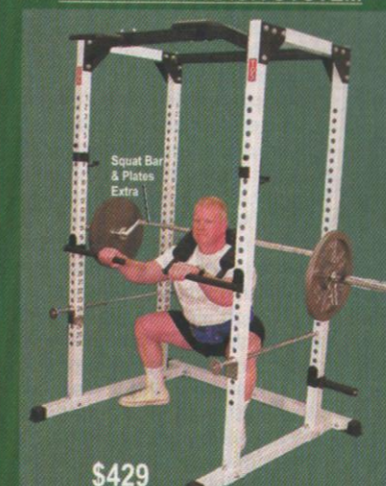


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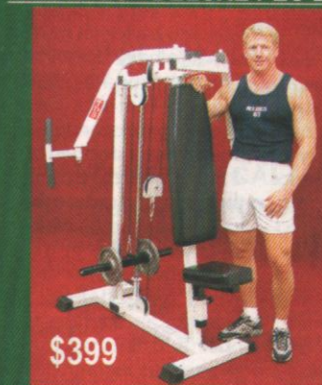
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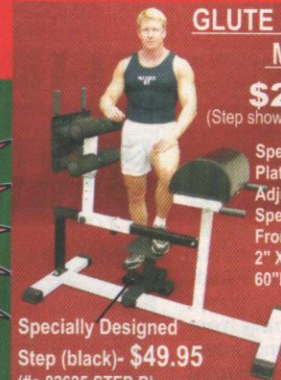
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Larry's string of World titles stops at 9 after jumping 2.5 k's on his second attempt, negating a third.

Dan Wohleber pulls the first 900 pound deadlift.

Dave Waddington squats the first 1000 pound squat.

Mike MacDonald does 512 pound bench press at 181 bwt. Remember - no Shirts!

While I am recovering from my back injuries, I found every book on training methodologies from the old Eastern Bloc I could. I was determined to outlast my rivals. There were many bright stars, but the brightest stars seem to burn out fast.

I found my new methods were working well. I decided to lift at 242 bwt just to get my 4th USPF Elite total. After that I found a meet in Toledo and decided to try for my fifth elite total at 275 bwt. The problem was that I could only weigh 234. Ten miles outside of Toledo I started drinking Gatorades. Chuck Vogelpohl kept handing me can after can, but still when I stepped on the scale I was 238. The official said you're good, but I said I'm lifting 275 and so I stayed and drank Gatorades until I went over the 242 limit and officially made 275 class. I made my fifth Elite exactly where I made my First elite.

I squatted 800 pounds and benched 520, and did a 650 deadlift just to total that fifth Elite. By the way, all were done with IPF or USPF judges.

I was now wearing a bench shirt. They weren't much, a bit better than nothing. Shirts came about in 1984 or early 1985. I have lifted in every era of powerlifting. Things change and so must lifters. I am one of a few to bench a Top 10 bench, 480, in 1980 without a shirt and rank 6th, with 575 at 220 bwt in 2002 with a shirt, at 54 yrs of age.

Everyone would ask me about Anthony Clark's benches, were they good? I always said yes. Now Gene Rychlak Jr. is the center of controversy. I saw Gene from the head judge's chair do a perfect 1005 bench. Letter perfect. I'm sure if you throw some serious cash at Gene, he would shut the mouths of those who criticize him. My hat is off to Gene just like Jim Williams, Mike MacDonald, Ted Arcidi, Ken Lain, and all the other great lifters throughout the decades.

Don't take powerlifting backwards; it could end up like US weightlifting - traveling a road that is a dead end street. There are pretenders, but they know who they are. You must respect each other. I recall in 1970, I was weighing in and George Crawford and Jerry Bell, the 1st 700 pound deadlifter at 165 bwt were escorting a little kid at meet, I ask

THEN AND NOW PART II - MY JOURNEY

as told to Powerlifting USA by Louie Simmons



Back At It... Louie Simmons squatting at the 1987 YMCA Nationals.

who's this? Jerry replied "this kid will be famous someday"; his name was Bob Wahl - 661 squat at 148 bwt in 1983. To this day I respect every lifter, young or old, that is brave enough to step on the platform.

My old friends Paul Sutphin, Mark Dimiduk, Jay Rosciglione, and many others like Steve Wilson, and John Black of Black's Health World of Cleveland were all doing remarkable things.

I lifted at the 1987 YMCA Nationals with 2033 as a light 242 and 4th place. Steve Goggins was already a superstar, just like today. My good friend Matt Dimel had squatted 1010 at SHW and was totaling 2300. It was a great loss to Westside when Matt died. Gary Sanger was moving to LSU to teach, Bill Whitaker was going to Pennsylvania to start a vet clinic, Dr. Tom Paulucci had some medical problems and had to retire. Doug Heath was going strong. Bob Coe, who showed up at my door 25 years ago, is still at Westside. My knee had been hurting for some time - about 5 years to be exact. I was going to the APF Nationals and was trying a low hassock record, when $\frac{3}{4}$ up, I snapped my

left patella tendon in half. I had heard a few snap, but never thought I would hear my own. But it happened, and now my kneecap was now on the inside of my leg. The emergency squad shows up in 10 minutes, they look at my leg and said we think you just dislocated your knee. I said no way, Jack. I am very allergic to anesthesia and so I had a spinal block and was awake during my surgery.

All went well, and 14 weeks later I go back with my friend Diane Black to have the wires removed. They gave me a shot to calm me for surgery. That shot put me to sleep and they proceeded to give me anesthesia. I stopped breathing for 4 minutes so they trached me and then inserted chest tubes when my lungs collapsed. I wake up 2 days later with holes in my chest and throat, but no knee surgery! WOW - that really helped! Well, they inserted an air tube through my nose and finished the job. After seven days in intensive care to do a four hour procedure, I was home.

I was never going to compete again, but Kenny Patterson said something to me that brought me out of retirement immediately. That was 1996 and powerlifting hadn't

gotten out of hand yet. I lifted 7 times in 11 months, and became the first 50 plus year old to bench 550, and the first to bench 600. This was in a closed back shirt. I made a Top Ten bench again. I hear people say I am not built to bench, squat or deadlift. If I made Top Ten lifts all categories, then almost anybody can. Except for you lazy bastards, who have got some excuse why you can't!

Powerlifting comes in eras. No gear, some gear, better gear, and what I refer to as gangster gear. Legal through loopholes. Get used to it. It is here to stay. It makes relative newcomers into superstars fast. Big squats, big benches, and most of the time a poor deadlift! This shows the true strength of a person.

The U.S.P.F. was kicked out of the I.P.F. I told Peter Thorne, we should pull out of the I.P.F. instead of being pushed out. Remember folks, there are drug tested meets, but no drug free meets. Get it straight because that is the way it is. Brother Bennet had a good idea, but unfortunately there will always be those who bend the rules. This has been the way since the beginning of sports. You had the ADFPA and the U.S.P.F. Of course, both seemed power hungry, so Ernie Frantz started the APF and the world body W.P.C. I had lifted AAU until the U.S.P.F. Before the IPF started, the bench was performed first, then squat, and deadlift. I believe it should still be that way, but we had to make concessions with England about - believe it or not - gear, 30 years ago.

This is my point, I never made the rules, but I have always followed them. When I dropped out of the USPF, they sent a questionnaire on what I would change. It was a little late for that, and I never filled it out. I always wondered how I killed myself to make elite totals, suffering injuries and thousands of hours in the gym, when a judge could simply study a book, take a test, and become a I.P.F. judge in weeks, and not be a class one lifter. Big men are hard to judge in the squat. You are penalized for not breaking parallel in the squat, which is very tough to do with the super strong suits we can wear by the rules. But in the bench, we are rewarded by one pound of 700 touching your chest - doesn't make sense. But bench meets have become the thing. You see countless bench pressers on the cover of PL USA. I thought it's called POWERLIFTING USA not BENCH PRESSING USA. But it shows how popular bench pressing is. Even at Westside where we push the squat we have made only three all time world records, five over 1000, Matt Smith's 1074 the highest, and ten 800 deadlifters.

We have made 22 all time world bench records and 15 over 700 and one at 825. That shows what I know.

Its 2000 and I'm doing pretty well, squat is 860 at 242 with a 580 bench. I believe I was third at 920 squat and fourth in total with 2100 at 235 bwt. Now the W.P.O. is on the scene with some money. It's amazing how money can bring people together. Kieran Kidder has brought the best lifters together for the first time since Gus Rethwich's Hawaii Record Breaker meet, where unheard of weights were being lifted.

The W.P.O. format pits the greatest lifters in the top of each money division. The 165s are unbelievable with Ron Palmer, who is fairly new to powerlifting, winning most of the time, but the kingpin in the 165s is Tony Conyers with a 837 squat and a 2000 total. The guy must use mirrors. He's also one of the nicest guys you will ever meet. He's been at the top for years. My friend Angelo Berardinelli has also been at the top for years. He started at the famous Black's Health World. He's over 800 in the squat and 1900 in the total and still moving up. Angelo is a bulldog. A young lion is Nick Hatch at 148. I saw him squat an unreal 788 at the ARNOLD CLASSIC at 19 years old. He is out of Big Iron Rick Hussey's gym.

The second group goes 181 thru 220. At the 181, our good friend Arnold Coleman broke Gene Bell's all time total record with 2116. Maybe they will rename the meet to Arnold Coleman Classic. Phil Harrington was not at the W.P.O., but squats 900 at 181. Where will it end?

And yet a new star - Mike Cartinian - who is aiming at Jesse Kellum's 198 total record. Mike trains with Angelo Berardinelli and Kenny Patterson. Speaking of Jesse, I think he's taking it easy back in the swamps of Louisiana, training with some bad ass gators. I must say Jesse is not only one of the strongest men in many weight classes, but very smart about training. I think Jesse and Chuck Vogelpohl are twin brothers from different mothers. At 220, Chuck Vogelpohl has owned the squat record at 1025 but has worn out his welcome in that class and will compete at 242 in Atlanta, Georgia. Travis Mash has risen to the top at 220, breaking Eddie Coan's total record, not once but twice. He too will be going to 242 at the Show of Strength in Atlanta.

The W.P.O. has a 48 hour weigh in, which I have had doctors say is no advantage, but it sounds bad. The 242 and 275 world record holder Steve Goggins only weighed 264 when he squatted 1102 and totaled 2535. He weighed light at 242 and totaled 2481 with a world record squat of 1043. Steve trains in Atlanta with Phil Harrington the world record holder at 181 with an unreal 900 squat, and also John Grove, a veteran lifter who has been around a long time. It's important to have a group of strong experienced lifters. Not to be left out of this group is Kara Bohigian. She is extremely strong and very knowledgeable about training.

Mark "Spud" Bartley who trains with Donny Thompson at Maximus Barbell in South Carolina is really on the rise. At the 2005 W.P.O. Super Open in Columbus, Ohio he made a huge 2463 total and won second place. It proves a point that the most important thing in a gym is your training partners. You can tell who's got balls and those who pretend to have a set. How? It takes guts to lift with the strongest men in the world. Kieran has assembled the strongest and summons them to one platform. A few years ago 2400 would win the SHW class. Then it was 2500. Now Matt Smith made 2601 and that was third place. And let's not forget Gary Frank! He made the first 2500, 2600, 2700, and 2800. With Beau Moore, Andy Bolton, and - I hope - the return of

Brent Mikesell, one of the best SHW squatters around, one of them could claim the big title soon.

Beau and Tony Conyers bought a reverse hyper from us some time back, and have made unbelievable progress since. Matt Smith wants me to re-po it from Beau, not for non-payment but because he's getting to be the strongest.

All these men are gentlemen and have nothing but good things to say about the competition. It's always been that way with the strongest lifters. The strongest men never badmouth a beginner or those that are not strong. Nowadays there are many on the World Wide Web that are always being disrespectful to the strongest men and women in the world. Why? What have they done? Oh yeah, nothing! These people are constantly on the web when the men who they are criticizing are training, writing articles, doing seminars. They are also going to meets and cheering on their competition, or are backstage helping putting on bench shirts or spotting someone's warm ups.

No one in my humble opinion should belittle Andy Bolton's deadlift, Brent Mikesell's squat, Gene Rychak Jr's bench press, or Gary Frank's total.

Are they prepared to train beside men like these for even a year and see what they go through? Then and only then, would someone appreciate the work and sacrifice these guys endure. It has been my

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goal to share what I have been taught, and the reason I teach in my videos and seminars, plus the work my friends Buddy Morris (college and NFL strength coach), Tommy Myslinski (college and NFL player and now coach), my friends and training partners Dave Tate, Jim Wendler, George Halbert, and now Chuck Vogelpohl represents giving back to their sport by giving their time to help lifters and coaches alike to learn a similar system that works for everyone.

After moving to Columbus and training at Westside, Dave started E.F.S. and now he's not only my training partner (where we compete every day in the gym), we are in competition in business with internet sales on my web site www.westside-barbell.com. I can't forget Paul Childress, whom you see perform in my workout tapes. He has contributed much to Westside Barbell from his own experiences with our system. Also my Finnish friend Sakari Selkainaho also has helped elevate the system. I want to thank my training partners most of all, but I can't thank everyone or mention their names, there are just too many. But, you know who you are; my friends from Ukraine, Finland, Brazil, Japan, Ireland, Germany, Australia, New Zealand, South Africa, and Canada and

everywhere else. All NFL players, track athletes, MMA fighters, the late Dr. Mel Siff and all the old Soviet Union authors that brought my attention to an advanced and sophisticated training system. Pavel, the kettle bell master, who has backed us for years and I back him and his team of instructors for their unrelenting teaching.

Powerlifters please band together, I respect all federations and their motives and the direction in which they are heading. But we must travel together to achieve true success.

I would like to thank the three Westside Barbell team doctors who work relentlessly to keep us healthy; Dr. Dave Beversdorf, Dr. Bill Nucklos, and Dr. Eric Serrano. With three more surgeries under my belt, powerlifting is about to pull me down, maybe for the last time, but as a man wrote "I won't go slowly into the night, but I will rage on into the dying of the light".

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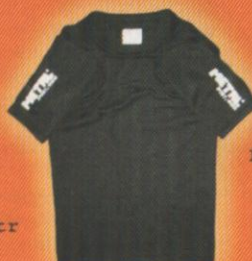
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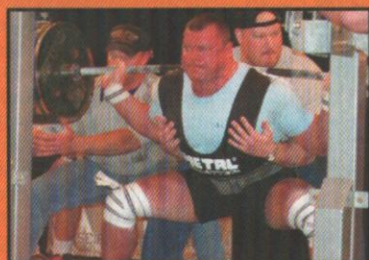


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WORKOUT OF THE MONTH

BRAD KELLEY BENCH PROGRAM

Week 1: Monday-2 board-Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315 x 3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 640x3, 685x1, 730x1, Lat Pull Downs-200x4x8, Weighted Dips - 50x2x6, 90x2x6; Thursday-Benchpress - Barx 1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 95x5x10, (Light Bands + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress-(Light Bands) 95x4x8, Triceps Pressdowns-80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 2: Monday-2 Board-Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 635x3, 685x1,

715x1, 737.5x1, Lat Pulldowns-200x4x8, Weighted Dips-90x2x6, 125x2x6; Thursday-Benchpress - Barx 1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 115x5x10, (Light + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress - (Light Bands) 115x4x8, Triceps Pressdowns-80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 3: Monday-2 Board-2 Board-Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 550x2, 585x2, 635x2, 675x2, 725x2, (No Boards) 725x1, Lat Pulldowns-200x4x8, Weighted Dips - 90x2x6, 125x2x6; Thursday-Benchpress-Barx 1x10, 135x2x10, (Light/Pink Bands Doubled) 145x5x10, (Light + Mini Bands

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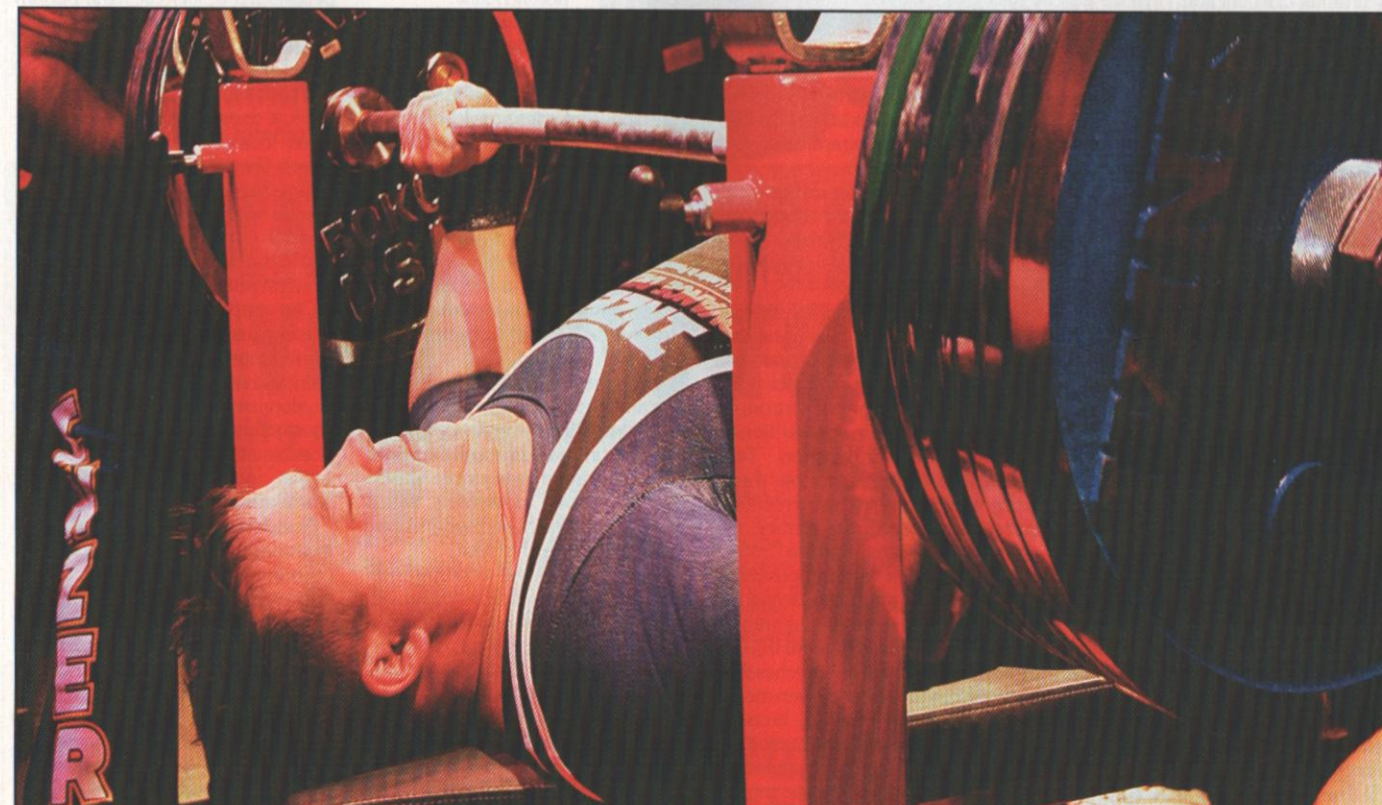
Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress-(Light Bands) 145x6x8, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 4: Monday-Off. Thursday-Benchpress-Barx 1x10, 135x2x10, 185x2x8, (2 Mini Bands Doubled + 80 Pounds of Chain) 145x8x3, Close Grip Benchpress - (2 Mini Bands Doubled) 145x3x8, Lat Pulldowns-130x10, 140x10, 150x10, 160x10.

Week 5: Monday-Benchpress - Barx 1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x1, (No Boards) 705x1.

Week 6: Monday-Benchpress - Barx 1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x2, (No Boards) 725x1.

Week 7: Monday-Benchpress - Barx 1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1. Saturday-Warm Up Room Benchpress-Barx 1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1, Competition Benchpress - 707.5, 735, 750, 772.5.



This is the exact workout that Brad Kelley used to produce his world's all time best bench press of 772, ranked #1 on this month's TOP 100 (Leon)

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

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

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

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

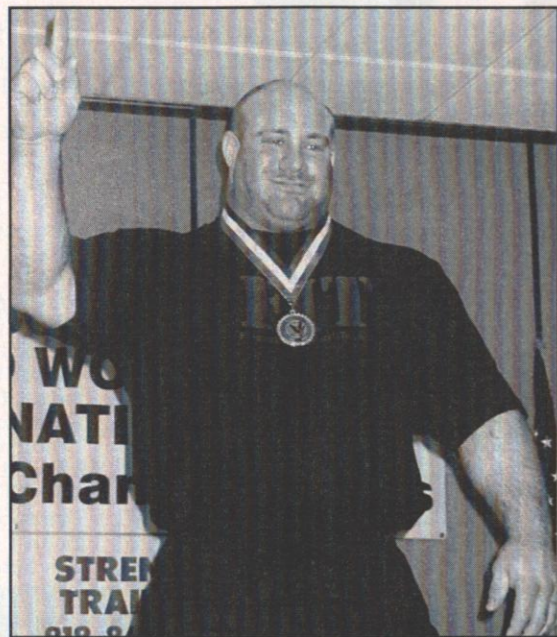
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

and most easily fatigued muscle groups, where each neuron must 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 Inledon, president of Human Performance Specialists, a sports pharmaceutical consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

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

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

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

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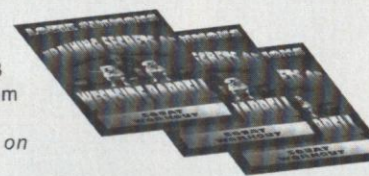
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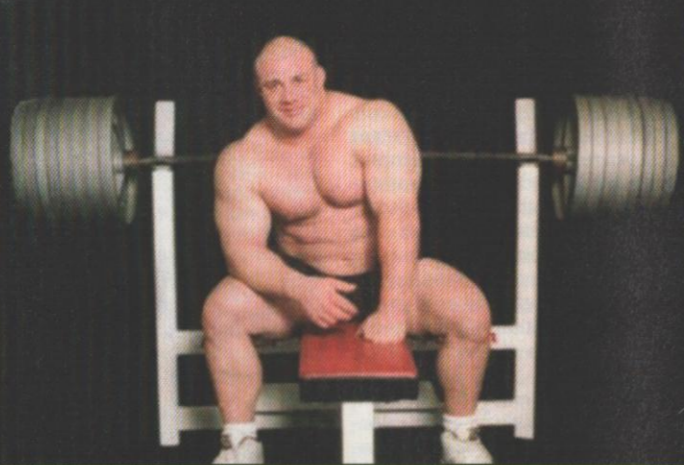
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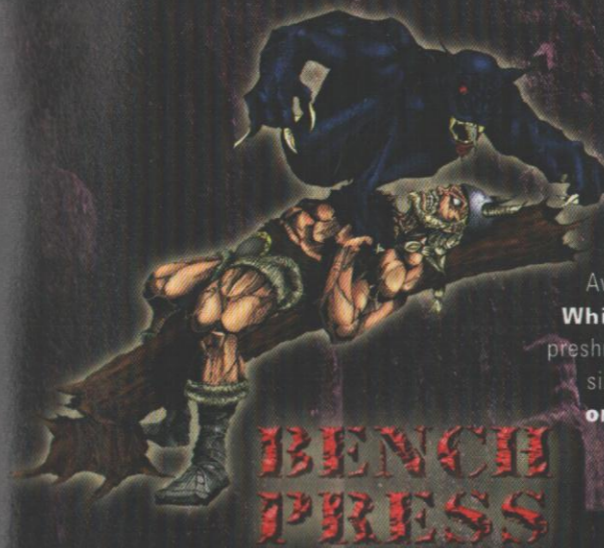
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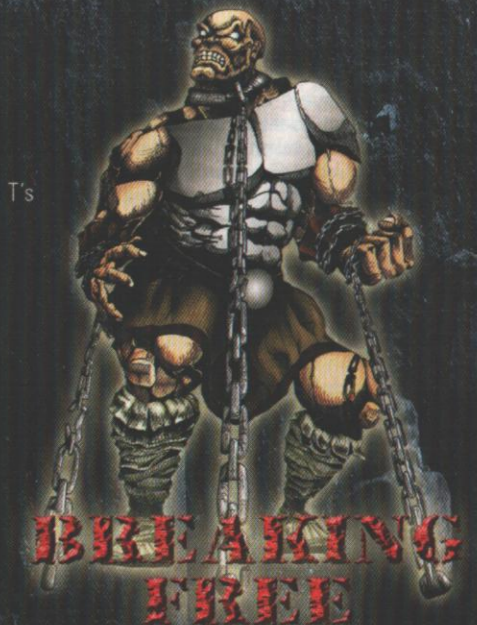


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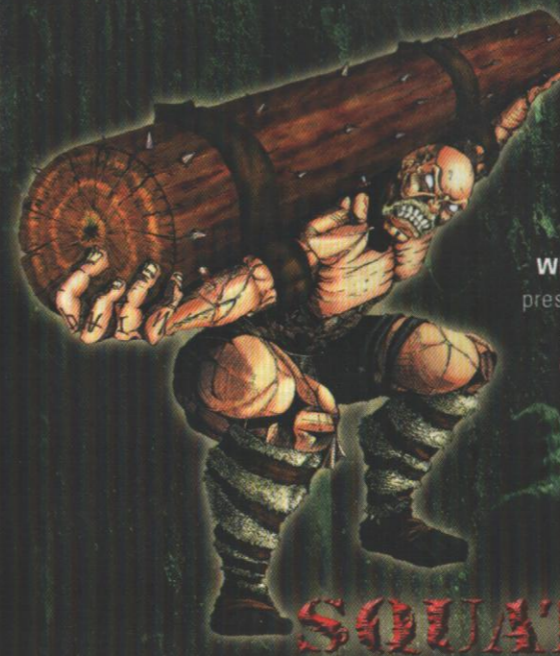


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Now professional baseball's dirty little secret is out? Well, if you want to call a something secret that just about everyone in the world knew about. Some of baseball's greatest players have been taking illegal drugs to enhance their performance. Although it has been estimated that a lot of professional baseball players are using illicit steroid and stimulators, Barry Bonds will most likely take the biggest hit along with Jason Giambi. Although that may not be fair, it is somewhat appropriate. Bonds testified to a grand jury that he used a clear substance and a cream given to him by a trainer who was indicted in a steroid-distribution ring, but said he didn't know they were steroids.

"I didn't know what I was taking" is the primary excuse used by just about every athlete caught using illegal drugs. That pretext has been used so many times by Olympic athletes that the IOC doesn't even acknowledge it as an excuse any more. The IOC simply states that an athlete is responsible for what is found in his body, for the simple and intelligible reason that it couldn't have gotten in there unless the athlete put it there. In short, ignorance is not an excuse for breaking the rules.

I would be willing to give Bonds the benefit of the doubt if it weren't for the monumental amount of circumstantial evidence, which clearly points to Bonds not only knowing he was taking steroids, but that he has been using them for quite some time. Let's be real... Scott Peterson was convicted of a double homicide on less circumstantial evidence. A survey by ESPN revealed that almost 70% of the people polled believed that Bonds knowingly used illegal performance enhancing drugs. Whether he knew it or not, the fact remains that he still benefited from the drugs that were in his body.

In 2001, Bonds shocked the sports world by hitting 73 home runs in one year and he has averaged close to 60 home runs in his last three years. He would have averaged more than 70 home runs a year if they would have pitched to him. Even though Bonds finally admitted he took the drugs unwittingly, he now maintains the substances did nothing to aid his

"The true essence of sports is to pit one's natural ability against another person's natural ability."

Lawrence Brown

DR. JUDD

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



A Russian Doctor was called in to assist in Kazakhstan's 1995 IPF Congress appeal of Alexei Sivokon's drug test suspension, on the basis that protein supplements available in the former Soviet Union were sometimes contaminated with substances that could cause false positives on the urine test. The IPF did not approve this appeal.

rise as the game's greatest home run hit. Really! When he was in the prime of his career, he didn't even average 40 home runs a year. Now, at forty years of age, he is the greatest home run threat in the history of the game.

If Bonds has been using these drugs to enhance his performance, how fair is that to guys like Hank Aaron, Roger Maris, or any other ballplayer who has played by the rules? Is it fair to the guy who has finished second in the MVP balloting to Bonds the last three years? Is it fair that Jason Giambi took the MVP away from other athletes who were drug free in 2001? Was it fair that Ken Caminiti, took the MVP away from drug free athletes in 1996? Let me answer that for you. No! Bonds needs 11 home runs to tie Babe Ruth at 714 for his career. Then it's on to Aaron's 755. We now know positively that at least some of those home runs were hit while Bonds was on illegal drugs. How fair is that to Mays, Ruth, and Aaron? If Bonds' record of 73 home runs were a product of illegal performance enhancing drugs, will someone who is drug free ever have a chance to break that record? And what about Roger Maris... his 61 home runs in the 1961 season fails in comparison to Bonds' 73,

Mark McGwire's 70, and Sammy Sosa's 66, all of which were recorded since 1998 when steroids became an issue. Who says cheating doesn't pay?

One of the major travesties of the steroid issue in baseball is that it has adulterated history, and I think it has tainted some of the greatest players of all time. Fans don't view Roger Maris as an icon as they did several years ago. Maris was known as having the most prestigious record in all of sport for 37 seasons, but that is now diminished and barely remembered by most fans. If Barry Bonds breaks Hank Aaron's mark of 755 home runs, than Aaron's career achievement isn't as special as it was 10 or 20 years ago. That is not fair.

Unfortunately, these new marks will soil the record books forever. And some of the bogus accomplishments may never be broken. Worse yet, Bonds, Giambi, Caminiti, and every other ball player who have used illegal performance enhancing drugs have corrupted the integrity of the game and have created the notion for the youth of America that the road to athletic success is via drugs.

Baseball Commissioner Bud Selig expressed shock when he learned about the use of illegal

performance enhancing drugs in baseball. Are you kidding me? Where the hell has this guy been? Eleven-year-old kids who don't even follow baseball are aware of that fact. Ten years ago Caminiti said that not only did he use steroids but more than 50% of the players in Major League baseball were using them. Jose Canseco has been saying the same thing, for the last eight years, only more so. In fact, according to the Daily News, Canseco claimed that 80 percent of major leaguers had taken steroids. Canseco also said he, McGwire, and Jason Giambi shot steroids together in the bathroom stall at the Oakland Coliseum and that he introduced his teammates to steroids after being traded to the Rangers in 1992. And here is the real kicker... Canseco also said President Bush, the Rangers' general managing partner at the time, must have known about the steroid use because it was so prevalent in the sport.

Selig has bemoaned that because baseball has no policy against using illicit performance enhancing drugs, so his hands are tied. Of course, he blames all of this on the player's union. If there were not a policy that would penalize someone for using illegal drugs in any corporation, I would have to question the leadership of that corporation. If I had to guess, I would say that Selig is trying to protect baseball by protecting its star players.

The San Francisco Chronicle reported that investigators secretly recorded a conversation with Bonds' trainer, Greg Anderson. He's allegedly heard on tape saying he provided Bonds with steroids that could be taken the day of a test and still not be detected. He also said that through contacts in the testing lab he would know when Bonds was going to be tested. If this is true, what does that say about baseball's attempt to clean up their drug problem? Bonds, Giambi, Caminiti, and Selig should all be inducted into the Hypocrites Hall of Shame.

Selig is either a, to put it mildly, storyteller or the biggest imbecile in the Western World. I suspect, however, he is a storyteller, and he thinks the American public is actually full of imbeciles. It is my contention that Selig, in his zeal to protect the image of baseball, has not only irrevocably affected the sport's integrity, but has tainted what every player, drugged or clean, has accomplished.

While all the issues in baseball are troublesome enough, perhaps the most sickening issue in sports today is the increased corruption and loss of integrity in all athletics and the impact it is having on our moral system in the United States. I will address those points later on.

INTERVIEW

BRAD KELLEY

interviewed by Kate Tallion

Kate Tallion: Tell us about yourself.

Brad Kelley: I am 33 years old. Toni, my beautiful wife of 12 years, and I have two children, Job and Caleb, ages 4 and 5. I have been employed in the ecclesiastical profession for 11 years. Currently, I serve as an associate pastor for Mountain Creek Baptist Church in Greenville, South Carolina. I hold a Divinity Degree from North Greenville College, Southern Baptist School and Anderson Baptist Theological Seminary. In addition to my pastoral duties, I travel throughout the country speaking to youth groups, schools, colleges and churches. I started lifting in high school to build up my strength for football. I haven't looked back since that time. I am, and always will be, a drug free lifter.

Kate: What are some of the highlights of your powerlifting career?

Brad: Traveling to St. Petersburg in 1994 to take part in the Goodwill Games was a high point in my powerlifting career. Since I was only 22 at that time, I considered it a major accomplishment to be invited to such a prestigious event.

Benching 600 in the 242 class for the first time in competition in 2001 at the WNPFL Palmetto Classic was a major turning point for me. Once I hit that 600, I knew that I had so much more left to accomplish in the benchpress. Since that time I have had the pleasure of competing in several WPO events, as well as Bench America

1, 2 and Bench America's World Bench War. My first 704 bench was in December of 2003 at an APA meet and I hit that using a double ply denim. I put up my second 704 lift at Bench America 2 in a single ply denim shirt.

Kate: What is your best lift in competition?

Brad: On March 5, 2005, I benched 772 at a bodyweight of 238 at the APA Battle of the Barbarians in Williamston, South Carolina. Prior to that meet, my best competition lift was 730 in December, 2004 at the APA Holiday Classic in Nashville, TN in the 275 weight class. No excuses, I was just too lazy to drop the 3.5 pounds that would have put me in the 242s.

Kate: What type of equipment do you train in?

Brad: I am fortunate to

be sponsored by Karin's Xtreme Powerwear. I wear a 2 ply, denim, open back when that style of shirt is allowed. For my last Bench America competition, I wore Karin's single ply, closed back denim. For squats and deads, I use a Metal Pro Squatter.

Kate: Do you use any supplements?

Brad: I take a multivitamin and I use glucosamine. I also take ibuprofen about 1 hour prior to heavy lifting. To aid in recovery, I try to get at least 8-9 hours of sleep a night.

Kate: What are your goals in powerlifting?

Brad: My ultimate goal is to bench 800. God willing, I would like it to be in the 242's. I am also planning on competing in my first full-power meet lifting in gear. Many years ago, I promised one of my partners that I would compete in a full-power meet, she is getting very impatient, and so I had better achieve this goal soon!

Kate: How important are training partners?

Brad: Currently I train with 3-4 partners on heavy bench day and one partner on squat and non-shirt bench day. Good partners are difficult to find and even more difficult to keep. Currently I have three primary partners. I am truly blessed since one of my partners is my twin brother, Bart. We constantly push each other and it was with great pleasure that I witnessed his first 600 bench at the same competition I benched 730. Bart was out for the past year with injuries and it was great to see him making such a strong comeback. Mark Pritchard is our 4th bench partner. He has been training for almost 2 years and has made serious gains. He also is Bart's handoff person.

Mysquat, deadlift and bench partner is Kate Tallion. We have trained together for approximately 6 years. Without her encouragement, yelling and screaming, I never would have come this far. She is able to push me beyond my limits and is constantly searching out new techniques and devising new routines.

I am fortunate to have partners/handlers that

travel with me to meets. When I compete, I totally rely on my handlers. Without them, it is much more difficult to compete, especially on an Elite level. You absolutely need someone to work the table, keep an eye on the competition and run the stats. A strong handoff person is also vital. I have been truly blessed with a great team.

Kate: What do you enjoy about powerlifting besides the competition?

Brad: I take pleasure in the camaraderie of the sport. I have met so many great people throughout the years, many of which I still correspond with regularly. On the flip side, I do see a lot more internet bashing happening. I am totally amazed at the amount of people that are so quick to judge lifters via internet without ever meeting them, or seeing their lifts. Apparently, once you hit big numbers you are subject to be judged by people that know nothing about you, your lifting (save posted results) or even your character and the type of person you are. Unfortunately, this is now a fact of life.

Kate: When is your next meet?

Brad: My next meet will be Bench America 3 on October 1st, 2005. My training routine will change slightly to accommodate the use of a one ply, closed back, bench shirt.

Kate: Do you have any closing remarks?

Brad: Yes, I would like to thank all the people that have supported my lifting career throughout the years, especially my wife Toni, my two sons, Job and Caleb, and my partners, Bart, Kate and Mark. I would also like to thank my Lord and Savior, Jesus Christ for giving me the will, desire and determination to constantly move forward in all my endeavors.

Kate: What advice would you give to a newcomer to the sport of powerlifting, namely benching?

Brad: Be true to who you are. Make sure you learn the sport. Always employ proper form. Be open minded to new training routines and techniques.



Brad Kelley: flanked by his twin brother Bart (left), Kate Tallion, and Mark Pritchard. (Leon Josaitis photograph)

TRAINING

DECLINE PRESS SET-UPS AND ASSISTANCE as told to Powerlifting USA by Wade Johnson

To follow up on the last article, I want to discuss the different set-ups we use for decline press sessions while covering a few spotting and safety issues. Hopefully, this will provide you with the information you need to train consistently, injury free and hopefully clear up any questions you may have.

Generally, all gyms have a power rack, but in this day and age with cardio rooms (bigger than a house) and selectorized machines grossly outnumbering free weight stations, the power rack is becoming scarcer. This can be quite a dilemma for someone looking to implement decline presses into their routine. We have also found that the fixed decline press is not always the best angle (most are too shallow). Secondly, it does not always allow the lower legs to lock into a position of maximum comfort and leverage, both being crucial for control and stability. Before we go any further, I cannot overstate safety as a priority in decline training. I know, I know, you are bulletproof and indestructible. A misguided rep can put you into shoulder surgery at the drop of a hat. I understand that there are unavoidable risks associated with training and even more so with heavy weight training, but let's follow some practical approaches to minimize the chance of injury and keep you in the gym and on the platform.

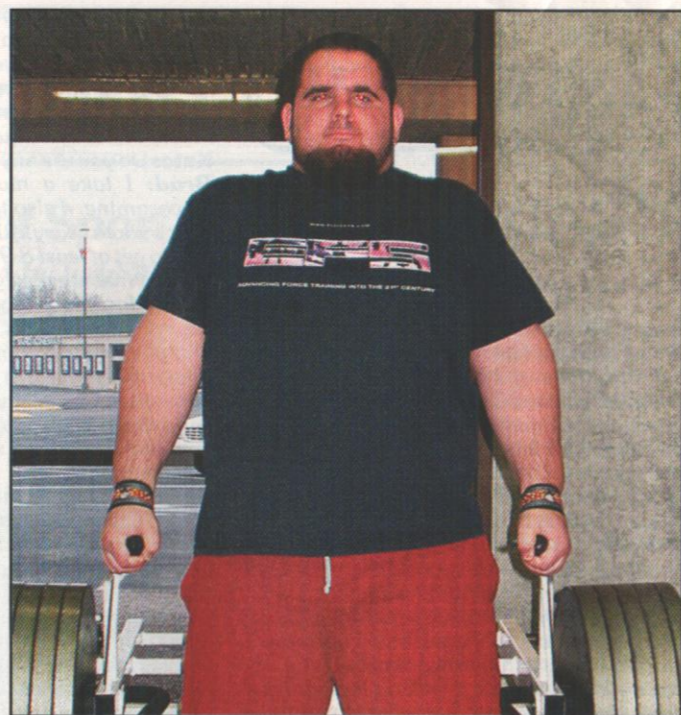
If I succeed in imbedding the importance of safety into your training, then I have done my job. Please, have spotters during all sessions. Far from just the weight crushing you, the decline angle makes it paramount to have control (right to left/fore and aft) of the weight. Mistakes can happen quickly with a bad handoff. Better to have folks there who are paying attention and can safely guide you back into the rack. An aborted lift caused by imbalance can cause serious injury. Little mistakes that may not effect a flat bench rep will always get you in the decline. Side

spotters are crucial.

"Spotters"... if you are on the side, arms at your side ... you are not spotting safely! None of us are fast enough nor can we react quickly enough, should something go wrong when the arms are at the side. Cup your hands under the ends of the bar. Should a wrist give way or the weight go in the wrong direction, this will keep the bar and its weight from crushing the lifter. With your hands under the bar, you are always in the right position to keep the lifter safe. Not everyone will have an optimal training situation, but for those of you who have training partners or lift in group sessions, everyone should have responsibilities as a spotter or as an assistant with equipment. Some of this may seem repetitious, but in the case of decline training, I cannot overstate the importance of safety, knowing firsthand how easily a mistake can lead to an injury that takes you out of the gym.

Okay, back to the set up for declines. Ideally, if you have a power rack and an adjustable bench, you are pretty much prepared. Set the catch pins at a level that allows you to get out from under the weight, even if spotters fail to return the weight to the starting level. If you don't have a power rack, a fixed decline bench will suffice but choose a 20 degree incline over a 15 degree if both angles are available.

Now, on to the assistance as applied to both declines and our flat bench routine. Once pressing is



This is Wes, shrugging to make the traps strong and supportive for a bigger bench. Use the static hold at the top and straps if needed

done, we do lats for our first assistance. We generally use a rowing movement. At our local gym, we have access to several different machines. My favorite is the Hammer Strength Seated Iso Row. Ultimately, we strive to row in the groove or pathway of our bench press. If you are a home gym trainee and don't have a machine to do lats, the barbell and dumbbell row are great movements. We don't "just row", we really put the focus on pulling with the elbows, keeping the elbows in, all the while expanding the chest area with plenty of air. This mimics what we are attempting to do when on the bench. Making the chest and stomach push up as high as possible while making the lats pull the weight. This is crucial when

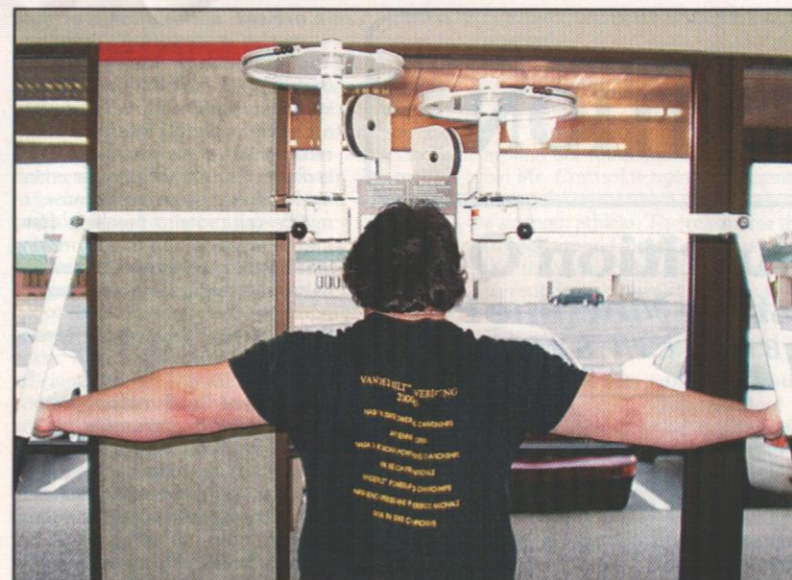
benching in today's bench shirts. We keep the weight moderate and focus on the form of our movement as opposed to how much weight we are rowing. Sets are kept to 3-5 and reps 8-12 with a focus of reaching 12. Once we are done with lats, we move on to shoulders.

I caution you on doing too much (volume) shoulder work assistance. It is so easy to overtrain the front delts. They take a good deal of abuse from the heavy pressing and remember, rowing works the rear delts to some extent. Again, we focus on the movement and not how much weight is actually being moved. You will see as you read, the movements are not only training a particular muscle group, but teaching those areas to work with other muscles groups (multi-

joint cooperation) used in the bench press movement. The idea is to not only make the muscle stronger, but specifically in a coordinated pathway of assistance with other muscle groups. The more coordination, the more weight moved. Early on in the training cycle, we use just a few movements for shoulders. For the anterior delts, we use the lying cable front raise. I chose this movement to keep from cheating with too much weight. It is just a natural thing to mistakenly try to push too much weight. The end result is "slinging" the dumbbells or barbells when doing a front raise.



Wes doing the DB hammer curl. No alternating, to make those muscles work together



This is Wade, using the pec deck to train rear delts. After a few sets of these, you will soon learn why we don't train any triceps isolation. (Johnson photos)

We use a straight-bar attachment on the cable row. We put the fanny between the pad and the foot prop and lay flat on the bench. We raise the bar until the bar is about forehead level and back down. Weight is light (relative to the individual) and we do 3 sets of 10 reps. From there, we do side raises for the medial head of the delts, but as you might expect, we do things a little differently. We do them seated, using very light dumbbells. We do 2-3 sets, working up to 50 reps with 5-10 lb. Dumbbells. Obviously, the idea is to condition the shoulders without beating the shoulder muscles to death by slinging dumbbells that are simply too heavy. After 4-6 weeks of training (early in the cycle), these movements get dropped. Occasionally, we will do the seated side raises as needed, but not every session or every week. It simply leads to overtraining over the long haul. Also, as a stretch we occasionally do front raises, keeping the weights very, very light and only to pump a little blood into an area that could be tight and in need of a stretch. Back to the side raises, we do them seated, bringing the weight parallel to the floor, keeping the thumbs lower than the pinky, as if we were pouring water from a bottle. The elbows stay loosely locked, but not rigidly hyperextended. We use a fast pace, but without slinging or heaving the weight. Trust me, after a few sets, those shoulders will be on fire. We finish up the delts with a posterior movement. Since we have access to a pec dec that allows a rear delt motion, this is our preference, but you can easily do bent over dumbbell raises as an alternative. I don't do them because it simply bothers my shoulder. I don't have the shoulder issue when I use the

pec dec. We do 3 sets of 12 reps and stay with the moderate weight for this movement as well. As we get into the training cycle, this becomes the primary shoulder routine. The upper back learns to work with the shoulders in this movement and the coordination between these muscles groups is paramount for pushing bigger weights.

Once the shoulders are finished, we go directly to hammer curls. This movement keeps the biceps tendon and brachial group strong and in great condition for support and lateral control of the heavier weights on the bench press. We do not use anything else for biceps training and I value this movement more as a tendon / ligament conditioner instead of just a biceps movement. Sets and reps remain consistent with 3 sets of 8-12 reps and always leaning to 12 reps. We will occasionally use some heavier weights going for 8 rep sets. When we do the hammer curl, we do not alternate each hand, we do them together. The purpose, once again is to teach both sides to work laterally and equally together. Don't sling the weight up, use a weight that you can control (without heaving) to complete the rep. Once we are done with curls, we move on to traps.

When training the traps, we do shrugs. I have access to a shrug machine and it is my favorite movement for training

traps on my bench sessions. However, should you be without this option, I would then try dumbbells. Using dumbbells keeps the weight at your sides and is less stressful on the lower back, as opposed to using a straight barbell. For variation, we have used a cambered bar for shrugs. Again, this keeps the hands more to the side and the lifter doesn't have the tendency to be forward, with the weight in front of them, stressing the lower back. To shrug, we simply shrug as high as we can while using a 2 count static hold at the top of the movement. The hold makes the traps strong when you

are pinching the shoulder blades together as you apply both traps and shoulders into the bench. Having the strength to hold this position can be a "make or break situation" for a bigger bench press. The static hold greatly aids in the development of this needed strength on the bench. We do 3 sets of 8-12 reps and use a moderately heavy weight. Use straps if you like, especially if it makes the movement more comfortable and

allows you to use a bit more weight without grip problems. We finish all the training sessions with abs. This may not be everyone's favorite body part to train, but abs cannot be overlooked by the strong and stable powerlifter. We normally follow each session with 100 reps, allowing each individual to apply their own variations to the movement. I bring abs up only to stress their importance as a balance for lower back support. The abs play a large part in the lockout of a heavy deadlift and in the agonizing ascent of a heavy squat, not to mention the benefits derived in the bench.

This is the program that we have been following for the past year. It has led to several personal bests and no bench training related injuries, which has been the top priority for following this method. To follow up, we use this type of assistance after each pressing sessions, both flat and decline. It allows us to handle heavy poundages in all sessions while allowing for better recovery by saving the shoulders and joints. If you are looking for a new bench program or a change of pace, give this method an honest try and you should see success quickly. Best of luck!

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

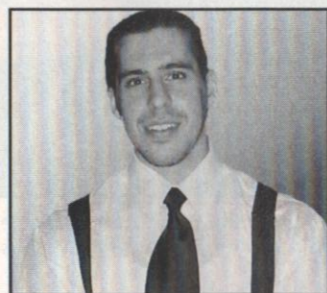
Wade Johnson



This is Bill demonstrating the row. Remember, pull with your elbows and keep them in close. Expand the chest while using the lats to move the weight.

NUTRITION

Power Nutrition Q&A Rage Against the Machine Part I by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.



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

during the most important football game of the year. You just placed a big bet on this game, 2 weeks of your salary. If your wife had an inkling of what you did she would make the Lorena Bobbit story seem like a Disney production. Like I said, she used to be sweet but that's all over now. The game is close and you just have to get home to find out what is going on, but you know there is no way you are going to make it. Your blood pressure is starting to rise. The thought of losing all that money is driving you crazy. The thought of what you might lose when the old lady finds out about your little wager will be even more painful. You are starting to feel like a Postal Worker who just got his release slip and his divorce papers all in the same afternoon.

Out of nowhere, one of those grubby "Squeegee Kids" comes over to your car and starts gilding his filthy squeegee over your windshield in a gyrating fashion, all the while lip syncing to his favorite Guns and Roses song on his Walkman. What the "bleep", you say to yourself under your breath. You didn't invite this lovely fellow over nor did you want this moron to make your windshield dirtier than it already was. Your blood is now boiling, and this "StreetMonkey in Spandex" has the gall to ask for some change for the wonderful service he did by making your windshield a mess. You tell him to go crawl under the rock from which he came. He starts verbally abusing your mother. You have now had enough of this sweetheart. It's now "Go Time" for this punk, because you are going to open a can of "Whoop Ass" on this guy like he has never seen before. You are going to smash him so hard his kids will be born dizzy. You get out of your car, pick him up by the few strands of hair on his greasy head, and throw him across the freeway like a ragdoll. It's time to unleash a whole world of hurt on this fool! Ok, back to reality. I know you most likely couldn't wait for the violent ending, but I have to cut it off here otherwise this whole column will just be about some raged up powerlifter kicking some degenerate into a coma.

There are many different physiological reactions happening inside the body of the subject in the preceding scenario. Your body has probably just released a nice megadose of Cortisol into your own bloodstream, after reading it. To help you understand some of the negative affects that

Cortisol has on the body I have laid out the following chart to give you a breakdown of how and what this hormone will do to your body when overproduced.

NEGATIVE EFFECTS OF CORTISOL Tendon Damage and Degeneration

Increased levels of Cortisol can lead to an increased rate of injuries to tendons. A lot of strength athletes tear their muscles from their tendons, particularly biceps and patella tendons. Obviously, a lot of those injuries occur during times when our stress levels were the highest. I have noticed this with a lot of my lifters and personally have had a couple of my bigger injuries when my stress level was through the roof. Tendon health for powerlifters is of the greatest concern because your lifting career depends on it.

Decreasing your level of insulin sensitivity and increasing your rate of insulin resistance

What this refers to is how efficiently your body is using insulin. This will play a major role in your performance, your health and ultimately your lifespan. When you become insulin resistant, your chances for Type II Diabetes, Heart Disease, Impaired Kidney function and a whole slew of other diseases are increased. It will also cause you to gain more fat, decrease your rate of glycogen replenishment, reduce your workload volume capabilities, destroy your energy levels, and much more. From my assessment of thousands of powerlifters over the last decade I will say that a large majority are insulin resistant. This is a topic I will discuss further as its ramifications are very serious.

Cortisol will cause you to enter a catabolic state

Cortisol will cause you to lose muscle tissue and lower your strength level. This is due to the fact that when a Cortisol molecule interacts with a receptor site located on a muscle cell it causes it to release valuable amino acids. This happened because of muscle cell proteins breaking down into those amino acids thereby making your turn into a girly man ... minus the muscles. If this alone isn't enough to make you pay attention to this topic, then you are reading the wrong magazine.

Cortisol will raise your blood pressure

This is due to the fact that it causes the body to retain sodium while at the same time increasing the rate of potassium excretion. Increased blood pressure does not always result just from your diet as you can see, but combining a stressful lifestyle and the fact that you eat like "Carnival Help" is just adding gasoline to the fire. Since High blood pressure has also reached epidemic levels in the United States it is important that you keep a watchful eye on this very destructive disease.

Cortisol can also lower your testosterone level

Too much Cortisol in the blood will play havoc with the Big T. Stress will kill your sex drive and testosterone level in a heartbeat. Strength is also related directly to your testosterone level. If your test levels are bottoming out, you may feel more inclined to play with some Barbie Dolls rather than doing heavy deadlifts. If you want to stay a stallion in the bedroom and in the gym keep the Cortisol levels low.

Cortisol can lower Growth Hormone Production

This is definitely something that you don't want happening. Growth Hormone is responsible for many different processes in your body. If you have even a brief understanding of what this hormone is about you will know that it is highly anabolic. This means it will help you build muscle and burn fat. It also has healing benefits for your tendons and ligaments. Many powerlifters and bodybuilders use synthetic GH as part of their pharmaceutical arsenal to help them put on muscle, increase their strength, help them recover from past injuries, and burn fat. Since Cortisol can reduce your natural production of GH, this is something you want to avoid like the plague.

It can also lower the transfer of T4 to T3 conversion

This refers to your different Thyroid hormones. T4, which is also known as Thyroxin, is the inactive form of Thyroid hormone. For it to work it's fat burning miracles, it first must convert to T3, also known as Triiodothyronine which is the active form of this hormone. In pharmaceutical terms T3 is also known as Cytomel. This happens because Cortisol suppresses the all important

enzyme called 5' deiodinase. The reason why this enzyme is so important is because it is what is responsible for the turnover of T4 to T3. Lowering the efficiency of your T4 to T3 conversion rate means that a major decrement in your metabolic rate and your ability to burn bodyfat. What you also have to realize is that T3 is also an anabolic hormone. Bodybuilders use synthetic Cytomel to help them get ripped for competitions where their body fat level has to be under 5%.

Decrease your Rate of Recovery from Intense Training and Increase Joint Pain

Cortisol will also prevent you from recovering from your workouts properly. When the body is under high stress levels it won't heal itself in an efficient manner. This will cause you to be sore from your workouts more than usual. In turn your joints will also ache more and old injuries will just seem to flare up when you least expect it. If you want to benefit from your workouts you must fully recover from them and allow your body to heal in order to make the progress you are capable of.

Decrease Bone Mass due to Calcium Secretion

This is another side effect of high blood Cortisol levels. Strong and healthy bones are very important for posting a bigger total. This is of even greater concern for female lifters, as this will cause them to be susceptible to osteoporosis later in life. What good is it to have strong muscles that can lift heavy weights at the same time you have bones that are brittle? This will set you up for some nice fractures down the road which could cause serious injury especially if it occurs during a max squat attempt. Not something that you want to picture in your mind before going for a PR!

It can also have a Negative affect on IGF-1 Production

Most of you probably don't have a clue what IGF-1 is. This term stands for Insulin Like Growth Factor-1. This is one of the most powerful hormones in the body. IGF-1 is the hormone that is produced in your liver due to Growth Hormone metabolism with the presence of Insulin. It is more anabolic than Testosterone, Growth Hormone or Insulin.

Another major benefit to IGF-1 is that it causes the "up" regulation of satellite cell production. Who cares about satellite cells? Well, for those "Chemically Enhanced" lifters out there, perk up your ears. These newly formed satellite cells will possess a higher number of androgen receptors, which will have a greater affinity to androgen binding. This means, in powerlifting terms, is that your "Pharmaceutical Program" is going to work a hell of a lot better at a lower dose. This is due to the fact when the good old "Mr. Testosterone" molecule is floating through your bloodstream it will attach itself to the multiple numbers of androgen receptors that are now present on this newly formed satellite cell. Multiply this over thousands or even millions more cells and with who knows how many more androgen receptors and you have a lot more "Anabolic Action" going on. Let's not forget that the increases of these newly formed satellite cells are not only in newly formed muscle fibers, but your existing muscle fibers as well. You see, there is a distinct relation to how the nutritional sciences and the "Pharmaceutical" sciences work in unison to produce a new frontier on results.

Cortisol can decrease the production of IGF-1 in the body when it is overproduced. I can do an entire article about IGF-1 in itself and will go into more depth in the future. If your excess Cortisol production is shutting down the synthesis of the most anabolic hormone in your body, then you better get your Cortisol levels in check otherwise your results are going to go out the window! Synthetic IGF-1 and the more potent R3 Long IGF-1 are very popular among "Enhanced" athletes the world over and now you understand why you

can't let Cortisol destroy your natural supply like a wildfire.

Increase fat storage around the midsection

Most of us are trying to limit the extra "Love" around our midsection. On the other hand, good old Mr. Cortisol is trying to increase our waistline and make us resemble the Michelin Man instead of a strength athlete. The reason for the increased fat storage around the waistline, especially in males, is that there are a lot of Cortisol receptors in the tissue surrounding your waist. Let's not add any more fat to our physiques, because we want to change our "Fat Guy" image to the general public..

Cortisol can run down your immune function

This is another bad boy just waiting to unleash itself on you when you least expect it. Think back to one of your really stressed out times and you most likely will notice that within the next few days you probably got a cold or the flu. Cortisol can really decrease your immune function and its ability to fight off viruses or bacteria that invade the body. You can't lift big if you are suffering from some type of illness, since this will keep your body in a catabolic state.

Decrease your metabolic rate

Many don't know this, but when the body has an abundance of Cortisol just floating around in your system it will bring down the efficiency of your metabolism. This is definitely not a good thing since this will cause an increase in fat storage. One of the main purposes of a customized power nutrition meal plan is to get your metabolism to speed up and use your nutrients more efficiently. Cortisol can bring down the number of calories that you burn each day so that your daily surplus of calories are not being used for glycogen replenishment and muscle repair, but instead is being stored as a nice big roll of flab!

Reduce your rate of protein synthesis and amino acid uptake

Many of you might not know what protein synthesis is or the chemical reactions that take place during it, but if you reduce your rate of amino acid uptake into the muscles then you are going to minimize an optimal environment for cell volumization. This will reduce your efficiency of protein synthesis, thereby making sure that you don't put on any muscle and it will make your strength goes south as well.

It can Accelerate Aging and Memory Loss

Excess Cortisol production will make you age faster. I know most powerlifters are not worried about getting some extra Crow's Feet or a few extra wrinkles before their time, but the fact remains that no one wants to look 10-15 years their senior. Memory loss is another areas that no one wants to deal with, yet it is much more serious than just a little aging. Cortisol can have a drastic effect on your cognitive function, not something that should be taken lightly. It is believed that memory loss is a major side effect to excess Cortisol production due to the fact that Cortisol attacks the Hypothalamus. This area of the brain controls the entire endocrine system. By causing damage to the "Major Control Center" so to speak, it will cause major differences in the production and metabolism of the many different hormones under its control. Cortisol can wreak havoc on more than just your muscles!

Relax, take a Deep breath and Step away from that Loaded Mac 10

Before you have a coronary infarct from reading all this, just relax, because the stress that you are now experiencing from reading this article is actually making you release more Cortisol. Since we

know what Cortisol is and how badly it affects our health we must figure out a game plan to reduce it in our lifestyle and training plan, so that we can live a longer healthier life. In the second part of this series I will cover what you can do to stop excess Cortisol production dead in its tracks through proper nutritional and supplementation protocols. This will be a very important and informative column, so stay tuned to find out what you can do to maximize your strength and health. Until next month, stay cool, lift hard, and don't let the "Squeegee Kids" get you down!

For those of you interested in the Nutrition XP3 customized Nutrition System please feel free to contact me for availability at Aricciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com.

Dear Power Nutrition Fans,

I am just letting you know that my website at www.nutritionxp3.com is now up and running. I know that you probably have checked it out many times to find nothing but an under construction page. This is no longer and I want to apologize for it taking so long to get up. Just to let you know that it is more than just a nutrition website dedicated to strength athletes. Each and every month there will be around 15 different articles for you to enjoy. This will include articles of all types including strength training, powerlifting, strongman, rehab, nutrition, sport specific training, coaching theories and more. There will be material from some of the best writers from each industry including the awesome Dave Tate, Top rehab doctors in sports medicine Dr. Ken Kinnackin and Dr. Michael Leahy. The "Living Legend" Louie Simmons, and MuscleMag International Strength Columnist Rahim Kassam. University of Iowa Head Strength Coach Chris Doyle will be on board, and Olympic Gold Medalist trainer Charles Poliquin is there to shed some light on his secrets that get results. Top US Strongman coaches CJ Murphy and Bob Joidoin are also there to teach you the ropes. Let's not forget Coach John Davies who is one of the most innovative trainers ever and much more.

So as you can see each month there will be new articles and info for you to learn but to compliment this even more there will be the most comprehensive forum available. The Nutrition XP3 Forum will be a one of kind strength forum that will give you guidance from the best in the sport. It will be a head and shoulders above the other forums out there so make sure that you register and become a member. It's all free so what have you got to lose? Get on board with the Nutrition XP3 Website and Forum and learn from the best. You wanted something new and exciting well now you have it! So go to your computer, log on to www.nutritionxp3.com and register for the most interesting nutrition and strength site on the net. See you there!



What do these men have in common besides an average squat of 1048 pounds?



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Matt Smith (1075 lb. squat): "I like the Metal Pro Squatter because it allows me to arch better, keep proper position and gives me unbelievable speed out of the hole!"



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Competitive powerlifting has both its rewards and penalties. We are all familiar with its rewards, but this article will deal with its penalties. The biggest penalty has to be the physical pain suffered by our bodies. Our goal should be to not only minimize the pain we must endure during our competitive years, but to lower the risk of long term pain after we retire from competition. There is no way to totally avoid pain due to lifting but there are simple, common sense things we can do to lessen it. In order to do this, let's look at our major pain areas and some causes of that pain. In this article I will not deal with back pain, as this is a subject in itself.

Let's start with the knees. Aching knees can result from many causes, but right at top of the list is abuse. I regularly hear lifters say they must wear knee wraps for squats because their knees ache. What they seldom consider is the root cause of the knee pain. Many times these lifters perform their squats descending in ballistic fashion, crashing hard to the low position, then rebounding up. In addition, ballistic style leg presses, extensions, and leg curls are thrown in for good measure. They should reconsider using ballistic rebounding techniques. This type of lifting places a great deal of stress on your knees. Descend or lower the weight in a controlled fashion while remaining tight, like a spring. When you reach bottom position, explode to the top. Knee wraps are a useful tool for lifting more weight, not to be used because your knees are too sore to squat without them. Remove the root cause of the soreness and pain. Do not use knee wraps as a band-aid or crutch.

Next up are the wrists. Just like the knees, they have many possible inflictors of pain. They can be overly stressed while performing some exercises. Many lifters use wrist wraps while squatting and benching. As with knee wraps, they help support the heavy weights used and can add to your lifts, but they too can be used as band-aids. Letting the bar roll down your back during the squat can inflict some real damage on your wrists as well as to your shoulders and elbows. To solve this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. Keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a better leverage position.

Holding the bar too high in the hand while benching can also stress the wrists. Holding the bar high (near the knuckles) causes your wrists to bend back so they are not directly over the forearms as they should be for best weight

STARTIN' OUT

A special section dedicated to the beginning lifter

ACHES AND PAINS

as told to Powerlifting USA by Doug Daniels

support and power transfer. Try to hold the bar lower, more to the meat end of the palm. This will also result in a more power transfer from the arms and chest to the bar. That could mean a bigger bench.

Elbows are also a high pain potential area. As I mentioned earlier, they can be stressed by squatting. They also can be stressed by plain overuse. A lot of benching, shoulder, and tricep work can add up over time. Ballistic moves really pile on the wear and tear, just like they do with the knees. Perform exercises like tricep pressdowns using the triceps to move the weight, not relying on the bounce on the bottom.

Lastly are the shoulders. Flexibility is a key to preventing shoulder problems. I like to keep my shoulders flexible by stretching with a broomstick. Since benching emphasizes the front delts, during the off season, work the lateral and

rear heads of your delts to balance your shoulder strength. Side and rear dumbbell laterals can be of value here. Balancing your shoulder strength will add to shoulder stability and lessen the chance of injury.

It is key to listen to what your body is telling you through pain. Pain is really one of nature's gifts. It's your body's way of telling you something is wrong. It can tell you through a whisper or a scream. Being aware of a potential or existing problem is 90% of the battle. Without being aware, you can not hope to address it until it's too late.

I have always recommended training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This way, you would not be subjecting your body to the stress of heavy weights for too long of a period. Heavy/light days should be

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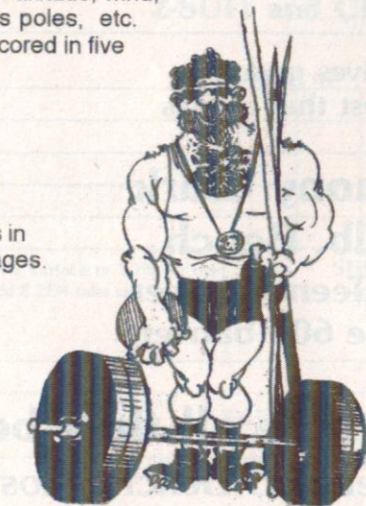
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considered also. You can gain by just training each lift once a week. Of course, everybody had different tolerance levels to use and abuse. Older lifters will probably experience pain sooner.

Taking some time off from lifting or taking a layoff every 3-4 months can add years to your lifting career. Taking one week off from the weights now and then can allow both your body and mind to recuperate from the rigors of heavy lifting. You can come back with renewed enthusiasm and a fresh body. Look for a specific article on training layoffs in Powerlifting USA in the near future.

Using correct exercise form is another big one. As I mentioned earlier, performing exercises in ballistic fashion is inviting pain and injury. Let your muscles do the lifting; not momentum and bounce. Not only does correcting these technical flaws potentially result in less pain, but it can also translate to bigger lifts in competition. This is a definite win-win situation.

Warm-up and cool down contribute to recovery between workouts. Try some low impact aerobics like stationary cycling to cool down. Don't overlook good nutrition. Give your body what it needs to maintain and grow. Adequate fluid intake is critical. Aspirin, ibuprofen (acetaminophen products such as Tylenol do not have anti-inflammatory properties); moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven by scientific testing to act as a lubricant and pain reliever for joints. SAM-e and glucosamine chondroitin are popular supplements that some users say help. Flexibility can not be overlooked. Building and maintaining flexibility not only can prevent injury but may also allow better exercise execution which can add up to pounds on your total. I suggest acquiring a good book on flexibility for reference. As with most things, don't go too wild too fast on gaining flexibility. Work into it in a gradual and steady fashion.

We cannot escape pain resulting from lifting completely but we can reduce its occurrence and intensity. That requires listening to your body and making common sense changes to your training practices and nutritional approach. An injury or lingering pain can also have long term effects after we retire from competitive lifting, so preventing them in the first place should be a top goal. When in doubt or if you are experiencing chronic pain, see a sports medicine doctor as soon as possible. Minimizing pain, both now and in the future can make the rewards of powerlifting all the more satisfying.

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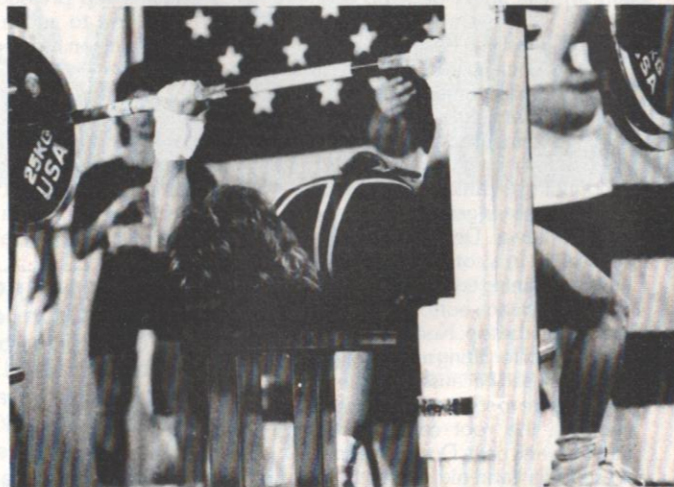
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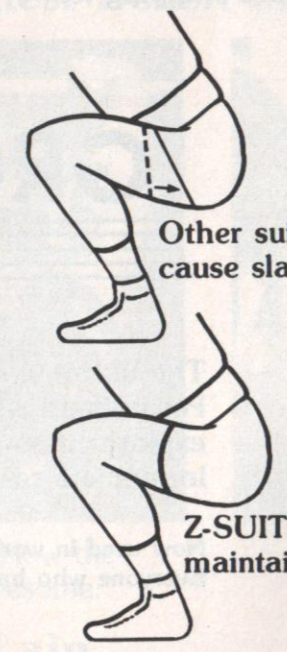
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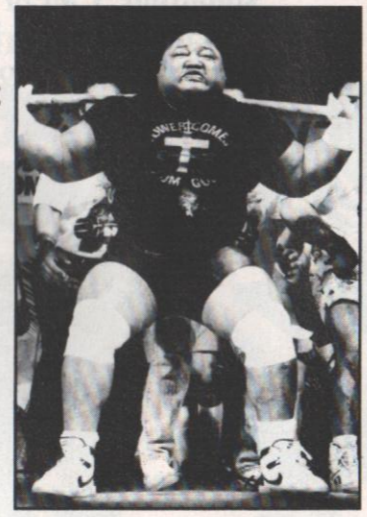


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ASK THE DOCTOR

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

DEAR MAURO: My name is Michael and I'm a 32 year old living in the US. The last two years I started with a trainer competing in powerlifting. Last year I competed for the first time, in the WNPF and USAPL (both natural) in the 181lb class. I am looking for ways to increase knowledge and strength through exercise, diet and supplementation. I subscribe to Powerlifting USA and enjoy reading your articles. I have also been to your website to learn more about your products.

My question to you is, I was going to purchase to Anabolic Solution for Powerlifters. Is this a specific diet and will it tell me what foods to eat and supplements to take? Right now I eat 5-6 meals a day. I always eat protein and carbs together. I take a multivitamin, use meal replacement powders (Lee Labrada brand) and whey protein (Optimum Nutrition). Is taking Exersol part of the Metabolic diet plan? Sincerely, **Michael**

HI MICHAEL: The Anabolic Solution for PL lays out your diet for various training phases. It also suggests which supplements to use and when. The supplements aren't a prerequisite for following the diet, only an aid to getting better results. The books is about 200 pages and as such also gives you some of the theory behind the diet as well as some tips on gear, training and pre-contest and contest preparation. As well, you'll get an automatic membership to my sites and access to various aids such as sample diets, articles and other info. As far as using supplements from other companies, most come up short of what's needed. I designed my supplement line to be the best out there and the most effective for my diets. Just have a look at the PDF info files on some of my supplements on line, for example Joint Support at <http://www.mdplusstore.com/pdfs/jointsup.pdf> and GHboost at <http://www.mdplusstore.com/pdfs/GHboost.pdf>, and you'll see the difference. Also because of the way I do business, basically on a shoe string, I'm able to retail my products at about 4 times my cost to manufacture them, as against a minimum of 10 times for all other companies (some companies usually mark up their product 20 to 50 times manufacturing costs, for example Basic Research and their affiliates). As such, I use the highest quality ingredients (unlike the cheaper ingredients with allowable level of contaminants the ingredients I use are of the highest purity - therefore there's no chance of contaminants that might lead to a positive drug test) and can offer my products at what amounts to a bargain price considering the cost of manufacturing the products, while giving the consumer the most effective and evidence based products on the market.

Best regards, **Mauro**

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

HI RON: Your question is a good one and to answer it fully would take several pages. However, here's a brief answer to your question. The circulating levels of ketone bodies are determined by their rates of production (ketogenesis) and utilization (ketolysis). The former is fairly easy to influence while the latter is not. In the Radical Diet I have mainly tried to minimize the production of ketones by decreasing ketogenesis. I am also presently working on ways to increase

ketolysis. One of the ways is to decrease ketogenesis is to increase the direct utilization of fatty acids for energy rather than having the fatty acids broken down into ketones and then releasing these ketones into the general circulation. For example the use of exogenous carnitine (found in MRP LoCarb, LipoFlush, Metabolic, ReNew and several other MD+ products) has been shown to increase the efficiency of fatty acid entry in the mitochondria and increase beta oxidation of fatty acids rather over the formation of ketones. By supplying more fuel directly from fatty acids the need for ketone utilization and formation decreases. Decreasing ketogenesis is also done by two other routes. One is by increasing insulin sensitivity and the other by increasing endogenous production of glucose (gluconeogenesis). Again, both are done by a combination of the food choices is the Radical Diet food list and by the use of the supplements that I recommend in the Radical Diet. For example MRP LoCarb provides several ingredients that increase insulin sensitivity including conjugated linoleic acid (CLA), chromium, and alpha lipoic acid. MRP also contains protein, specific gluconeogenic amino acids, and various other ingredients that increase gluconeogenic efficiency. These and other ingredients are also present in several of the MD+ supplements. The bottom line, and this is substantiated by the many patients in which I've tested their urinary ketones, is that ketosis is minimal on the Radical Diet if it's followed properly. About 25% of the people on my diet show small amounts of urinary ketones in the first few weeks while hardly any show any significant amounts of urinary ketones after the first month. Best regards, **Mauro**

DEAR MAURO: Thanks. I'm surprised that you take the time to answer email considering how busy you must be. Could you explain how too much can promote fat gain and also the approx intake that would lead to fat gain? I was reading studies where they used 0.5g of citric acid per kilogram of bodyweight and that seemed like a lot to me. Thank you, **Carl**

HI CARL: I do my best to answer all emails sent to me. However, since I get so many it sometimes takes a while to get to them. The involvement of citrate in the formation of fatty acids is extremely complicated and would take me a few dozen pages to explain in detail. However, the extremely short answer is that cytosolic citrate, as against mitochondrial citrate (which when present in excess is transported to the cytoplasm) is the initiator of fatty acid synthesis.

In the mitochondria acetyl-coA and oxaloacetate combine to form citrate. Citrate, if in excess, is transported to the cytoplasm where it in turn forms acetyl-coA and oxaloacetate. The cytoplasmic acetyl-coA then forms malonyl-coA, the first committed step in the synthesis of fatty acids. Acetyl-CoA Carboxylase (ACC), the enzyme responsible for the carboxylation of acetyl-coA to malonyl-coA, is activated by citrate. So not only does citrate provide the substrate for fatty acid metabolism, it also stimulates the formation of fatty acids, and by another mechanism, by inhibiting the enzyme CPT-I, decreases the transfer of fatty acid and fatty acid units into the mitochondria for oxidation.

Cytosolic citrate, the citrate that is a result of using oral citrate, differs somewhat from mitochondrial citrate in that mitochondrial citrate, in the right amounts, can increase TCA cycle flux and is an anaplerotic TCA cycle intermediate. Cytosolic citrate, in smaller amounts, can be translated into pyruvate and then enter the TCA cycle either as acetyl-coA or oxaloacetate, depending on many circumstances. As well there are other pathways for cytosolic citrate. I've attached a few slides from one of my PowerPoint presentations to help you out with some of the biochemistry.

The bottom line is that excessive oral citrate is first taken into the cytoplasm and as cytoplasmic citrate it stimulates fat production. I'd love to tell you how much oral citrate is too much, but it would give away some of my proprietary information which I am using to apply for various patents. Suffice it to say that it's not in gram amounts, and that the amount that is in Creative Advantage is the amount that I feel is just right, along with measured amounts of malate, succinate, fumarate, etc. to maximize TCA flux, ATP formation and aerobic energy.

BTW if you look at Amino, you'll see that I didn't add citrate, but instead included various other anaplerotic ingredients, and other compounds that would maximize protein synthesis. When you look at the ingredients, also look at the attached file and you'll see some of the connections. **Mauro**

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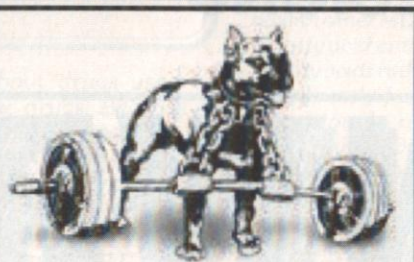
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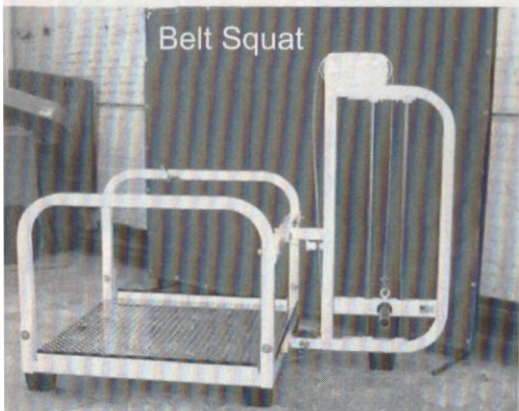


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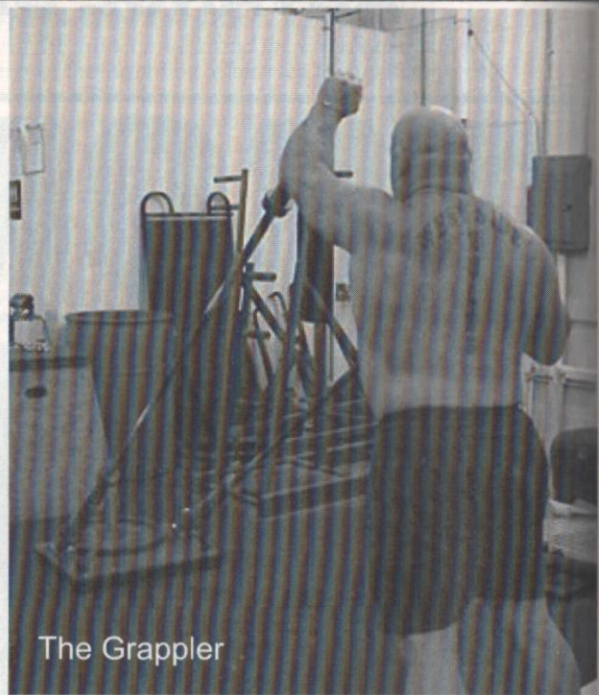
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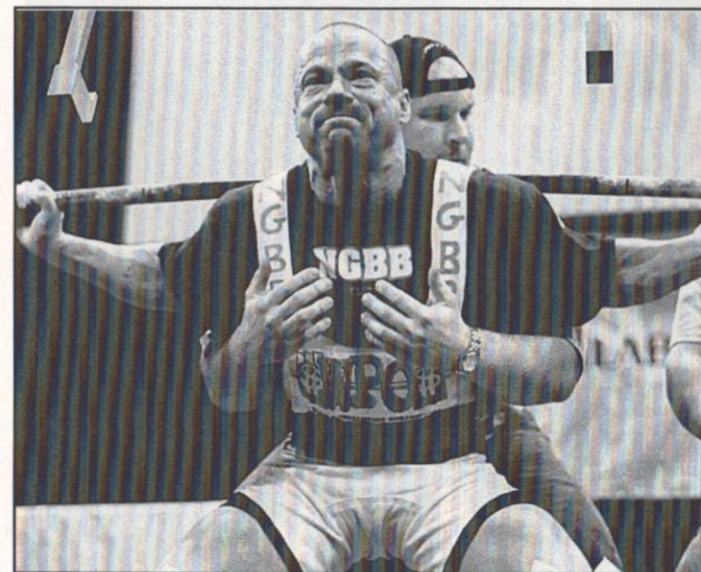
Men's Total - All-Time Top 10 Multiple Performances as told by Herb Glossbrenner

52.0 KG. (114.64 lb. class)						
670.0	1477.097	FEDOSIENKO	5175	11MAR94	Krasnoyarsk, RUS	IPF
665.0	1466.074	Fedosienko	5156	09NOV04	Capetown, RSA	IPF
655.0	1444.028	Fedosienko	5160	13MAY04	Nymburk, CZE	IPF
650.0	1433.005	Fedosienko		05NOV03	Vejle, DEN	IPF
628.0	1384.503	STANACZEK	5000	05NOV03	Vejle, DEN	IPF
620.0	1366.866	Fedosienko	5190	07MAY03	Sofia, BUL	IPF
617.5	1361.354	Fedosienko	5180	11SEP03	Koszyan, POL	IPF
612.5	1350.331	Stanaczek	5120	07MAY03	Sofia, BUL	IPF
600.0	1322.773	Stanaczek		00		IPF
600.0	1322.773	Stanaczek	5130	09MAY02	Eskilstuna, SWE	IPF
56.0 KG.						
678.0	1494.734	PAVLOV	5600	26AUG04	Voronezh, RUS	IPF
672.5	1482.608	Pavlov	5600	12MAR04	Krasnoyarsk, RUS	IPF
662.5	1460.562	FEDOSIENKO	5310	20MAY04	Voronezh, RUS	IPF
660.0	1455.051	Pavlov	5570	08MAY03	Sofia, BUL	IPF
660.0	1455.051	HAWTHORNE	5600	17APR04	Baton Rouge, LA	APF
655.0	1444.027	Pavlov	5596	09NOV04	Capetown, RSA	IPF
652.5	1438.516	Pavlov	5600	13NOV02	Trencin, SLO	IPF
647.5	1427.493	Pavlov	5530	28FEB02	Sykytykar, RUS	IPF
645.0	1421.981	Pavlov	5560	15NOV01	Solkamo, FIN	IPF
645.0	1421.981	KAZAKOV	5585	04NOV03	Vejle, DEN	IPF
60.0 KG.						
740.0	1631.421	KAZAKOV	5970	10NOV04	Capetown, RSA	IPF
732.5	1614.886	SUTRISNO	5945	10NOV04	Capetown, RSA	IPF
722.5	1592.840	HSIEH	5920	10NOV04	Capetown, RSA	IPF
720.0	1587.328	GANT	6000	08APR88	Honolulu, HI	USPF
720.0	1587.328	McNAMARA	5980	09SEP00	Coppeen, IRE	IPF
716.0	1578.510	Sutrisno	5928	17MAY02	Dong Hae City, KOR	IPF
715.0	1576.305	Kazakov	5980	26AUG04	Voronezh, RUS	IPF
710.0	1565.282	Sutrisno	5950	15NOV01	Solkamo, FIN	IPF
707.5	1559.770	BRADLEY	6000	27MAR82	Monroe, LA	USPF
705.0	1554.259	Gant	6000	07NOV80	Arlington, TX	IPF
67.5 KG.						
832.5	1835.348	OLECH	6750	11NOV04	Capetown, RSA	IPF
831.0	1832.041	SIVOKON	6730	15NOV00	Akita, JPN	IPF
820.0	1807.791	Olech	6650	06NOV03	Vejle, DEN	IPF
815.0	1796.767	Sivokon	6680	15NOV01	Solkamo, FIN	IPF
812.5	1791.256	Sivokon	6750	21AUG01	Akita, JPN	IPF
812.5	1791.256	Olech	6670	11MAY03	Sofia, BUL	IPF
810.5	1786.847	Sivokon	6660	05MAY00	Zaraishan, UZB	IPF
810.0	1785.744	Hatch	6750	04MAR05	Columbus, OH	WPO
807.5	1780.233	Sivokon	6690	17NOV99	Trento, ITA	IPF
805.0	1774.721	Olech		14NOV02	Trencin, SLO	IPF
75.0 KG.						
907.5	2000.695	CONYERS	7420	02APR05	Jacksonville, FL	APF
890.0	1962.114	PALMER	7480	04MAR05	Columbus, OH	WPO
887.5	1956.603	Conyers	7500	05MAR04	Columbus, OH	WPO
886.77	1955.000	BERARDENELLI	7500	09JUL04	Shamokin Dam, PA	IPA
885.0	1951.091	Palmer	7262	28FEB03	Columbus, OH	WPO
877.5	1934.556	Palmer	7500	05MAR04	Columbus, OH	WPO
870.0	1918.021	Conyers	7460	04MAR05	Columbus, OH	WPO
867.5	1912.510	Berardenelli	7500	04MAR05	Columbus, OH	WPO
863.5	1903.692	FURASHKIN	7480	15NOV02	Trencin, SLO	IPF
862.5	1901.487	Conyers	7470	08OCT04	Marietta, GA	WPO
82.5 KG.						
960.5	2117.540	COLEMAN	8220	04MAR05	Columbus, OH	WPO
957.5	2110.926	BELL	8250	09APR88	Honolulu, HI	WPC
955.0	2105.414	BRIDGES	8250	01JUL82	Dayton, OH	USPF
945.0	2083.368	Bridges	8220	07NOV81	Calcutta, IND	IPF
940.0	2072.345	Bridges	8250	08NOV80	Arlington, TX	NPA
932.5	2055.810	Bell	8250	17FEB88	El Toro, CA	USPF
920.0	2028.253	COAN	8220	08JUL84	Dayton, OH	USPF
915.0	2017.230	GAUGLER	8250	14DEC85	Arlington, TX	USPF
912.5	2011.718	Bridges	8210	24JUL83	Austin, TX	USPF
911.72	2010.00	HARRINGTON	8233	19MAR05	Woodstock, GA	APF



Joe Bradley's historic 1559 total @132 is till on the TOP TEN list.

90.0 KG.						
1013.5	2234.385	KELLUM	9000	08NOV02	New Orleans, LA	WPO
1000.0	2204.622	COAN	8850	03MAR85	Honolulu, HI	WPC
1000.0	2204.622	Coan	8970	06JUL85	Chicago, IL	USPF
995.5	2194.702	CARTINIAN	8935	04MAR05	Columbus, OH	WPO
972.5	2143.995	SHLYAKHTA	8806	13NOV04	Capetown, RSA	IPF
972.5	2143.995	TARASENKO	8966	13NOV04	Capetown, RSA	IPF
970.0	2138.484	Kellum	8950	19NOV99	CaTgary, CAN	WPC
967.5	2132.972	BELL	9000	12FEB87	Hill AFB, UT	USPF
967.5	2132.972	Shlyakhta	8810	19JUN04	Sofia, BUL	IPF
960.0	2116.438	Shlyakhta	8880	05MAR04	Kolomya, UKR	IPF
100.0 KG.						
1095.0	2414.062	MASH	10000	05MAR05	Columbus, OH	WPO
1093.5	2410.755	Mash	10000	08OCT04	Marietta, GA	WPO
1090.0	2403.039	COAN	9980	28JUL91	Dallas, TX	USPF
1075.0	2369.969	Coan	10000	22NOV87	Dayton, OH	APF
1073.5	2366.662	KELLUM	9920	08NOV03	Marietta, GA	WPO
1065.0	2347.923	Coan	10000	19JUN93	Greensboro, NC	USPF
1056.872330.000		Coan	9750	18NOV85	Mau, HI	APF
1052.5	2320.365	VOGELPOHL	10000	07NOV03	Marietta, GA	WPO
1050.0	2314.854	Coan	10000	08JUL90	Hollywood, FL	USPF
1047.5	2309.342	Coan	10000	29JUL86	Dayton, OH	APF
110.0 KG.						
1125.5	2481.303	GOGGINS	10990	06MAR04	Columbus, OH	WPO
1121.5	2472.484	Goggins	10965	05MAR05	Columbus, OH	WPO
1117.5	2463.666	COAN	10880	20OEC98	Las Vegas, NV	USPF
1107.5	2441.620	Coan	11000	25JUL99	Dallas, TX	USPF
1090.0	2403.039	WESSELS	10841	07APR97	Peoria, IL	APF
1090.0	2403.039	Coan	10890	03DEC00	Corpus Christi, TX	USPF
1088.5	2399.732	Goggins	10970	01JUN96	Atlanta, GA	APF
1085.0	2392.015	Wessels	10740	01JUN96	Atlanta, GA	APF
1083.5	2388.708	Coan	10760	12AUG01	Orlando, FL	WPO
1070.0	2358.946	Goggins	10923	29OCT95	Columbus, OH	WPC
125.0 KG.						
1150.0	2535.316	GOGGINS	12045	01MAR03	Columbus, OH	WPO
1119.5	2468.075	TURTIAINEN	12440	12AUG01	Orlando, FL	WPO
1117.5	2463.666	BARTLEY	12480	05MAR05	Columbus, OH	WPO
1115.0	2458.154	PASANELLA	12480	28MAY89	Honolulu, HI	WPC
1105.0	2436.108	HOLDSWORTH	12400	06JUN04	Baton Rouge, LA	APF
1105.0	2436.108	STAFFORD	12460	05MAR05	Columbus, OH	WPO
1103.0	2431.699	PAPAZOV	12135	07MAR04	Kolomya, UKR	IPF
1097.5	2419.573	Goggins	11702	24JUN01	Daytona, FL	APF
1095.422415.0		Stafford	12428	4APR04	Newark, OH	IPA
1095.0	2414.062	GARCIA	11615	09OCT04	Marietta, GA	WPO
140.0 KG.						
1170.0	2579.408	CHILDRESS	13980	10OCT04	Marietta, GA	WPO
1160.0	2557.362	Childress	13920	05MAR05	Columbus, OH	WPO
1147.5	2529.804	Childress	14000	06MAR04	Columbus, OH	WPO
1132.5	2496.735	Childress	13965	08NOV03	Marietta, GA	WPO
1120.0	2469.177	ALKHAZOV	13900	02APR05	Calgary, CAN	WPC
1110.0	2447.131	TURTIAINEN	13070	01MAR03	Columbus, OH	WPO
1102.5	2430.595	BADENHORST	13850	14OCT90	Pescara, ITA	WPC
1097.5	2419.573	Childress	13900	01MAR03	Columbus, OH	WPO
1090.0	2403.039	Childress	13925	09NOV02	New Orleans, LA	WPO
1090.0	2403.039	BASSON	13780	08JUN03	Universal City, CA	APF
+140.0 KG.						
1272.5	2805.382	FRANK	17050	04APR04	Jacksonville, FL	APF
1227.5	2706.174	Frank	16940	06MAR04	Columbus, OH	WPO
1212.5	2673.105	Frank	17320	18OCT03	Gautier, MS	APF
1210.0	2667.593	Frank	17435	08NOV03	Marietta, GA	WPO
1197.5	2640.036	Frank	16460	16JUN02	York, PA	APF
1182.5	2606.966	Frank	17015	01DEC01	Daytona, FL	APF
1182.5	2606.966	THOMPSON	17050	05MAR05	Columbus, OH	WPO
1182.5	2606.966	BOLTON	15170	05MAR05	Columbus, OH	WPO
1180.0	2601.455	Frank	17010	24JUN01	Daytona, FL	APF
1180.0	2601.455	SMITH	16100	05MAR05	Columbus, OH	WPO



Phil Harrington joins the exclusive TOP TEN CLUB in the Lighthavies

NOTE: No 4th attempts count towards TOTAL on the list Only in WPO competition.

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"I'm from the West side of Cleveland and when I was sixteen I got a job at Holiday Health Spa and began weight training. I weighed 110 pounds when I started and real quick I jumped up to 155 and was real muscular. I was strong for my size and could bench press 185 for 10 reps. I felt pretty good about everything. I began serious powerlifting in 1971 and entered the Cleveland City championships. I placed well for a young guy and met a lot of the top local lifters. I needed a place to train and ended up at Vince's Gym—the great Vince Anello trained there—but it wasn't his gym. I trained at Vince's Gym for the next few years, but my dream was to open a gym of my own. In 1975 I opened Black's Health World. Jack Sideris, Bob Fortenbaugh, John Florio, and Vince Anello all joined my gym in 1976. The original gym was small, maybe, 1000 square feet. It was a great crew of guys and we were super serious about powerlifting. In 1977 me, Bob and Vince lifted in the Ontario International Championships in Canada and this was the first win for Black's Health World as a team. We then tried to enter the Mountaineer Open in 1977 as a team, but back in those days they were super-strict about team affiliation. If you were a member of a team, and quit that team, you were required to remain unattached for an entire year before you could join another power team. A lot of my lifters were declared ineligible at the 1977 Mountaineer Open, so we didn't do as well as we'd hoped in our first US team outing. In 1978 we went back to the Mountaineer Open and everyone was eligible. As soon as we walked in, the meet director looked at us and said, 'There's the team trophy—take it!' This before the competition started."

"About this time a young kid dropped by for a workout; his name was Danny Wohleber. I was deadlifting 550 and this fourteen year old kid, big for his age, maybe 200 pounds, loads up 405 and does 10 reps. I'm impressed, but he's not finished. Next he puts 455 on the bar and does 10 reps, then 500 for a couple. He finishes with 560 and I'm going 'what the hell!' Then he takes off and I don't see him no more for a year... but let me tell you, he stuck in my mind. Jack Sideris was really coming on strong—nowadays he's the President of Teamsters Local 293 here in Cleveland. Jack was handling near-world record poundage in the squat and Vince Anello was at the top of his game; all of us seemed to be getting stronger each week. We had a training energy that rubbed off on each other. At the Bob Moon Memorial meet in 1978 I saw the kid again. Wohleber was weighing 220 pounds and pulled a 640 deadlift at age 16. Bob Fortenbaugh came to me after the competition and said, 'draft this kid for our team, don't charge him no money, I'm telling you within two years he'll be a national and world champion.' Bob asked him after the meet, 'So how often do you deadlift?' Danny said, 'five days a week.' We were shaking our heads in disbelief. I won first place, outstanding lifter, and the team trophy. They were beautiful trophies and I was thrilled... I got in the car with my dad and I started to thank God for the win. I thought to myself, I wonder why I'm thanking God, since I don't even believe in him? A total emptiness came over me. It got me going back to church, winning that meet."

"By the end of 1978 the Black's Health World team was rolling... we entered the Senior Nationals in Los Angeles: Sideris, Anello, me, Wohleber, Steve Wilson... it was a great lineup. I lifted in the 198 pound class and squatted 650, bench pressed 451 and

LEGENDS OF POWERLIFTING Black Recollections - Part I

A power legend recalls the assemblage of one of the mightiest powerlifting teams of all time
by John Black as told to Marty Gallagher

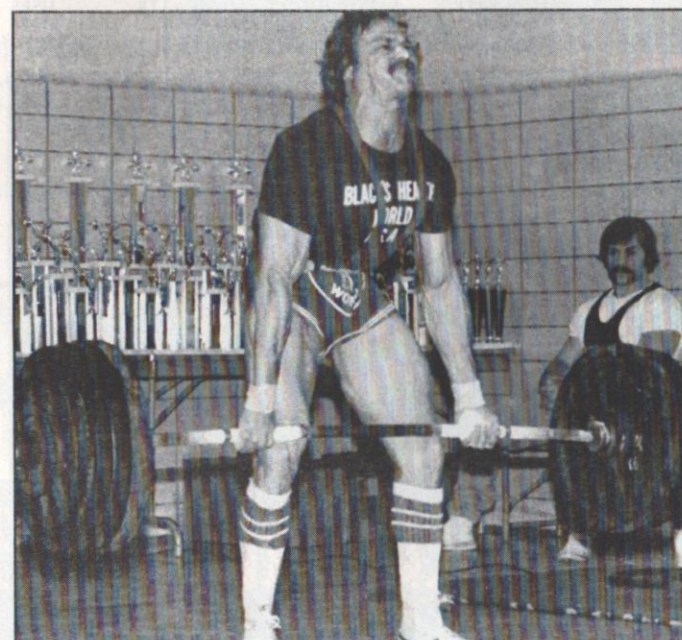


Black's Health World... members in this shot include Wohleber and John (bottom), with Hoss the Boss, Mike Riedel, Jeff Betzel, John Florio, Jack Sideris, and Tim Reidel (top l-r)

deadlifted 655. No bench shirts back then, and we used junky knee wraps. Pacifico came up against Estep and a big controversy broke out when Larry Pacifico protested something about Roger Estep's equipment. Roger said something to the effect, 'I could lift these weights naked!' All this excitement was holding up the competi-

tion and Dennis Reed, who barely made a 705 deadlift, was due up for his final lift—he missed 749 on his second and at the time there was no 'rounds system' and if you missed a weight and no one else was taking that weight you had to follow yourself. Because of the Estep/Pacifico controversy, Dennis was getting lots of extra rest. It took twenty minutes to resolve the equipment challenge and Dennis came back and with all his might pulled 749 to beat Sideris and win the 220 pound class. In the warm-up room prior to the competition Larry Pacifico, who was always trying to mess with people's heads, made the mistake of going up to Sideris and saying, 'Jack, what's the matter? You look off today. You look terrible!' I guess this stuff worked on lifters who were in awe of Larry, but Sideris went crazy—have you ever seen Jack's eyeballs when he is really mad? It's frightening. So Jack's eyes bug out and he goes, 'Back off Larry! How 'bout we throw it down right now!' Pacifico backed off and never tried any of that nonsense again with us."

"In 1979 I went to my second national championship in Bay Saint Louis and got third place. Not bad, but I really felt I could improve more. I was fired up, but the gym was scraping by so I had this idea to enter the national 'Tuff Man' competition. 1st place was \$50,000. If I won I was going to



A Contributing Team Member... was namesake John Black himself.

purchase the gym outright. The competition was in the Pontiac Silverdome in front of 18,000 people and in my first fight I knocked my opponent down twice, he got up each time so I went in for the final knockout. I threw a left so hard—and missed—that I tore my left tricep clean off the bone. I couldn't finish the fight. The doctor told me it's going to be okay. That was a big mistake because the tricep was not alright and it rolled up the arm and reattached itself. I should have had it surgically reattached. This hurt my bench press for the rest of my career. I went on vacation to Florida after the national championships and one night I'm walking late at night when the cops stop me and do an ID check. The next day I'm on the beach and I notice my wallet is gone. I freak out. No money, this will ruin my vacation. So I say, God, if you send me back my wallet I will get serious about my personal relationship with you. I go home and my aunt says, 'Hey! Are you missing something?' and I go, 'yeah, my wallet', and she says, 'Well, guess what? It beat you home!' So I call the guy who found it and returned it and said, I want to give you a reward and he says, 'No, please don't do that.' So I said, getting this wallet back is part of my life, part of my testimony and every time I tell the story I will say a prayer for you. The fellow says, 'Now that's what I want to hear, since we're Christians.' As a result of the wallet incident I took The Ten Brave Christian's Pledge."

"I gave up a lot of thing initially, but by 1982 I had backslid, and got back into a bunch of my old bad habits. Back in Cleveland, we talked to Dave Waddington and Todd and Steve Wilson up in Sandusky about joining us. We talked to Louie Simmons down in Columbus and said, why don't you guys join up with us and we'll form a super team. Back then, your team could only be recruited from inside your state. Louie stayed on our team for ten or fifteen years. We become the dominant national team as a result. In 1982, I went to Portland, Oregon for the Junior National championships and ended up in a wheelchair. On a 722 pound squat I missed the weight. I had to take the weight again with less than three minutes rest. I had two guys frantically trying to wrap my knees; one wrap was super tight, the other was loose. I was rushed, I was tired, I really needed the weight, and I was lightheaded. My right knee had been sore pretty much the whole training cycle and as I went down with 722, all the tendons and ligaments ripped off both knees. I didn't want to get the knees fixed in Portland, so I had to be transported in a car back to the airport and John Florio almost got arrested because I took up three seats on the airplane and they wanted to charge me for all three seats. Florio was yelling and screaming and it was real tense. I was semi-delirious and every bump and jostle was excruciating. It was a nightmare. We had a van waiting at the airport and they took me right to the clinic for surgery. Ending up in the wheelchair caused me the re-dedicate my life to God. When I hit the floor at that powerlifting competition is when I got the wake-up call. I got serious about God and started a Christian coffeehouse. I started a youth group and now, in 2005, this is a big thing in Cleveland. I was on the ground floor of starting a Christian youth group that eventually flourished and became a major force in the city of Cleveland. Danna Carpenter was a great driving force. My life changed in 1982."

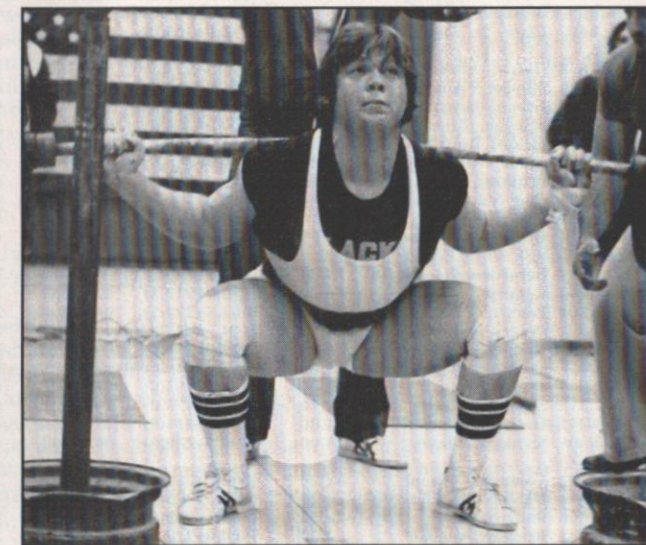
END OF PART I
Next: the dominant years...

WOHLEBER THE MAGNIFICENT

Few powerlifters were ever better and less known than Dan Wohleber. This Cleveland native was a power prodigy who came to the attention of the nucleus of great powerlifters that trained out of Black's gym. Capable of a 560 deadlift at age 14, he became the first powerlifter in history to pull 900 pounds. On December 12, 1982 Dan deadlifted 900 pounds and squatted 960. Dan tore a pectoral clean off his breastbone while still a teenager. He did not opt for surgery and this ruined his bench pressing ability for the rest of his career. As a direct result, he routinely spotted other lifters 100 to 150 pounds in the bench press. He once won the national powerlifting championships in the 242 pound class with a 363 pound bench press; he offset this paltry push, essentially done with one arm, by making a world record squat of 871 pounds and an 826 pound deadlift. The 242-pound class squat record stood for over a decade despite the best efforts of Hall of Fame lifters like Dave Jacoby, Thor Kritsky, Willie Bell, Joe Ladnier and Kirk Karwoski. The incomparable Ed Coan finally exceeded Dan's mark in the mid-Nineties. In that nationals competition, Dan missed his first squat, raised the poundage on the second attempt and missed that. Throwing caution to the wind he raised the poundage yet again on his 3rd attempt and made the 871 pound world record. After his 363 pound bench press he traded winning deadlifts back and forth with another Hall of Famer—Mark Chaillet. Mark's opening pull put him in 1st place. Dan's opener took back the lead. Dan's second attempt added to his margin. Chaillet's 2nd attempt put him back in the lead. Dan pulled 826 on his final attempt to seize 1st place and Mark missed his final lift. Talk about an epic power battle!

The

second great misfortune of Dan's career occurred when, as a result of his white-knuckle win at the nationals, he secured a spot on the United States powerlifting squad and traveled to India to compete in the world championships. Dan caught Malaria. Feverish and stricken much



A Fast Twitch Muscle Fiber Fantasy... Dan Wohlebersquatting

worse than anyone suspected, he took 3rd place. He was out of commission for some time and when he re-emerged he lifted weighing a full 275 pounds. Thick and full, he posted his groundbreaking 900 pound deadlift at a meet in Ohio. Earlier in that same competition he had squatted 960, which at the time was within 20 pounds of the superheavyweight world record. Dan posted a 402 pound bench press; again, quite remarkable considering that he had only his one pectoral to push with. His 960 squat and 900 deadlift gave him an 1860 total for the two lifts—this squat/dead two-lift total was not to be exceeded for a decade and again it took the amazing Eddie C. to exceed this leg/back combined squat/deadlift weight. Dan could whip any 275 pound lifter in the world with one exception: John Gamble. Big John was as balanced a lifter as ever competed on the world platform and his consistent 870 550 830 blend of lifts proved insurmountable to Wohleber with his 380 to 400 pound bench press. Dan again dropped off the scene and nothing was heard until the mid-Eighties when he attempted a comeback, this time as a very light super heavyweight. The third catastrophe of Danny's career occurred when during this comeback his knees snapped under a massive squat in a meet in Ohio. Only an alert spot by John Florio saved Dan from much worse injury. His final competition was in Maui at the inaugural APF world championships. Lifting as a superheavyweight, he couldn't find the groove in the squat and bombed out. Dan's career in retrospect reminds one of the career of football great Gayle Sayers, another great athlete whose career was cut short by injury. What if Dan had not torn that pectoral? With a 500 pound bench press at 242 and a 550 at 275 he would have been capable of totaling 2,200 at 242 and 2,400 at 275. Of course, all this is speculation and 'what if' and no one will ever know what might have been. One thing for sure: his 900 pound deadlift made him the 1st member of the most exclusive club in powerlifting and his incredible squat and deadlift ability seared his unbelievable lifting into the brain of any powerlifter who was lucky enough to see this great one in action.

Men's All-Time World Top 10 Superman Subtotal (SQ+BP) by Herb Glossbrenner

Weight	Rank	Name	Weight	Squat	Bench Press	Date
52.0 KG.						
483.0	1064.832	Stanaczek, Andrzej	50.00	(300.5+182.5)	04NOV03	
425.0	936.964	Fedosienko, Sergei	51.56	(260.0+165.0)	10NOV04	
395.0	870.826	Kazakov, Ravi	51.80	(242.5+152.5)	14NOV02	
377.5	832.245	Dunbar, Charles	51.20	(230.0+147.5)	07JUL84	
375.0	826.733	Cunha, Joseph	52.00	(237.5+137.5)	02APR83	
375.0	826.733	Degovets, Alexander	52.00	(240.0+135.0)	01JUL95	
375.0	826.733	Romanov, Alexey	51.90	(230.0+145.0)	18JUN04	
357.5	788.152	Caldwell, James	52.00	(227.5+130.0)	21NOV87	
352.5	788.152	Booker, Michael	48.99	(227.5+130.0)	04NOV00	
352.5	777.129	Radzavich, Alexander	52.00	(225.0+127.5)	94	
56.0 KG.						
475.0	1047.195	Karlsson, Magnus	55.70	(287.5+187.5)	14NOV96	
460.0	1014.126	Stanaczek, Andrzej	52.10	(292.5+167.5)	22MAR03	
447.5	986.569	Pavlov, Konstantin	56.00	(267.5+180.0)	12MAR04	
440.0	970.034	Kazakov, Ravi	55.85	(270.0+170.0)	04NOV03	
427.5	942.476	Mukhamatyanov, Famil	56.00	(245.0+182.5)	12MAR04	
420.0	925.941	Booker, Michael	53.23	(250.0+170.0)	09MAR02	
420.0	925.941	Fedosienko, Sergei	53.10	(255.0+165.0)	20MAY04	
415.0	914.918	Buterbaugh, David	56.00	(250.0+165.0)	11AUG96	
400.0	881.849	Hawthorne, Richard	56.00	(265.0+135.0)	17APR04	
400.0	881.849	Asabin, Nikolay	56.00	(240.0+160.0)	26AUG04	
60.0 KG.						
507.5	1118.846	Kazakov, Ravi	59.70	(300.0+207.5)	10NOV04	
497.5	1096.800	Karlsson, Magnus	60.00	(320.0+177.5)	02OCT99	
470.0	1036.172	Zakiev, Airat	59.70	(265.0+205.0)	08SEP04	
460.39	1015.0	Heath, Douglas	60.00	(274.42+185.97)	07MAR98	
460.0	1014.126	McNamara, Gerald	59.45	(280.0+180.0)	10NOV04	
450.0	992.080	Pavlov, Konstantin	59.80	(282.5+167.5)	09SEP00	
450.0	992.080	Hsieh, Tung-Ting	58.15	(270.0+180.0)	27FEB03	
450.0	992.080	Bradley, Joseph	59.20	(270.0+180.0)	10NOV04	
447.5	986.569	Clark, Jr, August	60.00	(280.0+167.5)	08NOV81	
442.5	975.546	Hatch, Nicholas	60.00	(237.5+205.0)	08NOV02	
67.5 KG.						
575.0	1267.658	Hatch, Nicholas	67.50	(357.5+217.5)	04MAR05	
531.0	1170.655	Sivokon, Alexey	67.30	(316.0+215.0)	17NOV00	
530.0	1168.450	Olech, Jaroslav	67.50	(340.0+190.0)	11NOV04	
528.5	1165.143	Schwab, Brian	67.00	(300.0+228.5)	08OCT04	
526.16	1160.0	Heath, Douglas	67.50	(319.78+206.38)	3DEC03	
520.0	1146.404	Zolov, Alexander	67.20	(310.0+210.0)	24JAN04	
510.0	1124.358	Lapshin, Maxim	66.80	(310.0+200.0)	02OCT03	
502.5	1107.823	Conyers, Anthony	67.40	(310.0+192.5)	31MAY96	
502.0	1106.120	Perez, Jose	67.50	(309.5+192.5)	05MAR90	
500.0	1102.311	Gromov, Alexander	66.85	(302.5+197.5)	12SEP03	
75.0 KG.						
601.00	1325.0	Berardenelli, Angelo	75.00	(374.21+226.79)	09JUL04	
597.5	1317.262	Conyers, Anthony	74.20	(380.0+217.5)	02APR05	
585.0	1289.704	Palmer, Ronald	74.80	(362.5+222.5)	04MAR05	
574.93	1267.50	Perez, Jose	74.28	(344.73+230.20)	26MAR94	
565.0	1245.612	Hooper, Wade	74.92	(335.0+230.0)	11NOV04	
557.91	1230.0	Crain, Rickey	75.00	(362.87+195.04)	22NOV96	
545.0	1201.519	Laine, Jarmo	75.00	(350.0+195.0)	24FEB02	
545.0	1201.519	Shestakov, Igor	74.10	(370.0+175.0)	29NOV03	
543.5	1198.212	Furashkin, Viktor	74.80	(328.5+215.0)	15NOV02	
540.0	1190.496	Sivokon, Alexey	73.00	(320.5+220.0)	06APR02	
82.5 KG.						
643.0	1417.572	Coleman, Arnold	82.20	(383.0+260.0)	04MAR05	
632.76	1395.0	Harrington, Phil	82.33	(408.23+224.53)	19MAR05	
620.0	1366.866	Bell, Gene	82.50	(382.5+237.5)	08APR88	
610.0	1350.331	Bridges, Michael	82.50	(380.0+232.5)	10JUL82	
592.5	1306.239	Palmer, Ronald	80.70	(365.0+227.5)	10MAY03	
590.0	1300.727	Primich, Neville	82.50	(370.0+220.0)	00	
582.5	1284.192	Gaugler, Rick	82.50	(355.0+227.5)	14DEC85	
580.0	1278.681	Naleykin, Sergey	82.00	(355.0+225.0)	09MAY03	
580.0	1278.681	Danforth, Michael	82.27	(365.0+215.0)	05MAR04	
577.5	1273.169	Shestakov, Igor	81.50	(387.5+190.0)	22MAR03	



Magnus Karlsson (SWE) did his big lifts at the 1996 IPF Men's Worlds.

Weight	Rank	Name	Weight	Squat	Bench Press	Date
90.0 KG.						
708.50	1561.975	Kellurn, Jesse	90.00	(412.5+296.0)	08NOV02	
695.5	1533.315	Cartinian, Michael	89.35	(413.0+282.5)	04MAR05	
640.5	1412.061	Zweng, Matthew	90.00	(388.0+252.5)	24FEB02	
625.96	1380.0	Harrington, Phil	89.30	(390.09+235.87)	09JUL04	
625.0	1377.889	Coleman, Arnold	88.90	(370.0+255.0)	08OCT04	
625.0	1377.889	Tarasenko, Andrey	89.66	(362.5+262.5)	13NOV04	
620.0	1366.866	Bell, Gene	90.00	(372.5+247.5)	12FEB87	
618.0	1362.456	Shlyakhta, Ivan	88.06	(375.5+242.5)	13NOV04	
615.0	1355.842	Wright, Dennis	90.00	(380.0+235.0)	21FEB87	
615.0	1355.842	Avola, Tatu	89.75	(380.0+235.0)	07NOV03	
100.0 KG.						
760.0	1675.513	Mash, Travis	100.00	(440.0+320.0)	04MAR05	
756.0	1666.694	Kellurn, Jesse	99.20	(443.0+313.0)	07NOV03	
725.0	1598.351	Patterson, Kenneth	99.90	(400.0+325.0)	08OCT04	
705.0	1554.259	Vogelpohl, Chuck	100.00	(442.5+262.5)	07NOV03	
695.0	1532.213	Blue, Dondell	99.60	(427.5+267.5)	08OCT04	
682.5	1504.655	Coan, Edward	99.80	(435.0+247.5)	28JUL91	
660.0	1455.051	Freydun, Ivan	98.78	(372.5+287.5)	13NOV04	
657.71	1450.0	Cox, Jason G	100.00	(430.91+226.80)	20NOV04	
655.0	1444.03	Carney, Jamie	100.00	(400.0+255.0)	24OCT93	
655.0	1444.03	Selsan, Harold	98.00	(425.0+230.0)	04MAR05	
110.0 KG.						
746.50	1645.751	Goggins, Steven	109.65	(474.0+272.5)	05MAR05	
733.50	1617.090	Coan, Edward	107.60	(471.0+262.5)	12AUG01	
727.50	1603.863	Wessels, William	110.00	(435.0+292.5)	11AUG96	
720.00	1587.328	Solovoyev, Alexey	108.00	(400.0+320.0)	05MAR05	
707.60	1560.0	Weston, Brian	110.00	(453.59+254.01)	30MAY04	
707.50	1559.770	Patrick, Jason	110.00	(425.0+282.5)	22AUG04	
705.00	1554.25	Garcia, Jose	110.00	(447.5+257.5)	07AUG04	
703.07	1550.00	Bayles, Joseph	107.95	(385.55+317.52)	21NOV04	
685.00	1510.166	Urchik, Paul	108.20	(435.0+250.0)	12AUG01	
685.00	1510.166	Mason, Chris	108.00	(400.0+285.0)	06JUN04	
125.0 KG.						
797.50	1758.186	Bartley, Marc	124.80	(480.0+317.5)	05MAR05	
752.50	1658.978	Grandick, James	119.75	(432.5+320.0)	02APR05	
750.00	1653.467	Goggins, Steven	120.45	(500.0+250.0)	01MAR03	
740.00	1631.421	Holdsworth, J.L.	124.00	(410.0+330.0)	06JUN04	
740.00	1631.421	Garcia, Jose	116.55	(457.5+282.5)	09OCT04	
740.00	1631.421	Stafford, John	124.60	(412.5+327.5)	05MAR05	
732.59	1614.886	Levario, Noel	122.50	(440.0+292.5)	26JUN04	
730.00	1609.374	Patrick, Jason	125.00	(1440.0+290.0)	107AUG04	
730.00	1609.374	Mehan, Al	125.00	(450.0+280.0)	07NOV04	
728.50	1606.607	Turtiainen, Ano	124.40	(456.0+272.5)	12AUG01	
140.0 KG.						
820.00	1807.790	Childress, Paul	139.80	(510.0+310.0)	10OCT04	
767.50	1692.048	Basson, Oan	137.80	(462.5+305.0)	08JUN03	
755.00	1664.490	Alkhozov, Vyacheslav	139.00	(500.0+255.0)	02APR05	
740.00	1631.421	Bernor, Jonathan	139.80	(437.5+302.5)	06JUN04	
732.50	1614.886	Mehan, Al	130.45	(460.0+272.5)	30NOV03	
730.00	1609.374	Hamalainen, Mikko	139.15	(435.0+295.0)	24FEB02	
730.00	1609.374	Hoskinson, James	136.54	(467.5+262.5)	06NOV04	
725.50	1599.453	Coates, Richard	139.25	(435.0+290.5)	13DEC98	
722.50	1591.839	Fusner, Robert	133.70	(410.0+312.5)	19NOV00	
720.00	1587.328	Midote, Daisuke	131.10	(420.0+300.0)	00	
+140.0 KG.						
872.50	1923.533	Frank, Garry	170.50	(492.5+380.0)	04APR04	
841.42	1855.00	Miller, Michael	174.63	(476.27+365.14)	17APR04	
815.00	1796.767	Moore, Beau	150.55	(472.5+342.5)	10OCT04	
815.00	1796.767	Smith, Matthew	161.00	(487.5+327.5)	05MAR05	
810.0	1785.744	Thompson, Donald	170.50	(465.0+345.0)	05MAR05	
789.25	1740.00	Clark, Anthony	151.27	(460.40+328.85)	28MAR93	
780.179	1720.00	Rychlak, Eugene	162.00	(455.86+324.32)	13APR03	
777.50	1714.09	Mikesell, Brent	153.75	(505.0+272.5)	09NOV03	
775.643	1710.00	Ruggiera, Michael	156.04	(476.27+299.37)	04APR04	
775.00	1708.582	Siders, Brian	154.42	(437.5+337.5)	14NOV04	



Marc Bartley is the Number One in Superman Subtotal in the 275s.

There are a ton of questions on how to work up to a 1RM on max effort day. While many lifters don't use percentages, it certainly makes it easier on coaches and novices on how to pick attempts. Since many people who are new to doing these movements are not familiar with their maxes, use the following to help guide you.

- 2 Board Press - 105% of 1RM of raw bench press
- 3 Board Press - 110-115% of 1RM of raw bench press
- Floor Press - 90-95% of 1RM of raw bench press
- All of these movements are done with a medium grip (pink on the ring of the power bar) and all 1RM on the raw bench press are done with a maximum legal grip. If you use different grips, then I have no idea of the approximate percentages.

I'm going to point out that these numbers are approximate values and should be used accordingly. These are not set numbers. So if you are reading this article and already have a calculator in hand and find some kind of discrepancy, it is ok and you will live. Everyone is different. Also, you will notice that there are no numbers for the incline press or the reverse band press. This is because there are a ton of different angles of incline presses and there are too many discrepancies on how to set up a reverse band press.

If you are guessing your 1RM, always err on the side of being lighter. So, now that you know an approximate number for your 1RM on each movement, use the following set/rep scheme. Notice that the percentages start at 50%. This is NOT your first set. Warm-up to that first set anyway that you want. Many times, it could be 2-3 sets and you are ready for the 50% set. For a stronger, more experienced lifter ("experienced" is code word for always beat up and hurting), it may take 5 or more sets to be ready for your 50% set. 1x5 @ 50%, 1x3 @ 60%, 1x2 @ 70%, 1x1 @ 80%, 1x1 @ 90%, 1x1 @ 95%, 1x1 @ 100% or new PR.

Here's how it would work in a real life example. The lifter has a best 2 board press of 450 lbs.

225x5, 275x3, 315x2, 365x1, 405x1, 455x1, 455 or 460x1.

Now let's say that you don't know your best performance on a floor press, but you know your 1RM on the bench press. Your best bench press is 315 lbs. 90% of 315 is 285. So your goal is to do a floor press with 285, thus 285 = 100%.

145x5, 170x3, 200x2, 230x1, 255x1, 270x1, 285x1.

Because this is your first time performing the floor press, I would advise you to stop. Don't worry if this is a true max effort. You've got another week of the exercise. The next week, you have a new goal to shoot for. Because your new goal is probably going to be fairly close to 285, I would advise you to use the same weights or fairly close for your warm-up sets as used before. If you did this you were good for at least 300, then use the percentages on that number (300). The goal will become a thing of the past the more experienced you get. You will begin to know intuitively how to work up to a 1RM. These percentages are great for the beginner to this program as well as coaches and trainers who would like a more concrete way (some-

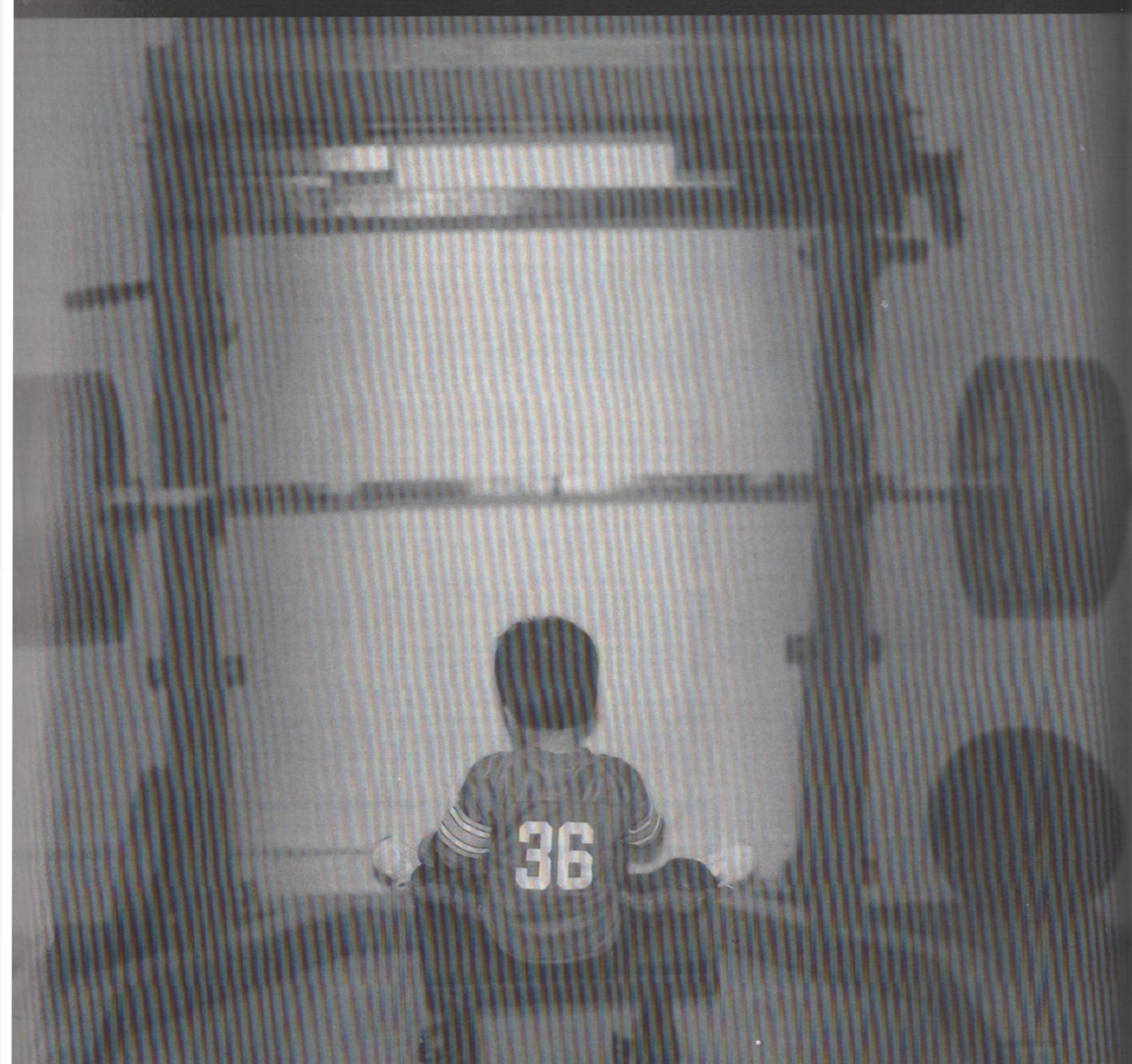
FORCE TRAINING

by Jim Wendler
Elite Fitness

thing they can put on paper) of guiding their athletes.

With the squat and deadlift variations, we have found that it is very difficult to find any kind of % carryover between lifts. For example, if you can parallel squat 500 lbs. doesn't mean that you are able to squat 475 with a SS Bar on a parallel box. There are way too many variables with the squat and deadlift. My advice to you is simply estimate some very reasonable goals for each movement. In fact, if you are completely new to the SS Bar or any other movement, simply use

Someday I will...



EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

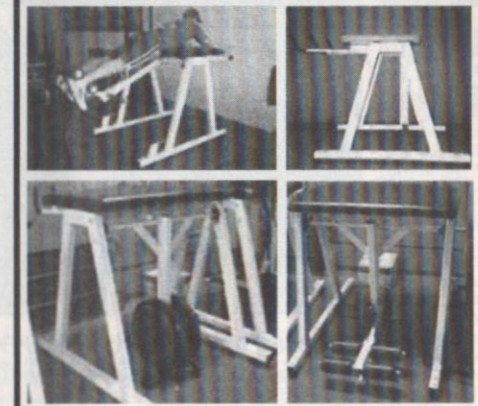
Someday I will prepare with everything I have.
 Someday I will perform to my best ability.
 Someday I will prevail.

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USAPL Fitness Factory Open 29 JAN 05 - Charlotte, NC					USAPL Upper Ohio Valley 26 FEB 05 - Wheeling, WV						
BENCH	R. Sutton	220			BENCH	R. Sutton	220				
MEN	198 lbs.				MEN	275 lbs.					
Open	Masters (55-59)				Open	Law Enforc.	460	BP	DL	TOT	
114 lbs.	V. Sumner	270			114 lbs.	P. Mirandy!					
W. Jones	220 lbs.				W. Jones	132 lbs.					
132 lbs.	Masters (50-54)				132 lbs.	IRONMAN					
A. Woods	J. Deramus	160			A. Woods	148 lbs.					
148 lbs.	242 lbs.				148 lbs.	Master II					
Masters (40-44)	T. Jenkins	353			Masters (40-44)	C. Watts!	75	180	255		
R. Wess	275 lbs.				R. Wess	198 lbs.					
165 lbs.	A. Gilliam	606			165 lbs.	Teen (16-17)					
D. Maoury	SHW				D. Maoury	S. Short	255	415	670		
181 lbs.	Washington	474			181 lbs.	SHW					
Master (40-44)					Master (40-44)	Master II					
BOYS	SQ	BP	DL	TOT	BOYS	R. Knically!	370	570	940		
198 lbs.					198 lbs.	WOMEN	SQ	BP	DL	TOT	
Teen (16-17)					Teen (16-17)	114 lbs.					
A. English	480	336	557	1372	A. English	Junior (20-23)					
S. Jordan	314	303	364	722	S. Jordan	H. Hunt	205	85	200	490	
MEN					MEN	123 lbs.					
Open					Open	Teen (14-15)					
132 lbs.					132 lbs.	Novice/Open					
181 lbs.	A. Woods	215	143	364	722	181 lbs.	D. Miskinis	205	145	260	610
N. Miceli	303	309	402	1014	N. Miceli	148 lbs.					
T. Shelton	540	424	645	1609	T. Shelton	Teen (18-19)					
Masters (40-44)	B. Schmidt	606	408	650	1664	Masters (40-44)	C. Cooke	390	220	415	1025
B. Schmidt	584	402	562	1549	B. Schmidt	Teen (16-17)					
V. Sumner	254	270	353	876	V. Sumner	N. Keenan	330	205	350	885	
242 lbs.	T. Jenkins	441	353	441	1235	242 lbs.	165 lbs.				
M. Lewis	502	325	502	1328	M. Lewis	Open					
K. Hall	502	419	540	1461	K. Hall	J. Shupbach	550	370	550	1470	
UNL	G. Dolan	705	441	705	1852	UNL	220 lbs.				
Guest Lifter					Guest Lifter	Junior (20-23)					
UNL					UNL	R. Boczkowski	440	365	550		
Open					Open	1355					
A. Anderson	187	—	309	—	A. Anderson	275 lbs.					
(Thanks to USAPL for providing results)					(Thanks to USAPL for providing results)	D. Martin	650	525	575	1750	
						Junior (20-23)					
						P. Holland	750	480	570	1800	
						Teen (16-17)					
						N. Jones	500	320	515	1335	
						SHW					
						Master II					
						R. Knically	600	370	570	1540	
						!-State Records. Held at JC Chamber YMCA.					
						(Thanks to USAPL for providing results)					

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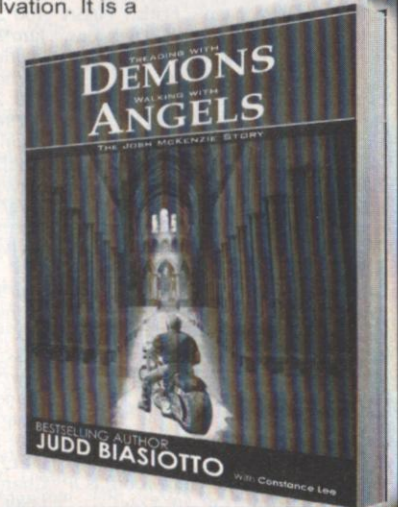
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Treading with Demons, Walking with Angels has already been forecast as a sure-fire best seller by a number of National publications. The book chronicles the true-life story of Josh McKenzie - a Hell's Angel, an Aryan racist, a drug dealer, a thief and a killer who finds Jesus Christ and in so doing discovers the path to salvation. It is a riveting insider's account of the lured world of one of the most powerful underground organizations in North America... the Hells Angels. It is a bold book that will shock you, entertain you, and at times turn you stomach, but ultimately it will convince you that with Jesus Christ nothing is hopeless, nothing is impossible, and that there are no boundaries for man.

"The Josh McKenzie story empowers the reader to believe that regardless of life's circumstances, we all have the capacity to overcome evil with good"
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"... an emotional roller coaster. The author delivers an incredible thrill ride that keeps the reader on the edge of his seat, anticipating the next drop. It will stir emotions in your soul. I absolutely loved it."
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APF/AAPF South Carolina Open
23 APR 05 - Charleston, SC

BENCH					
MEN					
WT	1st	2nd	3rd	DL	TOT
165 lbs.					
B. Vaughn	250				
R. Clarke	175				
181 lbs.					
T. Jenkins	350				
Masters (40-49)					
242 lbs.					
E. Hubbs	480				
C. Griggs	400				
Master (50-59)					
R. Bell	355				
Open					
148 lbs.					
E. Knight*	420				
181 lbs.					
MEN	SQ	BP	DL	TOT	
198/220 lbs.					
D. Glover	450	300	480	1230	
D. Johnson	475	205	405	1085	
Masters (40-49)					
181 lbs.					
M. Steck	425	295	405	1125	
(50-59)					
D. Pittman	135	—	—	—	
R. Layman	—	—	—	—	
198 lbs.					
(40-49)					
S. Clark	525	340	—	—	
220 lbs.					
(60-69)					
B. Jordan	450	275	425	1150	
242 lbs.					
(40-49)					
S. Hines	580	375	575	1530	
J. Culliton	570	350	545	1465	
275 lbs.					
(40-49)					
Guest Lifter					
K. Tillman	930	—	640	1570	
Open					
181 lbs.					
J. Blankenship	550	315	445	1310	
P. Lathrop	315	250	455	1020	
198 lbs.					
Guest Lifter					
P. Harrington	—	—	—	—	
220 lbs.					
M. Rufail	530	350	520	1400	
J. Mullens	510	330	530	1370	
C. Hendrix	—	—	—	—	
242 lbs.					
T. Irby*	800	315	630	1745	



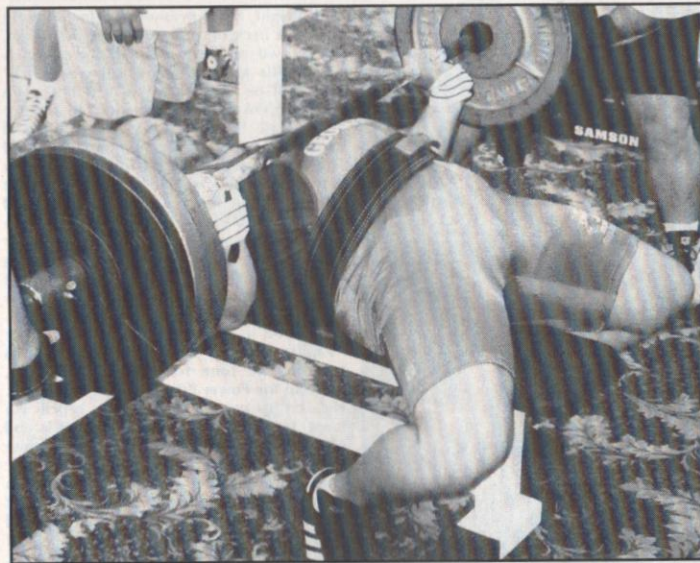
The Best Male Lifter at the APF/AAPF South Carolina Open was TOBY IRBY... seen above squatting 800 lbs. (Michael Soong photos)

B. Summers	485	315	500	1300
T. Moore	—	—	—	—
275 lbs.				
T. Brown	600	450	545	1615
B. Chatham	700	—	—	—
R. Boynton	—	—	—	—
J. Floyd	—	—	—	—
308 lbs.				
P. Deaver	540	340	475	1355
WOMEN				
Masters (50-59)				
97 lbs.				
W. Burnette*	255	180	290	725
Masters (50-59)				
165 lbs.				
B. Roby	205	140	225	570
Open				
123 lbs.				
B. Webster	175	125	175	475
165 lbs.				
L. Whitlock	155	195	265	615
181 lbs.				

S. Krupinski 425 305 435 1165
*Best Lifters. The APF/AAPF held its first meet of 2005 at CSU. We had 29 powerlifters and 14 bench only lifters. They came from Florida, Georgia, South Carolina, North Carolina and Virginia to compete in this our fourth meet since the APF/AAPF returned to SC, under the chairmanship of Capt. Will Millman. Wayne Pullum was again our head referee, guiding the side judges to rule in a consistent manner. Jason Alderman was on the platform. Tim Mast and Billy Bridges plus a crew of spotters and loaders from Columbia, mentored by Donnie Thompson and Marc Bartley. They kept the meet safe. Guest lifter, Phil Harrington from Georgia, was on hand trying to set a new all time squat record of 910 lbs. @ 198. Big Karl Tillman from Columbia, SC, our other guest lifter, is on his way to the APF Masters Nationals in May. We all wish him success. And then there was "WANDA". Wanda Burnette,

WM 97 from Horseshoe NC, the "best female lifter" at our 12/11/04 meet in Columbia at USC. She was so far ahead of all lifters during the "best of" calculations, she would have bested our "best male" lifter. We were looking forward to her strength and determination. After the rules briefing, I started the lifting with Dennis "The Menace" Pittman from Jacksonville, FL, doing a small squat. He was saving his energy to attempt, "what he came for", a record bench in his APF MM division to match his records in the squat and deadlift. After three super attempts at 370+ Phil's 1/2 kg. record breakers he called it quits. Nobody ever tried harder. Great job Dennis, you'll get it next time. Next up was Laura Whitlock lifting for the first time with us in WO 165. The squat is a new lift for her, but she worked herself up to 155. She got her opening bench at 185 and then 195. She was stopped, but barely, at 210. Her deadlift was solid, 235, 255, and 265 for a total of 615, a first place trophy and four new SC State records. Barbara Roby lifting in WM 165 had a great day, going 9x9. She squatted 205, benched 140 and deadlifted 225 to total 570 for a first and adding to each of her SC State records. Good job Mom! Buffie Webster, a first time competitor in WO 123, works out at Jungle Gym in Columbia under the expert training of Donnie Thompson (2005 WPO SHW Champion). She opened with a 175 lbs. attempt at the squat and made it. Her next 2 attempts at 200 were a little too much. Missing her opening bench of 125, she came right back to make it on her 2nd attempt but was unable to get 135. She had two nice deadlifts at 150 and 175 but 200 did not go. Buffie totaled 475 earning her a 1st place trophy and 4 SC State records. Welcome to Powerlifting! At 96 lbs. and 53 years young, Wanda Burnette gives no indication of what's to come. She is a GREAT lifter! In WM 97 her 255 lbs. squat was 30 lbs. heavier than her winning squat in December. She benched 170 and 180 before stalling at 190 and then getting up holding her shoulder, in obvious distress. The CSU sports medical staff worked on her shoulder and after a few hours, she was ready to deadlift - and did she ever! She pulled up 255, 275 and then with an amazing effort she was successful with 290 lbs. @ 96 lbs. - 3x her bodyweight. Totaling 725 lbs. for a 1st place trophy. When factoring in the Reshel and MAM coefficients for calculating best lifter, she totaled an awesome 2301 lbs. to earn the

"Best Female" trophy again. Looking at the numbers unofficially, I would say that we have seen an Elite lifter perform. Thanks Wanda. Thanks Bill. Our next squatter was Paul Lathrop in MO 181 from Lexington, SC training at Waites Fitness. He missed his first 2 attempts at 315, but came back with determination to make his 3rd. He benched 250 and deadlifted 455 to total 1025 for his 2nd place MO 181. Next up was a very muscular WO 181 Stella Krupinski from Virginia. An accomplished body builder this was her 1st Powerlifting meet and we are glad she made the trip down. An easy opening squat of 365 led to a disappointing 2nd attempt with 405. Instead of coming back at 405 for her 3rd attempt, she (with coach Grant Austin) upped the ante to 425 which she powered up with determination. Strong bench presses at 275 and 305 and then 3 big deadlifts up to 435 lbs. brought her total to 1165 and a 1st place trophy and unofficial runner-up for "best female" lifter with 1822 lbs. by co-efficient. If Stella were a SC resident she would be chasing Stacey Manley's records. David Johnson, a 16 year old high school student from Hilton Head SC, being coached by George Haslam, for his 1st competition was our next lifter. Dave squatted 405 and 475 (beating his personal best by 20 lbs.), was stopped by a 505 attempt. He benched 205 and deadlifted 405 to total 1085 for a 1st place trophy and a new SC State record in the squat in J/T 220. Our next lifter was Michael Steck in MM 181. He is the current SC State record holder in his division. He opened with squats of 405 and 425 (which is a new record) but could not get 445. He benched 295 and set another new State record with a 405 deadlift. He totaled 1125 for a 1st place trophy. Bill Jordan, a super master lifter from Virginia was next. He gets better and stronger with each meet. At 62 years young and a solid 220 lbs. he had a perfect day going 9x9. He had successful squats of 405, 425 and 450, benches of 225 245 and 275, deadlifts of 405, 415 and 425. His choice of attempts is just right for him. Totaling 1150 lbs. he beat his December total by over 100 lbs. Good job Bill! Rick Layman from Total Gym in Columbia was up next lifting in MM 181. He was not able to get his squat on track today and was out after 3 great attempts. He leaves his SC State records in tact but I know he'll be back looking to break those records next time. New lifter Doug Glover a 17 year old high school student here in



Best Bench Press of the South Carolina Open: 565 by Jeff Abbott.

Charleston had a great day. He squatted 450, benched 300 and deadlifted 480 for a total of 1230 lbs. and a 1st place trophy in J/T 198. Doug established all new SC State records in his division. I know we will see more of him in the future. Blake Summers, another 1st time competitor 20 years old in MO 242, came up from Lake City, FL. He squatted 485, benched 315 and deadlifted a big 500 lbs. for a total of 1300 lbs. and a 2nd place trophy. Jason Mullens, also a new lifter in MO 220 from Rock Hill, SC was next up. "Indigoracer" started with the 1st opening 500 lbs. squat of the meet and aced it! Up to 510 on his 2nd attempt but couldn't quite make his 3rd at 530. He benched 330 and then had 3 solid deadlifts up to 530 lbs. totaling 1230 lbs. for a 1st place trophy. His deadlift set a new SC State record in MO 220. Up next was Troy Brown, "Mighty Mouse" from Charleston, SC. He started with an easy 500 lbs. squat, moved up to a solid 600 lbs. on his 2nd attempt but 650 stopped him cold. He opened with 400 lbs. in the bench, made it easily but was out of his groove in his 2nd attempt of 450. For his 3rd attempt he tried 450 again and this

time he muscled it up for 3 white lights. He deadlifted 565 to total 1615 lbs. for a 1st place trophy in MO 275. The 2nd squat lifts began with master lifter Steve Clark @ 198 lbs. He trains at Maximus Barbell in Columbia SC and is the current SC State record holder in his division. He opened with 510 lbs. and then on to do 525 only to be stopped at 550. He struggled with his bench presses of 340 and finally got it on his 3rd attempt. Not able to get his deadlift he was out of today's meet, but he will be back. Our next lifter was Mark Rufail MO 220 who had a lot to prove to himself after the December meet. His 1st attempt at the squat was 530 lbs. which he just missed but came back to nail it on his next attempt. He raised the bar to 565 for his 3rd attempt but couldn't get it. The 530 squat is 80 lbs. over his State record of 450 in J/T 220. His bench of 350 was 50 lbs. over his best. Today was his day to deadlift, with attempts of 440, 475, and 520, it looks like "he's back". Totaling 1400 lbs. he earned a 1st place trophy. Preston "Beef" Deaver moving up to MO 308, was out of his groove on his 1st squat attempt, but came back to make the

540 on his 2nd attempt, which is 90 lbs. above his J/T 308 record of 450. He benched 340 and deadlifted 475. (again both lifts way above his previous records)...He totaled 1355 for 1st place. Jeff Culliton MM 242 from Virginia gets stronger and stronger with each meet. Just a step behind Stewart Hines in his division, he posted good lifts of 570 in the squat, 350 bench and 545 in the deadlift to total 1465 lbs. and 2nd place. With his coach and mentor Bill Jordan at his side it looks like this bodybuilder is a for real "powerlifter". In MO 181 Jeremiah Blankenship put up some big numbers to run away with his division title. Missing his 1st two squat attempts, he came back with a triple body weight lift of 550 lbs. and got it, breaking his personal record by 45 lbs. He benched 315, again a new personal record, but could only deadlift 445 today. He totaled 1310 lbs. and earned a 1st place trophy. Stewart Hines, from Hilton Head SC, looking really strong in MM242, is the current SC State record holder. He made his opening squat of 550 but couldn't get going with 575 on his next attempt. Coming back, he nailed 580 on his 3rd attempt. He benched 375 and deadlifted 575 to total 1530 for a 1st place trophy. Next up was Travis Moore from Blythewood SC competing in his 1st Powerlifting meet @ MO 242. He was unable to get his squat on track and was out after 3 attempts up to 605. We're looking forward to seeing Travis again. Chris Hendrix in MO 220, a current SC State record holder from Elgin SC, also had trouble with his squat today. His 3 attempts at 600 lbs. just would not go. "He'll be back". Next lifter was Randy Boynton from Jacksonville FL in MO 275. Three big attempts of 650, 705, and 730 just would not go. Thanks for making the trip Randy. You'll get it next time! Brian, "Big Country" Chatham from West Jefferson NC was up next in MO 275. He got his 1st squat of 670 lbs, but had trouble with his 2nd attempt with a big 700 lbs. Going after it on his 3rd attempt, he powered it up for a new PR and our 1st successful 700 lbs. squat of the meet. His bench just would not go today. He missed attempts of 500, 530 and 530 and was out of the meet. Come see us again and bring Travis with you. Our next lifter, Toby Irby from Lake City FL in MO 242, pushed his PR of 683 out of the way by squatting a solid 800 lbs. over 3x body weight and 117 lbs. more than his previous record. His bench was only 315 today, but his 630 lbs. deadlift and a total of 1745 earned him 1st

PL USA BACK ISSUES

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

100 220, ADFPA TOP 20 132s
May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time

Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF

World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Karwoski Squats, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pryuvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Wampup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors., Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800

DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... The Rubber Band Man, the "Muscle USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk

Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louie S. TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s
Mar/00... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00... USAPL Men's, APF Srs. Pt. 1,

place in MO 242 and our "Best Male Lifter" trophy. Jay Floyd MO 275 from Douglasville GA has lifted in 2 of our meets and has made some good solid lifts. Trying to break his past records, he started out with an 800 lbs. opening attempt but it was not going to happen today. He opted out after 2 attempts. Come back Jay. You'll get it next time! And then the crowd and the other lifters exploded as our 1st guest lifter, Phil "Squatzilla" Harrington got to the platform. Phil holds the All Time, All Federation, world record squat of 900 lbs. @ 181. Today he was trying to break the all time squat record @ 198 lbs. Michael Soong, the "record man" was on hand to bear witness. Phil's 1st attempt was a "conservative" 835. He handled it easily but did not go low enough. He upped his next attempt to 865 and again 2 red lights for depth. His 3rd attempt with a "monstrous" 915 proved to be too much for even this 198 lbs. ironman today. He came crashing down, dragging 5 spotters (including Big Tex) with him. After what seemed like a long time, everyone on the platform got to their feet and proclaimed, "We're OK, no injuries WHEW!" The last of the squatters was our other guest lifter, Karl Tillman MM 275 who works out at The Compound, with Donnie and Marc, in Columbia. Karl had already qualified for the Master's Nationals and he just wanted to hone his skills. His 1st attempt of 905 was not good enough, but his 2nd with 930 lbs. (by far the biggest of the meet) was definitely good enough! That squat shattered his SC State record by almost 50 lbs. He was not successful with his 3 bench attempts (which were all over his PR), but had a nice 640 deadlift to take his SC State record up a notch. You (and your family) are always welcome at our meets. Good luck in Texas! In "Bench Only" Jenny Smith was 1st up. She is from Savannah GA in this her 1st APF meet. Her opening attempt @ 140 was nice and smooth. She also made her 2nd @ 150, but could not get her 3rd @ 160. In a limited field she earned a 1st place trophy in WO 114 and was our "Best Female Bench" winner. Richard Clarke, a student at Wando High School was next up @ 171 165 in his 1st meet. He looked strong making his opener of 175, but could not get 190 on his next 2 attempts. He earned a 2nd place trophy. Our other 1/T bench presser, Barry Vaughn came down from Greer SC with coach Mike Srock, as one of our Olympic Weightlifting demonstrators. He figured he would compete in our bench press competition. He made his 240 opener and then moved up to 250, again successfully. He was stopped @ 260. At 165 lbs. Barry earned a 1st place in his division. Master Lifter Robert Bell 52 years young from Lexington SC is the SC State powerlifting record holder, here to "bench only". With a successful 355 lbs. bench he kicked his



Wanda Burnette, the best 97 lb. woman bench in the United States for 2004, ended up with Best Female Lifter award at Will Millman's South Carolina Open.

State record up by 20 lbs. and won 1st place in his age category. Troy Jenkins was the other Olympic Weightlifting demonstrator trying his hand at the bench press. In 1/T 181 he had 3 strong lifts of 340, 345, and 350 earning him a 1st place trophy. A good job for his 1st bench press meet - he'll be back. It was good to see Carl Griggs back on our platform. An accomplished bodybuilder from Goose Creek SC, he weighed in at a solid 228. Going 3x3 today with lifts of 350, 375, and 400 lbs, he showed us that bodybuilders sure can bench press. He earned 2nd place in MM 242. Big George Haslam, lifting in Police/Fire 275, in his new casual footwear, opened with an easy 330 which he upped to 365 on his 2nd attempt and got 3 white lites before being stopped at his 3rd attempt of 380. He got a 1st place trophy for his effort. And then, "Little Superman", Eric Knight, a local HS English teacher (poetry), and as he puts it, "a genetic freak" took to the platform. At 143.1 lbs, Eric was stalking the magic 3x bodyweight bench press. His 400 lbs. opener was right on track. The 2nd attempt @ 420 was also good and the crowd loved it!! The 420 lbs. bench was almost 2.94 x

bodyweight, but he came back for 430. He gave it a heck of a try, but it would not go. The crowd and the other lifters acknowledged this great attempt and we KNOW that he'll be back to get it next time. We awarded him a 1st place in MO 148 and our "Best Male Bench" trophy. David McLeod in his 1st contest from Sumter SC looked like a solid benchpresser in MO 242. His 1st two attempts of 400 and 455 lbs. went up nicely, but he was stopped at his 3rd attempt of 500 lbs. He earned a 1st place trophy for his efforts. Next up was "Super Dave" Brown from Ware Shoals SC lifting in MO 275. David is a strong bench but could not get on track today. His 3 attempts with 425 lbs. were hard fought but no go. Dave you'll get it next time! John the "Vanilla Gorilla" Williams, lifting with us for the 2nd time from Summerville SC, trains at the Power Pit with Doug Ricafrente. He's on his way to the 500 lbs. bench. He went 3x3 today with lifts of 440, 465, and 480 for 1st place in MO 275. Next time John, 500! Another 500 lbs. predator, Eric Hubbs was up next. He has lifted with us in our last 2 meets and is one of our biggest supporters. He even took the ref test and is now one of our judges. A little lost without his motivation partner, "Killer", he sought out and found a Pernick to slap him around (just a little). He pushed up his current SC State record of 480 on his 1st attempt but just could not get that "500 lbs. monkey" off his chest on his next 2 attempts. The 480 earned him 1st place in MM 242, and he remains as the State record holder. "Coach" Brantley Waites was next. He is the SC State Powerlifting record holder in MO181 and was here today to push his 500 lbs. record bench up a notch. Today was not that day. Attempts of 500, 555, and 600 all proved to be too much. Brantley is a strong powerlifter @ 181 and he'll be back. Our last bench presser in MO 308 was Jeff "Byrd" Abbott up from Lake City FL. A big man @ 292 lbs, his 565 opener was good, but a 2nd attempt with 615 was too much and he opted to stop but still earned a 1st place trophy for his effort. Come back and see us again as we know you'll get it. We had a great meet and look forward to many more. Many thanks to my wife and partner Marge. Without her help this would not be possible. Kudos to Mr. Haney, Diana, Kim, Warren, Jeff and Katie, Tim, Billy, David, Jason and family, Doc, Charlie, Scott, Brian, Leon, Kay, Lisa, Allison, Larry, JR, Lee Ray, Lenny, Doug, Eric, Richard and his crew, Mike Srock, Billy Warren, Tex Henderson, Jared Bruff, Grant Austin, Sue Finley, CSU, Donnie, Marc and all of our valuable sponsors. This was our first meet for the benefit of Special Olympics and we look forward toward developing a good working relationship with them. (Thanks to Will Millman for providing the results to Powerlifting USA)

AAU Drug Free NY Big Dawg 16 APR 05 - Clyde, NY

DEADLIFT	M. Kaufman*	325	600	935
MEN	220 lbs.			
181 lbs.				
(35-39)	S. MacCheyne*	290		
LifeTime				
G. Rendino*	530!			
220 lbs.				
(40-44)				
M. Peters	410			
275 lbs.				
(40-44)				
M. Brown*	550			
308 lbs.				
(35-39)				
Valezquez*	350			
BENCH				
MEN				
198 lbs.				
(16-17)				
B. Mosher*	330!			
308 lbs.				
(40-44)				
Open				
BP				
DL				
TOT				
M. Gerken*	160!	300!	460	
MEN				
11 + Under				
132 lbs.				
V. Becker*	95!	190!	285	
(14-15)				
148 lbs.				
D. Smlth	160	315	475	
165 lbs.				
J. Didas*	230	315	545	
A. Dean	150	325	475	
181 lbs.				
(14-15)				
E. Houseknecht*	150	230	380	
198 lbs.				
(65-69)				
J. Collazo*	250	425!	675	
(16-17)				
M. Bailey*	310	455	765	
220 lbs.				
(14-15)				
J. Brown*	300	480!	780	
220 lbs.				
(14-15)				
A. Hayes	305	405	710	
Open				
C. Mineo*	365	510	875	
(60-64)				
B. Shields*	250	325	575	
P. Foti*	230	365	595	
242 lbs.				
(16-17)				
J. Prior	320	515!	835	
(18-19)				
D. Morgan	—	520	—	
Open				
D. Eddy	440	550	990	
275 lbs.				
(45-49)				
D. Kingwater*	—	485	—	

K. Bowen* 335 600 935 (40-44)
M. Harrison 430 540 970 SHW (45-49)
T. Brown* 300 525 825

! = American Records. * = Lifted Raw. The AAU Drug Free NY Big Dawg Record Breakers was sold out and held at Donselaars Party House, the official home for all of my AAU meets. We had great food and great hosts, Scott Molisani/Rich Donselaar. And special kudos to Barb and the kitchen staff. A great day of drug free lifting took place with 8 NYS Bench records being set, 4 American records being set, 13 NYS deadlift records were set. NYS bench records were set by Mindy Gerken, Vincent Becker, Jacob Didas, Juan Collazo, Alex Hayes, Brian Shield, Justin Prior, Ken Bowen, Brennan Mosher, Michael Kauman, and Leo Cichelli. American Bench records were set by Mindy Gerken, Vincent Becker, Brennan Mosher and Leo Cichelli. Leo, you are absolutely awesome. You are without a doubt one of the best raw lifters in the country, by age group, weight class, and drug free. Thank you to you and the Legends of Power for sponsoring this meet. AAU NYS deadlift records were set by Mindy Gerken, with a very impressive 300# lift; Vincent Becker, Dan Smith, Jacob Didas, Aaron Dean, Juan Collazo, Jeremy Brown, Justin Prior, Dustin Morgan, Ken Bowen, and Gene Rendino. It was a fine day of lifting. I would like to thank my national referees RL Murray, Jason Stafford, and Terry Stafford. Also my set up and tear down crew and my spotters: RL Murray, Jason Stafford, Terry Stafford, Mark Howell, Brian and Howard. Without these great people there would be no meets. My wife Michelle, who deals with everything thrown at her during these meets and keeps rolling. Until next time, train drug free! (Thanks to Steve "Big Dawg" Rogers, AAU NY Chair, for results)

25th Central Ohio Bench Press 26 MAR 05 - Circleville, OH

WOMEN	S. Boardman	520
Hardbarger	M. Chenos	505
V. Curry	242 lbs.	
MEN	T. Ball	605
Teen	R. Freiwald	525
D. Hoff	440	440
D. Haddix	355	275
D. Sowers	225	D. Welch 625
148 lbs.	J. Vest	450
R. Donley	335	J. Ritzier 410
198 lbs.	308 lbs.	
J. Elick	500	D. Raines 425
J. O'Brien	365	SHW
T. Ashbrook	340	D. Weaver 405
220 lbs.		Master (40-44)

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikeseil Squats 1107, Louie on the Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware



The Team Champions at the Central Ohio Bench Press Championships: was actually the contest host Circleville Barbell Club - front row, l-r, Derek Weaver, Jon Elick, Barry Sowers, Rich Donley; back row, l-r, Donnie Haddix, Dave Raines, Dustin Sowers. (photograph was provided by courtesy of Jon Elick)

I. Thomas	490	R. O'Brien	400
B. Sowers	425	Master (55-59)	
M. Grimsley	415	M. Brown	400
M 45-49		M 60+	
D. Wilson	555	C. Workman	280
Wigglesworth	425		

in March. This year, we wanted to provide something different to increase crowd involvement and give the lifters a little something extra. We asked several sponsors for items to give away and raffie. Michelle Kampen and The Powerlifting Superstore made one raffie winner very happy by donating a brand new Rage-X bench shirt! Michelle also threw in a stack of coupons worth 10% off any order, which were given to all the class winners. Wes Kampen and Monster Muscle Magazine provided 150 free issues, which were quickly grabbed up from the table. We also provided 2 free magazine subscriptions for our raffie and outfitted our spotting & loading crew with t-shirts. APT ProWristStraps gave us numerous items for the event, including t-shirts, training logs, wrist wraps, and of course several

sets of their famous lifting straps. Rick Brewer and House of Pain sent 2 gift certificates worth \$20 each for any item in the HOP lineup. Finally, Mike Lambert of Powerlifting USA donated a case of various issues to add to the reading enjoyment of all who attended. I would like to personally express my appreciation to our meet sponsors. It really takes a meet to the next level when powerlifting related companies get involved. The audience and lifters certainly got a pleasant surprise with the raffies and giveaways. I want to emphasize the responsibility that we, as lifters, have to support these companies. They go out of their way to sponsor lifters, sponsor meets, and provide great service. Make sure we return the favor by ordering our gear and supplies from them. Until next year - stay strong! (These results courtesy Jon Elick)

AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz! Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00 ... Tao of Competition Pt. 1, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Gary Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen -

Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275's
Jun/01 ... Stouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, TOP 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Gary Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno,

Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoemer Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF

World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikeseil Interview, TOP 100 132s
Oct/02 ... 556 squat @ 132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokov Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP

Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikeseil Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15

Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All

Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s
May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

USAPL Southeast Regional
6 NOV 04 - Ft. Lauderdale, FL

BENCH	P. Curry	314			
WOMEN	198lbs.				
165 lbs.	Master-2				
Master-1	A. Speech	270			
C. Mette	220 lbs.				
154	P/F/M				
MEN	A. Deck	452			
114 lbs.	Open				
Open	M. Ferrantelli	573			
J. Szparaga	Open				
143	Master-2				
Youth	G. Walker	375			
J. Szparaga	D. Grossman	248			
143	242 lbs.				
148 lbs.	Open				
Open	C. Szparaga	364			
Yarborough	P/F/M				
320	C. Szparaga	364			
Master-2	SHW				
Chakravorty	Open				
243	C. Szparaga	364			
165 lbs.	P/F/M				
Master-3	C. Szparaga	364			
W. Tinkler	SHW				
237	Open				
181 lbs.	C. Dixon	524			
Open	A. Snider	502			
M. Miller	BP				
320	DL				
Master-3	TOT				
WOMEN	SQ				
132 lbs.	BP				
Master-1	DL				
D. King	116	276	573		
148 lbs.					
Collegiate					
J. Wiersma	149	105	220	474	
165 lbs.					
Master-1					
C. Mette	243	154	276	672	
114 lbs.					
Collegiate					
K. Scheppe	220	165	320	705	
148 lbs.					
Junior					
C. Lui	496	375	491	1361	
G. Ruiz	507	331	507	1345	
181 lbs.	281	325	463	1069	
Collegiate					
M. Banach	281	281	303	865	
Open	T. O'Malie	468	320	441	1229
P. Chang	M. Brown	281	325	463	937

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Master-1	254	209	314	777	T. Mason	353	265	325	942
Master-3					220 lbs.				
P. Curry	314	314	397	1025	Junior				
198 lbs.					G. McCaulley	551	314	502	1367
Open					Open				
C. Lui	496	375	491	1361	K. Robinson	551	380	551	1483
J. Wilsey	507	331	507	1345	M. Britt	309	231	342	882
M. Brown	281	325	463	1069	242 lbs.				
Master-1					Teen-3				
T. O'Malie	468	320	441	1229	D. Beers	518	314	551	1383
M. Brown	281	325	463	937	J. Scott	320	303	353	976
Open					Open				
Master-2					K. Middler	562	408	474	1444

M. Lowe	507	347	474	1328
Master-3				
A. Arrington	496	320	513	1328
275 lbs.				
Open				
J. Dundon	143	435	562	1141
Master-1				
Silverbloom	634	364	612	1609
SHW				
Open				
A. Snider	628	502	601	1731
S. Knowles	601	452	502	1554
M. Nelson	55	55	66	176

The 2005 USAPL Southeastern USA Regional Championships was a great success! Lifters from five (5) states appeared for the championship from Florida, Alabama, North Carolina, Oregon, and California. USAPL National competitor Mike Ferrantelli stroked a very easy 260 kgs./573 lbs. on his third attempt to take top honors at the championship. It is my prediction that he will exceed 600+ plus at his next championship, with a clear possibility of breaking the three or single lift IPF World Record. Brenda Lemus was presented with a special award from the Guatemala Powerlifting Federation (IPF member) for her services in assisting with establishing the Central America sub-regional federation and championships. On a final note, this event would have not been possible, if it were not for the following people who volunteered to assist with the championship. Special thanks go out to Mike and Karen Ucciardi, Julian and Adeline Ulvang, Dan Matthews, Jim Dundon and the Florida Gulf Coast University Powerlifting Team, Dick Giller, Coach Preston of Nova Southeastern University, Inzer Advance Designs, World Gym of East Ft. Lauderdale, and Tropical Gym of Margate. Further information on USAPL Florida Powerlifting can be found at: www.geocities.com/floridausapl. Thank you and see you next time! (Thanks to Rob Keller, Interim Co-Chair FL, for results)

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

24-26 JUN, Prairie State Games (BP), Fenton High School, Bensenville, IL. Eric Stone - Sport Commissioner, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com.

25 JUN, AAU Potter, Steuben, Allegany Counties Youth PL (PA) Zeke Wilson

25 JUN, APA Indy BP/DL/Push-Pull Combat (Indianapolis, IN), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

25 JUN, 100% Raw PLF National BP/PL Championships (Sanford, NC) www.rawpowerlifting.com, rawlifting@aol.com

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

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

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

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

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

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

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

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

25,26 JUN, WNPf Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road,

Youngstown, OH 44515, 330-792-6670

26 JUN, Wally World Bench Press (drug free raw, St. Louis, MO), www.wallyworldpower.com, www.usaplnationalpower.com, www.sonlightpower.com, wallywld@nothnbut.net, Nancy, 314-832-6465, popeyedldf@aol.com, Jim Bell 314-894-1532, sonlight@netcare-il.com, Darrell Latch, 217-253-5429

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, tommc56@earthlink.net

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

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

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

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

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

9 JUL, USAPL Seattle Summer Classic (Seattle, WA) Paula Houston, 4709 S. Hudson St., Seattle, WA 98118 or 206-760-8724

9 JUL, APF/AAPF Chicago Summer Bash II, Velocity Sports Performance, Willowbrook, IL. Eric Stone - Sport Commissioner, 630-892-7793, Thestone@chicagopowerlifting.com, www.chicagopowerlifting.com

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

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

9 JUL, Downtown Sportsfest BP/DL, Mike Laudenberger 425 S. 15th St., Allentown, PA 18102, 610-434-9333

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

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

10 JUL, WNPf USA Open Championships & Women's Nationals (Atlanta, GA) WNPf, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

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

15,16 JUL, APF/AAPF Firecracker Push/Pull Open, "Step up or Step

COMING EVENTS

Aside" (WPC Rules, Police/Fire, Open, Men, Women) - 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, theymlasvegas@earthlink.net.

16 JUL, Greystone's Battle of the BP (Teen, Juniors, Women, Open, Assisted, Unassisted - Rivera Family Fitness, Birmingham, AL) Pete Bouchard, c/o Rivera Family Fitness, 210 Doug Baker Blvd., Birmingham, AL 35242, 205-995-5505 or 205-992-5247

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

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

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

16 JUL, P.L. BP on the Ohio River (open, teen, women, masters - Huntington, WV) Willie or Chris Williams, 307 Shorr St., Huntington, WV 25702, 962-5129

16 JUL, World Games

16 JUL, USAPL Forum Fitness BP (women, teen, masters, open - Glen Carbon, IL) Maureen Post, 618-616-5260, mpost57@sbcglobal.net

16 JUL, AAU Tioga, Lycoming, Centre, Blair, Cambria, Huntingdon, and Clearfield Counties Youth PL (PA) Zeke Wilson

16 JUL, AAU Cornhusker State Games (Lincoln, NE) Howard Huffman, Don McElravy

16-17 JUL, IPA World Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet echaillet@aol.com or Mark Chaillet at 717-495-0024, chailfit@suscom.net.

17 JUL, SLP St. Louis Open BP/DL Championship (Pontoon Beach, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions)

APF/AAPF/WPO Schedule

- 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
 - September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
 - 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 & Anu Turtiainen
 - November 19th, AAPF Southern States, Kieran Kidder
 - December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder
- Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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

23 JUL (New Date), PPL South-eastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

23 JUL, WABDL House of Pain Push Pull Nationals (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

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

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

23 JUL, USAPL Carolina Clash PL & BP Championships - Cleveland Mall, NC. Rob Wess at rwess@darrcam.com or 704-538-6099.

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

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

23-24 JUL, USAPL PL Championships at the Tropical Games of the

Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.

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

29-31 JUL, APWC Worlds (United National Qualifier - Chicago, IL) 3 8 6 - 7 3 4 - 3 1 2 8, worldpowerlifting.org

30 JUL, The New Gym BP APF/AAPF Summer Slam (W. Hempstead, NY) Shauna Mendelson & Chris Taylor, 516-993-6378, www.lentv.net

30 JUL, NASA Total Body Fitness Summer Classic BP/PP/PS (Paintsville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com.

30 JUL, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or 763-545-8654

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

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

30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

30,31 JUL USAPL Seminole Classic (Tallahassee, FL). All weight classes and divisions. Robert Keller/Les Cramer, www.seminoleclassic.com.

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

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

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

5 AUG, NAP PL Open Senior Nationals, Bob Garza, 281-820-5923.

6 AUG, APF/AAPF Pennsylvania State PL/DL, Keith McNeish, 237 Meadowfield Ln., Jefferson Hills, PA 15025, 412-400-1675

6 AUG, 2nd USAPL Maximum Metal Outdoor BP (Dunmore, PA) Jason Richardson, 570-341-7665, 570-840-4462, JRicha3593@msn.com

6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 AUG, APA Heavy Metal BP/DL/Push-Pull (Taylorville, IL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

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

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 Nation-

als & 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, APF California State (full meet), Scott Mendelson, 818-399-0905, www.scotmendonson.net

7 AUG, USAPL Tennessee Extreme PL, Floyd Lawson, 1744A Bennett Circle, Harriman, TN 37748, 865-882-6400

7 AUG, USAPL Hawkeye Open PL/BP (Sioux City, IA) Bryan Getchell, 713-258-4965, myweb.cableone.net/bgetch20

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

13 AUG, 10th Granite State Open BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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'berville, 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

Bench America Qualifiers

23 July - WABDL House of Pain Push Pull Nationals, Sheraton Brookhollow, Dallas, Texas. Qualifier for Bench America. No Deduction. Every Bencher has to wear a single ply shirt and every bench presser qualifying for Bench America must also do a deadlift.

6,7 August - WABDL House of Pain National BP/DL Championships, Sheraton Airport Hotel, Portland, Oregon. Normal WABDL rules. Double ply shirts allowed. Come see the beautiful Northwest -- Oregon and Washington -- two of the most scenic states in the country.

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 503-901-1622

(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 & Masters Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aasports.org

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

14 AUG, 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, USAPL Southern Regional (Radisson Hotel, Tucson, AZ) John Pena, 520-312-2110

20 AUG, NAS Hudson River Strongman (Milton, NY) Steve Mann, 845-489-2304, steve@purepowerlifting.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.virginiausapl.com

20 AUG (New Date), WNPFL Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterfields@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, SQBPD@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 - Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdzz@aol.com

Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078, Josh Law, 605-665-2705, lawmerica@hotmail.com, www.upfsd.com.

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

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-713-3080, www.americanpowerliftingcommittee.com or www.irondawg.com.

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

27 AUG, 2nd Drug Free Summer Time Splash Southern Ohio PL/BP (Moraine, OH) David Ricks, 937-435-2127, RICKS181@HOTMAIL.COM

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

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

27 AUG, USAPL 2nd Annual Southern OH PL & BP Championships, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127.

27 AUG, WABDL Scandinavian BP/DL (WABDL World Qualifier - Tampere, Finland) Sakari Selkainaho, 358-14-423-856

28 AUG, Central BP League & Enormous PL 15th Endless Summer Class Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-903-4586, www.enormous.biz

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

AUG, WPO Qualifier (sanctioned APF) 386-734-3128, worldpowerlifting.org

1 SEP, APA Palm Beach Open PL/BP/DL/Push-Pull (Palm Beach Gardens, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

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

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

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, pwrifters@msn.com, www.powerliftingca.com, 661-333-9800

10 SEP (new date), NASA New

UPCOMING WNPFL MEETS DRUG FREE POWERLIFTING

Jun 25-26 - Drug Free Nationals, Youngstown, OH. For this event call Ron @ 330-792-6670

July 10 - USA Championships, Atlanta, GA

August 6 - Single lift Nationals & Ironman Nationals Atlantic City, NJ

August 14, Motown Open, Detroit, MI. For this event call Dick @ 269-521-4031

20 August, Ralph Peace Memorial/NC Championships, Asheville, NC

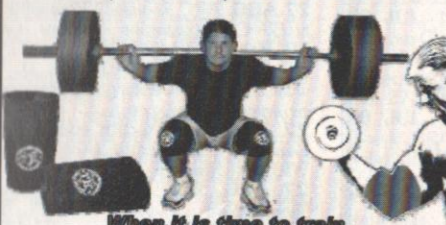
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Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

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, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

17 SEP, WNPF Upstate NY II PL/SQ/DL/BP/PC (Clyde, NY) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

17-18 SEP, USAPL Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopts@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) Nationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifed@cs.com

17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, Sci Fit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

17 SEP, APF Northern California Open, John Ford, 650-303-7518

17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire. Olympic weightlifting exhibition). Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com

17 SEP, NPA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516

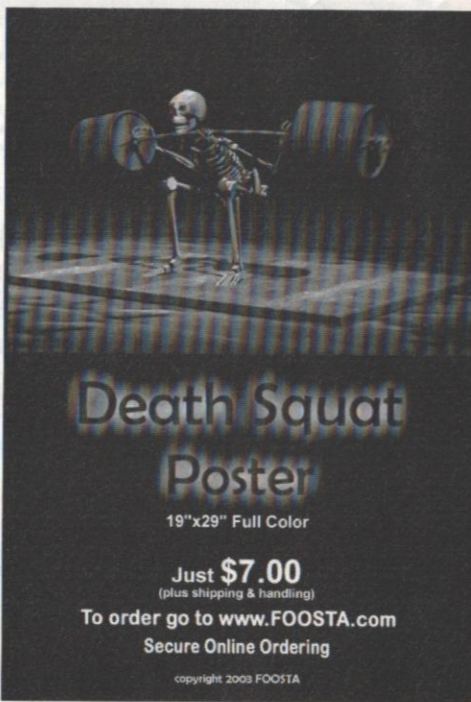
24 SEP, NAPA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoese, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhpower.com

24 SEP, 100% Raw Tri-State Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

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

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

24 SEP, SLP OPEN NATIONAL POWERLIFTING / BP / DL CHAMPIONSHIP (Tuscola, IL) Son Light



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24 SEP, NAPA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 SEP, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, quad4hoover@peoplepc.com

24,25 SEP, APF/AAPF Sin City Ironfest, "Bring it



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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), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 179 842-2137

lesterwfields@aol.com

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY")

1 OCT, 2nd Ironman PL/BP (Cleveland, OH) Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624, garykanaga@roadieshock.org

1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

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

1 OCT, WPA/APA World BP/DL/Strict Curl (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

1 OCT, SLP FALL BENCH PRESS/DEADLIFT CLASSIC (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

stown, OH 44515

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

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

7-9 OCT, WPO Semi-Finals & WPO BB4Cash @GNC SOS (Atlanta, GA), 386-734-3128, worldpowerlifting.org

8 OCT, NAPA Big River Classic (full meet, BP/PS), Tobey & Daryl Johnson, Blytheville, AR.

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Oregina, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

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

8 OCT, NAPA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

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

15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

15 OCT, 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

15 OCT, NAPA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

7-9 OCT, WPO Semi-Finals & WPO BB4Cash @GNC SOS (Atlanta, GA), 386-734-3128, worldpowerlifting.org

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

8 OCT, NAPA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

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

15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

15 OCT, 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

15 OCT, NAPA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

22 OCT, NAPA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoese, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhpower.com

22 OCT, 1st NAPA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

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

22 OCT, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest, continually conducted DRUG-FREE meet in Penn-

Vegas, NV - AAPF, NAPA, AAU, USPF joint effort), 386-734-3128, worldpowerlifting.org

15 OCT, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwriftr@msn.com, www.powerliftingca.com, 661-333-9800

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports.org or aapower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

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

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

22 OCT, NAPA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoese, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhpower.com

22 OCT, 1st NAPA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

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

22 OCT, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest, continually conducted DRUG-FREE meet in Penn-

sylvia Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

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

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

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

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

29 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY, Steve Rogers 315-365-3377, Seeper67@tds.net

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

OCT, 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

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

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

OCT, NASA Kentucky Regional 'PL'ing, BP, Push/Pull & Power Sports, Louisville, KY, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail gvhl@wirefire.com

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Anu Turtiainen Helsinki, Finland, 386-734-3128, worldpowerlifting.org

5 NOV, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164,

UPCOMING SLP COMPETITIONS

11 JUNE - SLP Superman Classic BP/DL Championship (Metropolis, IL)

25 JUNE - SLP Men/Women Teenage & Open Women Nationals BP/DL (Tuscola, IL)

16 JUL - ANPPC World Cup PL/BP/DL

30 JUL - SLP Open World BP/DL Championship

304-273-2283, gvhl@wirefire.com, www.vhepower.com

5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-4-475-9885, www.northernvirginiarawpower.com

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

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

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman

12 NOV, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

12 NOV, ADAU BP/DL Meet (raw/

drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

12 NOV, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

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

12 NOV, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.ipfworlds.com

8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch,

503-901-1622 or 763-545-8654

19 NOV, Sacramento Open PL/ Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytrifefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

19 NOV, AAPF Southern States, 386-734-3128, worldpowerlifting.org

19 NOV, YMCA Nationals (Austin, TX) We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com

19 NOV, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

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

26 NOV (NEW DATE), NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141, 626-1142, jduree7086@aol.com, www.lenexastrengthandfitness.com

deleNOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

NOV, APF Northern California, John Ford, 650-303-7518

NOV, Mass/Rhode Island State Open PL, Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com

2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797

MARTIN J. DRAKE@BOEING.COM

3 DEC, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

3 DEC, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

3 DEC, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW

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50th, Lincoln, NE 68524, 402-470-3672

3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

3-4 DEC, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org

3,4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA)

Robert Keller, rhk@verizon.net, 954-384-4472

10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-687-4182, timanderson@hntel.net, www.usapl-ne.com

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

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

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

10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA, 30214, 678-817-4743 or wnpf@aol.com

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

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

10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

11 DEC, SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

31 DEC, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

27-29 JAN 06 - 2005 AAU World Championships (three lifts) and **International Bench Press Contest** (Richmond, VA - Holiday Inn) aapower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225

14 JAN 06, APF Michigan Bench for Cash, Jim Harborme, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharborme@comcast.net

11-12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

25 MAR, AAPF 10th annual Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

MAR 06, Mass State Open High School Powerlifting Championships, Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com

MAR 06, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

19-23 APR, IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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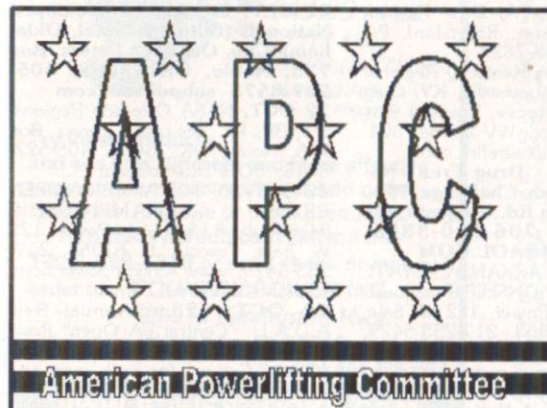
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June 25, 2005 APC Open & Novice, Fresno, Ca., BOB PACKER (559) 322-805

July 8, 9, 10, 2005: GPC Americas Cup, and APC National Powerlifting and Bench Press Championships, This is an international meet

August 13, 2005 San Diego Open, James Kegrice www.kegricegym.com

August 13-14, 2005 APC Region I, Dayville, Ct., Scott Lee, 860-779-0673.

August 27, 2005 APC Region III, L B Baker 770-725-6684 cell 770-713-3080

September 17, 2005 APC Northern California Open, John Ford 650-303-7518

October 17-23, 2005: Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships, Dessau, Germany.

December 11, 2005 52nd. ANNUAL IRON MAN BOB PACKER (559) 322-6805

For more information, www.americanpowerliftingcommittee.com

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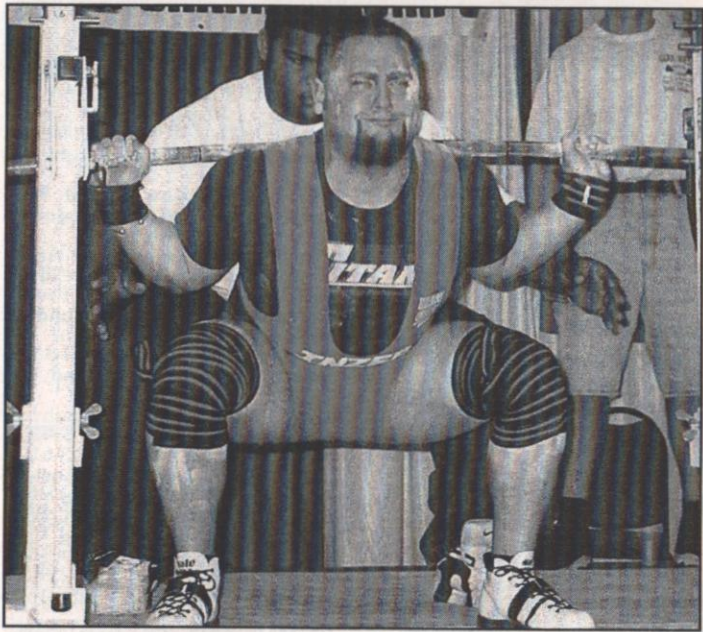
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USAPL American Open
11 DEC 04 - King of Prussia, PA

BENCH		110 kgs.	
MEN		K. Stephens 210	
90 kgs.		125+ kgs.	
Open		B. Gillispie 312.5	
M. Coleman 245		Master-1 (40-49)	
100 kgs.		B. Gillispie 312.5	
Open		R. Murhon 170	
Master-1 (40-49)		R. Murhon 170	
WOMEN		SQ BP DL TOT	
44 kgs.		Open	
D. Aliminoso 85		45 117.5 247.5	
Master-2 (50-59)		D. Aliminoso 85	
48 kgs.		45 117.5 247.5	
Teen-1 (14-15)		A. Bunting 62.5 35 82.5 180	
52 kgs.		Open	
D. Hariston 107.5 70		132.5 310	
Teen-1 (14-15)		M. Galarza 67.5 40 77.5 185	
Master-2 (50-59)		D. Hariston 107.5 70	
56 kgs.		132.5 310	
Open		G. Parsi 87.5 55 125 267.5	
Master-2 (50-59)		G. Parsi 87.5 55 125 267.5	
60 kgs.		Teen-2 (16-17)	
K. Morris 107.5 60		160 327.5	
High School Varsity		A. Welcome 105 50 120 275	
67.5 kgs.		Open	
G. Moore 60		50 95 205	
Teen-1 (14-15)		R. Weber 65 60 110 235	
Teen-2 (16-17)		T. Crockwell 85 55 112.5 252.5	
C. Mundy 95		40 105 240	
Master-1 (40-49)		K. Jones 105 92.5 125 322.5	
Master-2 (50-59)		B. Salerno 60 40 107.5 207.5	
G. Moore 60		50 95 205	
Guest Lifter		P. Ribic 232.5 150 247.5 630	
75 kgs.		Open	
T. Schiffer 132.5 75		137.5 345	
R. Lair 117.5 75		137.5 330	
J. Johnston 57.5 57.5		102.5 217.5	
P/F/M		R. Lair 117.5 75 137.5 330	
Open		L. Chappelle 77.5 42.5 107.5 227.5	
Master-1 (40-49)		T. Smith 55 62.5 87.5 205	
82.5 kgs.		Open	
M. McLean 115		72.5 175 362.5	
Master-1 (40-49)		M. McLean 115	
72.5 175 362.5		Guest Lifter	
L. Blyn 180		120 202.5 502.5	
90 kgs.		Teen-1 (14-15)	
P. Keo 95		35 127.5 162.5	
90+ kgs.		Teen-2 (16-17)	
L. Hannegan 72.5		52.5 117.5 242.5	
R. Wilcox		67.5 147.5 215	
MEN		44 kgs.	
Youth (10-11)		N. Litowksy 47.5 27.5 62.5 137.5	
48 kgs.		Youth (0-11)	
C. Dantzler 32.5		28 70 130.5	
52 kgs.		Open	
C. Dantzler 32.5		28 70 130.5	
56 kgs.		Teen-1 (14-15)	
J. Ladson 87.5		62.5 105 255	
Guest Lifter		D. Holloway 227.5 125 220 572.5	
60 kgs.		Guest Lifter	
M. Kuhns 232.5		155 172.5 560	
Open		J. Kavarnos 175 107.5 195 477.5	
Master-2 (50-59)		J. Kavarnos 175 107.5 195 477.5	
67.5 kgs.			



Jim Nicolosi squatting 644 at the American Open (Jimmy Kavarnos)

Open		M. Petraca 205		132.5 220 557.5	
M. Santiago 145		115 192.5 452.5		T. Pinkett 62.5	
S. McIsaac		— — — —		P/F/M	
M. Santiago 145		115 192.5 452.5		Teen-1 (14-15)	
M. Polimeni 130		— 152.5 192.5		V. Volpone 87.5	
72.5 112.5 272.5		B. Tate 127.5		75 165 367.5	
High School JV		M. Polimeni 130		— 152.5 192.5	
Junior (20-23)		M. Petraca 205		132.5 220 557.5	
J. Schwartz		— — — —		Master-1 (40-49)	
L. Weinstein 237.5		137.5 265 640		Master-3 (60-69)	
J. Pelligrino 182.5		145 165 492.5		75 kgs.	
Open		M. Cagliola 245		187.5 222.5 655	
N. Royer 180		181.5 192.5 552.5		G. Johnson 70	
80 130 280		Guest Lifter		E. Nickson 272.5	
180 270 722.5		Teen-1 (14-15)		C. Barzhof 115	
75 117.5 307.5		R. Feldman 97.5		67.5 137.5 302.5	
J. Larue		— — — —		Teen-2 (16-17)	
A. Gitto 210		132.5 212.5 555		Teen-3 (18-19)	
M. Hastie 265		— — — —		B. Csont	
— — — —		B. Karpinski 227.5		157.5 215 600	
N. Royer 180		170 192.5 554		Collegiate	
N. Royer 180		170 192.5 554		B. Csont	
— — — —		Master-1 (40-49)		J. Braca 230	
137.5 275 642.5		B. Snyder		— — — —	
Master-2 (50-59)		N. Theodorou 182.5		95 260 537.5	
G. Hummel 150		160 195 505		R. Lambert	
— — — —		82.5 kgs.		Open	
A. Joseph 227.5		175 255 657.5		M. Ciupinski 217.5	
197.5 222.5 637.5		T. Craig 235		130 260 625	
M. Reulan		— — — —		P/F/M	
R. Rosati 275		— — — —		Guest Lifter	
S. DiCataldo 275		— — — —		R. Wagner	
— — — —		Teen-1 (14-15)		J. Carl 92.5	
40 115 247.5		Teen-3 (18-19)		B. Chwiecko 207.5	
125 195 527.5					

Boczkowski 200		152.5 200 552.5	
High School JV		D. Snyder 150	
85 165 400		T. Slizovskiy	
— — — —		Master-1 (40-49)	
R. Wenner 287.5		210 287.5 785	
Delsignore 277.5		1925 272.5 742.5	
J. Sullivan 275		180 — 455	
Master-3 (60-69)		S. Chatis 187.5	
130 217.5 535		110 kgs.	
J. Smith 195		110 207.5 512.5	
Teen-2 (16-17)		McClafferty 162.5	
110 182.5 455		Open	
R. Ebner 312.5		205 280 797.5	
M. Shirey 295		182.5 287.5 765	
T. Skelly 290		192.5 272.5 755	
F. Peters 200		192.5 225 617.5	
Master-2 (60-64)		W. Morris 60	
182.5 60 302.5		4th-BP-183	
Master-1 (40-49)		M. Bowen 232.5	
142.5 227.5 602.5		S. Schmidt	
— — — —		Junior (20-23)	
J. Pierce 207.5		162.5 265 635	
C. Infurna 240		150 240 630	
High School Varsity		J. Reim 245	
150 230 625		High School JV	
D. Snyder		— — — —	
Collegiate		C. Infurna 240	
150 240 630		125 kgs.	
Open		D. Shiffer 335	
237.5 312.5 885		J. Plante 240	
262.5 240 742.5		D. Ratchford 272.5	
215 215 702.5		S. Michelson 245	
160 240 645		P. Owens 205	
155 250 610		P. Andrich	
— — — —		Guest Lifter	
C. Dippre 382.5		217.5 310 910	
Teen-3 (18-19)		D. Spears 245	
152.5 237.5 635		Master-1 (40-49)	
S. Michelson 245		160 240 645	
R. Olinger		— — — —	
125+ kgs.		Open	
E. Stumpf 320		255 320 895	
J. Fiss 332.5		240 272.5 845	
M. D'Amore 282.5		205 257.5 745	
T. forella 255		155 237.5 647.5	
W. Jones		— — — —	
(Thanks to Robert Keller for the results)			

USPF 7th RMAC Push Pull
18 DEC 04 - UT (kg)

BENCH		(20-23)	
WOMEN		A. Somerville 182.5	
Open		110 kgs.	
52 kgs.		M. Cordova 235	
(50-54)		J. Gibson 220	
H. Miller 67.5		(40-44)	
60 kgs.		R. Bills 172.5	
C. Hammer 45		125 kgs.	
82.5 kgs.		(60-64)	
(45-49)		E. Acey 185	
L. Shendow 87.5		SHW	
Master (50-54)		(40-44)	
52 kgs.		D. Marchant 277.5	
H. Miller 67.5		Master (40-44)	
82.5 kgs.		67.5 kgs.	
(45-49)		Edmondson 137.5	
L. Shendow 87.5		90 kgs.	
MEN		Cunningham 180	
Teen (16-17)		(45-49)	
67.5 kgs.		E. Reyes 185	
(18-19)		100 kgs.	
Shellhammer 320		265 435 1020	
K. Tucker 340		250 430 1020	
D. Swingle 305		220 465 900	
M. Hitcho 320		225 420 965	
C. Fox 315		210 385 910	
Michalegko 275		260 370 905	
J. Sabratori 450		325 475 1250	
J. Savage 280		315 600 1195	
N. Ruppert 355		270 525 1150	
K. Kluczynski 360		250 500 1110	
D. Kuhns 380		265 430 1075	
R. Fornelli 320		215 415 950	
220 lbs.		M. Herrera 162.5	
Cunningham 180		152.5 SHW	
J. Adams 142.5		(40-44)	
C. Thomas (20-23)		D. Marchant 277.5	
M. Benales 125		DEADLIFT	
100 kgs.		WOMEN	

Open		(40-44)	
60 kgs.		R. Bills 250	
C. Hammer 117.5		140 kgs.	
82.5 kgs.		B. Mont 320	
(45-49)		SHW	
L. Shendow 115		D. Edgell 295	
90+ kgs.		Master (40-44)	
D. Richards 190		67.5 kgs.	
Master (45-49)		Edmondson 232.5	
82.5 kgs.		100 kgs.	
L. Shendow 115		A. Romay 145	
MEN		(60-64)	
Teen (16-17)		B. Davis 292.5	
67.5 kgs.		(40-44)	
E. Reyes 130		R. Bills 250	
82.5 kgs.		125 kgs.	
T. Allen 192.5		(55-59)	
Open		D. Shock 190	
82.5 kgs.		(50-54)	
R. Rhinehart 260		G. Anderson —	
90 kgs.		C. Thomas 260	
140 kgs.		(60-64)	
M. Benales 182.5		M. Herrera 237.5	
100 kgs.		A. Somerville 265	
110 kgs.		J. Gibson 272.5	

This meet was held at Stroops Fitness Club. Best Open Bench Press: Dave Marchant. Best Ladies Bench Press: Hedy Miller. Best Teen Bench Press: Thomas Home. Best Master Bench Press: Dave Marchant. Best Open Deadlift: Richard Rhinehart. Best Ladies Deadlift: Dawn Richards. Best Teen Deadlift: Thomas Allen. Best Master Deadlift: Bud Davis. (Thanks to RMAC for providing these contest results to PL USA)

2005 ADAU Great Lakes
2 APR 05 - Erie, PA

WOMEN		SQ BP DL TOT	
Open		114 lbs.	
B. Steffan 185!		95 280 560	
123 lbs.		L. Snyder 260!	
150! 350 760!		4ths: 265!	
375!		K. Ott 130	
95 200 425		148 lbs.	
M. Sedor 185		95 275 555	
198 lbs.		V. Muscato 250	
145! 325! 720!		Teen (14-15)	
123 lbs.		K. Ott 130	
95 200 425		Master (40-44)	
114 lbs.		B. Steffan 185!	
95 280! 560!		MEN	
Open		132 lbs.	
M. Kuhns 470!		290! 390 1150!	
4ths: 291		391	
A. Ellis 280!		155 325 760!	
4ths: 156		326	
148 lbs.		M. Lamparter 310	
235 390 935		D. Perhacs 270	
200 385! 855		R. Ennis 170	
115 215 500		165 lbs.	
R. Cruz 430		295 485 1210	
N. Theodorou 400		210 560 1170	
J. Stazer 400		240 520 1160	
S. Walters 335		235 435 1005	
D. Stein 285		220 400 905	
D. Fairchild 250		155 280 685	
181 lbs.		Hersperger 455	
330 565 1350		D. Heintzel 365	
275 500 1140		J. Siegel 400	
235 490 1125		Shellhammer 320	
265 435 1020		K. Tucker 340	
250 430 1020		D. Swingle 305	
220 465 900		M. Hitcho 320	
225 420 965		C. Fox 315	
210 385 910		Michalegko 275	
260 370 905		J. Sabratori 450	
325 475 1250		J. Savage 280	
315 600 1195		N. Ruppert 355	
270 525 1150		K. Kluczynski 360	
250 500 1110		D. Kuhns 380	
265 430 1075		R. Fornelli 320	
215 415 950		220 lbs.	
M. Herrera 162.5		SHW	
C. Thomas (20-23)		D. Marchant 277.5	
M. Benales 125		DEADLIFT	
100 kgs.		WOMEN	



At the 42nd annual ADAU Great Lakes Contest (l-r) Don Reinhardt, Joe Oregia (Joe's Gym Team), Nick Theodorou (Twin City Team)

R. Jenks 440		280 560 1220	
V. Brown 360		290 480 1130	
B. Dove 320		245 450 1015	

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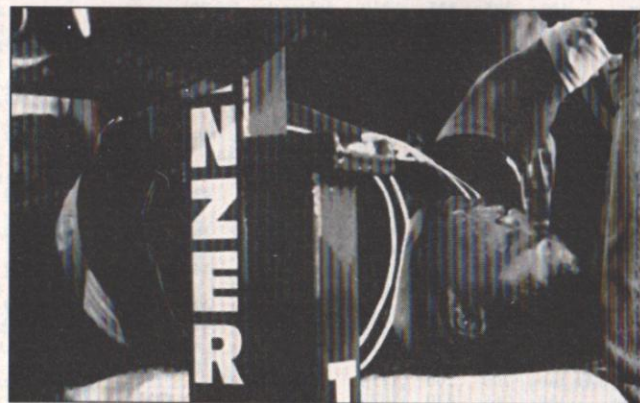
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- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
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Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

- Inzer Intensity** - multi-color deadlift design \$10.00
- OFFICIAL MEET T-SHIRTS**
- Baddest Bench in America** - multi-color design \$10.00
- Hawaii World Record Breakers** - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

30th USPF West Virginia State		FEMALE		SQ	BP	DL	TOT
19 MAR 05 - S. Charleston, WVA		198 lbs.					
SQUAT		220 lbs.					
FEMALE		(15-16)					
198 lbs.	Teen 915-16)	K. Cerda	104	99	209	412	
(15-16)	J. Schoolcraft 319	SHW					
K. Cerda	Submaster	(15-16)					
104	D. O'Brien 402	L. Morris	66	99	187	352	
SHW	Master (50-54)	MALE					
(15-16)	J. Rubenstein 523*	148 lbs.					
K. Morris	Master (55-59)	(15-16)					
66	D. Hall 385	L. Tribbie	259	170	308	738	
MALE	275 lbs.	N. Patton	220	154	308	682	
148 lbs.	Teen (16-17)	(16-17)					
(15-16)	J. Young 319*	J. Pauley	225	209	369	803	
L. Tribbie	308 lbs.	181 lbs.					
259	Teen (18-19)	Master (45-49)					
165 lbs.	J. Estill 402	W. Faw	385	281	385	1051	
(16-17)	181 lbs.	Master (50-54)					
J. Pauley	Teen (16-17)	T. Ballengee	259	231	319	803	
198 lbs.	D. Hartman 402*	198 lbs.					
W. Derr	198 lbs.	(16-17)					
485	Teen (15-16)	B. Snodgrass	203	203	374	780	
Senior	B. Rinehart 440*	Junior					
Kwitakowski	Holley BP	W. Derr	485	336	479	1300	
600	D. O'Brien 451	D. Patton	385	264	374	1023	
220 lbs.	165 lbs.	MALE					
Teen (15-16)	Teen (16-17)	Submaster					
Schoolcraft	G. Ballengee 253	D. Patton	385	264	374	1023	
303	181 lbs.	Master (65-69)					
Submaster	Teen (16-17)	D. Dolin	198	198	253	649	
D. O'Brien	198 lbs.	Senior					
451	Teen (15-16)	A. K??	600	402	551	1553	
Law/Fire	D. Hartman 220	220 lbs.					
Master (50-54)	J. O'Laughlin —	Teen (15-16)					
J. Rubenstein	Master (60-64)	J. Schoolcraft	303	275	319	897	
402*	K. Samples 220	Submaster					
Master (55-59)	198 lbs.	D. O'Brien	451	347	402	1200	
D. Holl	Open	Master (45-49)					
352	B. Brown 413	Master (45-49)					
275 lbs.	E. Bailey 347	Law/Fire					
Teen (16-17)	198 lbs.	Master (50-54)					
J. Young	Submaster	J. Rubenstein	402*	325*	523*	1250*	
308 lbs.	D. Lewellyn 391	Master (50-54)					
181	Master (55-59)	c. Brua	187	198	264	649	
Teen (18-19)	220 lbs.	Master (55-59)					
J. Estill	D. Hall 352	D. Hall	352	264	385	1001	
325	198 lbs.	242 lbs.					
DEADLIFT	Open	Submaster					
FEMALE	B. Brown 413	R. Harbert	556	534*	556	1646	
Teen (15-16)	E. Bailey 347	Master (40-44)					
198 lbs.	K. Cerda 209*	Master (40-44)					
K. Cerda	D. Lewellyn 391	R. Perkins	352	380	413	1145	
209*	Master (55-59)	Law/Fire					
SHW	B. Samples 303	Master (45-49)					
K. Morris	220 lbs.	B. Reynolds	55	314*	55	424	
187*	Law/Fire	Master 955-59)					
MALE	Open						
Teen (15-16)	D. Wamsley 336						
148 lbs.	Master (40-44)						
L. Tribbie	D. Snodgrass 391						
308*	275 lbs.						
165 lbs.	Open						
Teen (16-17)	P. Mirandi 468						
J. Pauley							
369*							
198 lbs.							
W. Derr							
479							
Senior							
Kwitakowski							
551							



John Messinger from Holley Strength Systems presents Scotty Holroyd from Balzout (standing at right) in Nitro, West Virginia with a plaque thanking him for over 10 years of support of the USPF State Powerlifting Championships. (photograph provided courtesy of John Messinger)

C. Stanley 485 341 551 1377
 275 lbs.
 Teen (16-17)
 J. Young 181 225 319 725
 Submaster
 J. Simone 584 451* 584 1619
 Senior
 J. Simone 584 451* 584 1619
 308 lbs.
 J. Estill 325 203 402 930
 *State records. For thirty years, powerlifters here in West Virginia have rallied around the USPF state powerlifting championship. Other organizations have tried to copy this success, yet with the exceptions of Greg Van Hoose, and the energy that he too has pumped into our

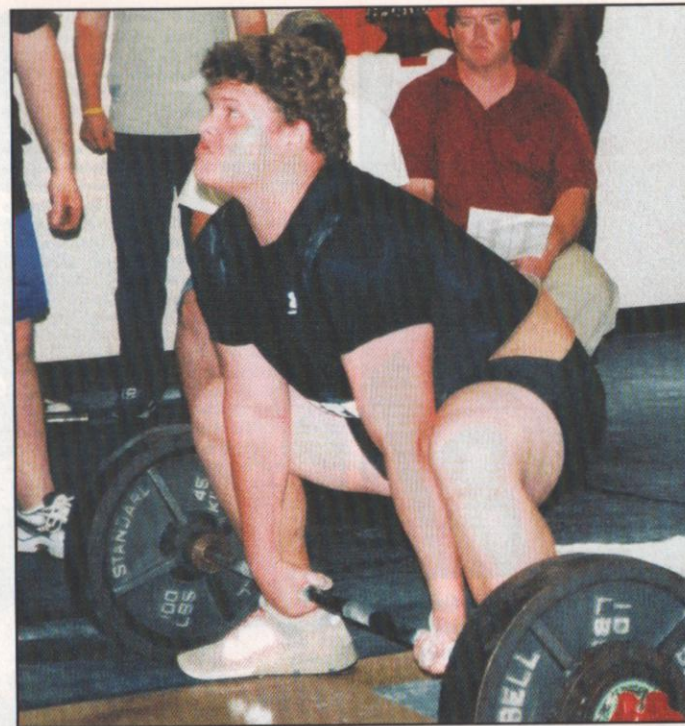
sport, nobody can lay claim to the longevity and success the USPF has long experienced here in West Virginia. The key to the years of success can be attributed plain and simple to the lifters. The results of the contest indicate that our lifters continue to put forth quality efforts in support of West Virginia's oldest and most established powerlifting organization. Another key to our success has been our dedicated meet officials. Starting with the godfather of powerlifting here in West Virginia, Vince White, and the Holley Strength Club, members to our long time and most loyal sponsor, Balzout, in Nitro, West Virginia, we could not be more grateful. We all thank you very much and we appreciate all your hard work, dedication and unselfish efforts. The proceeds from our contest go to help sponsor and support the athletic boosters programs at South Charleston High School. We at the Holley Strength System are very honored to be able to contribute to a very worthy and just cause. The young athletes that these proceeds go to help deserve every quality opportunity that we can present to them and we hope our efforts help fund programs that will benefit the student athletes. (Thanks to John Messinger for providing the results)

USAPL Shamrock Showdown
 12 Mar 05 - Bellefonte, PA

148 lbs.	SQ	BP	DL	TOT
G. Cottman	410	325	430	1165
165 lbs.				
O. Williams	435	310	530	1295
J. Kling	500	295	440	1235
W. Young	500	245	475	1220
181 lbs.				
R. Serrano	600	340	560	1500
B. Conway	500	340	520	1360
N. Leslie	550	355	—	—
198 lbs.				
N. Horton	500	375	500	1375
220 lbs.				
S. Shoulars	650	485	675	1810
B. Shannon	625	385	600	1.610
M. Evans	650	350	600	1600
J. Granison	550	365	550	1465
242 lbs.				
W. Skelley	690	415	670	1775
A. McFerrer	715	425	560	1700
P. Hartig	515	335	515	1365
275 lbs.				
G. Lowe	905	475	750	2130
SHW				
J. Smith	730	400	640	1770
J. Felton	655	425	655	1735
Outstanding Light Weight Lifter: Rafael Serrano. Outstanding Heavy Weight Lifter: Gregory "Beetle" Lowe. (results - USAPL)				

APA Southern States
 26 MAR 05 - Jackson, MS

BENCH	Submaster	BP	DL	TOT
132 lbs.	C. McMullin 420			
Junior	Drug Tested			
J. Morrow 315	C. McMullin 420			
181 lbs.	242 lbs.			
Drug Tested	Teen			
M. Ledbetter —	T. Smith 345			
Submaster	Submaster			
B. Permenter 350	J. Gousset 455			
198 lbs.	275 lbs.			
Drug Tested	Teen			
J. Burdette —	C. Waddell 315			
220 lbs.	Master-1			
Teen	T. Tidwell 415			
D. Peirce 405	308 lbs.			
Open	Submaster			
C. McMullin 420	J. Micka 625			
E. Downey —				
165 lbs.	BP			
Drug Free				
M. Story	250	450	700	
181 lbs.				
Master-2				
J. Barlow	360	475	835	
220 lbs.				
Master-2				
g. Alles	375	400	775	
Master-3				
H. Long	325	375	700	
114 lbs.	SQ	BP	DL	TOT
Teen				
L. Bean	175	115	230	520
165 lbs.				
Junior				
G. Smith	415	305	480	1200
R. Saxton				
198 lbs.				
Submaster				
J. Smith	600	500	525	1625
220 lbs.				
Open				
J. Steen	650	450	600	1700
J. Morson	635	185	575	1695
B. Dean	435	325	460	1220
Teen				
W. Guice	500	240	405	1145
Junior				
C. Card	475	350	550	1375
Master-3				
R. Jinks	385	325	505	1215
242 lbs.				
J. Jackson	525	330	580	1435
275 lbs.				
Open				
B. Haynes	650	560	—	—
308 lbs.				
Teen				
J. Staubs	530	310	450	1290
Best Lifter Powerlifting: Jason Morson.				
Teenage Best Lifter Powerlifting: Jeremy Jackson.				
Drug Free Best Lifter Bench Press: Joe Morrow.				
Best Lifter Bench Press:				

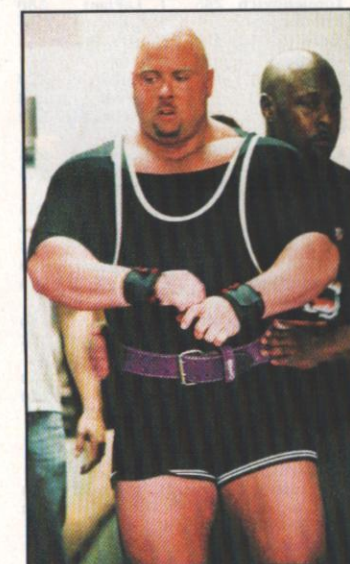


16 Year Old JOHN STAUBS totaled 1290 at the APA Southern States

John Micka. Best Lifter Push-Pull: James Barlow. Best Lifter Deadlift: Renee Belair. Special thanks to Scot Long and the YMCA for providing an excellent venue and fantastic spotters and loaders. I would also like to thank Brent Smith and Pete Bouchard for judging the entire meet. Judging was strict, consistent, and fair. Lots of great lifts were performed and several records were set that will be noted on the APA website. The APA returns to Jackson on July 23. I look forward to seeing many of you there. Special thanks to PL USA for sponsoring this event and several other APA events this past year. (Thanks to Scott Taylor, APA President, for providing the results)

Travis AFB Push/Pull
 11 DEC 04 - Travis, AFB, CA

WOMEN	BP	DL	TOT
123 lb. Pickett	100	200	400
132 lb. Myers	100	275	375
148 lb. Jones	140	300	440
MEN			
132 lb. Iwacaricki	200	300	500
148 lb. Valladares	215	300	515
165 lb. Poiter	250	400	650
Lockette	250	375	625
Jones	275	325	600
Buer	225	350	575
181 lb. Gradiz	300	450	750
Kreutzer	275	400	675
Pilkington	285	375	660
198 lb. Scheuer	400	525	925
Boateng	300	550	850
220 lb. MacGregor	250	515	765
242 lb. Brannamon	250	450	700
275 lb. Weigard	325	550	875
SHW			
Guitierrez	425	550	975
Guest Lifters			
165 lb. T. Adams	300	625	925
Masters (40-44)			
220 lb. Z. Clark	500	690	1190
(Thanks to Z. Clark for these			



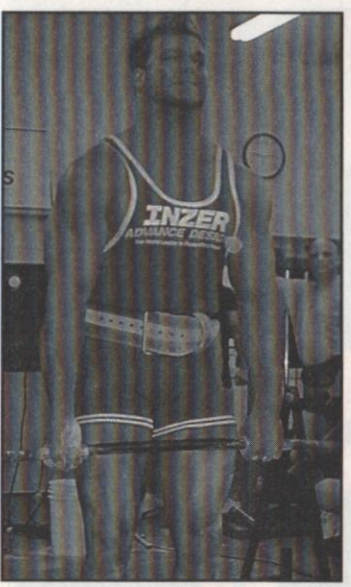
Big John Micka prepares for a successful 625 bench press at the APA Southern States Championships (photos Taylor)

Sci Fit of Georgia BP
 18 SEP 04 - Macon, GA

BENCH	T. Cambell	155
GIRLS	Raw	
Teen	165 lbs.	
C. Coker	105	255
WOMEN		
Light	J. Arrington	340
S. Cranford	95	220 lbs.
Heavy	W. Kelley	360
B. Hinton	180	225
MEN		
Novice	J. Rowland	405
181 lbs.	C. Rogers	385
J. Lowenthal	330	275 lbs.
N. Wilson	300	K. Morgan 410
198 lbs.	J. Bowens	330
J. Michael	350	Open
F. McInain	330	181 lbs.
C. Minor	300	G. Fields 450
220 lbs.	J. Lowenthal	330
W. Buckley	425	198 lbs.
M. Harris	385	S. Taylor 430
242 lbs.	M. Burdette	375
J. Belflower	365	220 lbs.
308 lbs.	M. Driggers	550
D. Harris	330	M. Gunter 445
Masters	D. Patterson	380
Med	C. Guilmette	375
P. Newson	410	242 lbs.
W. Bunkley	425	J. Rowland 500
J. Lowenthal	330	275 lbs.
Masters	C. Edalgo!	600

APA Texas State
26 FEB 05 - Houston, TX

BENCH	Submaster (33-39)	275 lbs.	450	
198 lbs.	M. Dorm	450		
W. Hinds*	Open			
220 lbs.	C. Maylone	355		
Open	Submaster (33-39)			
R. Cidzik	C. Maylone	355		
Submaster (33-39)	308 lbs.			
R. Perez	Master (40-44)			
R. Jansky	S. Burttschell			
242 lbs.	SHW			
Open	Open			
E. Wright	B. Sterling			
C. Matthews				
MEN	SQ	BP	DL	TOT
165 lbs.				
Teen (11-12)				
J. Burttschell	230!	150!	250!	630!
Junior (20-23)				
C. Golden	430	310	480	1220
198 lbs.				
Submaster (33-39)				
W. Hinds	550	430	585	1565
Master (45-49)				
R. Lee	440	315	500	1255
Routhouska	400	300	415	1100
220 lbs.				
Teen (13-15)				
S. Mize	380!	145	335	860
Open				
J. Ferguson*	560	500	660	1720
E. Adams	415	325	465	1205
242 lbs.				
Teen (18-19)				
L. Fitzgerald	515	325	435	1285
Open				
G. Alford	525	385	550	1460
275 lbs.				
Submaster (33-39)				
J. Ferguson	650	550	650	1750



Josh Ferguson with a 660 deadlift at the APA Texas State Meet (photograph Tom McCullough)

first time lifter Josh Ferguson came out on the top with a big 1720 pound total for a new Texas record and Best Lifter. Elija Adams also had a fine day with his 1205 pound total. In the 242's, first time lifter Gary Alford came up on top with his 1460 total, and teen lifter Lance Fitzgerald ended up with a 1285 total. Also lifting for the first time ever, in the 275's, Jason Ferguson ended his day with a 500 pound bench press for a new Texas record and a big 1750 total. In the bench press only division, lifting in the men's 198's, submaster Wayne Hinds pushed up a big 430 bench press while just missing 450 giving Wayne Best Bench of the day. In the 220's, submaster Raul Perez came out on top with a big 415, while Ryan Cidzik nailed 405 on his 2nd attempt and passed on his 3rd. Also in the 220's, submaster Raymond Jansky ended his day with a 375 bench. In the 242's there were some huge attempts but unfortunately no success. Erik Wright opened with a huge 615 just missing it and then giving 640 for a ride when his bench shirt blew out. Erik passed on his 3rd attempt. Chad Matthews opened with 540 just missing it and then gave 550 for an unsuccessful ride on his 2nd and 3rd attempts. Coming out on the top

of the pack, Michael Dorm nailed 450 on his 2nd attempt, giving him 1st place in the 242's. Lifting in the 275's, submaster lifter Chester Maylone ended his day with a 355 bench press. In the 308's, master lifter Steve Burttschell gave 520 a ride for three unsuccessful attempts. Back on the platform after many years, SHW submaster lifter Blake Sterling opened with a huge 675, just missing it. He came back with the same weight on his 2nd and 3rd attempts just missing it each time. Thanks to all the lifters who came out to compete our platform and all the great people who came to support them. A special thanks to our judges Steve Burttschell, Ryan Cidzik, Maria McCullough, head judge Shannon McDougal, and our spotters/loaders Brian Propst, Brian Nugier, and James Evans. Thanks also to the Burttschell family and the McDougal family for their help cleaning up after the meet. A special thanks also to Mike Lambert of PLUSA and John Inzer of Inzer Advance Designs for all of your continued support. (Thanks to Thomas McCullough for providing these results)

Statewide Meet
12 MAR 05 - Danville, IL

114 lbs.	SQ	BP	DL	TOT
Hedding	95	135	250	480
123 lbs.				
Garcia	265	225	305	795
Desario	225	165	280	670
Bertone	45	85	205	335
132 lbs.				
Hayes	370	260	400	1030
N. Abner	315	255	425	995
McClinton	200	135	185	520
148 lbs.				
Jordan	400	280	475	1155
Adams	340	325	400	1065
F. Williams	300	295	425	1020
Matthews	295	275	445	1015
Berry	315	245	405	965
165 lbs.				
Sylvester	450	275	565	1290
Jenkins	400	375	475	1250
Alexander	335	325	465	1125
Dyer	315	335	400	1050
E. Williams	235	275	390	900
181 lbs.				
Brown	625	315	650	1590
Tanzy	550	340	530	1420
Jackson	500	300	525	1325
Neal	500	305	500	1305
Booker	405	350	500	1255
Baker	370	295	450	1115
198 lbs.				
Hodges	525	410	550	1485
Navarro	565	300	525	1390
Sible	425	405	515	1028
Martin	455	315	515	1285

Gansbauer	435	365	485	1285
Booker	410	355	515	1280
220 lbs.				
Hunt	575	415	525	1515
Ball	525	435	550	1510
Jones	500	355	580	1435
Edmondson	500	370	560	1430
Walters	435	325	545	1305
242 lbs.				
Grant	585	405	650	1640
Pace*	675	330	630	1635
Jones	575	405	640	1620
Brown	525	425	575	1525
Lewis	475	365	575	1415
275 lbs.				
Day	545	435	595	1575
Householder	545	455	575	1575
Brandt	500	385	535	1420
Henderson	450	345	545	1340
Grandadam	275	315	405	995
SHW				
Ruff*	600	425	550	1575
Prince	455	270	495	1220
Turner	225	355	365	945

*=Master Lifters. 1st place team: Danville, 68 pts. 2nd place team: Dixon, 48 pts. 3rd place team: East Moline, 28 pts., 4th place team: Big Muddy, 14 pts. Thanks to Greg Watson and Groppi for running this match. (Thanks to Robert Bethel for the results)

Midwest BP/DL
19 MAR 05 - Green Bay, WI

BENCH	D. Forstner	610
FEMALE	Salscheider	570
Teen	Police/Fire	
J. Balthazor	105	181 lbs.
N. Gonzalez	85	J. Knowles 335
R. Clement	85	220 lbs.
Police/Fire	L. Malcomson	560
D. Vargas	200	M. Fleming 410
MALE	275 lbs.	
Teen	B. Giffin	365
132 lbs.	Master	
J. Birnschein	195	148 lbs.
J. Flack	135	T. Aldag 305
148 lbs.	D. Aldag	240
L. Goss	200	165 lbs.
M. Platta	190	Constantineau 345
Valenzuela	185	198 lbs.
J. Eschweler	185	P. Degeneffe 400
E. Roman	170	M. Waller 315
165 lbs.	220 lbs.	
T. Bushman	255	T. Depner 435
M. Duran	250	F. Kucharski 280
J. Helm	250	242 lbs.
J. Haas	210	M. Hill 310
181 lbs.	275 lbs.	
P. Gantner	315	M. VanBoxel 605
C. Schulz	210	D. Balthazor 555
C. Balthazor	150	Open
198 lbs.	148 lbs.	
M. Clark	330	C. Majewski 475
Tomjanovich	285	T. LaPlant 380
220 lbs.	165 lbs.	
K. Hirn	215	Constantineau 465
242 lbs.	181 lbs.	
N. Breshta	355	D. Felton 570
275 lbs.	275 lbs.	
J. Ciha	340	R. Zuege 570
SHW	198 lbs.	Anglebrandt 510
K. Kroll	365	Schoenbeck 625
D. Bishop	325	J. Rebera 565
MEN	220 lbs.	
148 lbs.	D. Lomp	700
C. Majewski	340	T. Conklin 620
D. Aldag	240	J. Irwin 585
165 lbs.	D. Cimicud	550
Constantineau	345	M. Cimicud 540
181 lbs.	242 lbs.	
Vongphouthon	390	T. Deprey 610
198 lbs.	M. Gunville	585
J. Rebera	475	275 lbs.
M. Clark	330	S. Lade 660
C. Eastman	280	B. Ambos 520
220 lbs.	DEADLIFT	
L. Malcomson	560	MEN
D. Lomp	500	Open
R. vanFossen	450	SHW
D. Cimicud	450	D. Forstner 730
M. Cimicud	435	Salscheider 700
M. Fleming	410	Master
242 lbs.	198 lbs.	
J. Mattson	500	& Under
Oudenhoven	500	Schoenbeck 625
275 lbs.	Master	
S. Lade	715	220+ lbs.
M. Vanboxel	605	P. Utic 470
SHW		

(thanks to Beyond Fitness for these results)



Steve Somerman left a little piece of his scalp on the platform after dumping this weight at Steve Denison's Western USA Cup contest.

USPF Western USA Cup
19 FEB 05 - Pasadena, CA

MEN	SQ	BP	DL	TOT
Open				
148 lbs.				
S. Layman!	584	402	512	1498
165 lbs.				
S. Somerman	385	—	—	—
T. Olson	—	—	—	—
181 lbs.				
G. Reichert	529	330	600	1460
198 lbs.				
A. Baxter	523	380	573	1476
J. Dorsten	451	374	600	1427
J. Hernandez	556	369	501	1427

55-59, squat 705, bench 507, deadlift 633, total 1846. State Powerlifting Records set: Jose Hernandez, 198 submaster, squat 556, John Dorsten, 198 submaster, bench 374, deadlift 600, total 1427. Brian Meek, 308 Master 55-59, bench 507. State Bench press Records set: Brian Meek, 308 Master 55-59, Bench 507. State Deadlift Records set: Josh Bryant, 308 Open, Deadlift 738. John Dorsten, 198 Submaster, Deadlift 600. Thanks go out to the following people - Referees: Gordon Santee, International; Ron Scott, International; Bill Ennis, International; Steve Denison, National, Meet Director; Lisa Denison, National; Rob Meulenberg, State; Gary Ridgeway, State; Chuck LaMantia, National, Announcer; Jim Merlino, National; David Foster, State. Spotter/Loaders: Carl Lux, Joe Thomas, Braid DeWeese, Gary Garcia. Sponsors: Inzer Advance Designs, California Army National Guard, Orange County Strength Club, BFC Disc Jockey, Chuck LaMantia, Fit Expo. (results courtesy Steve Denison)

16th Cabin Fever BP/DL
12 MAR 05 - Elkhart, IN

BENCH	Raw	470
WOMEN	B. Yoder	470
198 lbs.	Open	
A. Atkinson	160	220 lbs.
Teen	K. Herron	415
148 lbs.	4th-425	
M. Myers	275	J. Ballentine 335
181 lbs.	242 lbs.	
M. Rowe	215	A. Storm 450
Master	275 lbs.	
181 lbs.	J. Conley	510
F. Stokes	335	DEADLIFT
SHW	335	MEN
D. Stouder	425	Teen
Master (45+)	410	165 lbs.
Zimmerman	410	J. Smoker 275
Master (50+)	275 lbs.	Master (45+)
198 lbs.	Zimmerman	520
R. Cuny	275	Master (55+)
Master (55+)	275 lbs.	Zimmerman
242 lbs.	242 lbs.	460
Washington	330	Open
Novice	220 lbs.	
275 lbs.	J. Ballentine	525
D. Ewen	345	242 lbs.
Natural	165 lbs.	
B. Bolling	295	S. McKrindle 450
220 lbs.	220 lbs.	
K. Herron	415	275 lbs.
242 lbs.	242 lbs.	
B. Meek	705	507
633	1846	275 lbs.
C. Lambertsie	345	
D. Curry	465	

Special thanks to: Anson Wood, Jon G.

Smoker, Brian Campbell, Mike Wider, Larry Boynton., and the Reed Bros. The Cabin Fever contest has never been more appropriately named as wave after wave of snow bands hit our area, over a good three months period. Based on the results of this meet, obviously a lot of lifters just escaped the weather by pouring themselves into some productive workouts, during the late winter. Some like Brendan Yoder had also been doing their fair share of eating. He came in at an all time high of 257, put up his best ever by far and away, a 470 raw. A very athletic Matt Myers lifted in the 148 teen raw. He came close with the double bodyweight 300, still getting a very good 275. Brandon Bolling distinguished himself in the novice 165 with a 295. In the Masters, Ray Zimmerman was very pleased with his 3 for 3, finishing with 410. And so was Dennis Stouder as he got all 3 too, finishing with a pr 425. Also getting an all time best by winning the 242's open was Archie Storm, with a 450. 2nd with a pr was Scott McKrindle with 375. The lone 500 bench of the day belonged to Joe Conley with 510 at 275. And at 220 Keith Herron got a 4th attempt pr of 425. In the deadlift, Jon G. Smoker came in a little over the 148 class 16-17 teen division. He had his first 2 pr meet in quite some time, finishing with 275. At the other end of the spectrum, Mike Wider continued to will his deadlift back up to continue his trend over the last several years, miling a 4th attempt 460 at 148, 55+. Zimmerman matched his success in the bench with 3 more good attempts, to finish with 520. The best deadlift of the day belonged to Joe Conley with 605 at 275. (Thanks to Jon Smoker for these results)

USAPL Plainwell Qualifier
20 FEB 05 - Plainwell, MI

WOMEN	SQ	BP	DL	TOT
105 lbs.				
Open				
M. Shennan	210	85	250	545
132 lbs.				
T-1				
K. Cole	220	125	275	620
T-2				
M. Dennany	225	195	240	660
MEN				
114 lbs.				
S. Lynch	115	100	180	395
132 lbs.				
T-2				
G. Barker	200	135	290	325
148 lbs.				
JR				
D. O'Shea	315!	230!	315!	860!
165 lbs.				
T-2				
M. Prestidae	—	135	275	—
Open				
B. Proxmire	500	385!	515	1400
M-1				
T. Benton	—	315	—	315
181 lbs.				
T-1				
M. Feibiger	300	180	320	

AAPF 9th Frank Kostyo Memorial
19 MAR 05 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
Teen (13-15)				
165 lbs.				
C. Kirkland	210!	135!	225!	570!
4th-DL-250!				
Teen (16-17)				
114 lbs.				
K. Hutchison	240!	95!	240!	575!
123 lbs.				
S. Balliette	175!	65!	200!	440!
Junior				
148 lbs.				
A. Tribble	320!	170!	325!	815!
Open				
148 lbs.				
A. Tribble	320	170	325	815
165 lbs.				
J. Dunham	300	145	330	775
Master (40-44)				
105 lbs.				
J. Balliette	180!	95!	220!	495!
4th-SQ-190!				
123 lbs.				
M. Kirkland	345!	170!	340!	855!
MEN				
Teen (13-15)				
114 lbs.				
D. Gargauso	200	140!	280!	620!
E. Striz	185	85	230	500
B. Silk	145	85	200	430
181 lbs.				
B. Silk, Jr.	280	180	340	800
SHW				
165 lbs.				
L. Cristiani	45!	385!	225!	655!
Junior				
165 lbs.				
J. Land	380	275	430	1085
275 lbs.				
C. Briley	550	360	550	1460
Open				
114 lbs.				
S. Beasley	170	110	205	485
123 lbs.				
K. Snell	440	264	470	1175
154 lbs.				
E. Talmant	620!	300	580	1500!
198 lbs.				
D. Beasock	520	360	485	1365
220 lbs.				
D. Peterson	570	430	430	1430
T. Haynes	495	325	560	1380
242 lbs.				
J. Jordan	722	420	550	1692
M. Minster	460	340	475	1275



Margaret Kirkland had a great day at the AAPF Frank Kostyo competition, competing on the same platform as her 15 year old daughter Cari (J. McElroy photo)

J. Yong 225 380! 300 905 Master (75-79) 181 lbs.
F. Pedrosa 245! 205! 315 765 !=American Records. Coordinator: Louis Baltz. Best Female Lifter: Margaret Kirkland. Best Male Lifter: Ken Snell. The 9th Annual AAPF Frank Kostyo Memorial Powerlifting Championship got underway with the women taking to the platform first. The women's division was rather unique with two pairs of mother and daughter competitors. Cari Kirkland set all new American records in the 13-15 age group 165 lb. class with a nice 570 lb. first place total. Cari's mother, Margaret Kirkland, also set all new American records in the 40-44 age group 123 lb. class. Margaret hoisted some amazing poundage for her size. She did a 345 lb. squat, 170 lb. bench, 340 deadlift, and an 855 lb. total, which won her best female lifter of the contest. The other mother and daughter competitors also did quite well. Sunny Bailed, in her first contest, set all American records in the 16-17 age group 123 lb. class, with a nice 200 lb. deadlift and first place. Aiyisha Tribble lifted raw (very ripped) in her very first contest, and set all new American records in the 198 lb. class junior division. She also won the open class with an impressive 815 lb. total. another first time competitor was Julianne Dunham, Julie won the open 165 lb. class, with a nice 775 total. In the men's 13-15 age group, Daniel Garaguso set 3 American records in the 114 lb. class, with a first place finish over Ethan Striz and



Ken Snell, seen above with a 440 squat, is in his 30th year of powerlifting competition and says "I'm 46 and feeling like those numbers should be reversed sometimes!" (photo courtesy of Ken)

Branden Silk, respectively. Bryan Silk Jr. won the 181 lb. class, setting FL state records with each of his lifts. Livio Cristiani won the super heavyweight class, while setting all American records. In the junior division 165 lb. class, John Land set all the state records, including his 1085 lb. first place total. Chad Bailey won the 275 lb. class with a nice 1460 total. Scott Beasley has an off day, but still managed a nice 485 lb. total in the men's open 114 lb. class. Ken Snell won the 123 lb. class. Eric Talmart had an outstanding 620 lb. American record squat in the 165 lb., and another American record with his 1500 lb. total, for first place. Don Beasock won the 198's with a nice 1365 total, and Doug Paterson took first over Terrance Haynes in the 220 lb. class. Jeff Jordan was the big winner in the 242 lb. class with an impressive 1692 lb. total over second place finisher Michael Minster, and third place Don Broverman. Lawrence Widener finished with a 1295 total to win the 275 lb. class. in the men's master 45-49 age group, Ken Snell broke all the American records in the 123 lb. class and won the best lifter award with his 1175 lb. total. Doug Peterson got an American record in the bench with 430 lbs. in the 220 lb. class. he also won first place over Keith Tillman. Pat O'Brien broke the American record in the 55-59, 220 lb. class, with a 510 lb. deadlift. In the 60-64 age group, Don Broverman established an American record in the 242 lb. class, with an impressive 390 bench. Richard Zarek, who comes all the way from Pensacola, FL (an 8 hour drive), broke the American record in the 60-64, 275 lb. class with a 385 lb. bench. Johnny Yong also set a new American bench press record. Johnny benched 380 lbs. in the 242 lb. class, 65-69 age group. World class lifter, Bill Renley, had an off day, but still managed an impressive 295 lb. bench in the 198 lb. class 70-74 age group. Fred Pedrosa set the set two new American records in the 181 lb. class 75-79 age group, with a 245 lb. squat and a 205 lb. bench. A special thanks to the All American Gym, Louis Baltz, Junk Yard Dogg, Tim Calhoun, Brett Moosehead, Joe Renaldo, Dave Brown, Tom O'donnell, Nate Dunham, Johnny Best, Ann Silk, and all the lifters and spectators who keep making these meets possible. (Ken Snell)



Lewis Baltz of All-American Gym is flanked by Sunny Balliette, 15, and Julie Balliette, 41. Julie deadlifted 220 on her last deadlift attempt in her first contest, the Frank Kostyo Memorial (McElroy)

Junior (18-19)				
165 lbs.				
W. Keenan	347	198	402	1129
T. Basquez	352	Open	402	1129
Submaster (33-39)				
123 lbs.				
J. Rivera	270	148	270	606
198 lbs.				
W. Hinds	441	242	540	1243
R. Purdy	473	165	314	1152
J. Garcia	314	181	314	810
J. Laskowski	—	198	314	810
Masters (40-44)				
165 lbs.				
C. Garcia	165	220	479	864
J. Campbell	473	242	540	1243
J. Hendrix	429	275	402	1107
M. DeLaval	683	308	501	1492
308 lbs.				
C. Bryant	391	242	540	1243
Masters (45-49)				
198 lbs.				
T. Mata	391	114	314	810
Masters (50-54)				
181 lbs.				
B. Capps	303	198	402	1129
Masters (60-64)				
242 lbs.				
J. Chase	314	165	314	810
DEADLIFT				
WOMEN				
Open				
114 lbs.				
P. Metcalf	303	165	314	810
165 lbs.				
A. Hance	281	198	402	1129
V. Kling	264	198	402	1129
Submaster				
165 lbs.				
D. Kling	473	242	540	1243
Submaster (33-39)				
198 lbs.				
J. Garcia	451	292	462	1207
Junior (18-19)				
148 lbs.				
J. Marshall	523	319	485	1327
198 lbs.				
K. Clark	341	209	347	897
Junior (13-15)				
114 lbs.				
W. Hinds	573	165	314	810
220 lbs.				
R. Alanis	225	132	242	600
132 lbs.				
R. Williams	242	165	314	810
165 lbs.				
C. Cuellar	270	181	314	810
Junior (16-17)				
132 lbs.				
C. Pina	292	198	402	1129
198 lbs.				
R. Guzman	435	275	402	1129
Submaster (33-39)				
198 lbs.				
W. Hinds	567	308	501	1492
308 lbs.				
MEN				
SQ				
BP				
DL				
TOT				
Below Class-1				
181 lbs.				
D. Garcia	303	253	336	892
198 lbs.				
K. Burr	446	314	435	1195
220 lbs.				
L. Olivo	358	402	617	1631
B. Grant	—	308	501	1492
275 lbs.				
F. Espinosa	402	358	601	1504
242 lbs.				
P. Leonard	666	402	601	1669
Masters (50-54)				
275 lbs.				
D. Mullins	402	308	501	1492
Open				
123 lbs.				
M. Sparkman	804	518	501	1824
SHW				
148 lbs.				
R. Garza	672	562	606	1840
Junior (13-15)				
114 lbs.				
M. Askew, Jr.	165	93	209	467
165 lbs.				
C. Westbrook	132	77	171	380
123 lbs.				
D. SanMiguel	259	132	303	694
132 lbs.				
I. Bell	270	110	275	655
165 lbs.				
D. Bramblitt	242	159	275	677
D. Bergman	203	121	176	561
181 lbs.				
A. Kling	—	—	—	—
198 lbs.				
N. Bailey	242	154	325	722
220 lbs.				
R. Condra	413	236	457	1107
275 lbs.				
K. Gerstner	446	253	413	1113
Junior (16-17)				
132 lbs.				
D. Ryan	297	221	314	832
181 lbs.				
A. Vasquez	407	264	441	1113
R. Guzman	363	181	435	981
198 lbs.				
A. Hance	209	115	281	606
Masters				
114 lbs.				
L. Sanchez	507	297	479	1284
242 lbs.				
M. Ruiz	628	391	562	1581
Junior				
181 lbs.				
A. Kling	573	352	485	1410
D. Bennett	540	270	491	1301
L. Long	496	303	424	1223
Junior (18-19)				
148 lbs.				
J. Marshall	523	319	485	1327
198 lbs.				
A. Gana	491	281	407	1179
181 lbs.				
J. Cortez	529	352	473	1355
275 lbs.				
T. Basquez	—	—	—	—
Junior (20-23)				
181 lbs.				
A. SanMiguel	523	331	540	1394
J. Gonzales	501	303	523	1328
198 lbs.				
T. Reiniger	501	270	523	1295
C. Wiltse	303	225	347	876
220 lbs.				
J. Allen	601	352	578	1532
242 lbs.				
M. Hoff	451	225	485	1162
SHW				
181 lbs.				
B. Einhaus	699	534	551	1785
Submaster (33-39)				
198 lbs.				
W. Hinds	573	441	567	1581
220 lbs.				
C. Goode	578	385	512	1477
242 lbs.				
P. Wylie	705	501	710	1918



cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

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LAST NAME			FIRST NAME			INITIAL		
STREET ADDRESS			DATE OF APPLICATION					
CITY			STATE			ZIP CODE		
AREA CODE	TELEPHONE NUMBER	MO	DATE	YEAR	AGE	SEX	US CITIZEN	
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)		REGISTRATION NUMBER		E-MAIL ADDRESS				
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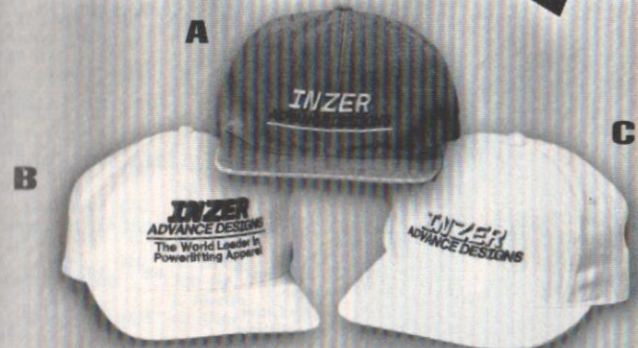
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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F. OR A.A.P.F. SIGNATURE X _____

APF Texas State Open
9 APR 05 - Round Rock, TX

BENCH		M. Laval	683
WOMEN		J. Snyder	622
Open		J. Laskowski	—
114 lbs.		M. Sparkman	518
165 lbs.		Junior (13-15)	—
Submaster		165 lbs.	—
165 lbs.		C. Cuellar	181
198 lbs.		Junior (16-17)	—
Masters		148 lbs.	—
114 lbs.		G. Saucedo	143
165 lbs.		O. Salinas	242
C. Richardson		B. Ryan	203
P. Metcalf		181 lbs.	—
Open		K. Villarreal	253
198 lbs.		220 lbs.	—
W. Hinds		J. Solomon	281
T. Mata		R. Diaz	259
242 lbs.		242 lbs.	—
L. Olivo		J. Davila	—
B. Grant		308 lbs.	—
275 lbs.		F. Espinosa	402

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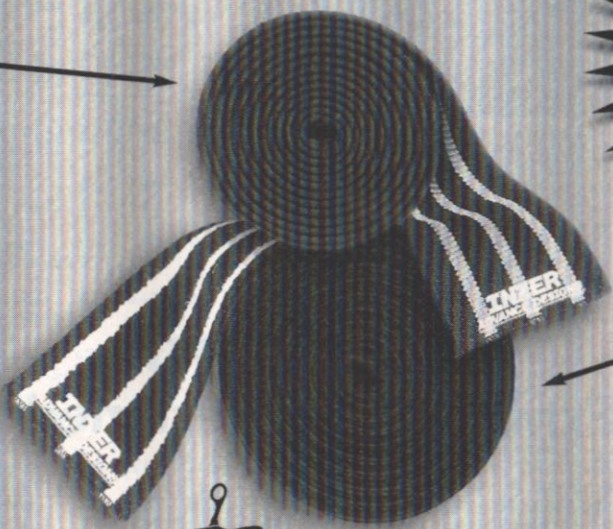
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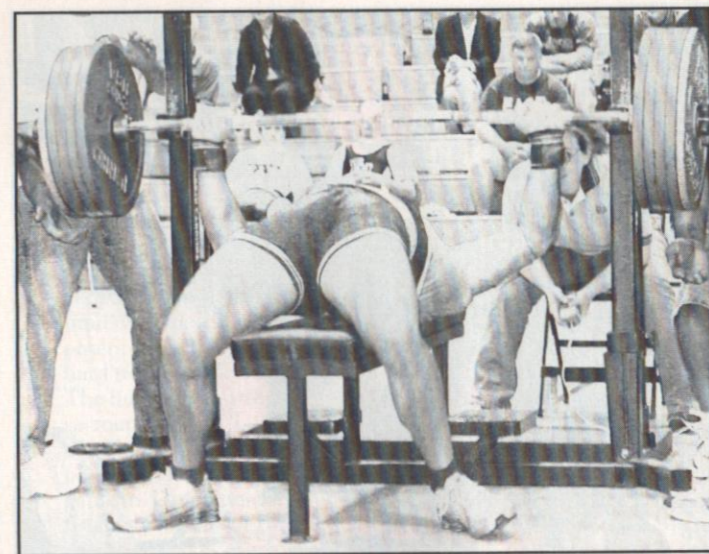
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USAPL North Carolina State
23 APR 05 - Denver, NC

BENCH	275 lbs.			
MEN	A. Gilliam	606!	SHW	
Open	Washington	474		
114 lbs.	W. Jones	176!	Masters (55-59)	
132 lbs.	V. Sumner	270!		
A. Woods	143!	Masters (50-54)		
165 lbs.	J. Deramus	160!	Masters (40-44)	
D. Maoury	—	R. Wess 265!		
242 lbs.	T. Jenkins	353	R. Sutton 220!	
MEN	SQ	BP	DL	TOT
Teen (16-17)				
A. English	480	336	557	1372!
S. Jordan	314	303	402	1020
Open				
132 lbs.				
A. Woods	215	143	364	722!
181 lbs.				
N. Miceli	303	309	402	1014
198 lbs.				
B. Schmidt	606	408	650	1664
T. Shelton	540	424	645	1609
242 lbs.				
T. Jenkins	441	353	441	1235
Masters (60-64)				
M. Lewis	502	325	502	1328!
Masters (55-59)				
V. Sumner	254	270	353	876!
Masters (45-49)				
K. Hall	502	419	540	1461!
Masters (40-44)				
B. Schmidt	606	408	650	1664!
B. Nichols	584	402	562	1549
Guest Lifter				
G. Dolan	705	441	705	1852
FEMALE				
A. Anderson	187	—	309	—



Dennis Cieri's near miss with an IPF World Record 584 bench press @ 198 at the USAPL North Carolina State Powerlifting and Bench Press Championships (photograph by courtesy of Donovan Thompson)

squat record on her opening attempt on her way to 6 records and a 309 lb. total, at a mere 101 lbs. bodyweight. The female class, decided by Wilks formula, was won by Suzette Ogbon, followed closely by Andrea Anderson. Both broke multiple state records on their way to totaling 623 lbs. and breaking a record on all 3 attempts. The teens followed and continued the record setting trend. Teen-1 class was won by Andrew Hare, breaking 7 records and totaling 959 lbs., taking the bench only title as well. In teen-2, it was Justin Eicholtz, winning both power and bench meets, finishing with a record 292 lbs. bench. The teen-3 class had two separate champions. In full power, it was up and coming Adam English, taking gold while breaking 6 records. His 1394 lb. total would have placed him in the top 5 at last year's High School Nationals at 198 lbs. and 2nd by more than 50 lbs., in the 181 lb. class. Considering he came in weighing 190 lbs. In the bench only meet, it was Brandon Adams capturing the title with a record 309 lbs. lift. The second flight was the men's open classes. The lightest competitor was Wilbert Jones. Wilbert won the bench only 114 lbs. class with a double bodyweight, record setting bench. In the

123 lbs. class, Adam Woods won both gold's in the full power and bench meets setting a total of 7 state records. Rob Wess also took both state titles, in the 148 lbs. class. Open lifter Kevin Locklear, from South Carolina, took the open 148 lbs. class. This was the biggest class and it had two separate champions. Charlie Kiziah bombed in the squats almost falling twice, but came back dominating for the bench title with a record 391 lb. lift on his opener. The full power gold went to Kurt Sokolski, who set a submaster bench record on his way to a 1356 lb. total. In the 198 lbs. class, Travis Pardue won both titles. In the full power meet, he totaled 1527 and walked away with the best lifter award. Although Travis won the state title in the bench, he was out done by world team member Dennis Cieri, from New Jersey, for the open title. Dennis slimmed down from 220 lbs. to 198 lbs., after dropping 600 lbs. on his chest 6 months ago, looked good. He finished with a bench of 568 lbs. The 275 lb. gold went to Georgian, Neil Gewirtzman, with the biggest total of the meet, 1620 lbs. This easily locked up the best bench award. At 242 lbs., another New Jersey boy put up a big number. Troy Lehrer made 540 lbs. look easy for the

gold. The biggest bench of the day came from SHW AJ Coleman Jr. AJ gave 601 lbs. a ride for the title and a state record. The experienced guys came last, with the third flight being made up of the master's lifters. It started off with a show of true strength. Masters-7 lifter, 74 year old, 181 lb. Bill Milner, won the bench gold with a record 215 lb. bench. The masters-1 class, figured by wilkes, was a well-contended class. Mark Swift won the state title with a record total of 1466 lbs., followed closely by Rob Wess, who set a masters bench record. The open title was won however, by the man from Georgia, Neil Gewirtzman. The bench title went to Robert Britt, with a 402 lb. bench, followed by Elizer Hinton Jr. with a South Carolina record bench of 386 lbs. In the masters-2 class, Kurt Hal easily won the full power meet with 1394 lb. total. Kent Walton took second but won the bench title, returning to lifting after more than 20 years. Masters-3 was the last class of the day and it had a double winner. Wayne Alsip took both titles, winning the bench with a record 375 lb. lift, and finishing the meet with the biggest pull of the day 650 lbs., for a new state record. Again, this was a very enjoyable meet for all. Starting with gift bags with freebies from our sponsors, APT Wrist Wraps, Promax, and Dick's. Next was a quickly and efficiently run meet, with great support and sportsmanship. Then finally to Battle Axe best lifter awards and free Rage X bench shirts, supplied by Inzer Advance Designs, for the bench meet winners. (These meet results provided by Donovan Thompson)

USAPL CO Winter Bench Fest
27 FEB 05 - Aurora, CO

Youth	Master-2		
114 lbs.	S. Heyl	308	
(12-13)	Master-3		
M. Roberts	J. Handley	192	
Teen	Master-1		
220 lbs.	T. Ruppert	325	
(18-19)	Master-7		
D. Kelley	C. Doggett	319	
242 lbs.	275 lbs.		
(17-18)	Master-1		
J. Walters	J. Obchchina	407	
148 lbs.	Master-2		
Open	R. Gellar	501	
A. Miller	Open		
159	165 lbs.		
Master-2	T. Rickett	369	
C. York	220 lbs.		
143	R. Treantos	429	
Masters-1	T. Howell	225	
165 lbs.	SHW		
T. Rickett	L. Ingersoll	424	
198 lbs.			

(Thanks to USAPL for providing results)

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

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

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Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
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• White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size ___ qty. ___) • Logo Patch - \$5.00 (qty. ___) (Shpg for patch: .50)
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Check/Money Order # _____ Membership Price: \$ _____

Credit Card: Visa-Mastercard-Discover Exp. Date: _____ Merchandise Total: \$ _____

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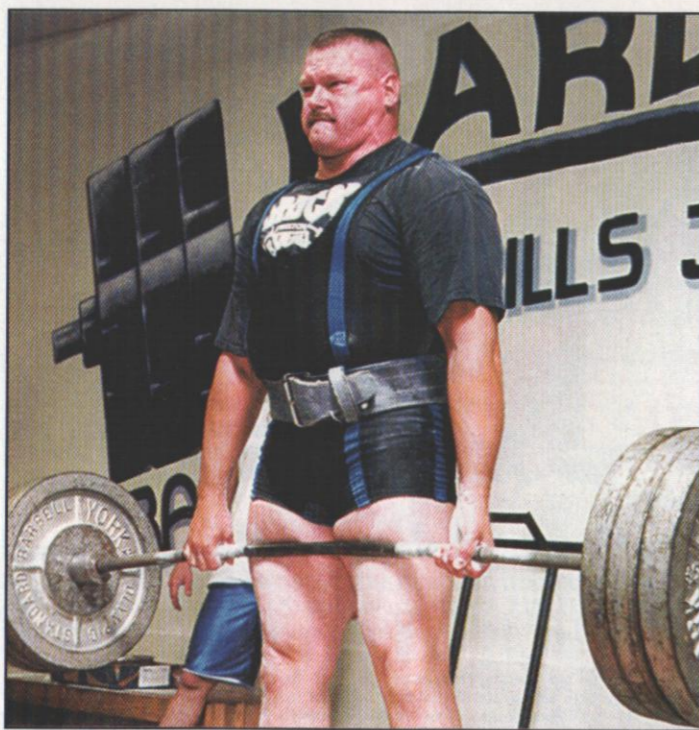
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All memberships expire 12 months from date of purchase. (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



AAPF National PL/BP (kg)
22-24 APR 05 - Turner, ME

BENCH	Master (65-69)			
MEN	220 lbs.			
Master (40-44)	F. Kucharski 117.5!			
181 lbs.	Master (70-74)			
D. Naughton	200	242 lbs.		
198 lbs.	B. Bianco 110!			
Blackstone	175	Open		
220 lbs.	181 lbs.			
S. Luciano	205	S. Barattini	170	
Master (45-49)	198 lbs.			
275 lbs.	J. Rebera 215.5!			
L. Hemenway	250	308 lbs.		
Master (50-54)	M. Gerard 237.5			
198 lbs.	Submaster			
R. Egli	162.5	275 lbs.		
Master (55-59)	D. Szymanski 227.5			
SHW	WOMEN			
T. Nelson	197.5	DPen		
Master (60-64)	165 lbs.			
198 lbs.	Fineis-curry 112.5			
J. Hussey	160			
MEN	SQ	BP	DL	TOT
Junior	165 lbs.			
E. Cressey	215	152.5	235	602.5
220 lbs.				
R. Santiago	250	150	217.5	617.5
275 lbs.				
T. Irving	250	217.5	272.5	740
Master (40-44)	181 lbs.			
M. Cormier	272.5!	182.5	242.5	697.5
D. Naughton	250	200!	180	630
R. Pushard	210	147.5	200	557.5
Master 945-49)	148 lbs.			
V. Scelfo	187.5	110	142.5	440
165 lbs.				
M. Larsen	185	82.5	180	447.5
181 lbs.				
R. Fabiano	227.5	182.5	227.5	637.5
198 lbs.				
D. Morong	230	172.5	272.5	675
220 lbs.				
M. Terman	317.5!	165	301!	782.5!
S. Cote	310	150	245	705
P. Thomsen	240	170	250	660
242 lbs.				
D. Parks	330!	177.5	240	747.5
308 lbs.				
T. Lane	342.5	197.5	305	845
Master (50-54)	181 lbs.			
F. Ruettiger	277.5!	160	227.5	665
G. Wolfe	267.5	147.5	230	645
220 lbs.				
D. Zenzen	297.5	170	237.5	705
Master (55-59)	148 lbs.			
M. Wider	192.5	102.5	205	500!
181 lbs.				
B. Todd	230	132.5	182.5	545
198 lbs.				
E. Sapienza	202.5!	155!	205	562.5!
Master (65-69)	165 lbs.			
R. Flores	235!	120	242.5!	597.5
220 lbs.				
E. Brown	165	125	157.5	447.5
Master (70-74)	148 lbs.			
E. McCulloch	135!	90	160	385
G. Camacho	112.5	105	165!	382.5
C. Morse	227.5	135	205	567.5
Open	181 lbs.			
L. Morrison	300	197.5!	272.5	770
C. Kanavas	262.5	170	262.5	695
P. Houston	250	175	245	670
J. Pelletier	285	150	215	650



Tim Lane at the AAPF Nationals (photograph courtesy of R. Barlow)

R. Fabiano	227.5	182.5	227.5	637.5	J. Gallison	127.5	77.5	150	355
198 lbs.					Teen (16-17)	198 lbs.			
R. Clark	305	200	305!	810	M. Welcheck	285	175	205	665
J. Soule	287.5	215	290	792.5	N. Metzger	272.5	205!	250	727.5
J. Rebera	315.5!	215.5!	260	790	275 lbs.				
G. Sotirakos	287.5	217.5	277.5	782.5	L. Stasko	317.5!	175	237.5	730
E. Baker	285	210	260	755	H. Beck	272.5	205	205	682.5
220 lbs.					Teen (16-17)	308 lbs.			
M. Ridge	287.5	227.5	250	765	Addenbrooke	305	215	272.5	792.5
A. Daignault	255	160	215	630	SHW				
A. Acome	345!	267.5!	285	897.5!	M. Pelosi	287.5	142.5	272.5	702.5
J. Gottlieb	332.5	182.5	287.5	802.5	Teen (18-19)	181 lbs.			
R. Tonini	320	227.5	255	802.5	A. Manders	160	115	205	480
D. Jensen	295	197.5	275	767.5	242 lbs.				
M. Chariot	252.5	147.5	260	660	K. Davis	265	200	250	715
D. Sneed	125	82.5	200	407.5	WOMEN				
275 lbs.					Junior	165 lbs.			
P. Halliwell	372.5	232.5!	260	865	J. Desrosier	182.5	95	137.5	415
G. Bonneville	355	227.5	277.5	860	Master (40-44)	181 lbs.			
C. Ryder	365	202.5	272.5	840	S. Ross	137.5	72.5	125	335
S. Tyler	307.5	250	275	832.5	Master (50-54)	181 lbs.			
308 lbs.					J. Stabile	140!	62.5	147.5	350
B. Klaus	390!	272.5!	317.5	980	Master (55-59)	123 lbs.			
Bierschbach	345	227.5	290	862.5	S. McCallion	95!	37.5!	105!	237.5!
T. Lane	342.5	197.5	305	845	Open	114 lbs.			
A. Brickett	342.5	220	272.5	835	A. Rogers	117.5	80!	145	342.5
J. Cross	347.5	197.5	272.5	817.5	132 lbs.				
A. Miller	272.5	235	272.5	780	P. Morong	135	70	145	350
Submaster					148 lbs.				
148 lbs.					B. Winslow	180.5!	80!	170!	430
C. Morse	227.5	135	205	567.5	165 lbs.				
181 lbs.					Fineis-Curry	220	112.5	182.5	515
J. Pelletier	285	150	215	650					
198 lbs.									
R. Clark	305	200	305	810					
S. Nautel	272.5	165	255	692.5					
220 lbs.									
J. Westleigh	275	172.5	252.5	700					
Teen (13-15)	132 lbs.								

198+ lbs.
K. Saunders 162.5 70 165 397.5
Submaster
165 lbs.
L. Denison 202.5 87.5 162.5 452.5
Teen (13-15)
132 lbs.
R. Mayer 117.5 62.5 120 300!
! = World Records. Best Lifters Friday: Teen - Nick Metzger, Rachel Mayer. Junior - Terrence Irving, Jasmin Desrosier. Submaster - John Westleigh, Dale Szmanski, Lisa Denison. Saturday: Richard Flores, Tim Lane, Lloyd Hemingway, Jane Stabile. Sunday: Brian Klaus, Brooke Fineis-Curry. I would like to thank all of the AAPF lifters for their support, for without your participation there would not be any national championships. I would also like to thank my partners: Chris Wiers and Scott Blanchard. Table: Norm Guay, Erica Guay, Lynne Barlow, Kristy Scott. Judges: Maris Sternberg, Bob Spaulding, Mike Scott, Dick Zenzen, Eugene McCulloch, Jeff Rebera, Tom Nelson. Spotters/Loaders: Chris Wiers, Tim Lane, Scott Blanchard, Andy Daignault, Greg Brochu, Steve Cote, Randy Pushard, Eihan Baker, Kathy Saunders, Eric Saunders, John Pelletier. You are all "the best". Stay hardcore. (Thanks to Russ Barlow for these results)

APF Nebraska/Iowa State
2 APR 05 - Omaha, NE

BENCH	J. Garcia 336			
WOMEN	R. Luyando 723			
123 lbs.	B. Hein 722			
Open	275 lbs.			
A. Kuphal	159	A. Wilson	644	
MEN	R. Everett —			
Junior	308 lbs.			
242 lbs.	P. Harris 622			
R. Briggs	639	Teen	198 lbs.	
Master-1	198 lbs.			
198 lbs.	L. Lacy 407			
R. Hennigar	413	220 lbs.	J. Hennigar 341	
220 lbs.	DEADLIFT			
S. Murphy	474	242 lbs.	MEN	
242 lbs.	Novice			
M. Moody	429	308 lbs.	148 lbs.	
308 lbs.	B. Kutsch 358			
C. Jensen	402	308 lbs.	Open	
D. Dickey	584	Master-2	181 lbs.	
Master-2	165 lbs.			
165 lbs.	S. Auxier 590			
T. Fuller	303	L. Kuhl	540	
Open	181 lbs.			
B. Heck	600			
J. Kuphal	424			
198 lbs.				
D. Phipps	468			
A. Sanders	501			
220 lbs.				
C. Liar	325			
242 lbs.				
PUSH/PULL	BP	DL	TOT	
WOMEN	132 lbs.			
Open	165			
H. Burke	165	341	507	
198+ lbs.				
Teen	319			
M. Dudley	319	435	755	
MEN	Master-1			
181 lbs.				
J. Sorrell	336	374	711	
Novice	242 lbs.			

M. Wilcoxson	413	600	1014	
275 lbs.				
B. Stuart	468	650	1118	
Open	242 lbs.			
B. Leisinger	418	622	1041	
Teen	242 lbs.			
C. Kinsey	303	402	705	
308 lbs.				
J. Robinson	325	440	766	
WOMEN	SQ	BP	DL	TOT
198 lbs.				
Master-1	534	264	468	1267
D. Widdis	97			
Open	148 lbs.			
B. Sieps	286	143	304	734
198 lbs.				
R. Carlsson	303	137	352	793
198 lbs.				
T. Vaught	402	231	424	1058
181 lbs.				
Teen	534	259	512	1306
A. Huston				
MEN	Junior			
181 lbs.				
T. Runde	722	440	567	1730
198 lbs.				
J. Knutson	661	501	573	1736
242 lbs.				
J. Petersen	804	424	540	1769
Master-1	148 lbs.			
D. Abbey	606	352	534	1493
220 lbs.				
J. Boukal	573	281	496	1350
M. Taylor	771	529	633	1934
D. Satterfield	501	325	540	1366
242 lbs.				
J. Gnerre	683	507	622	1813
R. Ward	837	451	650	1940
275 lbs.				
J. Anderson	771	440	573	1785
D. Pearson	925	501	749	2177
Open	198 lbs.			
B. Bachmann	529	231	440	1201
S. Frankl	705	501	650	1857
220 lbs.				
R. Ferris	683	479	231	1394
F. Campos	496	303	600	1399
B. Gohr	749	457	606	1812
B. Mull	837	485	655	1978
242 lbs.				
T. Acome	749	567	628	1945
275 lbs.				
D. Gross	589	429	551	1570
J. Grandick	953	705	744	2403
308 lbs.				
J. Bolger	771	501	551	1824
Best Lifter Heavyweight: Jim Grandick.				
Best Full Lifter Lightweight: Doug Abbey.				
Best Bench Heavyweight: Rob Luyando.				
Best Bench Lightweight: Brad Heck.				
Best Deadlift Heavyweight: Jim Grandick.				
Best Deadlift Lightweight: Doug Abbey. (thanks to Beccas Swanson for providing results)				

Go Beyond the ZONE
Better BALANCED Nutrition for Better RESULTS!

Let's face it - the ultimate goal for everyone who works out is to increase lean muscle while reducing body fat. Yet, many people are following diets that limit their muscle building potential and make all of their hard training efforts go to waste. The huge media attention surrounding the 'Low-Carb' diets has probably led many to believe that it's the only way to get lean. Unfortunately, you probably found out the hard way that a 'Low-Carb' diet isn't giving you the results you want—rather than looking big and hard with full, dense muscles, you often feel small, flat and weak! The ZONE diet on the other hand, is a much more sensible and effect approach. It is based on a more balanced diet of 40% Carbohydrates, 30% Protein and 30% Fats. While this is much more effective than low-carb for long term weight loss, it still falls short for anyone who works out and is hoping to lose body fat while increasing lean muscle. That is about to change thanks to a revolutionary new diet program designed to unleash the anabolic effects of food—MACROBOLIC NUTRITION!

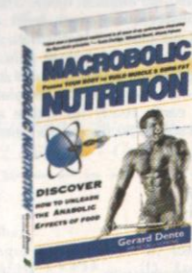
New Macrobiotic Nutrition Bars and Macrobiotic MRP's
Build Muscle, Burn Fat and Taste Incredible!



GERARD DENTE

Recent research reveals that your body needs precise nutrition to work at maximum capacity. According to new studies on performance nutrition and information revealed in the best selling book Macrobiotic Nutrition™ eating foods in the precise 45/35/20 ratio of carbohydrates, proteins and fats dramatically improves your ability to build muscle, burn fat and increase performance capacity. Macrobiotic Nutrition goes beyond the ZONE by taking into account the higher protein and carbohydrate needs of athletes. It also places greater emphasis on the selection and quality of macro-nutrient sources. Now, YOU can get this precise nutrition in the convenience of delicious meal replacements and bars.

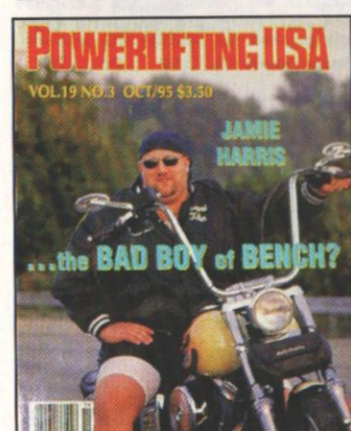
Macrobiotic-MRP and Macrobiotic Performance Bars by MHP are based on this revolutionary 45/35/20 diet concept and contain the highest quality sources of carbohydrates, proteins and fats available. Macrobiotic supplements truly set a new standard in quality and efficacy for performance nutrition. To buy or for more information, please visit www.macrobioticnutrition.com or call MHP at 1.888.783.8844.



- Gerard Dente
Nutrition Expert,
Author of Macrobiotic Nutrition



BACK ISSUE OF THE MONTH

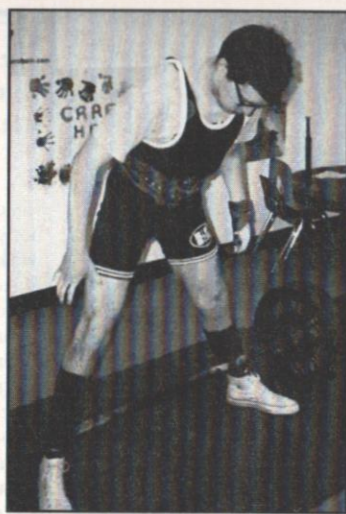


The October 1995 issue of Powerlifting USA had the "Bad Boy of Bench?"—JAMIE HARRIS

—on the cover with an interview by Chris Lydon M.D. which helped establish the self-described "Legend Killer" as a legend in his own right. (... "I love the adversity of people trying to tell me I can't do something"...). We also had the insight of John Inzer and his "Successful Deadlifting Strategies" accompanied by some of the most remarkable photographs of a deadlift attempt you will ever see (how about 10' blasts of flame within a few feet of the lifter!). Rick Brunner described the process involved in elite level sport supplement program design, and PL pioneer Ronnie Hale was profiled by his fellow Hoosier buddy Herb Glossbrenner. On Herb's all time lists for the 114 and 123 women's classes, Mary Jeffrey and Carrie Boudreau were the top ranked lifters, with daughter Lori Jeffrey in 35th place in Mom's class, and bench-blaster-and-bodybuilder-to-be Paula Suzuki in 41st position (with a 220 BP at 123). Louie Simmons described how to use three new training devices: the Manta Ray squat bar support, the "Ab Bench", and cable-based Belt Squat Machine. Doug Daniels laid out the Squat Suit Story, Nick Theodorou (a founder of the ADFPA) laid out his deadlift routine in our Workout of the Month. Moses Battles was interviewed by longtime ADFPA official Bob Gaynor. We had double-truck coverage of the AAU Jr. Olympics in Des Moines, IA including the lifting of one teenage Mike O'Donnell. Bench Star Frank Wakakuwa was pictured after his 595 at 242 in Hawaii. On our TOP 100 for the 148s, Mr. Shackelford had the top squat (700), with Tony Conyers 2nd at 675, and Tony led in every other category with 435 630 1740. Mark Sigala was 54th in the squat (490), Greg Page was 89th in the bench (325), Robert Cortes was 73rd in the deadlift (485), and John

Nova Raw PL/BP
16 APR 05 - Sterling, VA

BENCH	SQ	BP	DL	TOT
165 lbs.				
J. Smith	280!			385
181 lbs.				
J. Klotz	135!	115	365!	615!
242 lbs.				
N. Mercorelli	455!	350	425	1230!
Law/Mil/Fire				
B. Eyer	450!	350!	570!	1370!
275 lbs.				
(35-39)				
B. Powell		385	445	830
SHW				
J. James	455	315	550	1320



Jonathan Klotz with a 365 deadlift in the 165 lb. class at the Nova Raw meet. (this photograph provided by John Patrick James)

165 lbs. B. Powell 385
181 lbs. J. Klotz 135! 115 365! 615!
242 lbs. N. Mercorelli 455! 350 425 1230!
Law/Mil/Fire
275 lbs. B. Eyer 450! 350! 570! 1370!
(35-39)
B. Powell 385 445 830
SHW
J. James 455 315 550 1320
Nova Raw Records. Best Lifter: Nick Mercorelli. Meet Director: John James. This meet was held on the weekend that major league baseball returned to the Washington, area after a 34 year absence. In the bench press men's 165, Julius Smith lifted 280 and looked good for more in the future. In 275 submaster, Brian Powell weighed in at 246 and benched 385, with a close miss with 400, which I'm sure he'll get next time. In the powerlifting meet we had Jonathan Klotz in the 165's. Jon had a hard fought 365 deadlift, and is a law school student. In the 181's Nick Mercorelli was best lifter with a 1230 total. In the law/military/fire division 242's, Bert Eyer had the highest total of the meet, 1370, including a 570 deadlift. Bert is a police officer. Thank you to Dan Keckman for helping load weights for the deadlift, all the lifters, House of Pain, Mike Lambert and Powerlifting USA. (from John James)

100% Raw North American BP
30 APR 05 - Stanardville, VA

BENCH	SQ	BP	DL	TOT
105 lbs.				
M. Campo	45			
Open				
(8-9)				
J. Campo	80			
148 lbs.				
(16-17)				
J. Shifflett	145			
Open				
(60-64)				
C. Waggoner	55			
181 lbs.				
(18-19)				
N. Miller	135			
Open				
(18-19)				
J. Peachy	225			
Open				

J. Self	380	R. Crawford	250
198 lbs.		(18-19)	
Open		K. Ryan	285
(35-39)		(50-54)	
M. Shipley	340	J. Jackson	325
Open		(50-54)	
(35-39)		S. Gibson	300
220 lbs.		(14-15)	
T. Campo	350	S. Kuzma	467.5
Open		(20-24)	
(40-44)		J. Fullen	470
C. Parks	295	319 lbs.	
Open		(20-24)	
G. Godbold	375	D. Smith	380
Open		(40-44)	
(35-39)		S. Dellinger	405
J. Shifflett	325	Open	
Open		(14-15)	
(18-19)		L. Thompson	335
Open			

ISCI Power Meet
9 APR 05 - Boise, ID

MEN	SQ	BP	DL	TOT
148 lbs.				
M. Gomez	275	185	405	865

L. Branigh	260	225	355	840
C. Scott	240	205	335	780
B. DeVino	245	195	320	760
A. Alfuro	225	135	375	735
165 lbs.				
Z. Ziegler	300!	235!	415!	950!
C. Ritchie	335	220	365!	920!
T. Morrison	255	270	385	910
C. Gonzales	335	225	335	895
J. Miller	300	205	365	870
J. Garcia	295	205	325	825
C. McManus	225	205	375	805
T. Buss	275	165	340	780
L. Marin	235	215	325	775
B. Mancini	230	155	340	725
J. Smith	205	165	325	695
B. Estrada	220	135	295	650
C. Fell	175	195		
181 lbs.				
S. Dunn	385	275	400	1060
E. Hernandez	315	210!	475!	1000!
N. Jones	325	215	420	960
A. Brewster	275	215	435	925
G. Kroll	255	265	405	925
J. Aganza	295	215	405	915
R. Cervantes	205	205	370	780
N. Ruiz	245	175	255	675
C. Hamson	135	185	315	635
Gegenheimer	135	135	330	600
198 lbs.				
A. Adermann	335	300	455	1090
H. Colling	335	245	420	1000
L. Luna	305	230	435	970
R. Neri	315	225	385	925
W. Roberts	275	225	405	905
J. Hafuer	250	245	375	870
Derryberry	205	215	350	770
T. Brown	245	205	250	700
A. Bailey				
220 lbs.				
C. Griffith	315	235	510	1060
M. Matthews	315	275	365	955
242 lbs.				
M. Hadley	345	345*	510	1200
L. Murray	275!	225	350!	850!
Masters				
M. Matthews	315	275	365	955
L. Murray	275!	225	350!	850!
Outstanding Lifters Total				
1st-Albert Adennann	1090	672.203		
2nd-Shawn Dunn	1060	661.228		
3rd-Matthew Hadley	1200	656.04		

65 lbs. to his dead to take the 165 class away from Chad Ritchie. Do we have a feud going on? Shawn Dunn put on quite a show in the 181 class missing only one lift throughout the whole meet. Ernesto Hernandez put up a good fight adding 55.100 to his total. Maybe next meet, he'll squeeze into first place. Al Adermann missed our last meet due to a minor mishap, but this time he was ready and the man to beat. He set a 1090 total which won him to Outstanding Lifter Award. He is a potential Big Dog. Chris Griffith and Matt Hadley joined the 500 Club with 510 lbs. deads. Matt also smashed a 10 year old bench press record in the 242 Class. Marcus (Coach) Matthews came out of retirement to take the Masters Division. This meet would not have taken place without the hard work and dedication of a lot of people. Thanks to Martin Perez, who put the whole meet together and acted as a judge with Jorge Barjas and Big Bryan Jacobs. To the loaders and spotters, who did an excellent job keeping everyone safe and injury free, Daniel Torres, Monte Moon, Steve Rendon, Derek Johnson, Jerry Castaneda and Etson Flores. To our scores and announcer Doug Austin, Bill Brady and David Wright for keeping everything running smoothly. Thanks to Doug Parker, Rodney Bernal and Jon Spickler for the sound and pictures. Thanks to all the lifters and audience members who helped set up and tear down the lifting platform. And thanks to the audience who's excitement and cheering helped pump all the lifters up. Most especially, a very special thanks to Sgt. Barrosa and CO Clark, who supported and helped us pull all this together. See you all again in six months. (Thanks to Douglas Austin for providing these meet results)

6th Police/Fire Nationals (kg)
5 MAR 05 - Overland Park, KS

BENCH	D. Clarke	40		
Power Sports	N. Mense	47.5		
148 lbs.				
High School				
Teen	T. Hoag	55		
Junior	D. Hoops	50		
J. White	132.5	198 lbs.		
Novice	Submaster-2			
J. Kline	125	P. Bousignore 127		
Submaster-1	Master-1			
K. Roush	152.5	D. Hoag 142.5		
220 lbs.				
Submaster-2	Inter			
T. Long	162.5	E. Jackson 170		
165 lbs.				
MP	M-P			
M. Hurley	95	B. Walla		
242 lbs.				
WOMEN	J. Chaney	172.5		
148 lbs.				
Master-2	J. Nickols	172.5		
K. McGowan	87.5	T. Meeker		
181 lbs.				
High School				
C. Weaver	70	232.5		
Powerlifting				
275 lbs.				
Master-1				
MEN	M. Lawson	182.5		
101 lbs.				
E. McDonald	155			
Teen	Master-2			
T. Smith	37.5	E. White		
123 lbs.				
Power Sports	CR	BP	DL	TOT
Youth				
76 lbs.				
T. Kennedy	15	20	52.5	87.5
143 lbs.				
J. Spencer	20	25	57.5	102.5
M-2				
148 lbs.				
D. Kennedy	45	97.5	140	282.5
198 lbs.				
C-TN				
C. Surber	35			35
275 lbs./				
C-M-1				
E. McDonald	80			80
Power Sports	SQ	BP	DL	TOT
WOMEN				
165 lbs.				
High School				
K. Lawson	92.5	45	105	242.5
MEN				
Youth				
101 lbs.				
R. Chaney	42.5	30	65	137.5
121 lbs.				

65 lbs. to his dead to take the 165 class away from Chad Ritchie. Do we have a feud going on? Shawn Dunn put on quite a show in the 181 class missing only one lift throughout the whole meet. Ernesto Hernandez put up a good fight adding 55.100 to his total. Maybe next meet, he'll squeeze into first place. Al Adermann missed our last meet due to a minor mishap, but this time he was ready and the man to beat. He set a 1090 total which won him to Outstanding Lifter Award. He is a potential Big Dog. Chris Griffith and Matt Hadley joined the 500 Club with 510 lbs. deads. Matt also smashed a 10 year old bench press record in the 242 Class. Marcus (Coach) Matthews came out of retirement to take the Masters Division. This meet would not have taken place without the hard work and dedication of a lot of people. Thanks to Martin Perez, who put the whole meet together and acted as a judge with Jorge Barjas and Big Bryan Jacobs. To the loaders and spotters, who did an excellent job keeping everyone safe and injury free, Daniel Torres, Monte Moon, Steve Rendon, Derek Johnson, Jerry Castaneda and Etson Flores. To our scores and announcer Doug Austin, Bill Brady and David Wright for keeping everything running smoothly. Thanks to Doug Parker, Rodney Bernal and Jon Spickler for the sound and pictures. Thanks to all the lifters and audience members who helped set up and tear down the lifting platform. And thanks to the audience who's excitement and cheering helped pump all the lifters up. Most especially, a very special thanks to Sgt. Barrosa and CO Clark, who supported and helped us pull all this together. See you all again in six months. (Thanks to Douglas Austin for providing these meet results)

6th Police/Fire Nationals (kg)
5 MAR 05 - Overland Park, KS

BENCH	D. Clarke	40		
Power Sports	N. Mense	47.5		
148 lbs.				
High School				
Teen	T. Hoag	55		
Junior	D. Hoops	50		
J. White	132.5	198 lbs.		
Novice	Submaster-2			
J. Kline	125	P. Bousignore 127		
Submaster-1	Master-1			
K. Roush	152.5	D. Hoag 142.5		
220 lbs.				
Submaster-2	Inter			
T. Long	162.5	E. Jackson 170		
165 lbs.				
MP	M-P			
M. Hurley	95	B. Walla		
242 lbs.				
WOMEN	J. Chaney	172.5		
148 lbs.				
Master-2	J. Nickols	172.5		
K. McGowan	87.5	T. Meeker		
181 lbs.				
High School				
C. Weaver	70	232.5		
Powerlifting				
275 lbs.				
Master-1				
MEN	M. Lawson	182.5		
101 lbs.				
E. McDonald	155			
Teen	Master-2			
T. Smith	37.5	E. White		
123 lbs.				
Power Sports	CR	BP	DL	TOT
Youth				
76 lbs.				
T. Kennedy	15	20	52.5	87.5
143 lbs.				
J. Spencer	20	25	57.5	102.5
M-2				
148 lbs.				
D. Kennedy	45	97.5	140	282.5
198 lbs.				
C-TN				
C. Surber	35			35
275 lbs./				
C-M-1				
E. McDonald	80			80
Power Sports	SQ	BP	DL	TOT
WOMEN				
165 lbs.				
High School				
K. Lawson	92.5	45	105	242.5
MEN				
Youth				
101 lbs.				
R. Chaney	42.5	30	65	137.5
121 lbs.				

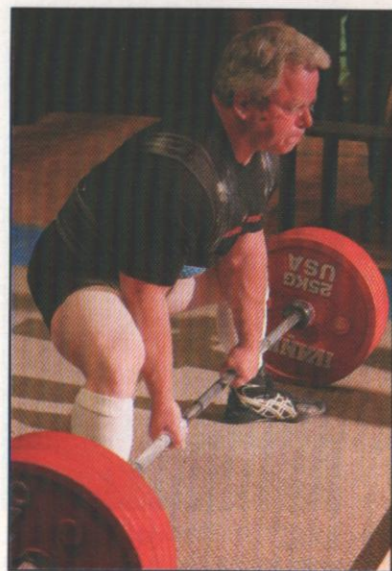
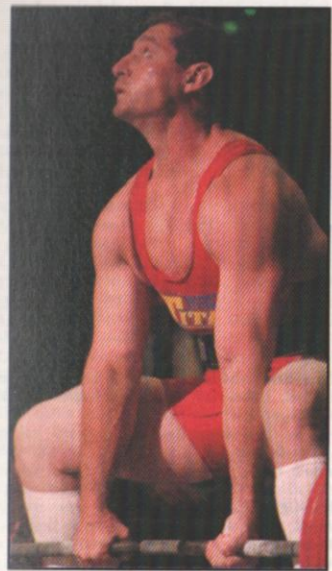
ABPA Arkansas State
9 APR 05 - Benton, AR

Teen	A. Walker	250
K. Taylor	115	181 lbs.
P. Pate	145	P. Brewer
Novice		A. Davis
C. Moore	385	198 lbs.
C. Norwood	340	S. Markham
T. Fenix	135	T. Kitchens
Beginner		220 lbs.
J. Scott	340	L. Walker
B. Echoles	225	E. Nash
Master (50+)		D. Siler
J. Turner	340	242 lbs.
Washkowiak	330	R. Hayes
Police/Fire		J. Nordman
R. Collins	360	S. Smith
Open		320
148 lbs.		275 lbs.
F. Fenix	135	C. Moore
160 lbs.		SHW
R. Raper	280	K. Brown
280		425

Best Lifter Over-All: Lorenzo Walker. The Arkansas Benchpress Association 2005 Arkansas Benchpress State Championship was held at John's Gym. The meet was our largest yet and we had a large group of spectators on hand to watch. We added a new Masters Division. We now have the Meters 40 + and the Masters 50+. The Best Lifter Award went to Lorenzo Walker with a 430 Benchpress. Lorenzo has pared his body weight down by 50 pounds! Thanks to John, Shaun and Rhonda, the owners and operators of John's Gym for the use of their facility. Thanks to Dennis Washkowiak, Chris Moore and Ronnie Spivey for judging. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. She also designed the overall trophy-a mounted eagle which is also our training logo. This was the first time to award this trophy. We plan to award them at our future events. Thanks to all the competitors and fans for competing and supporting the Arkansas Bench press Association. (Thanks to ABA President, DD Nichols, for these results)

ABPA Arkansas State
9 APR 05 - Benton, AR

Teen	A. Walker	250
K. Taylor	115	181 lbs.
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J. Scott	340	L. Walker
B. Echoles	225	E. Nash
Master (50+)		D. Siler
J. Turner	340	242 lbs.
Washkowiak	330	R. Hayes
Police/Fire		J. Nordman
R. Collins	360	



(continued from pg. 7)

In these circles, good effort is applauded just about as much as good power. Their commitment extends to their hip pocket as well, as they supported the other sponsors of the meet like Combo Rack, Inzer Advance Designs, House of Pain, and Titan Support Systems. Most of these great guys will be back again next year, joined by the annual crop of open lifters, who realize they have been re-born into a new world of competitive opportunity once they cross the 4 decade mark. In the hardnosed arena of IPF

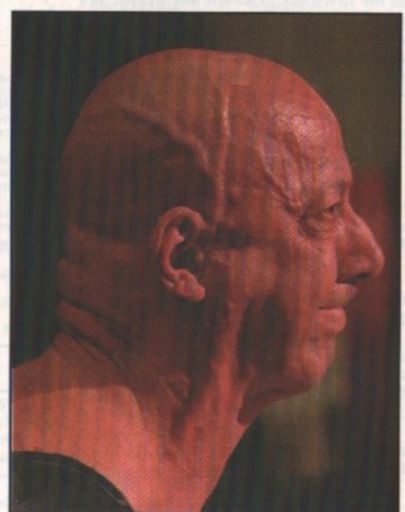
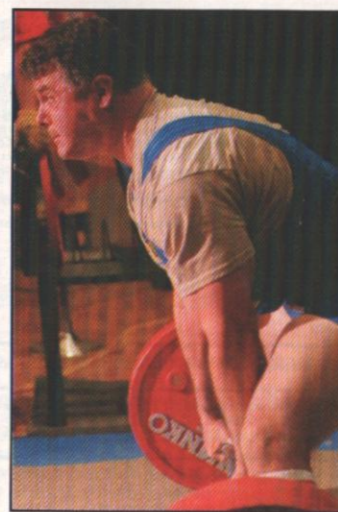


SMILE: Scott Roberts with 705 lbs.

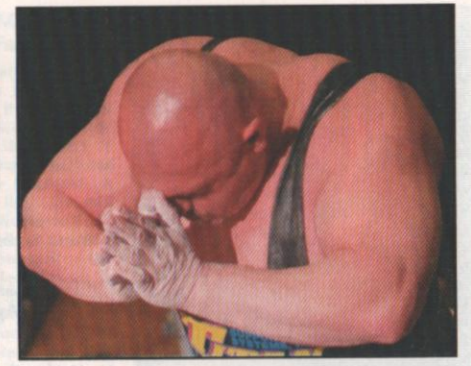
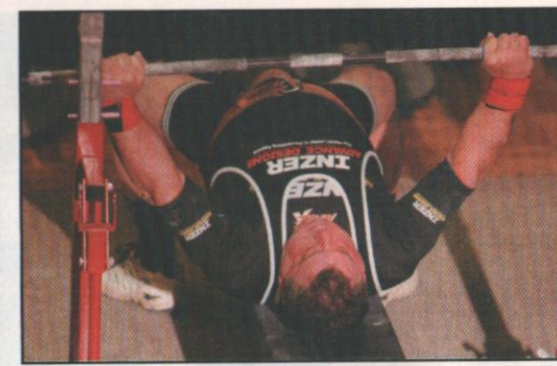
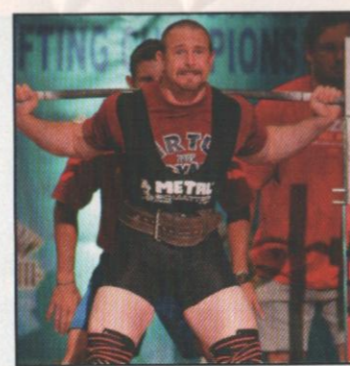
international competition, the Masters division is one category in which the USA remains a dominant force, thanks to the vitality of the USAPL masters program and meet directors like Lance Slaughter.

Gary Ferstler: newly in 50-54. Power & Precision: Mike Bridges pulls

198 lbs. Master-1	G. Jones	622	628	661	413	429	435	1096	595	606	617	1714	Master-5	S. O'Neill	413	429	446	275	297	303	523	413	429	440	1162
G. Buffington	562	600	611	424	446	457	1058	551	595	617	1653	D. Reamy	319	344	344	187	203	214	523	369	396	407	931		
M. Willett	595	617	628	396	413	413	1025	584	611	628	1636	L. Manly	292	292	292	225	253	275	567	275	314	314	843		
C. Terry	606	655	655	303	325	325	931	694	760	782	1625	220 lbs. Master-1	R. Wenner	606	628	639	440	457	462	1069	606	606	628	1697	
A. Serio	584	633	666	259	281	303	947	606	628	644	1576	J. Burnell	622	664	664	424	440	446	1047	600	639	644	1692		
C. Safran	529	551	567	330	352	352	920	551	622	644	1565	J. Hanson	490	523	523	308	319	330	854	462	485	485	1339		
R. Clark	551	600	—	402	402	413	1014	551	644	644	1565	J. Ruppert	440	473	473	336	363	363	777	507	529	540	1168		
J. Tremblay	523	562	562	330	374	374	898	523	567	584	1466	J. Blanco	396	440	457	275	319	352	716	396	435	451	1168		
E. Feldman	490	512	534	143	253	275	810	518	545	556	1366	Lewandowski	424	468	504	209	234	234	677	462	490	—	1140		
T. Longo	424	457	485	275	303	303	733	424	468	504	1201	Master-2	S. Roberts	650	683	705	413	435	446	1140	600	622	639	1780	
B. Hawkins	374	374	374	—	—	—	—	—	—	—	—	S. Cain	622	644	644	418	435	435	1041	551	633	606	1703		
Master-2	M. Bridges	551	611	661	402	446	479	1140	556	606	633	1774	M. Lohmann	617	639	650	363	374	385	1036	589	600	600	1636	
B. Schmidt	584	584	622	402	407	407	1025	600	644	—	1669	D. Bertier	380	380	418	286	308	308	705	589	600	600	1636		
K. Kanemoto	573	600	633	424	435	451	1025	512	545	573	1598	Womelsdorf	330	358	358	154	187	220	578	358	402	440	981		
R. Baxter	567	567	595	369	385	391	981	551	573	595	1554	M. Salansky	540	578	600	402	—	402	—	—	—	—	—		
J. Dally	507	540	567	303	325	325	843	540	589	600	1444	Master-3	M. Musto	611	633	633	424	424	440	1052	611	633	650	1675	
J. Harpe	479	479	518	336	347	363	826	578	611	611	1405	F. Givens	534	589	611	402	446	446	1058	567	705	705	1625		
M. Koufos	429	462	479	248	292	303	782	451	490	501	1300	K. Fisher	473	473	518	314	344	352	870	600	633	650	1521		
D. Wilke	429	462	485	297	308	319	760	424	451	473	1262	B. Coury	501	529	529	330	358	363	865	457	490	554	1355		
F. Frank	394	391	407	292	292	292	683	424	451	473	1135	M. Nagele	429	473	479	297	319	336	793	507	556	567	1350		
S. Heyl	396	440	462	319	319	319	—	407	440	462	—	J. Valpatic	468	485	501	281	292	303	804	473	496	512	1317		
Master-3	G. Ferstler	551	611	611	308	314	314	925	600	644	705	1570	S. Slavens	380	402	418	281	303	314	722	450	485	504	1207	
D. Wiley	567	606	606	325	347	352	920	518	529	534	1449	Master-4	D. Clark	529	529	551	347	363	374	914	600	622	633	1537	
C. Spicer	473	507	507	325	352	369	826	450	485	496	1311	J. Medeiros	462	462	479	363	363	374	843	462	473	—	1306		
L. Robinson	385	402	407	253	264	270	672	451	485	501	1173	B. Evans	220	286	352	391	402	407	755	220	308	352	1107		
P. Driscoll	385	407	440	286	314	319	672	407	440	462	1113	Master-5	B. Helmich	435	473	507	330	347	363	821	507	—	562	1328	
B. Hewitt	374	402	418	253	286	308	705	385	385	385	1091	Master-6	R. Rood	352	402	429	275	303	336	766	352	407	435	1201	
J. Handley	275	275	297	165	176	198	451	352	385	402	854	R. Anselm	352	385	385	225	242	253	595	352	352	374	947		
Master-4	T. Fitzgibbon	380	418	418	236	248	259	628	396	418	440	1047													
B. Lindsey	451	468	479	380	380	380	—	—	—	—	—														
M. Stevens	413	413	413	—	—	—	—	—	—	—	—														



Down Deep: Aaron Byas. Long Live ZUVERS!! Jim Waters. Rich Wenner ASU Strength Coach. Bill Helmich: record setting experience.



Ron Garofala: a Colorado champ. Willie Morris: breaking his own IPF World BP Record. Jeff Capps: preparing to unleash a big DL.

Master-7	R. Curtis	225	234	248	225	242	253	468	314	336	352	821	J. Tremblay	440	473	485	286	319	330	804	462	507	529	1333	
242 lbs. Master-1	A. Harris	749	804	810	485	512	523	1322	744	782	793	2105	G. Nolan	606	644	644	407	407	418	—	—	—	—	—	
S. Waits	771	804	804	496	512	518	1289	628	650	672	1940	K. Stewart	749	749	749	—	—	—	—	—	—	—	—		
B. Callahan	633	672	688	435	462	468	1124	622	633	683	1807	M. Marcotte	451	504	501	325	352	352	854	451	501	540	1355		
R. Kitani	479	479	540	567	567	579	1118	479	—	—	1598	S. Schultz	584	584	584	—	—	—	—	—	—	—	—		
R. Ciano	507	523	540	435	435	451	942	562	600	655	1543	Master-3	T. Hendrix	650	650	705	446	462	485	1190	650	705	705	1840	
T. Dierks	507	529	545	319	330	341	887	501	518	529	1405	R. Wainwright	518	545	562	391	402	407	953	504	501	523	1477		
S. Hamilton	319	407	440	358	374	374	799	402	424	440	1223	Master-4	A. Wood	440	440	440	330	352	374	815	451	479	507	1295	
T. Babcock	451	523	551	440	440	473	—	—	—	—	—	Master-5	W. Morris	496	540	573	402	424	435	975	325	424	473	1449	
C. Felix	462	462	—	396	—	—	—	—	—	—	—	4th-BP-440	R. Grisham	490	512	529	297	297	314	843	446	468	485	1311	
Master-2	G. Pamplin	622	666	688	501	529	540	1207	518	551	551	1758	Master-1	D. Rogers	694	727	727	418	440	462	1157	683	733	733	1890
R. Kolbeck	584	622	622	385	402	413	970	584	617	617	1554	K. Ryder	606	644	666	512	540	562	1184	650	699	710	1884		
M. Brown	512	551	573	341	358	374	947	490	512	551	1499	P. Fletcher	650	699	733	374	407	440	1173	622	694	716	1868		
K. Jordan	507	540	551	341	341	363	914	451	490	518	1432	D. Reece	683	722	722	490	490	490	1173	534	551	567	1725		
J. LaGrill	518	540	562	418	—	—	—	—	—	—	—	T. Allred	584	584	606	468	485	485	1069	584	600	611	1669		
R. Chavez	664	664	664	—	—	—	—	—	—	—	—	G. Hart	507	567	567	352	402	413	909	507	562	600	1510		
Master-3	F. Sindelar	523	556	556	358	374	391	947	523	562	573	1510	S. Johnson	512	545	545	424	485	485	936	507	534	540	1471	
R. Panaro	418	462	485	275	303	303	766	545	600	633	1366	M. Casey	385	413	413	341	380	402	793	446	446	504	1240		
D. Roman	407	418	429	319	341	363	793	407	435	462	1229	Master-2	R. Cech	573	600	639	473	490	504	1129	540	600	600	1730	
G. Stevens	490	534	562	314	330	330	—	—	—	—	—	R. Smith	529	529	551	407	407	435	959	507	529	540	1499		
Master-4	C. Taylor	55																							

GPC Canadian Nationals (kg)				
2 APR 05 - Calgary, Alberta, CAN				
BENCH WOMEN				
75 kgs. (40-44)	Submaster			
	R. Monuik	132.5		
	Open			
	R. Laitres			
M. Kronberg 70	110 kgs.			
	Open			
	Zimmerman	290		
	140 lbs.			
S. Lee	Open	217.5		
	C. Shiel	250		
T. Stucke	M. Piattelli	325		
Morning	SQ	BP	DL	TOT

Beast of the East BP				
17 Apr 05 - Taylor, PA				
WOMEN				
148 lbs.	J. Bartell	210		
	E. Bronko	207.5		
N. Hubbard 55	V. Malanga	152.5		
	Junior			
C. Cooper 47.5	B. Stanis	195		
	Open			
	242 lbs.			
J. Kaminitzki 62.5	N. Williams	210		
	(18-19)			
	B. Gilbert	195		
	165 lbs.			
J. Sensi 115	Masters (55-59)			
	Open			
	B. Costigan	100		
R. Burnett 130	(40-44)			
	Open			
	R. Smith	217.5		
	(45-49)			
R. Burnett 130	S. Boroushko	170		
	B. Legg	135		
	Open			
	275 lbs.			
	181 lbs.			
	Masters (60-64)			
J. Rubio 170	B. Donnelly	170		
	Master (50-54)			
	J. Davies	200		
	(65-69)			
	Master (40-44)			
P. Hubbard 120	B. Grippo	200		
	Open			
	Open			
	B. Grippo	200		
	198 lbs.			
	319 lbs.			
M. Majcer	Open			
Masters (40-44)				
B. Lehman 172.5	R. Boyer	137.5		
	Master (50-54)			
	J. Sanders			
	R. Barna 115	J. Meene		
	Open			
	Masters (50-54)			
	220 lbs.			
	R. Boyer	137.5		

Power Palooza 7				
9,10 APR 05 - Leesport, PA				
BENCH FEMALE				
148 lbs.	M. Dietz	160		
	Teen (18-19)			
	148 lbs.			
A. McCloskey 130	M. Briggs	285		
	Teen (14-15)			
	165 lbs.			
	E. Mattei	300		
	MALE			
	S. Harvath 125	181 lbs.		
	Teen (14-15)			
	M. Ferguson	305		
	Raw			
	148 lbs.			
	Middlewt.			

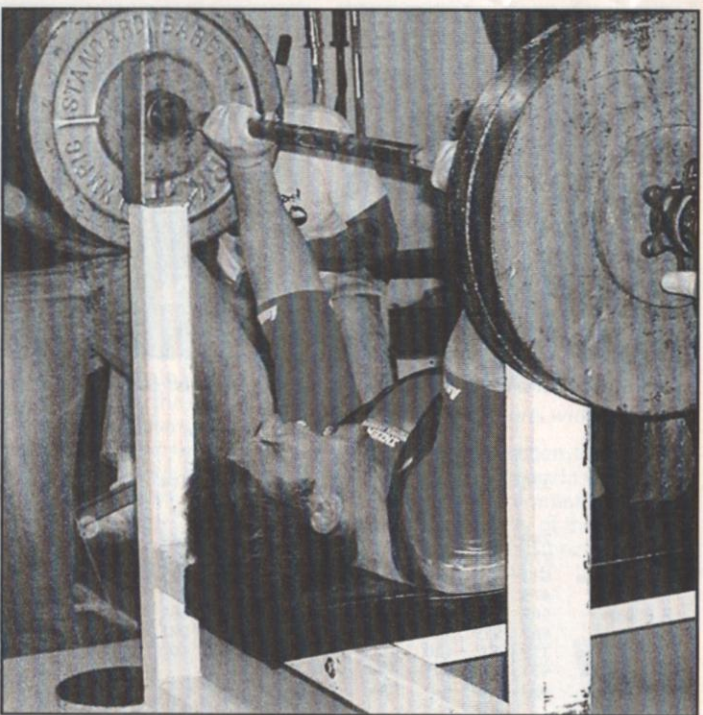
American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com
 P O Box 40
 Bogart, Ga. 30622

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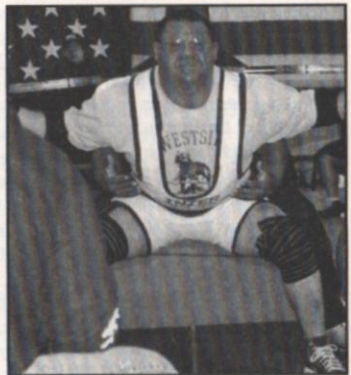


Jon Bartell with the Outstanding Lift of the Beast of the East Bench Press meet ... a 462 bench press weighing 216. (Power Gym photo)

B. Lonard 480	L. Schoelkopf			
S. Bray 360	Master (60-64)			
J. Chowansky 350	R. Sohn 335	F. Schnelly 400		
R. Simmons 335	Master (70-74)	H. Vaughn 235		
Heavywt.	181 lbs.	Youth (10-12)		
A. Sivera 460	J. Talarico 385	A. McCloskey 245	130	275
J. Ulikowski 430	198 lbs.	Raw		
Submaster	J. Rock 450	Teen (14-15)		
J. Sanders 500	Danenhower 350	148 lbs.		
K. Adams 380	242 lbs.	R. Manning 210	140	275
VanValkenbur 315	J. Baer 560	Teen (16-17)		
Law/Fire	S. Thomas 550	104 lbs.		
J. Menne 585	308 lbs.	K. Ramich 100	70	220
E. Christ 425	J. Menne 585	S. Boyer 150	100	190
L. Lackey 335	J. Sanders 500	176 lbs.		
J. Murphy	Master (40-44)	B. Smith 210	100	230
DEADLIFT	D. Bonner	176+ lbs.		
FEMALE	Master (45-49)	A. Cohn 230	115	215
Youth (10-12)	K. Biehl 320	Equipped		
A. McCloskey 275	J. Murphy	Teen (16-17)		
Teen (16-17)	Master (50-54)	114 lbs.		
104 lbs.	B. Katinowski 340	J. Auditoria 210	125	270
K. Ramich 220	Teen (14-15)	Open		
220 lbs.	Master (55-59)	176+ lbs.		
		S. Gartland 235	115	275
		MALE		
		Raw		
		Teen (14-15)		
		123 lbs.		
		D. Richardson 220	140	225
		181 lbs.		
		B. Curran 250	150	325
		220 lbs.		
		N. Bosch 325	245	385
		242 lbs.		
		T. Strause 30	185	325
		Teen (16-17)		
		165 lbs.		
		C. Muvdi 285	225	350
		S. Christian 250	155	325
		181 lbs.		
		M. Keeley 285	210	285
		Z. Rodgers 235	150	300
		T. Zuwiala 210	135	215
		198 lbs.		
		R. Muvdi 260	160	330
		242 lbs.		
		C. Edposito 360	225	300
		J. Miller 300	215	365
		275 lbs.		
		J. DeJesus 315	245	450
		308 lbs.		
		J. Carifo 335	240	385
		Teen (18-19)		
		123 lbs.		
		F. LoDato 205	125	310
		148 lbs.		

J. Painter 320	220	435	975
Equipped			
Teen (14-15)			
123 lbs.			
T. Johnacki 185	90	200	475
132 lbs.			
Woytanowski 275	135	325	735
P. Columbia 155	150	275	580
148 lbs.			
J. Brida 300	185	365	850
Z. McAugley 235	160	280	675
165 lbs.			
S. Vanadia 300	160	315	775
198 lbs.			
J. Mountz 390	290	350	1030
220 lbs.			
Gambarella 205	150	285	640
308 lbs.			
C. Faith			
Teen (16-17)			
114 lbs.			
T. McAvoy 275	200	325	800
132 lbs.			
S. Iagravenis 375	180	420	975
148 lbs.			
A. Puglisi 380	235	420	1035
165 lbs.			
J. Manolio 350	210	405	965
181 lbs.			
N. Abbaticola 425	225	365	1015
198 lbs.			
M. Montenero 450	265	400	1115
275 lbs.			
C. Flynn 480	305	550	1335
G. Rinhart 520	300	500	1300
Teen (18-19)			
181 lbs.			
D. Wong 510	255	470	1235
J. Mauncele 455	280	425	1160
275 lbs.			
C. Andrews 600	425	570	1595
181 lbs.			
D. Contineza 525	275	550	1350
J. Santiago 420	280	380	1080
J. Getz 375	315	525	1215
Raw Middleweight			
R. Rodriguez 700	425	700	1825
D. Bartal 560	290	600	1450
J. Krick 470	300	525	1295
Kristovensky 405	335	520	1260

APF Mark Rexroad Memorial				
18 DEC 04 - Glen Falls, NY				
BENCH WOMEN				
55 lbs. (age 9)				
K. McCaslin 75	Teen (14-15)			
98 lbs.				
S. McCaslin 105	132 lbs.			
L. Daly 190	Open			
181 lbs.				
K. Goliszek 285	MEN			
Open				
165 lbs.				
R. Hillyard 385	181 lbs.			
B. Sheldon 245	198 lbs.			
R. Daly 615	220 lbs.			
K. Dean 455	Submaster			
C. Scarincio 450	308 lbs.			
T. Young 500	Open			
L. Young 400	242 lbs.			
C. Perkins 600	J. Anderson 470			
M. Ferlito				
B. Fields				
M. Cawley				
275 lbs.				
B. Kalfrin 525	J. Killen 450			
Chief				
308 lbs.				
J. Hart				
SHW				
IRONMAN				
BP	DL	TOT		
250	275	525		
WOMEN				
Open				
148 lbs.				
A. Roberts				
WOMEN				
Open				
132 lbs.				
S. Young 240	150	220	610	



After squatting 900, and benching 530, John Bott tore his bicep on a 630 pull, which he completed (photograph by Sandi McCaslin)

MEN				
Open				
198 lbs.				
A. Jackson 440	360	500	1300	
G. Adams 700s	150			
242 lbs.				
S. Smith 775	525	620	1920	
M. Ladewski 760	475	660	1895	
P. Hallowell 810	480	575	1865	
S. Coppola 685	500	640	1825	
J. Seabrook 670	500	620	1790	
P. Rosetar 600	400	550	1550	
275 lbs.				
B. Mimnaugh 855	545	720	2120	
J. McQuaid 825	475	705	2005	
S. Roach 610	420	605	1635	
J. Bott 900	530	630	2060	
Masters-2				
242 lbs.				
B. McIntyre 600	570	600	1770	
(thanks to Sandi McCaslin for providing these meet results to Powerlifting USA)				

Starting Strength

A Simple and Practical Guide for Coaching Beginners

By Mark Rippetoe CSCS with Lon Kilgore, PhD

WWW.STARTINGSTRENGTH.COM

Learn to coach in an easy to do, step-by-step process. Featuring the most heavily illustrated exercise chapters in print, *Starting Strength* shows the coach, personal trainer, or isolated athlete not only how to teach the lifts, but how to recognize and correct technique errors.

"A new notch in the tradition of Texas strength exposition, these authors not only know what they are writing about, they know how to write effectively to begin with"

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"This much needed text delivers in the area of how to teach and coach the basics of the core strength training exercises. It takes theory into practice step by step. It is a must read for anyone interested in high level performance."

- Bill Connor, Ed.D.
Physical Educator
Pedagogue

THE AASGAARD CO.

(article continued from page 8)

Beau: The Lord has blessed me in the fact that I have a mental focus. I teach it as well as do it myself. I truly understand that the game is mental. It has nothing to do with the physical. If the brain's not trained, the body won't go insane. That's my philosophy. Train the brain for the body to go insane. Everything we do in our lives has to do with mental attitude. If you have that going, you can accomplish some amazing things. You have to practice when you start your training cycle - very light. You can't just turn it on when the weights get heavy. You have to constantly keep practicing and practicing.

Greg: I trained with you for about a month, last year. You get up there like a freight train. You get on that platform and get it done and then you get out of there.

Beau: The brain can be your best friend or your worst enemy. You can have all the best thoughts in the world, or you can sit there with all the negative stuff that starts to creep in. You got to get out there and get it done.

Greg: Where are you training now?

Beau: I just moved for the umpteenth time, and I'm training in my three car garage. I have some of the guys come over on Saturday, and we just get after it.

Greg: How many partners do you have in your garage gym?

Beau: Four of us, counting me. Tim Burns, Bill Beekley, who is my coach and my right hand man, and Chris Bentley.

Greg: I know you like to stay raw for a while before you start bringing the equipment on in the training cycle. How many weeks out do you start putting the equipment on?

Beau: I try to put the equipment on at the last possible second. The reasons are, first, I'm lazy. I don't like to put it on, as it's very uncomfortable. I'm very grateful for the sponsorship I get, but it's very uncomfortable. Second, though I'm very grateful for my sponsorship, I don't think we'll ever find out who the strongest man in the world is until they put us all together and just give us a belt. That's my opinion. I feel very strongly about that. I can lift raw

and have lifted everywhere the money is at. Whether it be the Mountaineer Cup, or the Arnold Classic, or if someone has a raw meet, I will be there. I like competition so much that I go where the competition is at. I get as strong as I can raw, which gives me a mental confidence, before I start putting the gear on, about two weeks before the meet. My bench press suffers because of it. It used to be my strongest lift, but because everybody is learning how to use these shirts, it's getting more and more advanced. I'm still three or four years behind, but, I'm OK with that.

Greg: I've heard your nickname ("Big Nasty"). Where did that come from?

Beau: I played football at a black college, and was the only white guy out there. Out of 22 guys on the field, I was probably the meanest and the nastiest. That's how I played the game, and that's how I attack the platform. Not in the warm-up room, on the platform. I enjoy going to the meets and having fellowship, but when I hit that platform, I'm getting after it. You're either attacking or someone's attacking you, when you're on that platform. That's just the way it is. I choose to attack.

Greg: Please share some training tips.

Beau: We all have it, we all just take it for granted. It's learning how to train your brain. Obviously, there's different types of training cycles you can do. Mine are pretty standard, but I'm really focused. I'm as much challenging my brain mentally at Week One as when I get down to the last week before

a contest. I write everything down. I do it pyramid style, I'm always going up each week. On Saturdays, which you can attest to, I like to train all three lifts, doing percentage singles. I do assistance during the week. I do bench close-grips, dips, triceps and push-downs. The next day I might take a break. Then I do box squats, pull off the blocks, lower back work, and if I'm too tired I'll take a Thursday or Friday and do some upper back work with some bicep work. I do no more than four workouts and no less than three. A fourth day is mostly just for assistance work that I missed.

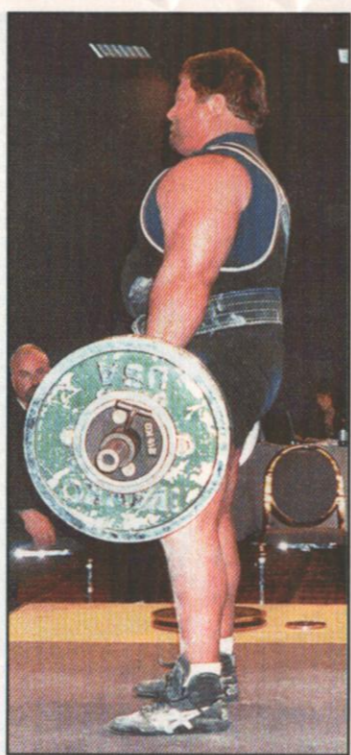
Greg: How about supplements?

Beau: Well, I got to take care of my buddy at Gearman Nutrition, the best protein in the world. It's the only protein I've ever had that when you shake it up there's no lumps. When it gets into my system I can feel my muscle being repaired. I'm a big fan of the protein and the glutamine. I'm all over that.

Greg: Any advice for the beginning lifter?

Beau: When you go to train, don't worry about who your competitors are, because you can't control what they do. You can only control what you do. You have to compete within yourself. The trick is to push yourself as hard as you can without hurting yourself. That's how you get to the level you're trying to get at. There's a difference in competing with yourself to just barely beat the numbers or really pushing yourself. That goes back to the mental aspect. You have to train your brain mentally. If you don't understand what that is, think of anything you ever did in your life that you've been very successful at. The reason you were successful is because you made up your mind that you were going to do it, then you put the hard work in. It's the same concept - just put it into your training. As far as a beginning lifter, don't worry about all the equipment. Get your body and foundation as strong as possible. Get your mental capacity as strong as possible, and the sky is the limit. Have fun.

Greg: Is there anyone you'd like to thank?



APR804 DL for Beau @ the '04 Arnold

Beau: I want to thank God first. I have to thank my wonderful wife, and my kids. I love my family. I got so many people I'm so happy for that help me. Greg, I want to thank you for your sponsorship, and I really enjoy your products. I have to thank Inzer, and House of Pain for all their support. Especially John Inzer - anything I need I get right away. I need to thank my training partners, there's tons of them. Bill has been my right hand man for years. I thank Tim for helping me out, Chris, James, Tom, the whole group. I want to thank Tony Conyers as well. He's been a great friend of mine for many years. We have had some great times together. I'm very blessed that I get to compete at this level. I enjoy talking to all the lifters. I think I'm friends with all the guys I compete against. It's just been a blast. To be 40 years old and doing what I'm doing, I'm just very grateful. One thing I have to say, and it's just my opinion, I don't think we'll ever know who the strongest man in the world is until everybody gets out there with a belt on, just because of the equipment. There's so many ways of using the equipment. A lot of people would argue that, and you see that on the internet, but I think my opinion is very credible, just because of the things I've accomplished with and without the equipment. I really enjoy the sport. I hope I can keep doing it until they put me in a box.

(continued from page 5)

director's promotional dream. He gave TV interviews to all 3 network affiliates. He would do everything from bench 550 two days before a contest to lift cars to promote an auto dealership who was a sponsor, or lift a beer keg overhead for a beer sponsor. By the way, Anthony did not drink. I had the pleasure of having Anthony at my Hawaii meets five times, my Bend, Oregon meet once in 1991, Tri Cities, Washington in 1994, Spokane, Washington in 1995, and Post Falls, Idaho in 1997. At all of these events, Anthony always helped me promote the events, and he always made an impact on each of these communities by visiting orphanages, children's hospitals, churches, prisons, or talking to inner city youth.

In 1998, Anthony squatted 1025 lbs. in a single-ply squat suit. Was the lift low enough? No. But here's the rest of the story, as Paul Harvey would say. My daughter had been in St. Jude's Children's Hospital in Memphis, Tennessee, on four different occasions, from January of 1987 to 1988. Anthony's 1st attempt at 1025 buried him. Then I got on the mike and said, "There is a fishbowl at the back of the ballroom for donating for St. Jude Children's Hospital. How many of you would be willing to chip in \$2.00 each if Anthony makes his 2nd try at 1025?" That would be the highest squat in history, at the time. Over 2500 people yelled a resounding "YES". Anthony went down to thunderous applause. He bowed and spluttered, but came up with the weight. He



Power Comes From God - Anthony's motto

did a good morning with it, but he was obviously high. He got the lift 2-1 and over \$5,000 was collected for St. Jude's. Later on, after consulting with numerous people in the powerlifting world, the call was reversed. It was on ESPN and it was obviously high. Anthony wasn't pleased with the reversal, but he handled it with class and it never

affected our friendship. He showed me a tape of him squatting 1020, about 4 years later, and it was 2 inches below parallel in a single ply squat suit.

In 1989, Anthony and I had our way paid to Fargo, North Dakota, to deliver a strength demonstration. I had to dress up like "Buzzsaw" and dye my hair white. One of our sponsors was Red Lobster. We walked in and the first thing they said was "all the lobster you can eat." I said to Anthony, "they can't be serious". The Red Lobster eating record, as we found out, for miniature lobster, was 40 for all Red Lobsters across the nation. Anthony and I topped out at 46 each, and the manager had a look of absolute depression on his face. The sweat was rolling off his face, as he was going to have to explain to his regional manager where 92 lobsters went. Every employee in the place has told that story at least once a year over the last 16 years.

Then we visited the children's wing of the biggest hospital in the upper Midwest, with the exception of one in Minneapolis. A 15 year old boy, who died one month later, was awed by Anthony. He had suffered with Hodgkin's Lymphoma for 3 months and hadn't smiled because of despair, fear, and pain. Anthony had him wide-eyed and laughing. The oncologists at this hospital were not able to get this 15 year old boy into remission, and were giving him less than a week to live. He fed off Anthony's strength and lasted a month.

Anthony, thanks for the memories. See ya!

GUS RETHWISCH

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12 MAR 05 - Medford, OR

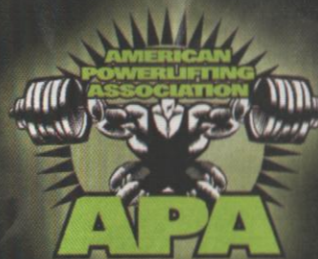


Jerry Capello with a WABDL WR 771 DL at 230. (Phil Porter, S. OR Sports)

DEADLIFT WOMEN	J. Armidon 170	132 lbs.
Master (40-46)	N. Thornton 286	148 lbs.
148 lbs.	M. Drew 314	165 lbs.
H. Gantz 424!	J. Weisz 391	220 lbs.
K. Kennedy 314	A. Rowley 352	165 lbs.
185 lbs.	Teen (16-19)	165 lbs.
P. Swab 383	J. Anderson —	181 lbs.
J. Rayburn 341	B. Burgess 473	4th-337
B. McGowan 303	J. Scheid 488	4th-383
S. Klocke 292	N. Edinger 451	Open
K. Sandoval 352	A. Munuy 501	114 lbs.
D. Ruff 325	M. Heppner 585	T. McGonagle 303
4th-337	4th-600!	114 lbs.
P. Pendergast 353	4th-383	T. McGonagle 303
4th-383	220 lbs.	181 lbs.
Open	Master (40-48)	J. Taylor 385
114 lbs.	148 lbs.	Teen (13-15)
T. McGonagle 303	R. Dunn 211	97 lbs.
Submaster	165 lbs.	A. Pecktol 159
114 lbs.	P. Swab 242	123 lbs.
T. McGonagle 303	S. Klocke 203	A. Wass 236
181 lbs.	B. McGowan 176	4th-253!
J. Taylor 385	UL	Teen (16-19)
Teen (13-15)	K. Ssndoal 203	132 lbs.
97 lbs.	Master (47-53)	M. Rochat 352!
A. Pecktol 159	123 lbs.	148 lbs.
123 lbs.	D. Ruff 169	B. Kunkel 451
A. Wass 236	4th-188	165 lbs.
4th-253!	148 lbs.	Open
Teen (16-19)	B. Heriford 170	148 lbs.
132 lbs.	Open	220 lbs.
M. Rochat 352!	R. Dunn 211	220 lbs.
123 lbs.	S. Heriford 170	E. Yagin 451
D. Ruff 169	Teen (16-19)	220 lbs.
Class-1	132 lbs.	J. Dassel 562
148 lbs.	M. Rochal 148	H. Ellor 551
B. Kunkel 451	Class-1	259 lbs.
165 lbs.	148 lbs.	G. Ramsdell 462
E. Yagin 451	B. Kunkel 319	SHW
220 lbs.	T. Deitrick 319	E. Brooks 512
J. Dassel 562	165 lbs.	Junior (20-25)
H. Ellor 551	E. Yagin 330	181 lbs.
259 lbs.	R. Godard 352	J. Scheld 485
G. Ramsdell 462	4th-359	220 lbs.
SHW	220 lbs.	J. Ward 540
E. Brooks 512	T. Charley 474	Law/Fire
Junior (20-25)	T. Osborn 623	Master (40-47)
181 lbs.	Submaster (34-39)	D. Bodenstab 545
J. Scheld 485	198 lbs.	Law/Fire
220 lbs.	B. Love 402	Open
J. Ward 540	242 lbs.	D. Bodenstab 545
Law/Fire	R. Fisher —	Law/Fire
Master (40-47)	R. Fisher —	Submaster
D. Bodenstab 545	258 lbs.	308 lbs.
Law/Fire	T. Chun 468	J. Taylor 562
Open	4th-501	Master (47-53)
220 lbs.	Hostkoetter 429	198 lbs.
B. Anderberg 545	SHW	242 lbs.
C. Ferris 413	A. Munsey 341	242 lbs.
Master (68-74)	259 lbs.	R. Wass 473
148 lbs.	D. Bodenstab —	242 lbs.
L. Vincent 383	Law/Fire	B. Anderberg 545
Open	Submaster	C. Ferris 413
165 lbs.	308 lbs.	Master (68-74)
R. Godard 529	J. Taylor 534!	148 lbs.
181 lbs.	Master (40-46)	L. Vincent 383
D. Fisher 473	198 lbs.	Open
242 lbs.	E. Georgson 314	165 lbs.
J. Anthony 611	Master (47-53)	R. Godard 529
259 lbs.	181 lbs.	181 lbs.
T. Osborne 633	B. Beebe 413	D. Fisher 473
SHW	220 lbs.	J. Anthony 611
D. Munsey 681	D. Wilson 380	259 lbs.
Submaster (34-39)	275 lbs.	T. Osborne 633
165 lbs.	J. Swab 341	SHW
P. Lawyer 336	Master (54-60)	D. Munsey 681
4th-363	198 lbs.	Submaster (34-39)
R. Fisher —	J. Betela 297	165 lbs.
SHW	Master (61-67)	P. Lawyer 336
D. Munsey 881	181 lbs.	4th-363
Teen (13-15)	D. Hawkins 314	242 lbs.
97 lbs.	Master (68-74)	R. Fisher —
	148 lbs.	SHW
	L. Vincent 231	D. Munsey 881
	Open	Teen (13-15)
		97 lbs.

Oregon trail blazer sense of adventure. Whatever happens on the trail will be both exciting, dangerous and sorrowful. In master women 40-46, 148#, Heidi Gantz, weighing 144, pulled a fire breathing 424 world record deadlift to cement her claim as one of the world's greatest female deadlifters. The ballroom was rather quiet and not more than half filled for the bench, but when the deadlifts came, the place was packed and rocking with over 400 people. If you're a deadlifter, this is a great atmosphere to elevate your game and squeeze out an extra 20 pounds on your PR. This town is filled with loggers, hunter and famous people. Ernest Hemingway has written about this area, and the Rogue river. Movie stars like Kim Novak and Ginger Rogers have had ranches in the area, as well. In 40-46 165#, Patricia Swab, formerly of Hawaii and who has been competing for 20 years, set an Oregon record with 363.7. She is a great judge and helped in every way possible at the world championships. In master women 47-53 123#, Denise Ruff, who is 120# soaking wet, has a damsel in distress demeanor until she steps on the platform, transforms into a bear on the prowl who hasn't had a meal in a week. She pulled an Oregon record 337.1 at age 48. Patty Pendergast, who is a school teacher and has the appearance of a very soft spoken non-aggressive, not even a hint, goes to her local phone booth and becomes super woman and out deadlifts every male high school student, with a few exceptions, and set an Oregon state record 363.7, weighing 138 at age 49. Kelli Sandoval pulled 352 on an opener, in master 40-46 198#, but wasn't quite on her a game with heavier attempts. In open men, John Anthony, who is trained by Terry Luehrs, pulled a big PR 611.7. A year ago he was at 500. Travis Osborne and Dean Munsey pulled 633.7 and 661 respectively, at 259# and super.

Robert Godard was above average at 165 with 529. In submaster, Philip Lawyer set an Oregon record 363.7 at 165. In submaster women, Tami McGonagle pulled 303, weighing 109. Jennifer Taylor, who is a pulling machine, pulled 385.7 at 181 and just missed 418. In teen men 16-19 259#, Mike Heppner set a world record 600.7 in his first meet. His brother Nick deadlifted 700 at the world's at age 18. Sam Pecktol's daughter, Alex Pecktol who is 9, had perfect form on a Oregon state record 159.7, weighing 68#! She was the highlight of the meet in many ways, and she was a fireball on state. A natural performer, whether it be acting, lifting, or athletic in general. Sam and her have a very close bond, which is unusual since Sam is divorced and ex-wives seems to portray ex-husbands as a cross between an axe murderer and godzilla. In 13-15 123#, Amanda Wass pulled a world record 253.5, weighing 120#. A sack of cement weighs 94# and that's almost 3 of them. My dad had a lumber yard and I started unloading sacks of cement out of box cars at age 12. At age 15, I bet my dad \$50 that I could unload the whole box car 880 sacks in one day. Normally dad paid two guys \$50 each for two days. I started at 6:00 am and finished at 7:00 pm, and then laid down for a breather. I skipped lunch and I was dehydrated. After a half hour I tried to get up, but I was suffering a serious case of paralysis, which caused my mother to over react and threaten to divorce my dad, reason being crippling her son. All my dad could say was "he had to learn his lesson". Yea dad, the lesson I learned is the smell of cement on a hot day, 100% and 90% humidity, and driving your body to its limits and then losing feeling in 80% of your body was one of the greatest experiences I ever had. And then of course when the feeling comes back the body feels better than ever and then I proceeded to repeat the 880 sacks of cement in one day 5 more times that summer. However my bones weren't fully developed and I grew about 7 more inches that summer. My legs became bowed because of the fast growth and the stress on the knee joints. If any of you ever have picked up a sack of cement, especially the last two of a sack closest to the floor, you will know what I'm talking about. Back to the great female deadlifting in Medford. Marie Rochat, who has perfect deadlift form, pulled a world record 369, weighing 127 in teen 16-19 - that's huge. Moving onto the bench. In class-1, Robert Godard set an Oregon record 359.1 at 165# and Trey Charley pulled 496 at 220# for an Oregon record. At 259, Troy Chun pushed 501.5 for an Oregon record with no room to spare. In law/fire submaster, James Taylor pushed a world record 534.5, weighing 281. In master men 61-67, Daryle Hawkins set an Oregon record 211.4 and has pushed as much as 228 in the past. Rhonda Guches did an excellent job as scorekeeper, as did Tomi Kribs. The judges were: Terry Luehrs, Donna Delleree, Christy Hansen, Gus Warrington, Sam Pecktol, and Patricia Swab. Gus Rethwisch was the MC. The spotters/loaders were: Chris Kribs, Gary Moralle and Jason Garcia. The sponsors were: Powerlifting Superstore, House of Pain, and Pepsi Cola. Gary Thomas was the weight-in room supervisor, and his wife Elma did the computer work. Jody Woods, who runs the Sacramento meets, Matt LaMarque and Don Bell all know how important Gary & Elma are for running a meet. All of the pressure is off when they are present. (Thanks to Gus Rethwisch for providing these meet results to Powerlifting USA)



APA WEST COAST OPEN
PASCO, WASHINGTON
MAY 14TH, 2005

POWERLIFTING

WOMEN'S DIVISION

123 CLASS

DAWN HELMUTH OPEN/M-1 225 SQUAT
125 BENCH 250 DEADLIFT 600 TOTAL

MEN'S DIVISION

198 CLASS

VE JOHN HEINEMAN JUNIOR 500/540 SQUAT
415/435 BENCH 525/550 DEADLIFT 1485/1525 TOTAL
RUSSELL PETTY OPEN(T) 520 SQUAT 280 BENCH
555/565 DEADLIFT 1365/1375 TOTAL

242 CLASS

LARRY BUSH SUBMASTER 375 SQUAT
275 BENCH 425 DEADLIFT 1075 TOTAL

5HW CLASS

PAUL "RATSCHWEILER" RATSCH M-1 650 SQUAT
580/630 BENCH 620 DEADLIFT 1850/1900 TOTAL

PUSH/PULL

MEN'S DIVISION

198 CLASS

JON WOLBERS M-2 375 BENCH 570 DEADLIFT 945 TOTAL
DAVE HOLMES M-3 360 BENCH 480 DEADLIFT 840 TOTAL
AARON CLOUSKY TEEN 16-17 330 BENCH
440 DEADLIFT 770 TOTAL

220 CLASS

AARON BESS OPEN(T) 330 BENCH 430 DEADLIFT 760 TOTAL

242 CLASS

BJ DIRK OPEN(T) 500 BENCH 500 DEADLIFT 1000 TOTAL

308 CLASS

RYAN "BENCHMONSTER" KENNELLY OPEN 840 BENCH
660 DEADLIFT 1500 TOTAL

5HW CLASS

JOSH PATTERSON OPEN 450 BENCH
680 DEADLIFT 1130 TOTAL

BENCHPRESS

WOMEN'S DIVISION

148 CLASS

LANI POWELL OPEN(T)/M-1 175 BENCH

MEN'S DIVISION

165 CLASS

CODY BONNINGTON TEEN 16-17 290 BENCH

198 CLASS

DARRIS PIGGEE M-1 575 BENCH
KENNY "86'D" DINOLFO OPEN(T) 430/450 BENCH
MICHAEL MINER SUBMASTER 350 BENCH

220 CLASS

JOE GAST OPEN(T) 500 BENCH
DAVID VERRALL SUBMASTER 385 BENCH

242 CLASS

"DIRTY" DON GOLDSWORTHY OPEN(T) 585 BENCH
JACK SANDBERG OPEN 450 BENCH
TIMOTHY PYLE M-1 405/415 BENCH

275 CLASS

RICK SOLAND OPEN(T)/M-1 385 BENCH
STEVE MANSFIELD M-2 340 BENCH

308 CLASS

PHIL MORRISON M-1 450 BENCH

308 CLASS

MATTHEW DAVIS OPEN(T) 575 BENCH

CHRIS MASENTEN SUBMASTER 525 BENCH

DEADLIFT

WOMEN'S DIVISION

148 CLASS



KENNY "86'D" DINOLFO KILLS THE STATE RECORD WITH A 450 BENCH!

PAUL "RATSCHWEILER" RATSCH

THE 2005 APA WEST COAST OPEN WAS HELD AT LIFEQUEST FITNESS CENTER IN PASCO, WASHINGTON. THIS COMPETITION WAS PUT ON BY KELLEY MAHONEY, THE OPERATIONS MANAGER FOR THE LIFEQUEST IN KENNEWICK, WASHINGTON (LIFEQUEST, 540 NORTH COLORADO, KENNEWICK, WA 99336, PHONE 1.509.735.2500)

THANKS TO ADAM SOMMER, STEVE RICKEL AND ARCHIE BRUCE WHO WORKED THEIR BUTTS OFF SPOTTER/LOADING AND SETTING UP AND BREAKING DOWN FOR THE ENTIRE MEET! THANKS ALSO TO JUDY TAYLOR FOR SCORE KEEPING AND FOR MCING THE EVENT. ALSO, A BIG THANKS TO ROGER BAKER, PAUL RATSCH, BRIAN REHBERG, DAVE HOLMES, TIM PYLEE AND MIKE MINER FOR HELPING TO TRANSPORT THE EQUIPMENT, SET UP AND BREAK DOWN AND FOR ASSISTING HOWEVER NEEDED. ALSO, KARA "BENCHPRESS BARBIE" BOHIGIAN WAS IN TOWN VISITING WITH "BENCHMONSTER" KENNELLY AND SHE VOLUNTEERED TO JUDGE THE WHOLE DAY, WHICH WAS VERY COOL OF HER TO DO.

THIS POWERLIFTING COMPETITION WAS SPONSORED BY LIFEQUEST FITNESS CENTERS, A HIGHLY ACTIVE SPONSOR AND SUPPORTER OF BOTH POWERLIFTING AND STRONGMAN.

CONTEST PROMOTER, KELLEY MAHONEY ALSO ADDS THAT "A THANK YOU GOES OUT TO THE COUNTLESS OTHERS WHO JUST JUMPED IN TO HELP WHENEVER AND WHEREVER NEEDED. ALL OF YOU ARE WITHOUT A DOUBT THE BACKBONE OF THESE EVENTS AND THEY COULD NOT TAKE PLACE WITHOUT ALL OF YOUR HARD WORK. I TRULY APPRECIATE YOUR COMMITMENT TO MAKING THESE EVENTS SUCCESSFUL. THANK YOU WILL NEVER BE ENOUGH. I WOULD ALSO LIKE TO THANK SCOTT TAYLOR AND THE SUPPORT OF THE APA."

TO LEARN MORE ABOUT UPCOMING APA POWERLIFTING CONTESTS (AND STRONGMAN COMPETITIONS) IN THE NW, PLEASE CALL KELLEY MAHONEY AT 1.509.735.2500 OR LOG ON TO WWW.APA-WPA.COM



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Street Address				Club Name
City				State
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Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
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Today's Date				Card Issued By

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Teens \$15
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If under 18, have parent initial _____

Signature _____

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TOP 100

For standard 242 lb./110 kg. USA lifters in results received from January/04 thru March/05

SQUAT	BENCH	DEADLIFT	TOTAL
1 1044 Goggins, S., 3/5/05	772 Kelley, Brad., 3/5/05	871 Goggins, S., 3/5/04	2481 Goggins, S., 3/5/04
2 1003 Patrick, J., 6/26/04	771 Jackson, J., 11/14/04	804 Coan, E., 8/14/04	2352 Garcia, J., 8/7/04
3 1000 Weston, B., 5/30/04	766 Halbert, G., 9/25/04	799 Garcia, J., 8/7/04	2347 Patrick, J., 8/7/04
4 986 Garcia, J., 8/7/04	744 Carpenter, B., 3/6/04	777 Dungan, P., 8/28/04	2325 Bayles, J., 11/21/04
5 920 Mason, C., 10/10/04	733 Laddner, J., 3/5/05	775 Bayles, J., 11/21/04	2243 Coan, E., 8/14/04
6 909 Johnston, M., 7/10/04	730 Fields, B., 4/17/04	771 Capello, J., 3/12/05	2204 Mason, C., 6/6/04
7 905 Urchick, P., 4/4/04	716 Simmons, C., 3/12/05	766 Harris, T., 11/14/04	2200 Dewese, K., 4/4/04
8 903 Castile, C., 3/5/04	711 Hein, B., 10/2/04	760 Glover, N., 12/4/04	2195 Weston, B., 5/30/04
9 903 Solomine, J., 3/28/04	705 Buechlein, G., 9/04	755 Patrick, J., 8/22/04	2160 Castile, C., 3/5/04
10 900 Dewese, K., 4/4/04	700 Bayles, J., 11/21/04	750 Goodman, B., 1/24/04	2154 Stussy, B., 6/26/04
11 900 Bayles, J., 4/4/04	688 Luyando, R., 1/8/05	750 Cass, B., 1/22/05	2137 Cass, B., 1/22/05
12 881 Graafls, J., 10/16/04	665 Avigliano, J., 2/21/04	749 Brown, J., 2/19/05	2116 Johnston, M., 7/10/04
13 876 Coan, E., 8/14/04	660 Conner, S., 3/27/04	744 Mueller, B., 5/22/04	2099 Graafls, J., 10/16/04
14 857 Coan, E., 1/22/04	650 Putnam, R., 3/28/04	740 Mash, T., 1/22/05	2083 Harris, T., 11/14/04
15 854 Pierce, R., 6/6/04	650 Shovar, C., 4/3/04	733 Davi, P., 3/6/04	2060 Laird, J., 11/21/04
16 840 Laird, J., 11/21/04	650 Siegler, M., 12/11/04	733 Howard, B., 11/14/04	2055 Pierce, R., 6/6/04
17 832 Werner, T., 12/4/04	650 Walker, D., 3/13/05	725 Dewese, K., 4/4/04	2033 Werner, T., 12/4/04
18 826 Stussy, B., 6/26/04	644 Stussy, B., 6/26/04	725 Young, N., 6/27/04	2022 Goldin, R., 3/6/04
19 825 Angle, L., 11/21/04	650 Parrish, K., 9/18/04	722 Cooper, 3/26/05	2020 Smith, M., 11/21/04
20 825 Warren, B., 12/11/04	640 Dowd, K., 1/22/05	722 Davidson, D., 6/12/04	2011 Douglas, J., 7/11/04
21 810 Halliwell, P., 12/18/04	640 Furman, M., 3/13/05	710 Holmes, C., 2/28/04	1973 Thomas, K., 8/7/04
22 805 Avigliano, J., 11/21/04	639 Patrick, J., 8/7/04	710 Johnston, M., 3/20/04	1962 Waits, S., 11/13/04
23 804 Douglas, J., 7/11/04	639 Mayer, K., 9/12/04	710 Dahlen, C., 8/28/04	1951 Mann, S., 7/11/04
24 804 Waits, S., 11/13/04	633 Doan, D., 5/2/04	710 Graafls, J., 10/16/04	1950 Clark, E., 9/25/04
25 804 Harris, T., 11/14/04	633 Biewer, J., 9/25/04	705 Lorentz, P., 2/21/04	1950 Fahey, M., 11/21/04
26 800 Plessia, M., 4/17/04	633 Wakakuwa, 11/14/04	705 Matheson, B., 3/14/04	1950 Angle, L., 11/21/04
27 800 Smith, M., 11/21/04	630 Lewis, S., 3/28/04	705 Thomas, K., 8/7/04	1945 Ferris, R., 3/19/05
28 785 Fahey, M., 11/21/04	630 Clark, E., 9/25/04	705 Fellure, T., 8/7/04	1940 Hester, B., 8/14/04
29 782 Mann, S., 7/11/04	628 Tallman, C., 3/19/05	705 Wylie, P., 11/6/04	1935 Dick, P., 7/11/04
30 777 Goldin, R., 3/6/04	628 Mason, C., 6/6/04	705 Tylutki, N., 2/12/05	1935 Smith, B., 9/11/04
31 777 DePalma, L., 10/2/04	628 Hunter, J., 3/5/04	700 Sorenson, M., 3/6/04	1925 Warren, B., 12/11/04
32 775 Hesse, C., 3/14/04	625 Knight, M., 8/7/04	700 Baker, C., 3/27/04	1923 Lawrence, R., 6/6/04
33 775 Smith, S., 12/18/04	624 Burns, D., 7/24/04	700 Soekardi, I., 6/5/04	1920 Smith, S., 12/18/04
34 771 Powers, D., 8/7/04	620 Wilson, A., 1/24/04	700 Grant, 10/30/04	1918 Halliwell, P., 3/28/04
35 765 Smith, B., 9/11/04	620 Lawrence, R., 12/11/04	700 Bagnell, B., 3/13/05	1918 Tylutki, N., 2/12/05
36 760 Swanson, B., 3/5/04	611 Young, R., 9/12/04	699 Klein, R., 7/17/04	1915 Brock, T., 4/4/04
37 760 Mistric, L., 4/3/04	610 Grosso, P., 4/17/04	699 Hester, B., 8/14/04	1912 Swanson, B., 3/5/04
38 760 Cole, Z., 4/4/04	610 Dick, P., 8/7/04	694 Field-Eaton, 3/21/04	1907 Stills, R., 7/11/04
39 760 Ladewski, M., 12/18/04	610 Burke, J., 3/20/05	694 Mann, S., 7/11/04	1905 Grosso, P., 8/21/04
40 755 Burgess, S., 4/24/04	607 Kitani, R., 11/14/04	688 Castile, C., 3/5/04	1901 Field-Eaton, C., 3/21/04
41 755 Kowal, T., 5/9/04	606 Robertson, K., 4/3/04	685 Bess, G., 3/13/04	1901 Burgess, S., 4/24/04
42 755 Gibson, J., 8/22/04	606 Wilkinson, E., 11/14/04	685 Smith, B., 9/11/04	1901 Wylie, P., 11/6/04
43 755 Montebault, 10/14/04	605 Gibson, T., 9/11/04	683 Williams, N., 3/7/04	1901 Brocia, M., 2/19/05
44 750 Adams, J., 4/4/04	605 Kelley, Bart., 12/4/04	683 Jackson, P., 4/10/04	1900 Plescia, M., 4/17/04
45 750 Rundle, B., 4/17/04	605 Ball, T., 3/26/05	683 Stussy, B., 6/26/04	1900 Crigger, C., 10/23/04
46 750 Wylie, P., 5/30/04	600 Anderson, D., 4/17/04	683 Stills, R., 7/11/04	1899 DePalma, L., 10/2/04
47 750 Dick, P., 7/11/04	600 Saviano, L., 7/10/04	675 Young, C., 3/28/04	1896 Austin, G., 4/3/04
48 750 Grosso, P., 8/21/04	600 Davi, P., 8/22/04	675 Susco, P., 11/6/04	1896 Powers, D., 8/7/04
49 750 Reynolds, M., 9/18/04	600 Knobler, J., 9/26/04	675 Czerwiec, J., 3/19/05	1896 Taylor, M., 10/2/04
50 750 Clark, E., 9/25/04	600 Jenkins, C., 10/23/04	672 Goldin, R., 3/6/04	1895 Ladewski, M., 12/18/04
51 749 Tylutki, N., 2/12/05	600 Hoornstra, J., 12/4/04	672 Fryar, T., 5/2/04	1890 Reynolds, M., 9/18/04
52 744 Acome, T., 3/27/04	600 Rogers, T., 12/4/04	672 Douglas, J., 7/11/04	1884 Parkhurst, S., 11/7/04
53 740 Brock, T., 4/4/04	600 Perkins, C., 12/18/04	672 Parkhurst, S., 11/7/04	1879 Silver, S., 4/17/04
54 740 Donegan, S., 5/30/04	600 Hummel, M., 3/5/05	670 Adams, C., 4/20/04	1868 Kowal, T., 5/9/04
55 740 Chellino, M., 9/25/04	600 Goggins, S., 3/5/05	670 Skelley, W., 3/12/05	1862 Gibson, J., 8/22/04
56 740 Crigger, C., 10/23/04	600 Stephens, G., 3/5/05	666 Silver, S., 4/17/04	1860 Cole, Z., 4/4/04
57 738 Ward, R., 5/9/04	600 Barrett, P., 3/28/04	666 Burgess, S., 4/24/04	1857 Mistric, L., 10/14/04
58 738 Steiner, E., 7/11/04	585 Larson, G., 8/7/04	666 Krych, E., 5/29/04	1857 Donegan, S., 11/6/04
59 735 Ferris, R., 3/19/05	580 Laird, J., 4/4/04	666 Mitchell, K., 7/17/04	1855 Miller, S., 11/7/04
60 733 Lawrence, R., 6/6/04	580 Schwab, B., 4/4/04	666 Wats, S., 8/14/04	1855 Hairston, M., 3/19/05
61 733 Thomas, K., 8/7/04	580 Smith, M., 11/21/04	666 Gnerre, J., 10/2/04	1851 Steiner, E., 7/11/04
62 730 Herrera, J., 7/11/04	580 Caporosso, J., 3/19/05	661 McKay, E., 1/26/04	1850 Eriksen, R., 3/19/05
63 727 Holmes, C., 2/28/04	578 Edwards, B., 4/3/04	661 Steiner, E., 7/11/04	1846 Williams, N., 3/7/04
64 727 Zenzen, D., 10/14/04	578 McKeefer, R., 11/14/04	661 Capps, J., 10/10/04	1840 Holmes, C., 2/28/04
65 725 Martinez, M., 3/27/04	575 Peterson, J., 1/17/04	661 Riedy, M., 2/12/05	1835 Fritz, A., 5/22/04
66 725 Coppola, S., 4/4/04	575 Dewese, K., 4/4/04	660 Smith, T., 3/28/04	1835 Gnerre, J., 10/2/04
67 725 Mayes, J., 11/21/04	575 Thomas, S., 10/2/04	660 Davis, R., 11/21/04	1830 Hesse, C., 3/14/04
68 725 Hairston, M., 3/19/05	575 Hawkins, S., 12/18/04	660 Bullock, B., 12/4/04	1830 Adams, J., 4/4/04
69 722 Anderson, J., 5/9/04	575 Robinson, R., 1/15/05	660 Casemier, J., 12/4/04	1830 Chellino, M., 9/25/04
70 722 Stills, R., 7/11/04	575 Becker, S., 2/5/05	660 Ladewski, M., 12/18/04	1829 Lorentz, P., 2/21/04
71 722 Wheeler, K., 10/14/04	573 Goldin, R., 3/6/04	660 Mann, S., 2/5/05	1829 Newark, S., 7/11/04
72 722 Jordan, J., 3/19/05	573 Clugston, R., 8/22/04	660 Cancello, R., 3/12/05	1825 Coppola, S., 12/18/04
73 716 Taylor, M., 10/2/04	573 Ota, M., 3/5/05	660 Ferris, R., 3/19/05	1810 Acome, T., 3/27/04
74 716 Brown, J., 2/19/05	570 McIntire, B., 12/18/04	660 Eriksen, R., 3/19/05	1810 Hoornstra, J., 12/4/04
75 710 McFerrin, 3/12/05	570 Mann, S., 2/5/05	660 Furlow, T., 3/19/05	1802 Reape, J., 7/11/04
76 710 Austin, G., 4/3/04	567 Castile, C., 3/5/04	655 Fenti, L., 2/15/04	1820 Bowman, T., 10/14/04
77 710 Roberts, R., 8/22/04	567 McConaughy, 6/26/04	655 Cedeno, 2/21/04	1800 McIntire, B., 5/30/04
78 710 Zenken, J., 11/21/04	567 Finegan, S., 7/24/04	655 Coffey, S., 3/6/04	1800 Covey, E., 6/12/04
79 710 Hardridge, T., 2/19/05	567 Garcia, J., 8/7/04	655 Kahane, C., 7/11/04	1800 Avigliano, J., 11/21/04
80 705 Field-Eaton, C., 3/21/04	567 Briggs, R., 10/2/04	655 Callahan, B., 8/7/04	1800 Mayes, J., 11/21/04
81 705 Dunn, J., 4/3/04	567 Werner, T., 12/4/04	655 Miller, S., 11/7/04	1796 Ward, R., 5/9/04
82 705 Hypes, T., 4/4/04	565 Donati, R., 2/1/04	650 Cox, B., 1/17/04	1790 Schneider, J., 9/18/04
83 705 Silver, S., 4/17/04	565 Levers, B., 11/21/04	650 Higgins, T., 1/17/04	1790 Seabrook, J., 12/18/04
84 705 Adams, C., 4/20/04	565 Hairston, M., 3/19/05	650 Padgett, 2/7/04	1790 Czerwiec, J., 3/19/05
85 705 Schar, D., 6/26/04	562 Coan, E., 8/14/04	650 Porter, R., 2/29/04	1785 Tillinghast, G., 11/6/04
86 705 Hester, B., 8/14/04	562 Haycraft, D., 11/14/04	650 Swanson, B., 3/5/04	1785 Havrilesko, D., 11/21/04
87 705 Younger, D., 8/22/04	560 Baldwin, T., 3/27/04	650 Shirey, M., 3/7/04	1780 Bowby, P., 9/11/04
88 705 May, 10/30/04	560 DeFalco, R., 4/17/04	650 Sandberg, C., 3/13/04	1779 Boell, D., 6/16/04
89 705 Chavez, R., 10/31/04	560 Weston, B., 5/30/04	650 Hesse, C., 3/14/04	1775 Adams, C., 4/20/04
90 705 Parkhurst, S., 11/7/04	560 Paskell, E., 9/26/04	650 Author, G., 3/21/04	1775 Skelley, W., 3/12/05
91 701 DeWalt, B., 12/4/04	560 DePalma, L., 11/6/04	650 Nault, J., 4/17/04	1774 Solomine, J., 3/28/04
92 700 Henson, T., 3/27/04	560 Barley, R., 12/11/04	650 Crigger, C., 4/24/04	1770 Perrotta, 5/18/04
93 700 Perrotta, 5/18/04	56		



At the Strength Spectacular ... (left - right) MHP's Shawn Lattimer, Mike Miller, Gerard Dente, Gene Rychlak Jr., Joe Mazza, and Pat Susco, with Pat's son (in front) and Four Seasons Fitness owner Joe Carini (back)

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165 lbs. BP	Nilsen			410
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K. Fleske	305	Haley		440
181 lbs.		275 lbs.		
K. Golizek	305	Kalfrin		550
198 lbs.		308 lbs.		
T. Kuntos	435	Graube		610
Hartlaub	400	O'Brien		460
220 lbs.		SHW		
Kozak	430	Montano		585
AM	SQ	BP	DL	TOT
Teen & WOMEN				
114 lbs.				
Andiorio	225	130	300	655
Arnagno	245	215	275	735
181 lbs.				
Wong	530	265	525	1320
Mauncele	420	315	450	1185
Wilson	435	315	390	1140
275 lbs.				
Andrews	605	430	600	1635
MEN				
Pro/Am				
148 lbs.				
Gengo	420	270	450	1140
181 lbs.				
Sacco	500	315	500	1315
Vargasen	780	580	670	2030
198 lbs.				
Greene	530	350	520	1400
Kane	550	375	500	1425
220 lbs.				
DelPreore	535	430	560	1525
Rowe	835	630	608	2070
242 lbs.				
Byrd	620	350	585	1555

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school career. To have that level of determination and clarity of mind at 18 is a huge gift. Coach Mark Deppen, job well done. Nazbar's Brandy Wilson, a 24 year old single mom, coached by big daddy (old school usapl lifter) Hal Wilson laid it all on the line. Brandy has come a long way in a short time and has only good things to come. With an impressive 1140 total at 181, she took Best lifter and got a sword to prove it. Nazbar lifters Brad Vargasen and Scott Rowe laid it all out! They have been hard at work, literally. Brad recently

opened his own gym in Oxford, PA and Scott had been working 12 hour days. Brad totalled 2030 at 181 taking Best Full Lifter and Scott laid out a 2070 total at 220! Pat Susco came back, after 12 years off, at a bodyweight of 243, and entered the Men's 275 50-54s. We looked on in amazement as he squatted 805 barefoot in a poly suit, then went on to bench 400 with both bursa sax in his elbows removed and finally with his 7 year old clone (son) looking on the explosive fireplug pulled 635 to come up with an 1840 total! Not bad. Now maybe Randy Colon will take the platform again! Shawn Lattimer was on hand to coach 3 South Jersey boys through the meet. SHW Tomay Barbaccio got through his first meet with a 1785 total. This was an accomplishment, considering his size, about 6'7" 310 pounds. I was happy that he fit under the monolift and on the bench! We then moved on to the Bench only. The Women's Pro Masters 50-54 were impressive. I remember when Bonnie Graube was chasing 300 a few training cycles ago. She hit a slow, grinding 345 this time at 165! She is an incredibly tenacious lifter and it paid off. Kelly Felske, also trained by John Graube, came in with 305 in the same division. Kathy Goliszek, new to the Nazbar family, hit a big 305 at 181! She has been after this bench for the past 4 meets and finally got! She is the first woman at Nazbar to break 300 in a meet! More than half of the benchers were Masters! It was a day for comebacks from injuries and lapses in training. It's good to see that in our corner of the world men are still men; strong, dedicated and with shoulders and chests! John Graube ended up with the biggest BP - 610. John competed in the 308 50-54 division, after two shoulder operations. Bob O'Brien hit a 460, not his usual self, but he'll be back. All in all things ran smoothly and everyone seemed to enjoy themselves. Thanks to everyone for coming out to the meet! It's really the best part of the sport! Stay strong, lift long! (results from Deb Ames)



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Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address		City			
State or Providence	Zip Code	Country			
Telephone	Email Address	Date of Birth	Age	Sex	
Pro		Am			
Sign if above answers are correct. Parents sign if under 18 years.		Date			

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