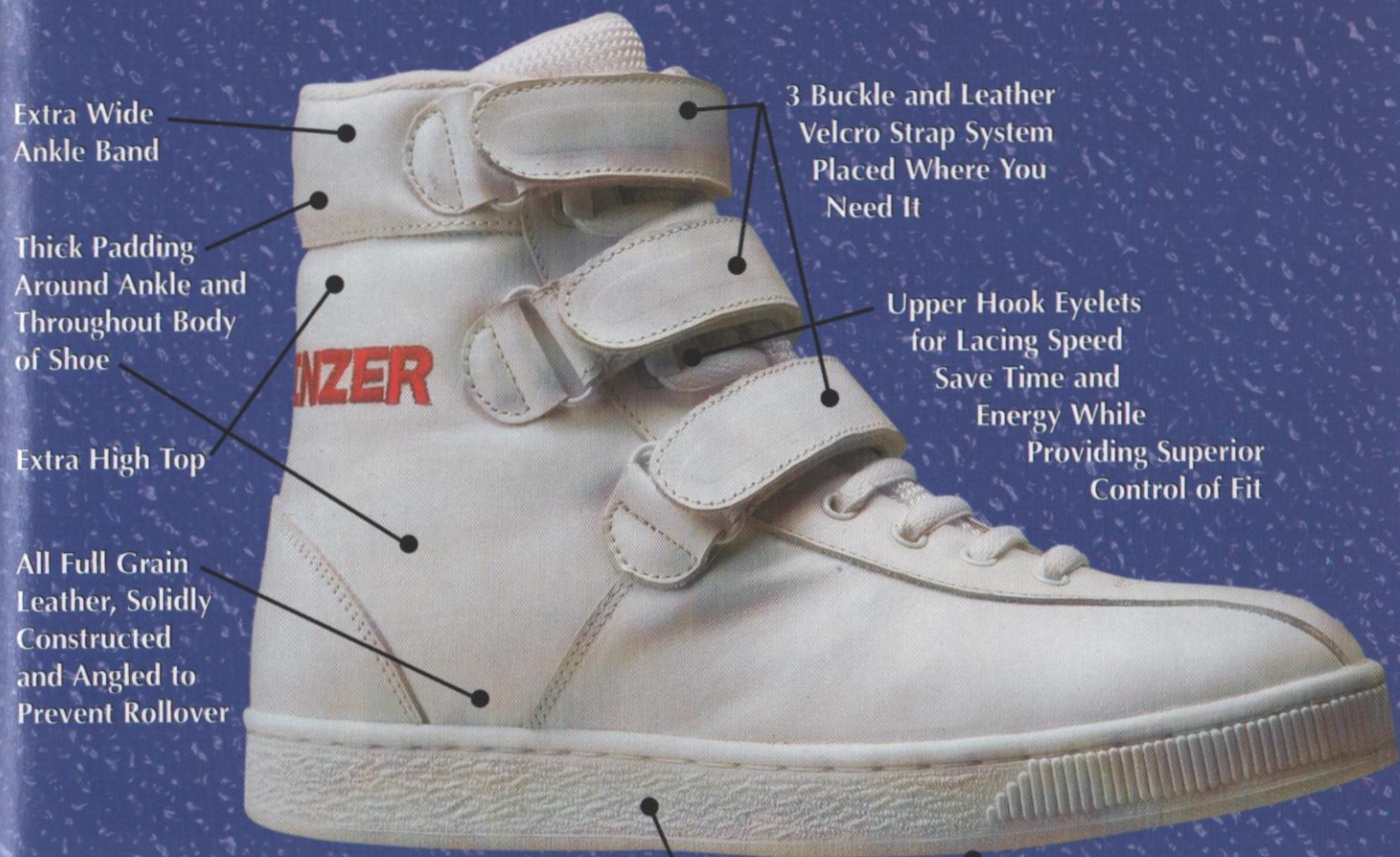


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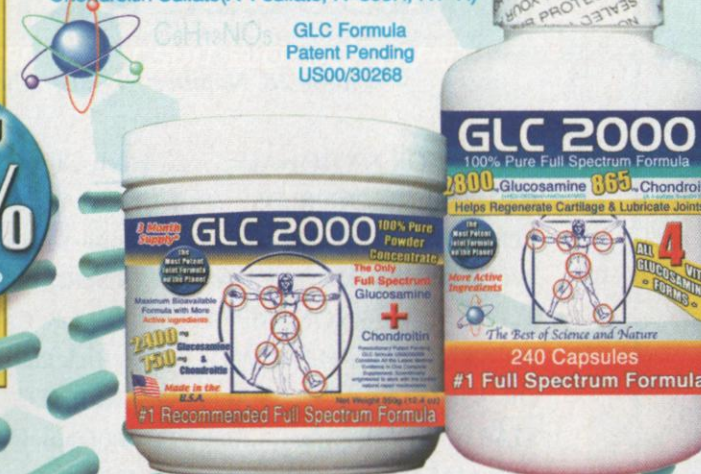


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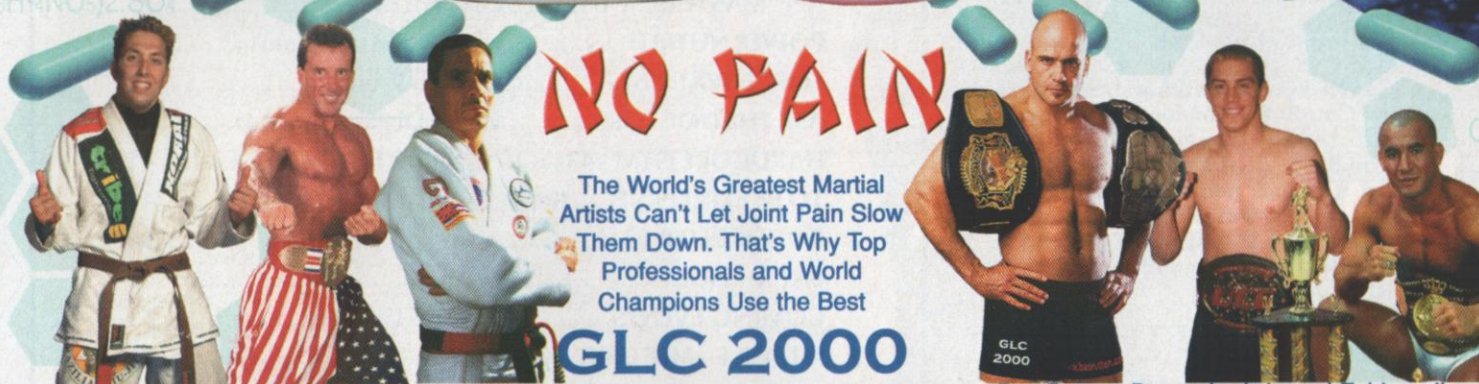


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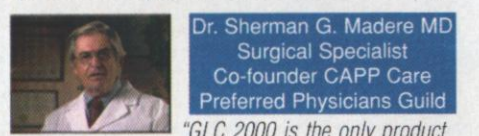
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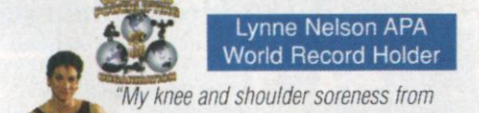
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MUSCLE MENU

- Volume 28, Number 10 - July 2005 -

APF SENIOR NATIONALS Herb Glossbrenner 5
 IPF WOMEN'S WORLDS Cheryl Anderson 10
 BENCH PRESS TRAINING Louie Simmons 14
 WORLD'S STRONGEST MAN SUPER SERIES 16
 SCOTT MENDELSON PROFILE Marc Caviglioli 18
 WORKOUT OF THE MONTH Rick Gaugler 21
 DR. JUDD Judd Biasiotto Ph.D. 26
 STARTIN' OUT Doug Daniels 27
 APF MASTERS/SUBMASTERS/JUNIORS.....28
 POWER NUTRITION Anthony Ricciuto30
 FORCE TRAINING Jim Wendler 33
 ASK THE DOCTOR Mauro Di Pasquale M.D. 38
 HARDCORE GYM #43 Rick Brewer 41
 TO BE EXPLOSIVE Kenny Croxdale & Tom Morris 42
 ROGER ESTEP PT. I Ron Fernando 44
 BACK ISSUES 48
 COMING EVENTS Mike Lambert 53
 A.D.F.P.F. MEETING MINUTES.....83
 UNCLASSIFIED ADS 94
 TOP 275s Mike Lambert 95

ON THE COVER - APF Seniors Overall Best Lifters Garry Frank (deadlifting) and Becca Swanson, with 242 winner Joe Bayles (squatting). All photographs courtesy of Leon Josaitis

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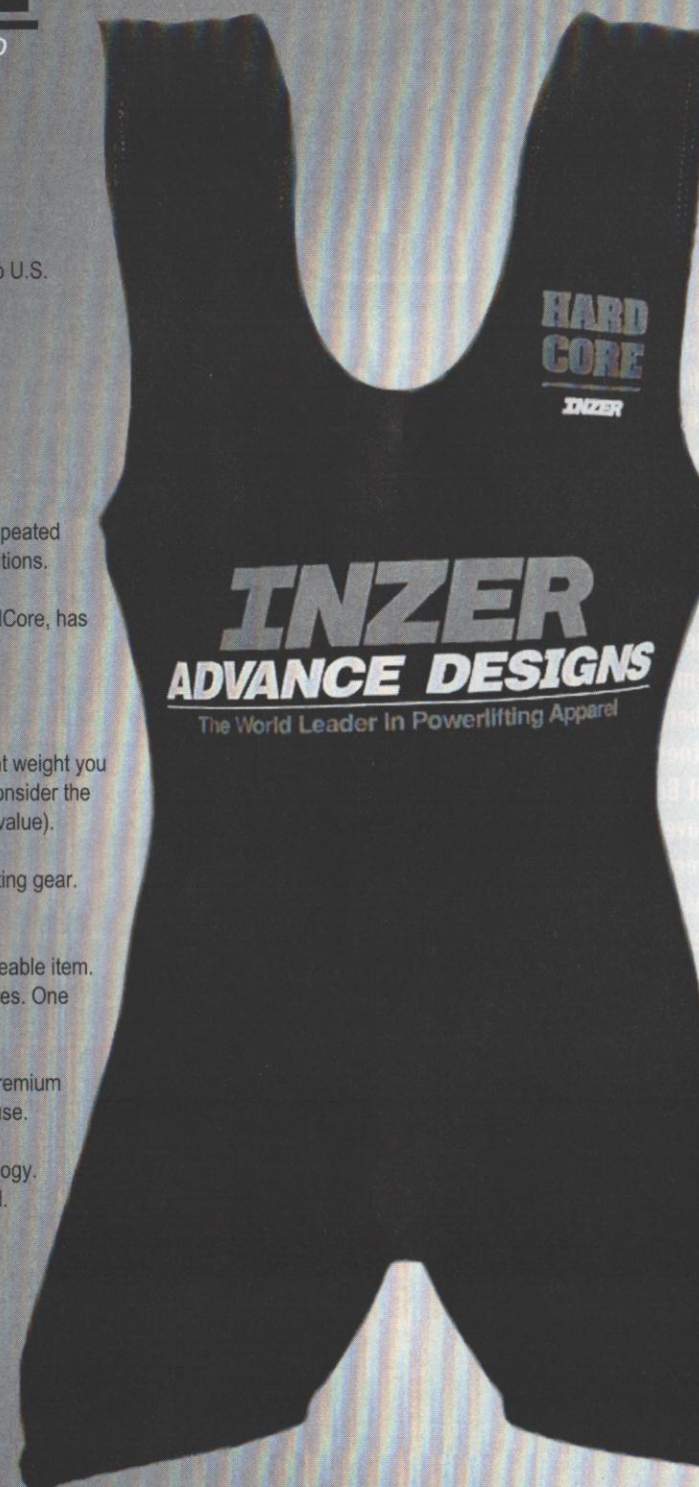
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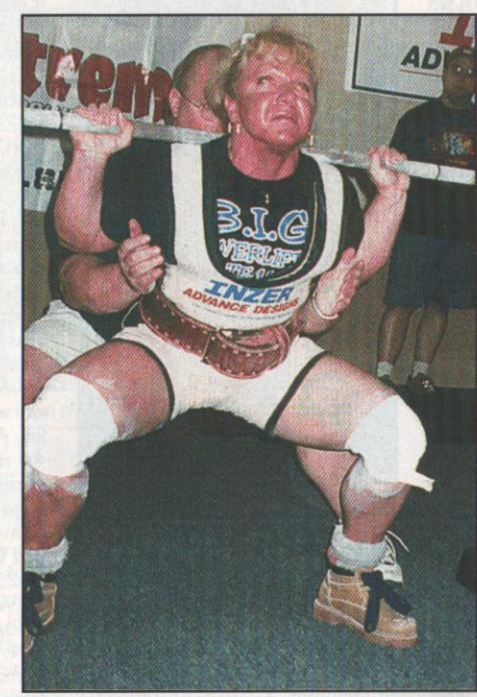
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Who would have believed that a record number 189 paid entries would show up for the 2005 APF Men and Women's Open Senior Nationals and Bench Press Championships? The turnout made this event the largest for a Senior Nationals in APF History. Meet Director Jim Hinze had set May 1st as a cutoff date. If he had more than 100 entries by that time it would be a three day meet: Fri - Sat - Sun. With less than 100 entries, it would be a two day meet, June 4-5, Saturday and Sunday. That was the way it turned out, but then a deluge of entries came pouring in after the 1st. The decision had already been made, and it was too late to change things. The Airport DoubleTree Inn, in Detroit, MI, was the meet site. It's a short hop from the airport, with free shuttle service, a convenience for everyone.

I remember Jim as Dan DeFelice's emcee from the 2000 APF Seniors in Warren, MI. Jim was 270ish then, and perhaps 100 lbs. heavier now. No wonder I didn't recognize him. The venue had not yet been set up by Friday PM. When Hinze arrived with the truck to

APF SENIOR NATIONALS as told to Powerlifting USA by Herb Glossbrenner



Deb Widdis ... a Lady Big Iron Powerhouse

unload the equipment, he had only two or three people to help him. He was in no condition to do

all the manual labor himself, and was perspiring and cherry faced. They had no kilo plates for the warm-up room or competition, so Kieran Kidder had sent a driver with a truck of them from FL. Come weigh-in time the switch for kilos on a combo lb./kg. scale either didn't work or nobody knew how to switch it, therefore all lifters were weighed in lbs. It was necessary for me to convert all the bodyweights to kilos and interpolate coefficients for every lifter in the meet, in order to obtain a correct points rating. This is an absolute necessity if two athletes were close, as it was for the Men's Best Lifter. A backup scale should've been available.

The meet was delayed many hours. The PA system messed up, bodyweights were not programed onto the

result sheets, and there were no expeditor cards used. The results I was given at the conclusion of the meet were incorrect, with no bodyweights and numerous errors, wrong attempts, etc. On both days awards were handed out to the wrong people and then they were called to give them back. The village idiot would've known that Becca Swanson won the Women's Best Lifter by a landslide, but it was given to the wrong girl. Big Iron's protests fell on deaf ears, until I went to the table proving they'd used the wrong coefficient for Becca. You don't even need a formula to catch such a flagrant error.

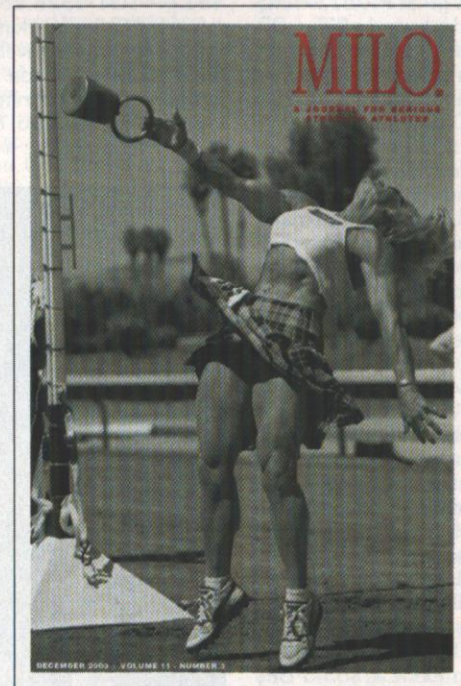
Bottom Line: in my humble opinion, it should be mandatory that in any USA based APF National or World Meet, either Pam Clayton, WPO Secretary, or Amy Jackson, APF/AAPF Secretary, should be on hand to run the scoretable and computer. That is what they do best. Hinze promised to send me the corrected scoresheets, but he never did. I had to obtain them from the National Office a week later, and even they had mistakes and some missing bodyweights. No birth dates were provided. I had to get them all from Amy Jackson, a week later at the National Office, from what she had on file for registration purposes. Therefore many lifts which were age group records were not recognized

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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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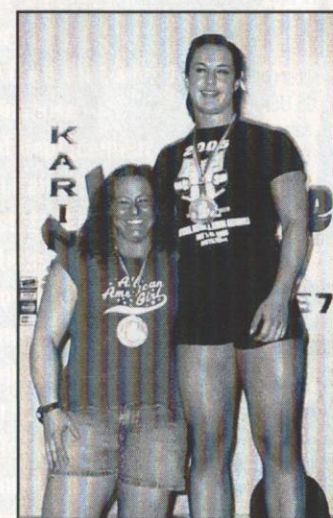


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as such, and were passed over. I felt bad for Jim Hinze who tried his best to have a good meet. He was put to the ultimate stress test, but was in way over his head. On a positive note, the platform crew was one of the best I've ever seen at a National or World meet. They were alert, sharp, and quick. I don't think there was a single misload in the whole meet. Matt Kroczaleski, 32, from Grand Ledge, MI, did a tremendous job as expediter on the second day. It was a tremendous help knowing who was up and what was on the bar. The awards were nice with gold loving cups given for 4th and 5th place. The judging was outstanding the first day, with Kieran Kidder keeping an eagle eye scrutinizing the judges. The second day, when Kieran's expertise as emcee was needed at the scoretable, the squat judging got a wee bit lax, as it often does for the Big Boys. Numerous records were broken, again and again. Never in any meet have 13 men squatted more than a thousand. Without further ado: the lifting.

JUNE 4 - WOMEN'S OPEN

Barbara Sieps, 38, Lincoln, NE, set all new 33-39 WRs for Big Iron winning the 97 lb. class: SQ 297.6, BP 148.8, and 3 tries to get her "stay alive" 297.6 DL, TOT 744. This erased Nadine Cohen (Baker) from the record list. At 114, Margaret Kirkland, 41, a dentist from Bradenton, FL, smashed three 40-44 WRs: SQ 402.3, DL 348.3, and TOT 931.95. Truly outstanding! Lifting solo @ 123, Laura Wilson, 42, Saginaw, MI, went 8-9: SQ 281.1, 170.8 BP, 286.6 DL, for a 738.6 TOT. Newcomer Julia Ladewski came out of nowhere to win the 132 class with amazing lifting. Her great 457.4 SQ and 1102.3 TOT may have surpassed the Junior records set by Amy Hoffman 17 years ago



In the 181s... Shawna Mendelson and teenager Ali Houston.

at the '88 APF Seniors, in Columbus, OH. The runner-up was Heidi Burke, 38 of the Omaha, NE, Big Iron team. SQ 385.8, missed, then made 407.9 with no misses thereafter (8-9) TOT 942.6.

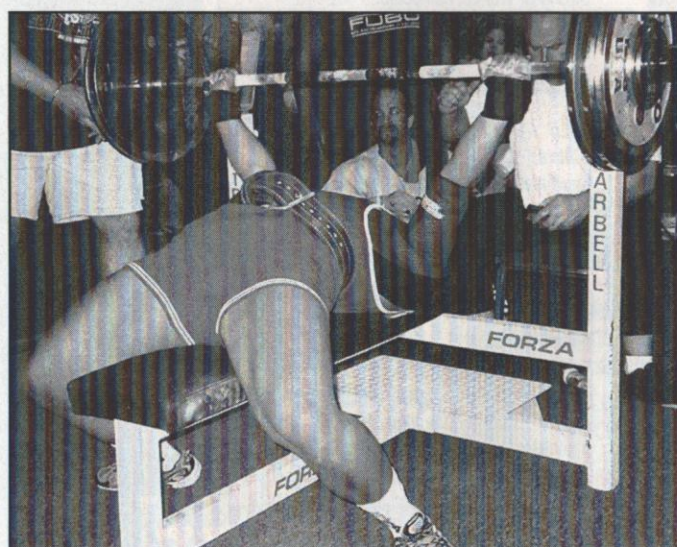
At 148, Linda Ponce of Foster City, IA, with her wild hair and ferocious mindset, dominated her competition. She celebrated her 45th birthday by smashing AUS Taylor Young's 45-49 WRSQ with her big 473.9 opener. She TOT 1102.3, but had a lot more in her. Linda got timed out with a 501.5 2nd SQ, and tried too much weight on a 3rd. BP 187.4 good followed by huge jump & miss with 225.9. Three good DLs for Linda (440.9). Runner-up was Beth LaPierre, 26, Westland, OH with a 380.3 SQ and 870.82 TOT. Kim Czerwec, 18, from Warren, MI, missed all her 170.8 BP tries and was out. 165s: Hillary Harper, 26, Concord, CA, SQ 374.8 opener, then bombed with 225.9 BP tries. In 3rd place was Shelly Pier, 31, with a beehive hairdo. She's big Clay Brandenburg's lady from Southgate, MI. Shelly kept us on pins and needles, finally making her 358.2 SQ 3rd, following two misses. No problems thereafter. She made all her benches (236.9), likewise with 3 DLs (341.7), and a TOT 936.96 in her first Senior Nationals. Lisa Denison, 38, Bakersfield, CA, who's really tall for this class, showed vast improvement and finished runner-up. She had a banner day going 9-9: 485 SQ, 220.4 BP, 418.9 DL and a 1124.35 TOT. This year's Senior champ is Carol Ann Myers, 39, from Defuniak Springs, GA. She's moving up the ranks quickly. She nailed a great PR 512.6 SQ on a 3rd, and salvaged a 275.6 BP on her final lift. Carol showed great resolve pulling 418.85 on her last DL following a missed 2nd for 1207.03 TOT. Strong lady!

181s: Shawna Mendelson, 32, from West Hampstead, NY, looked to be the odds on favorite, but looked overtrained and made some risky jumps, which was her undoing. Ali Houston, the sensational teen wonder (19) girl of the Big Iron club of Omaha, NE, had peaked perfectly. Ali made a clean sweep of her 18-19 WRs, surpassing her own marks by a big margin: SQ 523.6, then 551.1, 2nd, but 584.2 was too heavy. Mendelson made 562.1 for her opener, a nice lift with great strain. Her mind was set to break Jill Mills' Open WR, and absolutely nothing would change her mind. She went up to 623.91 to break the absolute mark by 1.1 lbs. She got timed out, but was allowed the attempt again. It was way too heavy. Houston missed, then made a 253.5 BP, then settled down and notched a 275.6 3rd. It was another 18-19 WR for her. Mendelson had a



Carol Ann Myers with a 385 DL

chance to make amends for her SQ tactics, and has a monster BP to flaunt (runs in the family). Opener 325.2 was smoked. Up to 352.7, a contest PR, and got it up, but hit the pin, and got no lift for butt raise, I'm told. A increase to 363.8 was a great lift, a PR by 22 lbs. moving her from 13th to 5th Women's Best All-Time for this class. Going into the DL, Shawna led by 99. Surely that would be safe. She pulled 402.3, followed by two misses with 451.9 - TOT 1328.28. No one expected Shawna's king size ball of yarn to come unraveled, but Ali had win on her agenda. The Teen was headed for an extreme deadlift. Opener 485 looked easy. She went straight for the win (507.1)



Kristy Reske did great benching, but Becca was in another world.

and pulled off the upset, a 1333.8 TOT. What a shock. Not done yet, she took 518.1 on her final lift and made that too for a 1344.82 TOT. It was a sweep of her own 18-19 WRs and an upset victory. 198s: runner-up was the pigtailed Viking Girl, Erica Lawson, 28, from Manteca, CA: 402.3 SQ, all BPs to 242.5, and DL 358.2, for a TOT 1003.1. She's got a great future in the sport if she stays with it.

Ex-bodybuilder Deb Widdis, 44, Papillon, NE, is the latest Big Iron, Omaha team member to skyrocket toward stardom. Her SQs were deep and powerful: 551.1, 562.1 was easy. Coach Hussey called for 600.7 for her final lift. A score table screw-up gave her 589.7, instead, which she womanhandled for 2W, a good lift. All her SQs wiped out the 40-44 mark of 462.9, set 14 years earlier by Maris Sternberg. Deb tried 622.8 on a 4th, but it was too heavy this time. Deb got a 275.6 3rd BP, and 2 DLs (457.4). Her 1322.77 TOT also broke the 40-44 WPC WR of 1212.54, formerly belonging to Tarja Rantanen of FIN. Way to go Debbie! UNL: Rebecca Swanson, @ 242.2 looked enormous. I'm guessing her thigh circumference matched her age (31 no less). Becca was out of action most of last year, recovering from torn biceps on both arms. Before I tell you of her barrier busting lifting here, I'll cover her trio of understudies, who performed very well themselves. In 4th, Kristen LaMonica, 40, 235.2, from Baton Rouge, LA, TOT 892.87! In 3rd was Joanna Conner, 41, 257.5 of Lakeland, FL. Following two SQ misses with 507, and 518.1 Joanna increased to 534.6, for a do or die try. She got it for a brand new 40-44 WPC WR. It erased the 473.9 lift of Maris Sternberg set 17 years ago in Atlanta. Joanna BPed 253.5 (no misses); and got all her DLs



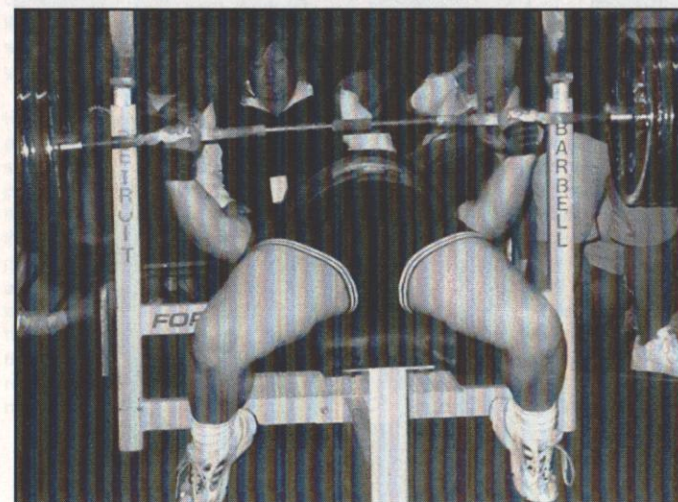
881... Scot Mendelson is back on the comeback trail (Josaitis photo)

(424.4). This gave her a 1212.54 TOTAL, beating another of Sternberg's records (1201.52) set 21 OCT '89 in Crystal Lake, NY! Very impressive was runner-up Kristy Reske, 28, of Stockbridge, MI. At 216.3, Kristy worked up to a 551.1 SQ, solid as a rock. Her BP was amazing at 319.6, then 358.2, before missing a huge 402.3. She pulled 451.9 (missed 496) for 1361.35. This is a huge result in her Senior Nationals debut. New talent seems to be springing up everywhere. Swanson's strength was incredible. She surpassed her own records ten times in the course of the lifting: SQ 771.6, 788.1, 804.6 and then 832.2 on a 4th attempt. She made a 462.9 BP, then 479.5, and almost got 501.5 on her final push. Her DLs were executed in perfect form: 600.7, 628.4 then 640.443 (290.5), which broke her World Record set back in Nov. '03 at the Worlds in Calgary, CAN. Her TOT 873 kgs. (1924.635) marked the first time a Woman has gone over 1900 in a 3lift competition. Only divine intervention can derail her from achieving that ultimate goal of 2000! No longer a dream, it's now

Swanson's scheme!

WOMEN & MEN - BENCH PRESS

The Bench Press competition took place late Saturday evening, following the men's powerlifting through the 198 lb. category. Lisa Miller, 28, 243.8 was runner-up in the Women's UNL category with a 2nd attempt 303.13! Stealing the show and winning with a record shattering performance was Sydney Thomas, 51. She's "Mrs. Captain America" in her colorful red white and blue regalia. She and coach Ernie Frantz sat right beside me as I shared in the proud moment of her jubilation. She dedicated her day's lifting to a relative fighting a battle with breast cancer. Sid smoked 292.1, and came back to make a 50-54 WR 314.1, following a miss. On a 4th Ernie picked 325.2 for her, and she made it, and then carried on a great celebration. I say she's the only woman over 50 to go over 300. Galen Scott, 43, of Port Clinton, OH, was lighter man (98.9 to 100.0) to Christopher Smith, 37, of Eaton, OH. Therefore Galen won the 220 class when both men

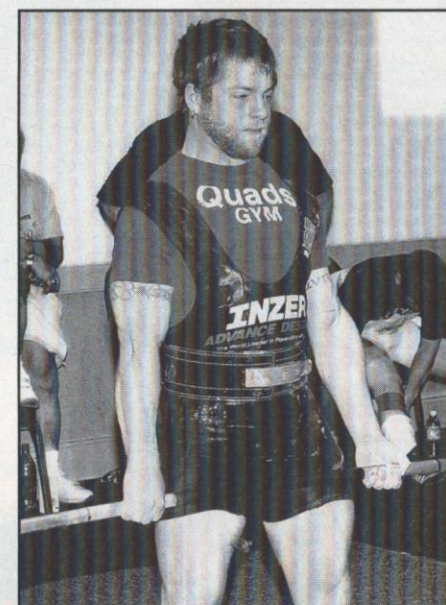


Chris Smith in the Bench Only Competition... with 661 @ 220 (Herb)

made 661.38! In 3rd was Richie Briggs, 20 from Omaha, NE with 617.3.

Florida's Rick Lawrence, 40, hit a PR 639.4 for 2nd place @ 242, while Matt Mangum, 28, from Dekalb, IL, got all 3, (578.13) in 3rd. Aaron Wilson, 30, from Glenwood, IA, came thru with a 242 class win, with a 3rd attempt 677.92 success! Two top 242 seeds - Chip Tallman, 36, of Howell, MI, and Jeremy Blewer, 31, of Plymouth, MN, both aspired to lift 705.4, both came up with no lift. The 275 winner was David Cosnatti, 26, of Redondo Beach, CA, pressing 534.62, his opener. Another big gun misfired: Richard Putnam, 27, of Fona, NY, did 755 winning the IPA Nationals last November. He got stonewalled with 705.4. At 308, John Pinder, 46, from Zebulon, NC, took 2nd place with 562.1, while Adam

bagged himself on the sidelines after he twanged his hamstring on a 501.5 DL. Newcomer Roger Marcus went 8/9 - 1471.58 TOT in 7th. Eric Stone, 22, Aurora, IL, came in 6th with 1521.2. In 6th position was Martin Hardy, 26, of Clinton Township, MI, with 1548.74. Jason McElroy, 35, of St. Petersburg, FL, was dead even with Brian Tincher, same age, going into the DL. Tincher had the advantage of lighter bwt, and both pulled the same 573.2 which gave Tincher the bronze when they tied with 1664.49 TOT. McElroy's forte was the SQ, where he hit a great 705.4. Tincher however drew even with his specialty - the BP (462.9) Jon Gordon, 25, Marietta, GA, went 2 for 3 on every lift - 672.4 SQ, 413.4 BP and 644.8 for 1730.62, very good lifting, to gain runner-up. Omaha's 19 year old Nick Hatch weighed in at



1st in his first Seniors --- LEON JOSAITIS

160.7, to forgo the struggle to make 148, and also to smash his own 18-19 WPC World Records. Nick had to repeat his 760.6 opener, a tad shallow. Next time - good. Up to 804.6, a barrier buster, as he would be the youngest as well as the lightest to hit the big eight double zero. At the end of the long 2nd flight, Nick came out to blast up 370.5 kg. (816.81). Not only was it another teen record, but also bettered the WPC Open Men's Record held by Russian Igor Shestakov. On a roll, Nick broke two of his teen BP WRs 475.09, then 501.5, his first time over the five double zero barrier in the BP. Much improved in the DL, Hatch hit 540.1 on his final try and TOT 1846.37, another 18-19 WR.

MEN'S OPEN PL:

No entries at all in the 114, 123, or the 132 classes, and only one entry at 148. Leon Josaitis, 22, Spokane, WA, lifting in his 2nd meet, went SQ 501.5, BP 363.8 and 446.4 DL, TOT 1311.7. As luck would have it, he won in his first Seniors. The 165s: Greg Ripley, 44, of Warren, MI, ice-

160.7, to forgo the struggle to make 148, and also to smash his own 18-19 WPC World Records. Nick had to repeat his 760.6 opener, a tad shallow. Next time - good. Up to 804.6, a barrier buster, as he would be the youngest as well as the lightest to hit the big eight double zero. At the end of the long 2nd flight, Nick came out to blast up 370.5 kg. (816.81). Not only was it another teen record, but also bettered the WPC Open Men's Record held by Russian Igor Shestakov. On a roll, Nick broke two of his teen BP WRs 475.09, then 501.5, his first time over the five double zero barrier in the BP. Much improved in the DL, Hatch hit 540.1 on his final try and TOT 1846.37, another 18-19 WR. **181s:** Eight men in the lineup, but three fell by the wayside. Steve Wunz, 42, and Dearborn, MI's Fabian Wambsgans, 58, zeroed in

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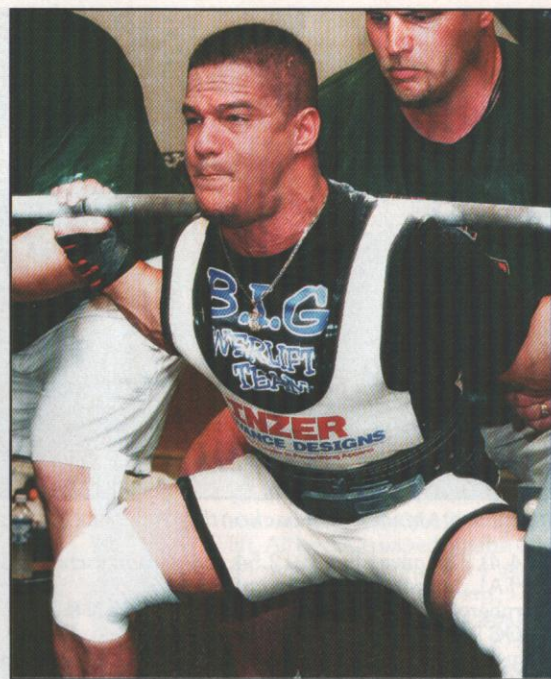
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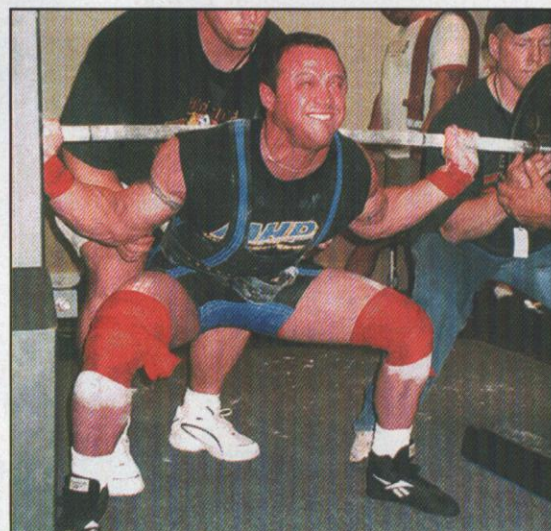
CONGRATULATIONS TO JIM KILTS FOR HIS ALL TIME RECORD
565 BENCH AT 181!



Nick Hatch... a teen, toying with world records (Leon)

the BP. Tom Lavelle, 38, from Cleveland, OH, was in a solid 2nd place after his first two lifts! 727.5 SQ, and 501.55 BP. He thrice missed a 551.1 DL and it was bye-bye silver medal for him. Ryan Hicks, 27, from Gordo, AL, made only openers for a 1614.88 TOT and 5th place. Greg Brochu, 28, from Minot, MN, challenged Robert Benedix, 45, who was back in action after having undergone a quintuple (5x) heart bypass operation a couple of years ago. Doctors told Robert his lifting days were done. He proved them wrong, garnering 3rd place 1714.9 to 1703.07 for Brochu via 705.4 SQ (miss 733 WR 45-49), BP 457.4, and DL 551.1. No wonder he's called the "Miracle Man". Runner-up Michael Maxwell, 30, from Zanesville, OH, TOT 1758.18 with 733.1 SQ (1st), 451.9 BP (2nd) and 573.2 DL (opener). Mike actually attempted lifts that had he got them would have given him an 1884.95 TOT. It still wouldn't have improved his placing. Taking the 181 title was Bret Rapp, 37, of Clayton, NC. Brett looked very impressive, nailing all his SQs (799.1), got a 457.4 BP opener (twice missed 501.55), and pulled a 617.3 2nd attempt. His TOT of 1918.02 is World calibre. It was his first Seniors title and most deserved.

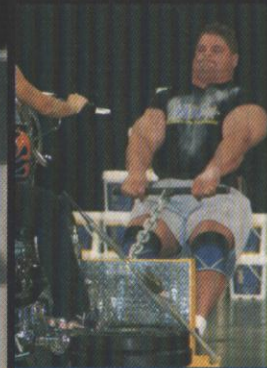
(article continued on page 89)



Brett Rapp... squatting 699 at 181, a bigtime SRs debut

NO PAIN... BIG GAINS

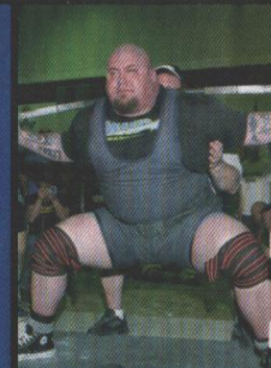
PHILIPPI...NO PAIN!



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

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

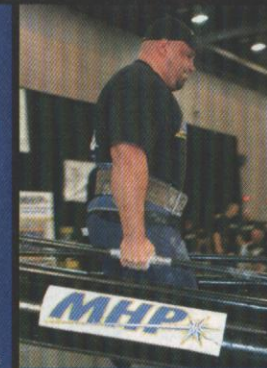
MILLER...NO PAIN!



Mike Miller
- World Record 1200 lb. Squat!

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

KIRIT...NO PAIN!



Steve Kirit
- America's Strongest Man

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

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Heavy power movements place exceptional amounts of stress on joints and the musculo-skeletal 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.

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!

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The Land of the Midnight Sun greeted 95 of the best female powerlifting competitors from 21 nations for the 26th IPF Women's World Powerlifting Championships. Quietly sitting just south of the Arctic Circle, the small town of Ylitornio, Finland (with just over 5000 residents) came alive with the arrival of this history-making event and rose to the occasion. Meet Director Tero Hyttinen, of the Finnish Powerlifting Federation, and 130 volunteers have worked together since 2002 to make this history-making Championships both an enjoyable and memorable time. And it also seemed that every one of the warm and welcoming locals played a part in lending a helping hand to the success of this big event and the comfort of their visitors. Many of the local businesses (including the town supermarket) sponsored Worlds, and then the managers and employees came out to watch the action. The children of Ylitornio – especially the girls – proved to be devoted powerlifting fans at this all-female strength extravaganza. They asked for autographs and wanted to have their pictures taken with the lifters (on both their cameras and their Nokia cell phones, which are quite prized in Finland). And they had their own cheering sections for their homeland heroines ("Mervi! Mervi!"). One of the most endearing things was their greeting of "hi" that sounded like, "hey!" and their departing "hey-hey" for "goodbye," along with "kiitos" (pronounced "key-tohs") for "thanks!" My 7-year-old son became especially adept with the basics of the native tongue, and I made sure to pronounce "sauna" correctly – as "sa-ow-nah," as instructed in my travel manual, so as not to offend the locals – which seemed to both entertain and impress Raija Koskinen and the hotel chef.

Some members of Team USA had flown to the Lapland of Finland on as many as four or five planes, enduring 22+ hours of air travel before a 1 1/2 hour bus ride from Rovaniemi (or Kemi) to our ultimate destination located just across the Tornio River from Sweden. One of the meet volunteers stood poised outside our gate at the Rovaniemi airport, ready to sweep us from FinnAir to our ground transportation, holding an IPF Women's Worlds sign with meet logo. He answered our many questions, waited for us to collect our baggage, and then assisted us onto our van as the rain poured down, explaining in local accent, "This is very typical weather of Northern Finland in May". He accompanied our van driver and us on our "road trip" to Ylitornio and served as a translator as well.

The 26th IPF Women's World Powerlifting Championships

MAY 26TH-29TH, 2005 – YLITORNIO, FINLAND
as told to Powerlifting USA by Cheryl Anderson



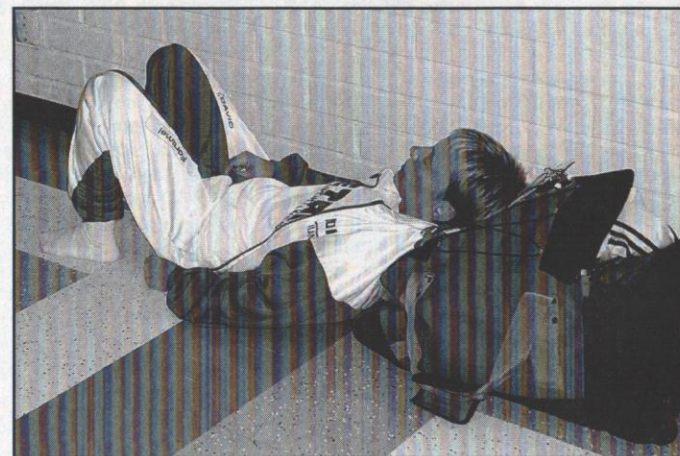
A Welcome to the Land of the Lapps the opening ceremonies.

Those of us who were awake – or, at least, better adjusted to the very-different time zone – took in the scenery of pine trees (with an occasional reindeer hiding behind one), hills, and yellow and red houses as we traveled down the familiar right-hand side of the roads, until we saw the vast waters of the "River Tornio."

The long hours of air travel one-way dehydrated more than 2 lbs. off me, but the food served at the Hotel Helenan Kievari seemed rich enough to put the weight back on. Those on the team accustomed to world travel already knew that we could eat more in Finland and actually lose weight in the process, but it pleasantly surprised me. Some of us missed having ice in our beverages (or even chilled drinks) the entire week and walked to the nearby Supermarket K of Ylitornio to buy familiar groceries (for example – and especially in Carly Nogle's case – ice cream). Tod Miller brought a bottle of ketchup from home to help him through the week of new delicacies, and my family brought a jar of peanut butter. Caitlin Miller had to buy a hairdryer at the town hardware/electronics store because many of us found ourselves blowing fuses even with adapters for the European electrical outlets.

Those of us who packed in anticipation of a somewhat cold

climate were pleasantly surprised with warm and sunny weather (with the exception of the heavy downpours the day we arrived). This year's opening ceremony featured some young members of the Ylitornio Gymnastics Club performing the Dance of the Midnight Sun, as locals prepare to celebrate the longest days of the year in northern Finland – and we are talking about 24 hours of daylight. During our stay, the sunlight was pretty much non-stop except for a "sunset" that dimmed the sky for about 3 hours. There were a couple of mornings when I awoke to the sound of chirping



Too Cool Koskinen chills before winning another world title.

birds greeting the "sunrise" at 3 a.m., or to the sound of noisy neighbors on the streets – again, around that time – peering at my clock and wondering if it were 3 o'clock in the morning or afternoon (a little disorientation happens when you have to move your internal and external clocks ahead 8 hours).

And when the lifters were not walking through town beneath the extraordinarily bright and abundant daylight that exists this far north, they were greeted with very bright and hot lights on the platform – illuminating their lifts for television. It was a very long walk from the wrapping area to center-stage, and cameramen from Eurosport TV followed the determined lifters taking their stiff-legged walks (or sometimes being carried by their coaches) down the corridor and to the platform, capturing the action throughout the 3 days.

Familiar terms to American competitors such as "on deck" and "in the hole" were not used here, but when a lifter heard her name followed by "got to be ready," it meant that her turn was coming up fast. As often occurs in an international gathering of this size, there were several instances of miscommunication or misunderstandings, many times resulting in lifters timing out (noticeably often from India).

But the well-organized team of volunteers running the meet maintained a spreadsheet projected on a big screen for those in the packed bleachers to follow the action. There were also volunteers diligently maintaining a number board showing the current weight being lifted. And the spotters did a fantastic job with good catches on some precarious squats.

Day 1: 44, 48, 52, and 56 kg classes. USA lifters: Cheryl Anderson, Jenn Maile, Sioux-z Hartwig, Caitlin Miller. Hardware count: 6 medals

44 kg. / 97 lb. class – There were only 6 lifters in the 44 kg.



First Time ... Cheryl Anderson.

class, making for a very fast-paced meet. However, among the 6 lifters, there were very close races and numerous medals were decided based on bodyweight. USA lifter Cheryl Anderson (your reporter here) started the action with the first lift of the competition. She ended with a 7/9 performance and won the Bronze overall as well as a Silver medal in the bench press in her first IPF competition ever. Cheryl had the unusual distinction of being the only lifter in the competition to place last in squats and still end with an overall medal. Due to technicalities, she missed a PR 253.5 lb attempt that was battled all the way to lockout, and the judges wanted her to bring the bar down higher on her chest on the 2nd bench attempt (the good news was that adjustment made for an easier upward stroke on the 3rd attempt). This put her in 5th place (out of 6) at subtotals. The necessity of "the right pull" here was reminiscent of Jessica Watkin's Bronze medal win via lighter bodyweight with a big deadlift at the World's in 2003. After pulling

303 lbs, I placed 3rd overall with a bodyweight edge over France's Laurence Hernandez, the squat bronze medalist.

Raija Koskinen had yet another perfect day, just as last year in France, and won her 6th IPF Gold in this class. Her flawless execution does not happen without years of experience. This veteran has competed in every IPF Women's Worlds since 1992 in both the 44 and 48 kg classes and, in those years, has experienced everything from a bombout to Gold-medal-winning, 9/9 performances. Now this doctor from Helsinki uses her expertise to coach many competitors on Finland's women's team to medals of their own. Chinese Taipei's Weightlifting Olympian and IPF World Deadlift Record Holder, Wei-Ling Chen, came down to the 44s (97s) after being nominated in the 48s (105s) to go toe-to-toe with the defending champion. This showdown made for some great edge-of-your-seat action for the packed house, right from the get-go. Raija set a new Open World SQ record with 171 kg (375 lbs.), only to witness Wei-Ling breaking it minutes later by .5 kg. Wei-Ling, Laurence Hernandez from France and Monika Korpak of Poland each got only one bench passed and tied for the Bronze BP medal, with Wei-Ling coming out ahead by bodyweight, but with her bench behind Raija's by 17.5 kg, the subtotals showed that Wei-Ling would have to use her extraordinary pulling ability to beat Raija. When it came time for the final deadlift, she needed to pull a massive 391 lbs. to equal her total and win the Gold by bodyweight. This was well within her ability, as she holds the World Record with 385 lbs., but this day her foot slipped. Raija had been watching these final decisive minutes from the platform entrance and then shook hands with the young lifter who had battled for the Gold till the bar hit the floor. The moment concluding all of the exciting action in this weight class was featured in the local newspapers. Raija's squat set a M1

world record, and she also set a M1 total record of 410 kg. (903 lbs.) Wei-Ling's SQ and total of 402.5 kg (887 lbs.) are new Junior and Open records.

Laurence Hernandez of France and Monika Korpak of Poland tied going into subtotals with identical squats (264.5 lbs) and benches (137.8 lbs), but their deadlifts determined 4th place (286 lbs.) for France and 5th (264 lbs.) for Poland. India's Thomas Ruby pulled a 331.5 3rd attempt – a lift equal to her subtotal – winning the Bronze in the DL. She placed 6th overall.

48 kg. / 105 lb. class – Caitlin Miller had been nominated for this weight class on the heels of her 799 lb. win at Nationals, but then she grew, to say the least (not to mention she enjoyed plenty of Finnish

strangers to IPF competition, Jennifer Maile and 2003 World Champion Sioux-z Hartwig lifted for the USA in this class. This was Jenn's first IPF competition in the 114s, and she had a tough day with squats, unable to get any of them passed. Her foot slipped just after lockout on her first try with 352 lbs, though the attempt seemed to spring up easily. Her 2nd attempt with the same weight just would not go, and her 3rd attempt was called on depth. She did not lift the rest of the day, but came back to serve as a referee (and brave the almost-blinding lights) on Days 2 and 3. Sioux-z overcame previous injuries and won the Bronze in each of the 3 individual lifts to place 4th, just missing the overall Bronze by 17 lbs. On the heels of Jenn's early departure, fans were on the edge of their seats as Sioux-z had trouble getting a bench passed until her last attempt. She had also timed out on her last deadlift, an attempt of 170 kg, just as she began to grab the bar. In this weight class, we saw another 9/9 performance from a defending World Champion: The Russian dwarf Olesya Lafina won her 3rd IPF gold with 1102 lbs., a new Open world record that looked easy. She also set new Open world SQ and BP records. Mervi Rantamaki of Finland overtook Evgeniya Arkhipenko of Ukraine by 20 kg to win the Silver. Evgeniya missed two of her deadlift attempts and ended her day with a 430 kg total and the Bronze. Yi-Ju Chou of Chinese Taipei went 7/9 and out-pulled everyone with a great 396 lbs., winning the deadlift gold, but finishing 5th overall. Ecuador's Rosa Castro turned in a 385 kg total with her opener squat and bench to place 6th. Karin Hollaus represented Austria and placed 7th with a 340 kg total.

52 kg. / 114 lb. class – No strangers to IPF competition, Jennifer Maile and 2003 World Champion Sioux-z Hartwig lifted for the USA in this class. This was Jenn's first IPF competition in the 114s, and she had a tough day with squats, unable to get any of them passed. Her foot slipped just after lockout on her first try with 352 lbs, though the attempt seemed to spring up easily. Her 2nd attempt with the same weight just would not go, and her 3rd attempt was called on depth. She did not lift the rest of the day, but came back to serve as a referee (and brave the almost-blinding lights) on Days 2 and 3. Sioux-z overcame previous injuries and won the Bronze in each of the 3 individual lifts to place 4th, just missing the overall Bronze by 17 lbs. On the heels of Jenn's early departure, fans were on the edge of their seats as Sioux-z had trouble getting a bench passed until her last attempt. She had also timed out on her last deadlift, an attempt of 170 kg, just as she began to grab the bar. In this weight class, we saw another 9/9 performance from a defending World Champion: The Russian dwarf Olesya Lafina won her 3rd IPF gold with 1102 lbs., a new Open world record that looked easy. She also set new Open world SQ and BP records. Mervi Rantamaki of Finland overtook Evgeniya Arkhipenko of Ukraine by 20 kg to win the Silver. Evgeniya missed two of her deadlift attempts and ended her day with a 430 kg total and the Bronze. Yi-Ju Chou of Chinese Taipei went 7/9 and out-pulled everyone with a great 396 lbs., winning the deadlift gold, but finishing 5th overall. Ecuador's Rosa Castro turned in a 385 kg total with her opener squat and bench to place 6th. Karin Hollaus represented Austria and placed 7th with a 340 kg total.



48 kg. Gold ... Svetlana Tesleva.

desserts and fries during her stay in the Lapland). Due to a last-minute decision to move her up TWO weight classes, there was therefore no lifter representing the USA in the 48s/105s. Nonetheless, here was yet another exciting showdown between the top 2 lifters, multi-time World Champion Svetlana Tesleva of Russia and Yukako Fukushima, 5-time World Bench Press Champion. Their subtotals were separated by only 5 kg. (11 lbs.)! When the dust settled, Svetlana won her 7th Women's Worlds Gold with a huge 380 lb. deadlift and a 9/9 day, setting a new IPF Open world record total of nearly 1,000 lbs. (997 lbs.). Yukako had to take three attempts to get her signature lift passed at this competition, yet the friendly Japanese bench press phenom smiled her way to another Silver overall upon a successful 341 lb. pull. Vilma Ochoa of Ecuador, who competed in the 44 kg class last year, won the Bronze with just 4/9 attempts due to her strong squat (347 lbs) and deadlift (352 lbs). Finland's Sanna Apuli placed 4th with three "good lift" pulls to total 799 lbs. Marcela Balogova of the Czech Republic benched one attempt with 187 lbs, which easily won her the bronze bench medal, and placed 5th overall. A pair of

(article continued on page 86)

IPF 26th Women's Worlds										
26-29 MAY 05 - Ylitornio, FIN										
97 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
R. Koskinen	347	363	377	165	170	176	336	347	352	903
W. Chen	341	363	378	137	148	148	352	374	394	887
C. Anderson	209	231	253	143	154	154	259	292	303	688
L. Hernandez	264	275	275	137	148	148	275	286	297	688
M. Korpak	264	284	284	137	137	143	242	264	284	666
R. Thomas	220	237	248	82	93	99	297	319	330	661
105 lbs.										
S. Tesleva	352	369	380	214	226	237	352	369	380	997
R. Fukushima	319	341	352	264	264	264	319	344	341	948
V. Ochoa	347	347	358	154	154	165	352	374	374	865
S. Apuli	297	297	349	154	165	176	308	325	336	799
M. Balogova	253	253	270	187	187	203	297	314	330	771
S. Guillaume	275	281	292	148	154	159	319	330	341	766
V. Martin	292	292	303	159	165	170	281	292	297	744
M. Mandakini	253	275	275	143	154	154	308	330	330	727
C. Renuka	253	284	284	132	143	154	286	303	349	700
S. Tanaka	253	253	264	143	154	170	275	292	292	683
M. Macken	209	237	242	104	121	126	275	292	292	639

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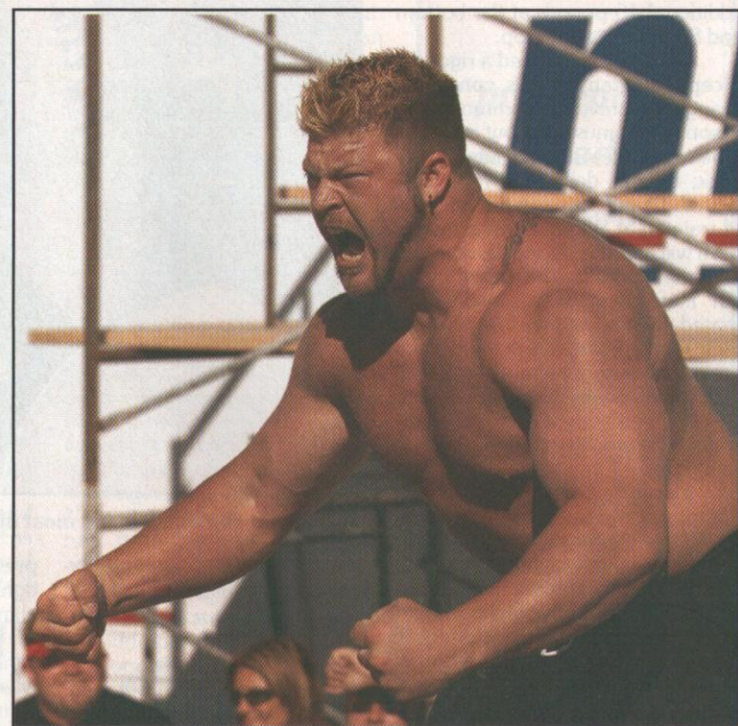
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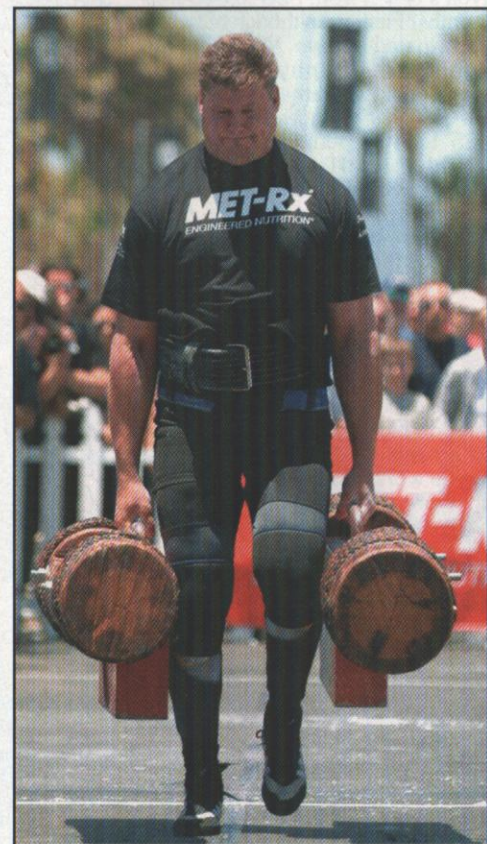
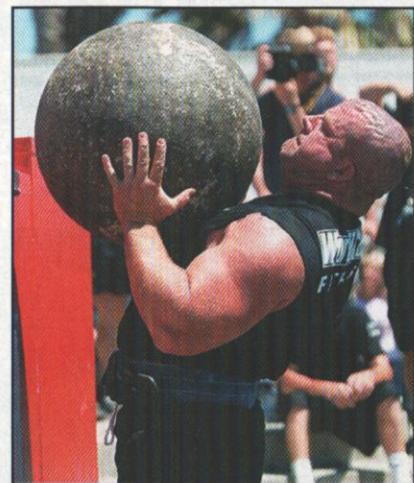
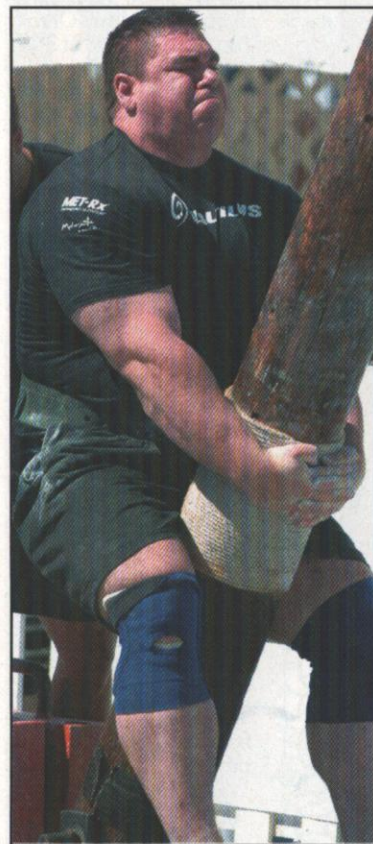
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The World's Strongest Man Super Series is a new circuit of strongman competitions to be held around the world with the TOP 4 finishers in each contest becoming eligible for the World's Strongest Man contest in China later this year. Winner at the June 18th event at Venice Beach was Mariusz Pudzianowski (above, left - Curtis Lambert photo), but Jesse Marunde (above, r.) was only 2 points behind overall



394 lb. **Dominic Filiou** (CAN), above left, in the Pole Lift, took 4th. Former WSM winner **Janne Virtanen** (above right) came up 3rd in a tie, and **Steve Bourgeois** (CAN) seen in the middle top photo came in 6th. **David Ostlund**, in the log lift event, came in 5th (Curtis Lambert photo)

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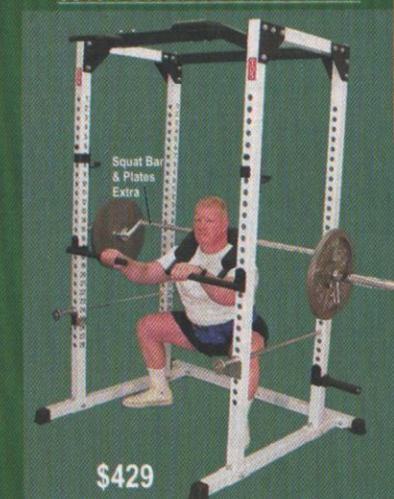


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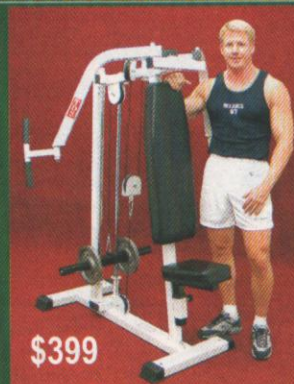
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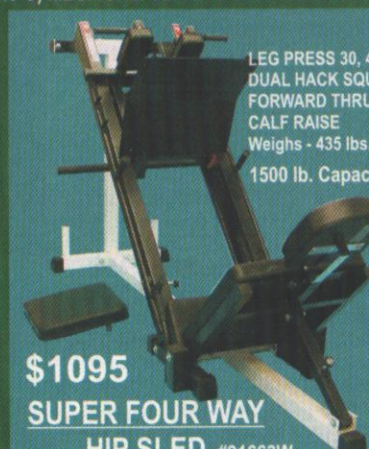
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POWER PROFILE a detailed PL USA look at some of the best lifters in the world

BENCH MONSTER MENDELSON DOMINATES as told to Powerlifting USA by Marc Cavigioli

Deep in the bowels of the dark hulking building that is The Palladium of Worcester, Massachusetts Scott Mendelson, nine-time world record holder, sat on stool presiding over Atlantis Foundation's New England Bench Press Championships. An iron emperor holding court, Mendelson was not there only to spectate. He was there to rewrite the record books.

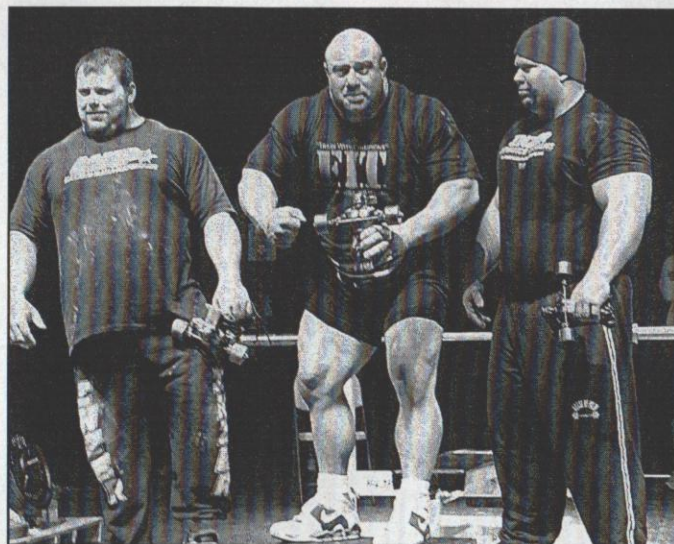
Seeing Atlantis' bench press challenge, Mendelson picked up the gauntlet and came for battle. Three hundred dollars per class winner with an additional six hundred dollars to anyone who could bench six hundred or more, plus plane tickets and accommodations: what champion of Mendelson's proportions would turn that down?

Yet there was more to it. With the splintering of lifting organizations, differing rules and rapid changes in bench shirts, it is impossible to compare athlete's accomplishments. Unless, that is, the lifts are performed without assistance. Mendelson was there to set the record straight, to show anyone who dares to compare. Take the damn shirts off and he will reign supreme. This is a gold standard lift, one our ancestors might hope to emulate. Not that Scott has a problem with shirts. In fact his proudest lift is his 1005 pound unofficial bench as noted on his web site www.scottmendelson.net.

But on this day, once the mortals had shown their best efforts, it was Scotty's turn. Rising from his stool he set the world ablaze. With roaring crowd on their feet, his wife slapped his face and Mendelson rolled back on the bench grabbed 715, more weight than any human in history, brought it to his chest and easily rammed it to armslength. No bogus, hokey stuff, this was under the eagle gaze of head judge Eddie Coan. Stupendous. Mendelson the Juggernaut.

I had to shake his hand. I've met many strongest men, but let me tell you, Mendelson's hand is a slab of concrete, a huge slab of concrete.

Consider that five days prior to his all time greatest raw bench, SM, (same initials as Superman, coincidence?) had surgery on his



New England Bench Champs... Brian Siders, Scott, and Josh Bryant

Atlantis New England Bench Press 22 MAY 05 - Worcester, MA				
MALE	BP1	BP2	BP3	Best
0-180 lbs.				
R. Lara	340	360	375	375
A. Wise	310	335	350	350
M. Limbaugh	315	335	345	345
D. Bloom	320	335	350	335
D. Hagggett	315	335	355	335
C. Baril	325	355	340	325
B. O'Reilly	275	305	305	305
T. Rosselli	270	285	300	300
D. Fiori	255	260	270	260
J. Orcut	250	250	255	255
Baumgartner	245	265	265	245
D. Art	200	225	240	225
R. Sullivan	80	120	150	150
S. Koodman	205	205	205	—
N. Cameron	325	335	335	—
181-210 lbs.				
S. Sceppe	475	500	515	500
S. Woffard	400	430	445	430
J. Nowicki	375	400	425	425
J. Fiori	380	405	425	425
R. Marrama	415	415	420	420
C. Collins	365	385	385	365
A. Mahan	335	355	355	335
C. Peterson	315	335	345	335
211-245 lbs.				
P. Bossi	455	480	500	500
E. Paskell	405	460	500	500
J. Bianchi	460	480	480	460
W. Thorng	325	355	365	365
J. Norton	335	355	375	355
J. Gorgone	450	450	450	—
246-280 lbs.				
V. Dizenzo	510	555	555	510
E. Bostick	440	475	510	475
A. Diveneto	335	365	365	365
R. Sweeney	350	370	370	350
281+ lbs.				
S. Mendelson	660	715	730	715
B. Siders	600	650	665	650
J. Bryant	600	620	630	620
R. McCray	550	600	600	550
R. Bumgarner	425	450	460	450
K. McInnes	315	335	345	345

(thanks to Bruce DeRosier for the results)

foot to repair damage from a November 2004 car wreck. On that fateful night last fall he was traveling in the fast lane when the car ahead of him abruptly swerved revealing a car parked on the freeway. Broken down with no hazard lights an elderly woman had abandoned it in the passing lane. At seventy miles per hour Mendelson's Astro Van slammed into the stationary vehicle breaking Scott's ribs, various bones in his foot and ankle and splitting his tibia. But the titanium didn't cool the Mendelson fire.

A few days after his latest world record, I phoned the Bench Behemoth to tap the source of his strength. Thirty-six now, Mendelson began training at thirteen. And while he played all manner of team sports in his younger days he always preferred the autonomy of individual sports.

From the beginning, Scott recognized he was different. He knew he would be the strongest bench in the world. But SM was strong in all lifts. And though his competitive career has focussed on the bench, in

training he squatted over a thousand pounds and pulled eight, "raw" he adds. Nonetheless he feels he has never truly maxed out in these areas. When I asked him why he didn't compete in all three, the six foot one, three hundred and thirty pound champion chuckled, "Uh, too much work."

TRAINING

So how does a bench specialist who has ungodly three-lift strength train? Only three days per week using mostly triples. Mendelson's foundational training is five work sets of three reps, a protocol he sticks to most of the year. Prior to a competition he'll work his way down to doubles and finally singles. Doubles are begun four weeks out while singles begin two weeks away. The last week prior to a competitive lift is full rest. Unlike most elite benchers however, Scott trains heavy twice per week. Monday's focus is the bench press, Friday, board presses using a single four by four block.

It is hard to imagine how shoulders, even those as massive as SM's, can absorb such punishment year after year. But Scott says the technique in the bench has changed so dramatically with the use of shirts that shoulders are spared much of the wear and tear of former days.

Both days incorporate considerable assistance work, much of which centers around the lats and rear delts. This has a two-fold benefit. Strong lats and create a platform off which to bench, a fine point mentioned throughout the years by most elite benchers. Secondly a strong rear deltoid balances strength around the shoulder joint. Imbalances are common among bench fanatics and often lead to injury, tendonitis or bursitis.

Wednesday is leg work.

Mendelson is not a believer in going light. When I asked him what is a common mistake of other lifters he unequivocally stated "speed days."

While Scott doesn't perform any cardiovascular work unless he need to lose weight, during the off season he rides the recumbent bike five times per week. He feels the recumbent uses the least amount of muscle while still stimulating the cardio-pulmonary system. Not only does this work enhance recovery he also believes the stamina it develops helps his stamina. Whereas he says most powerlifters are only "good" for

two lifts he is capable of seven or eight.

MENTAL APPROACH

As most athletes know, the mental part of the game is often most critical and can provide the winning edge.

Mendelson visualizes going through the lifts in his mind before actually touching the bar. "When I lay down I never think about the weight," he says. "It's just a bar to me. The lift is already done in my mind; I just go through the motions."

I asked him what courses through his mind as his wife slaps his face preparatory to benching. "Nothing," he said, "At that point I'm not thinking anything, I'm pure aggression."

Motivation is the key to success. Asked what concise wisdom he would give to all lifters "out there" he replied "Consistency is everything. I have a saying," he says. "Discipline equals power." Training hard, being consistent and disciplined, not going out partying and doing things that are bad for your body ... you're going to get where you want to go. You need to apply yourself mentally and physically in every aspect.

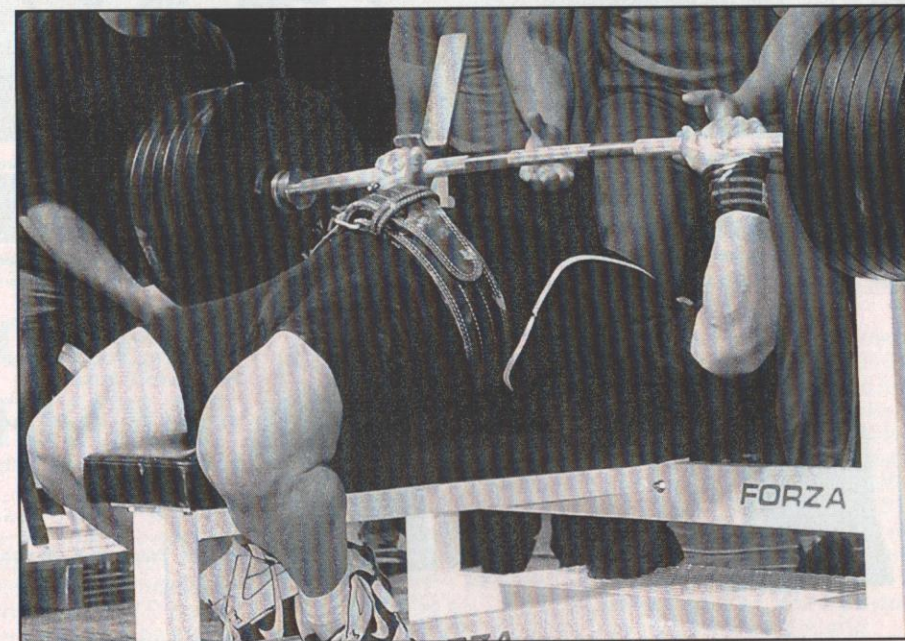
"Because I'm at the top of my game every competitive bencher is out there coming for me. I have to be at my best at all times so I eat, sleep and live it. I don't just do this recreationally."

RECOVERY

A secret from the Bench Dragon's lair is his arcane recuperative protocol. His wife, a Filipino woman, applies suction cups to his body. The Oriental therapeutic modality works by creating a vacuum inside the cups that draws blood and thereby promotes healing. The cups are the size of shot glasses and at times his body is adorned with up to thirty of them distributed all over. Sounds funny, but given that Mendelson benches heavy twice per week and has just benched more weight raw than any human in history perhaps there is something to it. Maybe ten years from now the average powerlifter's gym bag won't be complete without a set of suction cups clattering in its depth.

His wife also performs active release sports massage, a method of releasing adhesions and scar tissue that not only shorten range of motion and inhibit performance, but also increase risk of injury.

Though Scott only averages six and a half hours of sleep per night he believes recovery is



Scott driving up 730 raw in Worcester. He had made 755 in training. (Joe Mugovero)

critical. A muscle requires six full days to recover from a specific exercise. He feels many lifters unwittingly overtrain out of enthusiasm.

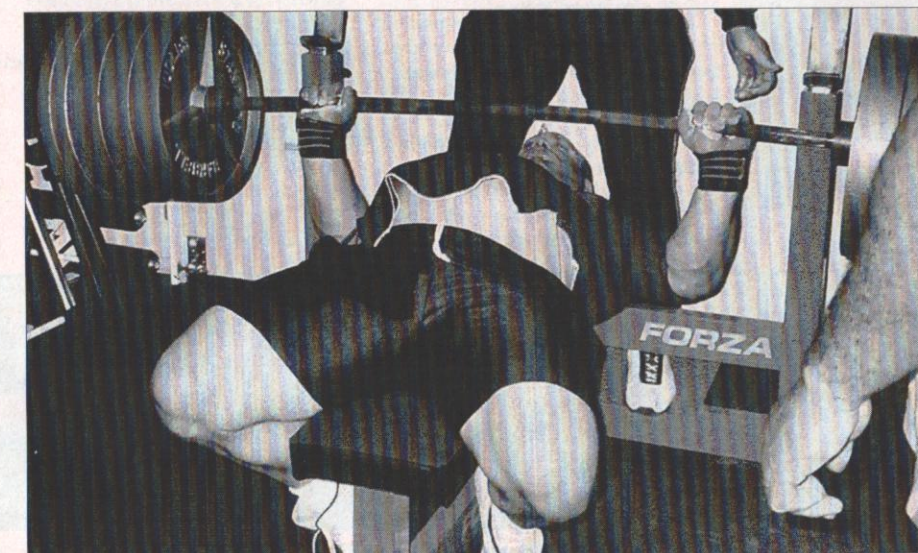
DIET

Training with the kinds of poundages SM routinely handles requires a tremendous amount of energy, energy he provides with twelve daily meals. While these meals are only of modest size they pack a whopping twelve thousand calories. Seventy-five hundred of them come in the form of blender shakes. He will soon be marketing his own weight gainer formula.

Mendelson also consumes pasta. He cooks a large quantity that he eats throughout the week. Five pounds of red meat daily assist SM in consuming two grams of protein for every gram of bodyweight. And while six hundred and sixty grams of protein sound astronomical, consider that prior to record attempts he ups his intake to four grams per pound.

MENDELSON TODAY

On any given day Mendelson can be found



Scott has handled over 1000 pounds - with a bench shirt - in training sessions. (H. Glossbrenner)

training patrons at Fitness, Individualized Training (FIT) located at 13752 Ventura Boulevard in Sherman Oaks, California. The facility is the brainchild of Scott and his wife. Their idea was to create a place in which anyone, no matter how advanced, could train. All equipment is top flight Icarian, Forza, with Ivanko plates in kilos and pounds. Life Fitness and Precor make up the cardio line. In addition to the full complement of strength and cardio equipment FIT boasts a complete boxing ring with all the necessary bags and paraphernalia for gladiatorial training. Many different disciplines are taught here, boxing, kickboxing and Mui Tai, but FIT clients aren't just hardcore athletes. While pro-athletes do make up part of the clientele FIT works with all manner of trainees even housewives trying stay in shape. All training at FIT is individualized and custom tailored to suit the client's needs.

One of the really unique things about FIT is their twenty-four hour protocol. Can't sleep? Why not drop by FIT at 3 AM for a bit of personal training? There are no schedule excuses for not being the best you can be. With a children's room, the place promotes a family oriented atmosphere.

Mendelson's wife is an accomplished pro-athlete in her own right, landing a silver medal in the WPC worlds competition last year in spite of a bout of food poisoning. She is also a two-time national kung fu champion and kick boxer.

Scott feels his athletic career still holds some surprises for the lifting world. He preferred not to elucidate, however, letting his future lifting speak for itself. Aside from his own athletic endeavors SM is interested in future promotion of the sport. He would like to see larger cash prizes, television coverage, and more mainstream appreciation of strength.

Whether maximizing client results or shattering world records Scott Mendelson, winner of Bench America and the Arnold Classic, is the premier bench presser in the world and arguably one of the strongest men on the planet.

Marc Cavigioli
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IPF Dead Lifter
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Triple Black Line 2m Wraps
Double Black Line 2.5m Wraps
Double Black Line 2m Wraps

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Triple Black Line 60cm Wraps
Double Black Line 80cm Wraps
Double Black Line 60cm Wraps

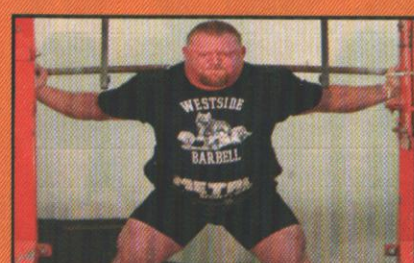
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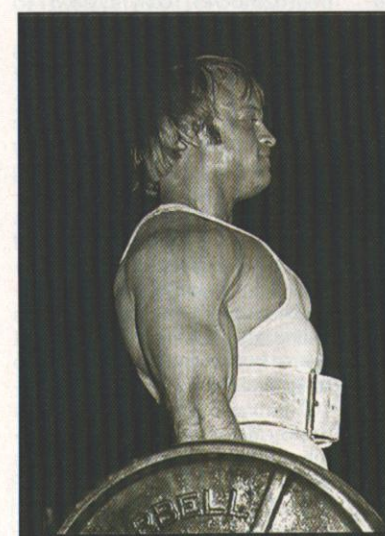
Mike Ruggerio 2510 lb Total



Andy Bolton 2623 Total

WORKOUT OF THE MONTH

RICK GAUGLER DEADLIFT WORKOUT



Rick Gaugler... pulled over 700 @ 165.

Make sure your feet are spaced apart correctly, preferably with the outside of shoes lining up with knurling. (3) Keep hips down and head up before pulling. (4) Keep arms straight throughout the lift concentrating on pulling with hips and back.

The deadlift should be trained once weekly on your light squat day. Your training days should be:

TUESDAY (Light squats and deadlifts)

Squats 3 sets of 5 reps, rack deadlifts (bar 3" below knees) 2x3, cable pulldowns (pull to throat) 3x8, bent rows (dumbbell) 3x8, situps (weighted)

2x20

FRIDAY (Heavy squats, lat work)
squats, (same lat work)

The following program will be a 10 week cycle for a 600 lb. deadlifter who uses the conventional style of deadlifting. I believe in using sets of 3 for developing max deadlift power. My normal conversion from 3s to a single is to add 75 lbs. Assuming this hypothetical deadlifter converts the same way, his best triple at the beginning of the cycle will be 525. This is the weight the cycle will be based on.

WEEK 1

Deadlift - 465x3, 465x3.
Rack Deadlift - 515x3, 515x3

WEEK 2:

Deadlift - 490x3, 490x3.
Rack Deadlift - 540x3, 540x3

WEEK 3

Deadlift - 515x3, 515x3.
Rack Deadlift - 565x3, 565x3

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

WEEK 4

Deadlift - 540x3, 540x3.
Rack Deadlift - 590x3, 590x3

WEEK 5

Deadlift - 480x3, 480x3.
Rack Deadlift - 530x3, 530x3

WEEK 6

Deadlift - 505x3, 505x3.
Rack Deadlift - 555x3, 555x3

WEEK 7

Deadlift - 530x3, 530x3.
Rack Deadlift - 580x3, 580x3

WEEK 8

Deadlift - 555x3, 555x3.
Rack Deadlift - 605x3, 605x3

WEEK 9

Deadlift - 490x3, 490x3. No Rack Deadlifts

WEEK 10

No Deadlifts (Meet Week)

The deadlifts are done for

2 sets of 3 reps after warmups. For example, Week 1: 245x5, 315x3, 405x2, 465x3, 465x3. The Rack Deadlifts are done with less warmup using a weight 50 lbs. over the Deadlift poundage. For example: Week 1: Rack Deadlifts 325x3, 415x3, 515x3, 515x3. All reps in the Deadlift and Rack Deadlift are done from a dead stop. No Bouncing! Also, don't use straps as they weaken the grip.

At the completion of this cycle your deadlift should have improved 30 lbs., peaking your training two weeks before the competition. The week before you will only do a recycle weight with no rack work. At the meet your attempts should be as follows: 1st - 580, 2nd - 605, 3rd - 630. Always approach your deadlift training with a high level of concentration and improved power will come faster.

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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".

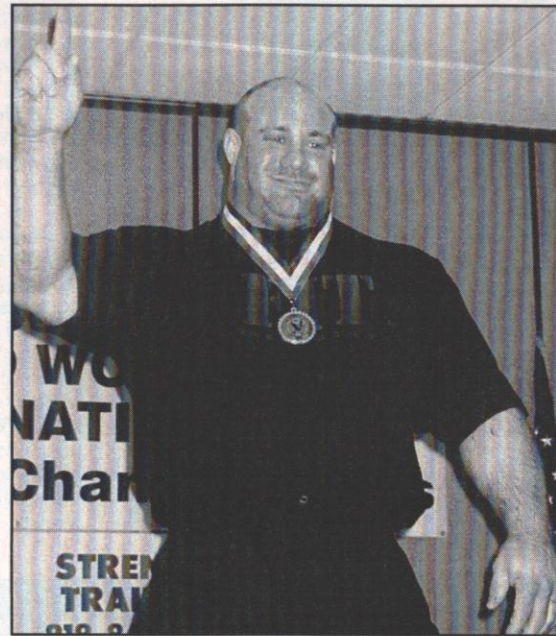
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

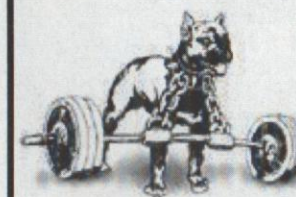
Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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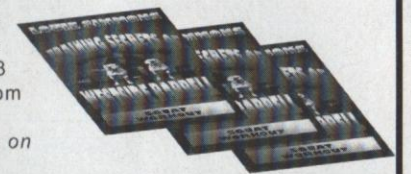
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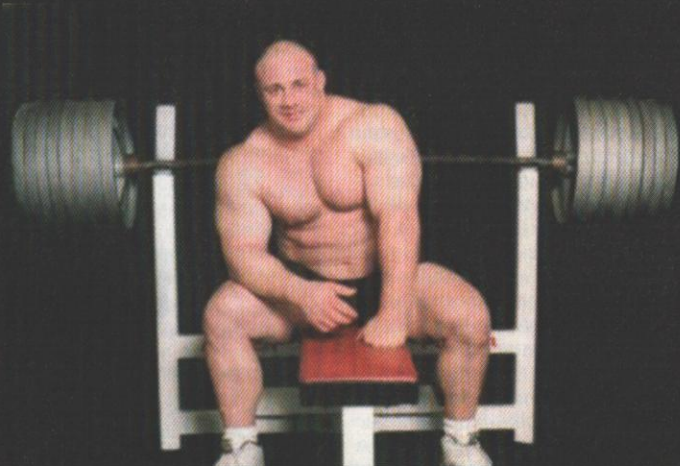
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9 World Records in Powerlifting

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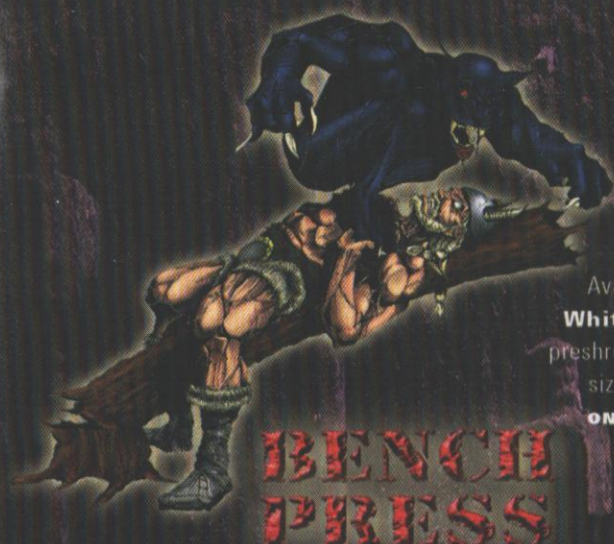
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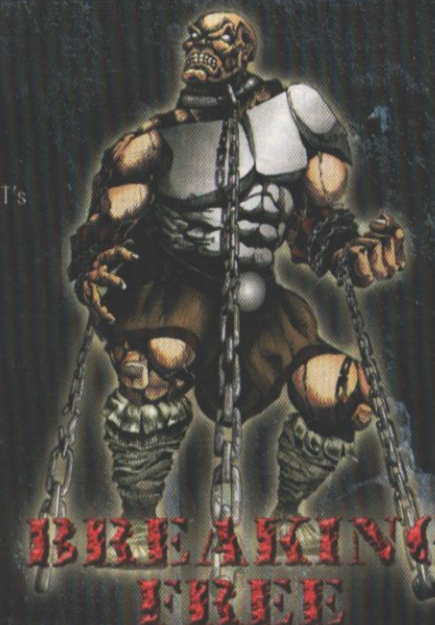


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At the '88 Seoul Olympics, Carl Lewis was the favorite to win the 100 meter dash. He was the current world record holder, and was riding a winning streak that was unparalleled in track and field history. During the year preceding the Olympics, Lewis had gone through world class competition like a hot knife through butter. In all candor, there was no one in the world who could really challenge Lewis at that distance.

Seemingly out of nowhere, this huge hulk appeared on the track. His anterior deltoids looked like bowling balls, and the middle of his back looked like a drainage ditch. His chest, arms, and legs were just as massive. His physical stature was almost beyond comprehension. He looked so big and powerful that if he hit you on the top of the head you would be eating through your fly for a month. It was Ben Johnson. Just two years before, Johnson was a skinny little kid; now he looked like one of the biggest and most powerful human beings on the planet.

Still, no one thought that Ben Johnson had a snowball's chance in hell of beating Lewis in the 100 meters. Like I said, Lewis had been invincible. Lewis was the Michael Jordan of track and field, or it could be said Michael Jordan was the Carl Lewis of basketball. Lewis was just that great. Consequently, even though Johnson was a remarkable mass of bone and muscle, no one really thought he had a chance of beating Lewis.

Well, when the gun went off, Johnson exploded out of the starting blocks like no human being ever. Most experts knew that Lewis was always a little slow coming out of the blocks. They figured that once they got to 30 meters, Lewis would start accelerating and overtake Johnson. Well, at 30 meters, it wasn't Lewis who was accelerating; it was Johnson.

Johnson covered those 100 meters faster than any man in history. He crushed the world record. Actually, he would have annihilated it further if he had not thrown his hands up in the air and looked over his shoulder to mock Lewis. Johnson shocked the world, but was he really the world's fastest human?

After the race, a rumor started circulating that Johnson had been taking drugs to enhance his performance. Johnson countered, "My speed is not in a syringe; it's in my mind." Well, two days later the world found out that his speed wasn't in his mind, but rather in a syringe. It was revealed, through drug testing, that Lewis had been taking a powerful anabolic steroid known as Winstrol

DR. JUDD

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

Depot. Johnson's coach Charlie Francis later said that the drug was so powerful that it was like taking Johnson's starting blocks and moving them up six meters in front of the rest of the competition. Think about it! How fair is that to the rest of his competition?

Here is the part I like. After Johnson tested positive for drugs, the International Olympic Committee took Johnson's gold medal and gave it to Carl Lewis - the man who won it fair and square. They also removed Johnson's time from the record books and reinstated Lewis' legitimate world record. Last but not least, they banned Johnson from track and field for two years. Hooray for the IOC! They did what was equitable and in so doing preserved the integrity of the sport. Still, regardless of the IOC's move to reinstate Lewis as the Olympic Champion and restore his world record, Lewis was still cheated of the satisfaction of winning his medal on the track, which he surely would have done against a drug free Johnson. How unfair is that?

There is a postscript to the Johnson incident. After his two year suspension, Johnson came back and tried to compete without drugs. He couldn't break ten flat in the 100

meters. Obviously, his speed wasn't in his mind; it was in the syringe. Here was a guy who shattered the world record with drugs and couldn't run a decent time without them. In other words, Ben Johnson was a good athlete, who turned himself into a "great" runner by using drugs. Yes, drugs work ... like really well. With drugs you have a great athlete; without drugs you have a good athlete. And, yes, drugs are cheating.

Well, at least I think the use of illicit drugs to enhance performance is cheating. Interestingly, Ben Johnson doesn't think so. Johnson said he didn't believe Barry Bonds should be considered a cheater, despite accusations that he has been taking illegal substances. "I don't think he is cheating the system," Johnson said. "I think he's doing what he has to do to become the best home-run hitter of all time." Nor does he think Yankees Jason Giambi and Gary Sheffield, and track stars Marion Jones, Tim Montgomery and Kelli White are cheaters. Of course, he doesn't think he cheated either when he used drugs to take the gold away from Carl Lewis.

Johnson is also convinced that elite sprinters are using some form of performance enhancing drugs. Actually, he thinks anyone who is any good is on drugs. "Anybody that wins gold medals and sets records is not clean," Johnson said. "I'm not saying anyone did or he didn't; I'm just saying people at that level aren't clean."

Johnson maybe right! The physiological benefits that can be derived from using these drugs are enormous, especially for strength athletes. Research emanating out of Europe has revealed that when large dosages, 75-100 mg. per day, are taken in conjunction with a high protein diet and appropriate exercise, muscular strength can be increased anywhere from twenty to twenty-five percent. In short, anabolic steroids afford the athlete the ability to train longer and harder, heal quicker, and improve faster than an athlete who trains without these drugs.

From what I have learned about anabolic steroids

and human growth hormone over the last decade, I am convinced more than ever that it is almost impossible for a drug free athlete in the strength and speed sports to compete favorably against a drugged athlete. The advantage that an athlete can gain by using these drugs is that great. These substances can literally extend your genetic parameters. Truthfully, you can go from being a mediocre athlete to a superman. You can become god-like.

Note, however, that I said almost impossible. I do believe that there are some gifted athletes who can and have competed successfully against drugged opponents. Carl Lewis, George Hummel, Hank Aaron, Willie Mays, and Dwight Stones are a few of those gifted athletes that come to mind. The problem is that the reputation of these gifted drug free athletes is also being tarnished because of the assumption that you can't

"Any time you use drugs, money, or anything else to gain an unfair advantage over your competitors you are cheating. It is as simple as that."

Carl Lewis

compete on a world class level unless you are loaded with drugs. Flo Jo is a prime example of what I am talking about. After she annihilated her competition at the '88 Olympics, just about everyone in the country said she was on drugs even, though there was not one shred of evidence that suggested she used any illegal drugs. The great American cyclist and many time Tour De France winner Lance Armstrong was falsely accused of steroid use. In fact, a survey by ESPN revealed that more than eighty percent of the people polled believed that Armstrong was using drugs when he won the Tour De France. How fair is all this? How fair is it when an athlete works his butt off, performs within the rules of the game, and then has his reputation tarnished because the sport he competes in is permeated with cheaters. In short, the drug users have not only tainted their reputations and their sport, but the reputation of every athlete who competes successfully in sports.

I consider myself a traditionalist, and believe that most true sports fans are traditionalists at heart. I know things have changed: equipment, rules, training, etc., but the basics of sport haven't changed. It is still "the essence of sports to pit one man's natural ability against another man's ability," and when you breach that essential quality, you corrupt everything that is good about sport.

A periodic review of your lifting technique and practices should be a constant in your training plan, no matter what level of strength and experience you have attained. If you are suffering from excessive red lights at meets or little progress, or just want to be sure everything is on target, some of my suggestions may help shed a light of a different color on the subject. This time around let's review execution of the squat.

There is no one-way-fits-all technique to squat that works for everyone. Of all the three lifts, the squat has had the most technique variations that have produced records. Records have been set with picture perfect technique, in both wide and close stance styles as well as techniques that makes you wonder how the lifter can still walk. Body structure, flexibility and plain old 'always done it that way' are some of the reasons for these variations, however, there are some basics of the squat that can be applied to many of these styles.

Let's begin with head and chest positioning. Best practice is to hold your head high with your chest out to keep the spine in an erect position. Some lifters look forward or up during the lift, some look straight ahead during the downward aspect of the squat, and, at the bottom, look upward through to completion. If your head and chest are not in the proper position during the squat, you may not be maximizing your leverage. If the head loses its proper orientation, the back will follow and vice-versa.

With the exception of upright squatters, the bar is best positioned low on the traps, just above the rear deltoid. This position allows the

STARTIN' OUT

A special section dedicated to the beginning lifter

SQUAT REVIEW as told to Powerlifting USA by Doug Daniels

bar to be located over the hips for best leverage and power transfer. If the bar is positioned too high on the back, it could end up too far in front of the hips, which could cause the lifter to lean forward, resulting in a poor leverage position. Upright squatters, such as the immortal John Kuc, were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to pad that area of the traps and neck. At the meet, a towel is not an option, so I would look at finding that special spot on your back. Some novice lifters I have dealt with have had trouble finding the 'spot', but eventually they all do. Take my word for it, that spot is there. Switching to proper placement on your back could mean extra poundage almost immediately.

If you experience pain in the shoulders, elbows or wrists during the squat, it could be the result of the bar slipping down your back during the execution of your squats. As I wrote earlier, keep your head held high with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary on your back during your squats. This will prevent the

bar from easily slipping down your back. If the bar does slip during a set, I suggest racking the weight to prevent further pain and resuming the set with more concentration to keep the bar in its proper position for the entire set.

Too rapid of a descent deserves a review. Many lifters feel dropping down fast provides a better rebound upwards, but I disagree. The opposite may actually be true. Not only does a rapid descent increase your chance for injury, but also you may lose your best position to effectively rebound from the bottom of the lift. I suggest performing **all** your squats in training, and at the meet, with a smooth descent and under control. Human tissue wasn't made to bounce as well as a tennis ball. One method to consider is to descend smoothly until just above parallel, then speed the descent and rebound up. Decreasing the distance of the rapid descent to just before the bottom reduces the forces you have to reverse to head back up. In addition, you can maintain a more effective leverage position throughout the lift.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat.

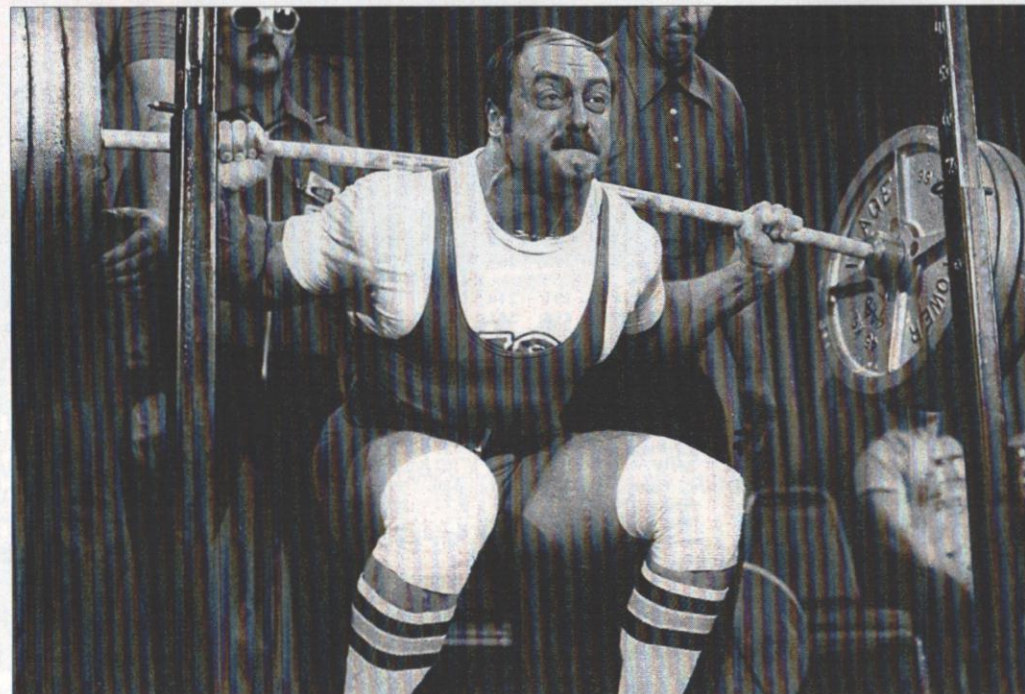
This is primarily due to lack of leg strength and concentration. The knees bowing inward does not provide the best power transfer from your squatting muscles. Ideally, the knees should be straight up and down for optimum results and power transfer during the entire lift. Have a knowledgeable lifter critique your squats with this in mind. If you have this problem, lower the weights a bit and squat while keeping the knees straight up and down. Increase the weight only when you can maintain proper knee position. There are some effective machines that work the inner and outer thigh that can be useful. These are not 'girls only' exercises, guys have muscle there too. Leg presses are also a good choice for correcting strength problems of this type because you can watch your knees during the exercise. If they bow inward, reduce the weight as in the squat example above. Concentrate on keeping the knees straight ahead during all your squats and leg press exercises and this problem will soon be history.

Failure to reach proper depth is the number one reason lifters don't get their squats passed. Too many lifters lean forward near the bottom of the squat in hopes of getting more depth, but what happens is the opposite. Leaning forward causes the hips to come up and this actually may result in getting less squat depth. Proper depth is best reached by not leaning forward, but by trying to keep your back as upright as possible. Sink back into your squats like sitting into a chair, do not lean forward. I strongly suggest performing all your squats in training with attention to getting the required depth.

Lifters should review their squat performance on a periodic and even on a continual basis. Over time, your form and technique can change or deteriorate. This could be due to injury, bodyweight changes, or lack of attention to detail. There is no one-way-fits-all squat, but there are many wrong and inefficient ways to squat. A knowledgeable training partner or coach can help with first hand critiques. Videotaping to review your meets and training sessions can be a great tool as well. You may not even be aware that you are guilty of some technique flaws. The saying is 'knowledge is power', but that is only partially correct. The real saying should be 'acting on knowledge is power'. Knowing something and not taking action accomplishes nothing. This review process may confirm you are currently performing optimally, so little or no changes may be required. In the near future look for reviews on the bench and deadlift, until next time, may all your lights be white.



George Hummel ... founding ADFPA Executive & IPF Worlds competitor, at the '81 World Games



John Kuc carried the squat bar quite high on his back at the 1980 IPF Men's World Championships

CONTROLLING THE BEAST

In the first part of this series I went over what Cortisol was and the devastating effects that it can have on the body when overproduced. Cortisol is one of those hormones that you have to carefully monitor otherwise you will be a victim of its many pitfalls. If you want to maximize your performance and keep your health in check, excess Cortisol must be controlled or you will find yourself on the wrong side of a sharp sword's wrath! In this final installment of this series I will cover some lifestyle and nutritional methods to help control the Cortisol Beast.

METHODS TO HELP REDUCE EXCESS CORTISOL PRODUCTION

Don't Overtrain - Overtraining causes your body to abundant Cortisol. During intense training your body is producing enough Cortisol to take down an army so you have to make sure that your time in the gym is hard, but short. Why do you think the Westside Crew keeps their workouts between 45 minutes to an hour? After an hour the body's level of testosterone decreases and Cortisol production goes through the roof. This is a major mistake, especially by new lifters. They think that if an hour is good, then three hours must be three times better. The beginner is all jacked up and at the beginning he will make results on just about any program. It is the seasoned veteran who knows that you can't train hard and long in the gym. Recovery from your workouts is essential, not only for your progress, but also for keeping yourself injury free.

Take Time off - After a contest and every 12-16 weeks take a week off. This will give your body, along with your adrenal glands and nervous system, a break from intense workouts. The drug free athlete needs this even more than those who are chemically enhanced. Steroids and other anabolic agents can improve recovery and reduce Cortisol levels. The drug free athlete has to be more concerned about elevated Cortisol levels. This means you should take off a full week 3-4 times per year. You will be amazed how much better you will feel and how you will have a newfound desire to hit the weights hard again.

Follow a Proper Nutrition Program It is very important that you follow the right type of nutrition plan, not only to optimize your strength but also to keep the body healthy. Constant high levels of Cortisol in your bloodstream will cause a slew of health problems. Following a customized nutrition plan will play a major role in suppressing your Cortisol and

NUTRITION

Power Nutrition Q&A Rage Against the Machine Part II

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

keeping it in line with healthy levels that are needed for daily function. A proper nutrition plan will take full advantage of your anabolic hormones and maximize them to your full advantage. At the same time it will help control those hormones that are less desirable and cause decrements in your powerlifting performance and health problems down the road. The Nutrition XP3 customized nutrition system focuses not only on getting you stronger, more muscular and leaner, but it also plays a major role in balancing the many different hormones in the body. When your hormones are balanced you will see an improved rate of performance. The food that you put in your mouth plays a major role in the release of different hormones in your body. In turn, these hormones play a role in your performance and long-term health. There is a distinct science behind the theories present in the Nutrition XP3 System and this is why numerous World Champions, no matter age, gender or weight class, have seen huge improvements with their performance and their health.

Don't Stress Out Stress will take a healthy person and make them sick inside and out. I know it's hard to handle the b.s. of everyday life: the continuous ear splitting yappity yap from the old lady, the disrespectful attitude of the teenage son who thinks he is the next Eminem, the non stop aggravation from your boss, and enough bills to bankrupt a small country. It can make you feel like Michael Douglas in the movie *Falling Down*. "Going Postal" is not going to make any of these problems go away so you have to do your best to control your stress level. Did you ever notice that during times of great stress you felt physically horrible? Your energy was low, your mood depressed, your joints ached and your focus on your work was not in tune. Stress is the enemy. We have to know how to control it otherwise, it will control us. Take out all that pent up rage on the good old box squat the next time some idiot pushes your buttons.

Take Vitamin C Vitamin C can maintain a positive Testosterone/Cortisol ratio. This is important for many reasons,



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

including increasing that total and making sure you live a long healthy life. For the serious powerlifter you should take at least 1000mg 3 times per day to help keep the Cortisol Monster at bay. Vitamin C is a water-soluble vitamin, so don't take it all at once or you will lose most of it in your urine. Break up the dose to every 4 hours.

Keep Protein Intake High Protein is one of the most valuable nutrients for a powerlifter's success. I have always recommended at least 1 gram of protein per pound of weight. There are those "holistic" nutritionists out there who would disagree with me, but when dealing with strength athletes what works in a textbook isn't necessarily going to work with a 400 pound athlete who squats over 1000 pounds week after week. The large majority of powerlifters do not take in enough protein. I have pushed this heavily with my athletes and their results speak for themselves. This is the base from which I work, and any less will not get the job done for a hardcore intense powerlifter. Maybe a golfer or a belly dancer, but not for a powerlifter.

Sleep at least 8-9 hours per night - While you sleep many different physiological processes take place. It is a time when the body heals itself from the damage you put it through during training. Not getting enough sleep will increase your Cortisol production. The body will consider this a form of stress and will jack up your Cortisol levels. You need a minimum of 8 hours per night. The more you sleep the more you will increase your lean muscle tissue and strength. It is very hard to

improve your strength when you are continually sleep deprived. Naps are a very good option for lifters. Getting 1-2 hours in after you train or mid day can make a huge difference in your recovery. If you aren't sleeping, you aren't getting stronger!

Cut down on the Coffee, Sugar and Junk Foods I know coffee, sugar and junk food are three of powerlifter's most beloved things after beer, thong bikinis, and winning the lottery, but they are not the best things for you. Hardcore coffee drinkers should realize that too much coffee can jack up Cortisol production and keep it going for close to 20 hours. To make things worse adding sugar to coffee will increase Cortisol release even more. This is one of the reasons why I recommend powerlifters ditch their coffee for Green Tea. The way that powerlifters inhale junk food is another factor that will have a negative effect on Cortisol levels. The truth needs to be known, so you don't suffer the horrible health problems that excess Cortisol can have on your body. Cut back on the coffee, watch your sugar intake, and fleave the potato chips and ice cream on the shelf of the grocery store!

Get Enough Vitamin A - Vitamin A is a fat-soluble vitamin that has been shown to help control Cortisol levels. Taking a comprehensive multivitamin should give you a decent dosage of this Cortisol buster. 90% of your Vitamin A stored in the liver with the remainder being dispersed in the lungs, kidneys and fatty tissue. Vitamin A is crucial for regenerating the cells of your body and keeping your vision on the up and up, as well as immune function. Get an adequate dose of Vitamin A, but don't overdo it because it is a fat soluble vitamin and you can cause a toxic effect if you megadose.

Take Glutamine Peptides - One important study showed that Glutamine is responsible for preventing muscle protein degradation that is directly caused by increased Cortisol levels. The dosage used is based on many variables including your intensity of training, weight, stress level, current immune situation and more. It helps to release Growth Hormone, is a potent cell volumizer, and protects the body from catabolism and much more. For my larger athletes I have used as high as 50 grams per day during a pre contest cycle. For most, 20 grams will be a good start, taken in 4 doses of 5 grams every 3-4 hours. I remember Glutamine peptides and L-Glutamine is different so make sure you get the proper form.

Take Phosphatidylserine - Phosphatidylserine (PS) is known

to be a specific form of phospholipids, a component of the membranes of all the cells in your body. It has been shown to reduce Cortisol levels in athletes involved in resistance training at high intensity levels. It will help reduce Cortisol levels when they are elevated, but it has been shown not to reduce them to below normal levels in athletes. PS has also been shown to stimulate a brain neurotransmitter called Dopamine. Dopamine is known to elevate positive moods and improve sensations in the body. PS also increases brain glucose uptake which is important since glucose is the major fuel source for the brain. I would recommend 1000mg two to three times per day to help combat the Cortisol Monster. This is not a super popular supplement, but it has been shown to have a positive effect when dealing with an increased Cortisol level.

Create a Cortisol Suppressed Environment Postworkout - The most catabolic time of the day is after your workout. You must set up the proper environment to crush the Cortisol surge before it kicks you where the sun doesn't shine. One way to stop Cortisol in its tracks is to spike your insulin level hard after you train. One of the purposes of my unique "Post Workout Formula" is to create an optimal environment for recovery, growth, cell volumization, Cortisol suppression, insulin manipulation, increased protein synthesis and much more.

Include Relora - Relora is a blend of extracts from magnolia officinalis and phellodendron amurense. Relora binds to neurotransmitter receptors in the central nervous system that are specific to enhancing your mood and promoting a calming effect. Human trials have shown that Relora helps control stress related anxiety, emotional mood swings, restlessness and interrupted sleep, all of

which can have a drastic effect on increasing Cortisol production in the body. It usually comes in 250 mg capsules and the average dose for an adult is 2-3 caps per day. One company that makes a very good Relora product is called Nature's Harmony. They can be located on the web at www.naturesharmony.com.

Use NO2 - NO2 stands for Nitric Oxide. NO2 is a new supplement that has been shown to increase nutrient uptake in muscles, increase lean muscle tissue, prevent muscle breakdown, increase hemodialation, prevent muscle inflammation, increase cell signaling, increasing protein synthesis and much more. It can counteract some of the negative effects of excess Cortisol production. I have incorporated this supplement in some of my athletes nutrition plan's with positive results.

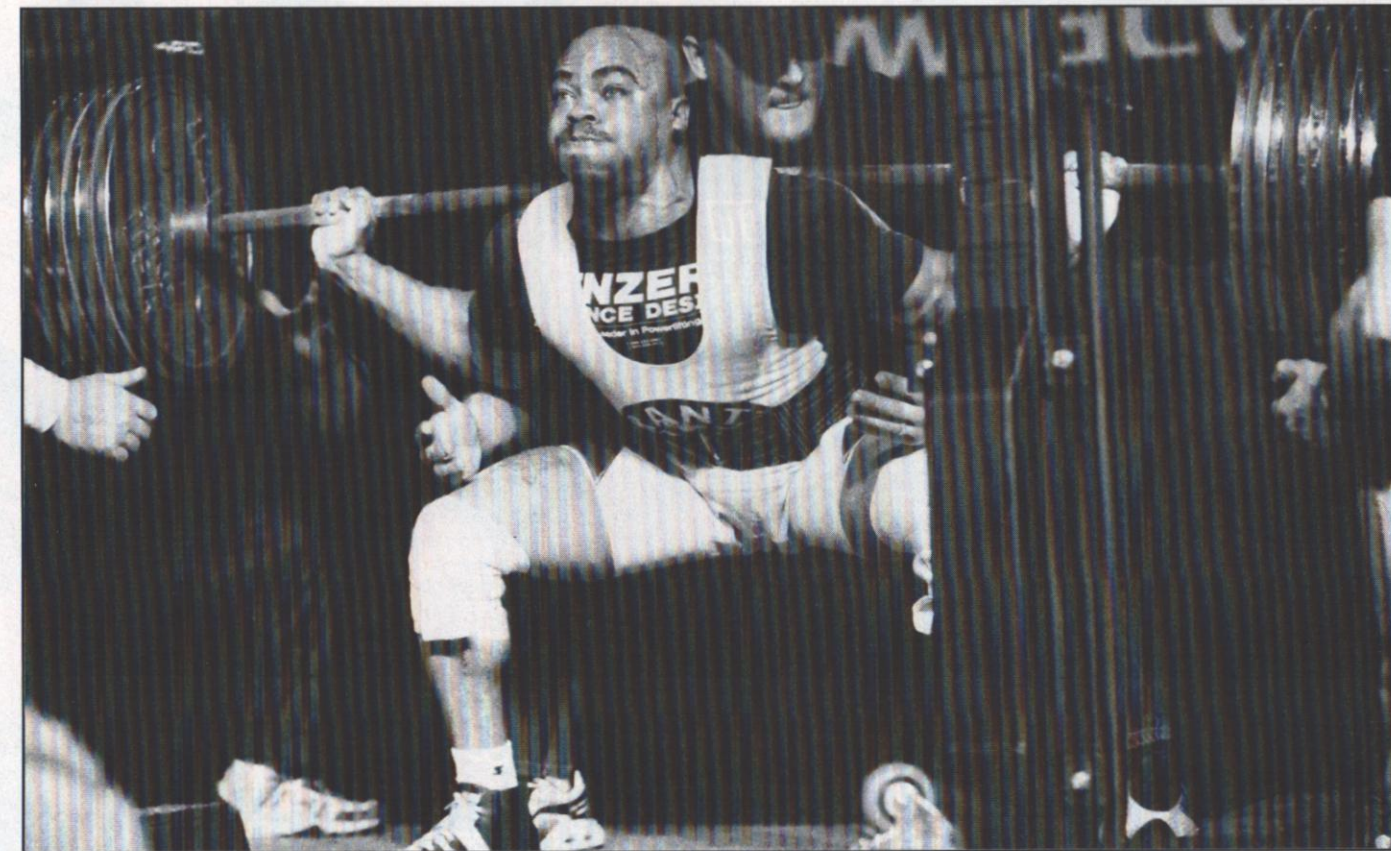
Chemical Enhancement - Anabolic steroids reduce Cortisol levels and this is why those who are "cranked up" can train longer and harder without getting overtrained. The "Chemical Wizards" out there understand that there are many different drugs that can reduce Cortisol levels via a more direct route. Some athletes use a drug called Cytadren also known as Aminoglutethimide to reduce their Cortisol level. This drug is used by individuals who suffer from Cushing's Disease, a disorder where your adrenals produce abnormal amounts of Cortisol. This is highly popular with bodybuilders and world class athletes of numerous other sports, but I don't think that most powerlifters who are "enhanced" have gotten this deep into the "Pharmaceutical Realm". I am NOT recommending that you go out and load up on anabolics and Cytadren because I mentioned it in my column! These are dangerous drugs and, if used improperly, can lead to serious side effects, not to mention (for those living in North America) that they are illegal! Since most of you

don't understand the science behind their application in a pharmaceutical program they should not be played with because they can have dire consequences.

These are some very good ways to keep the Cortisol Monster from taking over your performance and health. Most powerlifters don't understand hormonal physiology and how important a role your nutrition plan plays in maximizing the good and minimizing the bad. I hope I have opened your eyes to a different means of improving your performance, by taking advantage of the natural hormonal cascade that is present in your body. Ignoring personal hormonal physiology whether its testosterone, insulin, cortisol, growth hormone, thyroid, IGF-1, prostagladins, estrogen and much more can cause a major decrement in your powerlifting performance, but even more importantly it will negatively affect your health. Knowing how your body works and applying proper scientific methodology from a proper nutrition and supplementation program can produce results you never thought possible. I am here to educate the powerlifter and take his performance to new heights. The technology of powerlifting gear with the suits, shirts and wraps has made bigger lifts possible. The nutritional sciences are another area that has just been unveiled, and believe me I haven't even scraped the surface yet. Follow me, grasshopper, and you will see that I am not blowing smoke, but I am producing results from angles you never realized existed!

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



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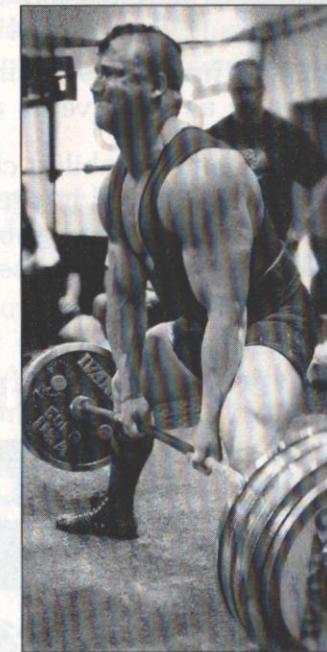
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- * health seminars
- * ba3 national benchpress championships
- * jiffylube's "who's the most fit in chicago land challenge" and the jiffy fitness team



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How to Set Up A Program: A New Look at Weak Points



Justin Graalf's excellent technique at the APF Seniors (Josaitis)

I don't know how many questions we've gotten regarding how to train certain weak points. Of course, almost every question is in regards to a weak muscle group or a certain portion of a lift. For the past couple of months Dave Tate and I have gone over this phenomenon and have found out that lifters need to take a step back and evaluate weak points on another level. Instead of classifying weak points as muscle groups or sticking points, it needs to be approached differently. I need to point out that this is a very rudimentary design and needs to be taken to another level. But, at the very least, this will give you a better understanding of how to evaluate your training, how to periodize (plan) your training and how to set up your training schedule to best accommodate your goals, strengths and weaknesses. Remember that if you are trying to improve them all at the same time, you are never going to get anywhere. In fact, this is called overtraining! Also, remember that not everything needs to be a "10" or be an ultimate priority.

First, take the 6 areas of training (listed below) and think about how important they are to being a powerlifter. Rate them on a scale of 1-10. This is going to be up to you and how you view them. For example, GPP for a powerlifter would consist of conditioning, mobility and flexibility. A powerlifter would have enough conditioning to perform enough volume during his workouts to achieve his goals. So, a powerlifter would need some conditioning, but not a ton. He would also need enough mobility to put his body in proper position, but he wouldn't need to be a gymnast. Understand that all areas are important, but not everything is going to be a 10. The best example of this happened to me a couple of years ago. Like many of you, I thought conditioning was of the utmost importance in training so I did a lot of work in this area. I pulled the sled, did a ton of warm-up and cool down work. While I could do this all day, I couldn't lift a damn thing. This is much like many writers who call themselves "strength" coaches. The only difference is when I was "weak" I still could bench over 500 lbs. But, I digress. Anyway, I took my conditioning level (remember this is only a part of G.P.P., despite what others may think) to a much higher level than it needed to be. When this happened, other levels began to drop off, because I was not focusing my energy in the right place. I was weak as hell, but could drag a sled forever. Great if you want to be a professional sled dragger, awful if you are a powerlifter.

Areas of Training to Evaluate (Powerlifting)

- Speed
 - Strength
 - Hypertrophy
 - Technique
 - Mental
 - General Physical Preparedness
- Now take the above and evaluate where you are numerically 1-10; 1

being something that would be so poor that you are embarrassed, 10 being something that you excel at and are the envy of in the strength and conditioning world. This is not the time to be hyper-critical (for example, many people will say, "I suck at everything" and while this may be somewhat true, there are things that even the weakest people are good at) but you must be honest with yourself. If you can, have a trusted training partner or partners evaluate yourself. If they are true training partners, then they will be honest.

Example: So I'm going to use myself as an example so that everyone has an idea of how to do this;

Technique: This always needs improvement and is constantly being worked on. While this is always a priority, your training will always give you the chance to improve this. This is always going to be a priority of "10" (and can never really be perfect) and will always be important.

Mental: I'm not sure how to handle this or what you need to do if you are weak at this. Maybe go read some book or take some drugs. I'm fine in this area, so I don't focus on this.

Speed: I rate the "speed" factor for a powerlifter as being about a 7 and I think that I am at the level. I do enough speed work to maintain this level and nothing more. Why? Because if I do more work, then I can't fully concentrate on the areas that I need to improve.

(Absolute) Strength: I sucked at this for a long time and still need work. For a powerlifter I ranked this a 9. This is something I need to work on so this is a priority in my training.

Hypertrophy: I am fine in this area and do just enough to maintain my muscle mass and have no reasons to move up a weight class.

General Physical Preparedness: I suck at my conditioning and mobility, especially when I'm 280+. Because of this, I need to focus on keeping my conditioning and mobility at an acceptable level. I do not go crazy with this, but need to always keep my eye on this as it will drop off quickly.

Evaluation

So now that you see how I've ranked myself, let's look at the areas that I need to improve and what needs to be maintained. I need to do just enough maintenance work to keep my speed and hypertrophy. I can't let them drop off, but I do just enough to maintain their level. Some people may even need to let things drop off a bit. Very few people fall into this category, so don't worry about that.

I don't need to see a psychologist and I'm fine under pressure, of course, if you think that being under a squat bar is pressure, then you probably have lived a pretty sheltered life.

Technique always needs to be improved and is addressed no matter what my physical weaknesses are and what my training is going to look like. So, while I'm always looking to improve, I let it fall naturally within my training plan.

That leaves me with strength and my conditioning/mobility. These two areas are what I need to concentrate on and will help guide me into setting up a program. My training plan will consist of a lot of effort on max effort work and making sure my conditioning and mobility is where it needs to be. The other parts of my training will be maintained with the least amount of work possible. Read that last sentence and internalize it.

Once you do the above, now you can better map out a plan for your own training.

For those that think you suck at everything (you probably do if you actually think like that, by the way) all you have to do is prioritize. Remember when I asked you to take each factor and rate them as how you would feel would be the most important? Take your weaknesses and see which two are the most important. Now take those two and improve on them. This is how you prioritize your training.

By the way this can be done for every sport. Simply brainstorm and think of all the characteristics (physical and mental) that your sport would

need. Then rate them by importance. For example, agility in powerlifting would be a "0"; for football (depending on position) it would be an 8. Once you do that, rate your athletes and see how they measure up and create your programs based on their needs. Let's say you've got Johnny Muscles, who is an offensive lineman who bench presses 455 and squats 675. But Mr. Muscles can't side shuffle and trips over his own feet when he sleeps. He probably doesn't need a lot of work in the weight room, but needs to improve his footwork.

This is what weak point training is all about.

Questions to help you:

Speed: Do my sets at ~60% of my max move explosively and effortlessly?

Strength: Do I have the ability to grind out maximal weight for 3-5 seconds?

Hypertrophy: Do I have the necessary hypertrophy to maintain leverage in my lifts and compete in the weight class that I desire?

Technique: Is my technique consistent and dead-on? No one will ever be 100%, but do you feel comfortable using your technique as a guideline for other lifters?

Mental: Do I feel confident in my training and my goals? Do I have a positive attitude in regards to my abilities and my training?

General Physical Preparedness: Am I conditioned enough so that my training and workouts have enough volume and intensity for me to keep progressing?

Mobility: Do I have enough joint mobility so that my body can perform efficiently? Is my body able to go through the correct range of motion during the lifts so that I do not get injured?

These are a few basic questions that should be asked and addressed when outlining your training program. Basically, you need to find out which of these 6 things you are weakest in and address it. Remember that abilities can be maintained through concurrent training, but not everything can be raised. There must be emphasis on one or even two areas, but anymore than that and you are asking for injuries and fatigue.

Now a plan must be mapped out for you to raise your level of training in the weak area. Remember that some things may take as little as 2 weeks (conditioning) to fix or more than 6 months (straining ability). Some things may be a life long battle (mental).

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

ASK THE DOCTOR

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

HI MAURO: Still toiling away down here with the anabolic diet? All going very well? Have taken some time to work through some old injuries which restricted my training intensity a little. They seem to be improving now which is allowing me to train harder and thus get more gains. I am very impressed still with the diet and feel great. I have just added coconut milk to my daily intake for some extra calories again and this is helping me immensely in reaching my daily calorie goals. I am growing before the eyes of my Personal Training classmates and am attracting some attention to your diet as a result which is great. The main reason I have emailed you is I wondered if you have ever seen this website here <http://www.biblelife.org/myths.htm> It seems to take an extreme approach suggesting humans don't need carbs and should not eat them at all or only occasionally at least. It just serves to reinforce the benefits of the metabolic diet really I think. At least we only carb up on weekends so that has to be better than living on a carb diet all the time. Anyway if you are able to take the time to review the contents of that rather controversial website I would love to hear your comments. It makes some shocking claims but it all seems so logical and believable. Regards, **Cameron**

HI CAMERON: I'm glad things are going well. As far as the site has some good information but unfortunately goes too far in some of its claims. I'm always suspicious of sites that have such strong, rather evangelical, black and white statements. However, I'll reserve judgment until I get a chance to go through the site in more detail over the next few days or so and get back to you on it. I'm off on Monday for 2 weeks so it may be that long and more before I email you. There's a lot of confusion and misinformation from all sides, including the literature, the medical and dietetic establishments, the Internet, and from various companies and groups. The problem is that they don't take a comprehensive look at all the issues involved in the macronutrient debate and instead charge forward with blinders on to anything that is contrary to what they believe. I'm going to do a book for Humana Press (<http://www.humanapress.com/Index.pasp>), a respected scientific and medical publisher, on how diet and supplements affect body composition. This will be a book along the lines of my *Amino Acids and Protein*, the *Anabolic Edge* that I did for CRC Press back in 1997. This book is likely going to be around 300 pages of hard information and will have well over 2000 references. It should answer a lot of questions and clear up confusion on this and other topics related to low carb diets, nutritional ways to maximize body composition, including the use of specific nutritional supplement ingredients and formulations, as well as the health aspects of the various diets and regimens. Best, **Mauro**

HELLO MAURO: I have a very important question that I'm hoping you can answer because I have been researching this topic and asking many people for many months but have not received a solid answer yet I have Crohn's disease but have been in remission/symptom free for about 4 years. I have been seriously working out for about 4 years and am very passionate about it. Because my main goal is to get bigger and add lean muscle mass, I want to take creatine supplements and this is where my questions come in. What do you know about creatine and the effects it may have on Crohn's disease? Do you know of any websites/references where I can do more research about this? Do you know people that have had Crohn's disease and have taken creatine? If so, what happened to them. I know there are some reports out there that people who have taken creatine have had their symptoms aggravated but everything is still very much inconclusive. If you were me, what would you do? The last thing I want is to take something that will bring back my Crohn's disease. My trainer also highly recommends that I take a Nitric Oxide supplement (it's all natural amino acids). Do you know if there are also any dangers with

taking this for someone who has Crohn's Disease? Thanks so much for your help. **Yosi**

HI JOSI: There is absolutely no direct literature on the creatine/Crohn's disease connection. I've had lots of people on *Creatine Advantage* that have had bowel problems such as IBS, Crohn's, ulcerative colitis, diverticulitis, etc. since it has a lot of advantages over straight creatine and you don't have to take as much to get maximum effects. For more info click on the *Creatine Advantage* product PDF on this page <http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory=40>. Almost everyone has done well on it at the one to two scoop a day level, all that you need to get maximum benefits. However, on higher levels it did cause some problems with GI discomfort, as creatine by itself has a tendency to do. I always suggest that people with GI problems start off with one scoop a day and take it up to two scoops max if they think they need it. Ditto with NO supplements. Resolva has significant NO effects but again I always have athletes with one problem or another start off at the lowest dose and build it up. Best regards, **Mauro**

DEAR DR. DI PASUALE: I apologize Dr. Di Pasquale for not responding sooner, but this is the first opportunity that I've had to work with my email this week. I am taking several classes and labs that takes more time than there seems to be in any one day. My schoolwork currently doesn't allow me much extra time to read the things that I would like to read, but I have been trying to read bits and pieces of your anabolic solutions book. It's awesome. Recent events have drastically hindered my ability to workout as I previously did with a 4-day a week westside barbell approach. I now need to shorten my workouts because of time constraints. I have also had trouble getting many good workouts because of mental/physical fatigue. I am curious as to whether you could provide me with some training advice pertaining to exercises, reps, etc. that will allow me to continue trying to increase strength and lean mass. I know this is vague. I'm not sure how much you are able to help as I know you are very busy. I just consider it a privilege to speak with you at all. If you are like Eric, I thank God for both of you because you are truly blessed with ability and an unselfishness to share it. Thank you for your time. **Eric**

HI ERIC: No problem about the delay. I'm in the same boat at times when I'm just too busy to deal with emails. I can empathize with your lack of time and fatigue as I've been there. Unfortunately at times you can take on too much and you just burn out. At this point it's often a good idea to regroup and take a good look at what you're doing so you can make necessary changes. It's something we all have to do at one time or another or a dark cloud starts hanging over us, when everything is an effort and fatigue keeps us at bay. As far as the training end, sometimes it's not a bad idea to cut back to training three times a week for no more than half an hour at a time. The trick to doing this is to pick 5 or 6 exercises and do just two sets per exercise. The first set is basically a warm-up set of about 10 reps. The next set is done with a weight that you would struggle with to complete 8 reps and try to do nine. In other words the second set is done to failure. Using this routine, even though it sounds like it's just not enough work to make a difference, has worked for me in the past and I still use it on and off today. At one time when I was in my powerlifting prime, I would alternate 8 week cycles in which I worked out long and hard, up to four hours a training session every ten days, interspersed with 2 hour sessions every 5 days, with four week cycles doing just one half hour sessions consisting of two sets of about 5 exercises, the main lifts plus some assistance ones, twice a week. It worked for me and at times has allowed me to still maintain and sometimes gain in strength and mass when things were just too hectic to put in the time and energy that the longer workouts required. As far as the *Anabolic Solution*, there's actually much more to it than I've put in my books. A lot of what is going around today as far as common knowledge and even in the research is disjointed and misleading. For example the common consensus in both the literature and in the field is that carbs and protein should be used together in the post training period to maximize glycogen stores and protein synthesis, and increase performance. This view has a lot of holes which as of yet haven't been exposed. It's my view that leaving out the carbs and taking in enough calories and protein are the most important things you can do to increase both body composition and performance. I'm working on an article on post training nutrition right now and I'll send you the article as soon as I finish it. Some of it will be in the new info piece I'm now doing for *Amino* version III. I'll send that to you first as I'll likely have that done in a day or so. I'll also send you the article once I put it all on paper and I'm satisfied with it. In the bigger picture, I've also agreed to do a book for *Humana Press* that will include some of these issues, and many more that are behind my diets and theories. I hope all of this is of some use to you. Best regards, **Mauro**

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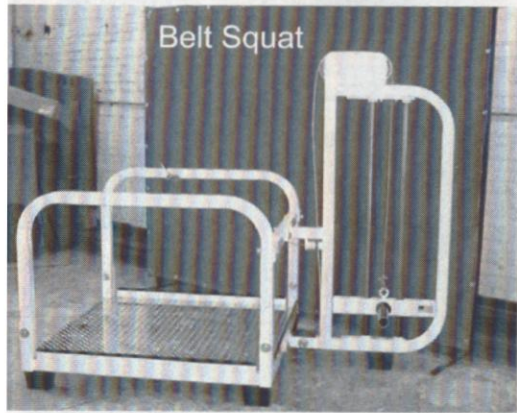
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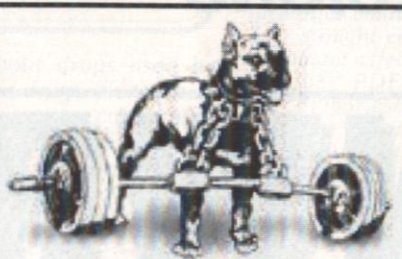
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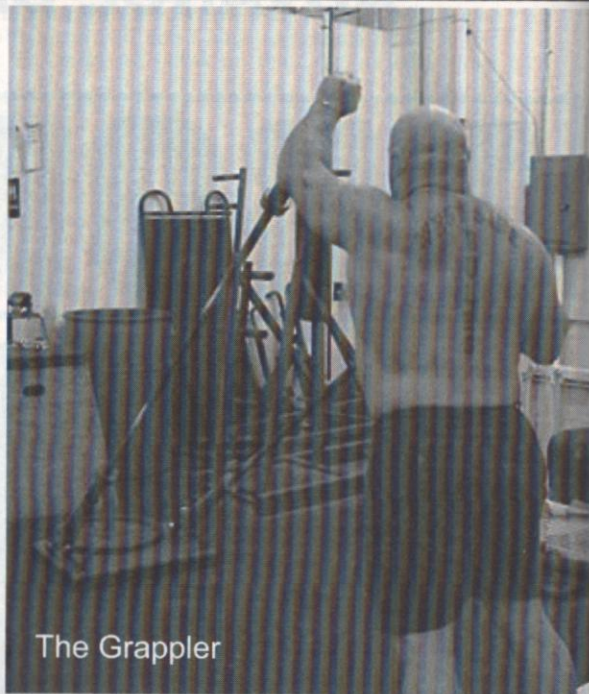
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The Masai warriors are uniformly feared over the entire African continent. They refuse to use firearms and even archery equipment - expertly using only the spear. Young warriors (Moran) must kill a lion (with a spear) to be considered a man.

The Masai spears are more fearsome than those formerly carried by Native Americans; they have 3' long razor sharp blades. Even the standard knife carried in Masailand is a 2' long double-sided razor that would be judged a short sword elsewhere. Indeed, the knife carried by 'Crocodile Dundee' looks small in comparison.

Recently, a group of Somali outlaws took control of a major Nairobi road near Masailand. These Somalians were provided with unlimited modern assault weapons (by their protective warlords). The military and police in the area learned to stay away - Tanzania was not safe. But then the government gave up, and asked the Masai to handle it.

The Masai had tolerated the Somalian interlopers, but once their assistance was requested - their honor was at stake. No details on the number of Masai spearman involved are available, because the only survivors are Masai - and they aren't talking. The bloody scene attested to the fierce battle, but the Somali bodies are completely unidentifiable. The Masai presented the largest recognizable parts (Somali ears) to the Tanzanian government as proof that the problem was solved.

Competent warriors with efficient tactics triumph every time. They triumph over bigger budgets, and in the powerlifting world they conquer bigger teams and better gear. Central Illinois Weightlifting Gym is another such story.

I'll let Michael David Raya tell you more:

Central Illinois Weightlifting Gym has been in operation for 30 years as of 2004. It is home to Mike, Bob, and Ed Bridges; Freddie Higgins, myself, and others. "Central" is the only place we can use hand chalk and not worry about dropping weights. I ask that you consider publishing this article and the vintage photo. PL USA has been exceptionally good to us over the years. Thank you!

During the industrial age that spanned parts of the 19th and 20th centuries, Peoria, Illinois was a powerhouse of American industry. Like all truly great cities of the period, Peoria prided itself on providing its citizens with the finest recreational facilities possible. It played an important role in the development of modern athletics. Exceptional boxers, billiards players, bowlers, archers, runners, and ballplayers of every sort, hailed from Peoria.

HARD CORE GYM #43

CENTRAL ILLINOIS WEIGHTLIFTING GYM

as told to PLUSA by Rick Brewer, House of Pain



Inside the historic Central Illinois Weightlifting Gym (courtesy Raya)

Peoria also played a pioneering, albeit little-known, role in the development of modern weight training. The sports of Olympic lifting, bodybuilding, and powerlifting were considered little more than athletic oddities at their inceptions. Training was more instinctual than scientific. Equipment was crude and limited. Knowledge, too, was scarce, since no one had had enough experience from which to formulate a set of training principles.

Quite possibly, the first public strength training facility in Peoria was the original Young Men's Christian Association (YMCA) at 115 N. Jefferson Street. Erected in 1890, the YMCA lived up to its name, teaching many Peoria youngsters how to improve their minds and bodies as part of a Christian lifestyle. Tragically, the building was destroyed by fire in 1895. A second YMCA was built in 1911 at 6th and Franklin streets. On February 15, 1953, the "Y" made headlines when it announced that its Olympic weightlifting team had won the Illinois State Novice Weightlifting Trophy in Chicago. The YMCA's physical director, Al Dinkel, coached the team, which consisted of just three members: Sanford Cantor, Jerry Hayden, and Tom Ficken. Soon after the team's victory, financial difficulties forced closure of YMCA, which was torn down to make room for a used car lot.

On October 16, 1955, after a lengthy fundraising campaign, a third Peoria YMCA was dedicated at Hamilton and Fayette streets. The spacious, new facility was a shining example of modern architecture.

Although its weight room was modest by today's standards, many great athletes would begin their careers there.

Still, during the mid-20th century, weight training was largely looked upon with disdain. It was only practiced by a small number of thick-skinned men who were willing to endure constant ridicule.

Finally, in 1974, the wheels of change began to turn in the direction of acceptance. Bob Rosa, a soft-spoken, 25-year-old powerlifter and Peoria native, transformed his longtime hobby into a business, opening Central Illinois Weightlifting Gym on north Knoxville Avenue. Little did the young entrepreneur know that his fledgling enterprise was destined to become a Peoria institution that would influence weight training worldwide.

"While I was attending high school in the late '60s, I began training with weights at the YMCA on Hamilton Boulevard," recalls Rosa, now 55. "Back then, the name of the game was Olympic lifting. We taught ourselves individual bodybuilding exercises by reading what few bodybuilding magazines were out there. No one was squatting or deadlifting. However, one of the members, Al Pollard, taught me how to bench press. He was a small man, but had the biggest chest of anyone I have ever seen."

"By the time I opened Central Illinois Weightlifting Gym, a few people were squatting and deadlifting. Everyone's squat form was terrible. Lifters would push the weight up with their knees bowing inward. Everyone used a narrow stance.

"It just so happened that I had opened up next door to Phil Koepfel's School of Karate. One of Phil's members, Charley Hayes, joined my gym. The first time Charley squatted, he automatically set down into a wide shiko-dachi (she-ko-daa-chee) or "straddle stance with the knees pointing out at 45-degree angles." When my members began utilizing this stance, the poundages they were squatting increased significantly. Mike Bridges improved upon Charley's technique by pointing his toes straight ahead so that his knees were directly over his feet. Mike soon after introduced his new squat stance to the world and it became known as the Bridges Flare. The rest is history.

"Learning to deadlift was not as easy. Powerlifting competitions were being held throughout the United States by this time. So, I'd travel to the meets, take note of the best deadlifters, and talk to them. I'd telephone people all over the country to see what they were doing. Many of the champions were selling supplements or equipment, so it was easy to get a conversation going.

"Supplementation was still in its infancy, but there were a few products available that proved legitimate and are even considered good to this day. Vince Gironda, a bodybuilding club owner in the Los Angeles area, had been touting desiccated liver tablets for years. Liver is not only a good source of protein, it is exceedingly high in B-vitamins. We now know that B-vitamins help the body withstand stress and are effective antioxidants. Gironda had his bodybuilders cycle their liver tablets, starting with around 35 tablets per day, eventually working up to something like 200 per day. Every one of Gironda's competitors were completely natural. To everyone's surprise, they were consistent winners. In fact, not one was ever defeated by a drug-enhanced lifter. I still use and sell desiccated liver.

"Having been a powerlifter since the sport's inception, I am greatly concerned that what we worked so hard for be preserved for future generations. There are a few things that are being allowed today that are making a mockery of the sport. Bench shirts, for instance, have gotten completely out of hand. If organizations are going to allow these shirts, they should at least allow deadlifters to use lifting straps. They wouldn't make a lifter's back any stronger, but would help prevent bicep tears of the supinated arm. Both palms

(article continued on pg. 94)

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POWER RESEARCH

SQUATTING-TO BE EXPLOSIVE, TRAIN EXPLOSIVE

as told by **Kenny Croxdale, B.A. C.S.C.S and Tom Morris, M.S., C.S.C.S.**

In any field of endeavor, you want to use the right tool when completing a task. The best choice is a hammer and not a screwdriver when driving a nail into the wall. The same thing applies to training. You want to use the right training tool to invoke the desired results. Powerlifters should consider the tool of plyometric training to improve their power, which, in turn, will improve their 1RM.

To fully appreciate the value of plyometric training in the development of power, one must understand what power is and why it is important to powerlifters. As discussed in a previous article (Croxdale & Morris, 2002), power can be defined as force multiplied by distance divided by time. Since force is sometimes referred to as strength and distance divided by time is the same as speed, power, for the purpose of this article, can be defined as follows:

$$\text{Power} = \text{Strength} \times \text{Speed}$$

Since strength and speed are components of power, increasing one while neglecting the other limits total power development. Unfortunately, many resistance trained athletes focus on strength because they are familiar with this traditional and well-established mode of training. Because strength and speed have a multiplicative impact on power, athletes can make greater gains if they develop both components. For example, if an arbitrary strength score for an athlete was 2, and the athlete's arbitrary speed score also was 2, the hypothetical power rating would be:

$$2 \times 2 = 4$$

Doubling strength without altering speed would double power:

$$4 \times 2 = 8$$

If the same athlete made only a 50 percent gain in strength and an equal gain in speed, the power rating would be:

$$3 \times 3 = 9$$

(Brittenham, 1997)

All powerlifters understand what strength is. Strength is the ability to generate the maximal amount of force against an external resistance. The amount of time it takes to

exert a maximal force in a strength movement like the squat is greater than one second; in contrast, "movement time during explosive activities is typically less than 300ms" (Robberds, 2001). Due to the time it takes to generate, apply and fully complete a maximal effort against a heavy object, typical strength movements are not considered speed movements. Research indicates that a heavy squat, even when performed in an explosive manner "is an insufficient stimulus for improvements in muscle power..." (McBride et al., 2002).

The gap between one's maximum power (developed in milliseconds) and maximum strength (developed in a second or longer) is the Explosive Strength Deficit (ESD). "ESD shows the percentage of an athlete's strength potential that was not used in a given attempt." (Zatsiorsky, 1995). Think of the Explosive Strength Deficit as a car

race. Both cars have top speeds of 100 mph (1RM).

In a quarter mile race, car A is able to reach 65 mph (65% of 1RM). Car B is only able to reach 55 mph (55% of 1RM). Car A is able to generate more power than car B. Therefore, Car A's deficit is 35% (100-65=35). Car B's deficit is 45% (100-55=45). Consequently, 35% of car A's potential was not used compared to 45% of car B's. The smaller the gap in one's Explosive Strength Deficit percentage, the greater one's explosive power.

The strength part of the power equation is where powerlifters excel. However, the majority of powerlifters lack speed. To close the Explosive Strength Deficit percentage gap, powerlifters need to implement more speed training ... specifically plyometrics.

Plyometric exercises are characterized by a powerful, explosive muscular contraction in response to a prior, immediate, rapid dynamic

loading of the involved muscles. Rapid loading of the muscles using either one's body weight and/or light load causes that muscle to undergo an aggressive stretch. In order to protect the stretched muscle from injury, that stretched muscle undergoes a reflexive contraction. This stretch reflex causes a proportional contraction of the stretched muscle thereby eliciting a more powerful contraction of that muscle compared to any contraction it could have generated had it not been previously stretched. It is the goal of plyometric exercise to utilize this stretch reflex in order to cause an even more powerful, explosive movement of the muscle ... a form of sprint-assisted training.

Sprint assisted training involves overloading a muscle to cause a training effect by forcing the muscle to contract more powerfully than it would normally be capable of without the prior stretch. This pre-stretching produces a sling shot reaction. One has more firepower out of the hole, greater starting-strength.

As with all components of strength, the foundation of one strength level is built on another. "Starting strength is the underlying mechanism crucial for the display of acceleration-strength." (Siff and Verkhoshansky, 1998). "The higher the level to which starting-strength is developed, the faster acceleration-strength can be realized." (Verkhoshansky, 1977). In other words, the faster one moves from one part of the strength curve to the next, the faster one reaches the finish line or in this case locks the weight out.

One might consider starting-strength as first gear on a car and acceleration-strength as second gear.

In order to generate a hypercontraction of the muscle, one must convert the eccentric movement of the loaded muscle to a concentric contraction as soon as possible. The time between the eccentric movement and the concentric contraction is referred to as the amortization phase. By decreasing the amortization phase, a more powerful, explosive movement is generated.

The amount of time spent in the amortization phase is the determining factor in a movement being plyometric or not. Research by Wilson et al. (1990) examined different delay times in the bench press and

showed that the benefits of prior stretch may endure for as long as 4 seconds, at which point it is suggested that all stored elastic energy is lost. This could lead one to believe that there is full retention of a stretch reflex if the amortization phase is 4 seconds or less. However, the stretch reflex begins to dissolve immediately. Even a short pause will negate the stretch reflex.

Additional research indicates that "delays as short as .02 seconds are sufficient to dissipate the benefits of prior stretch", with up to 50% of the stretch reflex being lost in one second. (Siff and Verkhoshansky, 1998).

Therefore, it can be concluded that the longer the pause, the less powerful the contraction. To put it simply, the longer it sits, the heavier it gets.

Plyometric training has the added benefit of allowing explosive power to be generated throughout the entire range of motion of a movement. Traditional barbell and dumbbell training actually causes one to actively decelerate the load during the later portion of the movement. The National Strength and Conditioning Association (2002) indicates that "performing speed repetitions as fast as possible with light weights (e.g., 30-44% of 1RM) in exercises in which the bar is held on to and must be decelerated at the end of the joint's range of motion (e.g., squat) to protect the joint does not produce power or speed training but rather teaches the body how to decelerate, or slow down. If the load can be released into the air (i.e., the bar can be let go at the end of the range of motion, making it ballistic), the negative effects are eliminated."

With this information in hand, the various methods of developing squatting speed will be explored with the ultimate goal of increasing ones 1RM. The order in which the following methods are presented are from "easiest" to "hardest". The authors suggest that the athlete work his/her way sequentially from #1 to #5 over the course of their squat training program (based on Chu's periodization of plyometric training (1992)). This will allow the lifter to establish a base of plyometric conditioning and then progress up through the more difficult activities while minimizing the chance of injury and maximizing power. The following exercises are of a highly intense nature and extreme caution should be taken when performing them.

1) Barbell Quarter Jump Squats: Barbell Jump squats involve performing a quarter squat where the individual aggressively explodes up during the concentric phase of the lift. The powerful extension of the hips and knees should propel the lifter into the air as if s/he were performing a vertical jump. Upon landing one needs to stop the downward movement as quickly as possible. Then explode back into the air. Initially, the lifter should perform the exercise without weight just utilizing their body weight. As one's tolerance improves, external weight may be added. When performing non-resisted jump squats, the authors suggest using an aggressive arm swing as a form of sprint assisted training (over-speed training) to more fully exploit power output.

2) Barbell Non-Impact Plyometric (Siff and Verkhoshansky, 1998) Jump Squats: Same as the Barbell Quarter Jump Squats. However, instead of executing a quarter squat, one performs a powerlifting squat to parallel or just below. The lifter slowly lowers him/herself down to within two to four inches of the parallel. The lifter then quickly drops the last two to four inches, rebounding out of the hole and forcefully exploding up into the air.

3) Barbell Sub-Maximum Impact Plyometric (Siff and Verkhoshansky, 1998) Jump Box Squats: Same as the Barbell Non-Impact Plyometric Jumps Squats. Only the lifter slowly lowers him/herself to a box. Then the lifter executes a and goact time on the box must be kept to a minimum between the eccentric braking and concentric acceleration, the

amortization phase. The shorter the amortization phase (transition between eccentric to concentric), the more power generated. This is a height of the box for powerlifters should be where the legs are parallel with the ground.

While performing a touch and go off the box increases power, it also amplifies the loading on the spine. Thus, EXTREME CAUTION should be taken with this exercise. Lifters concerned with the loads placed on the spine should eliminate Barbell Sub-Maximum Impact Jump Box Squats from their program.

4) Load Release Jumps (Siff and Verkhoshansky, 1998): Load release jumps are similar to jump squats. One can execute this from a quarter squat or parallel squat position, depending on the area in which one needs to build explosive force. Two of the methods that can be utilized are dumbbell release jumps squats and barbell jump squats with weight releasers attached to the bar.

Dumbbell release jumps squats involve a very sturdy, well built bench or box and a dumbbell. Place the bench or box in front of you. You will be jumping up on it. Get a dumbbell and hold it in front of you. Quickly drop into a squat. As you drop into a squat, the dumbbell will end up between your legs.

Just prior to exploding up onto the bench, release the dumbbell. Wearing a weight vest can provide additional loading to this movement.

The second form of load release jumps is barbell jump squats with weight releasers. Weight releasers are attached to the barbell. The weight releasers can be set to fall off the bar at a selected height, thus a load release effect is achieved. Once the load is released, the lifter explodes into the air in essence performing a vertical jump.

5) Depth Jumps: Depth jumps involve stepping off boxes of various heights and upon landing on the floor with both legs simultaneously, exploding vertically into the air...again aggressively using the arms the added power.

"The average heights for depth jumps are 0.75-0.8 meters (27-30 inches). Athletes over 220 pounds should use heights of 0.5-0.75 meters (18-27 inches)." (Dassie, 1999).

If one wishes to add external weight, the recommended plyometric jump squat training percentages are 10-40% of 1RM of the squat (Lamont & Stone, 2001).

Within this training range, 30% of 1RM of the squat has been indicated to be the most productive plyometric training percentage to increase force and power (Kaneko, et al., 1983). Performing jump squats with 10-40% of one's squat 1RM is a potentially dangerous activity especially considering the load absorbed by the spine upon landing from the jump.

Sets and reps for these exercises should be the same as with strength training, 5-10 sets of 1-5 reps. Rest periods of one to three minutes between sets. The rest periods need to be long enough so that one is able to exert maximal force in each of the movements. These power movements are performed first in any training program when one is fresh and can exert the most amount of force. Explosive training sessions should be performed once or twice a week.

Examples:

Barbell Quarter Jump Squats. Based on 500 lb quarter squat, no wraps or lifting suite. The top set of 150 lbs being 30% of 500 lbs, 1RM. 45 lbs X 5; 75 lbs X 5; 100 lbs X 3; 125 lbs X 3; 150 lbs X 3.

Barbell Non-Impact Plyometric Jump Squats and Barbell Sub-Maximum Impact Plyometric Jump Box Squats. Based on a 500 lb powerlifting squat, no wraps or lifting suit. The top set of 175 is 35% of 500 lbs, 1RM. 75 lbs X 5 reps; 100 lbs X 5 reps; 125 lbs X 3 reps; 150 lbs X 3 reps; 175 lbs X 3 reps.

Dumbbell Load Release Jumps. Loads of up to

20% of 1RM or less usually work best. The top set of 100 lbs is 20% of a 500 squat, 1RM. 20 lbs X 3; 40 lbs X 3; 60 lbs X 3; 80 lbs X 3; 100 lbs X 3.

Barbell Load Release Jumps Squats. The same percentages of 10-40% will apply to this exercise as it does to Barbell Jumps Squats. The total load of the barbell and weight releasers should not exceed 40% of 1RM with 30% of 1RM being the most effective. Thus, the total weight of the bar with weight releasers attached would be 150 lbs (30% of 1RM) for someone who is able to squat 500 lbs.

Here are some sample programs. Note that in all of these examples the total poundage with the weight releasers is 150 lbs, 30% of 1RM. 50 lbs barbell X 5 sets of 1 rep with 100 lbs on the weight releasers; 75 lbs barbell X 5 sets of 1 rep with 75 lbs on the weight releasers; 100 lbs barbell X 5 sets of 1 rep with 50 lbs on the weight releasers.

Depth Jumps. The distance one drops provided the loading in this movement.

By varying the distance one will vary the load, impact force. 5-10 sets of 1-5 reps with the recommended box height. The focus of these exercises is on speed. The movement must be explosive. One must generate enough power so that one's feet leave the ground. If not, then the load needs to be reduced. The goal is to be as explosive as one can with as much weight as one can use.

Since speed is not typically considered an important component of a strength program, the majority of powerlifters ignore this facet of training. Powerlifters need to appreciate the vital part speed plays in the quest for strength. Yes, strength is the most important component of powerlifting. However, in moving a heavy object up a mountain, power is essential. Power creates the momentum needed to slide through one's sticking point, outrunning gravity. Increasing speed through plyometrics magnifies one's power and strength. In a nutshell, you lift like you train. To be explosive, train explosive.

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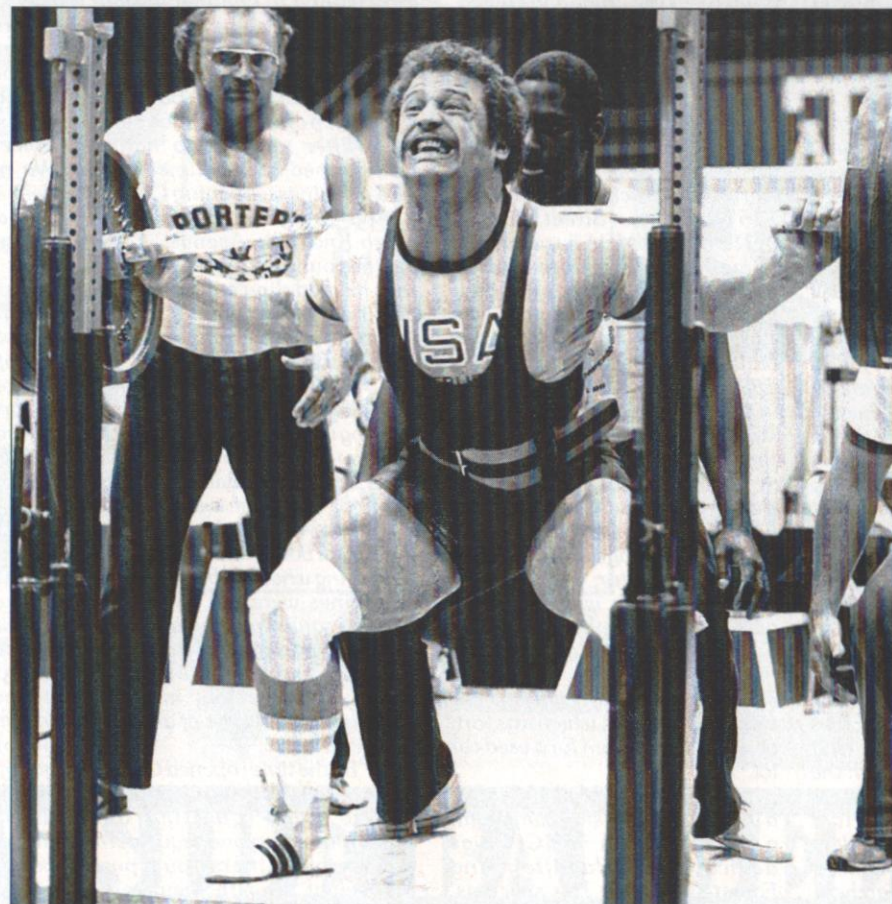
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Doug Furnas was one of the most explosive squatters in lifting history. (Greg Johnson)

The study of mythology has always been an interest of mine, and since I grew up in the pre-Internet, pre X-box, pre-satellite TV era, entertainment for me often would involve spending hours poring over mundane tomes like the Study of Mythology by Edith Hamilton. Geeky stuff, I realize, but in those dusty old books, I discovered something I never knew I possessed - a true PASSION for STRENGTH. Nowhere was strength epitomized more than in the story of Hercules, the revered hero-god of Greek mythology, who achieved fame and glory through his famous twelve Labors. Among them, he killed Hydra, a multi-headed, man-eating monster; wrestled the savage lion of Nemea; and destroyed the fearsome Birds of Stymphalia. Not once did Hercules flinch as he faced his vicious opponents, and not once did he experience defeat. Hercules was, in mythology, a shining example of true valor, which leads me this story of a modern day Hercules - a man who was to many a perfect combination of a Greek God-like physique AND mind numbing power - a man who could have been a running back for the Cleveland Browns or an outfielder for the Yankees. A man, who when his country called, unflinchingly went to do his duty in one of history's dirtiest, most politically tainted theatres of operation - the jungles of Viet Nam. This was a man who performed his share and MORE of Herculean Labors, all with unstinting humility and respect for his fellow human being. This is a man named Roger Estep. Younger readers may scratch their shaven heads or tweak their goatees and wonder "Who exactly is Roger Estep, anyway, and how is this going to help me squat or bench more?" I say - SHUT THE HELL UP - and keep reading. You will learn the true meaning of STRENGTH, POWER and - yes - even the lost art of SPORTSMANSHIP. Sets and reps can wait, this is a story of a true CHAMPION. You may even be a better powerlifter for it.

Roger Estep was born in the small town of Wellston, Ohio, and like many of his era he used sports as a vehicle to achieve greatness. He was a true high school superstar, playing both wingback and halfback on a T-formation team. Oh yeah, Roger played on the other side of the ball too as an aggressive boundary corner. Roger was also an outstanding baseball player and was

LEGENDS OF POWERLIFTING "The California Hercules" Roger Estep ... The Early Years - Part I as told to Powerlifting USA by Ron Fernando



Roger with his world record 770 lb. squat done at the Parkersburg YMCA in West Virginia, weighing 196, back-spotted by Dave Waddington, Jack Wilson, and Steve Wilson. (photo by Jerry Koplín)

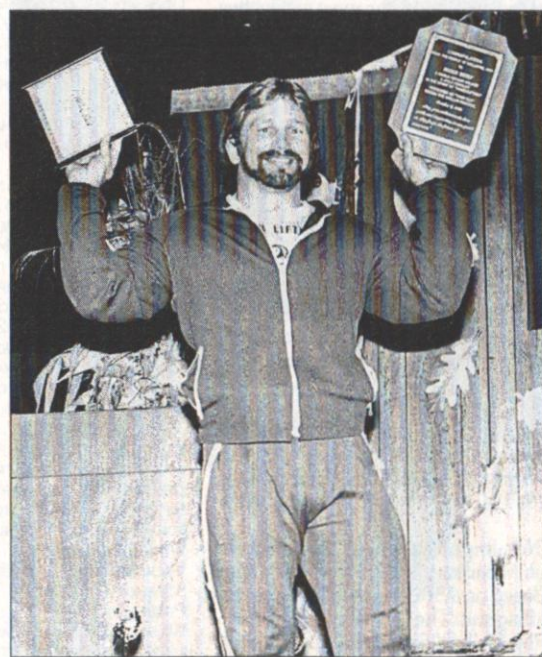
flirting with the idea of turning pro when the tides of history changed his life. Like all young men of the era, Roger faced the requirement of entering his name in the Selective Service pool for the Viet Nam draft. When some of our generation shied away from an

unpopular war by either discovering a variety of physical ailments, entering college to seek educational deferment, or simply hightailing it to the tree-hugging confines of Canada, Roger did the opposite. He enlisted in the Army, chose ELEVEN BRAVO (Infantry)

for his MOS (Military Occupational Skill), went through the rigorous "planned hell" of Basic, Advanced Individual Training, Airborne, and Ranger School, and eventually got posted with the ultra-prestigious 82nd Airborne Division in Ft Bragg, NC. The 82nd has a long and storied history, going back to World War II when they stormed Utah Beach during D-Day and, though losing the greater part of their number, managed to put a hammerlock on the dreaded Nazi Waffen SS legions, thus leading to the eventual defeat and utter humiliation of the Third Reich. Their reputation for toughness, courage,

and brute strength is legendary - one just does not simply apply and be accepted to the 82nd. One has to be cut out of certain, almost mystical, mold to be a part of this elite bunch, and Roger fit this to a T, even at that young age. He served his time in the 'Nam with honor, and performed tasks well beyond the psyche of a 19 year old. When others his age were surfing, going through fraternity rush parties, and sweating it out over finals, Roger was tirelessly working for our common American interests in the steaming hells of the Mekong Delta, with the Montagnard tribesmen of South Vietnam, and patrolling the DMZ.

It was during these years that he met Carol, a woman who has touched his life so very specially for the last 30 plus years. Carol was a Senior in high school when Roger was getting ready to join the Army. He had just started to work out with weights in his best friend Terry Brennan's garage, and Carol used to drive by on many a weekend and see the two guys pounding out set after set of barbell curls. "He used to call me up and brag about how big his biceps were" Carol recently told me. He would measure it every day". The year of 1969: Neil Armstrong walked on the Moon, sideburns, wide ties and clunky heels were all the fashion. Gas "wars" were the rage with rival stations trying to one-up each other, selling it for 15 cents a gallon and lower. NBC's "Laugh-In" was the raciest thing on TV and, yes, the sport of Powerlifting was actually around. Still trying to kick loose from the iron grip of the York Barbell Club and its patriarch, Bob Hoffman, Powerlifting had taken root in the Golden West where many of the early superstars began their meteoric rise to the top. These pioneers trained outside in backyards, in dank garages, or in rattletrap apartments. Two such lifters pooled equipment and started training in a small garage on Neosho St. in Culver City, on the west side of Los Angeles. While the equipment and supplements of the day were absolutely rudimentary, the intensity was not. These early day Iron Warriors came to train and train they did, developing a unique system that flew in the face of conventional philosophy, a system that lives on today. Stories started to trickle out of these dungeons, garages, and makeshift venues of huge Lifts made by the California Monstermen - whispers about unheard of squats, deadlifts that resembled mythological events, and bench presses by middleweights that rivaled the heavyweight standards, and a nameless "system" that produced almost instant results for those unafraid to attempt it. Many a budding powerlifter around the



"Look at Me, Mom" on Roger Estep Day in his hometown of Wellston, Ohio. (photograph by Tim Gillis)



Roger competing in Lompoc, California in the mid 1970s under the watchful spot of George Frenn. The progress Roger demonstrated at this competition clearly marked him as someone to closely watch in the future. (this photograph is from the collection of Myers Badura)

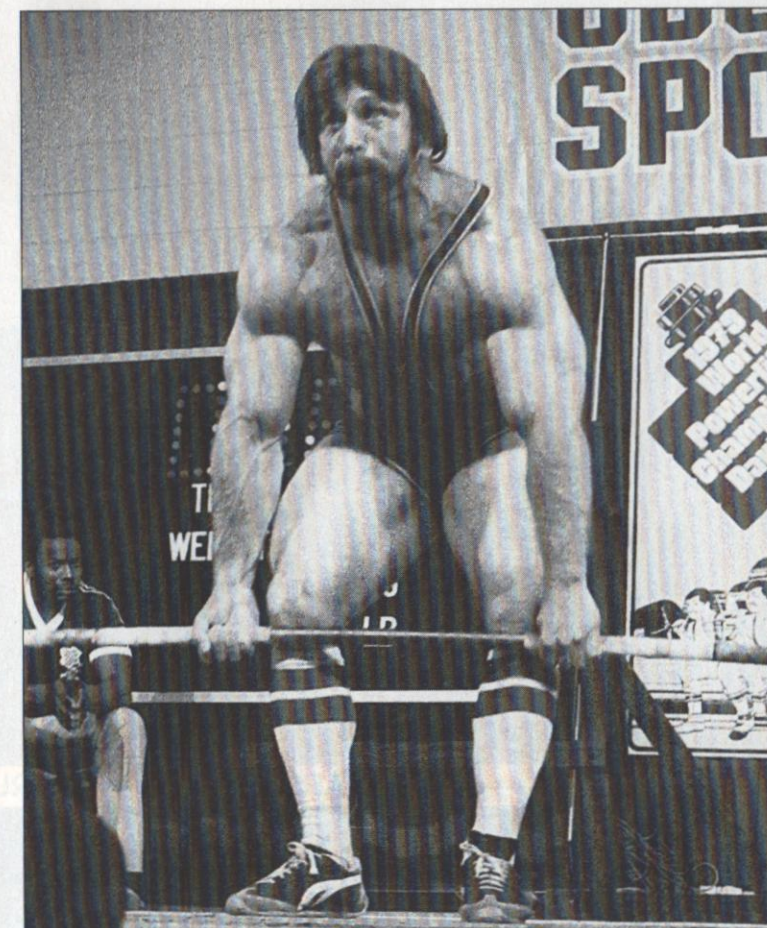
US heard the song of the "Siren of Strength", and made the "Iron Pilgrimage" to Los Angeles. Roger heard it too, but put it in the back of his mind as he boarded a C-130 in Ft. Bragg, heading for Vietnam. "Some day", he thought. "Some day." He trained some in those early days in Vietnam, with high rep bodyweight exercises such as pull-ups, dips, pushups and using whatever makeshift equipment, such as cement filled coffee cans, he could to maintain his regimen. Ever in his mind, though were the images and rumors of the Monstermen of California, of sun baked shores, bronzed bikini clad bodies, movie stars, and a land of opportunities untold. "Someday soon", he told himself, especially on those long dreary patrols where one slipup could mean an agonizing death. Roger completed his tour of duty just before the Vietnam conflagration finished in ignominy. He and his lady love Carol had corresponded, but, like so many couples of the era, they had drifted apart. Life went on. Gas wars were a thing of the past, replaced by gas rationing. Jimi Hendrix and Janis Joplin died, the triple option was being run with reckless abandon in countless of college football stadiums, Watergate was around the corner and Roger Estep was ready to begin life as a civilian. He worked for a while as a coal miner in Ohio where his natural strength and toughness stood him well. The money he made in this rigorous venture, plus the GI Bill, enabled him to get his college education at Ohio University, where he majored in Zoology, finishing with a Bachelor of Science. He then moved to New Martinsville, West Virginia where his ascent into the Pantheon of Powerlifting Mythology really began. There he met the enigmatic Luke lams, all 345 lbs. of him, and

the rest of his "Wild Bunch" - mini brute Chuckie Dunbar, Jack Wilson, and the current patriarch of West Virginia Powerlifting, Paul Sutphin. One of Roger's assets was his ability to learn. Roger would sit in respectful awe and listen as the garrulous lams would talk about a strange new system of training so unique in its simplicity that almost anyone could prosper from it. "So, I thought I would try it, why not" said Roger. "It seemed to have done Luke and the boys a lot of good." The system, of course, was the ORIGINAL WESTSIDE BARBELL training system as devised by those two lifters on Neosho St. in Culver City - George Frenn and Bill "Peanuts" West. The system was simple on the face of it, but involved doing exercises that many Powerlifters of the day would have laughed at and many so-called Strength Coaches would have shuddered at - actually squatting down with huge, maximum weights on a box - or literally "throwing" the weight off the chest using several thick pads - the infamous "Belly Toss". The experts of the day, awash in their scientific knowhow and Universal Gym mentality, chalked this program up as a system for "Madmen", one that would produce "more injuries than medals". Though Louie Simmons, today's Guru of Powerlifting, will quote Mel Siff, Yuri Verkoshansky and A.S. Prilepin as

quantitative sources of proof for this plan of attack, he will always recognize that the ORIGINATORS of this system were Frenn and West. The year - 1977, we were dumbfounded by the special effects of the new movie "Star Wars", Jimmy Carter became President of the United States, and Elvis Presley died. That same year, Roger Estep exploded onto the world powerlifting scene like a multi-megaton nuclear device. At a small meet in West Virginia, Roger totaled the unheard of poundage of 1945, at a mere 193 lbs. of bodyweight. He did this with a suit so porous you could poke your finger through it, and a belt thin enough to fold into a roll like a newspaper, Ace bandages, and old work boots. Of course, he had to BACK his Squats out of a rack, sit DEEP into the hole, wait for a PAUSE in the Bench and weigh in 2 hours before the competition. His squats were PERFECT - deep - upright - explosive. If they gave style points for the squat, Roger would have scored a "perfect 10" every time. Fast forward to 1979, the venue - Dayton, Ohio - Larry

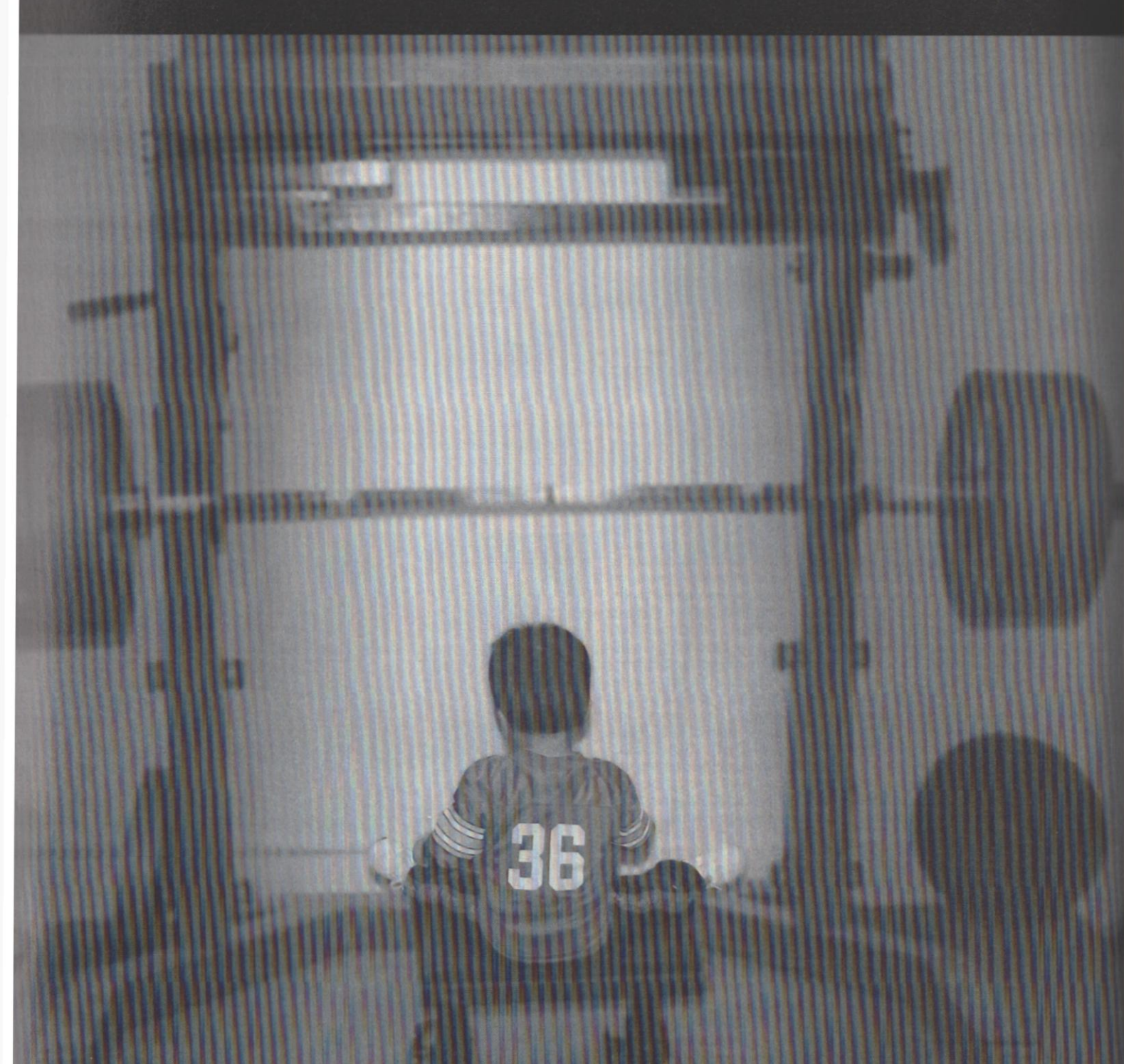
Pacifico, himself a multi-world Champion, faced the challenge of putting on an IPF World Championships AND lifting in it. That team read like a Who's Who's of Powerlifting History - Chuckie Dunbar at 114, the fabulous Lamar Gant at 123, young Mike Bridges at 165, Walter Thomas at 181, Roger Estep and deadlift sensation Vince Anello at 198, a slimmed down John Kuc at 242, and a pair of titanic superheavies - Paul Wrenn and future World's Strongest Man - Bill Kazmaier. Roger, though favored, unfortunately was a victim of nerves and came in a close second to Canada's Tom Campbell. I believe that if the meet had NOT been so close to his home, he would have won. Imagine thousands of folks in the hall chanting "Estep, ESTEP, ESTEP". Roger was and still is a very shy person, one who never resorted to the chest thumping, head banging tactics, and one whose quiet demeanor belied a raging maelstrom of power within.

END OF PART ONE



Roger contesting the 1979 IPF Men's World 198 lb. class title in Dayton, Ohio, a competition televised on CBS Sports Spectacular. Unfortunately, Roger passed away on June 23rd, after a long battle, involving numerous major surgeries, against a particularly virulent form of brain cancer. The noble character that Roger exhibited throughout his military, sports, and professional careers remained vital in this ultimate fight for his existence.

Someday I will...



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

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German Nationals (kg)
1,2 APR 05 - Ruesselsheim, GER

WOMEN	SQ	BP	DL	TOT
52 kgs.				
I. Tronke	122.5	82.5	125	330
M. Steiner	90	52.5	107.5	250
S. Kalz	90	65	85	240
60 kgs.				
R. Schreiber	132.5	75	160	367.5
D. Falck	130	70	165	365
67.5 kgs.				
vonBachhaus	175	120	177.5	472.5
I. Naarmann	107.5	65	122.5	295
M. Messer	102.5	62.5	125	290
75 kgs.				
E. Gall	160	122.5	197.5	480
A. Peters	130	82.5	145	357.5
F. Shurmann	120	85	120	325
82.5 kgs.				
J. Dietz	165	107.5	142.5	415
I. Douglass	155	85	170	410
90 kgs.				
Herchenheim	200	122.5	217.5	540
MEN				
67.5 kgs.				
M. Bielau	215	120	225	560
T. Korell	210	120	227.5	557.5
A. Denk	190	142.5	205	537.5
J. Kammerer	190	120	200	510
D. Schumann	177.5	122.5	202.5	502.5
F. Binger	167.5	112.5	205	485
H. Heinrich	175	117.5	182.5	475
75 kgs.				
P. Schmidt	242.5	130	242.5	615
U. Bauer	222.5	122.5	257.5	602.5
J. Seth	220	137.5	205	562.5
F. Geerhardt	180	120	240	540
M. Bernhard	185	110	217.5	512.5
82.5 kgs.				
Lichtenauer	277.5	172.5	265	715
S. Soirl	265	187.5	255	707.5
M. Schnurr	275	155	267.5	697.5
J. Muller	275	180	240	695
Kronschwitz	260	190	220	670
C. Erbs	240	130	272.5	642.5
E. Derzapf	250	160	230	640
N. Mathies	250	155	235	640
S. Bedrich	240	160	225	625
R. Schroder	220	165	230	615
C. Schadel	230	125	225	580
T. Konstanny	190	120	250	560
P. Leister	160	155	175	490
90 kgs.				
B. Konrad	300	210	285	795
F. Virzi	310	200	280	790
M. Hinz	300	192.5	275	767.5
S. Rogalsky	270	202.5	280	752.5
T. Prohl	280	205	255	740
Grimminger	230	165	227.5	622.5
M. Glaser	222.5	142.5	227.5	592.5
S. Priebe	185	122.5	220	527.5
A. Schulz	140	212.5	140	492.5
100 kgs.				
T. Ziegler	—	—	—	—
Kurzendorfer	305	245	275	825
N. Espov	280	215	280	775
M. Simpig	290	185	280	755
T. Hochstein	285	190	265	740
M. Hellwig	275	150	305	730
R. Maier	270	180	270	720
T. Haaser	270	170	262.5	702.5
T. Kramer	250	170	270	690
F. Seidel	250	177.5	255	682.5
E. Gnahs	230	165	270	665
C. Stornfels	255	150	257.5	662.5
C. Schyschka	255	155	247.5	657.5
110 kgs.				
D. Flaminio	367.5	237.5	280	885
S. Schafer	300	250	285	835
A. Reiz	327.5	190	300	817.5
U. Rohde	310	200	290	800
A. Stanik	280	207.5	280	767.5
H. Franke	275	205	250	730
R. Gobel	240	205	245	690
Czeranowski	265	160	265	690
M. Margraf	210	160	255	625
125 kgs.				
R. Johne	—	—	—	—
125+ kgs.				
M. Schroder	340	255	325	920
A. Hoffmann	385	210	325	920
A. Dorner	360	220	302.5	882.5
L. Reumuth	310	215	255	780
T. Wellecke	280	215	285	780
S. Grobmann	280	180	280	740
R. Kuster	290	110	285	685
Kronemann	215	142.5	230	587.5
125+ kgs.				
Kondraschow	367.5	251	342.5	961
Kronemann	330	270	300	900
K. Haasler	330	230	300	860



Strongest Lifter at the German Nationals - Jewgenij Kondraschow

M. Kleidt	320	245	270	835
A. Blank	285	175	280	740
J. Rekitke	250	—	—	—

(Thank you to Hermann Korte for results)

NASA New Mexico
7 MAY 05 - Rio Rancho, NM

PS BENCH	Master-4	Master-3	Master-2	Master-1
WOMEN				
148 lbs.	A. Saraguard	125		
	B. Long	190		
PS SQUAT				
165 lbs.	V. Behouth	35		
165 lbs.				
WOMEN				
165 lbs.				
Master-3				
E. Keen	45	E. Waugh	60	
198 lbs.				
MEN				
97 lbs.				
Youth				
M. Keen	50	A. Romero	207.5	
220 lbs.				
Master-3				
R. Keen	90	R. Romero	170	
Int				
B. Long	175			
PS DEADLIFT				
148 lbs.	B. Long	207.5		
WOMEN				
148 lbs.				
BENCH				
123 lbs.				
WOMEN				
123 lbs.				
Submaster-1				
V. Behouth	95	Submaster-1		
165 lbs.		T. Adelmann	117.5	
Master-2				
E. Keen	92.5	Pure		
198 lbs.		T. Adelmann	117.5	
132 lbs.				
Junior				
M. Keen	107.5	Master-2		
220 lbs.				
MEN				
220 lbs.		S. Sermay	52.5	
Master-3				
R. Keen	152.5	Master Pure		

G. Schuster	147.5	275 lbs.	Open	245	High School	125	85	167.5	377.5
Master-1									
G. Schuster									
PUSH PULL									
WOMEN									
123 lbs.									
Submaster-1									
T. Adelmann									
Pure									
117.5									
160									
277.5									
T. Adelmann									
165 lbs.									
Master-3									
E. Waugh									
220 lbs.									
Master-2									
Master-1									
R. Garcia									
182.5									
232.5									
415									
Master Pure									
M. Teupell									
190									
237.5									
427.5									
WOMEN									
123 lbs.									
Master-1									
J. McCarty									
117.5									
62.5									
120									
300									
Submaster-1									
T. Adelmann									
142.5									
117.5									
160									
420									
T. Adelmann									
142.5									
117.5									
160									
420									
T. Adelmann									
142.5									
117.5									
160									
420									
S. Sermay									
92.5									
52.5									
92.5									
237.5									
165 lbs.									
Teen									
B. Greene									
75									
57.5									
97.5									
230									
181 lbs.									
Novice									
K. Weier									
90									
52.5									
105									
247.5									
K. Weier									
90									
52.5									
105									
247.5									
A. Kahle									
127.5									
60									
112.5									
300									
198 lbs.									
Novice									
M. McLean									
130									
102.5									
192.5									
425									
Master Pure									
S. MacKay									
252.5									
200									
230									
682.5									
198+ lbs.									
Master Pure									
A. Hurley									
107.5									
102.5									
140									
350									
148 lbs.									
MEN									
148 lbs.									
Novice									
D. Garcia									
135									
55									
165									
355									
Submaster-1									
M. Starr									
950									
220									
142.5									
362.5									
165 lbs.									
High School									
A. Alvarez									
112.5									
75									
147.5									
335									
G. Rodriguez									
115									
85									
130									
330									
Submaster Pure									
T. Duran									
192.5									
120									
200									
512.5									
Master Pure									
T. Montano									
187.5									
105									
200									
492.5									
A. Caceres									
210									
137.5									
200									
547.5									
Master-1									
A. Caceres									
210									
137.5									
200									
547.5									
181 lbs.									
Teen									
S. Williams									
75									
52.5									
75									
202.5									
E. White									
125									
85									
167.5									
377.5									
Master Pure									
P. Buehler									
205									
120									
212.5									
537.5									
Master-1									
Ammerman									
227.5									
177.5									
212.5									
617.5									
High School									
P. Villalobos									
97.5									
75									
142.5									
315									
198 lbs.									
High School									
S. Cobos									
142.5									
110									
185									
437.5									
Master-1									
J. McCarty									
210									
137.5									
242.5									
590									
Master-2									
E. Duran									
185									
127.5									
222.5									
535									
Submaster-1									
G. Rundell									
230									
125									
207.5									
562.5									
242 lbs.									
C. Story									
215									
162.5									
235									
612.5									
275 lbs.									
Teen									
D. Velasquez									
142.5									
90									
175									
407.5									
308 lbs.									
Master Pure									
N. Barnreiter									
340									
205									
302.5									
847.5									
R. Anttila									
290									
177.5									
220									
687.5									
Power Sports									
CR									
BP									
DL									
TOT									
97 lbs.									
Youth									
A. Romero									
160									
160									
400									
720									
148 lbs.									
Master-3									
S. Billington									
20									
30									
80									
130									
165 lbs.									
Master-3									
E. Waugh									
32.5									
47.5									
80									
185									
181 lbs.									
Master-3									
J. Cole									
47.5									
92.5									
182.5									
322.5									
Novice									
R. Romero									
55									
127.5									
192.5									
375									
275 lbs.									
Pure									
E. Kisner									
82.5									
167.5									
215									
465									

4th Coast Guard Bench
15 APR 05 - Clearwater, FL

BENCH	275 lbs.	445
FEMALE		
181 lbs.		
D. Pettis		
440		
J. Parrish		
Master		
A. Daw		
140		
MEN		
198 lbs.		
T. Gregory		
405		
D. Harris		
385		
M. Marsh		
350		
242 lbs.		
F. Schuetz		
500!		
C. Pourciaux		
—		

! = Best Lifter. Special thanks goes out to Gayle Coyle from MWR Miami and Lt. "Buzz" Buskirk for helping fun a very smooth meet. Also thanks goes out to USCG Air Station Clearwater for holding the annual event. (results by Frank Schuetz)

INTERNATIONAL IPFA ASSOCIATION
Lifters for Lifters Pro-Am Powerlifting

Application for Registration Office use only, do not complete

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					
Registration Fee:		Adult \$30	High School and Special Olympics		\$25
Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.					
Payment can be mailed to: IPFA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404					

USAPL Illinois State
30 APR 05 - Harrisburg, IL

BENCH		A. Odenwald	365		
WOMEN		220 lbs.			
105 lbs.	Master-1				
Teen-1	C. Nolen	295			
P. Schutt	55	Teen-2			
132 lbs.	R. Burlinson	175			
Open	Open				
K. Davis	95	J. Lawson	405		
148 lbs.	Teen-3				
Teen-2	K. McNease	385			
B. Moore	165	Junior			
Master-1	B. Stewart	490			
S. Motsinger	120	DOC			
Master-2	L. Edwards	430			
D. McIntosh	100	275 lbs.			
165 lbs.	DOC				
Junior	M. Crank	445			
D. Ital	115	Open			
123 lbs.	S. Bales	370			
Teen-3	Junior				
M. Harper	120	P. Little	390		
148 lbs.	Master-2				
Teen-1	M. Ayt	365			
C. Motsinger	160	HW			
Junior	Open				
C. Bramlet	235	J. O'Neill	575		
165 lbs.	M. Rose	550			
Teen-2	Master-2				
A. Hall	235	T. Thomas	400		
198 lbs.	A. Goodson	335			
Teen-3	Master-4				
WOMEN	B. Adams	380			
132 lbs.	BP	DL	TOT		
Open					
K. Davis	95	100	200	395	
165 lbs.	Junior				
D. Ital	115	200	230	545	
123 lbs.	MEN				
Teen-3					
M. Harper	120	155	250	525	
148 lbs.	Teen-1				
Teen-1	C. Motsinger	160	250	300	710
C. Motsinger	160	250	300	710	
Teen-2	C. Kurtz	175	315	375	865
Junior	C. Bramlet	235	255	330	820
C. Bramlet	235	255	330	820	
165 lbs.	Teen-2				
Teen-2	A. Hall	235	385	405	1025
220 lbs.	Teen-2				
R. Burlinson	175	375	375	925	



Caleb Motsinger spotted by his Dad (& Meet Director) Mark Motsinger at the USAPL IL States/

Master-1	S. Crane	390	555	555	1500
Open					
S. Crane	390	555	555	1500	
T. Robbins	380	495	550	1425	
B. West	340	500	550	1390	
T. Stanley	—	—	—	—	
Teen-1					
C. Motsinger	160	250	300	710	
Teen-2	C. Kurtz	175	315	375	865
Junior	C. Bramlet	235	255	330	820
C. Bramlet	235	255	330	820	
165 lbs.	Teen-2				
Teen-2	A. Hall	235	385	405	1025
220 lbs.	Teen-2				
R. Burlinson	175	375	375	925	

NASA Natural Nationals (kg)
13 FEB 05 - OKC, OK

PWR SPORTS	J. Fickel	170			
BENCH	SQUAT				
MEN	WOMEN				
Junior	Master-3				
148 lbs.	165 lbs.				
C. McEwen	130	E. Vaughn	52	E. Evatt	132
Submaster-1	275 lbs.	PWRLIFTING			
A. Wright	225	BENCH			
Master-2	220 lbs.	MEN			
J. Fickel	152	Junior			
Master-4	242 lbs.	148 lbs.			
E. Evatt	132	C. Strength	127	275 lbs.	
Master Pure	132	198 lbs.			
E. Evatt	132	B. Baker	—	SHW	
Open	148 lbs.	B. Brunner	182	Open	
SHW	Edmondson	145	242 lbs.	Edmondson	145
R. Anderson	232	198 lbs.		F. Schuetz	217
Pure	242 lbs.	L. Dennis	182	308 lbs.	
E. Evatt	132	242 lbs.		C. Spurrison	227
L. Elliff	227	P/F			
N. Eddins	202	242 lbs.		J. Blaine	195
High School	210	308 lbs.		L. Willison	215
132 lbs.	Master-2	148 lbs.		Pure	
J. Rutledge	62	Edmondson	145	165 lbs.	
CURL		S. Stewart	152	165 lbs.	
MEN		C. Kennedy	115	148 lbs.	
Submaster-2		165 lbs.		Edmondson	145
308 lbs.		S. Stewart	152	165 lbs.	
C. Spurrison	75	198 lbs.		G. Baker	205
Master-2		J. Parsons	150	H. Hager	92
198 lbs.		J. Guardado	110	198 lbs.	
T. Bowland	57	220 lbs.		T. Stuart	215
220 lbs.		R. Powell	160	220 lbs.	
J. Fickel	67	G. Runge	122	R. Powell	160
WOMEN		275 lbs.		M. Romero	—
Master-1		G. Knight	—	Push Pull	
S. Crane		165 lbs.		MEN	
Open		181 lbs.		Junior	
J. Petray	25	C. Lynn	90	198 lbs.	
High School		220 lbs.		P. Hughes	105
132 lbs.		B. Helmich	172	308 lbs.	
J. Rutledge	35	242 lbs.		B. Brunner	182.5
DEADLIFT		G. Wilkerson	155	Master-1	
MEN		165 lbs.		D. Edmondson	145
Novice		H. Hager	92	220 lbs.	
G. Thiel	242	242 lbs.		T. Campbell	182.5
Submaster		E. Evatt	132	242 lbs.	
Pure		Master-5		198 lbs.	
G. Thiel	242	198 lbs.		M. Bean	155
Master-2		L. Dennis	182	308 lbs.	
198 lbs.		Master Pure		M. Adelmann	252.5
D. Kurtz	285	220 lbs.		Master-2	
1180		G. Runge	175	148 lbs.	

181 lbs.	B. Weber	127.5	235	362.5					
198 lbs.	J. Thomas	122.5	190	312.5					
220 lbs.	R. Powell	160	237.5	397.5					
242 lbs.	G. Clock	187.5	252.5	440					
SHW	Master-3								
R. Anderson	242	Submaster-2							
242 lbs.	198 lbs.								
S. Wingert	162	Submaster Pure							
308 lbs.	H. Heyman	120	200	320					
Master Pure	148 lbs.								
148 lbs.	D. Edmondson	145	235	380					
220 lbs.	N. Judd	220	252.5	472.5					
242 lbs.	M. Bean	155	262.5	417.5					
SHW	D. Oyler	195	290	485					
Novice	165 lbs.								
1005	S. Bennett	207.5	312.5						
75	C. Whitted	115	190						
182.5	G. Thiel	242.5	425						
Open	148 lbs.								
D. Edmondson	145	235	380						
S. Wingert	162.5	215	377.5						
P/F	308 lbs.								
147.5	B. McGohtlin	147.5	227.5	375					
Pure	148 lbs.								
D. Edmondson	145	235	380						
T. Stuart	215	237.5	452.5						
220 lbs.	R. Powell	160	237.5	397.5					
Submaster-1	198 lbs.								
145	C. Droegeieier	145	205	350					
242.5	J. Thompson	242.5	325	567.5					
Submaster Pure	220 lbs.								
182.5	G. Thiel	182.5	242.5	425					
308 lbs.	R. Kahle	257.5	285	542.5					
257.5	Teen								
55	M. Oylar	55	100	155					
WOMEN									
Int									

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123 lbs. J. Yamashita 95 173.5 268.5

198+ lbs. C. Baker 45 107.5 152.5

132 lbs. H. Hughes 70 175 245

148 lbs. D. Manno 65 112.5 177.5

165 lbs. S. Bagby 62.5 137.5 200

198+ lbs. M. Gailey 77.5 190 267.5

Master-3 K. Berryman 50 125 175

165 lbs. E. Vaughn 45 97.5 142.5

148 lbs. L. Siddell 95 92.5 187.5

D. Manno 65 112.5 177.5

Novice 123 lbs. J. Yamashita 95 173.5 268.5

198+ lbs. J. Parton 72.5 120 192.5

Open 114 lbs. H. Fry 57.5 128.5 186

123 lbs. J. Yamashita 95 173.5 268.5

198 lbs. A. Green 60 115 175

Pure 123 lbs. J. Yamashita 95 173.5 268.5

Submaster-1 132 lbs. T. Adelmann 107.5 152.5 260

198 lbs. K. Neal 35 102.5 137.5

198+ lbs. N. Curcio 62.5 120 182.5

Submaster Pure 132 lbs. L. Anderson 55 97.5 152.5

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MEN Master-1 165 lbs. B. Anderson 60 115 182.5 357.5

220 lbs. J. Linder 62.5 117.5 175 355

Master-2 198 lbs. J. Thomas 50 122.5 190 362

J. Vogt 55 105 185 345

R. O'Dell 55 — — —

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 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA 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 Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 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/AAFP 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, WNPFF 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 Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s

Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s

Mar/00... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women

308 lbs.	H. Heyman	—	120	200	257
198 lbs.	Master Pure				
198 lbs.	R. O'Dell	55	—	—	—
165 lbs.	Novice				
165 lbs.	S. Bennett	55	105	207.5	367
Open					
148 lbs.	J. Phillips	57.5	127.5	228.5	413
Open					
165 lbs.	J. Hunn	70	140	182.5	392
198 lbs.	J. McDougal	65	172.5	250	487
220 lbs.	P. Hughes	47.5	92.5	155	295
220 lbs.	T. Tucker	82.5	152.5	295	530
308 lbs.	J. Crone Jr.	77.5	170	272.5	520
PF					
308 lbs.	B. McGothlin	80	147.5	227.5	455
Pure					
148 lbs.	J. Phillips	57.5	127.5	228.5	413
220 lbs.	T. Tucker	82.5	152.5	295	530
Submaster-2					
220 lbs.	T. Tucker	82.5	152.5	295	530
275 lbs.	D. Harris	92.5	200	297.5	590
308 lbs.	J. Crone Jr.	77.5	170	272.5	520
Submaster Pure					
148 lbs.	J. Phillips	57.5	127.5	228.5	413
198 lbs.	J. McDougal	65	172.5	250	487
308 lbs.	J. Crone Jr.	77.5	170	272.5	520
WOMEN					
Junior					
181 lbs.	J. Tanner	27.5	60	112.5	200
Master-1					
198+ lbs.	M. Gailey	47.5	77.5	190	315
Master-3					
165 lbs.	E. Waugh	27.5	45	97.5	170
Master Pure					
132 lbs.	T. Ishimatsu	25	50	85	160
Open					
198 lbs.	R. May	40	65	137.5	242
Pure					
198+ lbs.	J. Springer	50	117.5	197.5	365
Submaster Pure					
148 lbs.	S. Brilliant	25	45	80	150
YOUTH					
FEMALE					
97 lbs.					

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123 lbs.	K. Ishimatsu	10	17.5	45	72.5
114 lbs.	C. Wingert	22.5	37.5	75	135
MALE					
66 lbs.	Q. Wingert	10	17.5	52.5	80
77 lbs.	T. Kennedy	15	22.5	52.5	90
88 lbs.	C. Anderson	15	25	65	105
220 lbs.	M. Oylar	30	55	100	185
Powerlifting					
SQ					
BP					
DL					
TOT					
HIGH SCHOOL					
198 lbs.	R. Conner	242.5	140	210	592.5
220 lbs.	C. Anderson	245	177.5	260	682.5
272.5	J. House	272.5	170	260	702.5
Junior					
165 lbs.	K. Jones	222.5	115	230	567.5
198 lbs.	C. Stacy	227.5	147.5	217.5	592.5
Junior					
198 lbs.	D. Hofstrom	127.5	92.5	150	370
220 lbs.	S. Donahue	277.5	150	242.5	670
308 lbs.	B. Brunner	250	182.5	290	722.5
Master-1					

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

Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Gary Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louis 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. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary 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 Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Semis/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF

455	181 lbs.				
85	C. Lynn	90	115	290	
210	J. Stovall	112.5	210	532	
220 lbs.	B. Helmich	237.5	172.5	245	655
308 lbs.	H. Heyman	190	120	200	510
Master Pure					
148 lbs.	D. Edmondson	246	145	235	626
165 lbs.	B. Sato	192.5	120	192.5	505
654.5	M. Woodworth	256	161	237.5	
181 lbs.	R. Sherwood	237.5	135	227.5	600
198 lbs.	J. Stone	237.5	175	237.5	650
S. Kivela	227.5	152.5	207.5	587.5	
L. Dennis	192.5	182.5	192.5	567.5	
220 lbs.	N. Judd	257.5	220	252.5	730
SHW					
D. Oylar	320	195	290	805	
A. Borden	295	160	260	715	
S. Jones	295	165	207.5	667.5	
Natural					
220 lbs.	T. Campbell	182.5	182.5	142.5	507.5
165 lbs.	C. Whitted	120	75	115	310
J. Cowles	—	80	—	—	—
198 lbs.	A. McKay	182.5	102.5	190	475
220 lbs.	D. Gulling	200	162.5	237.5	600
SHW					
A. Borden	295	160	260	715	
Open					
148 lbs.	D. Edmondson	246	145	235	626
181 lbs.	D. Black	2110	137.5	185	532
198 lbs.	G. Green	275	185	260	720
T. Stuart	227.5	215	237.5	680	
S. Roberts	207.5	152.5	2230	590	
S. Wingert	200	162.5	215	577.5	
Droegemeier	232.5	140	205	577.5	
220 lbs.	J. House	272.5	170	260	702.5
308 lbs.	L. Willison	215	215	212.5	642
.5					
P/F					
220 lbs.	R. Tavanello	232.5	165	210	607.5
242 lbs.	J. Blaine	277.5	195	272.5	745
308 lbs.	L. Willison	215	215	212.5	642.5
Pure					
123 lbs.	M. Ewoldsen	230	137.5	260	627.5
148 lbs.	D. Edmondson	246	145	235	626

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

165 lbs.	M. Woodwort	256	161	237.5	654.5
181 lbs.	T. Perkins	310	177.5	255	742.5
198 lbs.	J. Yamashita	127.5	95	173.5	396
181 lbs.	A. Kahle	125	60	125	310
Submaster-2					
132 lbs.	M. Carter	152.5	75	162.5	390
Teen					
181 lbs.	A. Kahle	125	60	125	310
YOUTH					
MALE					
77 lbs.	R. Bean	32.5	25	50	107.5
(thanks to Richard Peters for these results)					
577.5	J. Freeman	255	227.5	250	732.5
Submaster-2					
148 lbs.	F. Stroh	215	135	205	555
S. Goldberg	147.5	100	182.5	430	
F. Stroh	215	135	205	555	
Submaster Pure					
181 lbs.	W. Johnson III	215	147.5	212.5	575
198 lbs.	G. Green	275	185	260	720
242 lbs.	R. Baker	220	140	220	580
275 lbs.	T. Larson	265	175	237.5	677.5
P. Thomas	212.5	207.5	250	670.5	
308 lbs.	R. Kahle	365	257.5	285	907.5
SO					
242 lbs.	B. Tanner	210	137.5	200	547.5
Teen					
148 lbs.	J. Cox	70	35	77.5	182.5
198 lbs.	R. Conner	242.5	140	210	592.5
A. McKay	182.5	102.5	190	475	
WOMEN					
198+ lbs.	J. Springer	130	117.5	197.5	445
Int					
114 lbs.	H. Fry	125	57.5	128.5	311
123 lbs.	J. Yamashita	127.5	95	173.5	396
Master-1					
132 lbs.	H. Hughes	142.5	70	175	387.5
242 lbs.	S. Skelton, Jr.	418	451	451	1322
198+ lbs.	B. Oliver	374	358	468	1201
K. Berryman	—	57.5	—	—	—
Novice					
123 lbs.	R. Fleming	220	137	220	578
J. Yamashita	127.5	95	173.5	396	
Open					
123 lbs.	H. Willis	501	374	600	1477
(Thanks to USAPL for providing results)					

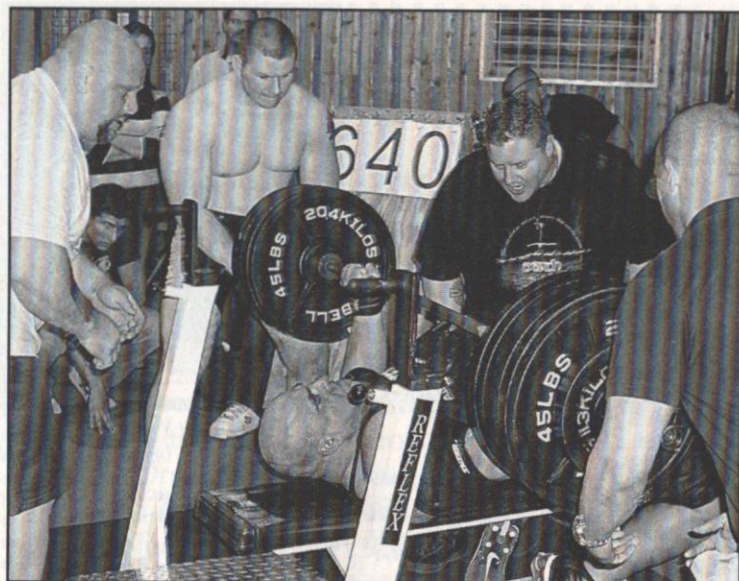
Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

132 lbs.	M. Carter	152.5	75	162.5	390
Pure					
123 lbs.	J. Yamashita	127.5	95	173.5	396
181 lbs.	A. Kahle	125	60	125	310
Submaster-2					
132 lbs.	M. Carter	152.5	75	162.5	390
Teen					
181 lbs.	A. Kahle	125	60	125	310
YOUTH					
MALE					
77 lbs.	R. Bean	32.5	25	50	107.5
(thanks to Richard Peters for these results)					
577.5	J. Freeman	255	227.5	250	732.5
Submaster-2					
148 lbs.	F. Stroh	215	135	205	555
S. Goldberg	147.5	100	182.5	430	
F. Stroh	215	135	205	555	
Submaster Pure					
181 lbs.	W. Johnson III	215	147.5	212.5	575
198 lbs.	G. Green	275	185	260	720
242 lbs.	R. Baker	220	140	220	580
275 lbs.	T. Larson	265	175	237.5	677.5
P. Thomas	212.5	207.5	250	670.5	
308 lbs.	R. Kahle	365	257.5	285	907.5
SO					
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148 lbs.	J. Cox	70	35	77.5	182.5
198 lbs.	R. Conner	242.5	140	210	592.5
A. McKay	182.5	102.5	190	475	
WOMEN					
198+ lbs.	J. Springer	130	117.5	197.5	445
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114 lbs.	H. Fry	125	57.5	128.5	311
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242 lbs.	S. Skelton, Jr.	418	451	451	1322
198+ lbs.	B. Oliver	374	358	468	1201
K. Berryman	—	57.5	—	—	—
Novice					
123 lbs.	R. Fleming	220	137	220	578
J. Yamashita	127.5	95	173.5	396	
Open					
123 lbs.	H. Willis	501	374	600	1477
(Thanks to USAPL for providing results)					

Techniques,

All Church Open Powerlifting
5 MAR 05 - Succasunna, NJ

WOMEN	SQ	BP	DL	TOT
T. Ball	170	115	175	460
114 lbs.				
M. Parker	100	75	150	325
C. Jacobsen	75	70	145	290
123 lbs.				
M. Esposito	175	145	275	595
T. Ball	170	90	190	450
132 lbs.				
H. Pena	260	180	320	760
K. Petty	175	135	260	570
J. DiAgostino	110	90	200	400
148 lbs.				
I. Bonacci	335	200	400	935
J. Scaccio	285	225	365	875
J. Watkinson	190	135	225	550
J. Theriault	185	120	235	540
S. Gifford	170	135	155	460
165 lbs.				
E. Brohm	365	250	450	1065
E. Johnson	235	175	355	765
181 lbs.				
C. Welsch	450	320	455	1225
P. DiQuattro	325	265	415	1005
G. Johnson	185	200	300	685
198 lbs.				
R. Spitzner	315	300	470	1085
M. Aquilano	250	250	365	865
J. Theriault	250	210	350	810
220 lbs.				
B. Royer	530	385	525	1440
M. Rello	395	285	455	1135
S. Buck	385	215	445	1045
A. DiAgostino	275	245	355	875
F. Vogel	300	240	325	865
A. Roman	200	150	275	575
S. Nigito	155	145	200	500
242 lbs.				
V. Sternberg	525	400	500	1425
L. King	360	325	430	1115
D. Westcott	315	270	425	1010
M. Buck	335	285	350	970
L. Gonzalez	—	410	—	—
Over 242 lbs.				
N. Ball	650	520	575	1745
F. DeFeo	585	400	575	1560



Joel Toranzo made his comeback at the All Church Meet (P. Amerman)

T. Clifford	500	400	630	1530
A. Detomaso	565	340	525	1430
R. Madera	510	395	520	1425
J. Szoroz	460	350	585	1395
M. Locondro	530	340	405	1275
N. Rumualdo	400	340	420	1140
S. King	470	275	355	1100
R. Hooper	355	275	310	940
R. Batista	350	200	390	940
E. Debus	—	—	600	—

Best Squat: Chris Welsch. Best Bench press: Nathan Ball. Best Deadlift: Eric Brohm. Best Lifter: Eric Brohm. Team Results: 1. Hillside LBC-True Strength

Church Contest" (Held at Hillside Lutheran Brethren Church). 1st time lifter, Eric Brohm totaled 1065, and received the "Best Deadlift" and "Best Lifter" Trophies. Chris Welsch won the "Best Squat" trophy with a 450 lb. squat (at a bodyweight of 181). His 1225 total represents a 220 lb. increase over last year's total. Nate Ball won the "Best Bench press" trophy, with a bench press of 520 at a bodyweight of 273. His 1745 total represents a 220 lb. increase over last year's total. The superheavyweight class was easily the most competitive class this year, with 12 total lifters, and 9 of the top lifter totaling over 1100 lbs. John Bernor squatted an easy 900 lb. squat for an exhibition lift, and then spoke to the crowd about his relationship with Jesus Christ, the strongest man that ever lived. Joel Toranzo is back! After a severe injury in early march of last year (double triceps tear), he was told that he would never bench press over 500 lb. He spoke about how his faith carried him through this trial, and then proceeded to bench press 640 lbs. for his first attempt, 670 lbs. for his second attempt, and just narrowly missed with 700 lbs. on his third attempt. Chris Taylor (who did an exhibition lift of 725 lbs. in the bench press last year) deadlifted 550 lbs and 600 lbs., and spoke about overcoming obstacles in lifting and life. Chris is built for bench pressing (short arms, huge chest and upper body), so deadlifting is really difficult for him. But, he looked pretty solid in the lifts, and ready for some more in future contests. (Meet results by Pastor Pete Amerman)

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.

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

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

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

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

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

23-24 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, gvhl@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

COMING EVENTS

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

6 AUG, APA Barbenders Classic (Reston, VA) Len Walker, 2009 Stanford Square, Apt. #100, Sterling, VA 20166, 240-286-7603, tazrocs@netzero.net

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, 8 0 0 - 3 7 8 - 6 4 6 0, www.seguinfitness.com

6 AUG, APF 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, pwriftr@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Young, 5 6 1 - 7 1 8 - 9 8 7 7, Southsidebarbell@hotmail.com

Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, 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.scotmendelson.net

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

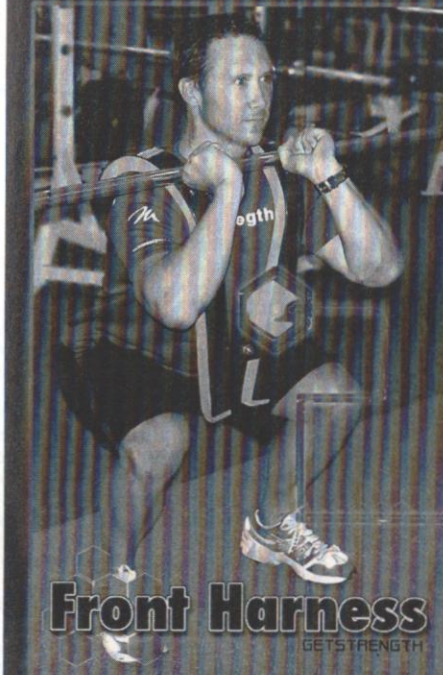
7 AUG, USAPL Hawkeye Open PL/BP (Sioux City, IA) Bryan Getchell, 7 1 3 - 2 5 8 - 4 9 6 5, myweb.cableone.net/bgetch20

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, APC Southern California PL/BP, Open/T/M/W/Jrs. Kegrice's Gym, 2210 4th Ave., San Diego, CA 92101, 619-237-5438, www.calapc.net

13 AUG, AAU Winston Salem BP Challenge (Winston Salem, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net

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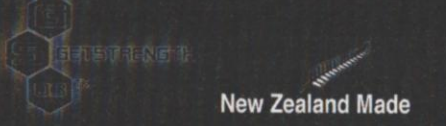


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31 JUL, ISS Wisconsin BP Championships (Kenosha, WI) Mike Strom, 262-654-6020, mikesbench@hotmail.com

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

APF/AAPF/WPO Schedule

- 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 & Ano 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)

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, 310-9 9 5 - 0 0 4 7 , 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, 8 6 0 - 7 7 9 - 0 6 7 3 , www.americanpowerliftingcommittee.com.
13,14 AUG, WABDL Can Am Cup (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067
13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich

Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068
13,14 AUG, AAU Open Nationals & Masters Nationals (Massachusetts) Larry Larsen, 7 8 1 - 7 6 7 - 0 7 6 4 , www.aausports.org
14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us
14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890
14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
20 AUG, Belle Chasse Military/Civilian Powerlifting Contest (intra-service teams, open, masters, special Olympian, women, teens, school teams), Bob Hafner, 1205 Lake Louise Dr., Gretna, LA 70056, 504-393-9521.
20 AUG, USAPL Southern Regional (Radisson Hotel, Tucson, AZ) John Pena, 520-312-2110
20 AUG, NAS Hudson River Strongman (Milton, NY) Steve Mann, 8 4 5 - 4 8 9 - 2 3 0 4 , 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,

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20 AUG (New Date), WNPF Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterwfields@aol.com
20 AUG, USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156
20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
20 AUG, Northern Virginia Raw BP Championships (Sterling, VA), John James, 703-475-9885, www.northernvirginiarawpower.com.
20 AUG, 21st Annual Iowa State Fair BP/DL - Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdz@aol.com
20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawmerica@hotmail.com, www.uptsd.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, APF/AAPF Summer Heat PL/BP (Gold's Gym, Rock Hill, SC) Will Millman, APF/AAPF SC Chairman, 843-886-5366, Fax 843-886-3509, Shelter223@aol.com
27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-7 1 3 - 3 0 8 0 , 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 & E-normous PL 15th Endless Summer Class Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-903-4586, www.e-normous.biz
AUG, USAPL Florida State Powerlifting Training Camp (novice, intermediate/advanced lifters, West Palm Beach, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl
AUG, USAPL Florida State Referee Clinic (certifications of state/national referees, Ft. Lauderdale, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl
AUG, WNPF AL-MS-LA State Championships- Lester Fields, 770-842-2137 or lesterwfields@aol.com
AUG, WPO Qualifier (sanctioned APF) 386-734-3128, worldpowerlifting.org
3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
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, APA Palm Beach Open PL/BP/DL/PP (Palm Beach Gardens, FL) Scott Taylor, PO Box 27204, El Jobean, FL 33927, 941-697-7963, fax 413-828-6102, scott@apa-wpa.com
10 SEP, New Image Fitness Center Meet (teen, women, open, submaster, master, awards) Ruby Mosier, 607-565-4439, 307 Broad St., Waverly, NY 14892
10 SEP, USAPL Tri-State PL Championships, Dan Hilliard, 740-282-0152, 55 Lounez Ave., Wheeling, WV 26003
10 SEP (NEW DATE/ LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, 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,

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

pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800
10 SEP (new date), NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.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, APA Upper Carolina BP/DL/PP (Williamston, SC) Kate Tallon, 310 Thornblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net
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.,

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, APA Upper Carolina BP/DL/PP (Williamston, SC) Kate Tallon, 310 Thornblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net
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 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, fitlifedb@cs.com
17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 SEP, Sci Fit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkway, Macon, GA

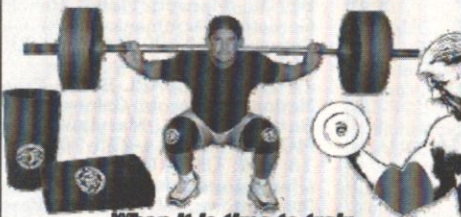
31206, 478-750-7005
17 SEP, APF Northern California Open, John Ford, 650-303-7518
17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire. Olympic weightlifting exhibition). Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com.
17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654
17-18 SEP, USAPL Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069
18 SEP, USPF US Open BP/DL Championships (Ramada Inn-Morgantown, WV) Matt McCase, 210 Bilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516
24 SEP, APA Gerogia Open Power Fest BP/DL/PP/SC (Conyers, GA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.
24 SEP, APA Baddest Bench in the South/Louisiana State Powerlifting Championships BP-only, BP for cash, PL/PP (Monroe, LA) Ryan Cidzik, 315-794-1836, RCidzik@yahoo.com, www.apa-wpa.com.
24 SEP, NASA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.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 Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
24 SEP, 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 If You Got it", Powerlifting & BP (Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), - The Gym, Las Vegas, NV, Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net
29 SEP, SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953,

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

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

1 OCT, USAPL Albany Strength Powerlifting Championships, John Payette, 518-433-1703, 332 Central Ave., Albany, NY 12206

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

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

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

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

1-3 OCT, WPA - APA World BP/DL/SC Championships (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

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, NASA 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

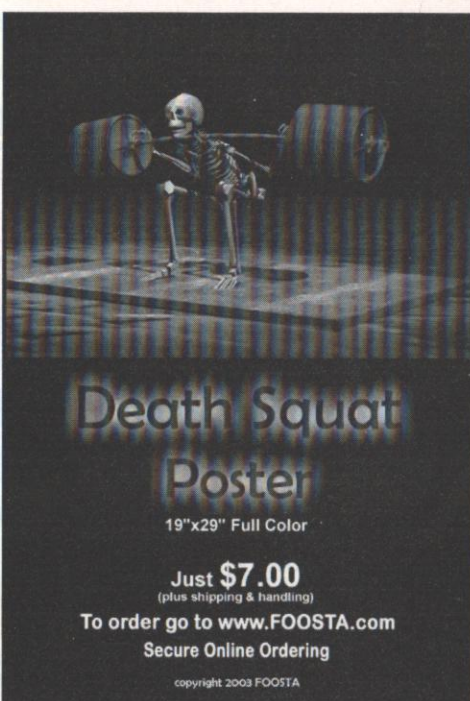
8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

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, (new location) WDFPF Single Lift Worlds (Whitney) WDFPF near Oxford) jm-gedney@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.



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15 OCT, NASA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoose, 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

15 OCT, US National PL Championships (Unified Nationals - Las Vegas, NV - AAPF, NASA, 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, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrliftr@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 aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

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

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

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

22 OCT, 3rd Tom Foley BP/DL Classic, Drug Free (Nanuet, NY) Brian Fahrenfeld 845-920-0501, Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, www.premierfitnessny.com

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

22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich

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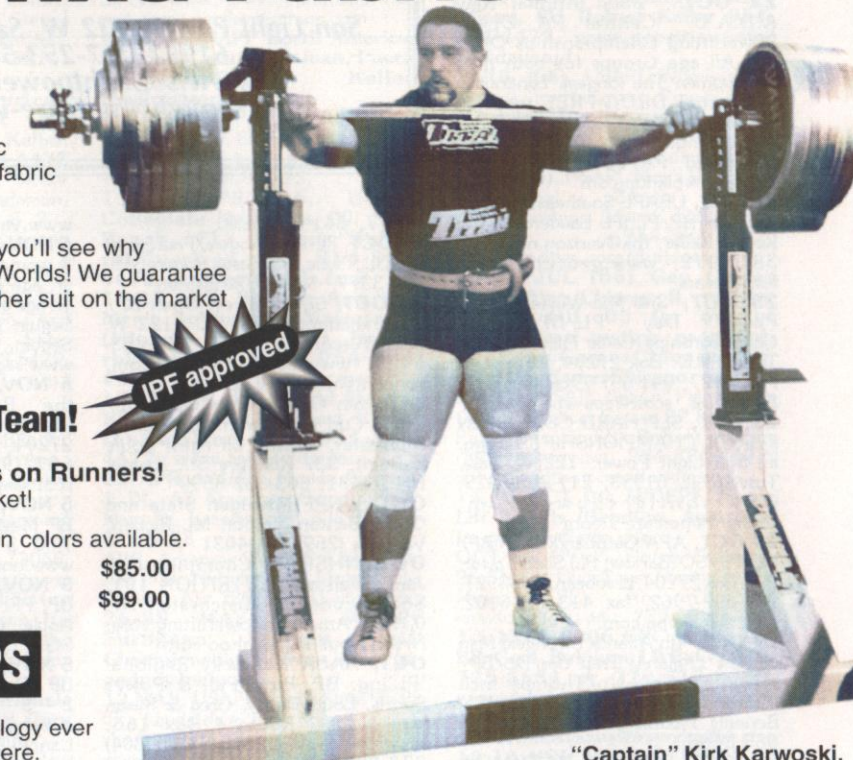
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Peters, Box 735, Noble, OK 73068, 405-527-8573

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

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

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

23 OCT, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

23 OCT, 3rd Mid-Western USA Power Day PL/BP/DL/SC Championships (Cedar Falls, IA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.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, APA Gatorland Open BP/DL/PP/SC (Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

29 OCT, 4th Atlantis Strongest Man in New England, Trap Bar/DL/BP/Weighted Chin-Up/Thomas Inch (Paxton Center School, Paxton, MA) Benefits Paxton Fire Dept., 508-885-3686

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

UPCOMING SLP COMPETITIONS

16 JUL - ANPPC World Cup PL/BP/DL

30 JUL - SLP Open World BP/DL Championship

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

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, 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 gvh@wirefire.com

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

5 NOV, 2nd Atlantis New England Powerlifting Championships, must wear singlet, belts, wrist wraps, and chalk only (Leicester, MA), 508-885-3686

5 NOV, Gym Yard Dog Open (Richmond, VA) Johnny Bender 804-262-8004

5 NOV, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@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, 703-475-9885, 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

6 NOV, 2nd Atlantis Strongest Man in America, Trap Bar DL/BP/PP/Weighted Chin-up/Thomas Inch (Leicester, MA) 508-885-3686

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
12 NOV, APA Great Lakes Open PL/PP/BP/DL/SC (Bay City, MI) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

12 NOV, WLOP C.T. Classic Bench Press Competition (all weight classes, all ages, trophies, elite, mastes, amateurs, youth) WLOP 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com

12 NOV, 12th Berkshire Nautilus Memorial Push N' Pull (all wt. classes/divisions, awards to top 5, no late entries) Glenn McBurney, 413-499-1217, Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201

12 NOV, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@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, SQBPDL@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

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@susnet.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 bodytribefitness@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 (Currivuck, 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.lenaxastrengthandfitness.com

NOV, 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 Moyer, 401-934-2040 and 401-527-7311, 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 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, gvh@wirefire.com, www.vhepower.com

18,19 FEB (revised date), USAPL

Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl

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 Moyer, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com

MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net

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

13-16 APR 06, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com

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

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

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, 501-860-6851

26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

14 MAY, USAPL Florida State HS BP & DL (Ft. Lauderdale, FL) Robert

Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

MAY 06, New England States Open Powerlifting Championships, Greg Kostas, 781-447-6714 & Rene Moyer, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com

7-9 JUL (06-NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

7 JUL (06), USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

8 JUL (06), USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

15-22 JUL (06) Gay Games Powerlifting (Chicago, IL - register by 15 JUL 05 for out of competition testing program), info@GayGamesChicago.org, www.GayGamesChicago.org

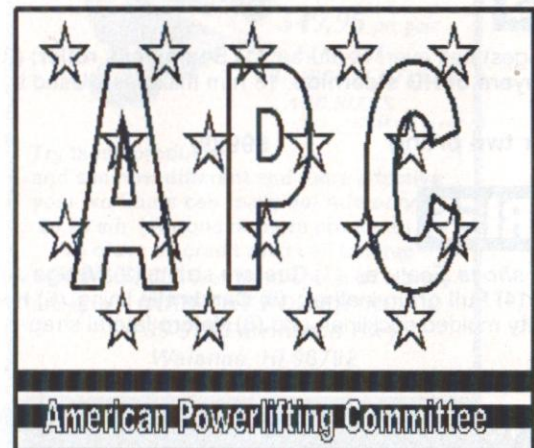
JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

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

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

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



- 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
- February 11, 2005 APC Bench Press National Championships, L B Baker 770-725-6684

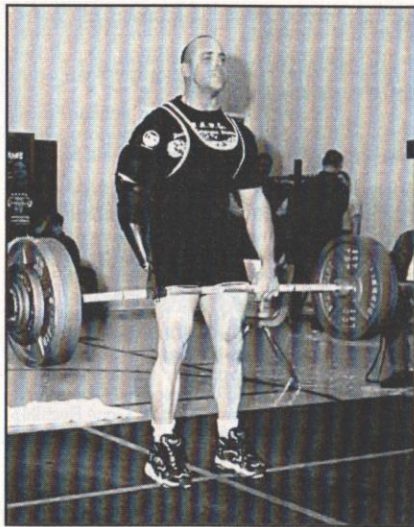
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**USAPL 14th Rocky Mountain States
Bill's "Big Cat" Bench Press
7 MAY 05 - Pocatello, ID**

BENCH	WOMEN	Open	148 lbs.	D. Marts	215!	MEN	Open	123 lbs.	P. Gilpin	225!	165 lbs.	A. Davis	300	181 lbs.	E. Millburn	435	385	WOMEN	5Q	BP	DL	TOT	
B. Baker	330	G. Irvin	245	J. Jenkins	215	J. Weber	370	R. Hill	525!	A. Watson	430	D. Wolf	400	P. Herdt	405!	M. Klindt	545						
148 lbs.		295	215!	290	800																		
165 lbs.		295	215!	290	800																		
181 lbs.		435	250	450	1135																		
198 lbs.		475	435	450	1435																		
220 lbs.		135	215	410	760																		
242 lbs.		405	275	475	1155																		
275 lbs.		440	370	545	1355																		
308 lbs.		535	430	500	1465																		
330 lbs.		315	205	330	850																		
350 lbs.		200	120	305	625																		
370 lbs.		290	170	300	760																		
390 lbs.		335	245	365	945																		



Jon Jenkins deadlifting 410 in Idaho with a prosthetic limb (Wayne Rhoden photo)

181 lbs.
Teen (18-19)
E. Millburn 475 435 450 1435
220 lbs.
Teen (14-15)
M. Frost 315 250 365 930
Teen (9-18-19)
B. Gross 335 220 430 985
Master (40-44)
165 lbs.
P. Young 435 250 450 1135
275 lbs.
Master (50-54)
K. Adams 345 305 265 915
! = State Records. Placement by formula:
Women - Donna Marts. Men Teen BP - Klindt, Hill Millburn, Parke, Watson. Men

Teen Full - Millburn, Belen, Farmer, Frost, McGlochin. Men Master Full - Adams, Young. Team: Fitness, Inc. Fitness Inc., of Pocatello, Idaho, hosted the 14th annual Rocky Mountain States Powerlifting Championships. 26 powerlifters participated, with competitors coming from Idaho, Montana, Nevada, Oregon, Utah, Washington State and Wyoming. While 15 lifters participated in the three-lift competition, an additional 11 lifters participated in Bill's "Big Cat" bench-only meet. In the three-meet competition, this year's most impressive male lifter was Eric Millburn, a 19-year old lifter from South Jordan, Utah, at a bodyweight of 178.5 pounds. He squatted 475, benched 435, and deadlifted 450 for a total of 1,435. The most impressive female lifter was Donna Marts, 45 years old, from Idaho Falls, Idaho, at a bodyweight of 142.2 pounds. She squatted 295, benched 215, tying an existing Idaho State Women's Open bench record, and deadlifted 290 for a total of 800. Earlier this year Donna Marts placed second in the USAPL Women's Nationals in the M-1 (40-44 years old) 148 weight class. The most inspirational lifter was Jon Jenkins of Kalispell, Montana, who participated in both the three-lift meet and the bench-only meet with a prosthetic limb: Jenkins lost his right hand and forearm due to a severe electrical burn during his childhood. To the tremendous cheers of the on-lookers, the 31-year old Jenkins, weighing 193 pounds, squatted 135, benched 215, and deadlifted 410 for a total of 760. This was his first-ever powerlifting competition. Taking the overall Men's Best Bench was Jenkins's training partner, Mitch Klindt, 35 years old, also from Kalispell, Montana, with a final bench of 545. Donna Marts was also this year's best female bencher with her 215, which also sets a new Idaho State Women's Master bench record. Team Fitness took first place trophy with 21 points. In addition to many fine performances by first-time and returning lifters, there were two teenage male lifters from Shelton, Washington State: Travis Belen, a 148 BWT 17 year-old, and Kevin Farmer, a 132 BWT 15 year-old, both achieved qualifying totals to be able to compete in this year's USAPL Teen and Juniors Nationals meet. Master lifter Dave Wolf (50) of Rock Springs, Wyoming, achieved his first-ever 400 pound bench. Another master lifter Peter Herdt (55) of Pocatello, Idaho achieved both his long-sought 400 pound bench on his second attempt but then landed 405 on his third attempt. Both ordinary and elite lifters had the opportunity to enjoy the sport of powerlifting in this meet, thanks to the commitment of time, energy, and personal resources shown by meet directors Bill and Nancy Davis. And by their excellent crew of scorers (Nancy Davis, Jessica Hauber, and Janet Wright), announcers (Brian Smith and Darrin Barendregt), referees (Sean Anderson, Brad Compton, Bill Davis, and Drew Wolf), spotters, loaders, and other volunteers. We wish also to thank our permanent sponsors, Namely, Pepsi, Pizza-Hut, Taco Bell, Coors Light, Hogi Yogi, Best Western Cottontree Inn, War Bonnet Electric, Gate City Distributors, the Black Swan Inn, Intermountain Mind Mechanics, Star 98.5 and Kool 94.9 Radio Stations. Other fine companies who sponsored this event include Gate City Real Estate (Pocatello), Nutrition Outlet (Boise), Gym Outfitters (Boise), Muscelfusion (Idaho Falls), Elite Nutrition Center (Idaho Falls), and the Powerlifting Superstore. Also we thank our local media, especially Channel Six (KPVI-TV) and the Idaho State Journal, for their support and coverage of this event. (Thanks to Sean K. Anderson, USAPL Idaho State Chairman, for the results and report.)

(continued from page 28)

220 lbs.				
P. Roberts	705	402	644	1752
K. Richardson	628	402	628	1658
G. Bradshaw	628	385	584	1598
K. McFarland	501	336	512	1350
242 lbs.				
J. Gnerre	688	518	655	1862
T. Bowman	—	—	—	—
275 lbs.				
L. Mistic	799	540	601	1940
B. McKee	755	545	601	1901
R. Jackson	501	435	380	1317
308 lbs.				
M. McDaniel	854	468	595	1918
Masters (50-54)				
181 lbs.				
J. Tyree	578	369	534	1482
G. McMillan	551	275	540	1366
198 lbs.				
R. Dell	688	396	562	1647
275 lbs.				
J. Anderson	771	451	584	1813
Masters (55-59)				
114 lbs.				
M. Milian	457	242	462	1162
181 lbs.				
P. Boutte	606	331	501	1438
B. Johnson	—	—	—	—
198 lbs.				
M. VanCleave	644	347	562	1554
J. Razor	435	336	441	1212
220 lbs.				
J. Burgard	573	308	501	1383
R. Olinger	—	—	—	—
275 lbs.				
D. Varela	661	573	601	1835
D. Brooks	628	358	540	1526
308 lbs.				
B. Meek	777	534	651	1962
Masters (60-64)				
165 lbs.				
J. Nickle	457	275	143	876
220 lbs.				
T. Lancaster	424	407	562	1394
C. Wahl	331	198	336	865
Best Lifter Junior Men: Max Higgins, SHW.				
Best Squat: Jon Petersen, 242. Best Bench:				



Mike McDaniel's 854 squat @308 broke Brian Meek's 793 lb. record

Max Higgins, SHW. Best Deadlift: Chris Sonnier, 114. Best Lifter Junior Women: Ali Huston, 198. Best Squat: Ali Huston, 198. Best Bench: Amber Denmon, 97. Best Deadlift: Ali Huston, 198. Best Lifter Masters Men: Ernesto Milian, 114. Best Squat: Ernesto Milian, 114. Best Bench: Gene Ben, 198. Best Deadlift: Ernesto Milian, 114. Best Lifter Masters Women: Deb Widdis,

198. Best Squat: Deb Widdis, 198. Best Bench: Susao Rioo, 114. Best Deadlift: Sue Clark, 148. (thanks to Meet Director Gary Pendergrass for providing these results)				
R. Cooper	45	122.5	185	352.5
220 lbs.				
Master-2	72.5	152.5	175	400
J. Fickel				
242 lbs.				
High School				
M. Wegener	75	145	192.5	412.5
308 lbs.				
Master-1				
J. Gossard	62.5	167.5	185	415
Master-5				
J. Gossard	62.5	167.5	185	415
Natural				
J. Gossard	62.5	167.5	185	415
Pure				
J. Gossard	62.5	167.5	185	415
PS BENCH				
WOMEN				
SQ				
BP				
DL				
TOT				
198+ lbs.				
High School				
C. Weaver	77.5			
220 lbs.				
Police/Fire				
T. Long	165			
PS CURL				
MEN				
S. Craig	165			
Submaster-1				
242 lbs.				
Master Pure				
D. Suttle	62.5			
Int				
N. Maddox	170			
Master-1				
D. Suttle	165			
SHW				
Submaster-2				
C. Espinosa	242.5			
Push-Pull				
BP				
DL				
TOT				
MEN				
198 lbs.				
Novice				
K. George	170	270	440	
Pwr Sports				
CR				
BP				
DL				
TOT				
MEN				
148 lbs.				
Master-1				
B. Anderson	60	107.5	182.5	350
D. Eslinger	60	112.5	172.5	345
165 lbs.				
Natural				
J. Hunn	67.5	137.5	182.5	387.5
181 lbs.				
High School				
(Thanks to Richard Peters for the results)				

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- 10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee \$70.00
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... \$29.00

- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
- 1 - 2 oz. block \$2.00

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

USPF California State

19 MAR 05 - Los Alamitos, CA		Open	4th-440						
BENCH	B. Evans 385	Junior (13-15)	Junior (16-17)						
WOMEN	Master (65-69)	Hernandez 374	J. Rodriguez 385						
165 lbs.	F. Irons	4th-396	4th-402						
Open	242 lbs.	Master (45-49)	Novice						
M. Asp 325	Novice	T. Hendron 303	Longfellow 611						
4th-330	R. Costa 468	Master (70-74)	Submaster (35-39)						
181 lbs.	A. Ramirez 325	R. Simon 342	K. Rinehart 534						
K. Womack 308	Master (45-49)	198 lbs.	Master (45-49)						
Junior (20-23)	S. Williams 479	Open	B. Hegel 540						
K. Womack 308	B. Hegel 391	J. Hernandez 523	Master (50-54)						
Master (40-44)	Master (50-54)	Master (45-49)	Cracknell 540						
T. Reed 159	S. Stone 402	J. Avila 584	Master (55-59)						
MEN	Master (55-59)	Master (60-64)	R. Stevens 341						
148 lbs.	R. Stevens 341	R. Taylor 418	4th-352						
Master (70-74)	Master (60-64)	Master (65-69)	275 lbs.						
J. Andres 165	D. Smith III 363	L. Manly 308	Open						
165 lbs.	275 lbs.	242 lbs.	R. Stewart 573						
Junior (20-23)	Open	Junior (13-15)	B. DeWeese 551						
C. Kirish 209	M. Womack 600	A. Ramos 402							
Master (45-49)	S. Hoekstra 584	WOMEN SQ BP DL TOT							
W. Holland 275	Junior (16-17)	148 lbs.							
181 lbs.	A. Garcia 402	Novice							
Open	M. Story 281	M. Sparango 154							
L. Sparango 281	Junior (20-23)	Master (40-44)							
Submaster (35-39)	M. Womack 600	M. Sparango 154							
M. Valencia 363	Master (45-49)	Open							
Master (45-49)	S. Belanger 358	165 lbs.							
T. Hendron 209	B. Long	L. Denison* 363							
Master (65-69)	Master (55-59)	198 lbs.							
R. Lozano 369	D. Knapp 352	Submaster (35-39)							
Master (70-74)	Master (60-64)	N. Ianson 143							
R. Simon 253	J. Parker 325	MEN							
198 lbs.	308 lbs.	132 lbs.							
Junior (16-17)	Submaster (35-39)	Junior (20-23)							
M. Molletta 292	D. Marr 479	J. Veloz 220							
Open	Master (40-44)	Open							
D. Dowell 352	C. McGuire 413	R. Guaderrama 352							
Master (55-59)	Master (45-49)	980							
Cummerow 352	D. Smith 451	148 lbs.							
Master (65-69)	WOMEN	Junior (13-15)							
L. Manly 264	DEADLIFT	S. Kirishian 253							
220 lbs.	Master (40-44)	Junior (20-23)							
Open	165 lbs.	D. Olson							
N. Herroz 451	T. Reed 303	165 lbs.							
Junior (20-23)	MEN	Junior (20-23)							
L. Castillo 402	165 lbs.	T. Olson							
Master (40-44)	Junior (16-17)	Master (70-74)							
S. Vincent 341	E. Perez 385	B. Cortes 253							
Master (45-49)	4th-396	181 lbs.							
M. Long 352	Master (55-59)	Open							
Master (50-54)	G. Santee 501	L. Sparango 330							
S. Winters 336	4th-518	Junior (16-17)							
Master (55-59)	181 lbs.	J. Longfellow 330							

KELSO'S SHRUG BOOK

A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench press than everyone else put together." - Collin Rhodes

\$14.95+ S&H. Toll free # USA 888-934-0888, ext. 3. Order online from <http://www.hatsoffbooks.com/> or many websites.

Master (45-49)	B. Byrne 363	286	402	1052	Master (65-69)	L. Manly 303	264	308	876		
198 lbs.	J. Aguirre 540	374	545	1460	Open	F. Toledano 578	347	633	1559		
Open	J. Hernandez 578	358	523	1460	Master (40-44)	M. Tronske 529	402	501	1432		
Junior (16-17)	4th-SQ-600	363	209	407	980	M. Tronske 529	402	501	1432		
J. Belanger 363	209	407	980	Master (45-49)	Womelsdorf 358	203	402	964			
Master (50-54)	L. Vallot 170	187	203	561	Master (55-59)	K. Croxdale 451	352	578	1382		
L. Vallot 170	187	203	561	Master (60-64)	B. Evans 490	385	341	1217			
Master (60-64)	Carpenter 462	347	402	1212	242 lbs.	Open	A. Acevedo 479	380	529	1388	
Carpenter 462	347	402	1212	4th-BP-375	Open	B. Hegel 429	391	540	1360		
4th-BP-375	Open	R. Taylor 264	165	418	848	Novice	R. Costa 451	468	512	1432	
Master (60-64)	R. Taylor 264	165	418	848	Longfellow	Junior (18-19)	J. Sliede 485	330	507	1322	
R. Taylor 264	165	418	848	Open	Master (45-49)	B. Hegel 429	391	540	1360		
275 lbs.	Open	K. Boyce 672	396	573	1642	275 lbs.	Open	R. Speno 710	512	606	1829
Open	K. Boyce 672	396	573	1642	308 lbs.	Open	B. Meek 672	485	573	1730	
K. Boyce 672	396	573	1642	Master (45-49)	Open	Master (55-59)	B. Meek 672	485	573	1730	
Master (45-49)	B. Greer				Open	308+ lbs.	Open	G. Garcia 606	578	710	1895
B. Greer					G. Garcia 606	578	710	1895	Thanks to all our valuable help. Referees: Bill Ennis, International. Gordon Santee, International. Jack Hughes, International. Gretchen Buerki, National. Chris Kostas, National. Pat McNeil, National. Lance Slaughter, National. Pete Wilson, National. Kevin Meskew, National. Gary Ridgeway, State. Score table: Chuck LaMantia, Announcer. Kellie LaMantia, scorekeeping. Krishna Kostas, scorekeeping. Spotters/loaders: Lord Elliott, Art Labare, Carl Lux, Ruben Arrendondo, Delmer Brown, Doug Hester. Setup/Cleanup crew: A big thanks to Manny Sanchez and the Orange County Strength Club! Sponsors: Inzer Advance Designs, California Army National Guard, House of Pain Ironwear, XS Energy Drinks, BFC Audio, Chuck LaMantia, METRX Nutrition. (Thanks to Steve Denison for providing the results to Powerlifting USA)		

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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address				Club Name
City	State	Zip	Area Code/Telephone	
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N
Current Colleague	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /
Card Issued By				

Registration Fee \$25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

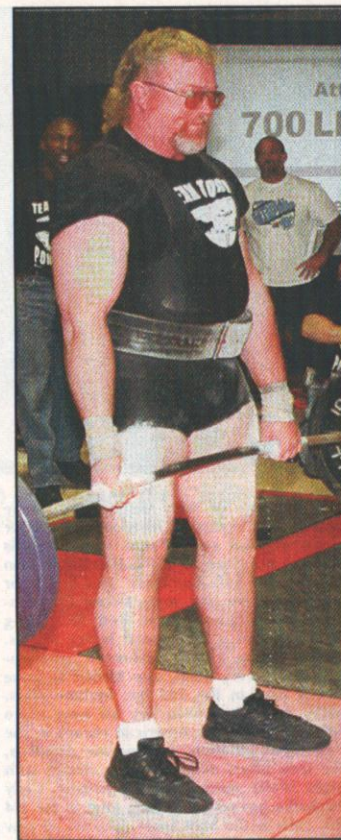
In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial _____

Signature _____

IBP Red Swaim Memorial DL
23 APR 05 - Winston Salem, NC

DEADLIFT	Submaster			
WOMEN	R. Bagley 415			
Raw	198 lbs.			
114 lbs.	Intermediate			
Novice	D. Ezzell 440			
S. Couick 175	Master (50-54)			
4th-190	M. Brady 515			
148 lbs.	Master (55-59)			
Intermediate	M. Thomas 550			
L. Dean 350	Y. Sumner 355			
4th-370	Open			
165 lbs.	G. Polk 620			
Novice	G. Crook 585			
R. Braglin 245	220 lbs.			
4th-250	Novice			
Police/Fire	T. Hedrick 530			
T. McManus 285	4th-550			
4th-300	D. Howe, Jr. 470			
181 lbs.	4th-500			
Open	Junior			
J. Langdon 320	L. Bullins 475			
198 lbs.	Master (40-44)			
Master (40-44)	T. Hedrick 530			
M. Boyles 200	Open			
4th-210	B. Schmidt 660			
MEN	Open/Raw			
Raw	M. Groce 555			
77 lbs.	Police/Fire			
Youth (8-9)	J. Couick 630			
L. Hedrick 155	Submaster			
114 lbs.	B. Marcellino 450			
Teen (12-13)	242 lbs.			
T. Payne 190	Intermediate			
123 lbs.	J. Crouch 565			
Teen (14-15)	Junior			
D. Phipps 205	S. Bowles 455			
4th-225	4th-465			
132 lbs.	Novice			
Teen (16-17)	B. Moore 530			
C. Ladd 295	4th-555			
148 lbs.	Police/Fire			
Master (50-54)	K. Hubbard 530			
R. Smith 460	275 lbs.			
165 lbs.	Intermediate			
Police/Fire	Dzeskewicz 540			
M. Ligon 430	4th-550			
Submaster	Open			
M. Ligon 430	C. Harper 450			
Teen (16-17)	Submaster			
C. Martin 410	B. Nance 585			
181 lbs.	T. Langdon 505			
Intermediate	SHW			
B. Spayd 520	Intermediate			
Junior	J. Gentry 580			
B. Hooker 480	Equip.			
Master (40-44)	319 lbs.			
B. Upchurch 370	Master (40-44)			
Master (45-49)	C. Pressley 700			
B. Walker 580	Open			
Master (50-54)	C. Pressley 700			
B. Gelsomino 445	Submaster			
Police/Fire	Weaver, Jr. 705			
R. Bagley 415	165 lbs.			
(Thanks to Keith Payne for these results)	J. Mouzon 192.5			



Charles Pressley coming back strong after several years out of Powerlifting, deadlifting 700 pounds at the Red Swaim Memorial Deadlift Championships. (photo courtesy of Keith Payne)

NASA BP Nationals (kg)
5 MAR 05 - Denver, CO

BENCH	220 lbs.	J. Ponzi 175		
MEN	242 lbs.	N. Miller 195		
High School	H. Blackmon			
123 lbs.	Master-3			
B. Peterson 80	181 lbs.	J. McDermott 142.5		
165 lbs.	Master-1	242 lbs.		
T. Rhiner 137.5	J. Jones 195	242 lbs.		
C. Radovich 135	T. Cencich	242 lbs.		
Master-1	181 lbs.	C. Doggett 142.5		
165 lbs.	E. Evatt 125	J. Whitbread 195		
K. Kaiser 122.5	308 lbs.	Submaster Pure		
T. Cencich	187.5	165 lbs.		
181 lbs.	181 lbs.	198 lbs.		
L. Dennis 182.5	181 lbs.	S. Iannetta 135		
L. Oviatt 150	198 lbs.	198 lbs.		
198 lbs.	198 lbs.	198 lbs.		
B. Shalkowski 227.5	198 lbs.	198 lbs.		
H. Sturman 175	198 lbs.	198 lbs.		
R. Martinez 167.5	198 lbs.	198 lbs.		
220 lbs.	198 lbs.	198 lbs.		
L. Lipscomb 195	198 lbs.	198 lbs.		
Schmuecker 165	198 lbs.	198 lbs.		
Angelopoulos	198 lbs.	198 lbs.		
242 lbs.	198 lbs.	198 lbs.		
M. Ota 260	198 lbs.	198 lbs.		
275 lbs.	198 lbs.	198 lbs.		
R. Geller 185	198 lbs.	198 lbs.		
Master-2	198 lbs.	198 lbs.		
198 lbs.	198 lbs.	198 lbs.		
S. Harms 165	198 lbs.	198 lbs.		
E. Hopkins 125	198 lbs.	198 lbs.		
	198 lbs.	198 lbs.		
	198 lbs.	198 lbs.		
	198 lbs.	198 lbs.		

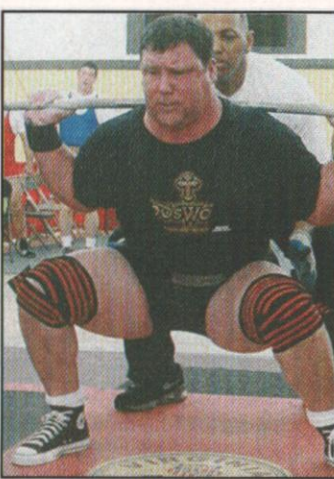
Icelandic Bench Championships
29 JAN 05 - Reykjavik, ICE (kg)

WOMEN	
52 kgs.	Eysteinnsson —
60 kgs.	Hermansson 220
67.5 kgs.	R. Fridriksson 210
75 kgs.	F. Bragason 190
82.5 kgs.	A. Bjornsson 180
90 kgs.	J. Baldurson 250
97.5 kgs.	S. Olafsson 130
105 kgs.	J. Cristiansen 120
112.5 kgs.	O. Arnason —
120 kgs.	S. Smarason —
127.5 kgs.	I. Ingvarsson 280
135 kgs.	J. Bjornsson 250
142.5 kgs.	D. Gala 180
150 kgs.	B. Sigurdsson 220
157.5 kgs.	S. Borgarson 175
165 kgs.	A. Jonsson 280
172.5 kgs.	M. Magnusson
180 kgs.	K. Haraldsson 250
187.5 kgs.	Gudjonsson 150
195 kgs.	H. Arnarson 95
202.5 kgs.	P. Johannsson —

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

USPF/AAU Oklahoma State (kg)
5 MAR 05 - Claremore, OK

48 kgs.	SQ	BP	DL	TOT
55 kgs.	MO	—	—	—
62.5 kgs.	N. Owen	62.5	57.5	125
67.5 kgs.	MB	—	—	—
75 kgs.	S. Tallman	—	—	—
82.5 kgs.	MB	—	—	—
90 kgs.	J. Stultz	—	150	—
97.5 kgs.	MD4	—	—	—
105 kgs.	R. Crain	—	—	170
112.5 kgs.	MD4	—	—	—
120 kgs.	R. Crain	—	—	—
127.5 kgs.	MJ	—	—	—
135 kgs.	Studebaker	—	120	195
142.5 kgs.	MB	—	—	—
150 kgs.	D. Madere	—	167.5	—
157.5 kgs.	MM	—	—	—
165 kgs.	T. Marsh	—	92.5	172.5
172.5 kgs.	C. Gray	232.5	82.5	—
180 kgs.	D. Madere	242.5	167.5	240
187.5 kgs.	MO	—	—	—
195 kgs.	D. Madere	242.5	167.5	240
202.5 kgs.	90 kgs.	—	—	—
210 kgs.	MB	—	—	—
217.5 kgs.	J. Parsons	—	155	—
225 kgs.	MB4	—	—	—
232.5 kgs.	J. Parsons	—	—	—
240 kgs.	MJ	—	—	—
247.5 kgs.	W. Streck	237.5	160	245
255 kgs.	MM	—	—	—
262.5 kgs.	R. Werner	—	—	—
270 kgs.	B. Crouch	182.5	—	182.5
277.5 kgs.	J. Dotson	217.5	147.5	197.5
285 kgs.	G. Bishop	245	167.5	255
292.5 kgs.	MO	—	—	—
300 kgs.	D. Morrison	195	200	227.5
307.5 kgs.	SHW	—	—	—
315 kgs.	MB	—	—	—
322.5 kgs.	Hummingbird	—	212.5	295



Robert Dennis - Best Assisted Male

Y. Pierrello	198	143	303	644
4th-DL-319				
MALE				
Assisted				
97 lbs.				
Teen (14-15)				
W. Wright	198	104	203	507
181 lbs.				
Open				
J. Pruitte	374	325	440	1140
220 lbs.				
Masters (40-44)				
M. Bennett	473	385	699	1559
4th-DL710				
242 lbs.				
Open				
R. Hickman	545	363	551	1460
Teen (14-15)				
N. Nickerson	347	203	352	903
275 lbs.				
Lifetime				
Masters (50-54)				
D. Thomas	214	275	457	947
Masters (50-54)				
A. Thomas	214	275	457	947
Open				
R. Dennis	650	501	650	1802

AAU Triple Crown
23-24 APR 05 - Richmond, VA

FEMALE				
Assisted				
165 lbs.				
Open				
K. Walford	369	248	512	1129
Raw				
105 lbs.				
Lifetime				
Masters (55-59)				
E. Newton	93	77	192	363
Master (55-59)				
E. Newton	93	77	192	363
114 lbs.				
Open				
H. Yerby	192	115	259	567
148 lbs.				
Lifetime				
Open				
A. Posey	170	104	220	496
Masters (40-44)				
R. Souders	225	126	275	628
165 lbs.				
Masters (45-49)				
Washington	203	154	303	661
198 lbs.				
Youth (12-13)				
M. Culver	137	82	187	407
184 lbs.				
Submasters (35-39)				



Kim Walford Best Assist. Female

Raw				
105 lbs.				
Kids (10-11)				
C. Dantzier	71	55	154	281
114 lbs.				
Open				
C. Dantzier	71	55	154	281
123 lbs.				
Teen (14-15)				
D. Eckel	231	137	308	677
165 lbs.				
Lifetime/Open				
L. Gaugler	330	281	385	997
Masters (45-49)				
J. Polak	457	330	512	1300
Teen (16-17)				
J. Carter	369	248	435	1052
S. Madrid	275	203	363	843
Teen (18-19)				
A. McGowan	424	248	457	1129
181 lbs.				
Lifetime				
A. Leger	112.5	80	142.5	335
Masters (45-49)				
J. Felleiter	363	209	429	1003
Teen (14-15)				
M. Wilson	319	220	402	942
198 lbs.				
Lifetime				
D. Nixon	314	214	347	876
Masters (50-54)				
Barnett, Jr.	143	220	314	677
Masters (40-44)				
T. Williams	402	248	314	964
Masters (45-49)				
L. Prestipino	424	292	451	1168
Open				
T. Williams	402	248	314	964
220 lbs.				



Wallace Barnett Jr., winner of the Fred Lange Memorial award at the AAU Triple Crown (Barb Beasley)

Youth (12-13)				
P. Collins	132	110	198	440
T. Proctor	126	93	165	385
242 lbs.				
Military				
Open				
R. Williams	402	303	435	1140
Military				
Submasters (35-39)				
R. Williams	402	303	435	1140
Teen (16-17)				
M. Bowne	369	336	473	1179
4th-BP-358				
Masters (40-44)				
D. Wood	473	308	446	1229
Best Lifter Female Raw Open: Heidi Yerby.				
Best Female Raw Master: Danene Washington.				
Best Female Assisted Open: Kimberly Walford.				
Best Male Raw Open: Lee Gaugler.				
Best Male Assisted Open: Robert Dennis.				
Best Male Assisted Master: Michael Bennett.				

NASA High School Nationals (kg)
2,3 APR 05 - OKC, OK

BOYS				
Freshman-Sophomore				
A. Thompson	87.5	55	127.5	270
T. Cookson	87.5	52.5	110	250
123 lbs.				
C. Simon	102.5	72.5	145	320
C. Wiltz	80	60	102.5	242.5
132 lbs.				
K. Fetter	127.5	87.5	172.5	387.5
D. Amoe	140	85	157.5	382.5
K. Joulert	140	67.5	160	367.5
A. Palmer	125	87.5	147.5	360
148 lbs.				
B. Clark	167.5	107.5	217.5	492.5
M. Niesmeyer	172.5	102.5	175	450
C. Nissen	135	102.5	182.5	420
B. Nelson	142.5	75	197.5	415
C. Causey	137.5	80	165	382.5
C. Ulmer	130	87.5	160	377.5
T. Istre	105	87.5	155	347.5
L. Ethieridge	115	87.5	135	337.5
C. Presley	122.5	75	137.5	335
D. Simon	97.5	62.5	145	305
E. Cyranoski	127.5	90	—	—
J. Meeks	—	—	—	—
165 lbs.				
B. Alexander	165	105	170	440
A. Hall	142.5	87.5	205	435
S. Strong	140	107.5	160	407.5
S. Smith	127.5	87.5	172.5	387.5
L. Pryor	117.5	97.5	160	375
A. Leger	112.5	80	142.5	335
D. Arceneaux	92.5	82.5	115	290
181 lbs.				
A. Crawford	200	117.5	192.5	510
T. Conway	155	117.5	210	482.5
J. Ellison	137.5	117.5	207.5	462.5
D. Otis	157.5	100	197.5	455
D. Dugas	157.5	97.5	185	440
J. Brewer	137.5	85	155	377.5
B. Hobia	130	100	142.5	372.5
198 lbs.				
L. Loafman	192.5	112.5	217.5	522.5
A. Scisney	190	117.5	210	517.5
C. Leger	162.5	115	195	472.5
220 lbs.				
L. Taugher	205	147.5	237.5	590
J. Acroix	170	105	205	480
242 lbs.				

Z. Calhoun	210	97.5	207.5	515
S. Bergeron	162.5	115	177.5	455
K. Fixico	167.5	115	142.5	425
275 lbs.				
W. Dyal	227.5	160	210	597.5
B. Cogswell	175	125	190	490
308 lbs.				
C. Carter	182.5	97.5	172.5	452.5
SHW				
W. Reese	155	87.5	157.5	400
D. Guillorg	142.5	57.5	137.5	337.5
Junior-Senior				
123 lbs.				
R. Wiltz	167.5	105	190	462.5
R. Ballard	175	115	170	460
L. Pierce	122.5	77.5	150	350
B. Leblanc	127.5	67.5	127.5	322.5
132 lbs.				
D. Nugent	125	77.5	157.5	360
Underwood	135	67.5	155	357.5
148 lbs.				
N. LaBarbera	167.5	122.5	210	500
J. Thibodeaux	160	130	165	455
A. McGarry	157.5	102.5	185	445
A. Tucker	145	87.5	145	377.5
M. Perry	105	75	157.5	337.5
165 lbs.				
V. Perryman	212.5	—	190	285
R. Barnes	180	140	200	520
D. Bennett	192.5	130	182.5	505
V. Heller	150	115	210	475
T. Prejean	170	102.5	185	457.5
L. Watkins	170	102.5	170	442.5
181 lbs.				
D. Barnett	192.5	130	182.5	505
D. Pirkle	217.5	107.5	225	550
D. Anderson	182.5	122.5	220	525
J. Rivera	175	120	227.5	522.5
B. Collins	182.5	127.5	197.5	507.5
J. Redmond	182.5	125	197.5	505
198 lbs.				
D. Majure	245	132.5	256	633.5
B. Granger	190	137.5	215	542.5
220 lbs.				
C. Anderson	255	182.5	262.5	700
J. Bezucha	225	160	227.5	612.5
J. Kravice	215	155	240	610
D. Rivera	192.5	137.5	255	585
Z. Comeaux	207.5	142.5	210	560
R. Douglas	192.5	142.5	203.5	538.5
C. Childs	155	107.5	197.5	460
242 lbs.				
K. Riggs	255	155	255	665
J. Bell	232.5	157.5	237.5	627.5
J. Coleman	162.5	102.5	185	450
B. Glass	—	—	—	—
A. Ernest	245	—	—	—
275 lbs.				
B. Coxon	232.5	152.5	275	660
J. Cogswell	245	177.5	215	637.5
G. Switzer	235	127.5	262.5	625
L. Bowen	220	140	205	565
J. Perryman	215	140	190	545
308 lbs.				
J. Cheeseman	280	205	275	760
C. Viator	145	92.5	165	402.5
SHW				
D. Hawkins	235	170	232.5	637.5
E. Robison	227.5	170	227.5	625
D. Stroud	207.5	137.5	235	580
Girls				
Freshman-Sophomore				
97 lbs.				
L. Etheridge	75	25	72.5	172.5
114 lbs.				
M. Slaughter	75	35	82.5	192.5
132 lbs.				
J. Sparkman	112.5	50	122.5	285
J. Woods	95	45	110	250
148 lbs.				
D. Bishop	95	37.5	95	227.5
F. Brown	—	—	—	—
165 lbs.				
K. Miller	122.5	67.5	142.5	332.5
A. Leger	110	47.5	117.5	275
K. Bellm	82.5	57.5	110	250
B. Manuel	70	42.5	100	212.5
181 lbs.				
L. Allen	120	62.5	146	328.5
198 lbs.				
A. Bagwell	145	62.5	145	352.5
SHW				
D. Jackson	120	70	125	315
K. Scott	85	55	115	255
M. Preadium	75	—	—	—
Junior-Senior				
105 lbs.				
M. Jones	87.5	45	112.5	245
114 lbs.				
C. Stiltner	—	78.5	100	226
S. Baldwin	100	42.5	132.5	275
123 lbs.				

W. Walsh	112.5	47.5	112.5	272.5
D. Frank	100	40	112.5	

Reb Brick BP Classic II
19 FEB 05 - Lewiston, NY

WOMEN	
Raw	Master (40-49)
132 lbs.	J. Hams, Sr
242 lbs.	Open (24-34)
J. Jitomir 160	A. Lewis 445
242 lbs.	Master (40-49)
Junior (20-23)	P. Didas 285
A. Lockhart 175	Master (50-59)
242 lbs.	D. Worth 200
Submaster (35-39)	Master (60-69)
A. Lockhart 175	B. Shields 250
242 lbs.	Submaster (35-39)
YOUTH (9-10)	Braughler, Sr 300
T. Braughler 50	C. Wilson 275
114 lbs.	Police
Youth (11-12)	M. Kenney 275
R. Stevenson 50	242 lbs.
148 lbs.	Teen (15-16)
Youth (9-10)	C. Collins 215
B. Thomas 115	Teen (17-19)
Teen (13-14)	A. Castillo 245
C. Stevenson 105	Master (40-49)
Teen (15-16)	D. Swick 355
F. Duchow 230	Military
Master (60-69)	R. Hueber 345
M. Jones 100	275 lbs.
165 lbs.	Submaster (35-39)
Teen (15-16)	J. Hall 410
E. Denk 235	Master (40-49)
J. Didas 225	J. Linton 415
Junior (20-23)	Police
T. Venne 255	M. Wasik 400
Master (40-49)	SHW
Monteleone 215	Submaster (35-39)
Master (50-59)	A. Williams 440
S. McKay 100	Master (40-49)
181 lbs.	Anderson, Sr 455
Teen (15-16)	Master (50-59)
Braughler, Jr 135	J. Greene, Jr 375
Teen (17-19)	Assisted
S. Scibetta 250	148 lbs.
P. Thomas 225	Open (24-34)
Junior (20-23)	A. Jackson 310
Descrocher 300	165 lbs.
Open (24-34)	Teen (15-16)
R. Scibetta 275	S. Stevenson 140
Master (40-49)	198 lbs.
R. Scibetta 275	Teen (15-16)
Master (70-79)	T. Stevenson 195
L. Marmet 105	Teen (17-19)
198 lbs.	C. Wolfe 205
Teen (15-16)	Submaster (35-39)
J. Hams, Jr 230	S. Hailey 485
Teen (17-19)	220 lbs.
B. Miner 260	Open (24-34)
Open (24-34)	C. Hoplight 365
J. Greene III 355	Master (40-49)
T. Braughler 230	



Sean Hailey, Outstanding Lifter at the Red Brick Classic, with a close 500 lb. attempt in the 198 lb. Submaster division (from Dennis Brochey)

R. Petrie 405 275 lbs.
242 lbs.
Teen (17-19) V. Aloin 485
S. Swogier 265 Open (24-34)
J. Wnuk 485 Master (40-49)
P. Clifton 365 T. Stevenson 275
Guest Lifter P. Dick 625

Best Female Lifter: Jean Jitomir. Best Male Lifter: Sean Hailey. Team Trophy: Stevenson (Father/Son) Team. Guest Lifter: Patrick Dick. This meet was sponsored by the Niagara Powerlifting Club. It was held at the historic Lewiston Red Brick School. This meet was a fund raiser for families of local troops stationed in Iraq and Afghanistan. Over \$4,500 was raised for support groups from the 107th Air Refueling Wing and 914th Airlift Wing, located in Niagara County, NY. We would like to thank Marianne Gittermann, Lewiston Recreation Director, and her staff for the use of the facility, all our corporate, small busi-

WABDL Florida State BP/DL
16 APR 05 - Lakeland, FL

BENCH WOMEN	
Teen (13-15)	132 lbs.
B. Rains 125	148 lbs.
C. Kirkland 70	165 lbs.
C. Kirkland 135	4th-140
MEN	
Junior	148 lbs.
A. Tribble 170	198+ lbs.
A. Silk 165	Master (40-46)
M. Kirkland 175	4th-140

Teen (13-15)	
97 lbs.	82
B. Silk 132 lbs.	165
J. Szparaga 165	148
S. Knopp 140	165
D. Davis 235	4th-245
181 lbs.	220
H. Joyer 308 lbs.	285
K. Joyer 4th-300	242
Teen (16-19)	390
T. Brown, III 198 lbs.	335
D. Beasock 181 lbs.	430
R. Birt 259 lbs.	365
L. Widener 132 lbs.	123
Class-1 J. Szparaga 165	181
181 lbs.	395
L. Glenn, Jr. 259 lbs.	405
R. Zareck 4th-415	407
Open 181 lbs.	295
B. Moorehead 198 lbs.	470
C. Brawley 259 lbs.	505
198 lbs.	48+
R. Kelly 220 lbs.	425
K. Rains 259 lbs.	300
F. McBride 4th-305	375
Law/Fire 220 lbs.	350
Open 259 lbs.	425
J. Rinardo 450	385
Master (40-46)	350
259 lbs.	425
K. Rains 505	385
Master (47-53)	350
198 lbs.	425
R. Douglas 375	425
220 lbs.	385
T. Lang 220 lbs.	350
Master (54-60)	350
220 lbs.	300
T. Jenkins 385	300
242 lbs.	300
P. Kinser 259 lbs.	300
M. Ruiz 300	300
Master (61-67)	300
181 lbs.	300
M. Williams 285	300
259 lbs.	300
R. Zareck 405	300
4th-415	300
F. McBride 300	300
4th-305	300
275 lbs.	300
B. Tinkler 300	300

ness and individual sponsors, the Niagara Powerlifting Club team members: Dennis Brochey, Thomas Delorimiere, Patrick Dick, Johnny Elsberry, and Tony Evans. A special thanks to my teammate and work-out partner, Bob Petrie, and his family of June, Becky and Sammy. (Thanks to Dennis Brochey for providing these results)

Best Female Bench Press: Margaret Kirkland. Best Male Bench Press: Ryan Kelly. Best Female Deadlifter: Margaret Kirkland. Best Male Deadlifter: Jeff Cervero. The women's division took to the platform first with Brittany Rains, competing in her first contest and benching a Florida state record 125 lbs. in the teen (13-15) division. 132 lbs. class, Chloe and Cari Kirland both benched state records and won their respective weight classes in the 13-15 age group. The sisters are the daughters of world class powerlifter Margaret Kirkland. Aiysha Tribble set a state record with an impressive 170 lb. bench to win the junior 148 lb. class. In the submaster division, Ann Silk benched a nice 165 lb. to win the 198+ class. Mighty Margaret Kirkland benched a whopping 175 lbs. at a bodyweight of 118 lbs., in the 40-46 division. She tied her own state record and won the best female award in the bench press. Brandon silk proved that just because you weigh 97 lbs., it doesn't mean you're a weakling. Brandon benched a state record 82.5 lbs. to win the 97 lb. class in the 13-15 age group. Jon Szparaga won the 13-15/132 lb. class with a nice state record 165 lb. bench. Skylee Knopp benched a respective 149 lb. to win the 148 lb. class, in the 13-15 age group, while competing in her first contest. Dalton Davis benched an impressive 245 lb. state record 4th attempt to win the 165 lb. class in the 13-15 age group. The Joyer brothers each won their classes with state record and Troy Brown benched a 340 lb. state record to win the 242 lb. class in the 18-19 age group. Don Beasock benched a nice 335 lb. to win the 198 lb. class junior division. In the submasters, Ryan Birt pushed up an impressive 430 lbs. to win the 181 lb. class. Lawrence Widener established a state record 365 lb. to win the 259 lb. class. Jon Szparaga set a state record in the 132 lb. class-1 division, with a 165 lb. bench. Larry Glenn Jr. benched a state record 395 lb. to win the class-1 181's. Richard Zocock won the 259 lb. class with a 4th attempt 415 bench. In the open division, Brett Moorehead set the state record in the 165 lb. class with a 407.5 bench. Carson Brawley benched a nice 295 lbs. to win the 181 lb. class and Ryan Kelly won the 198 lb. class with a 470 lb. bench. Ryan also won the award for the best bench of the meet. Kenny "Come Back" Rains, after about a 10 year hiatus, lifted a state record 505 lbs. to win the open 259 lbs. class. The law/fire division had 3 competitors with Tim Lang setting a state record in the 48+ 220 lb. class, pushing up 425 lbs. Joe Rinaldo won the open 259 lb. class with a state record 450 lbs. and Francis McBride won the 48+ age group 259 lb. class with a 4th attempt state record of 305 lbs. there were 14 competitors in the masters division with Kenny Rains setting a state record 305 lbs. in the 40-46 age group 259 lb. class. Kim Conaway took first over Rod Douglas in the 47-53 age group 148 lb. class. Tim Lang set a state record in the 47-53 age group, 220 lb. class with a 385 lb. bench. Palmer Kinser pushed up a 350 lb. bench to set a state record in the 54-60, 242 lb. class. Miguel Ruiz set a state record with a 300 lb. bench in the 54-60 age group 259 lb. class. Marvin Williams set the record breaking pace in the 61-67 age group by benching a state record 285 lb. in the 181 lb. class. Richard Zareck pushed-up a very impressive 4th attempt 415 lbs. to set a new state record in the 259 lb. class and take 1st place over Francis McBride. Ed Hargrove benched 285 lbs. to win the 275 lb. class, in the 61-67 age group. Bill Timkler benched a nice 235 lbs. to win the 68-74 age group, 165 lb. class. Bill Remley benched 245 to win the 198 lb. class. Bill will some day bench that elusive 305 lbs. Johnny Yong narrowly missed a 400 lb. bench, but still wound up with a very impressive 380 lbs. to win the 242 lb. class. the deadlift portion of the meet started with the women pulling some impressive number. The Kirkland sisters are taking after their mom by setting state records. Chloe pulled a 4th attempt 185 lb. state record while her sister Cari pulled a 4th attempt 265 lb. state record. Aiysha Tribble deadlifted an impressive 370 lbs. to set a state record in the junior division 148 lb. class. Julianne Dunham tried for the state record on her 2nd and 3rd attempts but had to settle for 300 lbs. to win the 165 lb. open division; not bad at all for only her second meet. Ann silk lifted 295 lbs. to win the 198+ submaster division. Margaret Kirkland kept up with her daughters by letting a state record 340 lb. deadlift. this extremely impressive lift earned her the best female deadlifter of the meet. Brandon Silk pulled a nice 200 lbs. state record deadlift in the 97 lb. class 13-15 age group. Jon Szparaga's 230 lb. pull was a state record in the 13-15 age group and so was Ray Lunch's 355 lb. pull in the 148's. Don Beasock deadlifted 455 lbs. to win the junior 198 lb. class. Scott Beasley pulled a nice 250 lb. deadlift to win the class-1 114 lb. class and Jon Szparaga pulled another state record deadlift in the class-1 132 lbs. with 230 lbs. Tim Calhoon tried on his 2nd and 3rd attempts to break the state record in the class-1 181 lbs. class, but had to

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settle with his 445 opener. In the open division, Ken Snell pulled a state record 435 lbs. in the 132 lb. class. Carson Brawley deadlifted 450 lbs. to win the 181 lb. class. Jeff Cervero pulled an impressive 625 lbs. to win the 198 lbs. class and it earned him the best deadlifter award of the meet. In the masters 40-46 age group, Ken Snell only pulled his opener in the 132s. Tim Calhoon also only pulled his opener of 495 lbs. in the 181 lbs. class. After losing 60 lbs., Bubba hammock deadlifted an impressive 600 lbs. in the 242 lbs. weight class, for a state record. Jim Lynch deadlifted 500 lbs. in the 47 53 age group to win the 181 lbs. class. Louie Casanova pulled a state record 270 lbs. in the 54-60 age group 148 lbs. class. Kurt Mannchen hoisted a nice 380 lbs. for a state record in the 165 lbs. class. Palmer Kinser set another state record with a 520 lbs. pull in the 242 lb. class. Miguel Ruiz finished with a state record 515 lbs. in the 259 lb. class 54-60 age group. Marvin Williams deadlifted a state record 400 lbs. in the 61-67 age group, 181 lbs. class. Bill tinkler pulled a state record 300 lbs. to win the 165 lbs. class in the 68-74 age group. A special thanks to Louis Baltz, All American Gym, Gus Rethwisch, Junk Yard Dogg, Johnny Best, Dan Jonas, Michelle Lucas, Nate Dunham, Steve Beck, Randy Dey, Brett Moosehead, Swane Strickland, Silk Video, Gearman Nutrition, House of Pain, and all the lifters and spectators who make these meets possible. (Thanks to Ken Snell, of All American Gym, for providing the results)

SLP Police/Fire/Master National
13 MAR 05 - Tuscola, IL

BENCH	
198 lbs.	
MEN	415!
Master (45-49)	242 lbs.
SHW	650!
J. Ray 450!	Police/Fire
4th-455!	Open
Master (50-54)	242 lbs.
220 lbs.	650!
T. Boyer 500!	Police/Fire
(40-44)	

! = Son Light Power national records. Best Lifter: David Walker. The second annual Son Light Power Police/Fire & Master's National Bench Press Championship was at Son Light Power Gym. With only five entries it was a short one, but one in which each lifter broke existing records for their respective weight classes. In the master's 45-49 age division it was Jim Ray for the win at shw with a solid 450. A fourth with 455 was also good, breaking his own national raw record for that class by twenty pounds. This along with the fact that Jim competed just yesterday in Ohio, where he only got 435! At 50-54/220 it was Tom Boyer for the win, making just his opener. But that opener was quite an opener, Tom finally getting his first official 500 bench! And it was a new national record as well! In the police & fire division Lee Roy Banks won at 40-44/198 with an easy 415, though 425 just couldn't seem to lock! Still, another national raw record for him! In the 40-44/242 and open police & fire 242 class it was all David Walker. After being out of competition for more than a year (working in national security) David came back strong with a new national record for both classes with 650! David was also awarded the best lifter trophy for the competition. Thanks to my son Joey, grandson Daniel and Wee-Man for all their help loading and spotting and to the competitors for helping each other out. Thanks also to Sean Corbett for his great lift-offs and to our trophy girl Crystal, the best looking girl at the meet! (Thanks to Dr. Darrell Latch for results)

USAPL Virginia Open
26 MAR 05 - Charlottesville, VA

BENCH	242 lbs.			
WOMEN	(35-39)			
148 lbs.	D. Johnston	395		
Open	(45-49)			
(40-44)	A. Haines	325		
A. Tallarico	195	275 lbs.		
181 lbs.				
(14-15)				
B. Haines	115	Open		
(40-44)				
MEN				
114 lbs.	K. Ryder	450		
Open	D. Nolen	405		
(35-39)				
J. Nuteman	85	Raw		
165 lbs.				
(16-17)	S. Kuzma	455		
R. Young, Jr.	190	Supers		
181 lbs.				
(45-49)				
Open	B. Gillespie	710		
(40-44)				
C. Merritt	340	DEADLIFT		
198 lbs.				
Open				
(50-54)	R. Andrews	500		
A. Statman	280	(50-54)		
220 lbs.	D. Morris	425		
Open				
S. Beam	415	Raw		
(33-39)				
R. Young, Sr	335	Open		
Ironman				
132 lbs.				
Raw				
Open				
H. Readores	240	320	560	
165 lbs.				
Raw				
Open				
C. Johnson	300	500	800	
181 lbs.				
Raw				
(16-17)				
J. Greene	185	360	545	
198 lbs.				
(55-59)				
J. Harmon	345	480	825	
242 lbs.				
Open				
D. Cooper	430	725	1155	
Raw				
Open				
(40-44)				
K. Ryder	450	710	1160	
WOMEN				
97 lbs.				
Open				
(50-54)				
W. Burnette	235	165	290	690
(55-59)				
E. Newton	100	75	180	355
132 lbs.				
(50-54)				
K. Schmeets	240	135	300	675



Ken Ryder with his new USAPL 40-44 American DL record-710 at the Virginia Open (by William Morris)

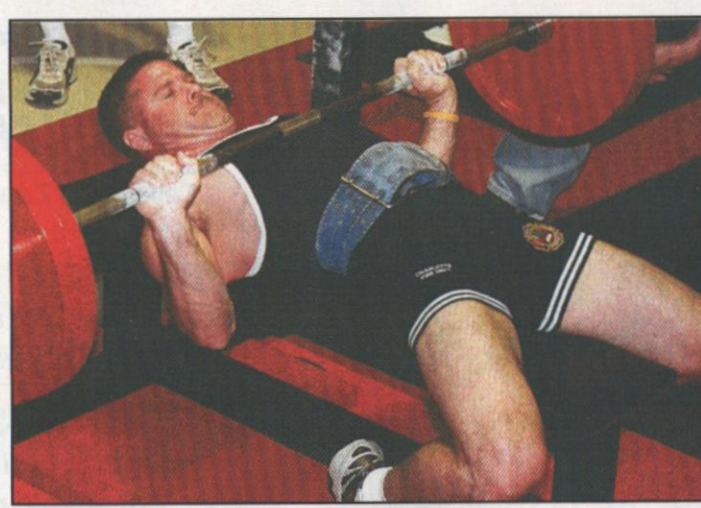
B. Criner	425	265	425	1115
Raw				
(50-54)				
D. Morris	325	190	425	940
242 lbs.				
(20-23)				
A. Saavendra	415	270	500	1185
(40-44)				
M. Hill	475	350	515	1340
Police				
B. Rochefort	550	400	530	1480
Open				
A. Harmon	325	355	400	1080
275 lbs.				
Raw				
Open				
K. Ryder	550	450	710	1710
(20-23)				
J. Hicks	480	335	510	1325
Supers				
(20-23)				
J. Wehrman	545	455	575	1575

USAPL March Madness
12 MAR 05 - Warwick, NY

FEMALE	BP	DL	TOT
Youth			
C. Hammer-131	150	235	385
M. Albizu-98	135	200	335
W. Slicker-111	120	175	295
F. Gerachty-112	140	140	280
MALE			
Youth			
C. Forbes-131	200	305	505
D. Windhausen-130	155	280	435
T. DeCamp-132	85	160	245
148-165 lbs.			
T. Albano	345	430	775
Master			
R. Coisson	260	350	610
Novice			
J. Gould	140	300	445
D. Berrios	100	250	350
B. Tripp	—	300	300
Open			
M. Gerachty	400	500	900
C. Prody	340	435	775
P. Kerwin	225	485	725
Junior			
R. Winter	225	325	550
181 lbs.			
Master			
T. Piazza	—	—	—
Open			
R. Hart	—	—	—
Master (45-49)			
J. Mitsopoulos	320	—	320
Junior			
C. Lyman	—	525	525
Special Olympics			
D. DeCamp	150	300	450

A. Radzieski	135	230	365
Junior			
J. Leone	375	575	950
R. Winters	225	325	550
198 lbs.			
Master (45-49)			
J. Payette	370	510	890
Raw			
Police/Fire			
Master (40-44)			
G. Alvarez	270	475	745
Novice			
S. Woffard	430	—	430
M. Eheart	—	—	—
Junior			
B. Sniffen	—	440	440
Teen			
N. Scarpulla	275	410	685
B. Salowich	160	310	470
S. Huber	—	465	465
Novice			
S. Hackel	265	500	765
M. Standhart	245	440	685
220 lbs.			
Master (60-64)			
R. Hurley	290	—	290
Special Olympics			
C. Hinkley	210	—	210
Master (45-49)			
R. Greenspan	410	—	410
Master (55-59)			
M. Makofsky	440	—	440
Teen			
J. Seiel	255	480	735
Master (40-44)			
J. Skordinski	350	—	350
Raw			
Master			
C. Slaybaugh	—	625	625
T. Sexton	—	460	460
Teen			
K. Young	350	—	350
Novice			
D. Rossman	300	—	300
D. Anderson	245	—	245
B. Blazo	225	—	225
242 lbs.			
Submaster			
A. Cavello	360	465	825
Open/Raw			
Novice/Master			
G. Haley	385	—	385
Open			
Junior			
V. Bielia	230	—	230
Open			
Lifetime/Raw			
C. Stolicker	375	—	375
Master			
Police/Fire			
V. Maldfield	180	335	515
Novice			
C. Kamil	315	530	845
Master			
B. Sacco	285	450	735

Open				
Military				
R. Cancelino	440	660	1100	
K. Roberts	350	515	865	
College				
M. Clark	400	625	1025	
275 lbs./SHW				
Teen				
J. Basale	315	500	815	
Open				
T. Lamendola	440	—	440	
J. Sulowhoski	—	—	—	
Special Olympics				
J. Edie	240	450	690	
S. Gallagher	160	—	160	
Submaster				
P. Porcelli	480	520	1000	
Open/Raw				
Submaster				
Police/Fire				
R. Miller	485	—	485	
D. LeFevre	350	525	875	
Special Olympics				
R. Davis	170	180	350	
J. Fogha	335	450	785	
Qualifier	SQ	DL	TOT	
Teen				
MALE				
Scarpulla-189	375	275	410	1060
C. Forbes-131	275	200	305	780
FEMALE				
Windhaus-130	275	155	280	710
Collegiate				



Mark Ligon benches 245 at the IBP Raw Bench Meet. (Keith Payne)

IBP Raw Bench Championships 22 APR 05 - Winston Salem, NC			
BENCH			
WOMEN			
123 lbs.	A. Nelson	130	
Raw	D. Phipps	90	
165 lbs.			
4th-100			
165 lbs.			
Novice			
R. Braglin	125		
Teen (16-17)			
C. Martin	235		
Police/Fire			
C. Clifton	85		
M. Ligon	245		
181 lbs.			
Open			
J. Langdon	165		
198 lbs.			
Master (40-44)			
M. Bowen	245		
Submaster			
R. Bagley	285		
Police/Fire			
R. Bagley	285		
Raw			
114 lbs.			
Open			
J. Wright	320		

Open
M. Neal 550
(thanks to Keith Payne for these results)

Open Bench Press Meet
16 APR 05 - Glenwood, AR

BENCH			
WOMEN			
Open			
M. Fryar	80	J. Scott	410
MEN			
Teen			
Light (156-174)		S. Irwin	405
S. Holt	265	R. Land	390
Super (216+)		S. Hardage	350
D. Mabery	270	D. Partee	325
Sr. Light (156-174)		J. Fryar	325
H. Hager	230	D. Threlkeld	325
Sr. Middle (175-195)		Super (116+)	
T. Lewis	270	J. Davis	410

We had 16 lifters compete at the Glenwood Athletic Club. I would like to thank everyone that came out to cheer on these lifters. (results courtesy Glenwood Athletic Club)

APA Kentucky State
SEP 04 -

BENCH			
181 lbs.			
Open			
E. Patterson	—	242 lbs.	
(18-19)			
L. Bearden	255	242 lbs.	
275 lbs.			
Open			
198 lbs.			
SQ			
BP			
DL			
TOT			
N. Winters	530!		
Open			
L. Hoover	785!	530	600
242 lbs.			
Open			
J. Wegant	500	385	455
319 lbs.			
Open			
T. Vaughn	850	—	—

! = World records. (results by Wade Johnson)



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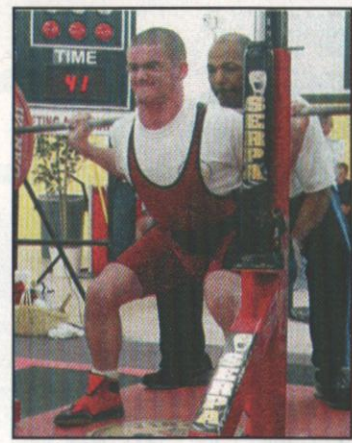
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THE ANABOLIC SOLUTION

AAU Virginia State
23-24 APR 05 - Richmond, VA

MALE	SQ	BP	DL	TOT
Assisted 220 lbs. Lifetime Masters (40-44)				
M. Bennett	473	385	699	1559
4th-DL-710				
Lifetime Open				
K. Spitzer	600	462	567	1631
Lifetime Submasters (35-39)				
K. Spitzer	600	462	567	1631
242 lbs. Lifetime Open				
B. Self	683	462	600	1747
275 lbs. Lifetime Masters (50-54)				
D. Thomas	214	275	457	947
Masters (50-54)				
D. Thomas	214	275	457	947
Raw 123 lbs. Teen (14-15)				
D. Eckel	231	137	308	677
165 lbs. Teen (18-19)				
A. McGowan	424	248	457	1129
181 lbs. Teen (14-15)				
M. Wilson	319	220	402	942
198 lbs. Lifetime Masters (60-64)				
Barnett, Jr.	143	220	314	677
275 lbs. Lifetime Masters (40-44)				
D. Wood	473	308	446	1229



18 yr. old Andrew McGowan (VA) at the Virginia State meet (Beasley)

the bench press competition Mike Ladd broke the existing Indiana state record for the 13-15/220 class with his 240 personal best final attempt. This was just Mike's second competition ever! At junior 198 it was Jason Nicholson with 315 for the win. First-time competitor Randy Naccarato won at 40-44/242 with a personal best 370. Also at 40-44, lifting raw, was 308 winner Ron Nicodemus. Ron not only set the state record here at 500, but broke the existing SLP raw national record as well! In the open division it was Tim Cottrell for the win at 181 with 270 while Spencer Noel took the 242's with 425, followed by a 435 fourth. This was Spencer's first competition also. Then at 275 it was best lifter Jeremy Howery. Jeremy finished with a new personal best 525, lifting at a 260 bodyweight. 555 was close, coming within two inches of lockout! With his new Rage-X shirt coming Jeremy will soon be over 600! In the deadlift competition Joe Ellis broke the state record at submaster 198 with a great 535 final, pull! Joe hopes to be at 550 by nationals! This was also a new personal best for Joe! Randy Naccarato got a new personal record at 40-44/242 with 500, which was also a new state record for that class! Clifton Coleman won at 45-49/242 with 500, followed by a strong 530 fourth attempt. Then in the open division it was Tim Cottrell for the win at 181 with 450. Eric Schmid won at 198 with his first ever 500 pull! This was Eric's first meet also! Spencer Noel won the best lifter award along with his second title of the day at 242 with the biggest pull of the day, 600! Then at 275 it was Jeremy Howery with his 500 opener. Thanks to my son Joey, grandson Daniel and Wee Man for all their help, and to our trophy girl, Bobbie Nicodemus. (Thanks to Dr. Darrell Latch for results)

CPU Canadian Nationals (kg)
7-10 APR 05 - Calgary, Alberta

BENCH	WOMEN	Open	52 kgs.	55 kgs.
M. Lee	52.5			
C. Power	45			
D. Fraser	56 kgs.			
A. Batten	55			
L. Dalling	85	60 kgs.		

D. Parker	87.5	M. Koprnicky	Master-2				
H. Ayles	72.5	162.5	J. Warne	122.5	80	125	327.5
J. Smith	70	C. Bonneau	Open				
K. Dennis	95	115	K. Dennis	160	96	150	405
A. Bishop	80	D. Gill	J. Franklin	127.5	62.5	157.5	347.5
J. Franklin	70	R. Smith	K. Baines	105	55	140	300
75 kgs.		Open	SJ				
R. Fowler	85	67.5 kgs.	R. Fowler	160	82.5	170.5	412.5
82.5 kgs.		D. Yueng	75 kgs..				
S. Haywood	65	157.5	Open				
K. Turcotte	70	75 kgs.	K. Smith	137.5	67.5	140	345
M. Hartle	107.5	T. Kean	SJ				
90 kgs.		182.5	K. Pike	125	67.5	110	302.5
R. Marion	105	R. Miller	82.5 kgs.				
J. Macdonald	110	82.5 kgs.	Open				
MEN		J. Lee	M. Hartle	160	100	132.5	392.5
Junior		G. Doucette	90+ kgs..				
75 kgs.		215	Jun				
R. Prive	155	A. Ziffle	R. Gauthier	145	82.5	145	372.5
82.5 kgs.		165	Open				
S. Lucyk	185	90 kgs.	J. Macdonald	65	110	65	240
B. Lyon	150	C. Virtue	MEN				
H. Nijjar	100	222.5	Blind				
90 kgs.		J. Butt	82.5 kgs.				
S. Byrne	142.5	207.5	Open				
100 kgs.		M. Breen	M. Mahil	190	135	195	520
N. Higginson	180	152.5	90 kgs.				
110 kgs.		J. Miljour	Open				
J. Macdonald	212.5	M. Singh	A. Bury	195	132.5	222.5	550
125 kgs.		100 kgs.	R. Truchon	180	140	190	510
D. Bennett	182.5	J. Arnold	100 kgs.				
125+ kgs.		S. Duncan	Master-3				
R. Fowler	205	175	R. Villeneuve	160	112.5	185	457.5
Master (40-49)		J. Giffen	Sub-Junior				
67.5 kgs.		A. Kuryluc	56 kgs.				
155		207.5	J. Marentette	145.5	82.5	182.5	410
82.5 kgs.		T. Ekert	67.5 kgs.				
J. Marentette	180	S. Parker	137.5	62.5	157.5	357.5	
90 kgs.		155	D. Hartle	137.5	65	137.5	340
M. Vezina	150	282.5	H. Sahota	105	45	120	270
100 kgs.		200	75 kgs.				
S. Flemming	175	170	K. Robak	147.5	97.5	170	415
P. Gidney	170	C. Harwood	O. Sandhu	100	65	145	310
M. Walker	152.5	Sub-Junior	A. Sahota	95	57.5	125	277.5
R. Payne	152.5	65	82.5 kgs.				
110 kgs.		62.5	K. Lyon	195	100	210	505
D. Royer	170	S. Virk	90 kgs.				
125 kgs.		50	R. Rowsell	210	165	232.5	607.5
R. Daigle	—	H. Sahota	J. Thul	SK	230	147.5	230
K. Kibrade	200	O. Sandu	607.5				
125+ kgs.		50	B. Dumas	195	107.5	215	517.5
S. O'Halloran	282.5	P. Gosselin	100 kgs.				
K. Breiter	200	147.5	J. Rai	100	60	125	285
Master (50-59)		200	125 kgs.				
H. Hanec	—	200	M. Sedor	187.5	157.5	197.5	542.5
D. Froese	182.5	200	Junior				
WOMEN		182.5	60 kgs.				
SQ	BP	DL	D. Heisel	180	107.5	195	482.5
Open			R. Laniec	—	—	—	—
48 kgs.			75 kgs.				
M. Ludski	90	35	D. Young	227.5	137.5	205	570
52 kgs..		112.5	J. Jamison	192.5	100	197.5	490
Master-1		237.5	82.5 kgs.				
J. Sandu	130	65	D. Shea	250	165	260	675
Open		350	B. Lyon	225	165	230	620
D. Richard	105	60	H. Niljar	170	100	207.5	477.5
56 kgs..		110	90 kgs.				
Open		275	N. Rivard	250	160	245	655
A. Batten	125	60	M. Benoit	235	150	242.5	627.5
T. Coderre	100	45	L. Benoit	210	157.5	230	597.5
60 kgs..		265	100 kgs.				
Junior			S. Hastings	287.5	185	245	717.5
E. Rutko	140	75	N. Higginson	220	180	242.5	642.5
Open		352.5	110 kgs.				
H. Ayles	165	80	J. MacDonald	265	207.5	277.5	750
A. Bishop	142.5	82.5	J. Byrne	265	195	290	750
D. Fraser	92.5	52.5	G. Young	275	187.5	257.5	720
67.5 kgs..		270	D. Bennett	—	—	—	—
Master-1			125 kgs.				
R. Heck	127.5	67.5	J. Hancock	227.5	162.5	255	645
J. Smith	97.5	67.5	J. Linteris	—	—	—	—

125+ kgs.							
R. Fowler	275	207.5	250	732.5			
Open							
60 kgs.							
A. Thomas	170	100	180	450			
67.5 kgs.							
L. Noppers	232.5	140	265	637.5			
J. Rheume	212.5	152.5	215	580			
A. Chan	175	165	210	550			
A. Gallant	190	140	202.5	532.5			
75 kgs.							
B. Summers	255	180	255	690			
T. Kean	237.5	180	227.5	645			
Demidenko	240	155	245	640			
W. Albert	—	—	—	—			
82.5 kgs.							
G. Doucette	250	150	280	680			
J. Dougall	240	167.5	260	667.5			
V. Byrne	240	157.5	252.5	650			
A. Ziffle	237.5	160	225	622.5			
90 kgs.							
S. Powell	265	190	280	735			
J. Butt	275.5	200	245	702.5			
P. McDonald	275	165	260	700			
D. Simpson	262.5	155	257.5	675			
100 kgs.							
Weatherbie	335	242.5	300	877.5			
E. Gagnon	335	190	287.5	812.5			
B. George	285	175	285	745			
J. Oliveira	267.5	190	247.5	705			
S. McKenzie	—	—	—	—			
110 kgs.							
J. Emberly	335	230	302.5	867.5			
J. Hall	310	217.5	327.5	855			
H. Aguilar	330	250	272.5	852.5			
A. Kuryluc	300	205	275	780			
G. Power	—	—	—	—			
125 kgs.							
M. Holloway	335	265.5	300	900			
K. Banner	365	170	320	855			
S. Magistrale	305	227.5	307.5	840			
J. Halliday	282.5	210	300	792.5			
S. Campbell	280	200	282.5	762.5			
C. Hawkshaw	280	195	250	725			
D. Brown	—	—	—	—			
125+ kgs.							
C. Yantha	282.5	200	312.5	795			
Master (40-49)							
R. Talon	230	155	230	615			
B. Brothers	192.5	92.5	225	510			
B. Hindley	235	135	257.5	627.5			
W. Urban	207.5	137.5	227.5	572.5			
J. Becker	290	177.5	285	752.5			
A. Uly	230	110	240	580			
J. Marentette	237.5	165	267.5	670			
T. Perry	240	165	245	650			
P. Gidney	235	165	260	660			
R. Strong	260	172.5	295	727.5			
Glofcheskie	—	—	—	—			
T. Nicholls	340	255	330	925			
S. O'Halloran	331	285	275	890			
B. Haywood	277.5	177.5	255	710			
Master (50-59)							
G. Moore	230	130	238	597.5			
H. Greenidge	212.5	172.5	227.5	612.5			
L. Levesque	195	122.5	202.5	520			
T. Stewart	185	115	217.5	517.5			
D. Cormier							

ADAU Power Day
30 APR 05 - Bigler, PA

BENCH	W. Riddle	335
FEMALE	Open & Master (40-44)	
114 lbs.	B. Sisko	330
Submaster (35-39)	Master (40-44)	
C. Butler	P. Kelley	370
132 lbs.	Open & Teen (16-17)	
Junior (20-23)	N. Seiner	355
E. Knapp	Submaster (35-39)	
Master 945-49)	E. Wells	315
R. Blowers	Teen (16-17)	
148 lbs.	J. Brown	315
4th-130	275 lbs.	
148 lbs.	Open	
Junior 920-23)	M. Norris	425
C. Shimmel	Teen (14-15)	
181 lbs.	D. Anderson	375
Open	4th-385	
V. Howe	Master (40-44)	
145	A. Buzzeo	340
MALE	Master (50-54)	
105 lbs.	Swatworth	305
Youth (10-11)	319 lbs.	
A. Zalar	Master (60-64)	
80	Simanovich	315
132 lbs.	4th-325	
Teen (12-13)	DEADLIFT	
P. Zalar, Jr.	MALE	
130	132 lbs.	
Teen (18-19)	Teen (12-13)	
C. Bloom	P. Zalar, Jr.	255
210	148 lbs.	
148 lbs.	Open	
Open & Master (40-44)	J. Stayer	380
G. Teeter	Master (40-44)	
270	D. Anderson	460
Open	4th-485	
J. Stayer	Master (40-44)	
Master (55-59)	Master (45-49)	
S. Confer	G. Teeter	270
185	165 lbs.	
165 lbs.	Open	
Teen (16-17)	B. Vacante	400
Bardsley, III	181 lbs.	
190	Master (50-54)	
181 lbs.	N. Theodorou	565
Open & Master (45-49)	Open & Master (55-59)	
Bardsley, Sr.	J. Oregia	495
315	198 lbs.	
Open	Submaster (35-39)	
L. Howe	A. Luciani	505
295	220 lbs.	
Master (55-59)	Open	
J. Oregia	B. Simanovich, Jr.	610
265	M. Holbert	465
198 lbs.	Master (45-49)	
Open & Master (40-44)	A. Campiere	370
M. Tonkovich	Master (50-54)	
360	C. Ryce	385
Open	242 lbs.	
S. Hough	Submaster (35-39)	
340	E. Wells	575
220 lbs.	Junior (20-23)	
Open	A. Finland	540
P. Horan	Master (45-49)	
400	S. Legensky	420
M. Holbert	275 lbs.	
350		
Simanovich, Jr		
325		
Master (45-49)		
A. Campiere		
350		
Master (50-54)		
C. Ryce		
245		
Master (65-69)		
J. Herbein		
230		
4th-240		
242 lbs.		
Open		
B. Schmidt		
435		



6 Pals who, combined, deadlifted over 4150# ... bottom row - Vince Anello, Don Reinhoudt, top row - Joe Oregia, Al Siegle, Bugs Bayer, Nick Theodorou, at the A.D.A.U. Power Day contest (courtesy Siegel)

Blowers, Chris Bloom and Gary Teeter all broke age group records while Virginia Howe upped her own Open American record. Rebecca also earned Outstanding Female honors with her lifting. The next two flights had several records broken also. John Herbein, Nick Seiner, Dan Anderson and William Simanovich Sr. all broke American age group records with their lifts. In the 242# class, 25 year old Bill Schmidt of New Jersey won Outstanding Male lifting honors with his 435# bench. Bill has returned to the platform after several years of inactivity. It has been since he won Outstanding Lifter Honors at the AAU's Junior Olympics, several years ago. Mike "Bear" Norris and Rev. Matt "The Pressing Parson" Holbert, lifted for the "Home Team" Downtown Weightlifting Club and had personal bests with their 425# and 350# efforts. Deadlifting turnout was smaller than expected with several no shows, but the quality was excellent. Thomas Fafinski, Nick Theodorou, Gary Teeter, Ed Wells, Dan Anderson, Teddy Finland and Dan Fafinski all broke American age group records. Nick's pull of 565# also broke the Open 181# record, while earning him the Outstanding Deadlifter award. Judging was handled by Brenda and Allan Siegel. Bugs Bayer, Jay Siegel, Gary Yoder, Bear Norris and Chris Bloom handled

the spot loading. Bill Ogden was our MC. He was supported by the fine table help of Judy and Pete Zimmerman. All in all, a fun day for the lifters. The following passed the urine test: James Bardsley, Jr., Matt Holbert, Patrick Horan, Nick Seiner, Patrick Kelly, Dan Anderson, and Ed Wells. (Thanks to Al Siegel for providing these meet results)

NASA Wisconsin State
2 APR 05 - Sheboygan, WI

BENCH	198 lbs.			
WOMEN	Teen			
198+ lbs.	M. Clark	335		
Submaster	Master-2			
C. Reynolds	S. Pribyl	290		
160	Master Pure			
132 lbs.	S. Pribyl	290		
Teen	275 lbs.			
B. Aldag	Master-4			
145	d. Murphy	285		
148 lbs.	Open			
Master-1	308 lbs.			
A. Olsen	F. Alvarez	440		
320	DEADLIFT			
T. Aldag	275 lbs.			
285	Open			
D. Aldag	C. Gorte	525		
235	275 lbs.			
Master Pure	CURL			
A. Olsen	275 lbs.			
320	Master Pure			
T. Aldag	B. Eder	160		
285				
165 lbs.				
Teen				
D. Thomas				
315				
J. Jacket				
230				
181 lbs.				
Open				
Vongebouhon				
380				
Push-Pull	BP	DL	TOT	
242 lbs.				
Teen				
W. Bemis	275	490	765	
Power Sports	BP	DL	TOT	
CR				
WOMEN				
198+ lbs.				
Submaster				
C. Reynolds	85	160	295	785
C. Reynolds	300	160	295	755
MEN				
242 lbs.				
Open				
B. Mueller	190	330	675	1715
123 lbs.				
Teen				
J. Anderson	60	110	210	380
181 lbs.				
Master-3				
R. Corey	90	300	170	560
Powerlifting	SQ	BP	DL	TOT
165 lbs.				
Master-1				
D. Felton	340	250	555	1145
J. Wink	405	210	405	1020
181 lbs.				
Novice				
D. Ploetz	325	285	305	915
Master-1				
D. Anderson	520	295	480	1295
198 lbs.				
Master-1				
S. Korff	600	390	510	1500
Master-2				
D. Allsteeen	420	320	450	1190
Master-4				
P. Jensen	250	215	370	835
Master Pure				
S. Korff	600	390	510	1500
220 lbs.				
Teen				
K. Roy	315	235	405	955
Novice				
M. Jacobs	385	275	465	1125
Submaster-2				
J. Halverson	615	375	615	1605
R. Matthews	445	280	475	1200
Master-1				
M. Becker	650	460	530	1640
Lifetime Pure				
M. Becker	650	460	530	1640
C. Anstead	450	300	405	1155
242 lbs.				
Teen				
W. Bemis	450	275	490	1215
Open				
M. Sprangers	415	250	455	1120
275 lbs.				
Master-1				
J. Wood	500	350	475	1325
308 lbs.				
Open				
J. Cera	630	415	600	1645

There were 44 entries at "The Big One," this past Saturday, at Southside Alliance

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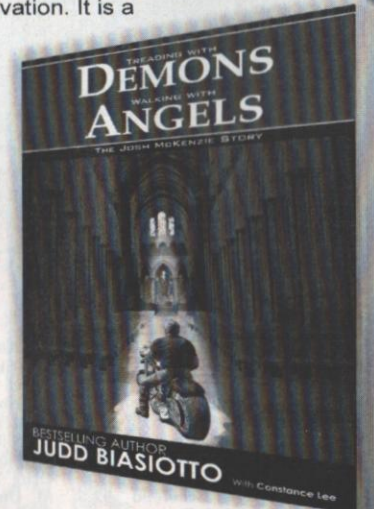
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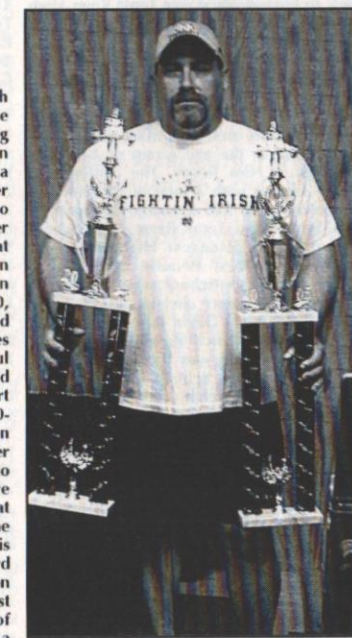
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Church. The event was the first powerlifting meet to be held in Sheboygan County in 23 years, and had in addition to the number of lifters involved, 177 spectators over the age of 12 in attendance, plus about another 25 to 30 children under the age of 12. The nationally certified NASA Referees, booth vendors, and event support staff put the total crowd at well over 250 people. The meet was sanctioned by the Natural Athlete Strength Association, which tests its lifters for the presence of steroids, growth hormones, and psychomotor stimulants. The youngest lifter of the day was Samson Hou-Sey, age 5, whose participation made state weightlifting history, as the youngest lifter ever to enter a sanctioned weightlifting event. Weighing in at 44 lbs., Samson won 1st place in the power sports youth division, by strict curling 10 lbs., bench pressing 25 lbs., and deadlifting 50 lbs. Hou-Sey was successful 6 of 9 attempts. The oldest lifter of the day was Peter Jensen, age 74 who competed in the masters IV, 198 lbs. Powerlifting division. Pete finished in 1st place with lifts that included a 250 lbs. squat, a 215/100. Bench press, and a 370 lbs. deadlift. Jensen was successful on 8 of 9 attempts. The best lifter of the day, with the highest coefficient of weight lifted compared to actual bodyweight, was Steven Korff, a 45, from Sheboygan Falls. Korff, who lifts at the Sheboygan YMCA, Squatted 600 lbs., bench pressed 390 lbs., and deadlifted 510 lbs., for an event total of 1500 lbs, taking 1st place in the 198 lbs. Masters 1 Division. The heaviest total the day was accomplished by Justin Cera, of Marshfield, who finished the day with 1645 lbs., in the 308lbs. Weight division. Veteran lifter and many time national champion Marty Becker, age 41, finished with a 1640 lbs. total, in the 220 lbs. Masters 1 division, for a 1st place finish. Hou-Sey, Jensen, and Becker are all Sheboygan residents. Meet Director Job Hou-Sey, 37, said that the event ended up exceeding his expectations, stating, "All in all, people in the

crowd kept telling me that they were very impressed with the location and conduct of the meet." Hou-Sey added that although he himself was too busy to compete in the meet, he was pleased with his son's performance. Samson has never pulled 50 lbs. in his gym. The cheering of the crowd made him pull his 3rd deadlift to completion, I'm convinced of that." It was announced at the meet, that later this summer, Wisconsin may host the first ever Regional Umbrella Meet, which will invite powerlifters from all of the nationally recognized Drug free organizations to compete in one absolute championship event. NASA, the AAU (Amateur Athletic Union), the USPF (United States Powerlifting), and the AAPF (Amateur American Powerlifting Federation) have come together to form an umbrella organization for a National championship to determine who the absolute best drug free powerlifters in America are. The tentative Regional Umbrella Meet would sanction anybody with a qualifying total to compete at the U.S. National Powerlifting Championships. Job Hou-Sey thanked the Meet sponsors, lifters, officials, other support staff, and crowd for their attendance, concluding, want to thank everyone for coming today. You all contributed in making this a great event for the City of Sheboygan." Local Sheboygan lifters accounted for nearly 40% of the Meet's entries. Although not a Sponsor of the Meet, and not directly involved with the setup or conducting of the Event, I want to give a big thanks to Mike Wade, a Member of Southside Alliance Church, who I hired to create all of the Plaques given out at the awards ceremony. Mike is a great woodworker, and did a fine job on these awards. Finally, I want to thank all of our sponsors, and ask that you please consider patronizing them, when you have a need that is related to their field of business. They were instrumental in financing all of the marketing and preparation expenses associated with this meet. (Thanks to Job Hou-Sey for providing these contest results)

USA Raw BP Spring Nationals
3 APR 05 - Tuscola, IL

BENCH	4th-290			
MEN	Police/Fire			
Submaster	308 lbs.			
275 lbs.	M. Hopkins	500!		
J. Beaton	Open			
520	198 lbs.			
4th-530!	J. Carson	440		
Master (40-49)	4th-450!			
242 lbs.	K. Smith	435		
K. Haines	4th-420			
410	4th-440			
220 lbs.	275 lbs.			
Master (50-59)	C. Mann	430		
242 lbs.	Best Lifter: Jeff Beaton. =USA RAW Bench Press Federation national records. The USA RAW Bench Press Federation Spring Nationals/World Qualifier was held at Son Light Power Gym. This event qualified a few more competitors for the first-ever world "raw" bench press championship, to be held November 5, 2005. In th submaster division, best lifter Jeff Beaton had a great day, finishing with 520 @ 275. Weighing in at the limit, Jeff, who even takes his own lift-off, finished with a solid fourth of 530, matching the existing national record there. In the master's division, Kurt Haines won at 40-49/242 with 410. A successful fourth with a new personal best 420 capped off a great day of competition for Kurt. Kurt Hess finished with 290 for the win at 50-59/242, having one of his best days in nearly two years. Kurt, who had shoulder surgery about five years ago, continues to improve with age. In the police & fire division Big Mike Hopkins finally got that 500 he has been working so hard for the past three years! Making that weight on his final attempt broke his own national record of 485. In the open division Jason Carson won at 198 with 440. Weighing in at just 185, Jason came within five pounds of taking the overall title. A fourth with a personal best 450 broke the national record there. At 220 it was Kanji Smith with two new personal records, a third with 435,			



Best Lifter Jeff Beaton with awards from the Spring Nationals (Latch)

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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. 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 UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for 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 UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC 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 UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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

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

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

Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ UAPC Registered Club Represented: _____

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year: any meet) - \$15.00 • Special Olympian \$10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs.) • Masters (40 yrs & up) • Military

Police & Fire High School Special Olympics

Cash/Check/Money Order # _____ Membership Price \$ _____

All memberships expire 12 months from date of purchase.



Jeanne Watts' 402 World Record

WABDL West Coast BP/DL
18 SEP 04 - Sacramento, CA

DEADLIFT	A. Barnhill	265
WOMEN	132 lbs.	
Junior	J. Deuser	308
123 lbs.	A. Brisbane	303
M. Hahn	271	
4th-281	S. Hedman	325
148 lbs.	S. Maher	325
G. Gendotti	259	
165 lbs.	S. Moore	203
S. Armstrong	374	
Master (40-46)	Soul-Dangel	336
123 lbs.	198 lbs.	

D. Plank	292	D. Madera	407	Teen (16-19)	165 lbs.	S. Maher	143	J. Watts	215
199+ lbs.		220 lbs.		165 lbs.		165 lbs.		B. Braguine	198
S. Vaterlaus	259	A. Tortorelli	513	M. Salami	402	S. Moore	143	Teen (13-15)	148 lbs.
J. Petrey	253	E. Barnes	545	Teen (18-19)	198 lbs.	A. Soul-Dangel	—	B. Sraguine	198
Master (54-60)	198 lbs.	N. Williams	383	M. Minahan	479	—		165 lbs.	
K. Polansky	330	309+ lbs.		E. Vorsatz	407	J. Hase	181	O'Halloran	148
199+ lbs.		L. Contreras	440	220 lbs.		M. VanDam	209	Teen (16-19)	123 lbs.
D. Chillgren	242	Junior (20-25)	148 lbs.	A. Contreras	383	198 lbs.		D. Plank	—
Master (75-79)	132 lbs.	BENCH		WOMEN		D. Plank	—	199+ lbs.	165 lbs.
P. Forquer	154	S. Salemi	402	Junior		S. Vaterlaus	231	L. Tarkon	110
Open	105 lbs.	K. Vorsatz	490	165 lbs.		Master (54-60)	198 lbs.	199+ lbs.	176
A. Vallejo	286	Schwacofer	501	S. Armstrong	231	198 lbs.		L. Vaterlaus	176
114 lbs.		259 lbs.		K. Womack	203	K. Polansky	165	Submaster	105 lbs.
MacQuarrie	231	J. Ortega	558	WOMEN		D. Chillgren	99	148 lbs.	166
123 lbs.		K. Gideon	374	Master (40-46)		Master (75-79)	132 lbs.	J. Watts	215
M. Hahn	271	Law/Fire		105 lbs.		Open		MEN	215
4th-281		Open		C. Fujisaki	160	P. Forquer	77	Class-1	165 lbs.
A. Barnhill	265	242 lbs.		123 lbs.		105 lbs.		165 lbs.	
132 lbs.		D. Arredondo	578	A. Barnhill	143	C. Fujisaki	160	A. Davis	368
A. Brisbane	303	Law/Fire		132 lbs.		114 lbs.		4th-391	
148 lbs.		Submaster		A. Brisbane	198	114 lbs.		K. Harzik	275
J. Watts	341	198 lbs.		J. Deuser	176	MacQuarrie	121	J. Mayes	236
B. Braguine	304	S. Pearson	540	E. Womack	132	132 lbs.		181 lbs.	
4th-319		4th-587		148 lbs.		A. Brisbane	198	T. Eriksen	314
199+ lbs.		220 lbs.		S. Hedman	181	148 lbs.		198 lbs.	
D. Myers	479	L. Nino	584					J. Stinson	330
Submaster		242 lbs.						R. Elay	225
105 lbs.		K. Rinehart	578					220 lbs.	
A. Vallejo	268	M. Smyser	529					E. Bernas	448
148 lbs.		Master (40-46)						M. Hatfield	448
J. Watts	370	165 lbs.						R. Yost	424
165 lbs.		P. O'Neil	336					B. Butko	248
P. Carroll	242	Master (41-53)						242 lbs.	
199+ lbs.		198 lbs.						J. Peters	209
D. Myers	479	McCormack	501					Douglas	414
Teen (13-15)		259 lbs.						J. Laija	352
148 lbs.		G. Stevens	534					J. Pritchatt	303
B. Bragulna	304	309+ lbs.						259 lbs.	
4th-319		L. Contreras	440					N. Williams	121
Teen (16-19)		Master (54-60)						R. Fomachon	203
165 lbs.		198 lbs.						275 lbs.	
L. Tarkon	286	L. Blum	479					B. Sabin	482
Teen (18-19)		K. Kirk	303					308 lbs.	
123 lbs.		Master (80-84)						W. Alex	435
K. Phipps	231	181 lbs.						309+ lbs.	
199+ lbs.		B. Accosta	248					N. Tuffanelli	501
J. Deuser	308	Open						L. Contraras	429
A. Brisbane	303	198 lbs.						Junior (20-25)	148 lbs.
L. Vaterlaus	246	242 lbs.						148 lbs.	
4th-259		D. Tubridy	473					B. Daluz	275
MEN		308 lbs.						4th-286	
Class-1		N. Riai	650					S. Salemi	275
165 lbs.		Submaster (34-39)						198 lbs.	
K. Herzik	380	181 lbs.						K. Vorsatz	319
J. Mayes	389	T. Eriksen	462					220 lbs.	
181 lbs.								J. Smith	402
Soul-Dangel	336							165 lbs.	
198 lbs.								Schwacofer	330



Mike & Kelly Womack (all photographs are by CSS Photo Design)

259 lbs.									
M. Smyser	402								
Master (40-46)	198 lbs.								
J. Cavanaugh	383								
H. Williams	275								
220 lbs.									
DeGennaro	347								
242 lbs.									
G. Phipps	374								
275 lbs.									
R. Ludlam	573								
H. Williams	418								
Master (47-53)	181 lbs.								
P. Janoff	347								
F. Gray	248								
198 lbs.									
McCormack	374								
T. Robinson	308								
D. Bertier	308								
275 lbs.									
M. Johnson	—								
309+ lbs.									
L. Contreras	429								
Master (54-60)	220 lbs.								
220 lbs.									
D. Marba	402								
G. Hawkins	264								
Master (61-67)	242 lbs.								
M. Bonifield	341								
Master (68-74)	181 lbs.								
181 lbs.									
J. McEwen	203								
242 lbs.									
J. Peters	209								
308 lbs.									
J. Krachunis	303								
Master (75-79)	259 lbs.								
Master (80-84)	275 lbs.								
181 lbs.									
B. Accosta	165								
Open	198 lbs.								
F. Salinas	369								
T. Robinson	308								
R. Gloria	248								
220 lbs.									
M. Ludivico	363								
242 lbs.									
J. Hunter	579								
D. Tubridy	473								
308 lbs.									
N. Rial	496								
Submaster (34-39)	165 lbs.								
A. Davila	386								
259 lbs.									
A. Agamao	501								
220 lbs.									
M. Hatfield	446								
M. Ludivico	363								
242 lbs.									
J. Hunter	579								
275 lbs.									
R. Unclon	562								
Master (13-15)	123 lbs.								
J. Minehan	137								
4th-154									
Teen (16-19)	132 lbs.								
M. Lauricella	221								
165 lbs.									
M. Salemi	187								
198 lbs.									
M. Minahan	281								
E. Vorsatz	275								
E. Bledsoe	253								
220 lbs.									
A. Contreras	264								
385									
J. DeLuca	325								

! = World Records. Jody and Loraine Woods were the Meet Directors and they always put on a first class meet. They had 145 lifters. World records in the deadlift were set by Paulie Forquer, who pulled 154.2 at 132 at age 77! Jeanne Watts, who has unbridled enthusiasm for the deadlift, pulled 370.3 in submaster 148 and then upped that to 380.2 at the worlds in November. She will hit 400 this year and maybe even 420. Donna Myers, who is a Sheriff's Deputy and is the biggest woman I ever saw at 6'5" 300+ and all muscle, pulled a world record 479.5 and locked out 501.5 in her 2nd meet. The 501.5 was turned down for hitching. In teen women

13-15 148#, Brittany Bragwine set a world record 319.5. In the bench press, world records were set by Rudy Lopez with 485 in law/fire master 40-47 198#; Jamie Tovar who popped a 600.7 in law/fire master 7th world record in 3 years with 424.4; in law/fire master 48+; JP Krachunis set a world record 303 in master 68-74 308# class. JP is a trainer and trains his prot.g, Donna Myers, who may deadlift 700# if she stays with it. JP wrestled professional for many years under the name of "The Bear." Carin Fujisaki set a world record in the bench with 160.8 in master women 40-46 105#. Carin only weighed 101#. Alexandra Vallejo set a world record in submaster women 105# with 166.3 and Brittany Bragwine set a world record 198.2 in teen 13-15 148#. Jeanne Watts, Brittany Bragwine and Alexandra Ballejo are all trained by Rene Nielson of the Pacifica Athletic Club. Most of Rene's world record setters are women and in the last 3 years more than 25 world records have been set by Rene's female team members and they were to go o in November to finish 2nd in team standings at the world championships. Moving on to state records in the deadlift, Nathan Williams set a Nevada record

363.7 in class-1 259#. In junior women 123#, Minh Hahn elevated 281 for a California record 281# in only her 2nd meet - more than twice her body weight. In junior women 265, Sabrina Armstrong set a California record 374.7. In law/fire open, Deerek Arredondo set a California record 578.5 at 242#. Derek is part of Matt Lamarques "Iron Society Team" out of Monterey, California. All of the Iron Society team members are using the explosive pop at the beginning of the deadlift with great success. Some sem-famous deadlifter taught them that technique. Steve Pearson set a California record 567.5 in I/I submaster 198# and Lorenzo Niko set a California record 584 in I/I submaster 220. In master men 80-84 181, 80 year old Bob Accosta pulled 248 for a California state record. The older master lifters always amaze me. Never quit lifting. Always have goals even if you don't compete. In open 198 Ryan Lewis was noteworthy with a 683.2 California record at 198. In submaster 242, Kevin Rinehart put up a 578.5 for a California record. In submaster women, Patti Carroll lifted 242.5 at 165 for a California record. The following women were more than competitive in the deadlift and all set

California records: Lauren Vaterlaus in teen 16-19 unlimited set a record 259# and her mother, Sue Vaterlaus lifted the same weight in the same weight category in master 47-53. In master 47-53 198, Diane Plank hauled in 292, and Judith Petray in master 51-60 165# pulled 253.5. Karina Phipps set a Nevada record and broke it twice with 231.2 and 236.7 in teen 16-19 123#. In the bench press 25 state records were set in addition to the lifters already mentioned who set world records. In class-1 165, Adolfo Davila set a California record with 391.2. In junior men, California State records were set by Bryan Daluz at 148 with 286.5 and Seby Salemi with 275.5 at 148 which was broken on a 4th by Bryan Daluz. Jason Smith set an Arizona record 402.5 in junior 220. In law/fire, California records were set by Bruce Sabin in law/fire 48+ 275# with 462.7. Steve Pearson launched 385.7 in I/I submaster 198 and Mike Smyser put up 402.2 in I/I submaster 259#. In master men 40-46 275 Rich Ludlam put up a huge 573 and in master 47-53 181, Paul Janoff dunked 347 for a California record. In master men 54-60 220, Dave Marba slung back 402.2 for a California record and showing no signs of slowing

down with age. Speaking of age, 8-year old Bob Accosta put up 165.2 for a California record. In women's benching, Sabrina Armstrong in junior 165, popped 231.2 for a California record. Kelly Womack set a California record 203.7 at 181. In master women, Alene Brisbane set a California record with 198.2 at 132. In master 47-53 181#, Mary-Ann VanDam set a California record 209.2. In master 47-53 unlimited, Sue Vater



APF/AAPF Membership Application

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 - AMATEUR AMERICAN POWERLIFTING FEDERATION
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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		
APF \$30	AAPF \$30	APF & AAPF \$40				YES NO		

ATHELETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF

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IF UNDER 18, HAVE PARENT INITIAL

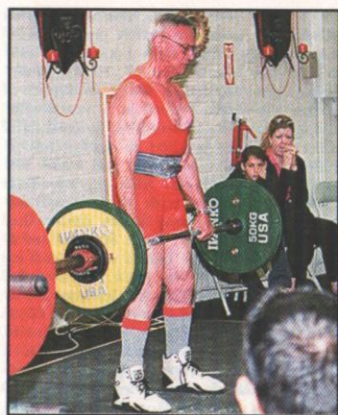
I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF

SIGNATURE X

USOC-USAPL Tropical Games 16,17 JUL 04 - Palm Beach, FL				USAPL GA State/Southern States 29 FEB 05 - Duluth, GA (kg)				Coliseum Impact NYC Meet 2 OCT 04 - Middle Village, NY				
BENCH	Police/Fire			BENCH	242 lbs.			WOMEN	SQ	BP	DL	TOT
WOMEN	C. Lui	165		181 lbs.	Open			148 lbs.				
Open	DEADLIFT			Master	J. Demchak	172.5		Junior				
D. Lundgren	102.5			J. Shoaf	120			L. Brown	—	116	292	—
MEN	Open			220 lbs.				Open				
Open	E. DeLeon	237.5		Master (60-69)				165 lbs.				
S. Tsuda	—			K. Rowan	137.5			K. Deruvo	337	237	330	903
C. Dixon	227.5	S. Bloom	295	MEN	SQ	BP	DL	TOT				
M. Rogolino	190	S. Conlin	227.5	132 lbs.								
Broverman	187.5	Master (50+)		Washington	255	152.5	242.5	650				
Master (70+)	L. Russell	272.5		165 lbs.								
B. Tinkler	102.5	Master (60+)		Teen								
Master (60+)	P. Currey	165		A. Singleton	190	115	172.5	477.5				
Broverman	187.5			181 lbs.								
P. Currey	137.5			M. Stanley	237.5	147.5	250	635				
Master (50+)	C. Wright	232.5	135	260	627.5							
G. Walker	185			Open								
Master (40+)	D. Klein	167.5		198 lbs.								
WOMEN	BP	DL	TOT	A. Johnson	252.5	172.5	260	685				
Master (40+)				M. Christie	220	157.5	245	622.5				
B. Lemus	75	87.5	162.5	A. Campbell	232.5	145	240	617.5				
Collegiate				T. Nerlin	195	142.5	222.5	560				
R. Monfort	50	90	140	220 lbs.								
J. Wiersma	42.5	107.5	150	G. McCaulla	252.5	142.5	242.5	637.5				
MEN				242 lbs.								
Teen (14-15)				J. Brown	325	197.5	340	862.5				
N. Russell	42.5	100	142.5	J. Demchak	260	172.5	255	687.5				
Teen (18-19)				C. McCoy	205	125	272.5	602.5				
J. Scott	120	130	250	275 lbs.								
Collegiate				M. Anderson	370	240	310	920				
K. Stefan	112.5	175	287.5	D. Rogers	350	182.5	350	882.5				
A. Simons	145	200	345	Master (40-49)								
C. Wilcoxson	157.5	192.5	350	181 lbs.								
J. McNeil	122.5	200	322.5	M. Stanley	237.5	147.5	250	635				
R. Hall	110	182.5	292.5	C. Wright	232.5	135	260	627.5				
B. Markham	127.5	230	357.5	W. Kellett	160	115	192.5	467.5				
R. Hayne	162.5	195	357.5	220 lbs.								
Submaster				M. Brown	255	165	242.5	662.5				
M. Ritter	137.5	207.5	345	Master (55-59)								
Master (40+)				242 lbs.								
G. Wright	155	272.5	427.5	C. Taylor	262.5	182.5	262.5	707.5				
M. Brown	145	205	350	R. Proctor	217.5	167.5	240	625				
J. Clark	182.5	295	477.5	Master								
Master (60+)				148 lbs.								
P. Currey	137.5	165	302.5	B. Coleman	165	82.5	147.5	395				
D. Mathews	112.5	170	282.5	181 lbs.								
Open				H. Salis	112.5	95	145	352.5				
J. Ulvang	195	275	470	Open								
J. Wilsey	160	237.5	397.5	132 lbs.								
M. Brown	145	205	350	M. Hayes	142.5	87.5	182.5	412.5				
J. Landau	187.5	265	452.5	Master (50-59)								
J. Dieffenbach	182.5	260	442.5	165 lbs.								
T. Nelson	155	215	370	J. McGrady	35	37.5	92.5	165				



Best Male Lifter Ricardo Ingravera

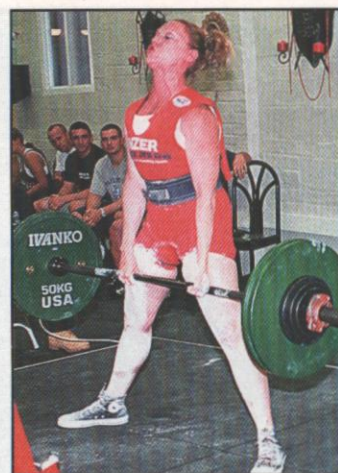


75 year young David Ginenthal

R. Cano	419	259	424	1101
Masters (40-44)				
R. Ingravera	645	369	600	1613
Masters (45-49)				
S. Sokolowski	—	308	—	—
220 lbs.				
Novice				
S. McGrath	—	308	—	—
Subs				
R. Stallica	—	413	—	—
242 lbs.				
Open				
L. DePalma	777	550	572	1899
L. Holm	557	347	501	1404
Masters (40-44)				
P. Chapman	—	287	—	—
J. Evangelista	—	287	—	—
Masters (55-59)				
R. Renz	474	358	462	1294
275 lbs.				
Junior				
D. Brown	484	385	510	1379
Open				
R. Pac	403	451	572	1426
R. Sjoberg	704	314	600	1617
Subs				
G. Allen	—	440	—	—
R. Madera	529	352	539	1420
308 lbs.				
Novice				
Mangiaracina	315	308	462	1085
T. Harris	—	385	—	—

On Saturday, October 2nd 2004, Coliseum Gym in Middle Village, New York, hosted the 1st Annual "Coliseum Impact Powerlifting NYC Championship" sanctioned by the APF/AAPF. This meet was orchestrated to satisfy two important goals: One being to bring back the sport of powerlifting to NYC, and the other to raise money for the Cooley's Anemia Foundation, a non-profit voluntary health organization that's dedicated to help find a cure for Thalassemia, a fatal, genetic blood disorder that afflicts children and young adults. By the end of the day, Coliseum Gym issued a check to the Cooley's Anemia Foundation in the amount \$1,500.00 and everyone was pumped up in all the excitement. The pump had started from the evening before when many volunteers from the community pulled an all-nighter to set up the gym including moving out the gym equipment, building a stage, and setting up 200 seats for spectators. A professional DJ volunteered his time for our event where each lifter had an opportunity to choose his own inspirational music. The music not only revved up the lifters, but also stimulated the audience into a complete frenzy of excitement. Pasteur Vincent Linguini, from Valley Stream, started the event with an inspirational morning prayer that in essence celebrated the sport of powerlifting through its ability to motivate people to shoot for the stars, overcome personal hurdles, and bring athletes together. Truly, how many athletes in other sports offer the same amount of support and camaraderie to their colleagues while rooting for their competitors to make their lifts? Lifters included athletes ranging from 18 years old to 75 years young, and two athletes who made impressive benches with cerebral palsy. Salvatore's, a neighborhood Italian res-

taurant, donated an array of Italian hot specialties making for a delicious lunch break. Dr. Columbia Miller, a phenomenal chiropractor whose specialty is in kinesiology, offered free tune-ups to lifters looking for that extra edge. Due to her many years of experience with athletes and strength conditioning, we thank her for her commitment to powerlifting, and have no doubt that her work helped our



Best Female Lifter... Katie Deruvo

lifters to perform their best. In the TEEN division at 165, first time raw lifter Jordan Staab broke the AAPF American record on his 2nd deadlift at 467 lbs. and came back to break it again on his 3rd lift at 501 lbs. In the TEEN division at 181, Ian Fernandez broke the AAPF American record on his 3rd attempt by deadlifting 463lbs. In the MASTERS division, forty-four years old Ricardo Ingravera at 198 broke the AAPF American record by pulling a 600 lbs. deadlift. Seventy-five years young David Ginenthal at 181 broke the AAPF American record by deadlifting 374 lbs. David G., whose background is in education and dance, only started powerlifting at the ripe age of 65. Two raw and first time lifters with cerebral palsy had very impressive benches. In the NOVICE class at

The trophy for Best Bench Press went to Louie DePalma who benched 551 lbs. and had an overall impressive total of 1,900. The trophy for Best Deadlift went to Jordan Staab, pulling over 3 times his body weight. The female Best Lifter trophy was awarded to Katie Deruvo, who energized the audience with all her lifts totaling 903. The male Best Lifter trophy was presented to Ricardo Ingravera who impressed everyone and inspired all the younger lifters totaling 1,613. Coliseum Gym looks forward to hosting many more shows in the near future. Teddy and Stacy Theodoropoulos are the owners of Coliseum Gym and are also lifetime drug-free competitive super heavyweights who wholeheartedly love the sport and are committed to seeing powerlifting thrive

in NYC and raising money for charity. They look forward to running many more meets in the upcoming future. Special thanks out to Chris Taylor and his lifters for giving us all their love and support and all our volunteers who know nothing of the term sleep deprivation. (These results provided by courtesy of Coliseum Gym)

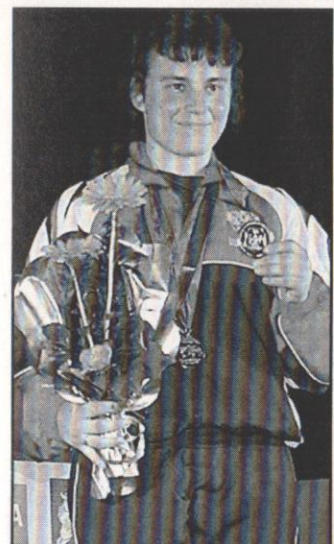
WNPF National Masters 26 FEB 05 - Wayland, MI

BENCH	V. Palazzolo	402			
Men	Master-4				
165 lbs.	J. Brodsky	297			
Master-1	Master-5				
S. Hazelton	Karitzbender	303			
242 lbs.	198 lbs.				
181 lbs.	Master-1				
Master-1	R. Arnold	336			
C. Houser	Master-4				
297	Master-5				
Master-4	A. Seaman	325			
J. Schroder	Master-6				
214	T. Andrews	336			
Master-5	275 lbs.				
J. Kizelik	Submaster				
—	J. Garza	413			
220 lbs.	Master-2				
Master-2	M. Mellinger	435			
M. Mellinger	Master-2				
435	M. LeClair	473			
BP	BP	DL	TOT		
242 lbs.					
Submaster					
J. Casermeir	402	600	1003		
WOMEN	SQ	BP	DL	TOT	
132 lbs.					
Master-1	K. Waltema	176	—	—	
K. Waltema	K. Hockeborn	253	203	264	727
K. Hockeborn	253				
Master-5					
C. Roush	71	137	209	347	
Master-7					
A. Collins	110	88	202	418	
T. Drotar	104	77	176	358	
Master-8					
G. Johnson	92	88	132	314	
Master-10					

D. Meadows	104	88	104	341
MEN				
165 lbs.				
Submaster				
P. Coats	507	330	551	1388
M. Ruelawn	446	440	485	1372
Master-1				
A. Sharpe, Jr.	—	—	—	—
Master-6				
D. Steele	209	143	297	650
181 lbs.				
Master-3				
C. Huey	402	—	—	—
Master-6				
R. Ringewold	446	225	479	1151
Master-8				
B. Creech	148	110	242	501
198 lbs.				
Master-1				
J. Jachim	303	325	391	953
Master-4				
R. Batko	485	242	512	1240
220 lbs.				
Master-3				
F. Givens	606	418	666	1691
S. Kohle	424	314	501	1239
F. Hockeborn	462	347		

(article continued from pg. 11)

with a 385 lb. pull. The 14-year-old had a nearly perfect day with an 8/9 performance; her only miss was her opener squat which was turned down for depth, but rocketed up easily. She (and her easy-looking deadlift) was the talk of the crowd, from the bleachers all the way back to the warm-up area. Tatyana Eltsova of Russia missed each of her 3rd attempts and still took the Gold with a 520 kg total. Ayako Ikeya of Japan just missed two attempts this year and won the Silver; and another home crowd



Russian Power Maria Revva

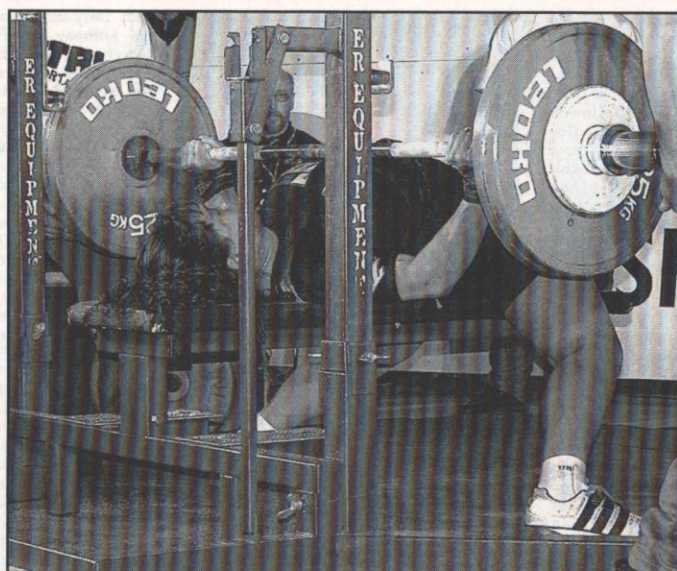
favorite, Mervi Sirkia of Finland, placed 3rd for the Bronze with 422.5 kg after moving up from the 114s. Poland's Maria Szymkowiak, like Caitlin, missed just one attempt at this year's Worlds - a squat. She matched her total of 400 kg., but placed 5th, behind her by bodyweight. Elodie Farque of France placed 6th, and Teresa Sawyer of Great Britain finished just behind her by 10 kg for 7th place. Three competitors tied with a 370 kg total: Sweden's Marie Eriksson (who went 8/9), Jenny Hunter of Great Britain (who brought just her opener squat and bench into subtotals), and Jeannette Gevers of Australia. In this order, they took 8th, 9th, and 10th place by bodyweight. Jeannette had led the trio at subtotals but missed her second and final pulls. Japanese lifter Hisami Moritsuka placed 11th with a 310 kg total. Hong Kong was represented by Wing-Yuk (Josephine) Ip, who placed 12th and also served as a side referee the next day. Two lifters in this class had an unfortunate day at this year's Worlds: Ukrainian Mariya Cephal had just completed a Bronze-medal-winning squat performance with 175 kg, only to fail all 3 attempts on the bench; and Denise Molina of Ecuador had trouble with

getting any of her squats passed. Although they were disqualified, Mariya completed a 175 kg deadlift and Denise continued with a 75 kg bench and a 150 kg deadlift.

Day 2: 60, 67.5, 75, and 82.5 kg classes. USA lifters: Carly Nogle, Priscilla Ribic, Disa Hatfield. Hardware count: 6 medals

60 kg. / 132 lb. class - Despite a 4/9 day, 18-year-old Carly Nogle (Caitlin's tie-dyed-tee and ice-cream-eating partner) placed 4th overall at her 2nd Open World's, improving upon her placement from last year. She won a Bronze in the deadlift with her opener of 391 lbs. Her 2nd attempt of 418 lbs. came up and locked out, but after she awaited a "down" command from the judges (which just didn't seem to be happening), she lost her grip. Her final pull of 451 lbs. was a very valiant attempt to win the Bronze, but it was not to be in Finland. Maria Revva of Russia won every Gold medal available in this class and concluded her day with a 1240 lb. total and lots of smiles on the podium. Another lifter representing the host country, Paivi Haapoja had a day of silvers, winning three with her squat, deadlift and overall placement. Ukraine's 18-year-old Maryana Plaksyva won the Bronze and set new Sub-Junior records in the SQ and total. Behind Carly's 4th place finish was Naide Badeti Tejeswini's 422.5 total to place 5th. This competitor from India looked to have either timed-out or passed on her final deadlift. Australian Mary Giffin flew all the way from the Land Down Under and took 6th with a 400 kg total. She had some trouble with the squat and bench, but stuck with all of her pulls to successful completion. Jadwiga Radwanska of Poland placed 7th but won the bench bronze medal with 242.5 lbs. Japan's Kazumi Tachibana turned in a 7/9 performance to place 8th. Just as in the 56 kg, there were two bombouts in this class: Mayumi Kitamura of Japan could not satisfy the judges with any of her bench attempts, and Ukraine's Tetyana Prymenchuk - who had been nominated #2 in this class - struggled through this contest from start to finish. She took three tries to get a squat passed, then three to get a bench attempt (which, in itself, won a Silver medal) - only to run out of gas during deadlifts. Her horrified reaction to this tragedy was evident as she placed her hands on her head and stood there on the platform for a moment, staring at the bar in disbelief.

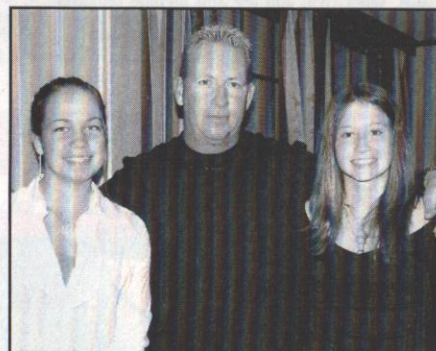
67.5 kg. / 148 lb. class - This was the one of the most closely-watched - and closely contested - showdowns in the competition.



A 4/9 day ... still led to a silver medal for Priscilla Ribic in the 148s

With a Russian chief referee in place for this class, last year's World Champion Priscilla Ribic had the pressure of performing as flawlessly as possible. She ended up having a 4/9 day in Finland, but still won the Silver overall with a 595 kg

total, just missing the Gold by bodyweight. She also collected a colorful hardware collection of bronze in the SQ, silver in the BP and gold in the DL. Ukraine's young competitor Tetyana Skrypka won the gold with a 7/9 performance and, having tied Priscilla, a lighter bodyweight edge. Along the way, she set new sub-junior records in all three lifts and total. Natalia Barybina of Russia, who was #2 in the nominations, won the bronze in this very close race after missing her last attempt for each lift, plus her 2nd attempt on the bench. At subtotals, 25 kg separated the top three competitors. In this situation, each lifter's number of successful attempts had weighed much



Carly Nogle, Todd Miller, & Caitlin Miller.

114 lbs.	440	463	485	253	270	286	286	308	330	1102
O. Lafina	369	385	396	192	192	203	352	374	391	992
M. Rantamaki	308	341	358	203	220	231	358	358	394	948
Y. Arkhipenko	336	363	363	203	203	203	336	363	374	931
S. Hartwig	325	341	363	143	165	176	374	396	429	914
Y. Chou	325	325	341	170	181	181	330	352	363	848
R. Castro	286	308	308	143	154	159	297	308	344	749
K. Hollaus	352	352	352	-	-	-	-	-	-	-
J. Maile	352	352	352	-	-	-	-	-	-	-
123 lbs.	418	446	457	264	281	292	396	418	440	1146
T. Eltsova	369	396	407	226	237	237	369	391	402	1036
A. Ikeya	352	352	369	192	203	203	341	358	374	931
M. Sirkia	297	297	336	143	154	159	330	363	385	881
C. Miller	319	336	347	181	187	192	319	336	352	881
M. Szymkowiak	297	314	325	165	176	187	319	341	352	843
E. Farque	292	314	330	187	187	203	297	319	325	821
T. Sawyer	264	292	303	148	159	165	297	336	358	815
M. Eriksson	286	286	286	187	187	198	319	341	352	815
J. Hunter	319	330	330	165	176	176	319	330	330	815
J. Gevers	220	242	253	176	176	198	242	264	275	683
H. Moritsuka	220	253	253	148	148	165	242	275	297	677
W. Ip	363	385	402	234	234	234	363	385	407	-
M. Cephal	352	352	352	148	165	170	330	358	358	-
D. Molina	429	446	463	281	281	297	474	496	507	1240
132 lbs.	418	418	440	181	192	203	413	440	457	1074
M. Revva	396	443	424	198	209	220	352	374	385	1030
P. Haapoja	369	369	402	192	209	226	391	418	451	970
M. Plaksyva	330	330	352	203	209	209	352	374	-	931
C. Nogle	325	325	341	198	209	209	330	347	358	881
N. Tajewini	286	308	308	220	242	242	297	308	325	859
M. Giffin	286	308	314	143	154	154	286	308	344	777
J. Radwanska	396	396	396	275	275	275	396	396	396	-
K. Tachibana	336	358	374	270	270	270	363	363	363	-
T. Prymenchuk										
M. Kitamura										



A JUNIOR! ... Tetyana Skrypka.

more than what was loaded on the bar. Great Britain's Gillian Wright saw white lights on every one of her attempts until her final deadlift, which placed her 4th overall with 477.5 kg. Maria Koskinen of the host country missed just two attempts all day and totaled 470 kg, just 7.5 behind Gillian, to place 5th. Norway's Bente Arntsen had an almost perfect day with just one squat miss. She benched her way to a bronze medal in this lift and placed 6th. Mohantu Ranu of India took 7th, while Jackie Blasbery of Great Britain ended with 8th place after missing her final pull. Mohantu and Jackie's totals were separated by just 2.5 kg. Estonia's lifter, Inna Terasmaa, completed all of her attempts except her first two squats and ended her day placing 9th. **75 kg. / 165 lb. class** - No USA lifter competed in this weight class this year. Marina Kudinova won the Gold and the title of "Champion of Champions" after a 7/9 performance in which she totaled 1388 lbs. She stayed atop the podium throughout the awards

ceremony with the exception of the deadlift gold awarded to Lesya Humynska of the Ukraine, who had been tied with Norway's Inger Blikra at subtotals. In the end, Lesya won the Silver with a 518 lb deadlift, and the Bronze went to Inger, who had a perfect day of lifting and set new M1 SQ and total World records along the way. Another lifter was in this close race as well, and her 4th place finish was surprising: Hanna Starodubtseva of the Ukraine had been ahead of both the Silver and Bronze medalists by 12.5 kg with her subtotal. Her only miss of the day was her 462 lb. deadlift, but had she attempted 457.5 lbs. instead (she successfully pulled 451 just before), a possibility may have existed of a tie with Inger's total. This scenario would have meant an overall Bronze medal by bodyweight - close as close could be! Marian Gibson from Great Britain missed each of her 3rd attempts, but placed 5th with a 515 kg total. Heidi Hille Arnesen, the blonde Norwegian with a colorful streak in both her hair and warm personality (she kept asking my 7-year-old son for a dance, but concluded she must be too old for him), placed 6th with an 8/9 performance at her first IPF Worlds. Sweden's Leena and Lena T.'s (Takamaa and Tjader), took 7th and 8th this year. Lena Tjader enjoyed an 8/9 day, but placed behind her teammate. Gily Martinez, representing Venezuela, had a 4/9 day, but was just 2.5 kg behind her after the final pulls. She finished with 402.5 kg to round out the class.

82.5 kg. / 181 lb. class - Disa Hatfield, in her first IPF competition ever, went 7/9 - achieving personal bests in all three lifts and her total (she added almost 40 lbs to her Nationals total, halfway across the world!) - and placed 4th.

148 lbs.	501	501	512	297	344	314	463	479	485	1311	
T. Skrypka	490	490	518	297	344	344	501	523	529	1311	
P. Ribic	474	496	512	275	286	286	440	463	485	1234	
N. Barybina	341	369	374	220	231	242	418	435	446	1052	
G. Wright	374	385	402	242	253	259	352	374	374	1036	
M. Koskinen	352	363	374	264	275	281	363	374	380	1025	
B. Arntsen	374	396	418	154	170	170	396	413	446	981	
M. Ranu	319	341	352	209	220	234	374	402	413	975	
J. Blasbery	308	308	308	214	226	237	330	363	385	931	
I. Terasmaa	529	551	567	308	308	330	474	496	507	1388	
165 lbs.	496	529	540	231	253	270	496	518	523	1311	
M. Kudinova	463	485	501	264	281	292	451	479	485	1278	
L. Humynska	463	496	518	275	292	303	418	451	463	1273	
I. Blikra	463	496	518	275	292	303	418	451	463	1273	
H. Starodubtseva	380	413	429	275	292	303	407	429	440	1135	
M. Gibson	424	440	451	231	237	242	407	418	429	1118	
H. Arnesen	341	363	380	198	209	214	352	374	374	931	
L. Takamaa	308	330	341	198	209	220	308	330	330	892	
T. Tjader	369	396	413	198	209	209	292	308	308	887	
G. Martinez	181 lbs.	518	540	540	330	347	358	440	451	457	1328
K. Boroday	496	518	529	341	341	354	440	463	474	1300	
I. Strik	474	507	507	308	308	325	440	463	474	1273	
O. Rychkova	446	485	507	303	319	330	363	396	407	1212	
D. Hatfield	429	474	474	253	270	270	385	440	468	1185	
M. Eriksson	457	457	468	259	270	275	396	451	468	1185	
M. Porter	429	463	474	270	281	286	429	446	468	1173	
T. Koski-Sipila	352	374	385	264	275	281	374	396	413	1074	
R. Beer	330	363	463	330	330	352	275	385	418	1047	
M. Hung	352	352	396	154	165	165	374	396	396	892	
S. Shikhare	308	330	352	148	165	170	330	352	352	848	
T. Rajasree											



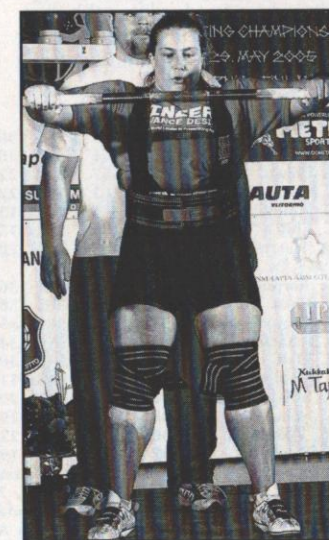
The 198 Winners ... Jessica O'Donnell, Inna Orobets, Bonica Brown

Small Squat also won the Bronze in (of course) the squat with 485 lbs. The top two competitors this year, Kateryna Boroday of Ukraine and Ielja Strik of the Netherlands, were separated by just 12.5 kg. at subtotals. They both missed their final two deadlift attempts, leaving each with a 200 kg. (440 lb.) deadlift, and giving Kateryna the Gold. Ielja won the Silver, again just missing the Gold by 12.5 kg. Olesya Rychkova of Russia performed three white-light deadlifts, ending with a 215 kg. final attempt. That gave her the Bronze and a total that was just 12.5 kg from the Silver. Sweden's Malin Eriksson and Monica Porter of Great Britain tied with 537.5 kg, and Malin placed ahead of her by bodyweight, taking 5th place. Tarja Koski-Sipila of Finland had a

good day with her squats, but she ended with just her bench and deadlift openers, giving her 7th place with 532.5 kg. 8th place went to Rosemarie Beer of Austria with a 487.5 total, while Min-Chu Hung of Chinese Taipei placed behind her by 12.5 kg and took 9th. India's two lifters, Subhaswa Shikhare and T. Rajasree rounded out the class, both missing their last two deadlifts.

Day 3: 90 and 90+ kg classes. USA lifters: Jessica O'Donnell, Bonica Brown, Harriet Hall. Hardware count: 7 medals

90 kg. / 198 lb. class - The USA was represented by two outstanding lifters in this seven-woman weight class with Jessica O'Donnell (Watkins) and Bonica Brown. Jess lifted with her usual great intensity, went 4/9 and still won the Silver in the SQ and BP and the Gold in the DL, a combination that meant the overall Silver medal with a 590 kg (1300 lbs.) total. Her final attempt with 545 lbs. would have given her the Gold, but that (both the deadlift and a World Championship win) was meant for another place and time, as it is surely well within her reach. Bonica won a bronze for both the squat - which set a new World Junior SQ record of 473 lbs. - and bench, as well as the overall Bronze with an almost-perfect, 8/9 performance. Her only miss was her final deadlift attempt of 210 kg, which would have broken her own Sub-Junior World record. The crowd seemed to enjoy her squatting style which made her attempts look not only easy, but fun. Inna Orobets of the Ukraine won the Gold, along with two other golds for her strong squat and



Disa Hatfield... all new PR marks

bench. And both lifts were her openers! Great Britain's Jean Maton enjoyed a perfect 9/9 performance and a 4th place finish with 475 kg. Gopalakrishnan Ambili of India totaled 432.5 kg and took 5th, while her teammate Chitra T. (abbreviated in the results) just missed 3 attempts all day and finished right behind her for 6th. Monique Hartle, representing Canada and successful with all her benches and deads, placed 7th with a 400 kg total. There were only two weight classes in the entire competition in which all lifters were successful with both their 1st and 2nd attempt deadlifts, and this class was one of them (the other was the 44 kg./97s). A couple of local Finns (one of them the husband of the Hotel Helenan Kievari's manager) joined the Team USA cheering section in the bleachers, enthusiastically following their lead to root



TEAM USA... (bottom row, l-r) Priscilla Ribic, Caitlin Miller; (middle row) Rob Keller, Matt Gary, Mike O'Donnell, Dr. Larry Maile, Cheryl Anderson, Jessica O'Donnell, Harriet Hall, James Hart, Bonica Brown, Ivan Ribic; (back row) Todd Miller, Disa Hatfield, Sioux-z Hartwig, Jennifer Maile, Carly Nogle. (all photos courtesy Anderson)

for Jess, Bonica and Harriet this last day of lifting. **90+ kg. / 198+ lb. class** - Harriet Hall won 5th place with a 4/9 day, having technical problems that caused missed depth on her last two squat attempts, yet she established a new IPF M2 bench record with 347 lbs. Galina Karpova of Russia had a perfect day and won the all the Gold medals in this class by a landslide while establishing three new Open World records in the SQ, BP and total. Her World record bench of 420 lbs - the biggest of the meet - was successfully completed on a 4th attempt and its apparent ease drew

quite a reaction from many in attendance. The same could be said about her final squat and deadlift. She kissed the plates loaded on the bar after her history-making lifts. Chinese Taipei's Chen-Yeh Chao won the Silver overall, as well as silver medals for her squat and bench. Viktoriya Olenytsya of Ukraine won the Bronze. However, the Netherlands' Joanne Schaefer took the bench bronze from her with 352 lbs. and by a lighter bodyweight edge of about 35 lbs, winning 4th overall. Her teammate, Brenda van der Meulen, had a perfect day of lifting and placed 6th with a 570 kg total. Poland's Anna Sliwiska placed 7th with a 560 kg, while Katarina Nokua of Finland finished behind her by 7.5 kg to take 8th. Malin Vikberg of Sweden was another lifter who missed no lifts in this class, ending with a 9th place 460 kg total. Passing (or timing out?)

her last pull, India's Guha Sampa finished 10th. Other than this, she had just missed one other lift, her 3rd attempt on the bench. This year's Best Lifters were Russians Marina Kudinova, Olesya Lafina, and Maria Revva, and Russia won the Team Championship. They once again had 6 first-place winners for the perfect total of 72 pts. Ukraine took 2nd with 61 pts., while Finland won 3rd in their homeland with 51 pts. USA took 4th place with 48 team points - just three points shy of the placing in the top three. Seven of the ten USA team members had moved up from their nomination positions.

Team USA's excellent coaching staff this year included Larry Maile, Tod Miller, Jim Hart, Ivan Ribic, Matt Gary, and Mike O'Donnell. This team of team coaches worked extremely well together and dedicated long hours

to doing everything possible to help each lifter perform as best she could. Robert Keller, Jenn Maile, Jim Hart, and Dr. Mike Hartle also served as hard-working referees throughout the Championships. Pete Alaniz of Titan Support Systems generously sponsored the team with gear.

Next year's championships in Stavanger, Norway will be held November 5th-12th, 2006. It will be a combined IPF Men's and Women's Open Worlds. They have been planning for this event since November 2003 and have the event website in place at <http://www.styrkeidrett.no/wc2006/> which even has an online store in place now. I hope to see you there for another big show!



Harriet Hall stands tall in the DL

198 lbs.	529	554	556	363	363	384	429	451	463	1355
I. Orobets	529	554	554	308	336	336	451	485	545	1300
O'Donnell-Watkins	407	457	474	226	248	259	385	429	463	1162
B. Brown	341	363	385	220	242	253	363	385	407	1047
J. Maton	363	385	385	137	148	159	396	440	468	953
G. Ambili	363	363	385	154	176	187	341	352	363	903
T. Chitra	314	336	336	209	226	231	297	314	336	881
M. Hartle										
198+ lbs.	617	639	661	363	385	407	485	518	551	1620
G. Karpova	529	551	562	385	396	396	451	474	496	1410
C. Chao	551	551	584	352	352	369	496	548	548	1399
V. Olenytsya	479	501	518	341	352	363	440	463	474	1344
J. Schaefer	501	529	545	308	319	347	451	485	501	1300
H. Hall	440	474	485	319	341	347	385	413	424	1256
B. Meulen	485	485	507	297	341	363	374	407	429	1234
A. Sliwiska	485	548	548	253	253	270	440	463	485	1218
K. Nokua	308	341	369	220	242	253	319	369	391	1014
M. Vikberg	374	396	418	198	214	220	352	374	—	1008
G. Sampa										

Nation (points): 1st Russia-72, 2nd Ukraine-61, 3rd Finland-51, 4th U. S. America-48, 5th Great Britain-32, 6th India-29, 7th Chinese Taipei-26, 8th Japan-23, 9th Netherlands-21, 10th France-21, 11th Poland-20, 12th Norway-18, 13th Sweden-18, 14th Ecuador-13, 15th Australia-7, 16th Austria-7, 17th Czechia-6, 18th Canada-4, 19th Estonia-2, 19th Venezuela-2, 21st Hong Kong-1. Champion of Champions: 1st Kudinova Marina-Russia, 2nd Lafina Olesya-Russia, 3rd Revva Maria-Russia.

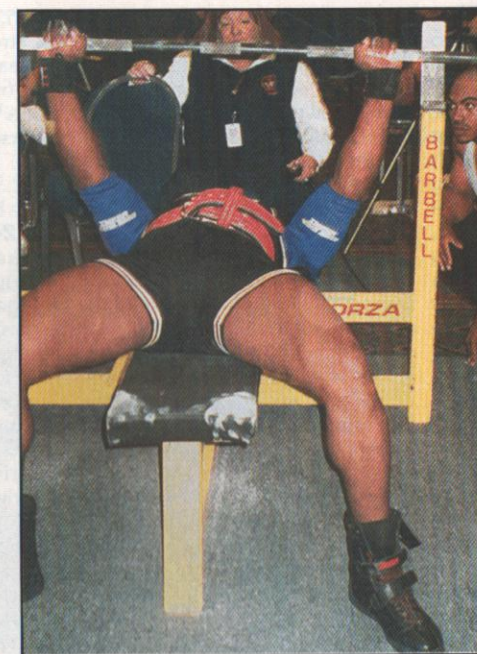


Galina Karpova ... SHW winner

(article continued from page 8)

198s: the heavier categories were loaded with 16 men in the 198s. Four got eliminated. Larry Hoover, 35, from Princeton, IN, stayed alive with his last try 733.1 SQ. He didn't survive the BP, as he missed 2 with 501 and then a big jump to 551.1. Jamie Hanson, 32, from Howell, MI, zeroed with a 600.7 SQ. Sean Heffernan, 30, from Indianapolis, IN, went nil with a 650.3 SQ. Last out was Jeremy J. Thomas, 24, from Woodhaven, MI, dead in the water following 766.1 dunk misses. Placing 11th and 12th were two MI men. Scott Kuderick, 31, of Lincoln Park, with TOT 1625.9 while Nicholas Lewis TOT 1620.39. In 10th was Tony Garland, 34, of Hilliard, FL, 1686.53! Sean Baker, 34, from Tulsa, OK, did him 11 better for 9th place with 1697.55. Adam James, 27, Schenectady, NY, was 8th with 1703.07. Same sum, but lighter bwt. was Nathan Gentges, 19, of Sedalia, MO, finishing 7th. Gentges set two 18-19 WPC WRs with his 529.1 BP and 1703.07 TOT. In 6th was Edmund D. Nesti, 34, of Shelburn, VT with 727.5, 429.9 and 600.7, for a 1758.2 TOT. In 5th spot was

Chris Belshe, 30, who hit 716.4 SQ and TOT 1791.25. David Hanson, 25, from Indianapolis, IN, had to sauna right up to the last minute to make weight. Dave came through with a nice 3rd attempt 733.1 SQ. He used his barn door wide shoulders and bowling ball delts to ram up the biggest BP of the whole class, 534.6. Dave pulled 584.2 (2nd) for 1851.88 TOT and finished 4th. He thought he got third when he was called and given the award, but they made a mistake and he had to give it back. He's Mike Coes training partner. They push themselves to greater heights. Bronze medalist Ryan Lunsford, 29, of Atlanta, GA, made a strong impression with an 804.6 SQ, 479.5 BP (opener) missing twice at 534.6, and then he pulled a 672.4 for the highest pull of the whole class and a 1956.6 TOT. Battling it out for top honors were Michael Coe, 34, two time ('02 & '03) Seniors Champ in this class from Indianapolis, IN, and Joseph



Michael Coe won his 3rd APF Seniors (Herb G.)

Norman, 37, from Jacksonville, FL. Coe, with his massive upper body and tiny wasp waist looked larger than he really was. Mike repeated his 760.6 SQ opener after getting a questionable depth

call on his opener. Then he fought out 804.6 on a 3rd. Norman made all 3. His final lift of 832.3 was a new WPC 33-39 WR. When push comes to shove both men are strong. Norman succeeded with 501.55, 2nd round, while Coe lifted 523.6 easily on his 2nd. Coe got 551.1 up on his 3rd, but got called for something. Norman had a 5 lb. lead, plus lower bodyweight, going into DL. Norman pulled a 650.3 opener, but made a crazy jump and missed 705.4 twice. His 1984.16 TOT was a new 33-39 WR. Coe played it cool, pulled 600.7, then 655.8. Why? He needed 661.4 to win, and did it on his 3rd. Coe won his 3rd APF Senior National Title with a 1989.71 TOT. Coe's BP and TOT were both 33-39 WRs. No one, including Mike, realized it, because neither lift was applied for.

2ND DAY - JUNE 5
220s: Another packed class with 18 entries. In 11th place Elliott Shutts, 18, Las Vegas, NV, busted

Best Lifters at the 2005 APF Senior Nationals

SQUAT-WOMEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
31	1. Swanson	377.5	@ 109.86	.69158	261.071	261.071
44	2. Widdis	267.5	@ 85.46	.7700	205.975	x1.044
41	3. Kirkland	182.5	@ 51.89	1.10946	202.476	x1.005
45	4. Ponce	215.0	@ 67.00	.90490	194.553	x1.06
24	5. Ladewski	207.5	@ 59.80	.9903	205.487	
32	6. Mendelson	255.0	@ 81.37	.79328	202.286	
39	7. Myers	232.5	@ 72.03	.859292	199.785	
19	8. Huston	250.0	@ 82.36	.78784	196.960	
38	9. Denison	220.0	@ 74.70	.83835	184.437	
28	10. Reske	250.0	@ 98.10	.72100	180.250	

BENCH PRESS-WOMEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
31	1. Swanson	217.5	@ 109.86	.69158	150.418	150.418
32	2. Mendelson	165.0	@ 81.37	.79328	130.891	130.891
28	3. Reske	162.5	@ 98.10	.7210	117.162	117.162
39	4. Hyers	125.0	@ 72.03	.859292	107.411	107.411
44	5. Widdis	125.0	@ 85.46	.7700	96.25	x1.044
24	6. Ladewski	100.0	@ 59.80	.9903	99.030	99.030
19	7. Huston	125.0	@ 82.36	.78784	98.480	98.480
30	8. Pier	107.5	@ 73.57	.847022	96.054	96.054
41	9. Kirkland	82.5	@ 51.89	1.10946	91.530	x1.003
38	10. Sieps	67.5	@ 43.70	1.2642	85.330	85.330

DEADLIFT-WOMEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
31	1. Swanson	290.5	@ 109.86	.69158	200.904	200.904
45	2. Ponce	200.0	@ 67.5	.90490	189.980	x1.06
45	3. Ladewski	192.5	@ 59.80	.99030	190.632	190.632
19	4. Muston	235.0	@ 82.36	.78784	185.142	185.142
41	5. Kirkland	158.0	@ 51.89	1.10946	175.294	x1.005
38	6. Sieps	135.0	@ 43.70	1.2642	170.667	170.667
38	7. Widdis	207.5	@ 85.46	.7700	159.775	x1.044
38	8. Burke	190.0	@ 59.24	.99779	164.635	164.635
39	9. Myers	190.0	@ 72.03	.859292	164.124	164.124
26	10. LaPierre	172.5	@ 64.68	.930228	160.464	160.464

TOTAL-WOMEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
31	1. Swanson	873.0	@ 109.86	.69158	603.749	603.7119
24	2. Ladewski	500.0	@ 59.80	.99030	495.150	495.150
44	3. Widdis	600.0	@ 85.46	.7700	462.000	x1.044
19	4. Huston	610.0	@ 82.36	.78784	480.582	480.582
45	5. Ponce	500.0	@ 67.00	.90490	452.450	x1.06
32	6. Mendelson	602.5	@ 81.37	.79328	77.951	477.951
41	7. Kirkland	422.5	@ 51.89	1.10946	468.746	x1.005
39	8. Myers	547.5	@ 72.03	.859292	470.462	470.462
28	9. Reske	617.5	@ 98.10	.7210	445.217	445.217
38	10. Denison	510.0	@ 74.70	.83835	427.558	427.558

SQUAT-MEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
40	1. Hoskinson	495.0	@ 137.00	.53377	264.216	264.216
19	2. Hatch	370.5	@ 72.90	.70340	260.697	260.697
58	3. Wambsgans	300.0	@ 81.00	.65235	195.705	x1.322
32	4. Mehan	470.0	@ 24.10	.5465	256.855	256.855
36	5. Stratakis	482.5	@ 150.50	.522775	252.238	252.238
36	6. Grandick	455.0	@ 120.57	.55038	250.423	250.423
33	7. Forbes	457.5	@ 124.73	.54572	249.667	249.667
27	8. Allocco	455.0	@ 122.83	.54797	249.326	249.326
25	9. Fay	55.0	@ 123.29	.54745	249.089	249.089
33	10. Aichs	482.5	@ 160.00	.515875	246.330	246.330

BENCH PRESS-MEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
24	1. Simmons	325.0	@ 108.32	.56497	183.615	183.615
40	2. Frank	357.5	@ 165.74	.511879	182.996	182.996
23	3. Robertson	322.5	@ 107.96	.56556	182.393	182.393
36	4. Grandick	330.0	@ 120.57	.55038	181.625	181.625
28	5. Hayles	320.0	@ 109.77	.562852	180.112	180.112
30	6. Bernor	340.0	@ 147.50	.525075	178.525	178.525
32	7. Taylor	330.0	@ 133.36	.53705	177.227	177.227
26	8. Atkins	297.5	@ 99.43	.582725	173.360	173.360
35	9. Lewis	357.5	@ 238.13	.78505	171.965	171.965
33	10. Dick	292.5	@ 109.68	.57281	167.516	167.516

DEADLIFT-MEN						
Age	Lifter	Lift	Bwt.	Coef.	Rating	Age/Fact.
25	1. Gordon	292.5	@ 74.80	.6899	201.795	201.795
29	2. Lawson	367.5	@ 121.84	.54901	201.761	201.761
28	3. Bayles	347.5	@ 109.77	.562852	195.591	195.591
38	4. Ruggiera	372.5	@ 158.49	.516945	192.562	192.562
21	5. Gullledge.	350.0	@ 122.38	.54847	191.964	191.964
32	6. Mash	335.0	@ 107.23	.56672	189.851	189.851
40	7. Frank	365.0	@ 165.74	.511879	186.835	186.835
29	8. Lunsford	305.0	@ 90.00	.61185	186.614	186.614
32	9. Mehan	337.5	@ 124.10	.5165	184.413	184.413
36	10. Johnston	327.5	@ 109.68	.562940	184.362	184.362

no less than three 18-19 WPC WRs: 760.6 SQ, 529.1 BP, and 1879.5 TOT. This kid's going to be a real tough customer in the years to come. In 10th place was Bobby Myers, 40, of Defuniak Springs, FL, who went 4-9 for a good 1901.48 TOT. With his lady Carol Ann Myers winning the Women's 165s they make quite the Dream Team! Doug Carroll, 36, of Southgate, MI, was ranked among the top 5 going into the DL with a 788.1 SQ, and 584.2 BP. His lowly 545.6 DL prevented him from making a higher finish (1918.02 for 9th). In 8th was Dan Blankenship, 27, Harrisburg, PA. He went 4-8 doing 1923.5 TOT with his 551.1 BP the outstanding lift. Seventh place went to Cory Akers, 30, of Cortland, IL. He had well balanced lifting climbing the ranks fast: 810.1 SQ, 523.6 BP and 650.3 DL, for a 1984.16 TOT. Very impressive in his Seniors debut. The sixth place finisher was Brian Mull, 31, of Elkhorn, NE. He's another of the Fabulous Big Iron Omaha wrecking crew, and a superstar in the making: SQ 837.7, BP 485, DL 677.9 TOT 2000.69. Another man coming up fast is Scott Rowe, 31, of Constanha, NY: 821.2 SQ, along with his powerful 622.7 BP had him in 3rd place come pull time. He only hoisted 606.2 which caused him to slip to fifth. His TOT was 2050.3. In 4th place was Lance Mosley, age 32,

and he battled the tremendous veteran powerhouse Paul Urchik, the 2003 Seniors Champ who is now age 45, and hails from Brownstown, MI. Mosley ground up 815.6, but 832.2 stopped. SQ Master Urchik, straining for all he was worth, kept both 843.2 and 870.8, his final SQ, perfectly balanced, and grooved them both, for the biggest SQ of the whole class. Urchik BP'ed 551.1 while Mosley managed 562.1. Paul had a 44 lb. advantage going into the DL. A good thing, because he strained his back and could negotiate only his 655.8 opener. He couldn't clear the platform with either 699.9 or 749.6. Mosley got 688.9, but it wasn't enough to steal third place from Urchik who came out with bronze at 2077.85 to Mosley's 2066.83. Runner up was Chris "Ox" Mason of Winston-Salem, NC. He dropped down a weight class from the 242s, a move that almost did him in! Chris managed an 854.4 SQ, but missed 881.85. Chris BP'ed 633.8, which exceeded the 33-39 WR, but he could not get 650.3. Chris secured his 666.9 DL opener for a 2155.01 TOT, another 33-39 WR. He tried to pull 688.9, missed, and went to 699.9 which could've given him gold. No lift. The 220 Seniors champ for '05 is Tony Atkins, 26, of Walkertown, NC. Those North Carolina boys pack quite a one-two

punch, don't they? Atkins seemed to get stronger and more confident with each lift: SQ 854.4, BP 633.8 then 655.8 to put him up 22. He tried a WR 673.51 to better Kenny Patterson's record, but couldn't finish it off. He pulled 3 (672.4) for a 2182.57 TOT. What a promising future he has in store.

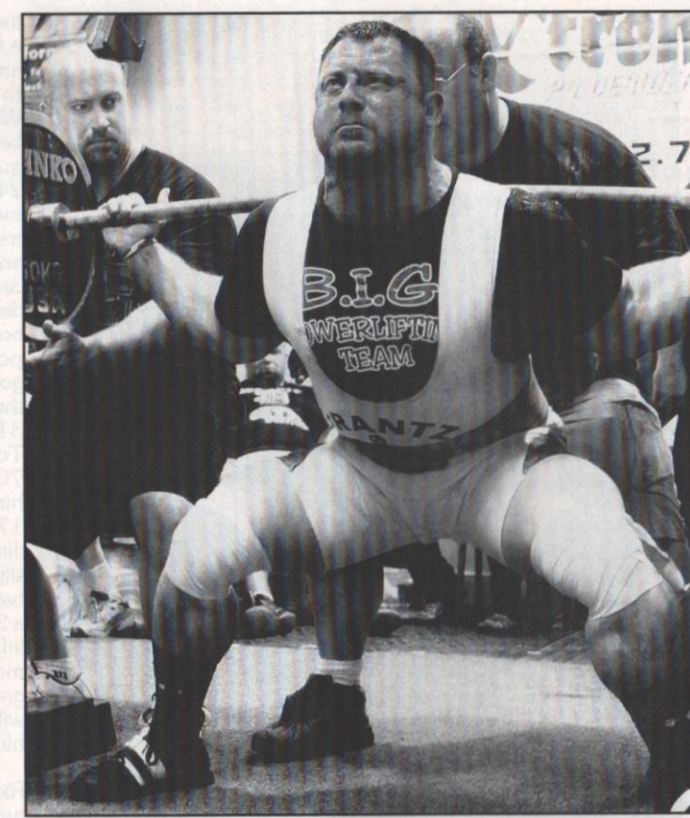
242s: This class was the biggest of the whole meet with 25 participants. It was also one of the strongest bunch of contestants in PL History. Two strong contenders to get into the medal winning trio didn't make it. Mike Roberts, 26, of North Canton, OH SQ'ed a good 832.2, then missed his huge BP tries: 644.8, 688.9 and finally 716.4. Kyle Robertson, 23, of Benson, NC took all 3 tries to succeed with his 931.45 WPC Junior WR SQ, as well as stay in the contest. He ended up with a huge 711 3rd attempt BP. At this point, he led everyone. His exuberance was short lived, 3 times missing his 677.9 DL attempts. With his elimination the Junior WR SQ he'd worked so hard for was also nullified. Five others zeroed: Peter Grosso, James Schneider, Eugene Covy, Ron Jones, and Ray Pierce.

10th place: Robert Ferris, 33, of Midland, MI, 1984.16 TOT. In 9th was Patrick Dick, 33, of Niagara Falls, NY. He posted a big 644.8 BP on route to his 1995.18 TOT. Butch Smith, 40, from Phillipsburg, NJ, is

one strong "Master Blaster". In 8th place he made 815.6 SQ, 507.1 BP and 677.9 DL, for a 2000.69 TOT. No misses for Butch until his final 705.4 pull try! Finishing in 7th was Matt Smith, 32, from Midland, MI. Matt fortified his 804.6 SQ, then hit 600.7 BP and pulled up 644.8 for a fine 2050.3 TOT. Blane Stussy, 30, from Chehalis, WA, is renowned as a benchner, and came in 6th, proving he's strong in all the lifts: 766.1 SQ, 650.3 BP, 688.8 DL for a 2105.41 TOT. All his lifts were openers, utilizing pure raw boned strength. Fourth and 5th place were up for grabs. Mike Johnston, 38, the strongest man competitor from Columbia, SC, fought tooth and nail with Justin Graalfs, 25, of Council Bluffs, IA. Talk about being evenly matched: Graalfs forged ahead with his 964.52 wide stanced SQ. Johnston opened with 920.42, no problem. He overestimated his ability and went to 1003, twice no dice! Graalfs got a 518.1 BP opener, then hit the rack with 534.6. Johnston trimmed his deficit to 5, hitting 556.6 (2nd). Both men pulled 722.1. For Johnston a 2nd attempt and Graalf's last! Mike found 755 too heavy and got 5th. Graalfs hit 2204.62 for a 4th place finish. Christian Simmons, 24, of Ocean Springs, MS, has strength that is almost uncanny. He has absolutely no fear of the weights. He mis-

grooved 936.96, then came back and blew it away. He jumped huge to 1003, but lost it coming up. His 672.4 BP opener beat the 661.4 WPC Men's Open record I saw Willie Wessels do in 1997 at the Atlanta APF Seniors. Simmons upped his newly created record to 716.4 (2nd) then jumped to a wacky crazy 755, an awesome try that didn't pan out. Christian had an incredible 66 lb. lead over two established superstars with an unreal 1653.46. ST. He'd used up all his artillery and missed a mere 628.3 DL twice, before I gave him a tip I'd learned from Hatfield. It must have worked because he got his 3rd and a solid 3rd place with a 2281.78 TOT.

The DL ability of the top American lifters today is, for the most part, pathetic compared to the first two lifts. I discussed this matter with my good friend Scott DePanfilis of Body Tech Strength Promotions. Scott is from Plaistow, NH, and has established himself not only as a great videographer, but also as a man with great insight into the sport of PL. Scott believes nobody can DL anymore because their body atrophies from wearing the SQ suit. I think most are just too lazy to work it, because you can get so much more out of equipment in the first two lifts. That's the easy way out. I didn't see probably a dozen



Jim Grandick has made amazing progress in a short time. (Josaitis)

DLs in the whole meet that were very impressive. This is so sad because the deadlift is really the only pure strength lift left and nobody

seems to be able to do it anymore. Officials don't know how to judge the lift anymore. At least 50% of the deadlifts I see passed these days aren't locked out, especially with sumo style. American DLing has decayed in the past two decades. In the 80s we had 20 or 30 lifters who could pull over 800. Today you can almost count them on the fingers of one hand.

The battle for top spot boiled down to two men, Joe Bayles, 28, a steadily rising talent from Heath, OH, and the man I've proclaimed (perhaps prematurely) as the new PL icon of the 21st Century, Travis Mash, of Mocksville, NC. In his last outing, Mash looked invulnerable at 220 having twice exceeded Coan's unreachable 2403 TOT with 2410 @ the WPO Finals last October in Atlanta, then 2414 at the WPO Super Open March 4 in Columbus, OH. It was there he came within inches of locking out 804.6 DL which would have given him a mind boggling 2480.2 TOT @ 220. Bayles came in with strong credentials, winning the IPA Nats last November with a 2325 TOT. Mash didn't try to make 220s here, and came in at 236.4. He looked uncomfortable with this increased bwt. It soon became evident he was suffering from burnout. Nothing went right. Mash missed his 925.94 SQ opener, but

APF Senior Nationals - 04 JUN 05 - Detroit, MI

WOMEN	BP1	BP2	BP3	J. Pinckard	217.5	222.5	227.5	227.5	227.5	227.5	
165 lbs.				J. Proce	227.5	227.5	227.5	227.5	227.5	227.5	
J. Turshnuik				242 lbs.							
SHW				A. Wilson	297	307.5	307.5				
S. Thoms	132.5	142.5	142.5	R. Lawrence	278.5	282.5	290				
	4th	147.5		M. Mangum	240	255	262.5				
L. Miller	125	137.5	142.5	C. Dexter	242.5	255	255				
MEN				B. Edwards	250	272.5	272.5				
165 lbs.				T. Bartolomei	245	245	222.5				
T. Hensley	167.5	187.5	195	C. Tallman	320	320	320				
181 lbs.				J. Biewer	320	320	320				
M. Minuth	182.5	195	207.5	275 lbs.							
T. West	165	165	182.5	D. Cosnotti	242.5	275	275				
198				R. Putnam	280	280	280				
S. Webb	242.5	242.5	242.5	308 lbs.							
220 lbs.				A. Baker	320	332.5	332.5				
C. Smith	300	320	320	J. Pinder	255	255	275				
G. Scott	285	300	320	P. Key	365	365	—				
R. Briggs	275	280	285	SHW							
F. Woodson, Jr.	227.5	250	250	S. Mendleson	400	410.5	410.5				
J. Martin	225	237.5	237.5	T. Webster	220	235	250				
WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
97 lbs.	130	135	140.5	62.5	62.5	67.5	202.5	130	135	135	337.5
B. Sieps											
114 lbs.											
M. Kirkland	165	182.5	187.5	75	80	82.5	265	147.5	158	162.5	422.5
123 lbs.											
L. Wilson	115	122.5	127.5	72.5	73.5	85	205	115	120	130	335
132 lbs.											
J. Ladweski	192.5	192.5	207.5	100	110	110	307.5	165	180	192.5	500
H. Burke	175	175	185	72.5	82.5	82.5	262.5	150	162.5	165	427.5
148 lbs.											
L. Ponce	215	227.5	227.5	25	85	87.5	300	175	180	200	500
B. LaPierre	162.5	172.5	172.5	57.5	85	85	257.5	130	137.5	152.5	395
K. Czerwiec	130	145	145	77.5	77.5	77.5	—	—	—	—	—
165 lbs.											
C. Myers	247.5	217	232.5	115	115	125	357.5	175	190	190	547.5
L. Denison	190	210	220	77.5	95	100	320	165	182.5	190	510
S. Pier	162.5	162.5	162.5	92.5	100	107.5	270	130	142.5	155	425
H. Harper	170	182.5	182.5	102.5	102.5	102.5	—	—	—	—	—
181 lbs.											
A. Huston	237.5	250	265	115	122.5	125	375	220	230	235	610
S. Mendleson	255	283	283	147.5	160	165	420	182.5	265	265	602.5
198 lbs.											
D. Widdis	250	255	267.5	120	120	125	392.5	200	207.5	240	600
E. Lawson	182.5	280	280.5	97.5	107.5	110	292.5	155	162.5	167.5	455

SHW	350	357.5	365	210	217.5	227.5	582.5	272.5	285	290.5	872.5
B. Swanson											
4th-SQ-377.5!											
K. Reske	217.5	237.5	250	145	162.5	182.5	412.5	185	205	225	617.5
J. Conner	230	235	242.5	102.5	112.5	115	357.5	177.5	187.5	192.5	550
K. LaMonica	152.5	162.5	167.5	92.5	110	110	245	160	165	—	405
MEN											
148 lbs.											
L. Josaitis	227.5	260	260	145	155	165	392.5	185	192.5	202.5	595
165 lbs.											
N. Hatch	345	345	365	212.5	215	227.5	592.5	230	240	245	837.5
4th-SQ-370.5!											
J. Gordon	280	305	312.5	172.5	187.5	192.5	492.5	280	280	292.5	785
B. Tincer	285	285	285	202.5	210	220	495	247.5	260	272.5	755
J. McElroy	287.5	310	320	165	175	182.5	495	240	260	272.5	755
M. Hardy	285	285	292.5	170	182.5	192.5	475	227.5	245	—	702.5
E. Stone	260	290	305	142.5	155	165	455	192.5	228	235	690
R. Marcus	220	237.5	250	155	167.5	172.5	422.5	212.5	230	245	667.5
G. Ripley	252.5	275	275	150	160	160	425	215	227.5	227.5	640
E. Talmant	265	265	287.5	60	152.5	152.5	347.5	245	265	277.5	625
181 lbs.											
B. Rapp	312.5	337.5	362.5	200.5	227.5	227.5	590	262.5	280	287.5	870
M. Maxwell	332.5	352.5	352.5	205	205	220	537.5	260	382.5	—	797.5
B. Benedix	300	320	332.5	195	202.5	217.5	527.5	237.5	250	—	777.5
G. Brochu	267.5	287.5	300	177.5	190	197.5	497.5	257.5	275	282.5	772.5
R. Hicks	295	317.5	317.5	200	220	217.5	495	237.5	260	260	733.5
T. Lavelle	305	320	320	200.5	227.5	237.5	557.5	250	250	250	—
Wambsgans	300	312.5	312.5	120	120	120	—	—	—	—	—
S. Wunz	272.5	282.5	282.5	102.5	102.5	102.5	—	—	—	—	—
198 lbs.											
M. Coe	345	345	365	227.5	237.5	250	602.5	272.5	297.5	300	902.5
J. Norman	312.5	365	377.5	205	227.5	230	605	295	320	320	900
R. Lunsford	325	337.5	365	217.5	242.5	242.5	582.5	272.5	292.5	305	887.5
D. Hanson	320	320	332.5	228.5	227.5	242.5	575	250	265	272.5	840
C. Belshe	325	325	340	190	200	200	525	270	272.5	287.5	812.5
E. Nesti	330	352.5	352.5	195	195	255	525	272.5	272.5	272.5	797.5
A. James	330	347.5	352.5	147.5	225	237.5	500	240	265	272.5	772.5
N. Gentges	272.5	272.5	272.5	207.5	227.5	240	512.5	250	250	260	772.5
S. Baker	285	307.5	307.5	185	200	207.5	492.5	265	277.5	285	770
T. Garland	317.5	317.5	317.5	192.5	197.5	207.5	525	240	255	255	765
S. Kuderick	307.5	342.5	342								

moved up to 953.5 and got it. He wanted to get a big advantage early. Up to 1003. He had it cockeyed on his shoulders, two or three inches to his left. He took it down deep, with his trademark hip dip to insure depth, started up, but tilting to his left he stuck about three quarters up. It was an effort that exhausted him and he never did recover. In the BP he opened with 633.8, then went to 688.9 and missed twice. He looked stale as last week's toast. Bayles, in the meantime, looked as sharp as a tack, posting personal bests of a 903.9 SQ and 705.4 BP. Going into the DL Bayles was 22 up. Both he and Mash made good 738.6 openers. Travis went to 760.6, but the SQ had taken its toll and he couldn't pull through. Bayles saw his golden opportunity and took 766.1 and made a nice lift. Bayles now had a TOT of 2375.48, 49 more than he'd done before, and a 49.6 lead over Travis. Who would've thunk it? Both men took 804.6 final lifts, neither succeeding. Bayles had risen to the occasion had pulled the upset of the meet. Mash finished 2nd with 2325.87 TOT. As for Travis, he will wisely forgo the Mountaineer Cup to get some badly needed R&R and regenerate the mighty turbine that had sputtered on this day. He will be ready for the big WPO Meet later this Summer in Chicago.

275s: the 2nd biggest class with 21 entered, and 5 falling by the wayside. Charles Fay, 25, Boca Raton, FL, made a big 1003 SQ, but bombed in DL. Ted Forbes, 33, West Haven, CT, came through with a 1008.6 SQ, final try, BP 534, then missed all his DLs too. Another 1000+ SQ'er, John Poremba, 24, of Amsterdam, NY couldn't get a big dunk past the judges, and was also eliminated. Matt Wenning, 25, of Muncie, IN, and Jerome Howery didn't make it through either. Fifteen of the 17 finishers TOT over 2000.69, tremendous depth. Lester Estevez, 32, from Jacksonville, FL, 268.2, finished 11th with 2077.85. Tenth place went to Shelby Robbins, 33, Lancaster, GA back in action after a few years away. Stronger than ever, Shelby went 881.8, 650.3, 639.4, for a 2171.55. He sweated down to 275, in his trademark plastic raincoat, just as I remember him doing 5 years ago. Jason Lawson, 29, 268.6 impressed me tremendously with an overpowering 2nd attempt 810.1 DL for a 2182.57, a 9th place finish. He made his big DL look so easy, I was surprised when he failed 826.6 on his last try. Eighth place was Jeremiah Myers, 28, 266.2 of Columbus, OH who had an excellent result of 2214.64. He just missed huge tries with 804.6 DL which could have boosted his sum to 2314.85 and vaulted him into 4th place. Scott Mount, 40, 273.6, from Nelsonville, OH, made a big result of 2221.15. The TOT as well as his 661.4 BP erased the long standing WPC 40-44 WRs set by the great Tim Bentley of 600.75 and 2199.11 17 years ago at the '88 APF Seniors. At the time Bentley was the first Master Lifter in the World to BP over 600! Kyle Gullede, 21, at 269.8 totaled the same 2221.15 as Mount, but came in 6th place, lighter in bodyweight. Kyle is another DL aficionado. He ripped up a 771.6 opener like an empty bar, then shot the works going for



Paul Stratakis made one of the biggest squats ever. (L. Josaitis)

848.8, just a tad too much this day. He's done 825 officially. Zech Cole, 21, 274.2 from an obscure Ohio town, is another new face with overabundance of great talent. SQ 903.9. His BP broke the Junior (20-23) WR of Konstantin Konstantinovs, LAT - a big 622.7. He also pulled 727.5 for a perfect 9-9 day for 2254.22 to secure 5th place. In 4th place was my nutty buddy, Zach Hudak, 25, now training under the guidance of Louie Simmons at Westside Barbell in Columbus, OH. That's a big step up from training alone! We finally got to see a glimpse of Zach's true awesome potential. SQ 903.9, BP 661.4, DL 744.1, 6-9 day and great 2309.34 TOT a strong 4th place in the toughest 275 lineup in PL History. In 3rd place is the constantly improving Michael Allocco, 27, from Sarasota, FL. Mike had a great day making 8-9 attempts. He SQ 1003.1 in his perfect upright style, BP 650.3 and DL 699.94, for a 2353.43 TOT. Runner-up was Alberta, Canada's, Allan Mehan, 32, @ 273.6. Al had the best day of his life setting an Open Men's WR SQ on a third attempt with 1036.17 which was indisputable! He also posted a fine 622.7 BP, and the biggest pull of his lifetime, 744.1. Allan was not hesitant to let the crowd know that he just totaled 2403.03. Competition like the world has never seen before brings out the best of the best! This year's champ has taken a quantum leap to the very top of the pecking order in just one short year. James Grandick, 36, 265.8 of Omaha, NE's Big Iron Gym came close to a perfect day.

Runner up in the 2003 WPC Worlds in Calgary @ 275 with a 2204.62 TOT, Jim won gold last year in Fresno with 2259 and won Best Lifter. Now he has a Senior national title to go with his other accolades. Jim made a big

increase back in January when he hit a big 2364.4 TOT via 970, 661.4 and 733. His goal here was not only to win but to eclipse longstanding WPC Open Men's TOT record belonging to a PL legend, the late great David Pasanella (1115.0/2458.15) set back in 1989 only months before his untimely death in a tragic auto accident. Jim buckled down and went straight to the task. He hit his 3rd attempt 1003 SQ, indisputably deep with a Crain "hip-dip" at the bottom and powered right up. At this point the light box conked out for good. We had to wait for the three thumbs up. Each of his BPs erased the 319.5 (705.0) record held by Craig Tokarski, done over 10 years ago: 705.4, 722.1 and 727.6. This gave him history's biggest 275 subtotal 1730.63. On his opening pull, 716.4, Jim was very psyched and his grip slipped. The loaders wire brushed the bar, and he came back and made it for a 2447.13 TOT and the win. One lift left. Up to 733. Jim had done it 5 months before in IA. He missed, a great disappointment for him. There will be another time. This will make him just that hungrier to get it.

308s: Bart Quinn, 37, of Port Richey, FL, SQ 854.3, missed 931.45 twice. He evidently hurt himself, and dropped out. Chris Wiers, 28, 304.4, from Auburn, ME, was a strong contender to win it all based on last year's Seniors performance of 2386.5, weighing 317.9. Chris didn't have a good day. He SQ 881.8,

then missed 936.95 twice. The BP, usually his best lift, was his undoing. Chris missed 633.8, then two tries with 705.4, and was eliminated! Mike Morgan, 29, of Ottawa, CAN, got pancaked, face down on the platform with 799.1. Not seriously injured, but shaken up; Mike tried it again, missed, then didn't return. Russ Barlow, 45, 300, of Turner, ME (the APF Vice President) broke Bruce Greig's 45-49 909.4 WR SQ with 914.9 on a 2nd attempt. He coasted to a 2105.4 TOT & 7th place. In 6th was Robert White of Kalamazoo, MI, scoring 2127.46. CAN's David Grifton of Banford, ONT, is grandson of the Olympic WL Bronze Medalist @ 165. Gerald Gratton, Helsinki, FIN (1952). Weighing 286.2, his SQs (920.42) were deep and a pleasure to watch. His BP was flawless (628). David pulled 639.3 for a 2188.9 TOT, and a well earned 5th place. Jon Grove, 31, Dallas, GA, looked like a Brahma Bull. He pulled 639.4 also, to put himself five above David in 4th place with 2193.6 TOT. Greg Theriot, 21, of Baton Rouge, LA, 286, got a good 964.52 3rd SQ WPC Junior WR for 2254.22, another JR WR. What a surprise was the 2nd place finish of Ronkonkoma, NY's Christian Taylor, age 32. Chris looked rather big enough to burst at 294, but the added beef made him lots stronger. He smashed all his personal bests big time! SQ 903.9, BP 727.5, DL 639.4, for a TOT 2270.76. He went 9-9. His 2nd place finish was his highest in Senior National competition. Jim Hoskinson, now 40, is a true Miracle Man. He got involved in PL to rehab himself after suffering horrific injuries, which included a complete double quad tear and a ruptured achilles tendon. Doctors said he'd never walk again. Jim's battle for self preservation has transformed him into one of

the strongest men in the World. He won the WPC World Championships in Fresno and overwhelmed his opponents here winning his first Seniors title. He's polite, quiet, with a soft spoken gentle demeanor that doesn't reflect his ferocious looks. He had no challengers today. Jim's squats are an awesome display of power, with 1019.63 right off the bat. He went to 1069.24, which was ruled shallow. He has no fear of heavy weights. He went up to 1091.29. He sank it lower. Stood - good! A new WPC Men's Open as well as a 40-44 WPC WR. James hit his best ever BP today (600.75) on a 2nd attempt. He pulled two (688.9) for 2380.99 TOT, 71 better than he's done before. A big victory for a big hearted guy.

SUPERS

It was a dream line-up of fifteen of the strongest men on earth. The only other place you could see such ponderous pachyderms would, of course, be the WPO. This prestigious meet was a stepping stone to get there. Three men in this class bombed out. Early on it was Ron Hodge, 26, 322, from Kennesaw, GA. Another big boy, Tom Skiver, 346.1, from Cadillac, MI, zeroed with a 705.4 BP after making a 903.9 SQ. A giant newcomer is Tim Harold Jr., 21, from Pataskala, OH. At age 21 and 433.2, and about 6'8", he blocks out the sun. Tim has to be the biggest boy Louie Simmons has ever coached. He's already over 2400 in the 2 short years he's lifted. I understand Tim came into this meet injured, but he gave it the ole college try. His 947.9 opener wouldn't go, and two tries with a big 1003 left him watching the rest

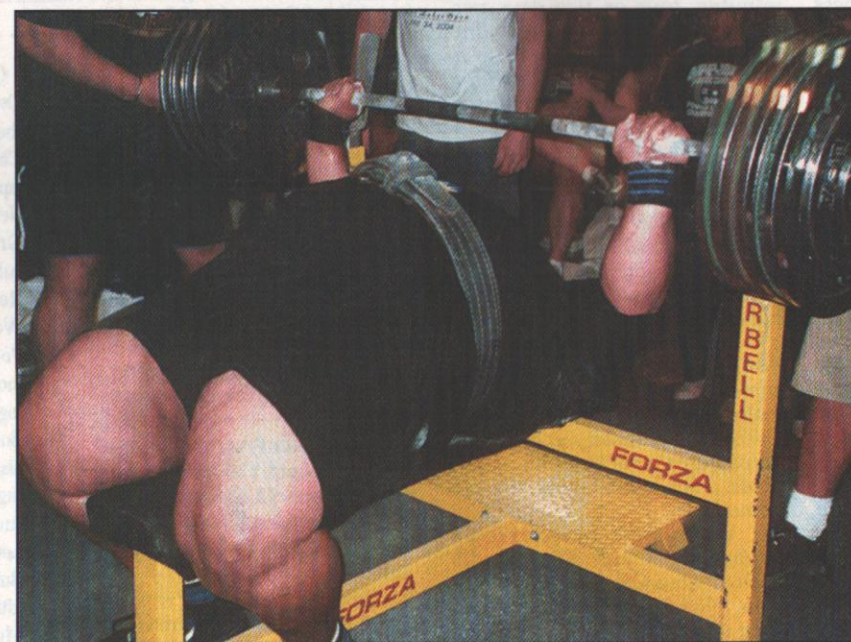
of the meet. Keith Southwood, 40, of Jacksonville, FL, finished 11th with 1945.57. BP specialist Joe 1 Toranzo, 34, 321.8 from Lyndhurst, NJ, suffered a double tricep rupture a year or so ago when a 775 BP he was attempting fell on his face. Joel resurfaced here doing all 3 lifts. Is that cool or what? He got an 881.8 SQ, 650.3 BP, and a 2138.5 TOT, good enough for 10th place in this awesome field. John Ewing, 24, 319.8 of Livonia, LA, was back in action only 8 months following a broken forearm at the 2004 WPC Worlds in Fresno, CA. He came in 9th here. Almost fully re-habed, he opened with a PR 1008.6 SQ, but missed with 1036.16 twice. He BP'ed 578.7. 99 less than

the weight that did him in last Fall. John scored 2237.69 a PR TOT, quite impressive since he hasn't had a complete recovery yet. In 8th place was Craig Gallo, age 33, from Dexter, MI. Craig has been out of action himself the past couple of years, due to a ruptured quadricep. Craig looked good in all his lifts: 1030.66 SQ (3rd) a PR. A 589.7 BP (another PR), and he equaled his best ever, which was TOT 2342.41. Eleven pounds ahead of Gallo in 7th place was sensational newcomer Shedrick "Tex" Henderson, age 28, who is about 6'6", 400.8 from Columbia, SC. He's a reincarnation of the late great "O.D. Wilson". Tex made all his SQ's 1025.14, and a 622.8 2nd attempt BP. Despite two miscues with a 744 DL, Shedrick TOT 2353.43. Finishing in 6th position was last year's surprise champ (2347.92) @ 308. This year he's a wee bit heavier (around 325 or so). Jonathan Bernor's wife sat beside me rooting him on. He SQ 1003.1 a good opener, but got denied 1041.68, then 1052.7, on depth calls. His BP is awesome. Bernor made 722 and 749.6 look easy, but lost a big attempt with 804.6. Bernor pulled 650.3 like nothing, then lost two tries with 722. TOT 2403.03 a PR result. Paul Stratakis, 36, Roseville, MI, 331.8 is a late bloomer. He hit 2255 last year and was way stronger now. He made the biggest successful SQ of the class (1063.73) 3rd. He BP'ed 584.2 on an opener and hoisted a respectable 760.6 2nd attempt for 2408.55. Paul was satisfied waived his 3rd. In 4th was Chad Aichs, 33, a big, bearded fellow from Sparks, NV. Aichs psyches up furiously. He scowls, howls, and growls. He

opened huge 1052.7 - a miss! He returned to make a rousing success. He made a big jump to 1102.3 - no lift today. He has no fear of the barbell. He opened big in BP - 705.4, and a miss! But, he came right back and made it. His huge 1758.18 S.T. set him up for his 705.4 2nd DL to make a 2463.66 TOT, on 1y good enough for 4th place in this fantabulous competition. In 3rd place was big Mike Ruggeria, 38, 349.4 of Galloway, OH. No heebie-jeebies today for Ruggeria. He wore a scowl of utmost confidence. Mike, the pride of Westside Barbell, had a real good day. He squatted 1030.6 with power to spare, then missed a 1063.73 last attempt. Mike aced a 633.8 BP, then missed a 683 PR twice. A very good DLer, Mike hoisted 821.2, 2nd lift, TOT 2485.71.

Runner-up in his first ever APF Senior Nationals, was the gigantic Jeff Lewis, 35, of Arnold, MO. Jeff weighed in at 525 and is the heaviest of the world's strongest PLers. Jeffis on a two year vacation from the USAPL and decided to jump into the hotbed where the Big Boys play. Jeff did not have a lot of time to learn how to use the equipment to his full advantage, but he did quite a remarkable job on such short notice. He was coached by his friend and USAPL colleague Dr. Patrick Anderson, D.C. Jeff is quite agile considering his enormous girth. His thighs measure at least 50 inches, and his chest is nearly six feet in circumference (69" no less). To get below parallel in SQ, Jeff finds it necessary to "sit on his ankles" (almost). He opened with 964.52, a toy, then went straight to 1041.68 equally as easy! He tried

a monster 1102.3 final lift and got up, though it was ruled high. Jeff has perfect leverages for benching. His chest is so huge that with the maximum allowable grip, his stroke is maybe 6-8 inches. He did 722, then 771 a PR, and finally 788.1. All lifts looked easy. I thought he might have been good for 804.6, but Dr. Anderson told me he hasn't got used to locking out such big weights yet. Jeff was testing waters he'd never explored before. Lewis pulled a PR 733.1 DL for a great 2562.87 TOT on an 8-9 day. He's going to make the ground shudder and shake when he jumps in the WPO competition. Garry Frank has been under the weather for over a year. In 2004 at the Arnold weekend, Garry hit a 2703 total. One month later he did 2805.38. Shortly after that Garry was struck with injuries. Sciatica, stemming from his football days, flared up and all but incapacitated the big man. Then a shoulder problem plagued him. Garry bombed at the 2004 Worlds in Fresno and dislocated his shoulder in the SQ at the WPO Super Finals this past March. It was redemption time. Garry was back to prove he's "still the man". He lifted gingerly so as not to cause any more trauma. Garry got timed out when his rack height was calibrated wrong and he couldn't get 1014.1 out of the Monolift to commence. He was quite annoyed at this. His repeat went easy, but he'd wasted an attempt. Up to 1041.67 - final SQ. Garry took it extra deep to assure whites. He finished it off with effort, and got a good lift! In the BP he took it easy 722.1, then 788.1, a new WPC Open Men's WR, and a stab at 804.6 that was mis-grooved. In the DL, a safe 804.6 assured his win with 2634.52, a WPC Open Men's WR. Yet another Senior National title for Garry who came in at a streamlined 365.39. He took a tug at 848.7, but not so hard as to aggravate his back. It didn't clear the deck. The competition was over and all the awards were distributed by 3 AM Monday morning. Jim Hinze was left holding the bag, the trash bag, that is. He asked for some of the lifters still hanging around to pitch and help, but - of course - nobody did. What did he expect - a small amount of gratitude for all the hard work? Jim said 'never again', but I'll bet you a dollar to a donut he'll be bidding for it sometime again. When you are glutton for punishment, it's just in the blood.



Short Stroke ... big, BIG Jeff Lewis benching off a 69" chest (Herb Glossbrenner photo)

(article continued from pg. 41)

would be facing the lifter, thereby protecting the biceps."

Rosa speaks from experience. Over its 30-year history, Central Illinois Weightlifting Gym has produced many successful Olympic lifters, powerlifters, and bodybuilders. The legendary powerlifter, Mike Bridges, learned to squat, bench press, and deadlift at Central Illinois Weightlifting Gym, going on to win an incredible eight world championships. Younger brother Bob also enjoyed a successful powerlifting career. In 1995, he made an unofficial, world record deadlift of 735 pounds in the 165-pound weight class.

Lightweight powerlifting phenomenon, Freddie Higgins, another of Rosa's protégés, racked up five world championship titles during the '80s and '90s. He's bench pressed an amazing 319 pounds in the 123-pound weight class.

In all, Rosa's members have set 131 world powerlifting records. But, the records don't stop with powerlifting.

In 1986, Central Illinois's resident bodybuilder, Greg Ulrich, reached for the stars, becoming Mr. Illinois and later advancing to the "Universe."

Bob Kuhn, who has been with Rosa since the gym opened, has won two world arm wrestling titles. The list goes on.

Today, Central Illinois Weightlifting Gym is still producing champions. While most are young men and women, a surprising number are middle-aged or older.

As a current member of Central Illinois Weightlifting Gym, I can attest to the soundness of Bob Rosa's training techniques. In 2003, I broke Son Light Power International state and national deadlift records for the 198-pound class of the masters 45-49-year-old division with lifts of 565 and 580 pounds respectively.

Admittedly, these were modest accomplishments compared to those of Rosa's world-class lifters. Still, a number of people have asked me how I am able to increase my PR (personal record) at age 46. I know they expect some great revelation, but my answer always reflects the training principles of the past. I insist on adhering to the "basic" training concepts developed by the lifters and recovery are the keys to success with any form of weight training.

Now in my 21st year as a powerlifter, I've been delighted to find that lifting only gets easier. Young, hungry lifters are often intense and consistent, but invariably refuse to yield to the

fact that recovery is 50% of weight training.

Bob Abner, a 27-year bodybuilding veteran who has trained a long line of champion, female bodybuilders at Central Illinois Weightlifting Gym agrees. "Intensity truly is the key to bodybuilding or what powerlifters refer to as assistance training," states Abner. "Most people make the mistake of resting too long between sets. A pro bodybuilder moves quickly from set to set. If you can't finish your workout in 45 minutes to an hour, you're not training with the proper intensity. Train hard, go home, down ample amounts of quality protein, say 300 grams per day, and relax. Consistently practice these principles and you will get results."

"The gym business has changed," admits Rosa. "Today, not everyone who walks into my gym wants to be an Olympic lifter or powerlifter. The average person just wants to lose weight. Most of the younger guys want to bodybuild. But, no matter what your goal, if you walk through that door and train properly, you're going to see results. That makes you a winner."

"The hardest part of this business is getting people to understand that the training principles are the same whether they want to compete or just get into shape. If you want to lose weight, do what professional lifters do when they want to drop to a lighter weight class. Train the weights to increase fat-burning muscle. Second, reduce the amount of fat in your diet. Third, raise your metabolism by performing some sort of aerobic exercise, such as running on a treadmill or riding a bike for 30 minutes, four or five days per week. Most people are shocked at how little time is required to train effectively. If powerlifters and bodybuilders don't workout for three hours every day, why would someone with a less ambitious goal?"

Rosa maintains that the road to success for competitors and casual lifters alike is to develop weight training into a lifestyle that not only becomes automatic, but enjoyable.

"The gym becomes a second home," he explains. "The camaraderie among people who train with weights is unique. Everyone is focused, yet each one helps the other achieve his or her goals. Isn't that what it's all about?"

With another ten years to go before retirement, Rosa is still excited about the future of his gym. "I know there are young men and women out there who have yet to discover weight training," he says, smiling. "I'm

looking forward to helping them reach their goals. They can come here, sling hand chalk, and drop weights without getting yelled at. The emphasis here is on improving."

Proper research, training, and old-school methods have done well for the P/Lers in Peoria. Sounds like owner Bob Rosa really knows what it takes. Just like the Masai sparmen.

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760 Hayes, K. 12/4/04
760 Soppelsa, D. 3/19/05
760 Billiot, D. 4/2/05
755 Nessa, K. 4/17/04
755 Ford, J. 5/9/04
755 Arroya, P. 8/7/04
755 Chovanec, J. 4/17/05
750 McKimmie, S. 4/4/04
750 Morgan, M. 7/24/04
750 Wagner, J. 9/11/04

750 Simpson Jr., P. 11/21/04
750 Morrow, C. 2/26/05
750 Holland, P. 2/26/05
749 Gonzales, D. 5/2/04
749 Culnan, S. 7/11/04
749 Whalen, E. 7/11/04
749 Isabella, T. 8/14/04
749 Healy, R. 10/17/04
744 Cyranoski, S. 6/6/04
744 Parkhurst, S. 6/19/04

TOP 100

For standard 275 lb./125 kg. USA lifters in results received from April/2004 thru April/2005

SQUAT

- 1 1057 Bartley, M. 3/5/05
- 2 1008 Garcia, J. 10/10/04
- 3 1005 Poremba, J. 11/21/04
- 4 1003 Griffin, M. 11/6/04
- 5 1003 Bailey, C. 11/7/04
- 6 976 Basson, O. 11/21/04
- 7 970 Levario, N. 6/26/04
- 8 955 Lowe, S. 15/04
- 9 942 Forbes, T. 6/6/04
- 10 940 Wendler, J. 4/4/04
- 11 936 Patrick, J. 10/10/04
- 12 935 Green, J. 11/21/04
- 13 931 Fay, C. 12/5/04
- 14 930 Tillman, K. 4/23/05
- 15 925 Smith, S. 6/6/04
- 16 920 Stafford, J. 6/6/04
- 17 905 Grandick, J. 10/2/04
- 18 905 Mount, S. 11/21/04
- 19 903 Holdsworth, J.L. 6/6/04
- 20 903 Story, P. 6/6/04
- 21 903 Durham, B. 8/7/04
- 22 855 Alocco, M. 8/22/04
- 23 903 Panora, G. 10/31/04
- 24 903 Askew, M. 4/9/05
- 25 900 Bott, J. 12/18/04
- 26 870 Primeau, P. 11/21/04
- 27 870 Castile, C. 3/5/05
- 28 870 Estevez, L. 4/2/05
- 29 865 Lanier, M. 6/19/04
- 30 860 Buck, D. 9/18/04
- 31 859 Grove, J. 6/6/04
- 32 855 Minnaugh, B. 12/18/04
- 33 850 Millheiser, K. 7/11/04
- 34 850 Cole, Z. 7/11/04
- 35 850 Myers, J. 11/21/04
- 36 848 Wagner, G. 7/11/04
- 37 848 Saklierna, E. 7/11/04
- 38 848 Jurkowski, G. 12/5/04
- 39 843 Dippre, C. 12/11/04
- 40 835 Sargent, H. 8/21/04
- 41 835 Hudak, Z. 11/21/04
- 42 830 Woods, S. 10/23/04
- 43 826 Cardella, T. 7/11/04
- 44 825 Koch, D. 11/21/04
- 45 825 McQuaid, J. 12/18/04
- 46 821 Halliwell, P. 4/24/05
- 47 820 Youngs, B. 5/30/04
- 48 815 Robinson, J. 4/4/04
- 49 815 Wenning, M. 7/11/04
- 50 815 Taylor, C. 8/21/04
- 51 815 Anderson, M. 2/19/05
- 52 815 Fannon, T. 4/3/05
- 53 810 Theriot, G. 6/6/04
- 54 810 Weber, B. 10/23/04
- 55 805 Campbell, G. 12/11/04
- 56 804 Ferguson, W. 7/11/04
- 57 804 Ryder, C. 4/24/05
- 58 800 Adams, B. 4/4/04
- 59 800 Petricari, C. 5/30/04
- 60 800 Ramsey, W. 7/11/04
- 61 800 Shuman, B. 7/11/04
- 62 800 Hoffman, M. 9/11/04
- 63 800 Gullede, K. 9/18/04
- 64 800 Majerle, M. 9/18/04
- 65 800 Dimidiuk, M. 11/21/04
- 66 800 Floyd, J. 12/11/04
- 67 800 Evans, M. 12/11/04
- 68 788 Cartwright, S. 8/14/04
- 69 788 McDaniel, M. 10/14/04
- 70 788 Favre, D. 11/6/04
- 71 782 Lade, S. 7/11/04
- 72 782 Rhodes, M. 10/31/04
- 73 782 Bonneville, G. 4/24/05
- 74 775 Riedy, C. 4/17/04
- 75 771 Rogers, D. 2/19/05
- 76 771 Anderson, J. 4/2/05
- 77 766 Ransbottom, J. 8/15/04
- 78 760 Higgins, M. 5/2/04
- 79 760 Harth, R. 6/26/04
- 80 760 Forby, T. 7/11/04
- 81 760 Hayes, K. 12/4/04
- 82 760 Soppelsa, D. 3/19/05
- 83 760 Billiot, D. 4/2/05
- 84 755 Nessa, K. 4/17/04
- 85 755 Ford, J. 5/9/04
- 86 755 Arroya, P. 8/7/04
- 87 755 Chovanec, J. 4/17/05
- 88 750 McKimmie, S. 4/4/04
- 89 750 Morgan, M. 7/24/04
- 90 750 Wagner, J. 9/11/04
- 91 750 Simpson Jr., P. 11/21/04
- 92 750 Morrow, C. 2/26/05
- 93 750 Holland, P. 2/26/05
- 94 749 Gonzales, D. 5/2/04
- 95 749 Culnan, S. 7/11/04
- 96 749 Whalen, E. 7/11/04
- 97 749 Isabella, T. 8/14/04
- 98 749 Healy, R. 10/17/04
- 99 744 Cyranoski, S. 6/6/04
- 100 744 Parkhurst, S. 6/19/04

BENCH

- 826 Fiedler, A. 8/7/04
- 815 Crawford, B. 3/12/05
- 755 Putnam, R. 11/21/04
- 740 Coulter, M. 7/10/04
- 730 Kelley, B. 12/4/04
- 727 Holdsworth, J.L. 6/6/04
- 722 Franco, A. 2/20/05
- 722 Stafford, J. 3/5/05
- 715 Lade, S. 3/19/05
- 710 Lane, H. 5/2/04
- 700 Peshek, J. 11/15/04
- 700 White, B. 8/21/04
- 700 Taylor, C. 8/21/04
- 699 Bartley, M. 3/5/05
- 683 Grandick, J. 8/7/04
- 683 Delaval, M. 4/9/05
- 680 Harrison, T. 12/18/04
- 677 Bowman, D. 3/12/05
- 675 Zemmin, J. 7/24/04
- 665 Leach, J. 5/2/04
- 661 Erickson, J. 7/24/04
- 660 Bruce, T. 9/18/04
- 657 Vargo, P. 7/17/04
- 650 Millheiser, K. 4/17/04
- 650 Smith, S. 6/6/04
- 650 Klingner, B. 7/10/04
- 650 Cawley, B. 7/24/04
- 650 Patrick, J. 10/10/04
- 650 Alocco, M. 11/6/04
- 650 Primeau, P. 11/21/04
- 650 Hudak, Z. 11/21/04
- 650 Mount, S. 11/29/05
- 644 Story, P. 6/6/04
- 644 Rollins, D. 6/19/04
- 644 Levario, N. 6/26/04
- 644 Wilson, A. 4/2/05
- 640 Knight, M. 1/29/05
- 635 Rectenwald, E. 3/19/05
- 630 Millheiser, K. 7/11/04
- 630 Martinez, J. 12/4/04
- 628 Read, A. 4/3/04
- 628 Rhodes, C. 5/2/04
- 625 Mayer, K. 6/5/04
- 625 Deweese, K. 7/24/04
- 625 Hoffman, M. 9/11/04
- 625 Basson, O. 11/21/04
- 625 Snyder, J. 3/12/05
- 625 Kroczaleski, M. 3/19/04
- 625 Welch, D. 3/26/05
- 625 Pechmiller, B. 4/2/05
- 622 Garcia, J. 10/10/04
- 622 Cardella, T. 11/14/04
- 622 Lane, N. 11/15/04
- 620 Wornack, M. 3/5/05
- 620 Campbell, G. 12/11/04
- 617 Hoelstra, S. 5/22/04
- 617 Harris, P. 8/7/04
- 617 Finegan, S. 11/15/04
- 615 Mackey, K. 4/2/05
- 611 Belk, M. 5/2/04
- 611 Watkins, J. 6/12/04
- 610 Myers, J. 11/21/04
- 610 Harris, M. 4/16/05
- 606 Nichols, B. 5/8/04
- 606 Norris, R. 11/15/04
- 606 Gilliam, A. 4/23/05
- 605 Powell, S. 8/29/04
- 605 Timbs, H. 9/11/04
- 605 Van Bosel, M. 3/19/05
- 605 Ridgion, R. 4/3/05
- 600 McCaslin, Z. 4/17/04
- 600 Lincoln, R. 4/24/04
- 600 Jacobs, J. 6/19/04
- 600 Shipley, S. 6/19/04
- 600 Knobler, J. 6/27/04
- 600 Hicks, A. 7/10/04
- 600 Micka, J. 7/24/04
- 600 E'Dalgo, C. 9/18/04
- 600 Griffin, M. 11/6/04
- 600 Holloway, P. 11/15/04
- 600 Manning, S. 1/15/05
- 600 Lemanski, T. 12/5/04
- 600 Anderson, P. 12/11/04
- 600 Estevez, L. 4/2/05
- 600 Askew, M. 4/9/05
- 600 Barnett, R. 4/16/05
- 590 Vickers, S. 8/8/04
- 589 Rogers, C. 4/2/04
- 589 Ludlam, R. 11/15/04
- 589 Castile, C. 3/5/05
- 585 Martin, D. 4/3/04
- 585 Winter, R. 11/20/04
- 585 Martens, R. 1/22/05
- 585 Balthazor, D. 1/05
- 584 Donati, R. 4/25/04
- 584 Plante, G. 9/12/04
- 584 Bailey, C. 11/7/04
- 584 Kesling, T. 11/15/04
- 584 Castillo, M. 3/5/05
- 581 Sibeto, P. 3/13/05

DEADLIFT

- 830 Gullede, K. 9/18/04
- 822 Barno, D. 7/11/04
- 820 Stafford, J. 4/4/04
- 805 Myers, J. 11/21/04
- 804 Jackson, J. 5/1/04
- 804 Holdsworth, J.L. 6/6/04
- 800 Lowe, S. 15/04
- 800 Jurkowski, G. 12/5/04
- 800 Lawson, J. 12/11/04
- 799 Griffin, M. 11/6/04
- 782 Garcia, J. 10/10/04
- 775 Sargent, H. 8/21/04
- 771 Abbott, J. 4/3/04
- 771 Courtney, A. 5/1/04
- 771 Patrick, J. 10/10/04
- 771 Rogers, D. 2/19/05
- 771 Holmes, C. 3/12/05
- 766 Cardella, T. 7/11/04
- 766 Holloway, P. 11/15/04
- 760 Hodges, J. 10/9/04
- 760 Panora, G. 10/31/04
- 760 Dahlen, C. 11/20/04
- 755 Story, P. 6/6/04
- 750 Millheiser, K. 4/17/04
- 749 Jacobs, J. 5/1/04
- 749 Lanier, M. 6/19/04
- 749 Parkhurst, S. 6/19/04
- 749 Durham, B. 8/7/04
- 744 Pritchett, J. 5/22/04
- 744 Forbes, T. 6/6/04
- 740 Howard, K. 10/10/04
- 733 Ransbottom, J. 8/15/04
- 733 Grandick, J. 10/10/04
- 733 Tuchscherer, M. 4/17/05
- 730 Kroczaleski, M. 7/24/04
- 730 Mazan, N. 11/6/04
- 727 Hudson, J. 11/15/04
- 727 Castile, C. 3/5/05
- 725 Vickers, S. 7/10/04
- 725 Koch, D. 11/21/04
- 725 Davidson, D. 4/16/05
- 722 Medak, A. 6/19/04
- 722 Schoen, S. 7/11/04
- 720 Minnaugh, B. 12/18/04
- 716 Bartley, M. 6/6/04
- 716 Culnan, S. 7/11/04
- 716 Fernandez, J. 8/22/04
- 710 Harth, R. 6/26/04
- 710 Ryder, K. 3/26/05
- 705 Martin, M. 4/3/04
- 705 Madvig, B. 4/24/04
- 705 Fay, C. 6/19/04
- 705 Whalen, E. 7/11/04
- 705 Hubak, Z. 11/14/04
- 705 Isabella, T. 8/14/04
- 705 Healy, R. 10/17/04
- 705 Holate, M. 11/6/04
- 705 Manning, S. 1/15/05
- 705 McQuaid, J. 12/18/04
- 705 Askew, M. 4/9/05
- 705 Stumbo, C. 4/10/05
- 700 Houston, S. 5/2/04
- 700 Carter, J. 6/12/04
- 700 Duncan, L. 7/24/04
- 700 Suokardi, L. 8/22/04
- 700 Majerle, M. 9/18/04
- 700 Bajsost, B. 11/27/04
- 700 Geiger, M. 1/15/05
- 700 Driskill, B. 1/22/05
- 699 Smith, S. 6/6/04
- 695 Youngs, B. 5/30/04
- 694 Ferguson, W. 7/11/04
- 694 Anderson, M. 12/11/04
- 690 Lanoue, B. 1/8/05
- 688 Schaeuble, A. 4/17/04
- 688 Wagner, G. 7/11/04
- 688 Meulenber, R. 7/11/04
- 688 Shiffer, D. 12/11/04
- 685 Taylor, C. 8/21/04
- 685 Stewart, K. 9/4/04
- 685 Adams, B. 11/13/04
- 685 Billiot, D. 4/2/05
- 683 Capps, J. 5/2/04
- 683 Dippre, C. 12/11/04
- 683 Ringer, M. 4/10/05
- 683 Chovanec, J. 4/17/05
- 680 Robinson, J. 8/28/04
- 680 Pace, L. 10/30/04
- 680 Price, P. 11/21/04
- 680 Pressley, C. 1/22/05
- 680 Meador, L. 4/2/05
- 677 Drummond, F. 4/24/04
- 677 Levario, N. 6/26/04
- 677 Saklierna, E. 7/11/04
- 677 Krych, E. 11/15/04
- 677 Bailey, C. 12/5/04
- 677 Green, J. 4/9/05
- 675 Mason, C. 4/24/04
- 675 Beck, B. 8/7/04
- 675 O'Donnell, M. 11/13/04

TOTAL

- 2463 Bartley, M. 3/5/05
- 2436 Holdsworth, J.L. 6/6/04
- 2436 Stafford, J. 3/5/05
- 2414 Garcia, J. 10/10/04
- 2403 Griffin, M. 11/6/04
- 2358 Patrick, J. 10/10/04
- 2303 Story, P. 6/6/04
- 2295 Levario, N. 6/26/04
- 2281 Grandick, J. 10/2/04
- 2276 Smith, S. 6/6/04
- 2270 Lowe, S. 15/04
- 2265 Myers, J. 11/21/04
- 2243 Forbes, T. 6/6/04
- 2227 Panora, G. 10/31/04
- 2225 Wendler, J. 4/4/04
- 2210 Askew, M. 4/9/05
- 2204 Cardella, T. 7/11/04
- 2200 Millheiser, K. 7/11/04
- 2200 Taylor, C. 8/21/04
- 2200 Gullede, K. 9/18/04
- 2200 Primeau, P. 11/21/04
- 2193 Bailey, C. 11/7/04
- 2190 Hudak, Z. 11/21/04
- 2188 Castile, C. 3/5/05
- 2171 Alocco, M. 8/22/04
- 2160 Fay, C. 6/19/04
- 2150 Durham, B. 8/7/04
- 2149 Lanier, M. 6/6/04
- 2140 Poremba, J. 11/21/04
- 2130 Mount, S. 11/21/04
- 2125 Sargent, H. 8/21/04
- 2120 Minnaugh, B. 12/18/04
- 2110 Jurkowski, G. 12/5/04
- 2105 Wagner, G. 7/11/04
- 2101 Basson, O. 11/21/04
- 2100 Koch, D. 11/21/04
- 2088 Lade, S. 1/29/05
- 2085 Campbell, G. 12/11/04
- 2072 Estevez, L. 4/2/05
- 2061 Saklierna, E. 7/11/04
- 2060 Bott, J. 12/18/04
- 2050 Ferguson, W. 7/11/04
- 2050 Ransbottom, J. 8/15/04
- 2050 Buck, D. 9/18/04
- 2050 Anderson, M. 12/11/04
- 2040 Ramsey, W. 7/11/04
- 2035 Green, J. 11/21/04
- 2033 Culnan, S. 7/11/04
- 2033 Wenning, M. 7/11/04
- 2030 Cole, Z. 7/11/04
- 2025 Hoffman, M. 9/11/04
- 2015 Youngs, B. 5/30/04
- 2015 Majerle, M. 9/18/04
- 2006 Healy, R. 10/17/04

APA Central Florida Open BP/DL
28 MAY 05 - Oviedo, FL

BENCH	T. Gainer	475
MEN	Master-3	
165 lbs.	Groenendaal	225
B. Schwab	308 lbs.	
Junior	Open	
J. Land	J. Medoche	600
181 lbs.	Submaster	
Open	J. Berry	435
R. Hines	SHW	
Master-4	Open	
E. Foran	S. White	700
198 lbs.	4th-706	
Drug Tested	Submaster	
B. Highnote	S. White	700
Open	4th-706	
T. Walyos	—	300
G. Manney	DEADLIFT	
Submaster	MEN	
Wahrenberg	165 lbs.	310
Master-1	Open	
G. Godwin	B. Schwab	615
G. Manney	Teen	275
220 lbs.	R. Lynch	365
Handicap	Junior	
Shackelford	T. Watkins	425
125	181 lbs.	
Teen	Master-1	
B. Lessmann	J. Lynch	501
410	Master-4	
Open	E. Foran	275
A. Yearby	198 lbs.	
585	Open	
C. Eaddy	450	
A. Medina	375	
Master-1	T. Walyos	450
A. Yearby	Drug Tested	
585	J. Cervero	645
J. Fore	355	
Master-3	J. Cervero	645
Churchman	371	
242 lbs.	G. Godwin	435
Drug Tested	220 lbs.	
D. Shaw	565	
Open	B. Lessmann	430
J. Jordan	480	
Submaster	L. Russell	650
D. Shaw	565	
275 lbs.	A. Medina	505
Open	Master-2	
D. Rollins	635	
Drug Tested	L. Russell	650
T. Gainer	475	
Junior	4th-670	
C. Briley	450	
Master-2	Master-3	
	Groenendaal	400



Jeff Cervero deadlifts at the APA Central Florida Open. (S. Taylor)

with a 645 deadlift at 195.5 bodyweight. (Thanks to Scott Taylor for these results)

NASA Powersports Nationals
12 MAR 05 - Springfield, OH

BENCH	Bokuniewicz	52.5
WOMEN	220 lbs.	
Master-1	J. Briner	71
123 lbs.	J. Fickel	70
L. Lowery	57.5	
Master-2	242 lbs.	
148 lbs.	W. Lamb	72.5
B. Beazley	60	
Master Pure	SHW	
MEN	J. Phillips	80
Junior	242 lbs.	
148 lbs.	J. Lovelien	92.5
E. Schneider	112.5	
Master-1	DEADLIFT	
220 lbs.	WOMEN	
J. Forren	177.5	
242 lbs.	Master-2	
K. Robbison	200	
Master-2	181 lbs.	
Bokuniewicz	120	
198 lbs.	S. Avery	280
D. Vargo	142.5	
220 lbs.	J. Fickel	185
J. Fickel	145	
242 lbs.	Natural	
M. Brown	165	
Master-3	220 lbs.	
137.5	S. Avery	280
K. Rowan	Teen	
Master Pure	181 lbs.	
220 lbs.	M. Lenzi	230
J. Forren	177.5	
SHW	Youth	
J. Ray	197.5	
J. Phillips	182.5	
Natural	L. McGonagle	57.5
242 lbs.	SQUAT	
K. Robbison	200	
SHW	WOMEN	
165 lbs.	Master-1	
F. Newbill	167.5	
220 lbs.	123 lbs.	
J. Hall	192.5	
242 lbs.	L. Lowery	102.5
K. Robbison	200	
Submaster Pure	J. Ray	197.5
181 lbs.	Novice	
J. Spear	147.5	
Pure	198 lbs.	
165 lbs.	M. Johnson	150
F. Newbill	167.5	
220 lbs.	220 lbs.	
J. Hall	192.5	
242 lbs.	J. Steinert	200
K. Robbison	200	
Submaster Pure	Master-2	
181 lbs.	165 lbs.	
J. Molkenint	150	
242 lbs.	McGonagle	162.5
K. Robbison	200	
CURL	Master-3	
181 lbs.	181 lbs.	
Master-2	P. Miller	120
181 lbs.	Teen	
Push-Pull	181 lbs.	
MEN	M. Lenzi	425
Junior	BP DL	TOT

The 2005 APA Central Florida Championships was very successful with 45 entrants. Cash prizes and supplements were given to the overall best lifters. Brian Schwab took home the cash in the deadlift with a pull of 615 pounds at 161.5 bodyweight, while Shannon White took home the cash in the bench press with 700 pounds at 317 bodyweight. Shannon took a successful 4th attempt with 706 pounds, knocking James Henderson's APA Florida state record out of the books. Special thanks to John Herrick, owner of World Gym, for providing great sponsorships, a great meet site, and some outstanding spotters for this event. I would especially like to thank Powerlifting USA magazine for sponsoring this event and many other great APA events. It is much appreciated. Beautiful swords mounted on wood plaques were presented to lifters in all places. Although at the time of this writing, I do not yet know all the records that were set at this event, I will mention the ones I am aware of. All records will be updated and posted on the APA website. Shannon White set a Florida SHW record with a 706 bench press. 76 year old Earl Foran set master records in the bench press (205) and deadlift (275). Brian Highnote set a drug free Florida state bench record in the 198 class with a 485 lift. Alvin Yearby set a Florida master record in the 45-49 220 category with a 585 bench. Mike Churchman (62) set Florida records, American records, and World records in the bench press, with a lift of 371 pounds. Tallie Gainer (46) set a Florida drug free master record in the bench press with a 475 pound lift. Larry Russell (58) set a Florida deadlift record with a 365 pull while his Dad Jim Lynch set a Florida master and a American & World Record pull of 501. Nice to see father/son combos in the sport. Jack Groenendaal set a Florida master deadlift record. At 65 he pulled 400 pounds. Drug free best lifter award winners were: Dan Shaw, with a 565 bench press at 238 bodyweight, Jeff Cervero

242 lbs.	J. Steiner	145	235	380	
Master-2	165 lbs.				
M. McGonagle	95	157.5	252.5		
198 lbs.	B. O'Dell	125	190	315	
Master Pure	198 lbs.				
B. O'Dell	125	190	315		
Pure	275 lbs.				
N. Sabatino	190	260	450		
Submaster-2	242 lbs.				
D. Blevins	160	235	395		
Teen	181 lbs.				
M. Lenzi	130	230	360		
WOMEN	Master-1				
Master-1	181 lbs.				
J. McWhirt	80	130	210		
Youth	97 lbs.				
L. McGonagle	22.5	57.5	80		
MEN	SQ	BP	DL	TOT	
220 lbs.	K. Spurrer	75	142.5	180	397.5
Master-1	181 lbs.				
B. Boyer	75	157.5	245	477.5	
220 lbs.	J. Raley	65	165	182.5	412.5
J. McDonald	67.5	147.5	192.5	407.5	
Master-2	198 lbs.				
B. O'Dell	50	125	190	365	
220 lbs.	J. Fickel	70	145	185	400
275 lbs.	C. Bloomquist	75	175	275	525
SHW	B. Lobins	87.5	187.5	213.5	488.5
Master-3	181 lbs.				
P. Miller	45	80	153.5	278.5	

Master Pure	198 lbs.				
J. Christy	62.5	137.5	182.5	382.5	
B. O'Dell	50	125	190	365	
242 lbs.	R. Lacey	80	170	250	500
R. Whitmire	77.5	205	160	442.5	
Novice	308 lbs.				
J. Allen	72.5	165	160	397.5	
P/F	275 lbs.				
C. McCoy	72.5	165	250	487.5	
Pure	181 lbs.				
B. Kimble	65	137.5	205	407.5	
Submaster-1	181 lbs.				
J. Montebon	65	150	195	410	
Submaster-2	242 lbs.				
J. Lovelien	92.5	167.5	247.5	507.5	
D. Blevins	70	160	235	465	
Submaster Pure	148 lbs.				
D. Deibel	65	—	152.5	95	
181 lbs.	B. Kimble	65	137.5	205	407.5
220 lbs.	C. Rasmussen	72.5	125	232.5	430
242 lbs.	J. Lovelien	92.5	167.5	247.5	507.5
308 lbs.	M. Jones	67.5	170	227.5	465
(thanks to Rich Peters for sending results)					

USAPL Power Point Qualifier	22 APR 05 - Waianae, HI				
MEN	SQ	BP	DL	TOT	
Master-1	148 lbs.				
D. Matsumoto	165	165	165	495	
Master-2	242 lbs.				
N. Crabbe	165	165	165	495	
(Thanks to USAPL for providing results)					

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