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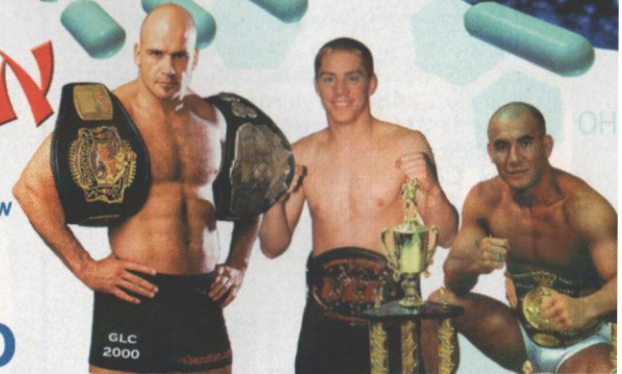
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1yr...\$54.00
 Outside USA, surface mail \$42 US
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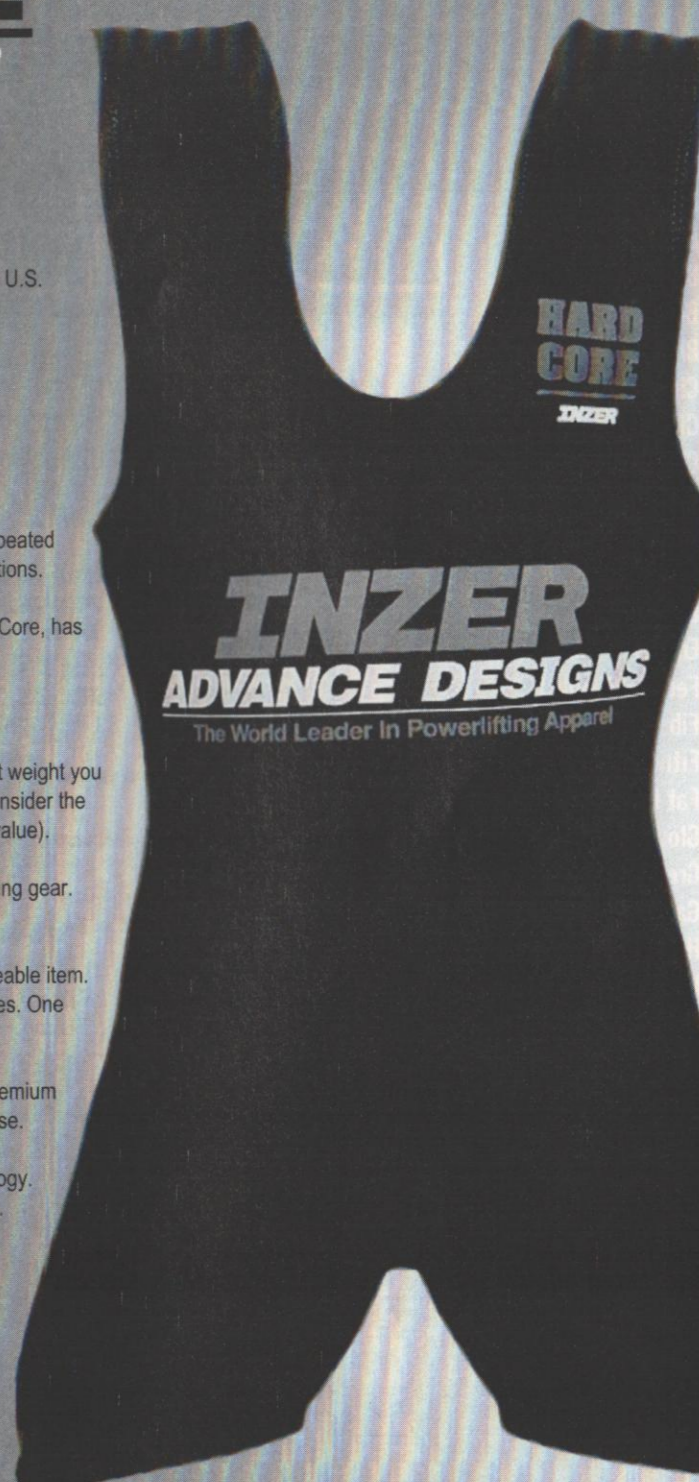
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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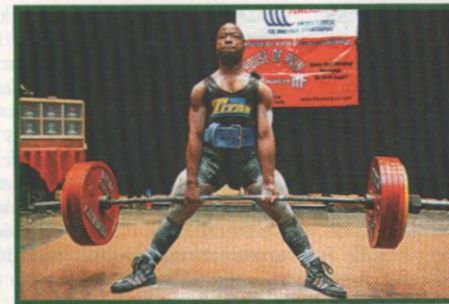
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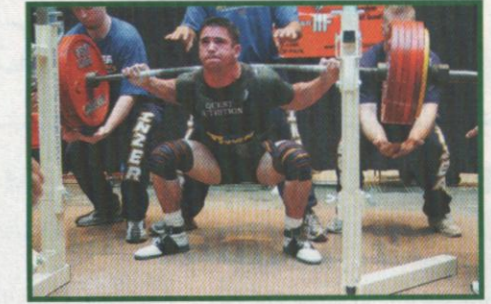


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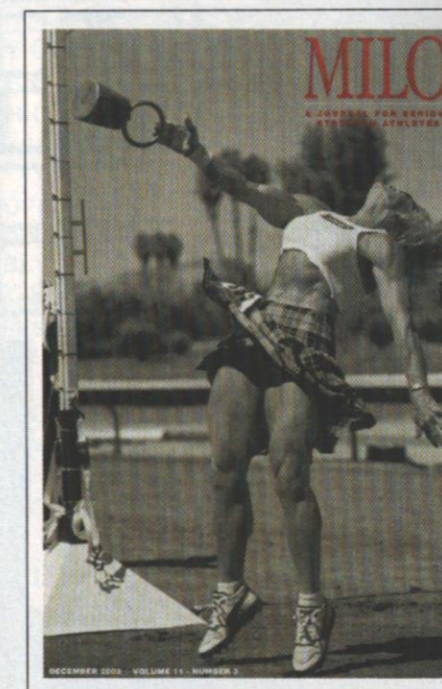
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We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised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

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INTERVIEW

MIKE FERRANTELLI interviewed by Greg Jurkowski

Greg: Mike has 4 National titles and 4 World titles in his 20 years of powerlifting. Please list your PRs.

Mike: I've done an 837.5 squat, 573 bench press, and 670 deadlift.

Greg: What have you done to stay at an elite level in powerlifting for over 18 years?

Mike: I compete only once a year. In my off season, when I'm not getting ready for a contest, I do a lot of volume training. I feel the volume training with lighter weights helps save my ligaments and joints from any damage.

Greg: So, you do one main strength cycle a year and then your off season training becomes extremely important, right?

Mike: Yes, very important. I believe that's where your next contest is won, is through your volume training.

Greg: Your brother is into Chiropractic, isn't he?

Mike: Yes, my brother, who owns Advanced Chiropractic Associates, is my Chiropractor and I take him to all my competitions.

Greg: You continue to compete with a herniated disk in your neck?

Mike: Yes, but under his care it has improved and allowed me to lift pain free.

Greg: Tell me about yourself personally.

Mike: I'm 38 years old. I've worked with the county sheriff's office for over 20 years. I'm married to my wife, Julie, and we have a daughter Alexis, who is 2 1/2.

Greg: Where were you born and raised?

Mike: I was born in Long Island, New York. We moved to New Port Richie Florida when I was two years old. I've lived here ever since.

Greg: Your wife Julie trains too.

Mike: My wife Julie just made national qualifying for the figure championship for Miss Figure.

Greg: I heard you're going back to school.

Mike: I'm getting my criminology degree.

Greg: Tell me about your father.

Mike: My father is a retired police officer. He started bodybuilding in the early Eighties, and he is the one who motivated me to work out. He told me that working out would change my life, and it has. He was the main reason why I started.

Greg: I've seen him at a few contests. He's a great supporter and impressive himself too.

Mike: He also competes in powerlifting. At one point, he totaled 1725 as a master lifter in the 242 pound class.

Greg: What sports in your younger days led you to powerlifting?

Mike: I played football and baseball. In football I was way too small to compete, so I started exercising. Then I no

(article continued on page 61)



Mike Ferrantelli at the USAPL Nationals. (S. Hartwig)

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Mike Miller
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KIRIT...NO PAIN!

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- 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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FORCE TRAINING

by Jim Wendler and
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Force Training: Max Effort Waves

A lot of people have been wondering what different kinds of max effort training they can use. Below are a couple of samples that have been used over the years.

Bulgarian Method

This is a three week phase designed for those who have a tremendous work capacity. This is NOT for beginners! For those that do this cycle, you should have at least 8 weeks of prep work that includes conditioning and progressively training your body for a large amount of volume and intensity. The same exercise is to be used for three weeks, the last week being a de-load week. After doing the one exercise, not much is to be done for the workout. This is because of the tremendous load; you will be physically and mentally exhausted.

A good way to prepare for this cycle is to perform the first 7 sets (from 50% to 100%) and then dropping down to 90% for 1 set. After that set, stop the workout; the next week add in one more set at or above 90%. Deload the following week and begin the training cycle listed below. I would not recommend doing this style of training for very long as it can be very difficult on the body and mind.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100+%

(try to beat old record)

Week II:

Same as week one (same exercise)

Week III:

This is a deload week (same exercise)

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%

NOTES:

- Same exercise to be used for all three weeks.
- For advanced lifters and those that have great work capacities.
- Must prepare for this wave; don't jump right

into it.

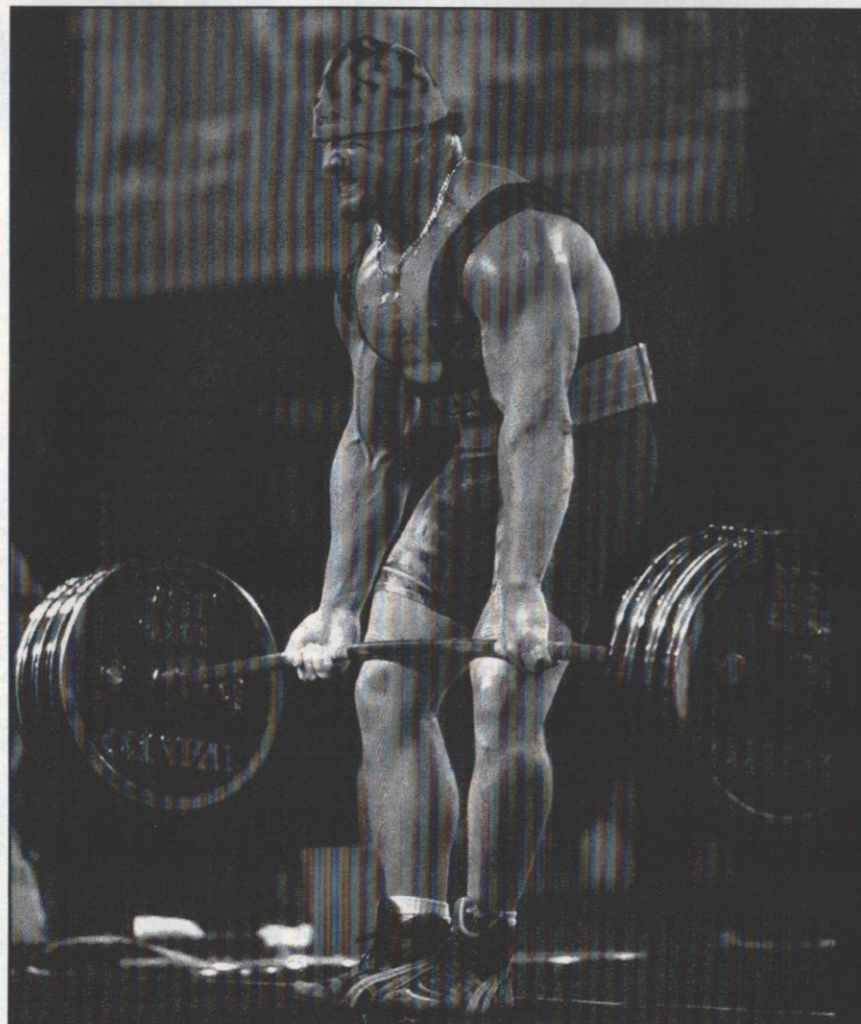
Old School Method

This is the traditional max effort method and probably the most popular. In this cycle you will have 3 lifts at or above 90%. This is the recommended number of lifts (in that percent range) in accordance to Prilipin's chart. When using this method, the lift is changed every week or every other week. This has been done for years at Westside Barbell with incredible results.

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

NOTES:

- This is the most popular method.



Chuck Vogelpohl has made tremendous strength gains, with little bodyweight increase, and is the lightest man on Herb Glossbrenner's 1000 lb. Squat Club in this issue (pgs. 14-15)

- Switch exercises every 1-2 weeks.

6 Week Progressive Overload

This method can be done several different ways. The first way is to pick one exercise and perform a 6 week wave. This is best done using an exercise that you are very familiar with and know your max. Obviously this is easier for an advanced lifter that knows his max effort lifts.

Here is the six week program:

Week 1: 4x6 @ 65%
Week 2: 3x6 @ 70%
Week 3: 3x6 @ 75%
Week 4: 4x3 @ 80%
Week 5: 3x2 @ 85%
Week 6: 3x1 @ 90%

Another variation of this program is to use a different exercise each week. This was written about in another article, "Variation on Max Effort Training." Here is part of the article.

This is a six week plan and you will notice that the volume during your workouts will be significantly increased. Because of this, I would monitor your accessory and supplemental work and be careful of overtraining.

Week 1: 4x6 @ 65%
Week 2: 3x6 @ 70%
Week 3: 3x6 @ 75%

Week 4: 4x3 @ 80%

Week 5: 3x2 @ 85%
Week 6: 2x1 @ 90%

The basic premise on how to use this training is to max out on whatever max effort exercise you are doing and then drop down and perform a certain amount of sets/ reps at a given percentage of the max THAT YOU JUST DID on the very same exercise. For example:

Week I: ME Bench; 2 Board Press - work up to 500x1, then 4x6 @ 325 (65% of 500); Triceps; Shoulders; Lats.

Week II: ME Bench; Floor Press - work up to 455x1, then 3x6 @ 315 (70% of 455); Triceps; Shoulders; Lats.

Week III: ME Bench; Incline Press - work up to 375x1, then 3x6 @ 280 (75% of 375); Triceps; Shoulders; Lats.

And so on...

Because the ME movement takes longer than usual, I recommend super setting lat work and upper back work between the sets. This will allow you to keep you workout time fairly short.

5/3/1 Method

This is a three week cycle and uses the same exercise for all three

weeks. This is great for all lifters, from intermediate to advanced. For an intermediate lifter, it allows them to get used to an exercise and the form. For an advanced lifter, it allows for a lower intensity for two weeks which gives their bodies time to recover. The percents listed below are estimates for an advanced lifter. An intermediate lifter may be able to use +2.5% on the last set.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 82.5%

Week II:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 85%
1x3 @ 90%

Week III:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

Repetition De-load

In this max effort method, you take 1 exercise, perform a max effort with the exercise for 2 weeks and deload the third week. The third week is usually a high repetition day with dumbbells. The exercises used on the third week are dumbbell bench press, dumbbell incline press or dumbbell floor press. A sample wave would look like this:

Week 1: Floor Press

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

Week 2: Floor Press

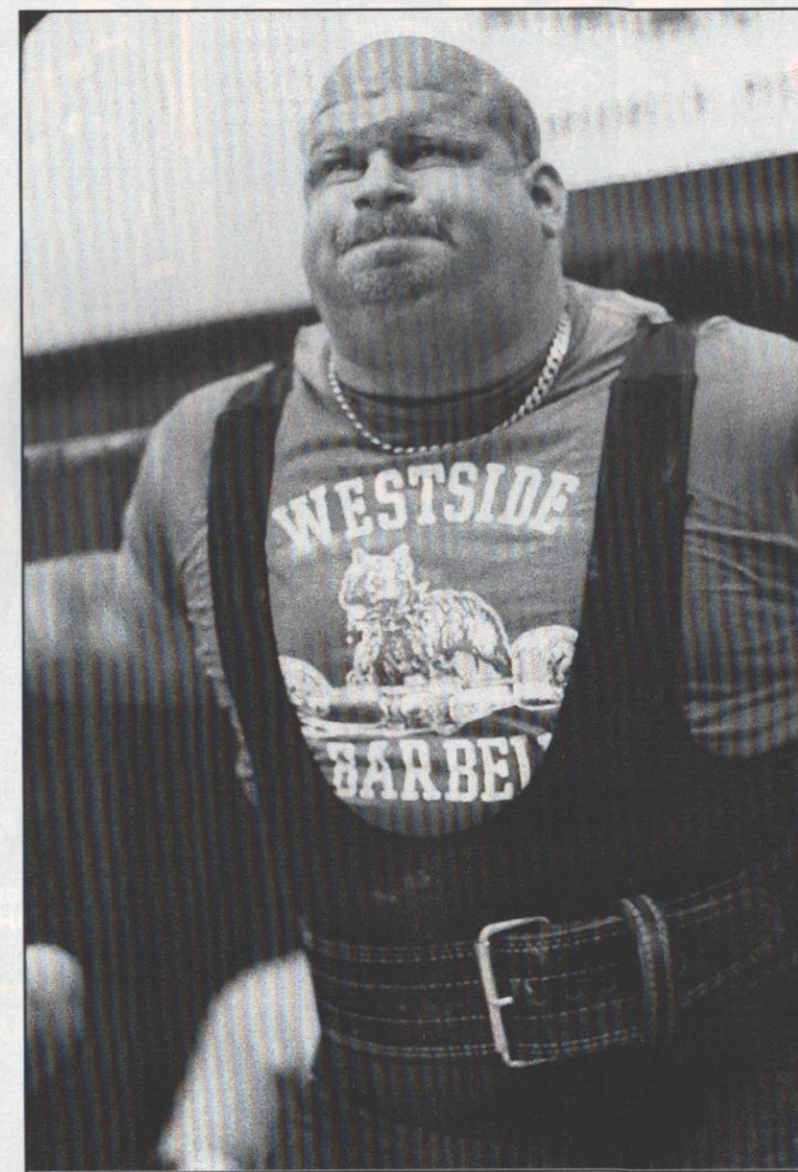
1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100+%

(try to break record from last week)

Week 3: Dumbbell Bench Press - 3-5 sets of 8-20 reps.

When picking the weight for the dumbbell bench press, start with a very light weight and work up from there. For example, I like to do my last two sets of dumbbell bench work with the 150lbs dumbbells. So a workout will look like this:

35lbs x 15
55x10



Matt Smith is another Ohioan in the 1000 lb. Squat Club ... at # 26 with his 1074

80x10
100x10
115x10
130x10
150x8
150x8

There is not an exact set/rep scheme when using dumbbells. The point of this training workout is to do some lighter repetition work. If you understand why you are doing what you are doing, the workouts will make sense. Some people will like to take a pair of dumbbells and perform as many reps in three sets as possible. They record the number and try to break it at a later time. Other people try to break a repetition record with a dumbbell. For example, if my best set with the 130lbs dumbbells is 25 reps, I will try to break that record.

2 Week Method

This is something that I learned from Buddy Morris, who was the strength coach for the Cleveland Browns as well as the University of Pittsburgh. This has been slightly modified, but the spirit remains the same. Basically, you perform a max effort exercise for two weeks. The first week is done to accumulate the body

to the lift as well as a heavy (but not maximal) load. The second week is an all-out effort, trying to break your personal record.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 85%
1x1 @ 90%
1x1 @ 92.5%

Week II:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

You will notice that the first week is done up to 92.5% of your 1RM. You can do this last set, cut it out, or do another set at 90%. The point of this workout is to still handle heavy weight but not mentally and physically fry yourself. Remember that when choosing your attempts.

Timed ME work

This is something that is new to me. I have NOT done this yet, so I will write this with caution. But Mark McLaughlin, a coach that I know and trust, has used it. He got this idea from the book "Explosive Power and Jumping Ability for All Sports" by Starzynski and Sozanski, PhD.

With this method, you begin with 50% of your max.

Perform 6 repetitions and time the

set with a stop watch. Perform the reps as quick as possible but DO NOT let your form suffer. I suggest doing a couple of warm-up sets with the 50% before doing the test set of 6 reps. This will warm up your body and get your rhythm down. You should fall within 6.5 - 8.5 seconds.

Add one second to the time. So if it took you 7.3 seconds to do 6 reps your time would now be 8.3 seconds.

For your second set, add 10-20lbs to the bar and try to complete the set in under 8.3 seconds (or whatever time you came up with).

Every set after, add 10-20lbs to the bar and try to complete the prescribed time frame.

Once you cannot complete a set at or under the prescribed time frame, the workout is over and move onto the next exercise.

Try to complete more sets every workout. Using a stop watch can help quantify the work, but be careful of the breakdown in form.

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NATE FOSTER: passed away, at age 62, from organ failure at the Long Beach Veterans Hospital on May 30, 2003. He had a kidney transplant back in 1984 and lived far longer than doctors expected at the time. Details of his passing were not available to the lifting community until just recently, due to the diligent efforts of his longtime friend and Army buddy Jim Cash. Nate lifted (setting many masters records, national and international, over 300 records in total), coached (to the world level), directed meets (particularly for the military in Europe), refereed (IPF Category I), and served in numerous administrative capacities for powerlifting (from

the local level to the IPF). He served in Viet Nam, earning the service medal with 1 silver and 1 bronze star, and resigned after 15 years service to his country in the U.S. Army with the rank of Major. In college, at Central State University in Xenia, Ohio he was a member of two NCAA Cross Country Championship teams ('62, '62) and set many track records. He was father to two sons, Nathaniel and Jonathan. Jim noted that although many of today's lifters may not know the name of Nate Foster, his contributions to the sport are "immeasurable". This issue of Powerlifting USA is dedicated to the memory of Nathaniel Walter Foster Jr.



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The One Thousand Squat Club by Herb Glossbrenner

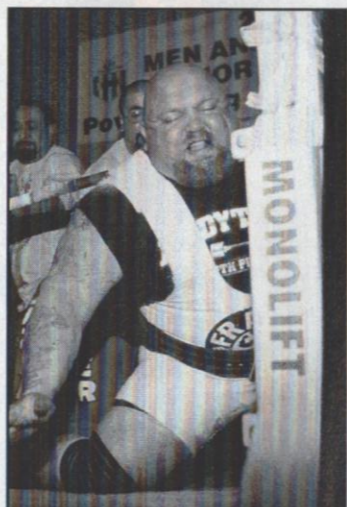
	Kg.	Lbs.	Att.	Lifter	YOB/NAT	Bwt.(kg.)	Date	Location	Org.	Rank
1	517.5	1140.892	(3)	Mikesell, Brent	67USA	145.00	30NOV03	Calgary, CAN	WPC	1
2	510.5	1125.459	(4)	Moore, Beau	65USA	151.10	05MAR05	Columbus, OH	WPO	2
3	510.0	1124.358	(2)	Mikesell		145.00	30NOV03	Calgary, CAN	WPC	
4	510.0	1124.358	(3)	Childress, Paul	71USA	139.80	10OCT04	Marietta, GA	WPO	3
5	510.0	1124.358	(3)	Bolton, Andrew	70GBR	151.70	05MAR05	Columbus, OH	WPO	4
6	507.5	1118.846	(3)	Bolton		151.20	10OCT04	Marietta, GA	WPO	
7	505.5	1114.437	(4)	Bolton		147.50	09NOV03	Marietta, GA	WPO	
8	505.0	1113.335	(3)	Mikesell		153.75	09NOV03	Marietta, GA	WPO	
9	502.5	1107.824	(3)	Mikesell		151.50	28JUN03	Newport, OR	APF	
10	500.5	1103.413	(3)	Mikesell		149.50	22MAR03	Red Deer, CAN	WPC	
11	500.0	1102.311	(3)	Goggins, Steven	63USA	120.45	01MAR03	Columbus, OH	WPO	5
12	500.0	1102.311	(3)	Alkhazov, Vyacheslav	77RUS	139.50	27MAR05	Calgary, CAN	WPC	6
13	498.952	1100.0	(-)	Miller, Michael	68USA	179.17	11SEP	New Oxford, PA	IPA	7
14	495.0	1091.288	(2)	Childress		139.20	05MAR05	Columbus, OH	WPO	
15	495.0	1091.288	(3)	Hoskinson, James	65USA	137.00	05JUN05	Detroit, MI	APF	8
16	493.0	1086.879	(2)	Childress		140.00	10OCT04	Marietta, GA	WPO	
17	492.5	1085.777	(2)	Mikesell		153.75	09NOV03	Marietta, GA	WPO	
18	492.5	1085.777	(3)	Childress		140.00	06MAR04	Columbus, OH	WPO	
19	492.5	1085.777	(3)	Frank, Garry	64USA	170.50	03APR04	Jacksonville, FL	APF	9
20	490.0	1080.265	(4)	Turtianen, Ano	67FIN	130.70	01MAR03	Columbus, OH	WPO	10
21	490.0	1080.265	(3)	Frank		174.35	09NOV03	Marietta, GA	WPO	
22	488.5	1076.959	(3)	Goggins		120.45	01MAR03	Columbus, OH	WPO	
23	487.5	1074.754	(4)	Mikesell		150.00	17MAR02	Red Deer, CAN	WPC	
24	487.5	1074.754	(3)	Bolton		147.50	09NOV03	Marietta, GA	WPO	
25	487.5	1074.753	(3)	Moore		151.10	05MAR05	Columbus, OH	WPO	
26	487.5	1074.753	(3)	Smith, Matthew	64USA	161.00	05MAR05	Columbus, OH	WPO	11
27	482.5	1063.731	(2)	Frank		174.35	09NOV03	Marietta, GA	WPO	
28	482.5	1063.731	(2)	Frank		151.70	05MAR05	Columbus, OH	WPO	
29	482.5	1063.731	(3)	Stratakis, Paul	68USA	150.50	05JUN05	Detroit, MI	APF	12
30	480.0	1058.220	(2)	Mikesell		149.01	14SEP03	Calgary, CAN	WPC	
31	480.0	1058.220	(2)	Bolton		148.35	06MAR04	Columbus, OH	WPO	
32	480.0	1058.219	(-)	Turtianen		130.00	18APR04	Helsinki, FIN	WPC	
33	480.0	1058.219	(2)	Bolton		151.20	10OCT04	Marietta, GA	WPO	
34	480.0	1058.219	(3)	Bartley, Marc	68USA	124.80	05MAR05	Columbus, OH	WPO	13
35	477.5	1052.707	(2)	Mikesell		150.00	17MAR02	Red Deer, CAN	WPC	
36	477.5	1052.707	(3)	Childress		139.65	09NOV03	Marietta, GA	WPO	
37	477.5	1052.707	(1)	Mikesell		145.00	30NOV03	Calgary, CAN	WPC	
38	477.5	1052.707	(2)	Smith		161.00	05MAR05	Columbus, OH	WPO	
39	477.5	1052.707	(2)	Aichs, Chad	72USA	160.00	05JUN05	Detroit, MI	APF	14
40	416.272	1050.0	(3)	Ruggiera, Michael	67USA	156.04	04APR04	Newark, OH	IPA	15
41	476.272	1050.0	(-)	Miller		181.00	JUN04		IPA	
42	475.0	1047.195	(2)	Mikesell		151.50	29JUN02	Newport, OR	APF	
43	475.0	1047.195	(2)	Mikesell		149.50	22MAR03	Red Deer, CAN	WPC	
44	475.0	1047.195	(1)	Frank		169.40	06MAR04	Columbus, OH	WPO	
45	475.0	1047.155	(2)	Childress		140.00	06MAR04	Columbus, OH	WPO	
46	475.0	1047.155	(2)	Moore		151.10	05MAR05	Columbus, OH	WPO	
47	474.0	1044.991	(3)	Goggins		109.65	05MAR05	Columbus, OH	WPO	
48	472.5	1041.684	(3)	Mikesell		146.51	07OCT01	Lethbridge, CAN	WPC	
49	472.5	1041.684	(3)	Goggins		109.90	06MAR04	Columbus, OH	WPO	
50	472.5	1041.684	(1)	Frank		170.50	03APR04	Jacksonville, FL	APF	
51	472.5	1041.684	(3)	Moore		150.55	10OCT04	Marietta, GA	WPO	
52	472.5	1041.684	(-)	Hoskinson		140.00	12MAR05	Attalla, AL	APF	
53	472.5	1041.684	(2)	Lewis, Jeffrey	70USA	238.13	05JUN05	Detroit, MI	APF	16
54	472.5	1041.684	(3)	Frank		165.74	05JUN05	Detroit, MI	APF	
55	471.736	1040.0	(1)	Hutson, Anthony	62USA	159.00	10AUG03	Camp Hill, PA	IPA	17
56	471.0	1038.371	(3)	Coan, Edward	63USA	107.60	12AUG01	Orlando, FL	WPO	18
57	471.0	1038.377	(4)	Basson, Oan	77ISR	136.70	01MAR03	Columbus, OH	WPO	19
58	470.0	1036.174	(2)	Goggins		116.70	12AUG01	Orlando, FL	WPO	
59	470.0	1036.174	(3)	Turtianen		130.70	01MAR03	Columbus, OH	WPO	
60	470.0	1036.174	(3)	Mikesell		150.00	08JUN03	Los Angeles, CA	APF	
61	470.0	1036.174	(-)	Bolton		150.00	27JUL03	Boumemouth, GBR	WPC	
62	470.0	1036.174	(2)	Bolton		147.50	09NOV03	Marietta, GA	WPO	
63	470.0	1036.174	(3)	Mehan, Allen	72CAN	121.20	21AUG04	Calgary, CAN	WPCOM	20
64	470.0	1036.174	(2)	Bartley		124.80	05MAR05	Columbus, OH	WPO	
65	470.0	1036.174	(3)	Mehan		124.10	05JUN05	Detroit, MI	APF	
66	468.5	1032.867	(3)	Goggins		109.70	01JUN96	Atlanta, GA	APF	
67	468.0	1031.765	(2)	Turtianen		123.60	26OCT02	Helsinki, FIN	WPC	
68	467.5	1030.661	(0)	Pasanella, David	62-90USA	124.80	28MAY89	Rosemont, IL	APF	21
69	467.5	1030.661	(1)	Mikesell		153.75	09NOV03	Marietta, GA	WPO	
70	467.5	1030.661	(-)	Hoskinson		136.54	06NOV04	New Smyrna, FL	AAPF	
71	467.5	1030.661	(1)	Childress		139.20	05MAR05	Columbus, OH	WPO	
72	467.5	1030.661	(2)	Ruggiera		158.49	05JUN05	Detroit, MI	APF	
73	467.5	1030.661	(3)	Gallo, Craig	72USA	147.41	05JUN05	Detroit, MI	APF	22
74	467.2	1030.0	(3)	Hoskinson		137.21	20NOV04	Shamokin Dam, PA	IPA	
75	466.0	1027.355	(3)	Basson		136.70	01MAR03	Columbus, OH	WPO	
76	465.0	1025.149	(4)	Clark, Anthony	66-05USA	150.60	08APR88	Honolulu, HI	APF	23
77	465.0	1025.149	(3)	Gallo		139.75	09NOV02	New Orleans, LA	WPO	
78	465.0	1025.149	(-)	Frank		163.80	15MAR03	Jacksonville, FL	APF	
79	465.0	1025.149	(2)	Mikesell		151.50	28JUN03	Newport, OR	APF	
80	465.0	1025.149	(1)	Frank		174.35	09NOV03	Marietta, GA	WPO	
81	465.0	1025.149	(2)	Childress		139.65	09NOV03	Marietta, GA	WPO	
82	465.0	1025.149	(1)	Frank		170.60	10OCT04	Marietta, GA	WPO	
83	465.0	1025.149	(1)	Childress		139.80	10OCT04	Marietta, GA	WPO	
84	465.0	1025.149	(2)	Frank		170.00	17OCT04	Fresno, CA	WPC	
85	465.0	1025.149	(3)	Hoskinson		134.00	17OCT04	Fresno, CA	WPC	
86	465.0	1025.1-9	(2)	Thompson, Donald	64USA	170.50	05MAR05	Columbus, OH	WPO	24
87	465.0	1025.149	(1)	Stratakis		150.50	05JUN05	Detroit, MI	APF	
88	465.0	1025.149	(3)	Henderson, Sherrick	76USA	181.80	05JUN05	Detroit, MI	APF	25
89	464.932	1025.0	(-)	Vogelpohl, Charles	65USA	99.79	29KAR02	Charleston, WV	IPA	26
90	462.669	1020.0	(2)	Ruggiera		157.85	17APR05	Newark, OH	IPA	
91	464.932	1025.0	(-)	Hutson		162.39	11JUL04	Shamokin Dam, PA	IPA	
92	462.5	1019.637	(3)	Pasanella		124.74	08APR88	Honolulu, HI	APF	
93	462.5	1019.637	(3)	Coan		110.00	25JUL99	Dallas, TX	USPF	
94	462.5	1019.637	(3)	Gallo		146.55	16JUN02	York, PA	APF	
95	462.5	1019.637	(3)	Turtianen		123.40	09NOV02	New Orleans, LA	WPO	
96	462.5	1019.637	(2)	Frank		164.66	01MAR03	Columbus, OH	WPO	
97	462.5	1019.637	(2)	Childress		139.00	01MAR03	Columbus, OH	WPO	



Brent Mikesell leads the list, but was injured at the WPO Superfinals



Andy Bolton ... could he ultimately take over the top spot on this list?



Ed Russ made this list with his 1008 at the 2003 APF Seniors, then almost bought the farm with 1030 that was spectacularly dumped

98	462.5	1019.637	(3)	Basson		137.80	08JUN03	Los Angeles, CA	APF	
99	462.5	1019.637	(-)	Hutson		158.00	29NOV03	Marietta, GA	WPCOM	
100	462.5	1019.637	(3)	Bernor, Jonathan	75USA	139.90	10OCT04	Harietta, GA	WPO	27
101	462.5	1019.637	(1)	Hoskinson		137.00	05JUN05	Detroit, MI	APF	
102	460.5	1015.230	(3)	Goggins		116.00	09NOV02	New Orleans, LA	WPO	
103	460.396	1015.0	(3)	Clark		151.27	28MAR93	Lancaster, PA	APA	
104	460.396	1015.0	(3)	Ruggiera		157.85	15APR03	Newark, OH	IPA	
105	460.396	1015.0	(3)	Miller		190.00	16NOV03	Harrisburg, PA	IPA	
106	460.0	1014.126	(3)	Hatfield, Frederick	42USA	117.03	23MAR87	Honolulu, HI	APF	28
107	460.0	1014.126	(2)	Turtianen		123.30	24FEB02	Columbus, OH	WPO	
108	460.0	1014.126	(3)	Frank		164.60	16JUN02	York, PA	APF	
109	460.0	1014.126	(3)	Childress		139.25	09NOV02	New Orleans, LA	WPO	
110	460.0	1014.126	(-)	Hutson		159.00	29MAR03	Marietta, GA	APF	
111	460.0	1014.126	(2)	Mikesell		150.00	08JUN03	Los Angeles, CA	APF	
112	460.0	1014.126	(1)	Frank		173.20	18OCT03	Gautier, MS	APF	
113	460.0	1014.126	(3)	Kuttruff, Holger	69GER	142.50	09NOV03	Marietta, GA	WPO	29
114	460.0	1014.126	(3)	Mehan		130.45	30NOV03	Calgary, CAN	WPC	
115	460.0	1014.126	(-)	Hoskinson		125.00	28MAR04	Leaweston, ME	APF	
116	460.0	1014.126	(-)	Aichs		151.70	22AUG04	Lincolnwood, IL	AAPF	
117	460.0	1014.126	(2)	Kuttruff		139.85	10OCT04	Marietta, GA	WPO	
118	460.0	1014.126	(2)	Frank		165.74	05JUN05	Detroit, MI	APF	
119	459.0	1011.921	(3)	Kuttruff		139.70	06APR03	Desseau, GER	WPC	
120	458.5	1010.819	(3)	Mehan		130.45	30NOV03	Calgary, CAN	WPC	
121	458.128	1010.0	(3)	Dimel, Matthew	60-94USA	144.70	03MAY86	Sandusky, OH	USM	30
122	458.128	1010.0	(3)	Low, Gregory	57USA	117.93	14NOV98	Huntington, PA	USM	31
123	457.5	1008.615	(2)	Hatfield		113.40	06APR86	Honolulu, HI	APF	
124	457.5	1008.615	(2)	Hamman, Shane	72USA	169.40				



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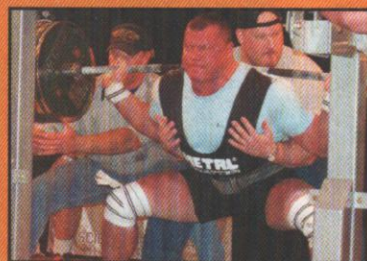


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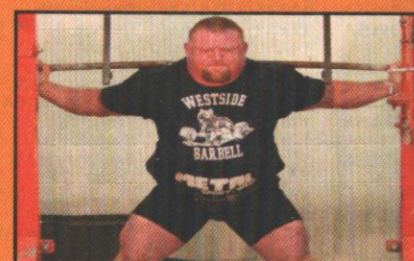
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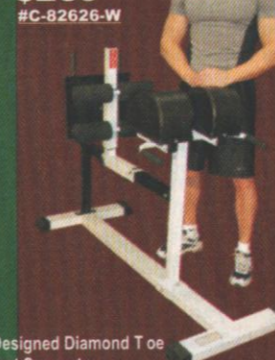
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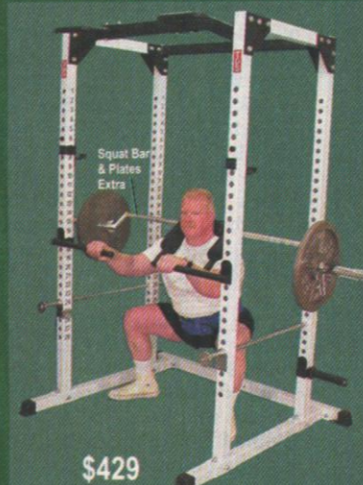
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WORKOUT OF THE MONTH

MARC BARTLEY'S SQUAT ROUTINE

Squatting big in a meet is every powerlifter's dream. For some, it can make or break the meet. The big squat sets the tone for the meet. This is truly the case for me. Therefore, my focus is always on the BIG SQUAT. I only squat once a week, which as you will see, is enough by itself. On squat night, every Wednesday, 15-20 guys show up and controlled chaos ensues and the only thing on everyone's mind is the BIG SQUAT. At the Maximus Compound, we currently have four 1000 lb. plus squatters (almost five at the APF Seniors), two 900 lb. + squatters, two 800 lb. + squatters and a fresh young crop that are eager to take our place at the top. The following routine has proven very effective in producing large gains in a very short period of time. This program has no fancy names attached to it.

It is simply a hybrid of different training strategies that work very well together. The 12 week routine consists of three consecutive 3-week waves, two de-load weeks and the rest/meet week. You can add an extra de-load week after each 3-week wave if you need more rest. If you follow it, you will get stronger, without a doubt.

The first 3-week wave is a strength-speed cycle or, as I call it, Super Band Tension torture where extreme amounts of band tension and low bar weights are employed. We use the boxes which are parallel or slightly below in height. Briefs and belts are the only gear allowed. The band tension will provide 2/3 of the weight and 1/3 will be regular weight. Each blue band yields about 100-125 lbs. Green bands are around 70-100 lbs. and purple are 50-75 lbs. each slip

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).

knotted at the bottom. The total tension at the top should be 15-20% over your best 1RM. When you reach the box, it should be reduced by 1/3 making the load manageable, but frying your brain in the process. This is the only box squatting in the cycle. The rest are regular squats.

The second 3-week wave is an old Russian routine which is slightly modified. Bar weights will range from 65-85% each week over the three weeks. There are 5 work sets with the following reps-5, 3, 3, 3, 5. You can wear briefs only on sets 1, 2 and 5. Sets 3 and 4 are the meat and potato sets. On these sets you wear a belt with your briefs. Once you determine your start weight, you simply add 30-50 lbs per set through set 4 and then you go back down to set 2 weight for the five rep final set.

The third 3-week phase is to adjust to squatting in full gear. I like to get within 20 lbs. of my opening attempt in the first week and then work down the next two weeks. This way I still get gear work, but I don't kill myself before getting to

the meet.

The final three weeks consist of 2 de-load weeks and the rest/meet week. I only use briefs and a belt and keep the bar weight at 55-65% of my 1RM. The following is my exact training schedule prior to the 2005 WPO Super-Finals where I squatted a PR 1058 lbs.

SUPER BAND TENSION BOX SQUATTING

Week 1: 2 Blue bands and 1 green band each side w/ 375 lbs./ 5 sets x 2 reps, deadlifts or good mornings, reverse hypers, ham-glute raises, abs (aux work pretty much stays the same throughout the entire cycle)

Week 2: 3 Blue bands w/ 325 lbs bar weight/ 5x2

Week 3: 3 Blue bands, one purple w/ 285 lbs bar weight/ 3 sets x 2 reps, 415x1, 505x1.

RUSSIAN ROUTINE

(B=belt, NB=no belt)

Week 4: NB 685x5 reps, NB 735x3, B 775x3, B 825x3, NB 735x5

Week 5: NB 735x5, NB 775x3, B 825x3, B 865x3, NB 775x5

Week 6: NB 775x5, NB 825x3, B 865x3, B 905x3, NB 825x5

HEAVY SINGLES

Week 7: 145x3repsx2 sets, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit W/ Straps Down-855x1, Full Gear-945x1, 1005x1

Week 8: 145x3x2, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit w/ straps down- 855x1, Full gear-945x1

Week 9: 145x3x2, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit w/ straps down-855x1, Full gear 905x1

DE-LOAD WEEKS

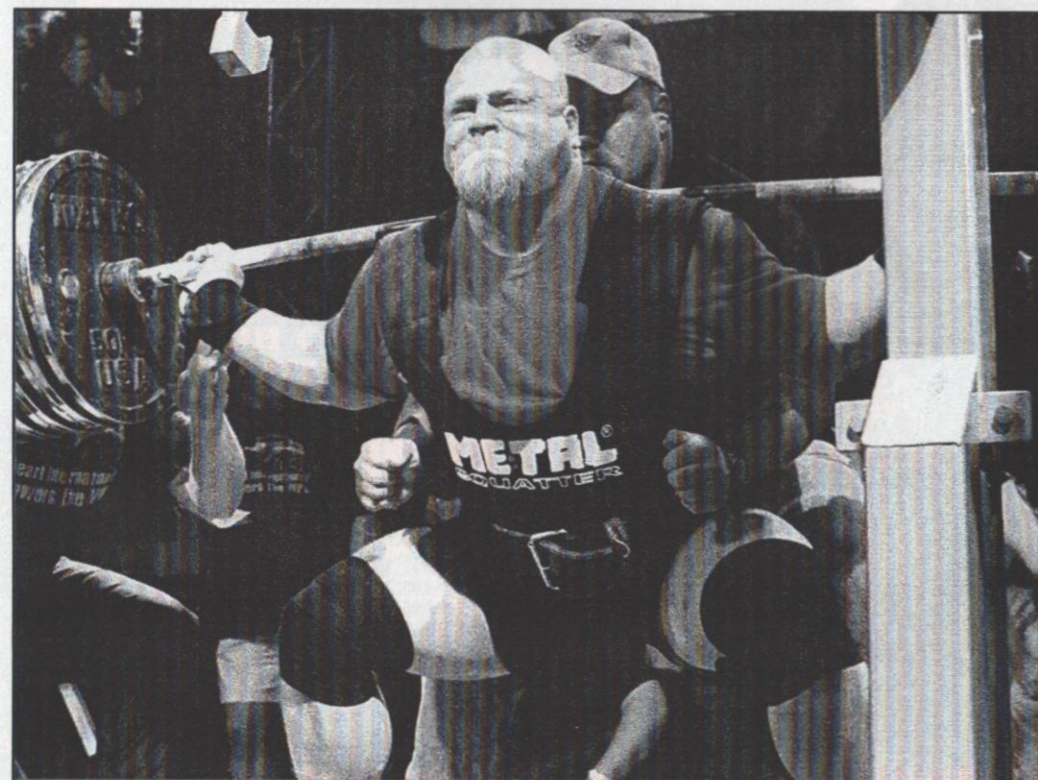
Week 10: 145x3repsx2 sets, 255x3x2, 345x3x2, 455x1, :Briefs-545x1, Work sets 655x3 reps x 6 sets

Week 11: Same warm-up, Work sets 655x3 reps x 5 sets

MEET WEEK

Week 12: 145x3x2 sets, 225x3x2, 315x1, Briefs-455x1, 545x1, 655x1, 745x1, Suit w/ straps down 855x1, Full gear 925x1

Opener: 1014lb, 2nd 1036lbs, 3rd 1058lbs.



Marc Bartley led the way on the TOP 100 list for the 275s with his 1058 lb. squat at the WPO Superfinals.

FOR REVIEW . . .

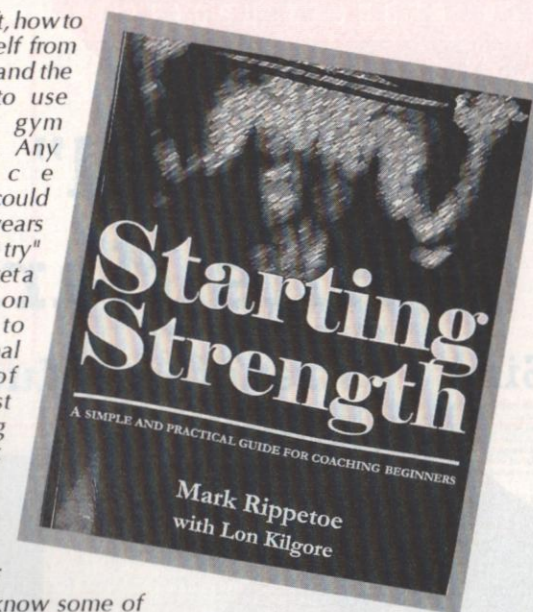
"Starting Strength"

by Mark Rippetoe with Lon Kilgore

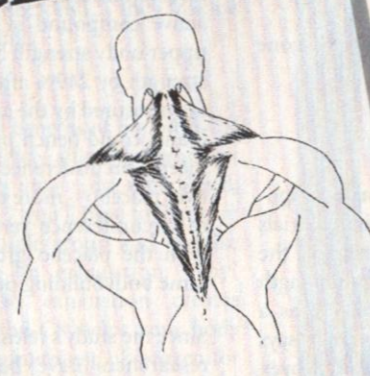
A SIMPLE AND PRACTICAL GUIDE FOR COACHING BEGINNERS

This book is many times more than the subtitle implies. It is a decades-deep depository of the common wisdom of the Iron Game, from Powerlifting, to Olympic lifting, and strength training for all sorts of sports. It has been brought to reality by Mark Rippetoe, a "True Grit" character who has run what may well be the nation's oldest sole proprietorship black iron gym, in Wichita Falls, Texas, for decades. He has personally trained thousands of individuals and every one of them learned how to squat, deadlift, and bench the right way before they went on to any kind of specialization. Mark has a crystal clear notion as to what coaching is about, and a natural combination of wit and wisdom that makes what he writes meaningful and enjoyable to read. The book establishes, particularly in the chapter about the squat (followed by chapters on the bench press, the deadlift, and the overhead press, and the power clean), a broad array of brilliant points regarding how to do each movement, punctuated by profoundly informative line drawings of the exercises and isolated muscle groups to show how your body really operates when you're doing a lift. Interspersed throughout the book are pertinent quotes, one of them (page 66) from Heinlein, "When one teaches, two learn". That's obviously true in the case of Rippetoe, who has taught and learned from so many, and now offers to share his storehouse of knowledge. He has that rare, intuitive instinct to understand things both physiologically and functionally. There is just one fabulous tip after another on how to

"do" each lift, how to keep yourself from being hurt, and the best way to use standard gym equipment. Any novice powerlifter could save a few years of "cut and try" futility and get a head start on the road to their personal level of success, just by reading this book first. The photography covers all the bases as well. If you don't know some of the fundamentals, a matter mostly taken for granted by those who do, these visuals will be of tremendous benefit. Additionally, Dr. Kilgore put together a chapter on the science of training young people, impressively documented with references galore. Dr. Kilgore actually did most of the illustrations, and it is amazing what an understanding artist can reveal with the power of a simple line drawing. When we saw a draft copy of the squat chapter, months back, we knew this was going to be a good book, but it turned out even better than we imagined... this will be one of the great classic books about the World of Weights for years to come. For further information on ordering this book contact the Aasgaard Company at 3118 Buchanan, Wichita Falls, Texas, 76308, or www.startingstrength.com



The Trap Chronicles



By Tod Becraft

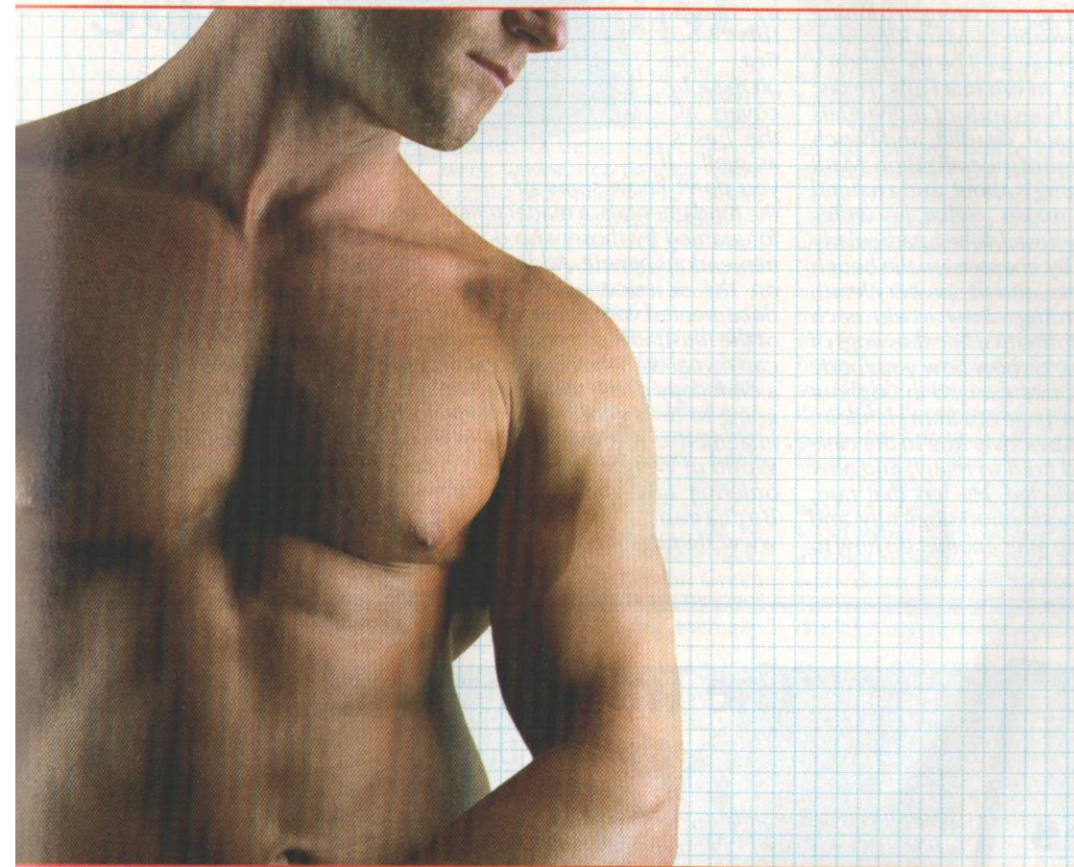
"The Trap Chronicles"

by Tod Becraft

Tod has made a personal specialty out of training the traps, and in this book he promises a revolutionary approach to their development. He points out the traps have almost always taken a back seat to other body parts, which make his book one of the very few resources available. Todd's lifting history reveals the vivid impression that Hawk, of the professional wrestling team "The Road Warriors", made with his extraordinary trap development, as well as another friend of Tod's, massive Scott Doring, who ended up in pro wrestling as well. The interest sparked by those two individuals propelled Tod on a lifelong journey to build exceptional traps for himself. Tod's definition of the traps indicates the wide range of actions this set of muscles is involved with, from the neck down to almost the middle back. Todd makes an adamant point that if you want traps, you must use straps, and because you don't want the intensity of your trap program to be limited by your gripping strength, he recommends them for training, with one exception. There are numerous valuable training insights and 'how to' photographs in this book, underscoring the key points, with a special focus on the t-bar machine, and what Tod calls "trap cleans". Ultimately, he reveals the secret super set he's found that produces the best trap development in the shortest time possible. Tod details the specific trap routine you should use to satisfy every need for development in this area. A bonus is the chapter on neck development, where you can find your own inspiration in the rugged form of Mike Ruggeria, who has a 24 inch neck setting on top of his traps. You can get more information on the trap manual by looking at the website www.JulieHavelka.com/trapmanual.html, or contact havelkaj@spiretech.com

New "Legal" Performance Pill Hits Market

Size ■ Strength ■ Musculature



In a remarkable turn of events, arguably one of the strangest in the history of athletic performance, an offshoot of research directed to help victims of muscle atrophy has now become an underground cult phenomenon among bodybuilders, world-class athletes and, strangely enough, couch potatoes from the "boomer" generation. And, if consumer sales are any indication of a product's effectiveness, Endothil™-CR is nothing short of a miracle. Both professional athletes and weekend warriors are buying so much Endothil-CR (especially after the ban on steroids and steroid precursors) that finding a box has become

just about impossible. Has everyone gone crazy? Well... not really.

Scientific Breakthrough or Dumb Luck?

Although Endothil-CR's functional component was already backed by clinical trials documenting its ability to impact the proper development of muscle and strength programs, the success of Endothil-CR as a bodybuilding product was "dumb luck," says Louis Rinaldi, spokesperson for Novex Biotech,™ the compound's developers.

"When research was first published on the compound's ability to help rebuild traumatized muscle tissue, trainers (believe it or not,

a lot of athletic trainers are physical therapists who help get trauma victims back in shape) began suggesting the compound's muscle- and strength-building attributes could be a safe replacement for the most controversial performance enhancers (which are currently targets of Congressional investigation)," says Rinaldi. "As these cutting-edge trainers began recommending the compound to their competitive clients, they began to receive feedback like, 'I can't believe how much it helps my muscle and strength program' and 'I never experienced anything like this.'"

Dr. Daniel B. Mowrey, Ph.D., Novex Biotech's Director of Scientific Affairs, says, "Clearly, people were seeing results, but we didn't have a scientific explanation as to why this muscle mass and strength impact was occurring. However, based on the incredibly positive reports, it is impossible to just ignore the effectiveness of Endothil-CR."

Dumb Luck Strikes Again!

Then, in 2003, the results of an independent study of 31 fit males was released. During a double-blind, 6-week bodybuilding study, the active compound in Endothil-CR increased upper body strength by 100% and lower body strength by 249% after concentrated exercise (as measured by the amount of weight participants could bench press and leg press). And biceps circumference increased dramatically over placebo – more than a four-fold increase in circumference versus almost no increase with the placebo group (who were on the same bodybuilding program).

Since the study's release in December of 2003, researchers have been seeking a natural source for the active Endothil-CR compound. Finally, Novex Biotech discovered that, of all things, an extract of a special strain of green tomatoes could provide the active compound in the precise amount needed.

Who would have thought a compound developed to help people overcome muscle atrophy would go beyond nitric oxide, beyond so-called "precursors," to become the bodybuilding breakthrough of the decade?

That discovery led to Endothil-CR... a unique and proven method for muscle size and strength beyond what is acquired through the normal recruitment and differentiation of progenitor muscle cells. Finally, a way to assist your bodybuilding program for muscle and strength without steroids or steroid-like precursors.

But Is Endothil™-CR Illegal?

As of this writing Endothil-CR has not been banned by any amateur or professional organized sporting body including the World Anti-Doping Agency (WADA) or the International Olympic Committee (IOC).

Mowrey explains, "Most doctors understand the cumulative, detrimental effects steroid abuse has on the human body. Obviously, a compound that can impact muscle mass and strength has a clear and unambiguous benefit to both professional and amateur athletes..."

So, if you see athletes popping a tiny little pink tablet developed to help trauma victims regain muscle size and strength, don't think they've gone off the deep end... they may be smarter than you think.

So, What's the Catch?

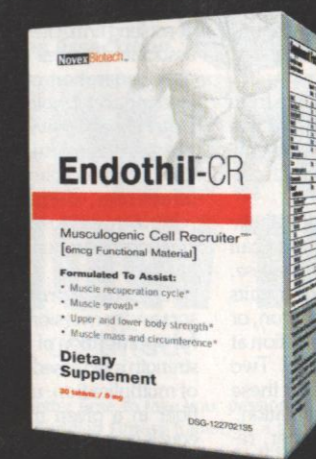
To experience the full benefits of Endothil-CR you'll have to completely alter your workout routine. You can no longer do generalized, full-body workouts... you'll have to focus on a single, specific muscle group and exercise that muscle group to exhaustion. Why? Because exercise to exhaustion creates "trauma" and Endothil-CR helps your body by impacting the recruitment of progenitor muscle cells to repair (build) traumatized muscle tissue. The results? An increase in both upper and lower body (whichever area you exercise) muscle size and circumference... and increased strength.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Having a hard time finding

Endothil™-CR? If you've been searching for Endothil-CR, you already know it's become almost impossible to find. This tiny little tablet has attained "cult" status. Try your local GNC retailer (they always seem to keep it in stock), or try ordering through your local gym or supplement retailer. Can't wait? Your best bet is to call Novex Biotech™ at 1-800-919-5365, or order online at www.Endothil.com. The price is \$59.97 for a full 30-day supply... one tablet taken 30 minutes prior to your workout every day.

By the way, Endothil-CR is backed by a 100% no questions asked, money-back guarantee: if for any reason you're not satisfied with Endothil-CR, simply return the empty container within 30 days for a full refund.



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RESEARCH SUMMARY

Endothil™-CR Helps Build Muscle Mass and Strength in Exercising Adult Men
Dr. Daniel B. Mowrey, Ph.D.

INTRODUCTION

It is well known that increased muscle mass and strength occur in the most effective manner when exercise routines are done to exhaustion, i.e. when exercise results in ischemia or hypoxia in localized areas of muscle. Hypoxia produces the "signals" required to boost muscle repair and growth in the area of strain. One of the goals of weight training is to build muscle without scar tissue. Too little exertion can tear muscle to the point where scarring will result. Too little exercise produces little increase in mass or strength. There appears to be an optimal point for maximal growth without scarring. Hence, currently the attempt to increase muscle mass and strength through exercise is constrained by these considerations.

As research begins to unravel the mechanisms involved in building muscle mass, it has become apparent that it should be possible to enhance muscle growth by stimulating certain aspects of the muscle building process. For example, we know that ischemia or hypoxia, with attendant inflammation and activation of so-called growth factors, produces signals that recruit the migration of progenitor cells from the bone marrow and blood stream to the hypoxic area to be used in rebuilding the muscle. The discovery of a method for enhancing the recruitment of the progenitor cells might increase the incorporation of these progenitor cells into the matrix of new muscle tissue, contributing to an increased muscle mass.

One of the crucial points in the muscle rebuilding process following exercise trauma may be the activation of receptors located on the muscle cells as well as on cells of the microvasculature in the muscle tissue. The most important of these receptors is the α_2 nor (alpha 2-nicotinic acetylcholine receptor). Stimulation of this receptor initiates the cascade of events that eventually results in the repair of muscle and growth of new muscle. Repeated stimulation of the α_2 -nor actually results in the up-regulation of this receptor and the efficiency of the system is improved and ever greater muscle growth becomes a distinct possibility. The localized nature of this process must be emphasized. Hypoxia is the localized environment that signals progenitor cells to migrate toward the site of muscle exertion. Thus, by isolating a muscle group in the right leg and exercising it using a specific exercise, you create an hypoxic zone in that area, so to speak, and you would expect only that leg muscle to benefit. This is good in that it allows you to work on specific areas of the body in a systematic manner.

Recently, a compound has been discovered that contains a naturally occurring active molecule known to activate the α_2 -nor. This molecule is the core substance in Endothil™-CR (ECR). It is theorized that, based on its ability to interact with α_2 -nors, the active molecule in ECR should stimulate the migration of progenitor cells from bone marrow and blood stream to the site of muscle exertion and the incorporation of these cells into the matrix of new muscle tissue, contributing to an increased muscle mass.

THE STUDY

A study was designed to test the hypothesis that the administration of the core compound in Endothil™-CR to exercising men will lead to increases in muscle growth and strength exceeding those achieved through exercise alone.

SUBJECTS AND METHODS

Thirty one adult males ages 30-55 who had been following a weight training program to build muscle mass for over a year were invited to participate in the study. All subjects were non-smokers, taking no medications, and in good health. Weight training consisted of a three times per week exercise routine for six weeks. Sixteen received the active compound in ECR and fifteen subjects received a placebo pill identical in appearance. Both groups took their pills by mouth 30-45 minutes before workouts.

MEASUREMENTS

A number of anatomic and functional measurements were obtained on each subject prior to starting and at the completion of the study. These measurements included height (as measured with a calibrated health O Meter stadiometer), weight (on a balance beam scale wearing light clothes and no shoes), body mass index (body mass index = weight (kg)/height (m)²), waist circumference (measured at the level of the umbilicus), biceps measurement (the circumference of the dominant biceps muscle measured at the middle of the muscle belly of the flexed muscle), quadriceps measurement (circumference of the dominant thigh measured 4" above the kneecap while the subject is standing in a relaxed posture), body composition, and skin fold measurement. All measurements were performed in duplicate. Upper body strength was measured by asking each subject to do 10 repetitions on a bench press or an incline barbell at the maximum possible weight at which they were able to complete the 10 reps. Lower body strength was measured by asking the subject to perform 10 repetitions at the maximum possible weight on a leg press or leg extension machine. Both baseline and final pressed weights were recorded for upper and lower body strength. Compliance was determined by subtracting the number of capsules returned by the subject at the final visit from the number of capsules dispensed at the outset of the study.

RESULTS

After six weeks, the subjects who took the active compound experienced a significant (p<0.05) increase in both upper and lower body strength as well as in circumference of the biceps muscle. Specifically, the amount of weight bench pressed increased by 10 lbs. in subjects receiving ECR's core compound compared to an increase of 5 lbs. in subjects receiving placebo. The amount of weight leg pressed increased 70 lbs. in the experimental group versus 30 lbs. in placebo treated subjects. The treatment group experienced a significant increase in biceps circumference that was more than four times that of the placebo group, who experienced almost no increase in biceps circumference (p<0.05). There were no significant changes between the two groups in quadriceps circumference, % body fat, % lean body mass, weight, or body mass index.

DISCUSSION

Based upon the observations from laboratory experiments, in order for Endothil™-CR to exert a maximal effect it must be incorporated into an exercise routine. The exercise routine will have the most impact if it incorporates routines that produce muscle exhaustion. For example, doing pushups until you can't lift your body off the floor and then trying to do one more pushup, or doing situps until your abdominal muscles hurt and then doing five more situps. As mentioned at the outset, this kind of training should not be either over done or under done. It is not our goal to produce extensive damage with the idea that the greater the damage the greater the subsequent muscle growth. Yet, the exercise should result in enough ischemia (as defined as a decrease in the amount of oxygen containing blood to the muscle cells) and muscle strain (trauma) to produce the required signals for repair. Hence, for practical purposes, the end point of this kind of training is exertion to the point of exhaustion.

It should be emphasized that the impact of ECR is probably to augment a naturally occurring sequence of events that normally follows exercise to exhaustion. It is not to overlay a different process or to cause the body to do something unnatural, stressful or unusual. However, the result is something extraordinary in that a possibly synergistic relationship exists between hypoxia and ECR in the upregulation of α_2 -nors, a result greater than that produced by exercise alone.

Ultimately, the increase in muscle mass depends upon the recruitment and differentiation of progenitor cells into muscle cells. Exhaustive exercise causes hypoxia, ischemia, and muscle cell damage in localized areas of muscle, which in turn produce the signals that attract progenitor cells. Due to its known pharmacology in relationship to α_2 -nors, the core compound in ECR is hypothesized to likewise stimulate the migration of progenitor cells from the bone marrow and blood stream to the oxygen starved muscle tissue to rebuild muscle. It should also enhance the microvasculature of muscles which improves the efficiency of the recruitment of progenitor cells.

The mode of action in both cases (hypoxia and ECR) appears to be activation and upregulation of α_2 -nor in conjunction with similar activation arising from the presence of signals arising from the exhausted muscle. These signals are probably in the form of cytokines and growth factors. Differentiation at the site of the sore muscle cells occurs in the presence of activated α_2 -nors and improved oxygen and nutrient supply arising from improved microvasculature and a load of progenitor cells. Together, this mixture of factors results in differentiation, repair and growth.

In addition, it is hypothesized that the core compound in ECR is attracted to the site of trauma and acts to augment the differentiation and proliferation processes through any number of ways, but especially in attracting more progenitor cells to the area, which get caught up in the repair and growth processes, resulting in a net gain not possible without the presence of the ECR compound.

It should be noted that Endothil™-CR is not a miracle pill that will make your muscles grow while you sleep. ECR is an extremely specific and potent natural product that is believed to target the molecular and cellular mechanisms of the repair and growth of muscle cells. By augmenting exercise-induced recruitment of muscle progenitor cells, ECR is believed to work in synergy with the metabolic effects of exercise to increase muscle size and strength. In summary, these findings confirm the hypothesis that Endothil™-CR's active compound, in conjunction with exercise, produces a significantly greater increase in both upper and lower body strength and in biceps circumference than exercise alone. Although several of the steps in the process remain to be fully elucidated, the current study demonstrates congruence between the normal muscle building process and processes initiated by the consumption of ECR.

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

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

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

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

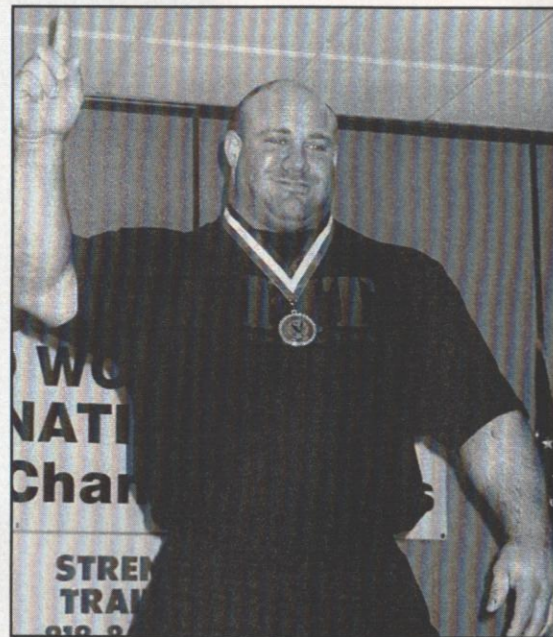
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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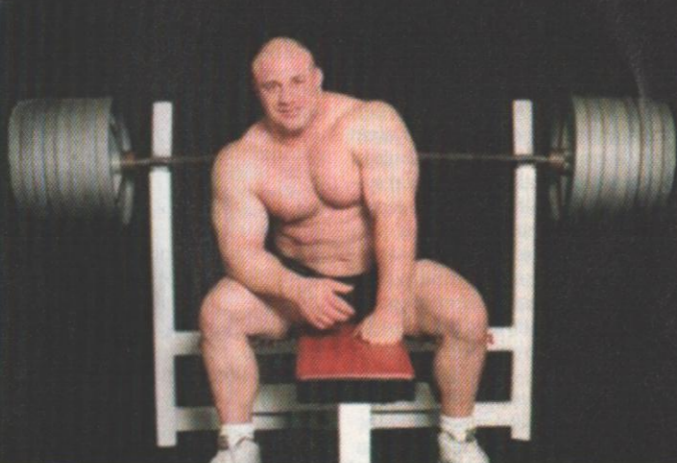
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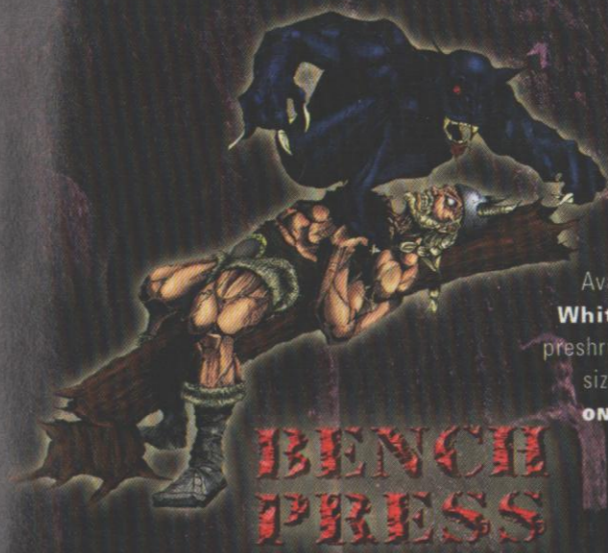
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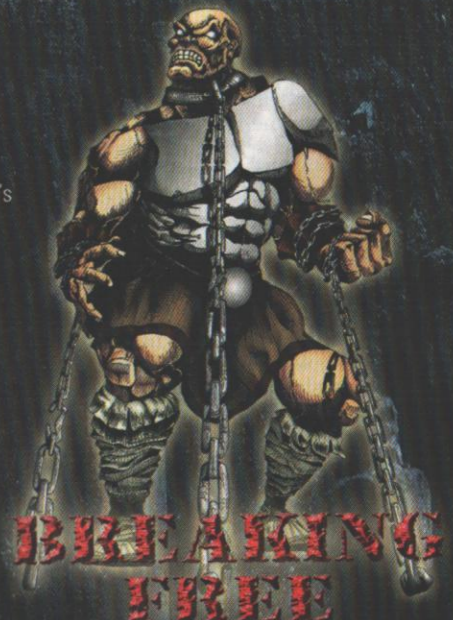
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The notion that the United States has become a vast wasteland for unethical and immoral behavior is really not surprising considering our country's recent history. And it is certainly not astonishing that sports in America has enveloped itself in the very muck that the rest of our society finds itself in. Why should it be surprising when we as a nation have generated religious fakes and phonies who take money from the poor in the name of God... a nation that elects political leaders who outright lie and engage in immoral and illicit behavior... a nation whose corporate leaders lie and cheat to line their own pockets at the expense of others... a nation whose people support illegal billion dollar industries in drugs, sex, and gambling... a nation where religious leaders prey upon children, and the weak. Picture this for a second. The chairman of a global manufacturing and service company has been accused of pilfering his employees and investors out of \$600 million. Grade school kids were found pirating music and films off the Internet. Christian leaders were caught pirating and selling the movie *The Passion* to the members of their church. A celebrated historian was caught plagiarizing another author's manuscript. Even the world's most famous gardener, a woman who built a billion-dollar empire by selling here products to every-day-folk, was convicted of obstructing justice and lying to investigators about a well-timed stock sale. And that is just the very tip of the iceberg. Why would we expect anything different in sports when the leaders of our land project the notion that lying, cheating, and fraudulent behavior is only wrong if you get caught. Why would anyone expect a coach or an athlete to abide by the rules of their game when the people they look to for guidance endorse immoral and unethical behavior by their very actions. And if it is true that we as a people are driven by greed, fame, status, and power it is even easier to

DR. JUDD

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

understand why sports is a breeding ground for corruption.

The obsession with sports in America is incredible. With war raging all around us, you would think that the major interest in the United States would be getting things right in the Middle East or trying to budget our economy, right? Wrong, it's sports! There is more interest in sporting events than there is in our political totality, our defense programs, our foreign policy, our children's education, our health care, our scientific advancement, or in our economic progress — even though those issues directly affect our well being and livelihood. There is more television and newspaper coverage devoted to sports than there is to contemporary world affairs. More time and money is spent by colleges to recruit good athletes than good college professors. Our college coaches are paid more money, a lot more money, to coach than Nobel Prize winners are paid to teach. And superstars are by far and away better known than super scientists and much better paid. Do you want statistics? Try these out for size. Alex Rodriguez will make 258 million dollars to play baseball for the next ten years, Mike Tyson has been making approximately 25 million dollars a fight and Tiger Woods makes 40 million dollars a year just for the use of his name. Listen to this - the 15 highest-paid NBA basketball players make more money a year than Iceland's gross national product. Is that vulgar or what? The average salary last year for a professional athlete in America was over one million dollars. According

to Forbes, the top 50 sports stars in 2004 will earn a collective \$1.1 billion. There is tons and tons of money in sports. Money is everywhere you look. And with money comes fame. And with fame comes power. And with power comes glory.

Intertwined with this obsession with sports by the American public is the absolute conviction that winning is the only measure of success. The American psyche has been brainwashed into believing that "winning isn't everything; it's the only thing." If you're not "NUMBER ONE," you're nothing. Only by winning can you achieve greatness. Through a strange kind of psychic chemistry, athletes raised on this all-or-nothing diet begin to define their own self-worth in very simplistic terms. One is either a "winner" or a "loser," and there is no middle ground. The media, fans, and society in general celebrate success in such a way that the feeling of winning, no matter how it was attained, is a far better feeling than the alternative. Finishing second is great, but who cares?

Actually, the whole concept that Americans have about winning scares the heck out of me, because it teaches us to judge ourselves and others, not by intrinsic qualities, but rather by how well we play a game. Amazingly, people go around believing that self-worth is a process of chasing down fly balls or lifting record poundages. They have this mentality that superior athletes are better human beings than less successful athletes. Of course, they also believe that unsuccessful athletes are better human beings than non-athletes. A few years ago, for instance, Seth Brady conducted a clever little study which clearly supports the "halo effect" that winners enjoy. In the study, the subjects were asked to make personality ratings of amateur boxers who were viewed on film. The findings were sadly predictable. The winners of the matches were almost always seen as being more mature, better looking, more valuable, more potent and more active than the loser. In other words, the winners were perceived as being better human beings than the losers are. Of course, winning also reinforces winning. If you're a "winner" in



Dr. Judd Biasiotto sounds off on the state of American sports.

America you get it all — trophies, travel, money, prestige, even women. Winners are even given special privileges in school, in politics, in the media, in business, in the courts — in fact, I can't think of a single place in our society where athletes aren't given special privileges. Generally, the winner gets everything, the loser nothing. Worse yet, even when you are crowned with success the fulfillment is fleeting. Once an athlete becomes a "winner," there is automatically a new problem. There's no place left to go... but down! The question isn't "if," but "when" and "by whom."

It doesn't take a genius to figure out that we live in a sports-oriented culture where the game is more important than any other aspect of life. In fact, in America sports transcends every other aspect of human behavior. It's sad, but that's the way it is. That's the type of world we've created for ourselves.

With all of this pressure to win and keep winning it is easy to see why athletes justify almost any means in the name of winning... cheating, lying, even taking life threatening drugs. In fact, today cheating has evolved into epidemic proportions. In reality, cheating has now become an acceptable part of competing. It is almost as if cheating is just another part of the training process. Unfortunately, that attitude has become pervasive in our thinking. Collectively athletes are now rationalizing that cheating is just a part of the game and that everyone does it. Worse yet, they feel that the benefits that can be derived from cheating are so great that it is worth the risk of being caught. It's competitive moral erosion that is destroying the integrity of sports in America.

Warming up at a meet is essential in getting the best from all your training and preparation. I feel too many lifters overlook how important it is and as a result do not get the results they expect on the platform on meet day. Most athletes of other sports precede their competition with some sort of warm up. Runners stretch their Achilles tendons and hamstrings and run short bursts to warm-up. Baseball players warm-up by stretching and playing catch or fielding grounders. Over years I have noticed a lot of powerlifters do not warm-up in the most effective manner or, for that matter, do they even have a warm-up plan. Many lifters are warmed-up too early or too late in preparation for their initial attempt at each lift. On top of that, many do too many warm-up sets and come to the platform for their first attempt as if they were on their second or third attempt. By the time the third attempt comes, they're essentially taking their fourth or even fifth. All this can add up to lower totals, bombouts and increased chance for injury.

A warm-up has two purposes. The first is to prepare the body and mind for the heavy lifting to follow. Going straight to max attempts without warm-up is sure suicide. The second purpose is to practice your meet technique to get into the groove and build confidence for the lifts that count. If your warm-ups fail to satisfy either of these two requirements, all that time training and preparing could be down the drain.

Warm-up conditions at meets can vary drastically. I've been to meets where there was great equipment and facilities with spacious and well ventilated, temperature controlled lifting areas. Other meets I've attended had warm-up areas literally in hallways or off a beach or by an indoor swimming pool where temperature and humidity can really drain your strength and energy level. This is not to mention absolutely terrible bars, benches and squat racks or just too little of all of it to go around. This part of the meet is uncontrollable for competitors. In order to make best use of whatever facilities are available, a lifter must warm-up effectively and efficiently and to accomplish this, the lifter must have a plan.

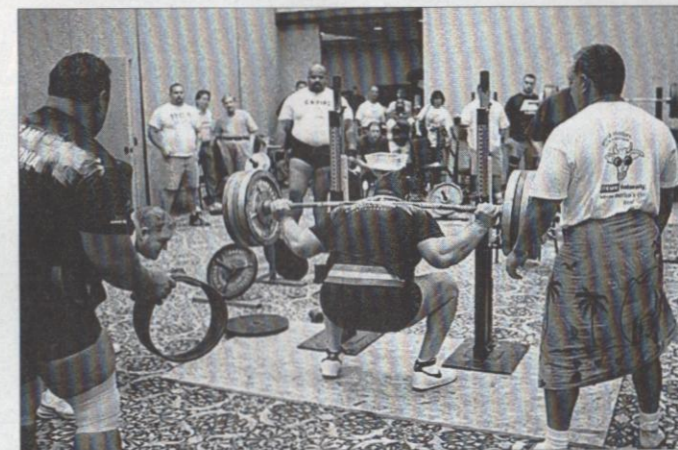
However, timing your warm-ups is one factor you have some control over. By having an idea of when you will lift, you can prepare and execute your warm-up plan to be ready to lift with the necessary time between your last warm-up and your first attempt on the platform. The rounds systems, used in just about all meets, has made timing warm-ups much easier. First, find out how many lifters are in your flight and your position in it. For example, if your flight has 10 lifters and you are fifth, you have at least 5 minutes after the flight starts before you will lift. If weight changes are involved, that time could be slightly higher. That also means you have at least 5 more minutes to complete your warm-up

STARTIN' OUT

A special section dedicated to the beginning lifter

MEET WARMUPS

as told to Powerlifting USA by Doug Daniels



The Warmup Room can be an intimidating issue for a novice lifter.

plan than the first lifter in the flight. Remember that after each flight, the lifting order can change, so you may not always be fifth, but by then, warm-ups no longer are a factor.

If you are lifting in the second or succeeding flights, you also can approximate when you will lift. Count the total lifters in the previous flight and multiply that number by 3 for the total amount of attempts. For example, if there were 10 lifters in the previous flight, the total amount of attempts would be 30. Allow a minimum of 1 minute per attempt; allow an additional half minute for the weight changes and that would come out to be about 45 minutes for the flight which still could be on the low side. As a rule, the squat will take longer than the other 2 lifts, with the deadlift going the fastest. It's important to find out if there will be a break between flights or lifts, or if the meet will continue without interruption. As in the first example, estimate when you will lift in your flight. If you lift in a later flight, you have the advantage of seeing just how smoothly the meet is running to help fine tune your estimate. Your opening lifting position will most likely differ in each of the three lifts, so you must have a unique plan for each lift.

The unforeseen can occur at any time, so have a meet helper or coach keep track of the flow of the contest in case your anticipated timing is no longer valid. There is no perfect period of time between your last warm-up and first attempt. This, of course, would vary from lifter to lifter. A rule of thumb would be about 5-15 minutes. Again, this is not etched in stone; it's just a number to start with. If for some reason you are not warmed up properly for your opening attempt, I

would suggest passing on it and taking the same weight as your second attempt rather than taking it while unprepared. The chance of injury or missing the attempt is greatly increased. Get warmed up, learn from your error, and move on.

Estimating when you will lift is just one part of getting the most out of your meet warm-up. Another critical part is the actual progression of weights, reps, etc. that you follow to warm-up. Previously, I said many lifters do either too few or too many warm-ups for the meet. For the most part, I would say the biggest problem is too many. Often I've seen lifters take their opener, or close to it, as their last warm-up, just to be sure they can make their opener. If you are not sure if you can get your opener, then you should re-evaluate your choice. The purpose of an opener is to get in the meet, not to win it or to set PRs. A weight you can double or triple is best to open with for a novice lifter. As your experience increases, you can hopefully make better decisions on openers.

What follows is an example of what a warm-up progression could look like for a lifter who will open with a 500 pound squat. If you are doing more reps or sets than this, you should really think hard as to why. This example also includes my suggestions as to how squat gear should be added during your warm-up. This warm-up progression should take about 15-25 minutes.

135 x 8 no equipment
225 x 5 as above
275 x 3 add belt
335 x 3 add wraps
405 x 1 add squat suit, shoulder straps down

465 x 1 as above, pull up straps

If you are starting at a higher weight, you may need a set or two more, so make necessary time adjustments. If you are opening lower, you may need a set less. Don't go blindly to your next meet and give this progression a whirl just because I have it in this article. Try this progression, adjusted for your strength level, during your last couple squat workouts prior the meet where you take a big single. In my example, you get an adequate warm-up, technique practice, and confidence building without literally taking a workout before hitting the platform. Remember that you want to hit the platform warmed-up but fresh, not feeling like you've already taken several attempts. This progression also can be applied to the bench and deadlift.

Another factor to consider in timing your warm-ups is the time and energy required to get your squat suit or bench shirt on. For some lifters, these are loose fitting and go on easily. For others, this can be a real ordeal. If your helpers are doing their job, they will do most of the work for you, especially when putting on your bench shirt and squat suit. Make sure you have tried on and used this gear before the meet. This way you know it fits and works correctly.

Lastly is to be considerate of other lifters at meets who are not as organized as you may be. You still should be able to get your warm-ups in even if you allow a lifter who is only minutes away from his opener to get in his last warm-up. By the same token if you find lifters who are warming up too early and are delaying you please tell them what your timeframe is and ask to get your warm-ups in as you are actually going to lift before they will. Most lifters will accommodate you.

You or your helpers will most likely have to help load and spot for other lifters you are warming up with. Also remember to pick up the weights to help keep the warm-up area clear of loose weights for safety. I strongly suggest you warm-up with lifters of close to your strength level. If you are opening at a 300 squat, do not ask to warm-up with Mr. National Champ. This also applies to stronger lifters warming up with 300 pound squatters. Use common sense and please be courteous.

I trust this article gave you a few things to consider in rounding out your training plan. You can do everything calculated just right prior the meet, but if you don't warm-up in the most efficient and effective manner according to a predefined plan, all that could go down the drain. My articles always stress that there are other factors to powerlifting success than following the latest work out of the month or using the latest quadruple-layer bench shirt, or downing the latest hi-protein drink. Try out some of the suggestions I made during the last few weeks prior the meet. Regard meet warm-ups as an important part of your training plan for best results on meet day.

"How many Alabama College football players does it take to change a light bulb?"

Only one, but he gets 5 hours of credit for it, \$10,000, and his choice of any three cheerleaders."

ANONYMOUS

IMMEDIATELY

Johnnie Jackson
IronZone Deadlift
Challenge Champion 2004
Successful Full of 804 lbs.

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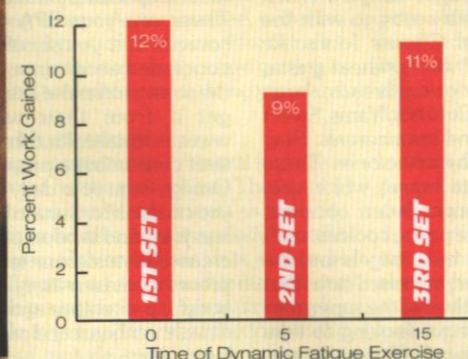
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Stevens, B., et al. (2000). *Medicine & Science in Sports & Exercise*. 32(12):2102.

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The science behind proper eating principles for the powerlifter has really come full circle over the last few years. Let's be honest for a minute. Before I came onto the scene to help guide the powerlifting masses, the nutrition void in our sport resembled a black hole. The science behind "Power Nutrition" has gained the interest of tens of thousands of powerlifters all over the globe and for good reason. It works! I have worked with world champion athletes from all over the world. I have nutrition clients from all parts of the United States, Canada, England, South Africa, Israel, Australia, Bahamas, Germany, Barbados, Russia, Italy, Greece, Kuwait, India and I am just getting started. One thing that is for sure is that fads don't last long in our sport. So making sure the proof is in the pudding so to speak is of the greatest concern for the hardcore lifter. In this article I am going to cover some of the basic yet fundamental aspects of Power Nutrition. It is from this base can you then seek more advanced knowledge to take your performance to unseen heights. Here I will focus on the tried and true basics that will make you a believer in what a proper nutrition plan can do for your powerlifting success.

1. FEED THE MACHINE

This has been my trademark slogan over the years and it has many meanings. First off this refers to eating enough total calories per day. The hardcore powerlifter needs to make sure that he is eating enough calories to sustain his lean tissue, maintain his strength, keep his energy level high, and to help him recover from his intense training sessions. Consider calories as the first layer of the base because without this part fulfilled then all else will fail. The second meaning of my slogan here is to make sure you are "Feeding the Machine" with foods that are "Fueling the Machine". This refers to quality food and quality calories. If you are just loading in all types of empty calories with little or no nutritional value then believe me you are just going to turn into a fat ass fast and your performance will backslide faster than you can imagine.

2. EAT ENOUGH PROTEIN

I have said this time and time again because it is another very fundamental part of your nutrition plan. Your body needs optimal amounts of protein so that basically all your hard work in the gym isn't a big waste of time. I see lifters who weigh over 300 pounds and yet they are lucky if they take in 70 grams of total protein for the day. I can't believe my ears when I hear some of the things that come out of lifter's mouths. Yet it is these same guys that are fine tweaking their

NUTRITION

THE FUNDAMENTALS OF POWER NUTRITION

12 Basic Steps to a Bigger Total

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

bench shirts ten times before a show to make sure that it is dialed in just right. It is the same guys that are "Chemically Enhanced" yet they don't realize that if they ate a proper nutrition plan customized around their Pharmaceutical program, their results would be through the roof. The results that an "Enhanced" powerlifter can get by following a scientifically designed customized nutrition plan with a well constructed pharmaceutical program will produce results that you can't imagine. Those that are leaving their nutrition to an "I will eat what ever comes my way today" attitude are basically getting 10-20% of the results they should be from their pharmaceutical program. This is a major waste to say the least. Many of my "Enhanced lifters" who work with me hit PRs in all their lifts while they are even off their "enhancement program". For those in the know, this is impossible to imagine so you can now understand how their faith in the nutritional sciences all of a sudden took top priority. Of course it would when you consider that they are hitting numbers clean that they haven't hit while on their cycle. Protein is essential to making progress in the gym so I cannot over emphasize taking enough in per day. You should be taking in a minimum of 1 gram of protein per pound of body weight. Any less than this for the hardcore lifter and in my opinion you are throwing a lot of your progress right out the window.

3. CONSUME LOW GI COMPLEX CARBS

Carbohydrates are another very important part of your plan. They have many purposes in your nutrition plan but correctly implementing them is a little more complicated than with protein. The first problem I see with most powerlifters is that they eat way too many refined carbs. This refers to any source that has been processed to leach away the nutritional value. This leaves them with the nutritional value of sugar. So instead of referring to the Glycemic Index rating of different carbohydrate sources I will simplify things. When choosing a carbohydrate source try and opt



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

for those that are in their natural state. The closer they are to their natural state the healthier they will be for you. Try your best to avoid the processed and manufactured versions of carbohydrates as they will play havoc with your performance and even more importantly your health. I am going to break this down super simple. When choosing your carbs go with the brown ones. Choose foods like brown rice, whole-wheat pasta, Flax or 12 grain breads, large flaked Steel Cut Oats, Yams, Sweet Potatoes, and bran cereals. Stay away from the white ones. These include white bread, white rice, processed sugar laden oatmeal, pasties, white pasta, cookies, muffins, French fries, bagels and numerous other processed carbs that stock the shelves of the supermarket like a plague looking to take down your powerlifting success. Remember these simple words brown - good, white - bad. That is about as basic as I can put it so that even those without any nutritional background can reap the benefits of choosing the right carbohydrate sources.

4. JACK UP THE FAT

Now when I say to increase the fat in your diet I don't want you to go and eat 3 Big Macs, a large fries, and wash it down with an apple pie. Let's not forget to throw in about 15-20 tablespoons of sugar that is included as a side bonus, otherwise known as your soft drink. Sorry, but that's not going to help your performance or your health in that matter. What I am referring to here is your Essential Fats. These include your Omega 3-6-9 fats. These healthy fats have many pur-

poses and they will make a big difference in your training performance and health. One way to do this is start eating fish several times per week. I know a lot of powerlifters are not into the fish thing, but this should change because there are way too many benefits from consuming them. I personally eat fish at least once per day. Since I am eating 6-8 meals per day having one that includes fish is pretty easy. Fatty fish like salmon, herring trout, sea bass and mackerel are all good sources of Omega 3 fats. To get some healthy Omega 9 fats in your plan start using extra virgin olive oil on your salads and vegetables. Avocados, olives, and nuts also good sources to make sure that you are getting enough of this "Heart Helper" in your plan. For those of you that can't eat fish then supplement with fish oil to make sure that you are going to get the health and power benefits that this wonder fat has to offer. The one that my athletes and I use is called Ascenta Nutra Sea. This formula is made from Herring Oil and it is my personal favorite on the market right now. It is pharmaceutical grade fish oil with impurities and the fish taste taken out so that it is easy to get down. It has a nice lemon and thyme flavoring so even those who don't like fish can handle taking it on a daily basis. It provides the lifter with an excellent source of Omega 3 fats and even more importantly the best types. These are your EPA and DHA sources that you should be most concerned about since they have the most to offer the lifter. You can get it from their website at www.ascentahealth.com Once you start consuming a proper dose of Omega 3s in your daily meal plan you can look forward to bigger lifts, less joint and tendon pain, an increased testosterone level, an improved insulin sensitivity level, lower bodyfat percentage and most of all a healthier heart and cardiovascular profile.

5. EAT 5-6 TIMES PER DAY

If you want to be strong then you better eat. This sport is just as much about eating as it is lifting and fine-tuning your gear. Many lifters hate that I have put so much emphasis on the nutritional science end of our sport. This is usually the lazy lifter who is afraid to open his mind to the truth and likes living in the past. This is the same for a lot of lifters who don't like the advancements in gear as well. As powerlifters we have to look to every angle to improve our performance. Let's face reality for a minute here. The advancement in powerlifting gear technology, the improved pharmaceutical application, and the nutritional sciences has made lifts that most thought would never happen. So whether

you are for or against gear, pharmaceuticals or the nutritional sciences, the reality is that by combining them properly they will give you totals unheard of in the past. This is the reality of powerlifting today. Before I forget what I was telling you, the point is that as a strength athlete you have to eat at least 5-6 times per day as a minimum. I know this sounds like a lot and it may take some time to get used to. There are many tricks to make this painless so that it won't suck up your valuable time and cause a major inconvenience.

6. DRINK YOUR WATER

Water is essential for life so drinking enough in your nutrition plan is of great importance. Not drinking enough water is another folly that a lot of powerlifters ignore. When I say drink water I mean water, not soda, juice, coffee, or sports drinks. The body does not process them the same way and the above are usually loaded down with tons of sugar and other chemicals that are not beneficial for a bigger total. The powerlifter should be getting in at least 3 liters per day no less. This is regardless of what your weight or gender is. In reality you should be taking in 4-8 liters per day depending on your goals, weight, health conditions, protein intake and your pharmaceutical enhancement program. Water will help you eliminate toxins from the body, prevent many different health conditions, help in cell volumization, and help reduce body fat levels among others. As you can see, water is a very important part of the powerlifter's nutritional plan so make sure that you are getting in enough water to benefit your training program.

7. TAKE A MULTIVITAMIN

Taking a multivitamin/mineral formula is very important for the powerlifter. These nutrients are known as micronutrients as the body needs them in small amounts usually in milligram dosages. Unlike protein, fats and carbs which are known as macronutrients and are calculated in gram portions. Micronutrients play a major role in many different functions in the body. These include such things as protein absorption, regulation of your heartbeat, hormone production, regulation of your immune system and much more. I recommend for all powerlifters to take a proper formula for many reasons. First off most powerlifters do not eat a perfect diet. That's an understatement if I have ever heard one! There are cockroaches in New York that consume a better nutrient spectrum than some of the lifters I have witnessed. This leaves a lot of powerlifters with what is known as micronutrient deficiencies. This is not something that you want when you are training to be at your best. This can also have negative health related problems as well. When choosing a good multivitamin/mineral formula you have to make sure that it is designed for strength athletes. Don't just take some generic formula that is intended for sedentary individuals, as it will not have enough of the key ingredients. Powerlifters will need more of certain vitamins and minerals over a couch potato so having the proper formula is essential.

8. CUT DOWN ON THE JUNK



Liz Willett got a nice deadlift in at the WPO Superfinals in Columbus

I hate to say this, but sometimes I think the powerlifting community is what keeps the junk food industries alive. If powerlifters were to boycott the above we would see the stocks of these companies plummet. To be serious here for a minute the fact remains that powerlifters do eat way too much junk in their diet. This includes fast food, candy bars, potato chips, ice cream, cookies, desserts, pie, fatty cuts of processed meats and enough sugar to put a mountain gorilla into a diabetic coma. Don't think that I am trying to preach that powerlifters should live off grains and grass. If you have talked with any of my elite clientele they will tell you that I feed them a power packed nutrition plan but the key to it is that it is of clean, nutrient-dense foods. These are foods that are going to increase your strength, pack on pounds of muscle, melt away fat and improve your energy. They are not just a bunch of foods that are full of empty calories that will do nothing but make your waist line thicker and make you into a heart attack just waiting to happen. There are too many powerlifters that just eat to fill their stomachs and this is the wrong attitude to have, not only for improving your performance, but for your health and longevity as well. I don't want you to think that I want you to never have a piece of your mother's awesome apple pie, or you can never have a bowl of ice cream after your dinner. The problem with many powerlifters is that piece of pie turns into the whole pie and that bowl of ice cream turns into the whole container. Second, I always recommend cheat meals for my athletes because this gives you a mental break from your plan and gives you something to look forward to. The problem with most powerlifters is that everyday is a cheat day, and every meal in that cheat day is a cheat meal.

Are you starting to see my point?

8. INCREASE YOUR FIBER INTAKE

Fiber ... the word that most powerlifters don't like to hear. Yes, just like all the other important nutrients out there, powerlifters are also deficient in fiber as well. Fiber has many benefits for the powerlifter. Yes, I know fiber really doesn't taste that good. It doesn't taste like a piece of banana cream cheese cake that's for sure. But the fact remains that if you want to stay a healthy lifter you need to get in a proper dose of fiber in your nutrition plan. I will be dead honest here. Most of the powerlifters that I work with don't like the taste of high fiber foods. The oatmeal, the bran flakes, the broccoli, the salad all don't sit that well with a lot of lifters. Well, ... too bad! If you don't want the arteries in your heart clogging like a New York freeway at rush hour, or desire that the cells in your colon start mutating into some form of carcinoma, then I suggest you start getting into fiber. Powerlifters should get in a minimum of 30 grams of fiber per day. The optimal for colon and heart health would be around 50 grams per day. Try telling a lifter who lives at the local Pizza Hut that he needs 50 grams of fiber per day when for the last 10 years he is lucky if he consumed that much fiber in a

month. With fiber, start off slow and then increase. Just by adding a cup of dried oats to your breakfast a few times a week, adding some vegetables to your meal plan a couple times a day, and throwing in a piece of fruit with your snacks can really make a difference in getting this fiber train started.

9. USE A PROTEIN SUPPLEMENT

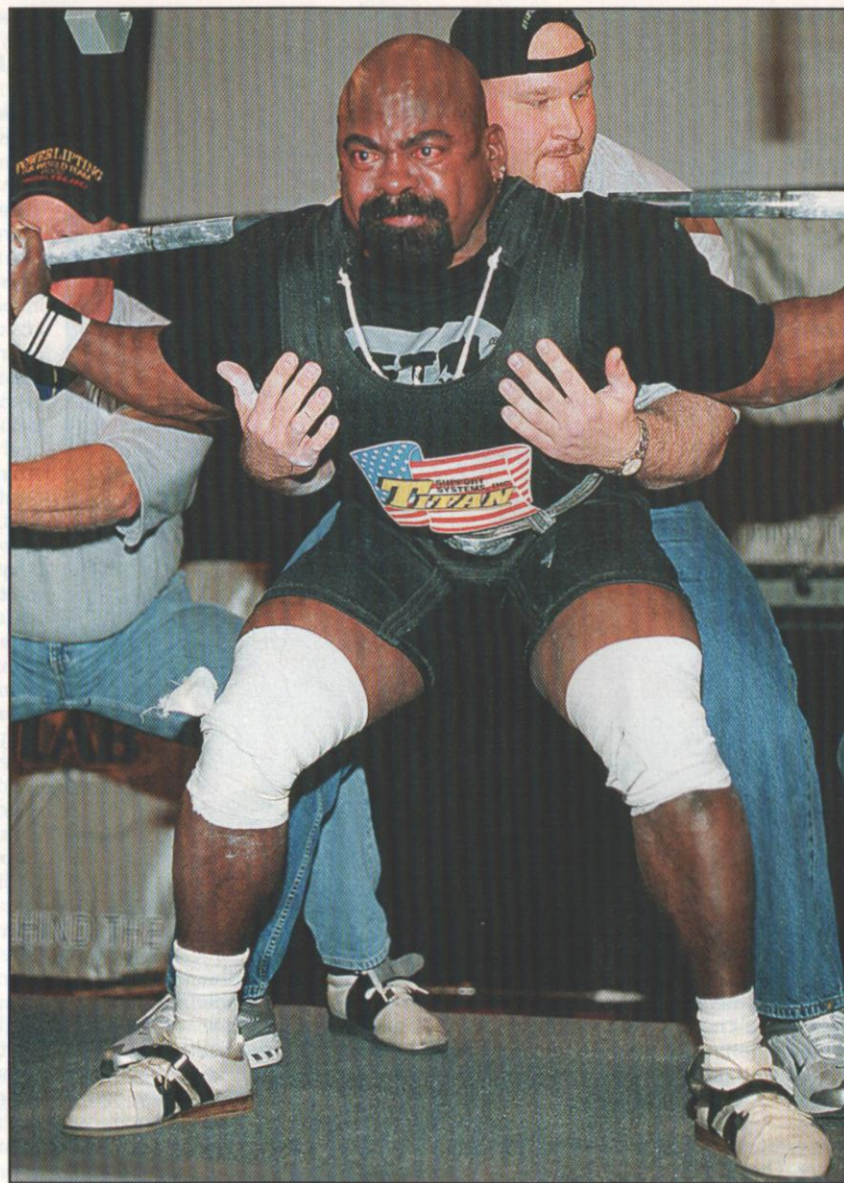
Most of us are working at least 9 hours per day. Throw in commute time and we are looking at anywhere from a 10-12 hour total workday. Then there are the wife and kids and every other responsibility that has to be taken care of on a daily basis. The reality of eating 6 full food meals per day for most of us seems impossible. At the same time we can't let our performance go down the drain because of life's daily chores. One very easy way to get in all your protein requirements is to take in 2-4 protein shakes per day. This way you are still just eating your Breakfast, Lunch and Dinner, like the rest of the free world. See, it's not so hard now is it? The next thing to address is the type of formula that you are going to use. Protein isn't just protein so don't let the geek at the local health food store tell you any different, because he is lying to increase his commission check. First off, you have to get a high quality supplement from a reputable brand that has the right spectrum breakdown needed for your personal needs and compliments the goals that you are trying to accomplish. Don't just grab what's on sale or some no name brand because you get what you pay for. Next, you need to know how to incorporate your protein formula according to what your current goals are. If you are trying to go up or down a weight class your needs will

be different and it will make a difference in what you should be drinking.

10. BALANCE YOUR MEALS

Now when I say balance your meals I don't mean that you should have a beer for every slice of pizza. Yes, that may sound sweet to the ears of many lifters, but it is not what I am referring to here. In nutritional terms balancing your meals refers to the macro-nutrient ratio and breakdown for each of your meals. This will, in turn, give a macro breakdown for the day. When you get into the deep sciences of nutrition this is actually one of the more complicated aspects of customized program design. One reason behind this is because each athlete is different from another. One ratio of nutrients that works wonders on athlete A, but that doesn't necessarily guarantee that it will produce the same results with athlete B. When I am designing a pre contest nutrition plan for a powerhouse ass kicker like Dave Tate, its not going to be the same for someone who has been lifting for a couple of years. Just to give you all a heads up. Now that Dave is working with me he is going to be dialed in like never before. Now since this article is one that is targeted for the beginner the meaning behind balancing your meals is quite basic. Try to get an optimal balance from each of your macronutrients with each meal.

Just to remind you, macronutrients refers to the Big 3. No - not the squat, bench and deadlift, but your Proteins, Carbs and Fats. Make sure that there is no macronutrient ignored - that way you will provide some balance to your eating plan. For example, a bowl of pasta with a half loaf of garlic bread sure as hell may be tasty, but it doesn't conform to the rule of balancing your meals. Yes, we have some carbs and fat, but where the hell is the protein? A better choice would be a bowl of whole-wheat pasta with a nice big grilled chicken breast, a slice of garlic bread and a big Italian salad on the side. Now you have some protein, carbs and fat and even fiber - all in the same meal. Another bad example for breakfast would be the lifter who has a couple cups of coffee, a bagel with cream cheese, and a small pastry on the side. Here again, we have a lot of simple carbs, sugars, refined carbs and saturated fats, but no protein whatsoever to speak of. This is not a good breakfast unless you are looking to drop your performance and welcome some daily insulin injections in the next couple of years to help control your new found friend ... Type II Diabetes! A better power breakfast would be 3 whole egg/ 8 egg white omelet with low fat cheddar



The Amazing Steve Goggins is on Anthony Ricciuto's Nutrition XP3 client list.

cheese sprinkled on top, 2 pieces of flax toast, 1 cup of low fat yogurt and an apple. This is a powerlifter's breakfast, not like the "Heart Attack in a Handbag" you read about above. Keep it simple, but make sure you don't neglect the Big 3 for optimal performance and health.

11. EAT YOUR FRUITS AND VEGETABLES

How do I say this without sounding like your mother? Well, all along, mom was right when she told you to finish your vegetables at dinner and to eat some fruit instead of those cookies. Fruits and vegetables are two very overlooked areas in the powerlifter's diet. Many lifters do not even eat 1 piece of fruit per day. When it comes to vegetables some lifters don't take in a single serving in an entire week. This is horrible to say the least. Both fruits and vegetables have many important benefits for the lifter. They contain a wide spectrum of vitamins and minerals that are essential for proper body functions as well as performance. They also contain fiber, which - if you read above- is another thing that powerlifters are deficient in. Let's not forget the all-important anti-oxidants that they provide to the lifter. Since we train intensely, powerlifters need

even more anti-oxidant protection than your everyday couch potato. This is because intense training can increase free radical production in the body. A lot of lifters will overlook this and would rather think about how to wrap their knees tighter with a new Russian technique, but this is a big mistake. A body over-ridden with free radicals, combined with nutritional habits that resemble the greasy "Meth Junkie" who controls the Ferris wheel at your local carnival is setting you up for the Big C. For those of you who don't know what the Big C is then how about a word you may understand ... Cancer! Don't think because you can bench over 600 pounds that Cancer can't come in and take away all your strength as well as your life. The mistakes that you make in your youth, whether they are with your nutrition plan, pharmaceutical program or lifestyle choices will come and bite you on the ass like a rabid pitbull if you do not monitor them and take the necessary precautions and preventive measures to make sure that you stay healthy.

CONCLUSION

Ok, here you have it. Here are twelve very basic powerhouse nutrition tips that should be the base in every lifter's nutrition plan. Many of you may already be

aware of what I presented above, but there are many out there who need a basic refresher to get them back on track. The sports nutritional sciences are very complex indeed, and without a solid base then there is no point in trying to induce advanced physiological concepts like cell volumization, insulin manipulation, glycogen depletion and replenishment, cell supersaturating, organ cleansing and purification and much more if you don't have the basics down. You all have to start somewhere, and these 12 Power Tips should be the base from which you start. Once they are mastered (which, by the way, is pretty easy), you then can start applying more advanced nutritional tactics to make your total skyrocket. So, until next time lift big, eat big but clean, and most of all - stay healthy.

If you would like to know more about my Customized Nutrition System the Nutrition XP3, check out my website or email me for more info and availability.

www.NutritionXP3.com
Aricciuto@NutritionXP3.com

All-Time Best Male Master Lifters

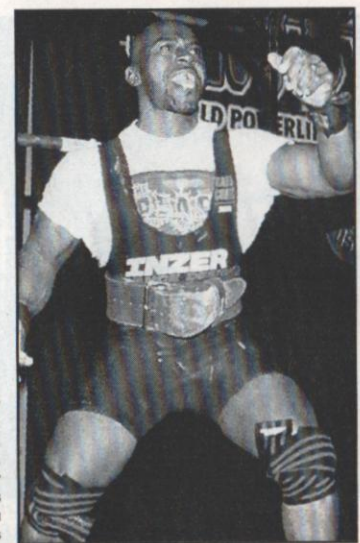
according to the Glossbrenner Men's Formula and McCulloch Age Correction Factor

Rating	Lifter	YOB/Nat.	TOT	Bwt.	Coef.	Result	MACF	Age	Date	Sanct.	
1	694.664	Cortes, Robert	30USA	510.0	67.50	.7484	381.684	x1.820	73	09OCT03	AAU
2	678.929	Conyers, Tony	58USA	907.5	74.20	.6940	629.805	x1.078	46	02APR05	APF
3	669.508	Inaba, Hideaki	44JPN	555.0	51.33	.982346	545.202	x1.228	54	10NOV98	IPF
4	663.603	Flores, Richard	38USA	597.5	74.00	.69545	415.531	x1.597	67	14OCT04	WPC
5	661.853	Frantz, Ernest	34USA	807.5	100.0	.5813	469.399	x1.410	61	04JUN95	APF
6	661.179	Milian, Ernesto	47USA	527.5	52.00	.9664	509.776	x1.297	57	14MAY05	APF
7	660.085	Sandberg, Larry	40USA	780.0	109.1	.5638	439.764	x1.501	64	28NOV03	WPC
8	658.292	Richey, Frank	30USA	467.5	66.60	.75705	353.920	x1.860	74	14MAY05	APF
9	655.680	Bederin, Nikolai	35RUS	512.5	58.60	.85235	436.829	x1.501	64	19OCT99	IPF
10	654.462	Johnson, Daryl	30USA	654.5	102.965	.57467	376.128	x1.740	71	09JUN02	NASA
11	646.383	Isagawa, Hiroyuki	53JPN	628.0	55.85	.89502	562.072	x1.150	50	04NOV03	IPF
12	646.127	Meek, Brian	46USA	930.0	124.69	.54576	507.561	x1.273	56	25AUG02	WPC
13	639.041	Stockinger, Joe	30CAN	455.0	66.80	.7551	343.570	x1.860	74	14OCT04	WPC
14	638.816	Kawasaki, Nori	28USA	430.9	60.00	.83285	358.885	x1.780	72	10NOV00	WPC
15	637.713	Bell, Gene	56USA	935.0	89.90	.61225	572.453	x1.114	48	14MAY05	APF
16	637.517	Richards, Mac	+22-03USA	572.5	90.00	.61185	350.284	x1.820	73	04NOV94	WPC
17	634.561	Goggins, Steven	63USA	1121.5	109.65	.5630	631.404	x1.005	41	05MAR05	WPC
18	632.068	West, Bill	46GBR	875.0	106.80	.56745	496.518	x1.273	56	24OCT02	WPC
19	623.623	Butler, Laurie	47AUS	835.0	98.00	.58635	489.602	x1.273	56	30MAR03	WPC
20	621.099	McCaulley, Larry	+27-93USA	648.6	90.00	.61185	396.868	x1.565	66	06JUN93	APF
21	620.627	Coleman, Arnold	65USA	960.5	82.20	.64615	620.627	x-	40	04MAR05	WPO
22	617.355	Ferreira, Jan	46RSA	765.0	82.30	.6456	493.884	x1.250	55	08NOV01	WPC
23	615.755	Heath, Douglas	55USA	750.7	67.50	.7484	561.820	x1.096	47	13DEC03	IPA
24	611.695	Frank, Garry	64USA	1195.0	165.74	.51187	611.695	x-	40	05JUN05	APF
25	606.814	Crain, Rickey	53USA	857.2	75.00	.68855	590.286	x1.028	43	22NOV96	IPA
26	605.191	Fushimi, Hiraku	37JPN	445.0	55.20	.90605	403.192	x1.501	64	17OCT01	IPF
27	602.913	Player, William	37USA	547.5	74.85	.68955	377.528	x1.597	67	04DEC04	APF
28	601.626	Thompson, Donald	64USA	1182.5	170.5	.50877	601.626	x-	40	05MAR05	WPO
29	599.779	Whitney, Dean	44USA	580.0	67.40	.74935	434.623	x1.380	60	02APR05	APF
30	598.112	Rouse, James	41USA	707.5	89.80	.6126	433.414	x1.380	60	19MAY01	APF
31	596.010	Collins, Ronald	34GBR	855.0	82.10	.64665	552.885	x1.078	46	17MAY80	IPF
32	593.766	Greig, Bruce	52CAN	965.0	135.5	.53504	516.318	x1.150	50	25AUG02	WPC
33	591.658	Ramsrud, Bill	28USA	598.7	82.50	.6446	385.948	x1.501	64	06JUN93	APF
34	587.456	Giller, Richard	27USA	485	71.70	.7125	345.562	x1.700	700	03MAY98	IPA
35	587.332	Mills, Don	36USA	748.4	100.00	.5813	435.068	x1.350	59	19NOV95	APF
36	586.700	Coan, Edward	63USA	1035.0	108.91	.56404	583.781	x1.005	41	25JUN05	USPF
37	585.828	Phillips, Ross	31USA	555.0	75.00	.68855	382.145	x1.533	65	25JAN97	APF
38	582.823	Urchik, Paul	59USA	1017.5	105.4	.56995	579.924	x1.005	41	19MAY01	WPC
39	582.588	Austin, Richard	31USA	630.0	100.95	.57905	364.801	x1.597	67	03MAY98	APF
40	580.716	Hoskinson, Jim	65USA	1080.0	137.0	.53377	580.716	x-	40	05JUN05	APF
41	579.634	Lem, James	28USA	745.0	82.50	.6446	480.227	x1.207	53	05DEC81	USPF
42	578.770	Wambsgans, Fabia	46USA	743.9	82.50	.6446	479.511	x1.207	53	28FEB00	APF
43	577.775	Liciaga, Angel	35PUR	620.0	82.00	.64715	401.233	x1.440	62	14OCT97	IPF
44	575.012	Bridges, Michael	57USA	827.5	82.50	.6446	533.407	x1.078	46	03MAY03	USAPL
45	572.861	Cavelier, Jean-Mar	39FRA	712.5	123.7	.54695	389.701	x1.470	63	02	WPC
46	570.586	Olson, Gordon	49USA	672.5	74.65	.69092	464.647	x1.228	54	10MAY03	APF
47	569.750	Powell, Roger	36GBR	492.5	59.60	.8383	412.862	x1.380	60	10OCT96	IPF
48	569.645	Nagy, Ernie	+22-95USA	695.0	100.0	.5813	404.003	x1.410	61	01APR84	USPF
49	569.138	Moir, James	36CAN	727.5	67.40	.74935	545.182	x1.044	44	07NOV80	IPF
50	567.945	Leproit, Michael	38FRA	525.0	67.20	.75125	394.406	x1.440	62	17OCT00	IPF
51	563.648	Garry, Martin	29USA	430.0	74.80	.6899	296.657	x1.900	75	14OCT04	WPC

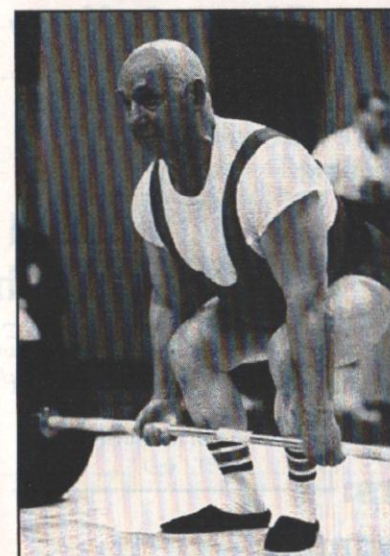
Determining the Top Masters: The Total (kg.) is multiplied by the coefficient for the lifter's bodyweight from my Glossbrenner Men's Formula. The result is multiplied x the McCulloch Age correction factor for the lifter's age. The Rating is the final result. Note: Robert Cortes, my lifelong friend, edged out the multi-organization phenom Tony Conyers for the honor of greatest Master. Note: Bob's 510.0 kg. (1124) TOT at 67.5 kg.(148) bodyweight, at age 73. Cortes hates equipment and doesn't wear a bench shirt. His incredible 493.835 lb.(224 kg.) DL was done at Gus Rethwisch's WABDL Worlds at age 73 and made a segment of the cover of Feb. 2004 (Vol. 27 No.6) PL USA. He is a lifetime drug free lifter. Conyer's recent 907.5 (2000.6) TOT at 75 kg. age 46 makes him the lightest man in history to TOT a Ton. Tony once won the APF and ADFPA Senior Nationals weeks apart and will tell you the strength of TONY CONYERS comes from the HOLY FATHER. He denies emphatically that his power is transmitted through his golden tooth from parts unknown. No, I didn't forget Louie Simmons. He strongly requested that I not include him in this listing. Louie does not like formulas or age correction factors. When it comes to MASTER it reminds him of the HEREAFTER. He's AGELESS and HATES THIS. I personally know, or have known, 44 of this listing's 51 ageless wonders. POWERLIFTING IS FOREVER.



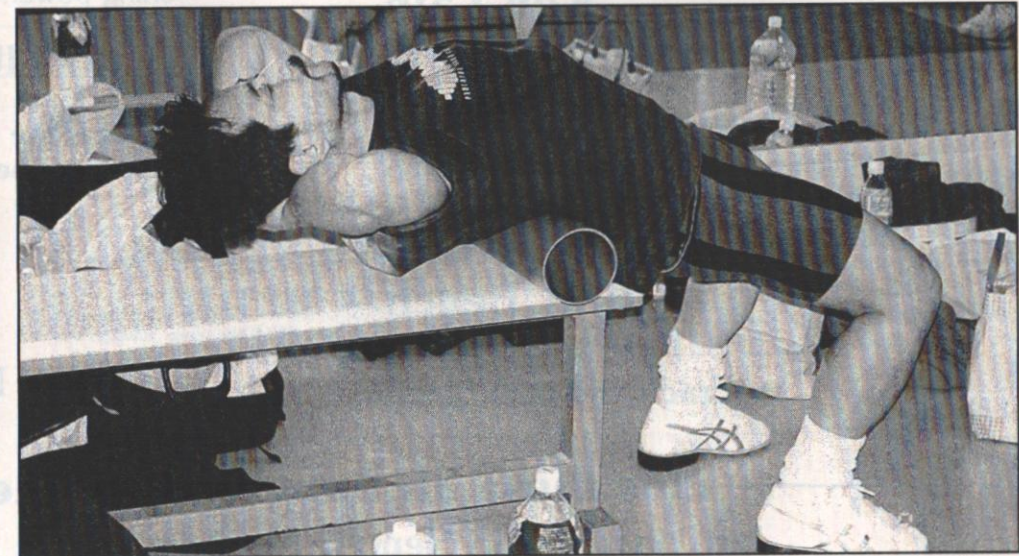
Robert Cortes - Best Master ever.



Tony Conyers - among the very best of all time open and masters



The Late ERNIE NAGY - ranked #49.



Hiroyuki Isagawa - this veteran international competitor loosens up his back after squatting. (Paul Kelso)

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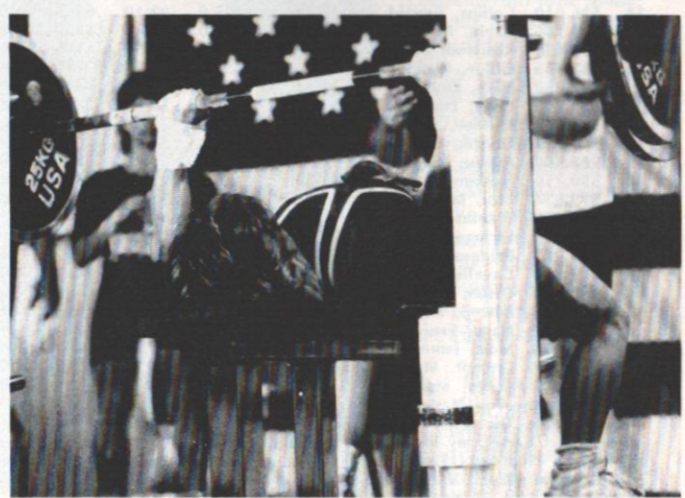
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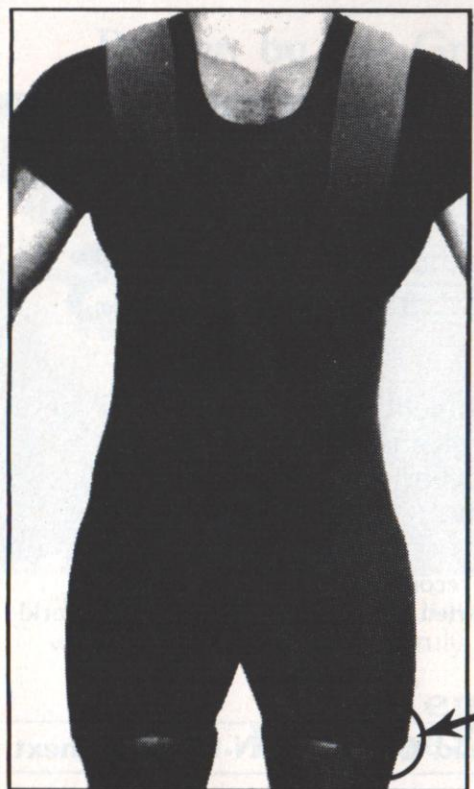
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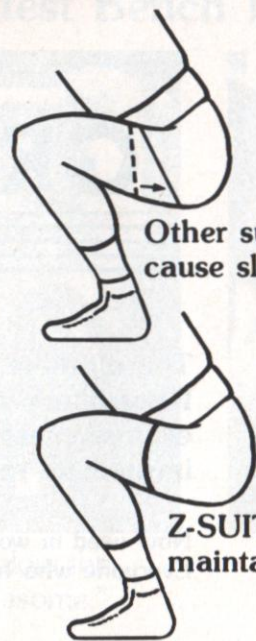
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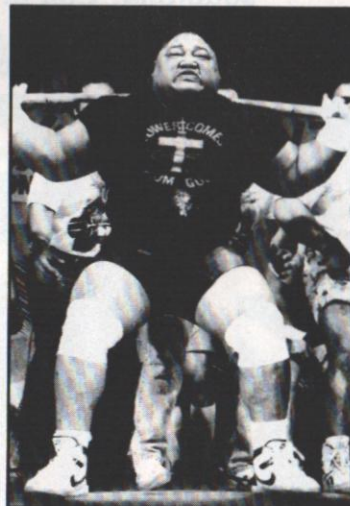


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Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

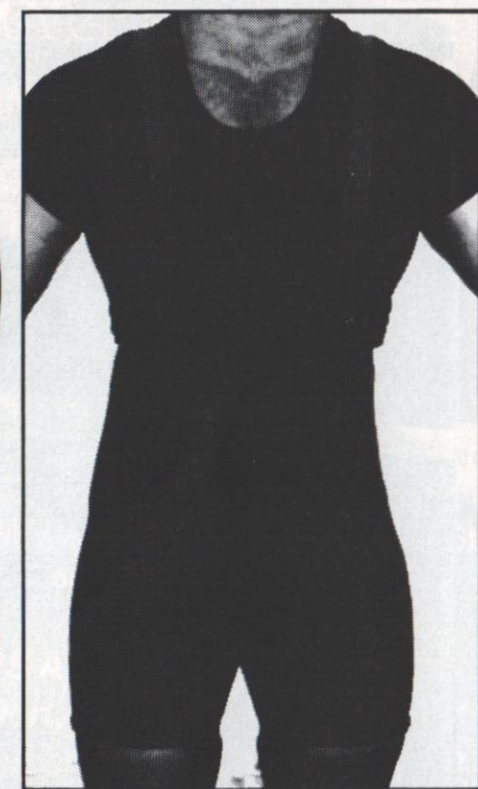
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ASK THE DOCTOR

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

DEAR DR. DIPASQUALE: I recently had a back injury from squatting and cleaning. The doctors and physiotherapists treating me have not been able to find the cause of the pain. At first, I had a huge soreness in the lower right side of my back after attempting a 10 rep max squat. I was unable to stand up without pain. The pain went away and I was squatting heavy again in 2 days. I then went for another workout after the squats in the afternoon and did full cleans. As I started the second pull

of the clean with 75% max weights, my right lower back could not straighten, but my left could. I also felt the right lower back muscle stretched to the max in a horizontal front-back kind of fashion. I did not hear any crunching sound and I didn't feel anything tear. Since then, I've been unable to lift as the pain comes with warm up weights in the back squat and deadlift type motions. Supporting a weight on the traps or clavice is ok. I would like to ask for your assistance, what are your opinions on my injury, and how can I help my doctor look for the pain. I feel no pain now, but once the back is rounded and pressure is applied, something "slips" and I feel the pain for 24 hours. I hope you can find the time to help. I would like to visit you for consultation, if possible. **Ben Ho**

HI BEN: The first things that come to mind are the commonest injuries - to the disc or supporting structure in the lumbar region on the left side - perhaps even some degree of spondylosis/spondylolisthesis. However, it's hard for me to help you pinpoint it without more info. What tests have been done to try and find out where the problem is? For example, have you had an MRI or CAT Scan done? I gather you had the basic front, side and lateral X-rays done and they didn't show anything obvious at least as far as the bony structures. What do your doctor and therapist think as far as differential diagnoses? Is there a family history of back problems or in fact any cardiovascular, inflammatory, hormonal or other problems? As far as a visit for consultation, as of the beginning of 2005 I've essentially retired from my regular medical practice and am no longer seeing patients. However I will do what I can to help you pinpoint and deal with your back problems. I've limited access to emails right now as I'm on an island in the Atlantic. However, I'll be back home this coming Tuesday and will get back to you then. Best regards, **Mauro**



A Rare Combination .. of world class strength athlete and medical doctor, Mauro Di Pasquale M.D., represented Canada at the 1984 IPF Men's World Championships in Texas. Above, he is seen looking after a severe cramp in his hand suffered after a squat attempt.

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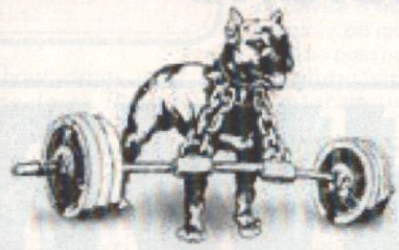
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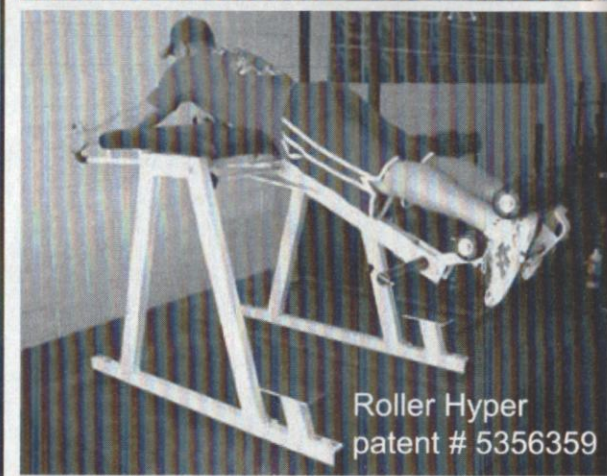
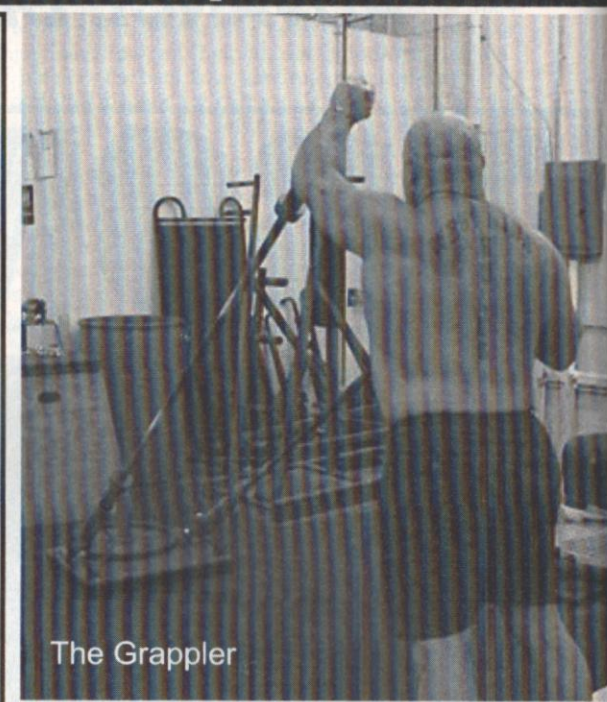
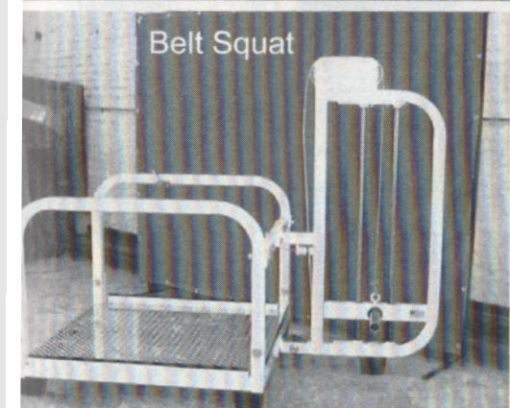
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POWER PROFILE

MIKE WOLFLEY A Man on a Mission

as told to Powerlifting USA by Sandi McCaslin

Sometimes they just come out of the woodwork. I tell myself this every time I meet someone who is totally new to the scene and impresses the hell out of me with tremendous strength, strong perseverance and a personality that just blows you away. This is my opinion of Mike Wolfley. I met Mike nearly 2 years ago. He showed up at a meet I was doing at Nazareth Barbell. He was tagging along with Carl Seeker, the trophy guru. He seemed like a nice enough kid. He had his sidekick Aaron Oburn (AKA Weas) with him. My only thought really was, nice guys...if they are alright with Carl, they are alright with me. A month later, Carl would bring Mike up to Bill Crawford's 2003 APF Mark Rexroad

Memorial Meet. This is where my jaw started to drop. This is where I would watch him bench 560 in the 198 class. This was a huge bench from a hick from the sticks. The wheels started turning.....I'm thinking "this from a kid who is so new to the bench war.....there is a lot more in the tank here". He would prove me right by benching consecutively in 2004 the 198 class, 600 in March, 620 in August, 634 in September with an Orlando hurricane to contend with, and in 2005, 625 in February, and 660 in March with a real close shot at 700, which I predict will be inevitable at the Arnold Classic WPO Bench Bash in March of 2006. After getting to know Mike and his family better, and them



Mike Wolfley has benched 660 as a 198er

Beaver Springs, which is where he trains now, and hosts his own annual bench meet. Mike also trains teenagers twice a week here.

Mike is listed as #3 in the world in the 198 class, and #2 in the US. Strength and tenacity has taken him far. Mike attributes much of his success to his training partner Aaron "Weas" Oburn. I've seen these 2 in action, Weas is an incredible and supportive coach to Mike, as well as his best friend. Mike usually trains for about 12 weeks prior to a meet, and has a weekly deep sports massage, which he claims to be another attribution to his success.

Mike's other inspirations include Carl Seeker, my husband Zane and myself, his wonderful wife BJ (without whom I could not have written this article - thanks BJ), his son Hunter (who will be a big brother in December). Mike is looking at a future sponsorship with Americore. His career has just begun, and is the months to come, he will be well "out of the woodwork".

- SANDI MCCASLIN

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Last month we visited Central Illinois, and this month we'll skip over to Ohio. There are tons of good gyms in Central USA, but we found one with a unique blend of old and new — and we like it. Kind of like Robert Plant — old dogs can still put out good/new sounds!

I'll let Jon Elick explain:
"The Circleville Barbell Club officially began in the garage belonging to Dean Glitt in 1978, but its history goes back even farther. According to Dean, a man named Les Cramer moved to Circleville from California around 1965. He was already involved in weight training and placed an ad in the paper for young men who might be interested in starting a weightlifting club. Dean and several others lifted in Cramer's basement, under his guidance, until Cramer moved out of town. Some years later, many of the original crew were still working out and decided to combine their weight equipment in one location at Dean's house. At the time, there were no gyms in Circleville and the YMCA did not have a weight room. Word soon spread around the area that some guys had put together a small gym and the number of members frequenting the garage grew to more than twenty. After about three years, they realized that they had outgrown the garage and decided to each pitch in money every month to rent a building and buy more equipment. Over the years we have added a considerable amount of equipment and moved locations four times to accommodate our growth. We have all the powerlifting basics - chains, bands, as well as a Reverse Hyper and Monolift. Recently, we just moved from a building where the heat didn't work, the roof leaked, the whole place flooded during heavy rain, the ceiling had exposed insulation, and the list goes on.

Many of the club's lifters were respectable competitors in their time, some at full meets and others at bench-only competitions. Dean was a Masters World and National Champion in 1990. His late wife, Joellen, held over 20 records, including several National and World titles. Jeff Chorpenning started at CBC and went on to great success lifting at Westside. We have also had several lifters who have ranked in the Top 100, including Mark Monroe, John Ramsey, Tom Huffer, and

HARD CORE GYM #44

CANNONBALL DUMBBELLS AND SWIPE CARDS ACCESS (OLD & NEW) as told to PLUSA by Rick Brewer, House of Pain



The "Evening Crew" at Circleville Barbell Club: (left to right) Derek Weaver, Donnie Haddix, Dave Raines, Barry Sowers, and Jon Elick (seated, front)

Chet Monroe. I have posted a 500 bench at 180. Rich Donley, one of my training partners, has hit 375 at 153 and is expected to be a force in the 165s this year. Another partner, Barry Sowers, is on the verge of hitting a mid-400 bench in the Masters 198 class and 17-year-old Ben Kelley nailed 380 at 190. We also have several other promising teens who are training for their first meet. Circleville Barbell hosts the longest-running meet of any kind in the United States. It is one of the biggest

meets in Ohio and draws a huge audience. CBC is a non-profit gym. The monthly dues cover rent, utilities, and various expenses. We have between 40-80 active members each month. The front door is controlled by a swipe-card system to allow members access 24/7, 365 days a year, which makes it perfect for shift workers to train. The club is governed by a Treasurer (currently me) and four other officers who oversee day-to-day operations. However, for all

major decisions, we call a general meeting and all members in attendance have say in the issues. This really is a club for the members and by the members.

The number of members who actively compete has, unfortunately, dwindled over time (although I am trying to change that). Lifters get injured, take on new jobs or family commitments, move away, etc., and leave competition behind. Many younger lifters would rather lift to look good for the ladies than work on getting stronger (yet another thing I am trying to change!). Most of our current competitors participate in bench-only competitions. Despite our small team, the atmosphere here has changed. Traditions and expectations are a big part of lifting here. You join and immediately are welcomed as part of the brotherhood. You are expected to help guide the younger guys. You are expected to bust your ass and force me to bust mine. Everyone pushes everyone regardless of strength level. Sure, some members lift for different reasons, but the majority have the "go heavy or go home" attitude. "Hardcore" can mean many different things. For Circleville Barbell,

it means surviving through nearly three decades in the face of commercialization. It is the attitude of our members that we will continue to do whatever it takes to maintain the club so that our kids might one day train here."

The first thing you should notice in the pics are the cannonball dumbbells (old) — honestly, when was the last time you saw those? And the swipe-card access (new) is just the ticket for late night workouts. I remember trying to finish our workout by midnight when I was younger — we never quite got finished! Thankfully, TX Gym owner Kim Jones would just go lay in the tanning bed and ask us to wake him up when we left. He was the best! (Hello Kim!)

Old and new. Old dogs can learn new tricks, and can exhibit a lot of heart and soul in the process. See Circleville Barbell. Hear Robert Plant. Lift big, live large.

Questions/Comments

rick@houseofpain.com

or

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USAPL Collegiate Nationals (kg)

16,17 APR 05 - Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
97 lbs.				
E. Dickey	120	70	110	300
J. Boulet	825.	50	97.5	230
E. Ellis	85	37.5	95	217.5
T. Carder	—	—	—	—
105 lbs.				
A. Matherne	135	97.5	152.5	385
J. Gautreau	92.5	62.5	130	285
E. Melvin	85	45	100	222.5
S. Loebig	90	37.5	—	127.5
114 lbs.				
L. Marietta	152.5	75	147.5	375
C. Grubbs	137.5	82.5	132.5	352.5
H. Hunt	—	—	—	—
123 lbs.				
A. Awalt	175	125	162.5	462.5
P. Ramirez	122.5	65	142.5	330
A. Tsilis	112.5	60	137.5	310
A. Jones	97.5	55	127.5	280
N. Wood	107.5	55	115	280
C. Gallien	110	55	97.5	262.5
J. Worley	92.5	52.5	120	265
R. Tilton	92.5	47.5	115	255
N. Pesce	75	45	95	215
132 lbs.				
L. Dugan	120	80	152.5	352.5
A. McLauren	120	70	147.5	337.5
S. Stone	137.5	75	137.5	350
C. LeBlanc	120	67.5	140	327.5
C. Hu	112.5	67.5	122.5	302.5
R. Monfort	95	62.5	122.5	280
N. Carlson	—	60	115	175
S. Woods	—	—	137.5	137.5
J. Farek	—	—	—	—
148 lbs.				
J. Morello	187.5	97.5	167.5	451.5
R. Niederkorn	175	97.5	177.5	450
A. Hitchcock	175	90	165	430
B. Mire	142.5	97.5	160	400
D. Ching	127.5	92.5	137.5	357.5
A. Millet	130	82.5	132.5	345
P. Pederson	115	72.5	135	322.5
L. Kim	100	72.5	145	317.5
K. Pierce	122.5	60	142.5	325
S. Coleman	85	57.5	122.5	265
L. Angelli	95	65	130	290
J. Wiersma	77.5	47.5	107.5	232.5
R. Chovanec	152.5	80	—	232.5
B. McDade	—	—	—	—
165 lbs.				
K. Everett	190	107.5	192.5	490
A. Matt	165	95	180	440
D. Anderson	132.5	92.5	170	395
R. Pidcock	150	87.5	155	392.5
C. King	130	62.5	130	322.5
L. Laughlin	—	—	117.5	117.5
D. Ching	127.5	92.5	137.5	357.5
181 lbs.				
L. Picou	165	75	177.5	417.5
L. Ferrer	140	92.5	177.5	410
K. Dodge	152.5	85	140	377.5
A. Duplissey	120	60	137.5	317.5
198 lbs.				
K. Loque	180	125	190	495
L. Arnold	190	85	187.5	462.5
S. Sebastian	—	105	197.5	302.5
SHW				
J. Johnson	217.5	145	210	572.5
Espicueta	220	102.5	172.5	495
D. Miller	152.5	115	147.5	415
B. Kean	152.5	72.5	137.5	362.5
K. Mandelkon	107.5	90	147.5	345
S. Hart	120	62.5	155	337.5
S. Dzurmak	127.5	—	142.5	270
MEN				
114 lbs.				
J. Welch	155	80	155	390
D. Summers	172.5	107.5	177.5	457.5
K. Scheppe	115	77.5	157.5	350
123 lbs.				
J. Scruggs	195	112.5	227.5	535
Harenbrack	197.5	105	202.5	505
G. Montes	145	80	175	400
T. Olinde	135	100	155	390
132 lbs.				
C. Melancon	177.5	137.5	185	500
W. Lee	187.5	102.5	197.5	487.5
C. Bourgoyne	180	112.5	172.5	460
J. Moreno	182.5	92.5	190	465
J. Hagendorf	170	125	160	455
S. Aoyagi	150	107.5	175	432.5
B. Gulotta	157.5	97.5	175	430
M. Nash	140	107.5	182.5	430
M. Contreras	167.5	92.5	165	425
K. Hankins	120	117.5	172.5	410
J. Navarre	145	102.5	160	407.5
165 lbs.				
D. Hammers	265	190	255	710

World Games - 16 JUL 05 - Duisburg, GER (kg)

WOMEN	NAT	Bwt.	SQ	BP	DL	TOT	Points
52 kgs.							
Lafina, Olesya	RUS	51.7	220	127.5	147.5	495	620.3
Dmytruk, Olena	UKR	51.8	182.5	117.5	172.5	472.5	590.8
Chen, Wei-Ling	TPE	45.4	172.5	72.5	182.5	427.5	589.7
Fukushima, Yukako	JPN	47.4	157.5	125	157.5	440	588.1
Koskinen, Raija	FIN	43.8	160	80	157.5	397.5	561.4
Cornette, Stephanie	FRA	52	180	97.5	170	447.5	557.9
Maile, Jennifer	USA	51.7	167.5	105	170	442.5	554.1
Chou, Yi Ju	TPE	49.7	162.5	77.5	180	420	542.4
Miller, Caitlin	USA	52	150	70	157.5	377.5	470.6
Friedrich, Marion	GER	44.8	130	82.5	120	332.5	462.9
Cobos, Yolimar	VEN	50.8	155	—	—	—	—
Sirkia, Mervi	FIN	51.4	155	—	—	—	—
Rantamaki, Mervi	FIN	51.9	—	—	—	—	—
67.5 kgs.							
Vitsiyevska, Larisa	UKR	62.3	205	145	225	575	622.8
Ribic, Priscilla	USA	67	222.5	142.5	227.5	592.5	608.3
Malyugina, Nadezhda	UZB	60.5	195	115	200	510	565.3
Ayako, Ikeya	JPN	55.4	180	110	175	465	552.2
Haapioja, Paivi	FIN	59.7	195	90	197.5	482.5	540.4
v. Bachhaus, Gundula	GER	65.4	182.5	130	192.5	505	527.4
Gibson, Marian	GBR	65.9	175	135	195	505	524.7
Garcia-Aquidez, Ana	FRA	56.7	152.5	95	170	417.5	486.5
Nogle, Carly	USA	65.3	—	—	—	—	—
Orsini, Antonietta	ITA	66.4	210	—	—	—	—
67.5+ kgs.							
Kudinova, Marina	RUS	67.7	247.5	150	225	622.5	634
Karpova, Galina	RUS	123.5	305	192.5	240	737.5	586.8
Yavorska, Irina	UKR	87.6	262.5	172.5	232.5	667.5	583.7
Blikra, Inger	NOR	74.3	230	130	220	580	554.7
Bahriy, Tamara	UKR	73.1	200	137.5	232.5	570	550.8
Strik, Ielja	NED	85.5	245	165	212.5	622.5	550.5
O'Donnell, Jessica	USA	92.5	252.5	157.5	230	640	547.1
Schaefer, Joanne	NED	105	240	170	215	625	513.6
Willett, Liz	USA	151.6	275	120	225	620	476.8
Gall, Eva-Maria	GER	72	175	—	—	—	—
Chao Chen, Yeh	TPE	119	200	100	—	—	—
MEN							
67.5 kgs.							
Kazakov, Ravil	RUS	61.2	312.5	215	230	757.5	634.6
Hsieh, Tsung-Ting	TPE	59.8	252.5	180	277.5	710	607.9
Wszola, Dariusz	POL	55.9	245	150	205	600	547.6
Selberg, Amit	ISR	67.3	272.5	187.5	230	690	533.6
Richards, Phillip	GBR	67.5	282.5	175	230	687.5	530.4
El Belghitti, Hassan	FRA	67.5	247.5	152.5	280	680	524.3
Tran, Hoang	CAN	56.2	215	145	215	575	521.6
Huang, Lung-Hsing	TPE	67.5	230	170	255	655	505
Isagawa, Hiroyuki	JPN	59.6	227.5	—	—	—	—
Oishi, Eric	BRA	66.2	245	—	—	—	—
90 kgs.							
Tarassenko, Andrey	RUS	89.1	365	247.5	345	957.5	614.4
Furazhkin, Viktor	RUS	74.9	320	217.5	322.5	860	613.4
Wegiera, Jan	POL	84.8	340	262.5	300	902.5	595.2
Hoopar, Wade	USA	74.8	335	232.5	260	827.5	590.8
Wil, Michal	POL	89.8	355	230	310	895	572
Turakhanov, Davran	KAZ	76.6	310	185	312.5	807.5	567.3
Benemerito, Ray	USA	89.5	322.5	210	295	827.5	529.9
Erasmus, Petrus	RSA	90	300	232.5	280	812.5	518.7
Sura, Marco	GER	86.7	300	190	280	770	501.5
Theuser, Petr	CZE	89.9	340	222.5	—	—	—
90+ kgs.							
Suslov, Nikolay	RUS	111.2	405	275	372.5	1052.5	617.4
Siders, Brian	USA	154.4	420	330	362.5	1112.5	613
Freydun, Ivan	UKR	98	360	282.5	347.5	990	607.6
Ljunberg, Jorgen	SWE	127.2	422.5	270	350	1042.5	592.1
Gillingham, Brad	USA	147.5	387.5	272.5	372.5	1032.5	572.7
Coimbra, Anibal	LUX	98.3	355	235	342.5	932.5	571.6
Svensson, Frederik	SWE	151.2	352.5	312.5	310	975	538.9
Kondraschow, Jewgenij	GER	138	355	265	340	960	537.6
Rui, Frode	NOR	125	350	242.5	335	927.5	528.5
Hoffman, Alexander	GER	121.9	385	215	320	920	527.1
Meszaros, Tibor	HUN	141.6	330	210	330	870	485.4
Tylutki, Nick	USA	101.4	345	—	—	—	—
Bilican, Orhan	BEL	108.8	370	—	—	—	—

(Thanks to Dr. Hermann Korte for providing photos/results to Powerlifting USA)



Wade Hooper got 4th and Brian Siders 2nd by Wilkes Formula

A. Armstrong	222.5	162.5	220	605	L. Rivers	202.5	120	242.5	565
S. Koneci	205	142.5	237.5	585	M. Fury	215	135	215	565

M. Melancon	192.5	152.5	212.5	557.5
B. Brooks	205	130	217.5	552.5
D., Creuder	205	115	217.5	537.5
C. Fuller	202.5	120	210	532.5
D. Davis	182.5	125	210	517.5
R. Fontenot	165	115	210	490
M. Gibbens	175	117.5	182.5	475
N. Gutierrez	247.5	—	—	247.5
L. Hanifen	20			

NASA New Mexico Regionals (kg)
16 OCT 04 - Albuquerque, NM

PS BENCH		198 lbs.		Law/Submaster	
242 lbs.		220 lbs.		L. Chavez	130
Master-4		Master-1			
E. Evatt	117.5	G. Schuster	145		
275 lbs.		308 lbs.			
Master Pure		Pure			
E. Kisner	137.5	R. Kahle	255		
BENCH Only		WOMEN			
181 lbs.		123 lbs.			
Master-2		Submaster			
E. Duran		T. Adelmann	105		
Law					
Master Pure					
S. Burke	157.5				
Push-Pull		BP	DL	TOT	
MEN					
242 lbs.					
Master-1					
N. Eddins		205	292.5	497.5	
WOMEN					
165 lbs.					
Master-3					
E. Waugh	CR	45	105	180	
WOMEN		SQ	BP	DL	
97 lbs.					
Youth					
A. Romero	15	17.5	17.5	30	
148 lbs.					
Novice					
L. Burdette	32.5	92.5	57.5	122.5	
165 lbs.					
Master-3					
E. Waugh	30	55	45	105	
181 lbs.					
Novice					
R. Romero	62.5	102.5	115	167.5	
220 lbs.					
Pure					
A. Towers	67.5			67.5	
308 lbs.					
Master-3					
H. Heyman	60		115	190	
Pwrlifting					
MEN		SQ	BP	DL TOT	
148 lbs.					
High School					
T. Baker	150	85	152.5	387.5	
165 lbs.					
Pure					
T. Duran	182.5	115	197.5	495	
Submaster					
T. Duran	182.5	115	197.5	495	
198 lbs.					
Master Pure					
S. MacKay	230	190	245	660	
#REF!					
D. Madrid	192.5				
220 lbs.					
Master-1					

Of all the pioneers present at the beginnings of Powerlifting on the West Coast, one of the most unforgettable was Bill "Peanuts" West. He was a record setting squatter (600+) and 1966 Sr. National champion in the 198 lb. class, and it was actually his garage that was the original Westside Barbell Club. Photos of Peanuts and his famous cronies and the unique training they did in that gym appeared in Joe Weider's MUSCLE BUILDER/POWER magazine and they influenced an entire generation of weight trainees, worldwide. Back in the early days when olympic lifting, bodybuilding, and powerlifting all shared roots in the sands of Muscle Beach, you'd usually find him at the focal point of any iron-related action replete with his trademark 'buzz' haircut and long sleeve gray sweatshirt, munching from a bag of peanuts (that's where the nickname came from). As Powerlifting moved on, Peanuts drifted away. As he did, virtually none of his former comrades in iron realized that his life began taking serious downward turns. Bill Ennis, whose recent work with the California Powerlifting Hall of Fame has been so well-received, took an interest in Peanuts's fate, which led to shocking revelations. Bill "Peanuts" West died homeless on the beach in Santa Barbara in 1984. Ironically, powerlifter Dr. Kevin Fisher had seen Peanuts merely two days before his death,

BILL "PEANUTS" WEST



bloodied and disheveled from a street fight. An autopsy indicated that Peanuts had died from a drug overdose, apparently having used heroin briefly. Bill Ennis searched for the burial site, and after an investigation with many twists and turns, he found it. Peanuts, who was Jewish and whose real name was actually William Weiss, is buried at Holy Cross Catholic Cemetery back in Culver City, California, hometown of the original Westside Barbell Club. Bill Ennis and his wife Evelyn went to the cemetery to locate Peanuts's grave and take a photo, only to find that it was not marked, though the original burial documents indicated that it could have been. To honor the memory of Peanuts West, Bill Ennis is

taking up a collection to purchase a headstone for him. The approximate cost is \$950 for a 28" by 16" inscribed stone. About two hundred dollars have been collected at this writing, with the balance being solicited from the general powerlifting community, in the form of checks payable to the "Bill 'Peanuts' West Memorial Fund" in care of Bill Ennis, 20810 Arline Ave., #13, Lakewood, CA 90715. A checking account will be created, with co-signers, to distribute the funds for the headstone. On a date to be announced, there will be a ceremony at the cemetery, to commemorate the placement of the headstone, with the contributors noted in a memorial program. In further recognition of what Peanuts meant to our sport, Bill would like to use any funds available beyond the cost of the headstone to establish a National Powerlifting Hall of Fame award, in Peanuts' name, so that pioneers of powerlifting who had national influence will be appropriately recognized in the future. Tentative plans include an annual induction ceremony, individual recognition awards, and a cumulative National Hall of Fame display with the names of the pioneers to be added following each annual induction. For further information, Bill Ennis can be contacted at 800-621-9550, FAX 562-809-8493, weightlifterswarehouse@earthlink.net, or at www.weightlifterswarehouse.com.

M. Teupell	247.5	200	275	717.5	A. Towers	207.5	155	190	412.5
Master Pure					Int				
M. Teupell	247.5	200	275	717.5	A. Towers	207.5	155	190	412.5
A. Caceres	220	115	205	540	Master-1				
Pure					A. Caceres	220	115	205	540
220 lbs.									
G. Schuster	205	145	205	555					
Master Pure									
G. Schuster	205	145	205	555					
High School									
C. Anderson	217.5	172.5	227.5	617.5					
Submaster Pure									
G. Astorga	240	207.5	247.5	695					
242 lbs.									
Novice									
D. Vasquez	160	125	182.5	467.5					
Pure									
D. Vasquez	160	125	182.5	467.5					
Int									
D. Vasquez	160	125	182.5	467.5					
Master Pure									
S. Stripecke	217.5	145	215	577.5					
Master-1									
N. Eddins	260	205	292.5	757.5					
275 lbs.									
Master-1									
K. Williams	237.5	172.5	210	620					
308 lbs.									
Master-3									
C. Clonice	267.5	160	237.5	665					
N. Barnreiter	325								
WOMEN									
165 lbs.									
Master-4									
M. DiBlasi	60	47.5	65	172.5					
Novice									
S. Yazzie	92.5	60	122.5	277.5					
Master Pure									
S. Yazzie	92.5	60	122.5	277.5					
181 lbs.									
A. Kahle	115	55	110	280					
198 lbs.									
Master Pure									
A. Hurley	102.5	75	135	312.5					
(Thanks to Richard Peters for the results)									

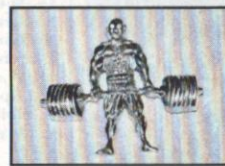
Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants are 14k gold. Silver Pendants are also available. All pendants are also available as tie tacks and lapel pins.

SQUATTER



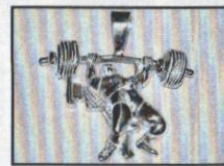
	Gold	Silver
18"	\$265	\$180
20"	\$295	\$200
Pendant	\$230	\$140

DEADLIFTER



	Gold	Silver
18"	\$230	\$145
20"	\$245	\$150
Pendant	\$175	\$100

BENCHPRESS



	Gold	Silver
18"	\$275	\$165
20"	\$295	\$175
Pendant	\$225	\$125

BARBELL



	Gold	Silver
18"	\$265	\$155
20"	\$280	\$170
Pendant	\$210	\$130

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

APA Indy Open
25 JUN 05 - Greenwood, IN

P. Geyman	475				
Junior					
D. Ewen	425				
Master-1					
R. Ryan	605!				
SHW					
N. Winters	650!				
DEADLIFT					
MEN					
123 lbs.					
Junior					
T. Haag	210				
220 lbs.					
Open					
D. Minor	450				
242 lbs.					
Drug Tested					
B. Hoffman	500				
Open					
B. Hoffman	500				
Submaster					
R. Coats	550				
275 lbs.					
Open					
J. Howery	510				
BP		DL			TOT
J. Howery	510	525			1035
World Records. Referees:					
Derek Minor, John Beggs, Roger Ryan,					
and Scott Taylor. Meet Site: Revolutions Fitness,					
in Greenwood, Indiana. Deadlift Best Lifter:					
Mark Fensler. Bench Press Drug Free Best					
Lifter: Roger Ryan. Bench Press Overall					
Best Lifter: Nick Winters. Push-Pull Best					
Lifter: Jeremy Howery. Special thanks to					
the referees, spotters, loaders for doing					
a great job and a very special thanks to					
Revolutions Fitness for hosting a great					
event that all enjoyed. Although the meet					
size was not very big, the lifts certainly					
were with 49 year old Roger Ryan bench-					
ing 610, and 23 year old Nick Winters					
benching a 650 pounds! The APA will be					
returning to Greenwood in the fall, when					
we will have another event which will					
possibly be a full power meet. (Thanks to					
Scott Taylor, APA President, for results)					



Steve Mendel deadlifting at the APA Indy Open. (photo is courtesy of Meet Director Scot Taylor)

total. His 1540 pound total gave him Best Lifter of the meet honors and saw him squatting over 500, benching 400, and deadlifting 605 for all new personal bests! Way to go Pat. The meets couldn't happen without all the volunteers. Lisa and Arlindo Machado ran the podium and kept things running smoothly, Bill Harney, Deborah Harney, and Julie Sianaker were the judges, The spotter loaders included: Mike Slenkamp, Roger Fawcett, and Toby Spears. (Thanks to USAPL for providing these meet results to Powerlifting USA)

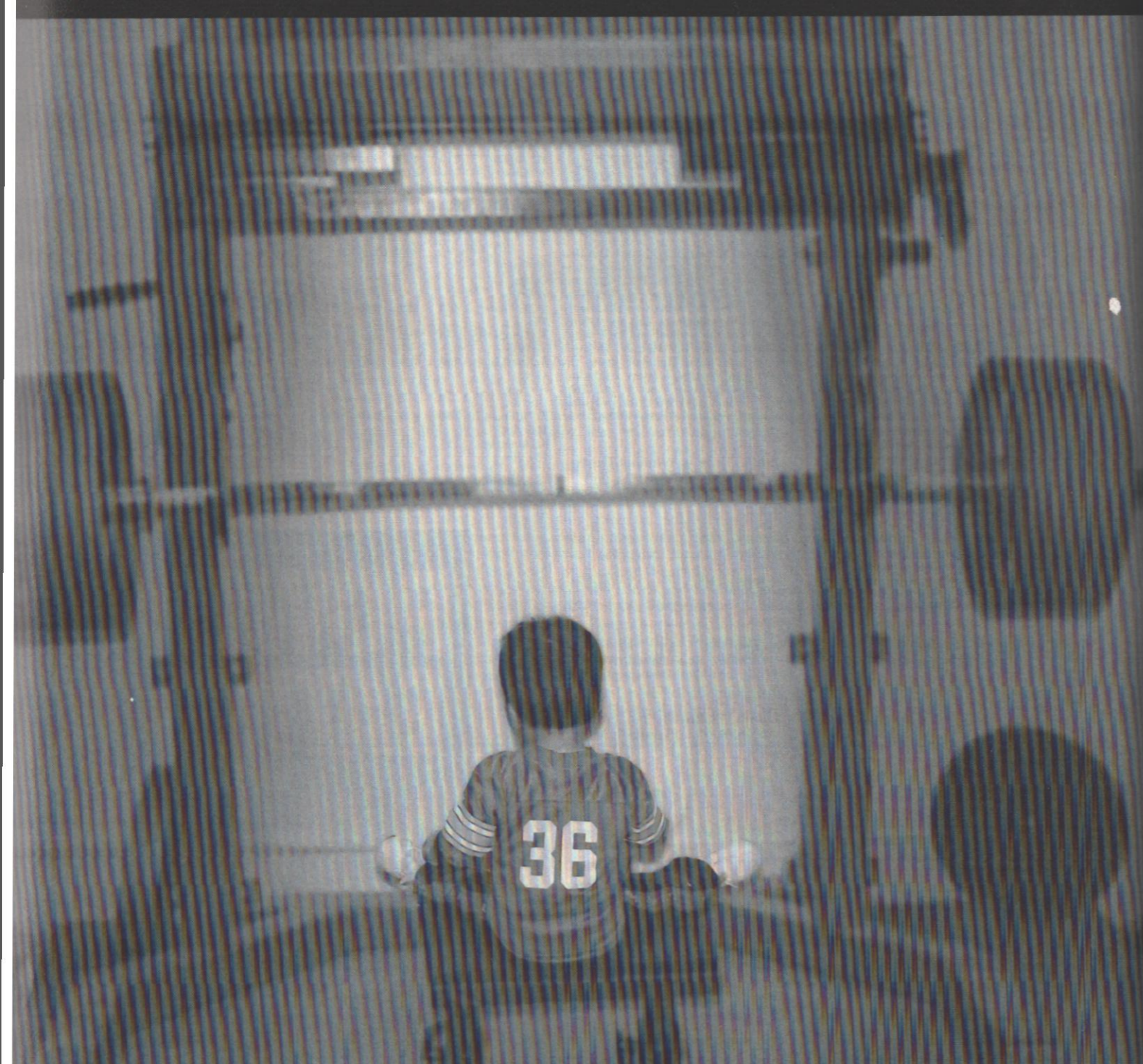
USAPL Time is Winding Down
17 APR 05 - Napa, CA (kg)

		SQ	BP	DL	TOT
MEN					
Master-1					
220 lbs.					
J. Blanco	65	55	65	185	
Master-2					
165 lbs.					
B. Uyeoka	65	55	65	185	
275+ lbs.					
B. Lee	25	55	65	145	
Master-6					
220 lbs.					
R. Strange	65	55	65	185	
Meet Director: Jason Burnell. (Thanks to					
USAPL for providing these meet results)					

USAPL Ketchikan Meet
9 APR 05 - Ketchikan, AK

		SQ	BP	DL	TOT
MALE					
Open					
220 lbs.					
P. Stack	535	400	605	1540	
275 lbs.					
G. Gass	145	435	505	1085	
148 lbs.					
K. Orr	130	130	180	440	
Junior (20-23)					
T. Gregg	180!	120!	210!	510!	
123 lbs.					
Master (55-59)					
148 lbs.					
L. Rosen	255!	155!	315!	725!	
Master (50-54)					
220 lbs.					
B. Hewitt	350	315!	400	1065	
Master-3					
165 lbs.				</	

Someday I will...



EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

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

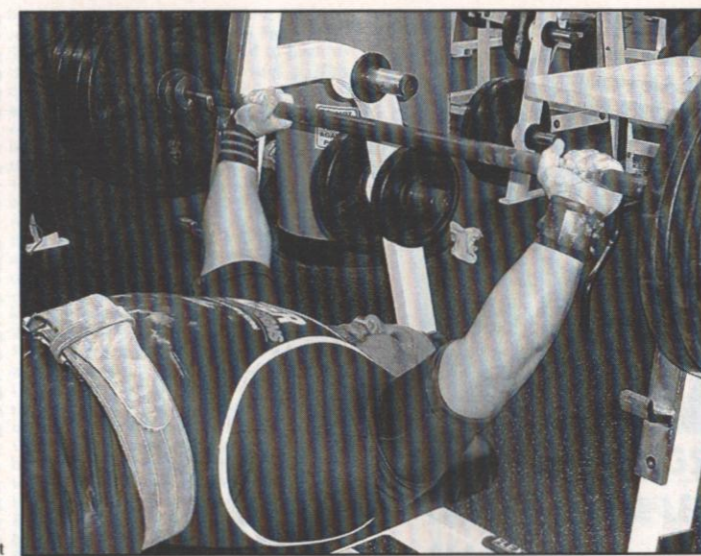
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SLP Big Bench at the French 17 APR 05 - Memphis, TN

BENCH	148 lbs.		
MEN	J. Parish	275	
Novice	308 lbs.		
165 lbs.	K. Dowell	420	
D. Woods	290!	Open	
4th-325!	275 lbs.		
220 lbs.	A. Gwinn	510	
S. Horton	345!	DEADLIFT	
4th-350!	MEN		
Junior	Teen (18-19)		
198 lbs.	132 lbs.		
J. Wallace	350	J. Hamm	275!
Submaster	Junior		
308 lbs.	198 lbs.		
K. Dowell	420	J. Wallace	535!
Master (40-44)	198 lbs.		
198 lbs.			
K. Ballentine	400!	M. Ferguson	585!
Master (60-64)	Master (40-44)		
242 lbs.	181 lbs.		
J. Turner	350!	Shettlesworth	395!
Police/Fire	198 lbs.		
(40-44)		K. Ballentine	510!
198 lbs.	Open		
E. Jackson	365	198 lbs.	
Police/Fire	E. Faulkner	610!	

Best Lifter Bench: Anthony Gwinn. Best Lifter Deadlift: Ernest Faulkner. Best Light Power Tennessee state records. The Son Light Power Big Bench At The French was held at the French Riviera Spa. Thanks to manager David Keener for hosting this competition. In the bench press event we had two lifters in the novice division, both of which set new state records for their respective classes. At 165 it was Dermall Woods with 290, followed by a successful fourth of 325. Shane Horton also got in four good lifts, finishing with 350 at 220. Jack Wallace had a tough time getting started at junior 198, but finished with a respectable 350. Holding the Tennessee state record for that class, Jack had lost a little too much bodyweight in the past week, and it showed on the platform. Newcomer Kirk Dowell won both the submaster and police & fire/308 classes with a fine 420 showing. Lots of potential here! At master 40-44/198 it was Kennedy Ballentine with a new state record of 400, which was also his first official 400! Over from Arkansas was Jim Turner, who set the state record at 60-64/242 with 350. Jim has always lifted "raw", and continues to dominate the master's division wherever he lifts. Current state record-holder Ennis Jackson won at police & fire, 40-44/198, making just his opener of 365. In the open police & fire division Jason Parish won at 148 with 275, a little below his state record of 290. In the open division Anthony Gwinn got his first official 500 bench on his second attempt, but finished with a personal best 510. This gave Anthony the win at 275 as well as the best lifter award for the bench competition. In the deadlift event teenager Justin Hamm set the Tennessee state record at 18-



Kirk Dowell with 420 @ the SLP Big Bench on the French (D. Latch)

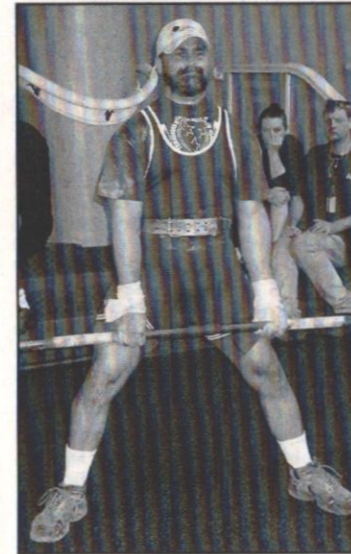
19/132 with his 275 final pull. Jack Wallace felt as if he redeemed himself a little after he broke his own state record at junior 198 with a solid 535 pull. Mike Ferguson looked strong at submaster 198, pulling a strong 585 at a 192 bodyweight! In the master 40-44 division Marty Shettlesworth got in three good pulls to finish with a new state record of 395 at 181. Then at 40-44/198 it was Kennedy Ballentine with 510 for the title. Taking the best lifter award as well as the open 198 class was Ernest Faulkner, who finished with a new state record of 610. And he had another thirty pounds in him! Thanks again to my son Joey and Marticus Muhammad for their help loading and spotting. See you all again next month at Cordova! (Thanks to Dr. Darrell Latch for providing these results)

USAPL Texas State (kg) 9-10 APR 05 - Irving, TX

BENCH	P. Durbin	145		
FEMALE	198 lbs.			
114 lbs.	Master-4			
Junior	J. Snodgrass	152		
A. Caffery	65	Teen-3		
MALE	S. Martin	107.5		
114 lbs.	242 lbs.			
Teen-1	Teen-2			
J. Mayo	40	T. Godby	162.5	
148 lbs.	Open			
Teen-3	J. Jackson	307.5		
A. Hinkley	142.5	275 lbs.		
165 lbs.	Master-1			

K. Jones	247.5	132.5	247.5	587.5
Teen-3				
D. Horton	175	132.5	195	485
E. Messinger	127.5	115	165	407.5
Collegiate				
R. Skidmore	177.5	97.5	200	450
Teen-3				
L. Howard	157.5	90	165	412.5
Master-3				
A. Menton	222.5	132.5	230	570
Open				
J. Vasquez	242.5	177.5	235	655
H. Tan	232.5	165	230	612.5
181 lbs.				
Teen-3				
N. Saltemier	152.5	110	205	427.5
Novice				
A. Garcia, Jr.	205	165	—	—
Master-3				
R. Contreras	205	152.5	245	595
Open				
J. Shurley	230	152.5	265	632.5
T. Wade	290	197.5	285	701.5
Teen-3				
G. Stein	142.5	117.5	190	440
198 lbs.				
Master-1				
S. Atkins	230	172.5	230	620
G. Kaiser	250	177.5	262.5	690
220 lbs.				
Teen-2				
D. Markin	—	155	237.5	—
Teen-3				
C. Wallace	245	150	260	655
Master-1				
T. Glawe	287.5	195	—	—
Master-2				
R. Garcia	222.5	162.5	—	—
Brockelman	265	142.5	245	605
S. Karigan	220	167.5	235	495
A. Martin	220	100	220	520
Junior				
D. Widman	150	122.5	185	430
A. Ramos	227.5	142.5	227.5	566.5
Open				
F. Stevens	150	127.5	—	—
J. Guerra	320	265	—	—
242 lbs.				
Teen-2				
Mueller-Allen	192.5	105	195	487.5
Master-2				
G. Pamplin	317.5	245	250	787.5
Junior				
S. Greenlee	260	180	227.5	655
Open				
J. King	290	202.5	282.5	772.5
275 lbs.				
Master-1				
Ringer, Sr.	325	180	310	780
Open				
Foreman, Jr.	317.5	175	345	770
SHW				
Teen-3				
J. Lavern	250	115	160	502.5
Open				
N. Lehman	310	—	—	—

(Thanks to USAPL for providing these meet results to POWERLIFTING USA magazine)



Marty Shettlesworth pulls a 395

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**APF 2nd Irongladiator Classic
3 APR 05 - Spokane, WA**

Table of results for the APF 2nd Irongladiator Classic, listing categories like Bench, Squat, Deadlift, and various weight classes with names and scores.

Table of results for the 198 lbs. class, listing names and scores for various lifts like Squat, Deadlift, and Bench.

Table of results for the 275 lbs. class, listing names and scores for various lifts like Squat, Deadlift, and Bench.

hit a 385 at 242 and then made a 405 state record on a 4th. At 198, Darris Piggee took 580 twice and got it, then tried to beat his own state record with an attempt at 620-no go.

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

World Bench Press, Trainers of Tomorrow, Leo Stem Profile, 6 Week Peaking Routine, TOP 100 181s

California Signs & Products advertisement featuring a powerlifter illustration and pricing for signs, banners, and flags.

Every dog has his day, and John's will come again. Robert Lee did a meet best 540 in the uncontested SHW class.

DLs, Dennis Brady, TOP 100 181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie S., TOP 100 165s

division, and Bernie Owens in the open division. By formula, Darris had the highest formula of all the bench press only lifters. DEADLIFT ONLY: This division saw some really good lifts for a local meet. In the Masters 60-64 division, Dave Holmes doubled and pulled an awesome 500 at 198. That's a heck of a pull at that age and that bodyweight. Nice job Dave. In the submaster, Rick Durbin won the 181 class with a 460 and a near miss at 500. Casey Jackson won the 220's with a 475 first attempt, only to miss twice with 545. Casey came a long way for the meet, and I know he reflected on his lifting on the way home. Next time my friend. The only teen deadlift contestant was the son of my training partner. His name is Kindrik Adalsteinsson. Kindrik has only been lifting a short time and wanted to compete for the first time and made it a goal to pull 405 in his first meet at 15 years old at 181. He fell short of that goal, but still did an outstanding job of training and being dedicated to a goal he wanted. He pulled 350 and just missed 375. He can get 405 off the ground now. Just needs more time and it will come. In open deadlift, Giorgio Usai Junior of Forza Strength Systems, went three for three and absolutely killed 600 at 165 on a third attempt. Giorgio only trained 4 weeks for the meet and this came on the heels of him working 16 hour days for weeks to help his gym and Forza. Nice work on a terrific outing. At 275, uncontested Bob King did an easy 415 opener, easy 465 and then tried the 515 he so badly wanted before the meet. Not long ago, Bob had heart surgery and his lifting future was in doubt. He has since come back strong and looked good for 500+ soon with more time. The only female in the deadlift open was Giselle Costas, one of our Puerto Rican friends who made the trip for the meet. She pulled 450, 470 and then 500 on a tough 3rd. More on her later. There was no best lifter awards in the deadlift only category, but of all the competitors, Dave Holmes had the highest formula total taking age into account. FULL POWER: There were three teens who competed in the full power. Matt Lee at 15 years of age made it through his first meet. For his first time he did very well. His numbers were all done with only a belt and wraps. He went 315, 305 and 405. He blasted 320 in the bench on a 4th and pulled 420 on a 4th in the dead. With gear, and some time, he'll be over 2000 quick. The second teen was Tyler Durbin, a strapping 13 year old who got to spend the day with dad wrestling with the iron bars. Tyler did really well and pulled an amazing 300 pounds at 132 and just 13. Incredible. The last teen was none other than Tommy Fannon Jr., Dan Montague. Dan's idol is Tommy and he too exhibits terrific young strength. His day saw him go 405, 285 and 465 at 198 and 19 years old. Dan was part

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POWERLIFTING BASICS: TEXAS-STYLE

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of the crew of young men that came up from Washington State University to compete under the tutelage of Matt Ludwig. A former training partner of mine and good friend. Matt has been training this group of young men to help their strength and compete in this meet. Matt's crew has been nick named the "Big Lud's Powerlifting". The rest of Matt's crew were Phil Cappetto, Clark Masterson, Tim Gehring, Qieed Ishmael, Kyle Moerke, and Vejohn Heineman. Phil competed in the 198 Junior class and uncontested. Phil went 325, 225, 405 for an 1155 total. Kyle Moerke lifted raw at 181 and hit 405, 245, 430 for a 1080 total in his first meet. I've personally seen Kyle come a long way in his squat, since seeing him for the first time in January of this year. At 220 in the juniors, Clark and Qieed went against each other as part of Big Lud's crew. Clark finished 2nd lifting raw with a 1065 total. All of his lifts were clean and easy. With gear and time, Clark will be over 1500 within a year. Qieed won the 220's lifting raw as well, in the most outrageous spider man outfit powerlifting has ever seen. His 1335 total took the title. The spider man outfit caused such a commotion, that Qieed never got a press call on one of his lifts as Tommy Fannon was mesmerized by the outfit. In the squat, Qieed was given a "rack" call instead of a "squat" command. Qieed finished the easy

squat only to have the entire platform crew and judges howling in laughter after the judges mistake. I still laugh thinking about it. The most promising of Big Lud's crew was Tim Gehring. Tim lifted entirely raw and is an outstanding shot-putter for WSU. Tim did 625, 435, 555 and 1615. Tim never trained for the meet and has outstanding raw strength. The rest of the juniors all competed with gear. At 148, the new kid on the block is Leon Josaitis. Leon has tremendous strength and is getting famous in the powerlifting world fast with his website work and photography. Leon won the 148's with a 525, 315, 405, 1245. All four are Washington State records. At 198 was a battle between two young men named Vejohn Heineman and Michael Conner Jr. After the squat, Michael had a 10 pound lead with a 535. After the bench, Vejohn lead at the subtotal with a 405 third attempt bench and a state junior record 425. Conner totalled 1325 and Heineman ended with 1455. Two outstanding young lifters with great futures. At 242, Ashley Roberts of Team Irongladiators went 705, 475 and 610 for a 1790 total. Ashley just missed a 750 squat on a technical miscue and his 630 dead attempt was an almost. He will be over 2000 within 6 months. A big thanks to Ashley for the making of the contest poster and helping with publicity. Another bright prospect at 275 was another

new kid on the block named Brian Bishop. This might have been his first meet and it was a dandy. He absolutely killed 705 and buried 750 on a 4th. 800 will fall at his next meet. He ended with a 1540 total. Once he grows into his body and learns the bench and gets his deadlift up, he too will be over 2000 very soon. In the master's group, we had some terrific lifting. Tyler Crane made the trip from Montana to compete at 181 and post a very respectable 1300 total to win the 181's. In the 40-44 group, there were two lone contestants at 242, Mike Conner and Buzz McCanse. Both are fine lifters. I had the pleasure of watching Buzz do his first three lift meet in nearly 10 years last year, and this year he got even better. He dunked a 640, pressed 425 and grinded out a 585 pull that gave him state records in every lift including his total of 1650. This earned him 2nd place. Mike Conner has shown tremendous progress in his bench press and that was the key to his super 1820 total. Mike went 700, 515, 605 to finish an outstanding day. In the 45-49 group, Rick Lacey took the 242's with a 1235 total. Mark Straley won the 220's with a 1415 total. Finally, Paul Ratsch had his finest total in 1930 at SHW via 705, 550, 675. Paul was mis-loaded on his first squat and possibly cost him a 750 4th attempt that almost went and had he hit his last bench and dead, would have hit the 2000 mark. It's only a matter of time for him to put a 800+ squat in with a 600 bench and 700 pull. At 50-54, we had two contestants. Dan Walker was uncontested at 198 and lifted raw. His sore shoulder caused him not to do his best in the bench but he still competed strong. He's built like a pro volleyball player, lean and no body fat. Nice job today Dan with your 965 total and your toughness. At 275, and actually only weighing 253 was Barry Foster. I first met Barry in the gym and found out quickly that he is a pastor of his own church and a man of God. Barry himself had a stroke just about 6 months ago from benching heavy in the gym. The doc cleared him for this meet, and with only a belt and wraps, he did an 1190 total. This comes with some near misses in the squat, and a bench he actually got but was turned down for beating the press. Barry also stayed the night before the meet and helped me for a couple hours set up. Thanks be to Barry. The third and final heart victim for this meet was none other than Gordon Olson. Gordon just had open heart surgery about 9 months prior to this meet and had one of his heart valves replaced with a valve from a pig. Gordon is one tough guy, and he proved it today. In his first meet since the operation, Gordon totalled 1335 at 181 in the 55-59 age group. He ended up with a massive 500 pull and jumped to 550 for his last. He tried for what seemed like minutes to pull it and wouldn't let go. He pulled to

he passed out and fell over backwards with blood spewing out his nose. I came running up to check if he was OK, thinking the worst at this time, and he looks at me laughing and says, "Aren't you glad I signed your insurance waiver before the meet!" Still laughing over that one. Our oldest three lift competitor was a man named Norm Flom. I have known Norm since I first started competing in high school. He is an admirable man, often showing up at meets with his grandson on his shoulders and a terrific attitude. It was an honor to have him here. Norm competed at 242 in the 60-64 group, getting a 480 squat, 280 bench and 470 pull for a 1235 total. Congrats Norm. The overall award for the master's division was a close race between Paul Ratsch and Gordon Olson. Gordon won by three formula points. Best of luck to you and Marc at Master's Nationals. And now for the open lifters: Giselle Costas from PR was the only female three lifter. What a day she put together. At 198, she dunked 470 on a 4th, 270 bench and a 500 pull. She tried 510 on a 4th and it wouldn't go. This woman will go far. Not only did she use minimal gear, but all of her lifts were flawless and her squats were deep! Our lightest competitors in the open were Jose Rosario and Irongladiators sponsored John Reese. Jose really had a good day going 535, 275, 420 for a 1230 total. Not too bad for one of his first meets and flying all the way across the country. I should also mention that on his travels here, he was forced to stay overnight in Denver and had to fly to the meet and arrived in Spokane just in time for weigh-ins. John Reese is a future superstar at 165 as soon as he gets his squats in. He double 750 in training just a tad high. He opened with 775 and came up with it easy but got called for depth. John took two shots at 800 and missed both. He will do 800 sometime soon. He was allowed to bench and mis-grooved his first and came back to nail 525. Nice bench for a 165er. Pete Wallace took the 181 title and coming all the way from Mt. Helena to compete. Pete's lifts have steadily crept up and look for big things from him soon. The 220's saw two training partners go at it from the Tri Cities, just south of here. Garrett Sallee has made incredible progress in his lifting and put up a well done 1695 total. I think his squat has made the biggest gain as he hit a 705. Capturing the weight class for the 2nd year in a row was Evan Arntzen with a big 1800 total. Evan came up with an 800 squat but was called for depth. Had he hit that he would have been knocking on the door of a 1900 total. The 242's were 3 deep with double entries in Rick Lacy and Mike

"WHY NOT???" "When I entered my first meets back in 1965 and 1966, I asked the meet directors why couldn't you go down in weight after missing an attempt? They said it was to save time for the loaders who wouldn't have to re-load to lower the weight. Back then, there was no rounds system. Sometimes lifters had to lift back to back, with only a two minute break between attempts, as the weight went up progressively for everyone, like one big flight where everybody did all their attempts. Today, the meets are in three rounds per flight, and the bar has to be downloaded two times anyway. The rule was for the loaders, not the lifters. I give meets where the lifters can do a lighter weight if they miss one. This has not created any problems. Most of the time, the stronger lifter will win and the totals will be higher. When a lifter loses weight, travels a long distance, lifts on someone else's equipment and loses sleep, it becomes easier for the lifter to start with too high a weight. This rule is obsolete. Let's give powerlifting back to the lifters. Why can't this rule be changed to benefit the lifter? Just because something has always been done a certain way doesn't mean it is the right way for today. Things change. Why not this obsolete rule?"

DANIEL SINGLETON, Hot Springs, AR.

Conner. The last contestant was Blaine Stussey. Rick as mentioned earlier, totaled 1235 to take 3rd. Mike Connor did a terrific 1820 to take 2nd. 1st place went to Blaine who did 815 on his 3rd attempt and put together a massive 700 bench for the

biggest bench of the day. No doubt that lift was clean. It would have passed in any organization. Blaine also pulled a beautiful 710 to give him a 2225 total for the day. After he was done, he graciously judged the rest of the day when all he wanted to

do was go sleep somewhere. Thanks for the help Blaine and congrats on one of your finest days. The list of 800 pound squatters and 700 benchers is small, but Blaine is on it. The 275's were anti-climactic as Tommy Fannon was in no condition to bench due to an injury. Tommy squatted 815 and then took 905 twice. The 2nd try he was just a hair away from getting it. He pulled an easy 600 but the nemesis lift missed at 650. I think Tommy has the ability to put together a 2300 total on a perfect day. The 275 crown went to Agnar Adalsteinsson, one of my long time training partners. Agnar decided in January he was going to do this meet, and as has been his practice as of late, he doesn't have to work that hard to achieve the lifts he did this day. Agnar dunked an 810, pushed a pr 535 with a narrow miss at 550 and yanked 710 pretty easily. Had he got his last 740 pull, that would have given him the state record total back. He went 2050 for the day and I can't say I'm more proud of the man. This man never ducks competition, as he could easily chew up the masters divisions, but he chooses not to because it's too easy for him. The man competes at 275 at 43 years of age and has the body of a 25 year old. He is the hardest working man I have known my entire life and he's probably also one of the toughest. Agnar detached his patella tendon in an accident with his daughter playing soccer just two years ago. I watched him go through the surgery and painful recovery period, to the point of being laid up for nearly 6 months. He never once complained and went to work just a day later. For the man that he is, I greatly admire him. I am honored to be one of his friends. The best lifter in the open class went to Blaine Stussey. Blaine not only had the highest formula total in the open class but also of the entire meet. I cannot say thank you enough to our sponsors, spotters, loaders, announcer and the many volunteers that made this happen. Thank you to Pepsi, Red Bull, MonsterMuscle.Com, Forza Strength Systems and Irongladiators.Com. Thank you to the many spotters and loaders who gave your time and muscle to help this meet happen. Thanks to Judy Svercheck for announcing the meet on a 5 minutes notice. Thanks to Barry Foster, Steve and Jon Hauger, Ashley Roberts, Matt Ludvig and many others for helping me setup and take down. Finally, thank you to my father for giving up a whole Saturday to watch the door. To my wife, Connie, for helping me financially put on this meet, for your support and your time to make this successful. (Results provided to Powerlifting USA by Brent Mikesell)

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

Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... 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 Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF

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

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Jul/03 ... IPF Women's Worlds, APF Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL on the Rise by Louie S., Best Male PLers, TOP 100 SHWs.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team Pl, TOP 100 SHWs
SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

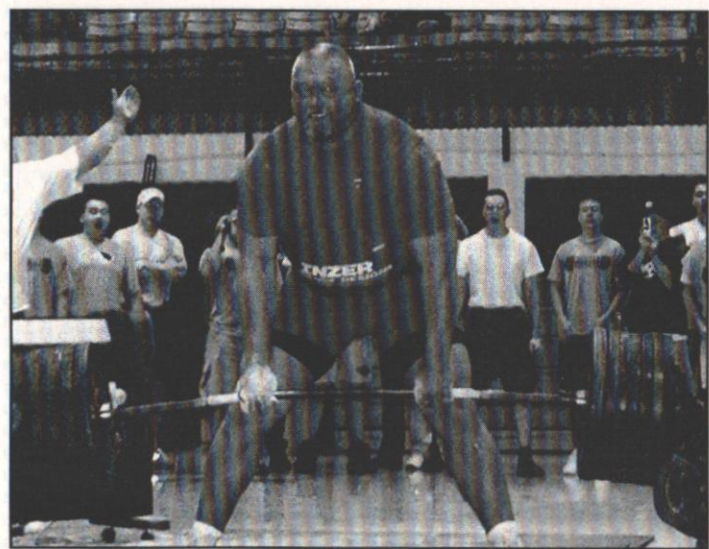
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

25th Hamon High School BP/DL
30 APR 05 - Hampton, TN

BENCH	DEADLIFT		
WOMEN	MEN		
Open	Light		
S. Manley 185	Open		
MEN	A. Campbell 575		
Light	T. Issacs 505		
Open	Heavy		
C. Galliher 460	J. Manley 700		
A. Campbell 335	Masters		
Heavy	M. Nease 865		
Manley 405	T. Isaacs 505		
Masters			
T. Walsh 260			
GIRLS	BOYS	BP	DL
McGuire 120		270	390
Newborn 60		215	275
M. Oaks			
114 lbs.			
T. Garret 160		275	435
123 lbs.			
B. Scott 150		235	385
L. Clifton 125		215	340
132 lbs.			
B. Higgins 150		315	465
J. Barrett 165		275	440
H. Scott 170		265	435
W. Kilby 135		250	385
A. Gwyn 125		230	355
C. King 120		220	340
K. Heaton 100		195	295
148 lbs.			
D. Price 175		405	580
N. Mashburn 185		350	535
A. Broyles 225		280	505
N. Smith 195		295	490
C. Jarrett 165		315	480
B. Floyd 235		—	235
165 lbs.			
A. Townsend 305		400	705
T. Smith 260		405	665
L. Birchfield 205		455	660
J. Alwood 250		375	625
C. Bryant 235		370	605
B. Smithpeters 220		375	595
J. Buck 170		420	590
K. Sendal 240		345	585
B. Johnson 220		350	570
J. Evans 205		335	540
N. Gillespie 190		315	505
J. Carter 170		305	475
J. Hughes 165		310	475
J. Beckett 185		275	460
S. Helton 180		265	445
181 lbs.			
S. Nelson 270		445	715
A. Sizemore 185		450	635
J. Brinker 205		410	615
R. Moody 205		400	605
A. Savage 210		385	595
D. Graham 235		345	580
D. Vance 200		365	565
M. Howell 185		315	500
D. Davis —		370	370
198 lbs.			
N. Paisley 285		405	690
J. Johnson 255		395	650



Mike "The Bull" Nease with 866 @ 360 bodyweight. (Campbell photos)

K. Paddock 230	420	650
G. Buchanan 230	400	630
J. Powers 225	400	625
C. Turbeyfield 260	350	610
S. Calahan 235	350	585
G. Shoun 225	330	555
S. Potter 165	365	530
220 lbs.		
R. Burt 275	575	850
M. Garmar 310	500	810
B. Mounts 265	450	715
S. Nease 175	410	585
B. Mottern 245	300	545
T. Horton 150	280	430
C. Charleton 265	—	265
J. Walsh 250	—	250
J. Thomas 245	—	245
242 lbs.		
D. Stout 255	405	660
J. Bentley 225	400	625
D. Tester 225	395	620
A. Coleman 200	345	545
M. Jenkins 185	330	515
275 lbs.		
S. Clawson 400	470	870
J. Miller 225	430	655
C. Gentry 240	355	595
J. Sammons 210	335	545
B. Johnson 215	320	535
SHW		
M. Stout 355	420	775
H. Warden 300	450	750
K. Raines 290	420	710
J. Price 300	390	690
L. Paladino 250	400	650
D. Davis 215	430	645
J. Hilton 235	380	615

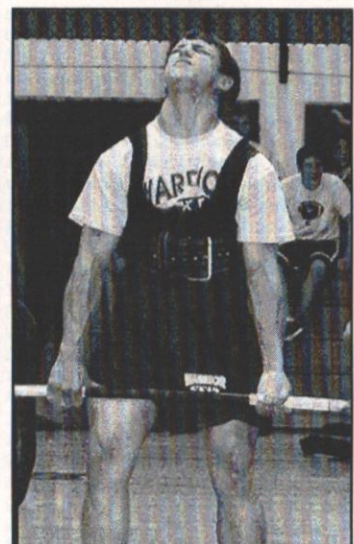
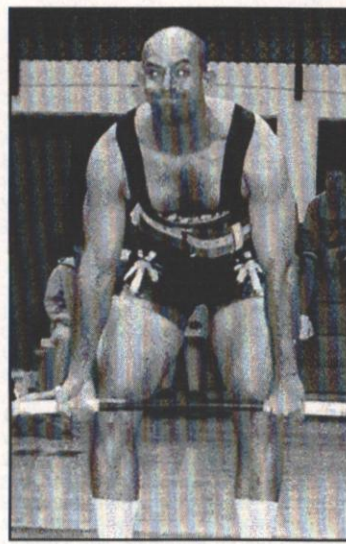
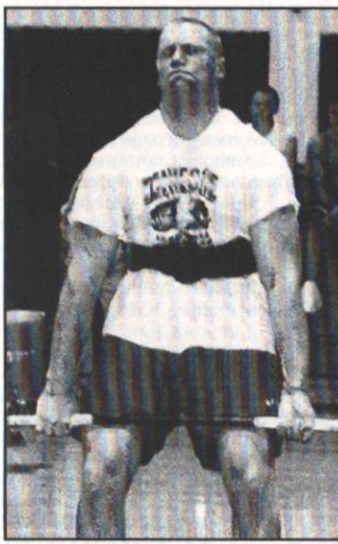
Team Points: David Crockett High School-30, Johnson County High School-23, Happy Valley High School-12, Hampton High School-10, Tennessee High School-8, South Greene High School-8, Cloudland High School-3, Unicoi High School-?. Hampton High School was the sight of the 25th Annual Hampton High School BP and DL Competition. Bill Anderson has done an excellent job in hosting the meet all of these years and has done quite a bit to promote powerlifting and sports in general in the area. This year there was 78 high school and 7 open liners competing, making this one of the bigger local meets in the entire Southeast region. Considering that almost 80 were high school participants, I would say this is one of the biggest high school meets in the Southeast. Not only were the number of participants good, but the quality was deep as well, and Anderson has seen a great improvement in the quality of lifting over the years. There were six 300+ lifts and one 400 in the bp. There were 25 deadlifts over 400 and two over 500 just from the high school class. The best lifter for the high school light division was Adam Townsend with an awesome 305 bp at only 165. Others were gunning for him in the dl, but he fended them off with a nice 400 of his own. A 705 push/pull total is not bad for a sophomore. The heavy division best lifter was Rees Burt. He had a nice 270 bp and trailed, but his 575 dl was too much for anyone else to overcome. The highlight of the meet is always the presentation of the Bob Peoples

Deadlift Award given to the high school lifter with the best deadlift per body weight coefficient. Peoples was the world record holder in the dl with a 725 at 181, a mentor and coach to meet promoter (Bill Anderson), and even helped judge the meet before his death. Rees Burt claimed the trophy with a Herculean 575 at 207. He was able to edge out Logan Birchfield by mere decimal points. The scary pan is Burt is only a freshman with 6 months of training under his belt. We are looking for great things in the future from Rees and many more of these fine high school lifters. Some other notable high school lifts were Price with a 405 dl. Broyles with a 225 bp, and Floyd with a 235 bp at 148. Townsend hit a stupendous 305. and Atwood a fine 250 on the bp. Townsend. Smith, Birchfield and Buck all went over 400 in the 165 class with Logan Birchfield having the only high school 3X bodyweight dl of the entire meet with a 455 at just over 151. Nelson had a nice 270 bp and Sizemore a good 450 dl in the 181's. Paisley scored a solid 285 on the bp in the 198's. The 220's had 2 greats at the top with Rees and Garmar. Garmar got the edge with a 310 bp, but Burt came back to rip up a huge 575. That beat the meet record for a freshman by over 130 pounds. Seth Clawson was tops in the 275 with a huge high school meet record 400 bp to go with his nice 470 dl. In the supers, Matt Stout rammed borne a nice 355 bp. The big lifts didn't end with the young guys. In the Open BP, Galliher and Manley both topped 400. In the Open DL, Campbell hit his first 3X pull with a 575 at a tad over 191. Manley managed a big 700 in the heavier division. The fireworks were not over in the Master's Division. Issacs hit a nice 505 at 48 years of age. But when 43 year old Mike "the Bull" Nease opened up with a huge 810 raw, the crowd was in awe. I had told Mike earlier that the biggest master's pull in the world that I knew of was 865. He said, "It just might go down today." When I saw that lift, I believed it. Mike put on his dl suit but had to follow himself and scratched his second to get some more time to catch his breath. The bar was loaded to 865 (actually 866 with the 11 pound collars) and Mike was ready to rewrite the record books. Mike ripped it up to the pleasure of the ecstatic crowd. A few days later I found that the lift was the second biggest in the world after an 875 by an Englishman. Mike's lift, however, is still the biggest master's pull by an American and the second biggest master's pull in history. Mike is a highland games and strongman competitor, so just imagine what would happen if he ever concentrated on his pull. (Thanks to Alex Campbell for providing these historic results to Powerlifting USA)

Harbor Walk Bench Press
25 JUN 05 - Georgetown, SC

WOMEN	J. Hubbard 315
S. Pack 205	242 lbs.
X. White 150	K. McFadden 450
M. McKnight 150	C. Griggs 420
G. McCall 105	275 lbs.
MEN	M. Phipps 550
Teen	C. Williams 530
C. Watts 300	Master (40-44)
Driggers, Jr. 315	R. Nesbit 305
D. Johnson 275	S. Hines 360
A. Moore 245	C. McKnight 330
A. Williams 120	Master (45-49)
148 lbs.	W. Braveboy 390
F. McNeil 335	Master (50-54)
K. Locklear 320	J. Tancil 610
165 lbs.	Master (55-59)
J. Mouzon 460	D. Ricafrente 405
R. Alvarado 345	G. Haslam 400
J. McElveen 335	Master (60-64)
181 lbs.	J. Powell 360
F. Allen 350	
A. Bremner 330	
198 lbs.	
L. Butnik 465	
N. Adams 450	
M. Johnson 325	
J. Armstrong 315	
220 lbs.	

Best Lifter: Jon Mouzon. Master Best Lifter: Jerry Tancil. Jerry Tancil's 9th year in a row with a 600+ lbs. bench press! (Thanks to Alan Bremner for these meet results)



Rees Burt with 575 @ 207 (above)... Alex Campbell's 576 @ 192 Logan Birchfield with 455 @ 151.

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.

20 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IL) 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, VA 22973, valifting@adelphia.net, www.virginiausapl.com
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, lawmexica@hotmail.com, www.upfsd.com.
20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596
21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
27 AUG, 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,

COMING EVENTS

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, WABDL Oklahoma State BP/DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood, 918-955-4789
10 SEP (New Date), APF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org
10 SEP, IPA PA State/NE Regional (New Oxford, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
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, USPF Venice Beach PL/BP, Steve Denison, pwriftr@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
10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10 SEP, the Power Quest Strength Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162
10 SEP, APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudedog@adelphia.net
10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194
10 SEP, 100% Raw Virginia State BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net
11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30.00)

APF/AAPF/WPO Schedule

Aug, WPO Qualifier, Kieran Kidder
September 10th (new date), APF Georgia State PL/BP, Kennesaw, GA, Jon Grove
September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
September 24th (new date - Garry Frank Guest Lifter), APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence
October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNC SOS, Atlanta, GA, Kieran Kidder
October 15th, US National PL Championships (Unified Nationals), Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.
November 3rd-6th, WPC Worlds/WPO European Semifinals/
November 5th, APF/AAPF Pine Tree State, Russ Barlow
175 Kennebec Trail, Turner, ME 04282, 207-225-5070
WPO European BB4Cash. Helsinki, Finland. Minna & Anu Turtainen
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)

entry fee, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117
17 SEP, Nor-Cal Championships (PL/BP/PP - San Mateo, CA) Helen 650-642-4598 or John 650-305-7518
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, WNPFF 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, fitlifed@cs.com
17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 SEP, Sci Fit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkway, Macon, GA

31206, 478-750-7005
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, SLP St. Louis Open II BP/DL Championship (Pontoon Beach, IL) Sonlight Power, 122 W. Sale??, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com.
18 SEP, USPF US Open BP/DL Championships (Ramada Inn-Morgantown, WV) Matt McCaese, 210 Bilbob St., Fairmont, WV 26554, 304-376-2432, mccaese@yahoo.com
18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 574-674-6683
24 SEP (new date - Garry Frank Guest Lifter), APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

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24 SEP, APA Georgia 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, gvh1@wirefire.com, www.vhpower.com.
24 SEP, 100% Raw Tri-State Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnrap@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 (2nd NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339
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, theygymasvegas@earthlink.net
25 SEP, 1st Paxton Power Gym Strongman (Paxton, MA) Nathan Fitzgerald, 508-791-3291, paxtonpowergymorders@att.net
25 SEP (corrected date), SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
SEP (Date Change), WNPFF 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, ADFPF Michigan State Championships/Open (equipped, unequipped - Benton Harbor, MI) Dick Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056
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, gary.kanaga@nordonnaschools.org
1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com
1 OCT, 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 WNPFF 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 (NEW DATE), 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.
8 OCT, NASA Big River Classic (full meet, BP, PS), Tobey & Daryl Johnson, Blytheville, AR, 870-763-9094, daryltobey@aol.com
8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
8 OCT, SLP Oklahoma State BP/DL (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, SQBPDL@aol.com
9 OCT, SLP Missouri State BP/DL (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, England near Oxford) jm-gedney@wiu.edu
15 OCT, Decatur Family YMCA Regional, Decatur County Family YMCA, 1301 Kathy's Way, Greensburg, IN 47240, 812-663-9622, FAX 812-662-7280, deenahamer3@hotmail.com
15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
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, gvh1@wirefire.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"

UPCOMING WNPFF MEETS DRUG FREE POWERLIFTING

20 August, WNPFF Ralph Peace Memorial/ - Asheville, NC, Lester Fields, 770 842 2137
 Sept 10 - WNPFF Lifetime Drug Free Nationals - B ordentown, NJ, Troy Ford - 678 817-4743 or wnpp@aol.com
 Oct. 1-2 - WNPFF World Powerlifting Championships - Philadelphia, PA. Ron Deamicis, 330-792-6670
 Oct. 8 - WNPFF All-American Championships - Orlando, FL, Brian Burritt, 772 621-8988 or brianburritt@bellsouth.net
 Oct. 15 - WNPFF Palmetto Classic - Greenville, SC, Troy Ford - 678 817-4743 or wnpp@aol.com
 PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpp@aol.com, website - members.aol.com/wnpf

~ COMING ON NOV. 5, 2005 AT 12:00 PM ~ LEICESTER HIGH SCHOOL (RT 56, LEICESTER, MA)

THE ATLANTIS 2005 NEW ENGLAND POWERLIFTING CHAMPIONSHIPS

Hosted and Judged by ED COAN



The Greatest Power Lifter of All Time!

Rules:

1. No supersuits, erector suits, bench shirts, straps, elbow wraps or knee wraps will be allowed.
2. Lifting belts, wrist wraps and chalk are allowed.
3. All contestants must wear a singlet.
4. Each contestant must pay a Fifty Dollar (\$50.00) entry fee.

Tickets: \$10.00 in Advance \$15.00 at the Door. Call Now: 508-885-3686

(All Proceeds Go To Leicester High School)

5 WEIGHT CLASSES

1. 180 lbs. and under
2. over 180 lbs. to 210 lbs.
3. over 210 lbs. to 245 lbs.
4. over 245 lbs. to 280 lbs.
5. over 280 lbs.

CASH BONUS PLAN

1. Each Class Winner Gets \$300.00
2. A \$1,000.00 BONUS for any world record in the Squat, Bench Press or Deadlift.

~ COMING ON NOV. 6, 2005 AT 12:00 PM ~ LEICESTER HIGH SCHOOL (RT 56, LEICESTER, MA)

THE 2005 ATLANTIS "STRONGEST MAN IN AMERICA" CONTEST

Hosted and Judged by ED COAN



The Greatest Power Lifter of All Time!

3 CASH PRIZES

- First Place - \$2,500.00
- Second Place - \$1,500.00
- Third Place - \$500.00 (Pound for Pound Winners as well)
- A \$100.00 entry fee

5 EVENTS

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

Scheduled to Compete:

★ Josh Bryant

★ Vincent Dizenzo

★ Brian Schoonveld

Contest Rules:

1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
2. Weightlifting belts, wrist wraps and chalk are allowed.
3. All lifts are single rep max with three (3) attempts.
4. Must wear singlet.

Tickets: \$10.00 in Advance \$15.00 at the Door. Call Now: 508-885-3686

(All Proceeds Go To Leicester High School)

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, SQBPDL@aol.com
15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrftrs@msn.com, www.powerliftingca.com, 661-333-9800
15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) ausports@org or aapower@aol.com, Va PL Assn - 1811 Southcliff Road, Richmond, Va 23225
16 OCT, USAPL DL/Ironman/SQ Nationals (Denver, CO) Dan Gaudreau, 720-858-0700 or rmlcco@aol.com
16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com
22 OCT, 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

7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.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, gvh1@wirefire.com, www.vhpower.com
22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich floridausapl Peters, Box 735, Noble, OK 73068, 405-527-8573 sqbpdl@aol.com
22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
22 OCT, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest continually conducted DRUG-FREE meet in

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Three sizes (only sold in pairs)

Size	Cost	Fit Knees to Bodyweights	Fit elbows
S	\$39.95	up to 130 lb.	11" to 14" circ.
M	\$39.95	130 lb to 250 lb	over 14" circ.
L	\$42.95	over 250 lb.	

TOMMY KONO WAIST BAND

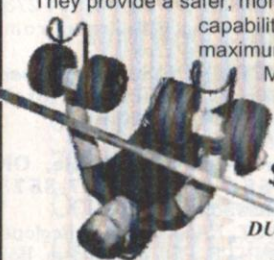
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Waianae, HI 96792
Inquiries 808-696-1979

WWW.POWERHOOKS.COM

Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.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 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. The Power Gym's Halloween Havoc BP (limited to 50 entries, all weight classes and divisions - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neu.org, rhsvpmoe@ns.neu.k12.pa.us

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

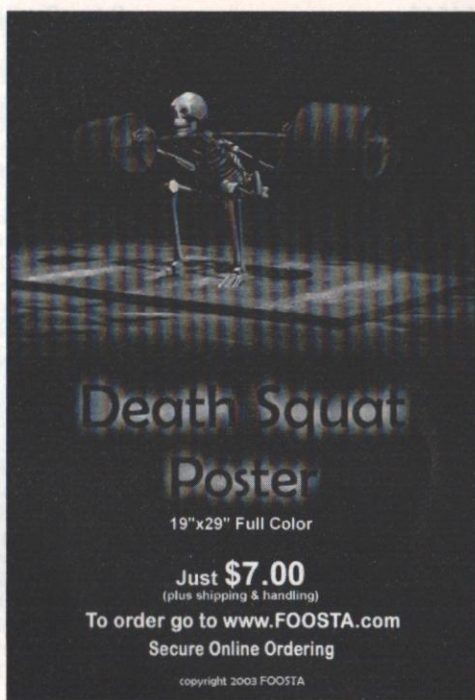
OCT. 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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, 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 & Ano Turtiainen Helsinki, Finland, 386-734-3128,



worldpowerlifting.org

5 NOV. APA Powerhouse Classic BP, DL, PP (\$1500 cash prizes, Louisville, KY) Jeff Ruwe, 502-339-0118, www.KentuckyMuscle.com

5 NOV. APF/AAPF Pine Tree State (national qualifier) Russ Barlow, 175 Kennebec Trl., Turner, ME 04282, 207-225-5070

5 NOV. 2nd Atlantis New England Powerlifting Championships, mustwear 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, masters, 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, SBPDL@aol.com, P.O. Box 735, Noble, OK 73068

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

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

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell

UPCOMING SLP COMPETITIONS

20 AUGUST - Indiana State Fair BP/DL

21 AUGUST - Illinois State Fair BP/DL

27 AUGUST - Kentucky State Fair BP/DL

10 SEPTEMBER - Tennessee State Fair BP/DL

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

Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echailet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

16-21 NOV. WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

19 NOV. The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Laudenberger 610-434-9333

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 (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

19 NOV. USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK

73107, 405-321-1775
19 NOV. SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

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

MARTIN J. DRAKE@BOEING.COM
3 DEC. Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

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

470-3672

3 DEC. Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 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@pikilup.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@huntel.net, www.usapl-ne.com

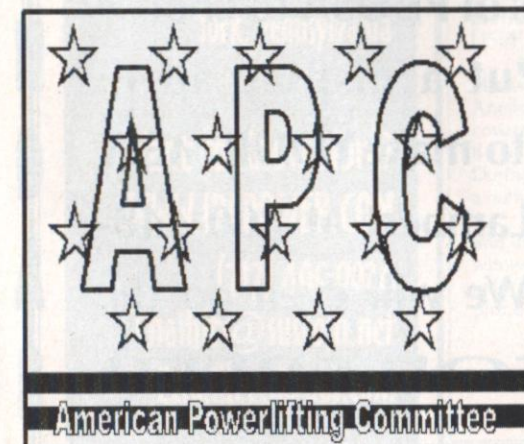
10 DEC. SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 DEC. IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL,

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

For more information, www.americanpowerliftingcommittee.com

L B Baker@americanpowerliftingcommittee.com



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.virginiapowerlifting.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 Worlds (3 lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn):

aaupower@aol.com or Va PL Assoc., 1811 Southcliff Road, Richmond Va 23225

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

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

18,19 FEB (revised date), USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdunon@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,

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THE 2005 ATLANTIS "STRONGEST MAN IN NEW ENGLAND" CONTEST



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- (Prizes for Placed Winners as well)

A \$50.00 entry fee

5 EVENTS

- 1. Trap Bar Deadlift
- 2. Bench Press
- 3. Push Press
- 4. Chin Up with Most Weight
- 5. Thomas Inch Dumbell Lift

Contest Rules:

- 1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
- 2. Weightlifting belts, wrist wraps and chalk are allowed.
- 3. All lifts are single rep max with three (3) attempts.
- 4. Must wear singlet.

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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, jdunon@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

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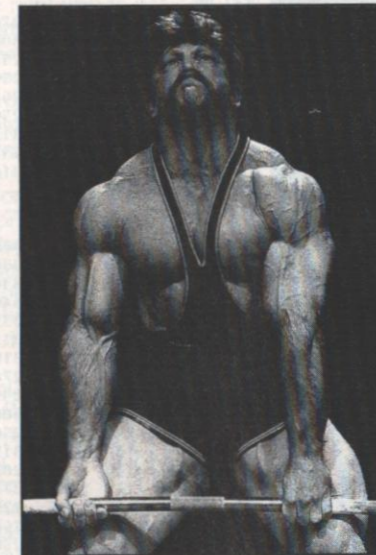
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MORE ON ROGER ESTEP ...



Roger's muscularity - he was considered a "Conan-esque Power Being"

I first met Roger Estep on April 26, 1975 in Ambridge, PA. He was not lifting, but coaching Jack Wilson, a 148 lber, at the Ambridge V.F.W. Powerlifting Championship. Roger's muscular development was nothing short of awesome! When I had the audacity to ask him "What workouts do you do to become so muscular," he smiled and said, "For starters, Box Squatting." Roger spoke frequently about Box Squats, Westside Barbell (then on the West Coast), and a lifter he had the greatest respect and admiration for: the legendary George Frenn. Roger emphasized the importance of Box Squatting as a major contributor to squatting maximum poundages and overall leg development. We talked more the next day at another meet on April 27, 1975 at the BUCKEYE OPEN in Bedford Heights, Ohio [Meet Director Frank Picha. No mistake...the next day...back to back meets]. On October 25, 1975, Roger came to the 2nd ANNUAL MOUNTAINEER OPEN BENCH PRESS CHAMPIONSHIPS held at the Parkersburg YMCA in Parkersburg, WV as a coach for young Jeff Jandik from Ohio University. Roger was an advocate of very strict lifting and made it clear to me, the WV Chairman, that the rules "would be strictly enforced" for the benefit of everyone.

In 1976, Roger coached 148 lb. Jack Wilson very well as Jack won the NATIONAL COLLEGIATE CHAMPIONSHIPS held at Ohio University. Later that year, we all competed in the JR. NATIONALS in Bedford, Ohio. It was not our finest hour, but the event would serve as a foundation for greater things to come. In 1977, Roger lifted in the WV State Championships on 5/21/77 going 705-425-645-Totalling 1775 and winning the 198s. Later in 1977, Roger competed in the SENIORS, 2nd only to Larry Pacifico.

In 1978, Roger won the WV State Championships @ 198 with 740-470-670-1880! It was on this day that Roger actually gave away the Outstanding Lifter Award he earned and won to Herb Fitzsimmons. Although very focused with his lifting, Roger was a humble person and definitely one of strong character. Roger's talents and personality were very important to the early success of WV Powerlifting. Later in 1978, his legendary performance at the YMCA Nationals gave him an American Record Squat at 769.5, Bench Press of 490, Deadlift of 685, and a Total of 1940 (actually 1945 as the 765 Squat weighed heavy at 769.5). Needless to say, all of Roger's lifts on 12/10/78 remain USPF WV State Records.

In 1979, Roger won the SR. NATIONALS in Bay St. Louis, Mississippi, with a victory over Jerry Jones, Jim Cash, and Vince Anello. Brother Bennet was Meet Director and the contest was covered by NBC Television. I witnessed an interview (not sure if it was aired) between Roger and the NBC Network Sportscaster. During the interview, Roger praised his competition and thanked a number of people in Powerlifting as contributors to his success.

The memories I have of Roger are in the theatre of my mind and everyone who had the pleasure to have known him and witnessed his amazing feats of strength. With condolences to his wife and family, Powerlifting and the Sport of Iron has lost a pioneer and a friend.

Paul Sutphin
WV Powerlifting Chairman
35 Year Powerlifter

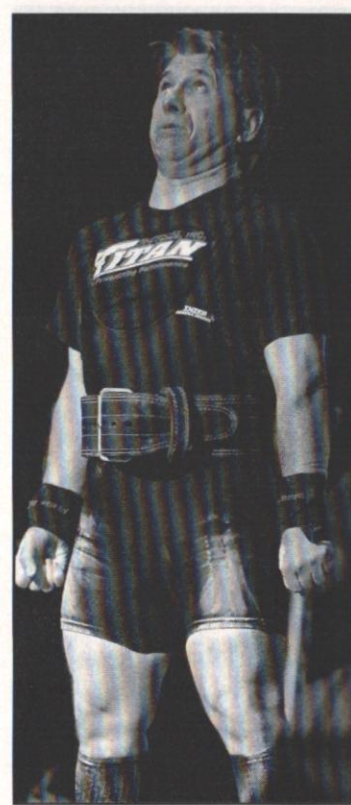
WNPf National BP/DL (kg) 7 MAY 05 - Lansing, MI

BENCH		275 lbs.	
WOMEN			
Raw		K. Hanson	182.5
Open		Master-3	
132 lbs.		181 lbs.	
D. Hurbert	52.5	G. Huey	140
Master-1		220 lbs.	
148 lbs.		T. Horvath	142.5
K. Veltema	55	242 lbs.	
Master-2		Washington	145
132 lbs.		Master-4	
K. Hockeborn	95	T. Striverson	235
MEN		Open	
Raw		181 lbs.	
Teen-1		C. Polena	132.5
181 lbs.		198 lbs.	
J. Molewyk	90	M. Coleman	232.5
Teen-3		J. Jachim	165
242 lbs.		220 lbs.	
A. Keo	192.5	B. Wittum	200
Open		R. Huestis	147.5
123 lbs.		J. Mirales	185
V. Vneun	102.5	Teen-3	
165 lbs.		181 lbs.	
R. Langwell	160	C. Carpenter	162.5
A. Sharpe	132.5	DEADLIFT	
SHW		WOMEN	
J. Ebaugh	175	Raw	
Junior		Master-1	
148 lbs.		148 lbs.	
T. McCrumb	125	K. Valtema	112.5
220 lbs.		Master-2	
T. Schreider	130	132 lbs.	
Master-2		K. Hockeborn	130
198 lbs.		181 lbs.	
D. Covey	182.5	L. Carr	112.5
242 lbs.		MEN	
F. Schneider	157	Raw	
Master-3		Open	
220 lbs.		123 lbs.	
D. Lhotz	160	V. Vneun	165
SHW		198 lbs.	
N. Manning	120	D. Berrera	157.5
Master-4		SHW	
181 lbs.		J. Ebaugh	300
J. Schroder	92.5	Juniors	
220 lbs.		165 lbs.	
J. Brodski	140	T. McCrumb	147.5
242 lbs.		220 lbs.	
R. Arnold	140	T. Schreider	205
S. Cohle	140	Teen-1	
Master-6		181 lbs.	
220 lbs.		J. Molewyk	115
L. Turner	82.5	Open/SM	
Master-7		198 lbs.	
198 lbs.		A. Chimento	227.5
S. Simko	90	SM	
WOMEN		220 lbs.	
Equipped		L. Lopez	250
SM		Master-1	
148 lbs.		198 lbs.	
S. Harrison	67.5	J. Jachim	180
Master-2		Master-3	
148 lbs.		220 lbs.	
K. Waugh	80	S. Cohle	227.5
SHW		Master-4	
A. Atkinson	80	SHW	
MEN		N. Manning	197
Equipped		MEN	
Open		Equipped	
165 lbs.		Open	
S. Hazelton	175	181 lbs.	
275 lbs.		J. Decker	310
M. Newman	210	220 lbs.	
SM/Open		J. Casemier	300
242 lbs.		L. Lopez	260
L. Lopez	202.5	275 lbs.	
J. Juska	200	R. Klein	320
SHW		Master-2	
Washington	300	181 lbs.	
SM		G. Platsko	215
242 lbs.		242 lbs.	
J. Casemier	202.5	R. Strong	295
319 lbs.		Master-4	
S. O'Hollorand	295	220 lbs.	
Master-1		R. Batko	227.5
181 lbs.		Master-5	
C. Houser	145	242 lbs.	
275 lbs.		A. Wenzlaff	245
J. Peshek	295	Junior	
Master-2		SHW	
198 lbs.		T. Carr	237.5
A. Jones	205		
J. Jachim	165		
J. Marentette	170		
220 lbs.			
M. LeClair	185		

(Thanks to Rich Van Eck for these results)

**USAPL Nebraska/Maple Creek
23 APR 05 - Clarkson, NE**

BENCH	181 lbs.			
NE State	R. Hart	297		
Teen-1	220 lbs.			
148 lbs.	Williamson	259		
S. Schmidt	275 lbs.			
203	K. Einspahr	270		
Teen-2	198 lbs.			
123 lbs.	G. Stillman	275		
Christensen	187			
181 lbs.	Maple Creek			
H. Osborn	330			
220 lbs.	Teen-3			
C. Hoferer	336			
165 lbs.	198 lbs.			
R. Worden	314			
R. Prusa	214			
	N. Foolhead	231		
NE State	Open			
Teen-1	148 lbs.			
132 lbs.	A. Prickett	170		
J. Ottens	187			
148 lbs.	275 lbs.			
S. Schmidt	270			
148 lbs.	D. Brydd	341		
S. Jaeschke	286			
198+ lbs.	Open			
A. Mattox	297			
Teen-2	123 lbs.			
Christensen	220			
165 lbs.	187			
M. Hogmire	259			
220 lbs.	126			
C. Hoferer	435			
Open	336			
123 lbs.	440			
D. Brester	248			
132 lbs.	115			
K. Borer	192			
148 lbs.	94			
C. Borer	303			
T. Grasserode	253			
165 lbs.	121			
J. Indra	319			
R. Prusa	303			
181 lbs.	214			
R. Hart	451			
220 lbs.	297			
Williamson	347			
242 lbs.	259			
B. Sindelar	556			
275 lbs.	341			
K. Einspahr	—			
Master-1	—			
148 lbs.	—			
M. Lofing	407			
242 lbs.	248			
M. Bauer	363			
Master-2	242			
242 lbs.	418			
B. Sindelar	556			
Maple Creek	341			
Teen-1	540			
114 lbs.	110			
A. Pond	110			
123 lbs.	77			
C. Mesteth	77			
148 lbs.	83			
D. Michaud	99			
Teen-2	94			
105 lbs.	214			
K. Carlow	99			
123 lbs.	83			
G. Him	159			
148 lbs.	121			
A. Pond	121			
181 lbs.	83			
D. Michaud	176			
198 lbs.	225			
W. Herl	165			



Monte Lofing went to the National Masters, a month after winning at the USAPL Nebraska meet

123 lbs.	SQ	BP	DL	TOT	
M. Kirkland	172.5	77.5	150	400	
165 lbs.	D. Smith	150	70	135	355
G. Sanchez	107.5	62.5	125	295	
Masters					
220 lbs.	K. Tillman	255	145	220	620
275 lbs.	P. Shalosky	235	145	217.5	597.5
Junior/Teen					
148 lbs.	M. Joseph	190	125	207.5	522.5
181 lbs.	J. Castiglione	227.5	160	237.5	625
198 lbs.	J. Thomas	220	195	207.5	622.5
308 lbs.	C. Cornett	342.5	237.5	265	845
MEN					
Open					
148 lbs.	M. Joseph	190	125	207.5	522.5
198 lbs.	C. Rekas	272.5	170	237.5	680
220 lbs.	R. Paras	300	210	250	760
287.5	J. Howe	287.5	202.5	227.5	717.5
242 lbs.	T. Irby	310	232.5	265	807.5
J. Jordan	305	200	255	760	
275 lbs.	T. Lie	295	195	245	735
308 lbs.	B. Hodges	440	315	405	1160
C. Cornett	342.5	237.5	265	845	
SHW					
D'Ambrosio	417.5	250	262.5	930	

(Thanks to Pam Clayton of the World Powerlifting Organization for the results)

Kern County High School 23 APR 05 - Bakersfield, CA					
Frosh/Soph	SQ	BP	DL	TOT	
114 lbs.	J. Juangco	165	145	305	615
135 lbs.	A. Magana	225	135	255	615
170 lbs.	J. Garber	170	—	185	355
123 lbs.	J. Sy	255	185	270	710
W. Watt	225	135	265	625	

C. Reyes	210	165	240	615
A. Yasania	165	150	225	540
M. Barron	160	150	225	535
K. Hough	155	115	195	465
K. Geissel	135	—	—	135
132 lbs.				
B. Harris	275	160	270	705
G. Blair	225	140	305	670
R. Floyd	250	145	255	650
R. Rosenberg	180	180	250	610
Kirschman	185	160	265	610
M. Bettes	185	155	250	590
D. Calderon	155	115	315	585
J. Gil	155	135	255	545
H. Vela	—	135	315	450
B. Eggenburg	185	—	—	185
L. Claiborne	—	—	—	—
148 lbs.				
J. Jones	260	245	365	870
J. McDonald	315	185	330	830
M. Corbell	285	200	330	815
C. Bolton	295	170	340	805
J. Spears	265	205	335	805
C. Babsby	240	170	315	725
J. Solis	250	155	310	715
C. Lanyon	250	180	270	700
T. Hernandez	225	175	295	695
E. Rosas	235	145	300	680
R. Cargiat	245	150	250	645
T. Hill	185	135	315	635
G. Thomas	185	145	285	615
B. Barranco	175	155	275	605
D. Shivers	225	135	225	585
A. Harrington	195	125	265	585
J. Aguirre	—	165	250	415
T. Barnett	—	150	260	410
M. Mosely	—	145	235	380
G. Bailey	—	—	—	—
165 lbs.				
T. Armstrong	365	255	425	1045
A. Hayes	335	265	425	1025
J. Brown	335	185	415	935
B. Lovan	325	225	375	925
T. Booth	345	210	360	915
N. Harrington	315	215	375	905
E. Webber	315	200	375	890
J. Collan	315	185	365	865
M. Chavez	275	220	365	860
R. Martinez	275	225	350	850
S. Perez	315	210	315	840
A. Brown	315	185	285	785
J. Salazar	235	175	350	760
B. Bonahoom	250	180	330	760
J. Thatcher	255	175	315	745
C. Suniga	235	185	325	745
T. Bassett	225	205	310	740
E. McBride	255	165	320	740
R. Dawley	245	155	325	725
M. Martinez	195	205	325	725
Z. Hansen	205	185	315	705
C. Luevano	225	160	320	705
J. Olivias	175	115	285	575
H. Emmerson	205	—	280	485
C. Johns	135	—	285	420
S. Hernandez	—	—	—	—
M. Cabera	—	—	—	—
181 lbs.				
J. Ramirez	365	275	385	1025
Z. Burik	315	240	365	920
R. Calderon	325	195	400	920
A. Vasquez	315	235	365	915
T. Webber	245	255	365	865
M. Pena	310	185	365	860
O. Andriputra	275	175	365	815
P. Singh	275	175	335	785
P. Guerrero	255	205	275	735
K. Kilbourn	235	185	300	720
D. Horize	210	175	330	715
M. Moretti	225	175	240	640
198 lbs.				
K. Y. Shanahan	400	325	475	1300
B. Hodges	440	315	405	1160
D. Layshot	375	235	435	1045
D. Carlin	315	290	405	1010
J. Zamora	350	230	405	985
R. Ochoa	315	250	405	970
D. Cox	315	235	405	955
Hernandez	315	180	405	900
D. Kernene	325	215	350	890
J. Vargas	315	200	360	875
D. Pendley	300	195	350	845
M. Renteria	315	185	325	825
P. Lewis	250	175	325	750
W. Sutton	245	185	320	750
M. Dixon	245	160	320	725
E. Cazares	—	205	315	520
220 lbs.				
T. Goldberg	460	305	425	1190
B. Abbott	390	265	460	1115
B. McConnel	350	335	405	1090
C. Hernandez	390	305	360	1055
J. Belanger	385	220	425	1030
A. Tapia	380	205	405	990
T. West	275	245	405	925
A. Marmolejo	285	250	350	885
E. Chavez	315	225	340	880
C. Blackburn	330	175	350	855
A. Montijo	235	—	315	550
242 lbs.				
M. Blakemore	405	245	410	1060
N. Mantle	345	275	385	1005
V. Greene	345	250	405	1000
J. Macias	400	240	355	995
S. Hong	385	175	425	985
J. Rodriguez	320	205	410	935
J. Reyes	375	205	350	930
K. Nodolf	315	230	375	920
A. Ramos	250	185	460	895
M. Vessell	225	245	405	875
G. Salazar	275	200	300	775
S. Reynoso	225	165	300	690
B. Mueller	—	225	405	630
J. Dominguez	235	135	260	630
I. Aguilera	245	135	245	625
D. Herrera	—	—	—	—
275 lbs.				
S. Gomez	390	250	405	1045
B. Brothers	285	205	370	860
E. Martinez	—	235	365	600
K. Ferrone	—	170	335	505
Junior/Senior				
148 lbs.				
J. Lay	290	215	350	855
G. Portillo	285	190	375	850
E. Perez	280	195	360	835
H. Robles	285	180	330	795
J. Martin	235	185	345	765
M. Indalecio	225	160	325	710
A. Garcia	240	185	285	710
165 lbs.				
James Shiu	365	315	450	1130
R. Garcia	350	215	390	955
T. Spears	325	245	335	905
L. Gomez	275	200	405	880
R. Duran	255	275	345	875
R. Garcia	270	155	345	770
A. Jackson	225	185	315	725
A. Solis	—	225	315	540
181 lbs.				
S. Bockman	375	260	385	1020
C. Ramirez	350	245	405	1000
J. Pfeffer	330	300	365	995
J. Bishop	315	225	375	915
D. Flores	345	200	365	910
M. Richards	300	270	315	885
J. Butler	315	225	315	855
J. Knight	265	225	365	855
L. Valdez	225	260	350	835
M. Segura	270	180	350	800
198 lbs.				
M. Coronado	405	245	485	1135
C. Mosher	405	285	425	1115
A. Merz	405	290	405	1100
N. Legan	365	275	405	1045
J. Johnston	335	275	390	1000
D. Araiza	315	205	420	940
M. Foster	315	210	405	930
T. Brezinski	275	215	410	900
J. Cuddy	295	205	365	865
V. Alomar	265	175	335	775
R. Halstead	315	225	—	540
220 lbs.				
N. Hopper	365	275	475	1115
J. Jackson	415	255	430	1100
A. Sneed	405	225	455	1085
R. Fiorini	365	275	415	1055
Noonchester	375	205	440	1020
B. Davis	315	245	405	965
D. Renter				

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USAPL New York State
21,22 MAY 05 - Tupper Lake, NY

BENCH		Open	
WOMEN	M. Geraghty	417	
148 lbs.	Raw	198	
Open			
C. Truesdell	94	K. Bedore	380
MEN	Master (50-54)		
148 lbs.	W. Desurius	232	
Junior	220 lbs.		
R. Brothers	287	Novice	
Master (45-49)	A. Mouli	325	
R. Coisson	276	Police/Fire	
165 lbs.	W. Stanton	303	
Raw	Raw		
M. Geraghty	358	A. Meoli	325
J. Beamis	—	Master (50-54)	
C. Dejavy	—	M. Varden	353
WOMEN	SQ	BP	DL
88 lbs.			TOT
Youth (10-11)			
E. Sexton	88	50	105
105 lbs.			
Submaster			
W. Slicer	132	127	226
Raw			
W. Slicer	132	127	226
Novice			
W. Slicer	132	127	226
114 lbs.			
Master (40-44)			
T. Ward	198	99	221
148 lbs.			
Lifetime			
C. Truesdell	182	94	226
Novice			
C. Truesdell	182	94	226
Master (50-54)			
D. Lehans	254	154	314
Master (55-59)			
C. Truesdell	182	94	226
MEN			
132 lbs.			
Youth (12-13)			
T. Decamp	110	66	165
Teen (16-17)			
B. Buell	276	215	325
Raw			
M. Farte	254	182	391
Master			
M. Farte	254	182	391
148 lbs.			
Master-7			
D. Maier	325	176	408
Open			
T. Albano	375	375	452
165 lbs.			
Teen (18-19)			
D. LaPierre	397	204	435
Junior			
D. Fragola	375	265	391
Master (45-49)			
K. Buddle	441	221	502
Master (60-64)			
T. Fleming	364	198	386
Open			



Tyler Decamp .. 12 years old, deadlifting 165 at the USAPL NYS

B. Tupol	458	380	474	1312
T. Harman	424	331	502	1306
W. Sedurivis	375	232	424	1031
W. Lyon	502	276	446	1224
220 lbs.				
Lifetime				
N. Deon	—	—	—	—
Teen (14-15)				
C. Pike	397	254	408	1058
Open				
M. Muyen	639	375	573	1587
R. Hansen	551	380	650	1582
T. Ravesi	590	402	579	1571
J. Belleria	562	364	579	1505
C. Solyona	524	336	606	1466
242 lbs.				
Raw				
W. Meldfeld	232	193	342	766
Lifetime				
W. Meldfeld	232	193	342	766
Police/Fire				
W. Meldfeld	232	193	342	766
Junior				
J. Peirce	502	364	590	1455
Master (40-44)				
T. Middleton	55	55	485	595
Master (60-64)				
V. Meldfeld	232	193	342	766
Open				
T. Stoddard	628	468	551	1648
S. Gagnor	562	402	562	1527
R. Ebner	678	—	—	—
C. O'Bryan	—	—	—	—
275 lbs.				
Raw				
J. Boshoy	446	402	485	1334
Master (40-44)				
R. Flannery	584	375	540	1499
Open				
A. Burree	458	336	474	1268
SHW				
Master (45-49)				
D. Lيفة??	524	380	540	1444

and help was appreciated in more ways than I can say with words. Also, a big thanks to John Payette, Dan Leferre, and Robert Hansen. These guys helped every chance they had and still lifted like pros. Thanks go out to my spotters/loaders Marc Fortier, Leonard Young, Marc Varden, and my wife Linda, who put up with me through all of this. (These met results were provided to POWERLIFTING USA courtesy Meet Director Tim Sexton)

USAPL ASH
3 MAR 05 - Alexandria, LA

MEN	SQ	BP	DL	TOT
J. Warren-114	250	100	250	500
Bordelon-121	280	155	315	750
N. Boutee-131	300	120	310	730
C. Brown-139	310	220	300	830
Stockdale-161	350	250	400	1000
J. Gilbert-174	395	190	455	1035
Edwards-168	405	225	405	1035
Sciacca-172	405	225	405	1035
Jackson-181	400	240	400	1035
D. Yates-170	405	265	365	1035
J. Ellie-196	405	260	405	1070
Domic-198	410	230	430	1070
C. Favre-187	375	250	450	1075
K. Lougve-210	434	235	465	1145
A. Guidry-271	500	300	400	1200
Ceville-286	450	245	275	1070
B. Ross-319	500	315	405	1220
T. Hollis-289	425	220	425	1070
WOMEN	SQ	BP	DL	TOT
Alexand-97	140	60	135	335
S. Smith-83	155	60	55	370
B. Smith-100	160	80	160	400
K. Riley-108	200	80	225	505
Roberts-119	185	110	185	480
V. Rini-122	150	80	185	410
A. Holms-145	205	100	220	525
T. Cedars-139	180	90	250	520
J. Bossier-145	230	145	250	625
H. Cotton-314	265	135	275	675
Wallace-233	230	120	275	625
Weaver-238	275	130	270	675
Collins-211	255	130	290	675
Alvarado-339	325	140	270	735
L. Willis-105	140	80	160	415
S. Deville-99	150	80	185	415
A. Martin-106	180	110	185	460
Johnson-127	185	80	200	465
M. Lewis-159	200	80	220	520
T. Walls-150	250	100	250	600
K. Smith-171	250	100	300	650
A. Elliott-185	220	110	280	610
L. Carter-103	235	100	250	585
D. Turner-117	240	140	320	700
Herrin-132	300	160	350	810
J. Dunlap-147	350	220	360	930
Mathews-158	350	200	445	995
Messina-161	350	235	410	995
Thomas-178	400	200	500	1100
A. Bolen-239	450	250	450	1150
C. Lewis-114	200	80	200	480

M. Geraghty 402 417 485 1304
B. Soloman 413 315 386 1113
181 lbs.
Special Olympics
D. Decamp 265 165 276 706
Raw
J. Cerruti 342 320 441 1103
Teen (16-17)
C. White 458 276 518 1251
Lifetime
G. Rendinu 508 281 540 1328
Submaster
G. Randon 508 281 540 1328
Master-3
G. Beck 562 303 579 1444
Master-4
K. Turi 391 292 435 1119
Open
T. Piazza 524 331 540 1394
198 lbs.
Novice
R. Hanington 342 248 408 998
Raw
L. Munley 397 298 485 1180
R. Hanington 342 248 408 998
Teen (18-19)
M. Sessons 463 270 524 1257
J. Seigel 402 287 496 1185
Submaster
A. Jackson 402 342 540 1284
Master (40-44)
A. Yvars 623 353 606 1582
Master (45-49)
J. Payette 573 325 524 1472
Master (50-54)

Best Lifter Heavy Male: Tom Ravesi. Best Lifter Heavy Female: D. Lehans. Best Lifter Light Male: Alex Yuars. Best Lifter Light Female: Emily Sexton. Best Bench Press Male: Michah Geraghty. Best Bench Press Female: Cynthia Truesdell. First Place Teen: The Barbarians. Over 60 lifters from five states traveled to Tupper Lake to compete in the New York State Powerlifting Championships and Northern Bench Challenge. Despite this being our first meet, the turnout was extraordinary, with quality lifters coming from all over the northeast. The sportsmanship exhibited by these men and women was incredible. With so many outstanding performances, I won't even attempt to list them. Having the meet at the local high school with kids coming and going all weekend, was a perfect venue to show our youth that a person can be strong without the use of drugs. I would like to thank my referees Charlie Schroder, and Dale & Joan Decamp, whose energy

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

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

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

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

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

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

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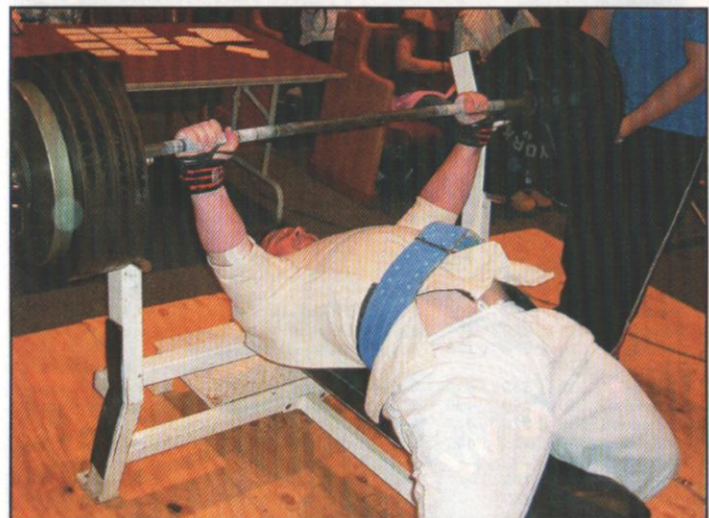
SLP Alabama Push Pull
16 APR 05 - Northport, AL

BENCH	4th-475!		
MEN	308 lbs.		
Novice	B. Snyder	385!	
198 lbs.	SHW		
T. Gray	R. Wilkerson	535!	
242 lbs.	DEADLIFT		
R. Gray	MEN		
Teen (16-17)	Novice		
148 lbs.	198 lbs.		
M. Mayhall	T. Gray	435!	
198 lbs.	Teen (16-17)		
J. Gonnering	148 lbs.		
275!	M. Mayhall	405!	
4th-290!	198 lbs.		
275 lbs.	J. Gonnering	405!	
B. Petrey	275 lbs.		
355!	B. Petrey	480!	
Teen (18-19)	4th-500!		
148 lbs.	Teen (18-19)		
P. Duke, Jr.	148 lbs.		
275!	B. Duke, Jr.	450!	
165 lbs.	Junior		
B. Rushing	165 lbs.		
265!	P. Griffin	465!	
4th-280!	242 lbs.		
B. Crandall	J. Werner	675!	
250	4th-700!		
165 lbs.	Submaster		
B. Woods	198 lbs.		
305!	J. Ray	655!	
4th-315!	Master (45-49)		
181 lbs.	181 lbs.		
K. Dogan	N. Wilson	580!	
350!	275 lbs.		
308 lbs.	D. Davidson	725!	
B. Snyder	Master (50-54)		
385!	198 lbs.		
Submaster	K. Stuart	490!	
198 lbs.	Master (55-59)		
T. Gray	220 lbs.		
345!	T. Butler	525!	
Master (40-44)	Open		
242 lbs.	165 lbs.		
R. Gray	A. Hycbe	460!	
275 lbs.	K. Stuart	340	
T. VanHorne	N. Wilson	580!	
480!	C. Sloan	575	
Master (45-49)	198 lbs.		
198 lbs.	J. Ray	655!	
J. Griffin	C. Dunaway	570	
365!	220 lbs.		
Master (50-54)	A. Mellown	500!	
198 lbs.	242 lbs.		
J. Stopp	J. Werner	675!	
380!	4th-700!		
K. Stuart	275 lbs.		
340	A. Guin	500!	
Master (55-59)			
220 lbs.			
T. Butler			
375!			
Open			
165 lbs.			
A. Hycbe			
265!			
181 lbs.			
C. Sloan			
335!			
198 lbs.			
C. Dunaway			
440!			
220 lbs.			
A. Mellown			
450!			



Dr. Darrell Latch & Joe Ladtner @ the SLP Alabama Push/Pull Meet.

Best Lifter Bench: Robert Wilkerson. Best Lifter Deadlift: Dan Davidson. SLP Alabama state record. The first annual Alabama Push Pull Championship was held at the Lord of the Harvest Baptist Church. A special thanks goes out to Phil Duke, Jr. who worked so hard organizing this event and to the numerous members of the church who helped out in so many ways. In the bench press competition, beginning with the novice division, we had two lifters,



Tracy Van Horne with his SLP AL SR 480 BP in the 40-44/275 lb.

cousins Tony and Robert Gray. Tony, hailing from Michie, Tennessee, won at 198 with 345. Robert, from Corinth, Mississippi, took the 242 class with 275. In the teenage 16-17 division it was Michael Mayhall at 148 with 255 for the win. Josh Gonnering won at 198 with 275, followed by a successful fourth of 290, while Brad Petrey took the honors at 275 with 355. At 18-19 Phil Duke, Jr. got a strong 275 at 148 for the win there. At 165 we had two competitors, Brett Rushing and Ben Crandall. Brett finished with 265 plus a fourth with 280 for the win while Ben took second with 250. In the junior division Brandon Woods took the 165 class with 305, before finishing with a state record fourth of 315. At 181 it was Kole Dogan for the win with 350 while Bobby Snyder took the 308's with 385. Taking a second title was Tony Gray at submaster 198. In the master division we had several great lifters from throughout the southern states. At 40-44 it was Robert Gray at 242 with his second win of the day and Tracy VanHorne with a great 480 at 275. Jamie Griffin finished with 365 at 45-49/198. For the 50-54 age group it was 380 to 340. Then in the 55-59 division it was Ted Butler at 220 with a solid 375. In the open division Artis Hycbe won at 165 with 265 while Chris Sloan took the 181's with 335. Casey Dunaway got a big 440 at 198 while Andy Mellown won at 220 with 450, followed by a 475 fourth. Bobby Snyder won

his second title of the day with his win at 308. The best lifter award went to Robert Wilkerson who took the open shw class, finishing with 535. In the deadlift competition Tony Gray won at novice 198 with 435, making this his third title on the day. At teenage 16-17 it was Michael Mayhall again at 148 with 405, Josh Gonnering at 198 with 405 and Brad Petrey at 275 with 480, plus a fourth with a personal best 500. This gave all three lifters their second titles of the day. Phil Duke, Jr. also won his second title of the day at 18-19/148, finishing with a triple bodyweight pull of 450! At junior 165 it was Patrick Griffin with 465 while big John Werner got a big 700 fourth attempt at 242! In the submaster division Jeff Ray pulled a big 655 for the win at 198. Nathan Wilson, another great master lifter, got a personal best at 45-49/181 with 580. But the biggest pull of the day and the best lifter award went to Dan Davidson who pulled 725 @ 257, for the win at 45-49/275! Kirk Stuart got a win at 55-59/198 with a solid 490. In the open division Artis Hycbe won his second title at 165 with 460 while Nathan Wilson captured the title over Chris Sloan 580 to 575 in a close one! Jeff Ray won at 198 over Casey Dunaway 655 to 570 while Andy Mellown pulled 500 as a guest lifter at 220. John Werner, "The California Kid", won his second title at 242 and Adam Guin rounded out the filed with the title at 275, finishing with 500. All the winners in both the bench and deadlift established new Son Light Power Alabama state records, since this was our first competition within the state. It was a great meet, with great lifters and a great church filled open-hearted Christians who are trying to meet the needs of everyone in the community, especially the young people. If you are ever in the Northport, Alabama area please visit the Lord of the Harvest Baptist Church. Thanks again to everyone who helped out with the competition and to my son Joey, who does everything for me. Thanks to Rev. Martin Houston for the inspiring talk afterwards. I also would like to thank Joe Ladtner for being there and for the great seminar he provided to the lifters. Joe, who recently set the masters world record for the 242 class with 733 at the Arnold Classic, is a great guy with a great attitude, one of the true ambassadors of the sport of powerlifting. You can contact Joe at www.joeladtner.com. See you again next year! (These results by Dr. Darrell Latch)

APF Southern States
4,5 DEC 04 - New Smyrna Bch, FL
BENCH Only Junior/Teen
MEN 181 lbs.

J. Castiglione	160	G. Hayes	230			
275 lbs.		D. Kouf	205			
D. Bowman	280	242 lbs.				
P. Horton	227.5	R. Lawrence	280			
Masters		275 lbs.				
181 lbs.		T. Lemanski	272.5			
D. Agostini	170	OUT				
198 lbs.		BENCH				
D. Beckinsale	162.5	Open				
220 lbs.		Open				
G. Hayes	230	275 lbs.				
B. Kelly	175	D. Rollins				
Open						
148 lbs.						
B. Moorehead	170					
198 lbs.						
R. Conti	170					
220 lbs.						
WOMEN	SQ	BP	DL	TOT		
Open Lightweight						
132 lbs.						
A. Franciscus	147.5	60	145	352.5		
G. Sanchez	120	65	140	325		
Open Heavyweight						
165 lbs.						
C. Myers	227.5	110	182.5	520		
181 lbs.						
S. Motter	302.5	167.5	272.5	742.5		
MEN						
Special Award						
181 lbs.						
N. Cafaro	60	115	150	325		
Junior/Teen						
123 lbs.						
D. Conyers	142.5	65	147.5	355		
242 lbs.						
N. Moretto	302.5	167.5	272.5	742.5		
308 lbs.						
C. Weech	422.5	245	307.5	975		
S. Marsh	250	175	205	630		
Master						
123 lbs.						
E. Milian	210	110	212.5	532.5		
165 lbs.						
B. Player	195	150	202.5	547.5		
220 lbs.						
J. Thrift	272.5	200	237.5	710		
242 lbs.						
S. Bessent	227.5	155	245	627.5		
SHW						
K. Southwood	365	272.5	272.5	910		
Open						
123 lbs.						
E. Milian	210	110	212.5	532.5		
148 lbs.						
J. Green	272.5	132.5	232.5	637.5		
W. Holloway	192.5	157.5	235	585		
165 lbs.						
J. McElroy	290	162.5	262.5	715		
McWilliams	217.5	157.5	205	580		
D. Barnes	200	115	200	515		
B. Beasley	130	105	157.5	392.5		
181 lbs.						
S. Wunz	275	182.5	257.5	715		
D. Klein	227.5	172.5	205	605		
B. Eilers	182.5	132.5	205	520		
198 lbs.						
D. Flesh	332.5	202.5	267.5	802.5		
J. Norman	320	175	295	790		
R. Parker	282.5	170	227.5	680		
R. Conti	2665	170	227.5	662.5		
T. Jones	215	157.5	217.5	590		
C. Norman	205	130	197.5	532.5		
220 lbs.						
L. Mosley	352.5	255	307.5	915		
J. Oliksowycz	317.5	167.5	220	705		
D. Peterson	240	205	227.5	672.5		
S. Franz	250	192.5	220	662.5		
G. Bianchino	227.5	152.5	227.5	607.5		
242 lbs.						
C. Simmons	427.5	295	285	1007.5		
R. Jones	365	257.5	327.5	950		
D. Sharkey	320	237.5	255	812.5		
S. Grimm	285	187.5	275	747.5		
N. Moretto	302.5	167.5	272.5	742.5		
275 lbs.						
C. Bailey	435	250	307.5	992.5		
C. Fay	422.5	252.5	295	970		
G. Jurkowski	385	217.5	355	957.5		
L. Estevez	370	250	287.5	907.5		
308 lbs.						
J. Vaughn	410	237.5	327.5	975		
S. Weech	422.5	245	307.5	975		
J. Abbott	352.5	262.5	330	945		
SHW						
S. Crumbley	410	227.5	295	932.5		
OUT						
MEN						
Master Open						
181 lbs.						
A. Morrell	227.5			227.5		
198 lbs.						

C. Rekas	—	—	—	—		
148 lbs.						
Williamson	160	—	—	160		
198 lbs.						
J. Wisenbaker	—	—	—	—		
220 lbs.						
J. Howe	—	—	—	—		
275 lbs.						
R. Gregg	310	—	272.5	582.5		
K. Gulledge	410	272.5	—	682.5		

(Thanks to Pam Clayton for the results)

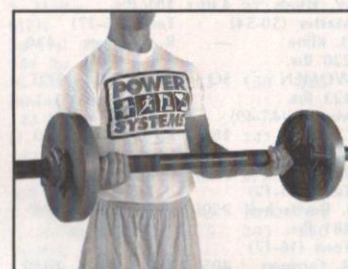
APA Summer Bash
7 MAY 05 - Katy, TX

BENCH					
97 lbs.	Drug Free McCullough	405			
Teen (11-12)	Master 40-44				
J. Geiser	D. Moser	—			
148 lbs.	242 lbs.				
Submaster (33-39)	Open				
J. Geiser	E. Wright	—			
198 lbs.	275 lbs.				
Open	Teen (18-19)				
J. Sappington	E. Owens	385			
Submaster (33-39)	DEADLIFT				
W. Hinds	181 lbs.				
Master (50-54)	Teen (16-17)				
B. Kline	R. Guzman	430			
220 lbs.					
WOMEN	SQ	BP	DL	TOT	
Master (45-49)					
C. Suggs	180	80	215	460	
165 lbs.					
Teen (11-12)					
J. Burttschell	250!	165!	255!	670!	
181 lbs.					
Teen (16-17)					
R. Guzman	405	185	430	1020	
Master (40-44)					
R. Jolly	480	315	500	1295	
198 lbs.					
Open					
J. Evans	6				

WPNF Natural Northeastern 26 FEB 05 - Piscataway, NJ		198 lbs. (40-49)	Open Marshall	150	Tortorelli 275 lbs. (13-16)	480	285	475	1240
BENCH	123 lbs.	148 lbs.	155		Raw				
Raw	148 lbs.	17-19			Diamond	275	185	370	830
Benner	190*	Careri	310		Hawrylack	265	185	320	770
MEN	148 lbs.	165 lbs.			Open	Becker-bl	530	400	575
Raw	17-19	(20-23)			Subs	Becker	530	400	575
Careri	185	Open	490	190*	*WPNF American Records. !=Best Lifters. Team Champs: Calvary Christian Academy. What a great meet this was. 54 lifters in 2005, we had 42 lifters at this same event last year. The Calvary team was great and this is mainly because of their coach Tom Conway. They lifted great and they were well behaved. Big Nat Litowsky improved his total from last year and his dad Bennie was very proud of him. Bonnie Benner from PA. had a very impressive total of 710 pounds and she also set a few WPNF American records. Richardson of Calvary totaled 915 in the 148's and he also won the teenage best lifter. Vassallo almost put up a grand. He missed it by 5 pounds. I'm sure he will hit this mark at the next WPNF event. Trusty and Hall battled it out in the teenage 181 class with Trusty winning by only 10 pounds. Mark Taylor beat Dan Caffrey with a 1280 total in the open raw 220 class. Frank Blee made his comeback. Frank has been with the WPNF since 1990 I believe, Frank hit a 1325 total and he also set some new records. Brian Becker won both the subs and open 275 classes. He has a very impressive squat where there's no doubt about his depth. Robinson got his opener at 205 pounds, this was only his second meet. Big Joe Caliguri hit 350 pounds in the 165 masters class. Archiello won both the novice and open class in the 181's. John Howard, 2005 WPNF strongman runner up hit a 355 on the bench press. Haley won three divisions in the 242 class in the raw and equipped divisions. Dibble from Long Island, NY hit the 500 mark in his first WPNF meet and he won the bench press best lifter award. Joe Dupont hit 375 with the flu. Grant Neary hit 465 pounds in the open 165 deadlift division. Daddy Joe Careri hit 560 pounds and missed 600 pounds. Andy Skinner won two classes in the 198's. Andy has been with the WPNF since 1990 and he is coming to the end of his lifting career. He has so many injuries that he is thinking about retirement. We no one thing for sure he has a lot of heart because he will keep pulling no matter how much pain he's in. Znaczk and Chiavacci made their returns to the WPNF with strong pulls of 380 & 575. Desbiens made a 110 pound squat in the 105 pound class. Dan Caffrey won the squat and deadlift only				
Raw	17-19	Raw	200	320*					
Careri	165 lbs.	Open	465						
Raw	17-19	Open	490						
Rigney	290	Raw	465	135	70	160	365		
Raw	60-69	Neary	465						
Robinson	205	198 lbs.							
Caliguri	350	(20-23)							
Open	181 lbs.	Brown	425	370	170	375	915		
Archiello	300	(40-49)							
Novice	198 lbs.	Skinner	520						
Archiello	300	Raw	500	230	160	355	745		
Raw	40-49	Careri!	560	300	145	320	765		
Careri	320	Skinner	500						
Williams	280	Open	500						
Novice	Raw	Raw	500	315	290	395	995		
Raw	240	Skinner	500						
Careri	220 lbs.	Raw	500						
Howard	355	(40-49)							
Open	242 lbs.	Znaczk	380						
Haley	385	Open	425						
Marshall	270	Marshall	425	250	165	325	740		
Open	Raw	Dibble	560	240	155	300	695		
Haley	370	(40-49)							
Marshall	—	Raw	425	370	160	330	860		
Dibble!	500	Chiavacci	575	270	140	335	745		
Haley	385	(40-49)							
Raw	40-49	SQUAT							
Dupont	375	Raw	425	355	500	1280			
DEADLIFT	123 lbs.	Raw	430	300	500	1230			
Raw	165 lbs.	Desbiens	110						
Benner	320*	MEN		510*	290	525	1325		
MEN	100 lbs.	Open		390	260	410	1060		
Raw	(11-12)	Raw							
		POWERCURL							
		(20-23)							
		Raw							
		MacDonald		340	135	345	720		
		(20-23)							
		Raw							
		Florez		445	225	480	1150		
		Open							
		Marshall		400	—	—	—		
		(35-39)							
		Raw							

divisions in the 220 class. Dan is one of the nicest lifters in the WPNF. Brian Edwards won his 100th best lifter award in the curl, well maybe not his 100th best lifter award but it sure seems like that because he wins it every meet, he's no doubt the best curler in the WPNF. Mr. Marshall from Canada hit a few Canadian records in the 242 class. This was the first time Marshall tried the full meet and he did well in the squat but he had some problems when it came to the equipped bench and he missed his attempts to keep him in the meet. He did make his raw bench to take second in that division. Thanks to the following people for helping us out. We had our first timers Wayne Kiefer, Dave Corsi, Chris Loomis and Joe Caliguri and also a big thank you to our old timers Ron Ehrhardt, Annette, John, Kenny, Perry, Steven and Jamie. I can't leave out the best MC and my good friend Lester Fields. (courtesy the WPNF)

NEW PRODUCT

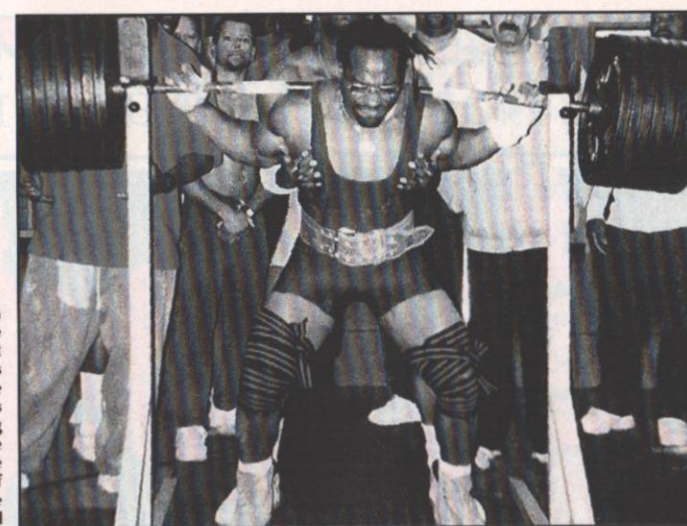


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WPNF Tennessee Championships 26 MAR 05 - Cleveland, TN

BENCH	Raw	Muncy	245
WOMN	SQUAT		
148 lbs.	Only		
Subs Raw	123 lbs.		
Digrizia	Open Raw		
130!	Woods	225!	
MEN	148 lbs.		
148 lbs.	(40-49)		
Smith	Wess	390!	
181 lbs.	Powercurl		
Open Raw	WOMEN		
McCurley	148 lbs.		
205	Open		
220 lbs.	Digrizia	80!	
Open Raw	MEN		
Moore*	198 lbs.		
242 lbs.	(40-49)		
Mellinger	Open		
420	Waters	125	
(40-49)			

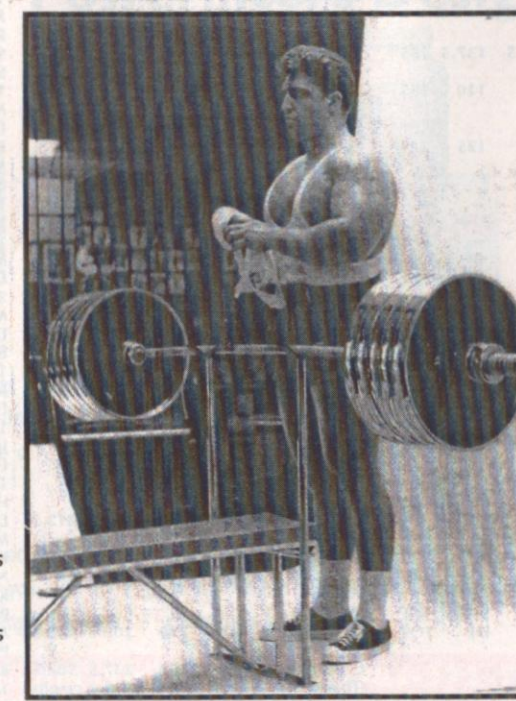
MALE	SQ	BP	DL	TOT
123 lbs.				
Open Raw				
Woods	225	135	325	685
148 lbs.				
(40-49)				
Wess	390	270	440	1100
198 lbs.				
(50-59)				
Gilbert	365	255	430	1050
Open Raw				
Gann	405	340	455	1200
220 lbs.				
(40-49)				
Ward	550	350	600!	1500
!=American Records. !=Best Lifters. Team Champs: Endunamoo. Thanks to all of the lifters that attended this event. Although it was small we did not want to cancel this event. We enjoyed it just as much as the lifters did. For 12 lifters and 20 spectators it was loud at times, with all the cheering from the audience members. Thanks to the following people for helping me out: Wade and Kris Johnson, Rodney Murray, Jeff Dwyer, Thomas Shipman and Scott. We will be setting up a 2006 meet in Cleveland soon. (Meet results by Lester Fields)				



A. Brodie with his 855 lb. squat weighing 212 at the Sullivan contest.

NASA E. Texas State (kg) 28 MAY 05 - Longview, TX		132 lbs.	114 lbs.
BENCH	242 lbs.	D. Askew	100
Junior	Submaster Open	60	97.5
B. Mitchell	210	242 lbs.	257.5
Master-1	PS BENCH	250	150
L. Elliff	261	Novice	242.5
198 lbs.	MEN	J. Little	242.5
Open	220 lbs.	148 lbs.	642.5
G. Garner	182.5	Open	
308 lbs.	Open	R. Perry	227.5
Open	198 lbs.	135	207.5
C. Spurrison	245	Submaster-1	570
Sbmaster-2	Submaster-1	R. Perry	227.5
C. Spurrison	245	SHW	135
SHW	PS DEADLIFT	D. McCaskill	297.5
Submaster-2	MEN	225	272.5
D. McCaskill	198 lbs.	198 lbs.	795
225	Open	Submaster-2	
Submaster Pure	D. Hancock	215	
G. Garner	182.5	BP	DL
Push-Pull	BP	DL	TOT
MEN	181 lbs.	181 lbs.	
Int	198 lbs.	150	292.5
B. Reeves	142.5	150	292.5
198 lbs.	Int		
A. Howard	120	210	330
242 lbs.	Master-1		
Master-1	L. Elliff	261	222.5
L. Elliff	275 lbs.	222.5	483.5
Master-1	T. Howard	207.5	292.5
148 lbs.	Novice		
R. Taylor	275 lbs.	67.5	132.5
275 lbs.	Pure		
Pure	R. Coffy	215	245
R. Coffy	WOMEN		
123 lbs.	Master-1		
Master-1	R. Hedrick	50	110
R. Hedrick	148 lbs.		
148 lbs.	Open		
Open	P. Kellum	55	115
P. Kellum	148 lbs.		
148 lbs.	Pure		
Submaster-2	P. Kellum	55	115
P. Kellum	148 lbs.		
Submaster Pure	Submaster Pure		
P. Kellum	P. Kellum	55	115
170	P. Kellum	55	115
170	P. Kellum	55	115
170	WOMEN		
123 lbs.	Master-1		
Master-1	R. Hedrick	87.5	50
R. Hedrick	148 lbs.		
148 lbs.	MEN		
Junior	148 lbs.		
A. Muntz	160	112.5	165
220 lbs.	Master-1		
Master-1	K. Romero	230	145
K. Romero	230	145	245
620			

Sullivan Powerlifting 30 APR 05 - Fallsburg, NY		132 lbs.	114 lbs.
Natural	D. Askew	100	60
242 lbs.	242 lbs.	97.5	257.5
Novice	J. Little	250	150
148 lbs.	148 lbs.	242.5	642.5
Open	R. Perry	227.5	135
R. Perry	227.5	135	207.5
Submaster-1	SHW		
Submaster-2	D. McCaskill	297.5	225
D. McCaskill	198 lbs.	272.5	795
Submaster Pure	L. Askew	205	160
165 lbs.	165 lbs.	210	575
Teen	E. Holland	170	77.5
E. Holland	170	77.5	177.5
Pwr Sports	CR	BP	DL
MEN	148 lbs.		
Master-1	D. Holland	50	95
D. Holland	181 lbs.		
Master-3	L. Cramer	55	100
L. Cramer	165 lbs.		
Teen	T. McPherson	60	127.5
T. McPherson	60	127.5	215
(Thanks to Richard Peters for the results)			



Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

- ◆ First man to bench press over 600
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- ◆ First man to total over 2000

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powerful 275 lb. bench, & 375 lb. deadlift. He ended the day with a nice 1,035 lb. total. Goolsby represented 132 lb. class. He also displayed pure strength as he squatted 385 lbs., benched 205 lbs., and pulled an eye-popping 450 deadlift, totaling 1,040 lbs. At 47 years old, he announced he's retiring. Middleweight class was held down by Johnson, 165 lbs. performance. A new member to the team, he did great with an easy 430 lb. squat, very powerful 350 lb. bench, & 510 lb. deadlift, totalling 1,290 lbs. The 181 lb. class was dominated by Lourick who squatted 315 lbs., benched 275 lbs., & deadlifted 315 lbs., totaling 905 lbs. Oyague, 181 lbs., also did good with his 305 lb. squat, 270 lb. bench, & 375 deadlift, totaling 1,050 lbs. 181 lb. First Place Snare stepped up with 365 squat, 310 bench, 475 deadlift, totaling 1,150 lbs. In the 220 lb. class, last year <MVP> became this year's <MVP> of the meet. Again, Brodie, 212 lb., came out the starting block a man on a mission, the 13 year squat record of 825 lbs. put up by his mentor Kenny Hess in 1992 was the aim. Brodie opened up with a 700 lb. squat and made it look like child's play. His next call was 855 lbs., which silenced the audience. Brodie went under the weight and came out the rack strong like a lion, he took it down in control well-deep and blasted up midway, then the fight began which was conquered quickly, with a well executed and magnificent style. BRODIE's day was completed with a 405 lb. bench and 600 lb. deadlift, totalling 1,860 lbs. and again, <MVP> of the meet! 242 lb. class once again was claimed by Moore. This year Moore's agenda was to break all his personal records, which he most certainly did. Moore stepped on deck calling for a 700 lb. squat, which he dropped deep and sprung up with ease. The bench was another personal record he broke (which he still dons the bench crown) 450 lb. bench well executed, 600 lb. deadlift was a powerful pull. Moore proved his worth with a 1,750 lb. total. Unlimited was represented by Monroe (276 lbs.), who had to do his lifts the following day, that still didn't stop Monroe from getting his. His 600 lb. squat and 405 bench (with room to spare) wasn't all he had. His pull was a sure fight, but determination and strength was to be displayed that day and Monroe showed every bit of both by fighting that 600 lb. up. totaling 1,605 lbs. Every man today proved power & pure determination! While others displayed fear & defeat & still becoming no shows. You know who you are. 21 salute to all the performers! Good luck next year! (results courtesy A. Brodie)

NASA Masters Nationals (kg)
4,5 JUN 05 - Oklahoma City, OK

PS BENCH	77.5			
MEN				
165 lbs.	77.5			
(60-64)				
G. McGuire	92.5			
181 lbs.				
Master Pure				
M. Hetzel	85			
Submaster Pure				
SHW				
A. Harrell				
198 lbs.				
(60-64)				
A. McTighe	108.5			
W. Smith	115			
115 lbs.				
Master Pure				
A. McTighe	108.5			
W. Smith	115			
148 lbs.				
Submaster Pure				
D. West	147.5			
J. Fickel	142.5			
242 lbs.				
Master Pure				
A. Niskoch				
(30-34)				
D. West	155			
J. Klutt	155			
PS CURL				
WOMEN				
148 lbs.				
(35-39)				
J. Lewis	102.5			
165 lbs.				
(60-64)				
A. Niskoch				
S. Brilliant	30			
114 lbs.				
Master Pure				
G. Balse	210			
114 lbs.				
Submaster Pure				
D. Lawrence	190			
H. Patel	33.5			
148 lbs.				
(40-44)				
D. Lawrence	165			
J. Lewis	63.5			
165 lbs.				
(60-64)				
J. Brydon	172.5			
G. McGuire	55			
181 lbs.				
Submaster Pure				
T. Stuart	235			
A. Harrell	78.5			
(50-54)				
D. Woosley	182.5			
T. Bowland	67.5			
220 lbs.				
(50-55)				
J. Guardado	120			
J. Fickel	73.5			
308 lbs.				
(35-39)				
J. Parsons	160			
C. Spinson	85			
PS DEADLIFT				
MEN				
Youth				
S. Hou-Sey	25			
114 lbs.				
Submaster Pure				
H. Patel	140			
165 lbs.				
(60-64)				
M. Wren	135			
G. McGuire	135			
275 lbs.				
(40-44)				
J. Klutt	156			
J. Koeper	261			
PS SQUAT				
165 lbs.				
(60-64)				
P. Miller	115			
SHW				
(40-44)				
R. Geller	237.5			
A. Borden	275			
BENCH Only				
WOMEN				
114 lbs.				
Submaster Pure				
H. Patel	77.5			
(30-34)				
H. Patel	77.5			
123 lbs.				
Master Pure				
Push-Pull				
WOMEN				
114 lbs.				
Submaster Pure				
H. Patel	77.5			
(30-34)				
H. Patel	77.5			
123 lbs.				
Master Pure				
BP				
DL				
TOT				
K. Hughes	77.5	137.5	215	
(40-44)				
K. Hughes	77.5	137.5	215	
148 lbs.				
Master Pure				
M. Hetzel	85	157.5	242.5	
SHW				
Master Pure				
A. McTighe	108.5	108.5	217	
(50-54)				
A. McTighe	108.5	108.5	217	
MEN				
165 lbs.				
Master Pure				
T. Hedrick	130	220	350	
198 lbs.				



The McDermott Lifting Team: front row, l-r, Jim McDermott, Krysti Hughes, Heena Patel, Mary Hetzel; back row - Troy Stuart, Robbin Hedrick, Terry Hedrick, John Lynn III, Alannah McTighe. They won Team honors at the NASA National Masters in the Bench Press, Push Pull, PL, and Power Sports categories

Submaster Pure	235	245	480	
T. Stuart	235	245	480	
(60-64)				
B. Helmich	150	237.5	387.5	
G. Jumper	190			
(40-44)				
G. Jumper	190			
(55-60)				
H. Turpin	167.5			
242 lbs.				
(45-49)				
J. Koeper	207.5	261	468.5	
M. Wren	147.5	227.5	375	
L. Eliff	247.5			
(70-79)				
J. Klutt	156			
275 lbs.				
(35-39)				
J. Lynn III	182.5			
(40-44)				
J. Freeman	245	255	500	
Pwr Sports				
CR				
DL				
TOT				
WOMEN				
123 lbs.				
Submaster Pure				
K. Hughes	40	77.5	137.5	255
Master Pure				
R. Hedrick	25	50	110	185
(40-44)				
K. Rogers	25	65	125	215
148 lbs.				
Submaster Pure				
S. Brilliant	30	45		
(35-39)				
S. Brilliant	30	45		
(40-44)				
S. Hadden	32.5	60	102.5	195
MEN				
148 lbs.				
(40-44)				
J. Lewis	63.5	102.5	165	331
165 lbs.				
(60-64)				
C. Lynn	50	103.5	136	288.5
P. Miller	47.5	82.5	156	285
G. McGuire	55	92.5	135	282.5
308 lbs.				
(35-39)				
J. Crone, Jr.	82.5	190	267.5	540
Master-2				
B. Rogers	70	152.5	237.5	460
Master-3				
H. Heyman	62.5	120	202.5	385
Submaster Pure				
J. Crone, Jr.	82.5	190	257.5	540
Pwrlifting				
SQ				
BP				
DL				
TOT				
WOMEN				
114 lbs.				
Submaster Pure				
H. Patel	107.5	77.5	140	325
(30-34)				
H. Patel	107.5	77.5	140	325
123 lbs.				
(30-34)				
T. Adelmann	152.5	107.5	157.5	417.5
148 lbs.				
Master Pure				
K. Hetzel	150	85	157.5	392.5
165 lbs.				
(40-49)				
S. Bagby	125	67.5	145	337.5
MEN				
165 lbs.				
(60-64)				
C. Lynn	122.5	103.5	135	361
P. Miller	115	82.5	156	353.5
181 lbs.				
Submaster Pure				
W. Johnson	200		202.5	
198 lbs.				
Submaster Pure				
T. Stuart	227.5	235	245	707.5
(35-39)				
J. Hou-Sey	185	155	185	525
220 lbs.				
Master Pure				
M. Becker	302.5	211	275	788.5
(40-44)				
M. Becker	302.5	211	275	788.5
J. Donaldson	235	175	240	650
(45-49)				
W. Hams	190	120	240	550
(55-60)				
J. Tupin	272.5	167.5	272.5	667.5
Master-1				
(60-64)				
D. Bloxton	220			
242 lbs.				
(40-44)				
R. Tavanello	250	187.5	210	647.5
(45-49)				
D. Scott				
(70-79)				
Shackelford	182.5	125	187.5	495
275 lbs.				
(35-39)				
J. Crone, Jr.	305	232.5	275	812.5
(45-49)				
S. Cyranoski	305	232.5	275	812.5
(55-59)				
J. Hodges	257.5	140	327.5	735
J. Hurle	245	145	205	595
308 lbs.				
Master-3				
H. Heyman	200	120	202.5	622.5
(60-64)				
C. Clonice	196	150	237.5	582.5
(60-64)				
C. Samples	100			
(Thanks to Richard Peters for the results)				

NASA National Championships

Pure Natural	182.5							
C. Nungester	182.5							
Submaster								
C. Wolfe	160							
242 lbs.								
HSP								
D. Kipp	157.5							
Pure Natural								
A. Ford								
275 lbs.								
HSP								
Push-Pull								
WOMEN								
181 lbs.								
HSP								
C. Box	90	142.5	232.5					
MEN								
123 lbs.								
Youth								
M. Hughes	40	82.5	122.5					
132 lbs.								
HSP								
J. Nelson	62.5	125	187.5					
Youth								
Z. Tomblin	52.5	92.5	145					
A. Hale	52.5	92.5	145					
Submaster Pure								
P. Sholes	95	170	265					

7th Wisconsin's Best Bench
2 APR 05 - Independence, WI

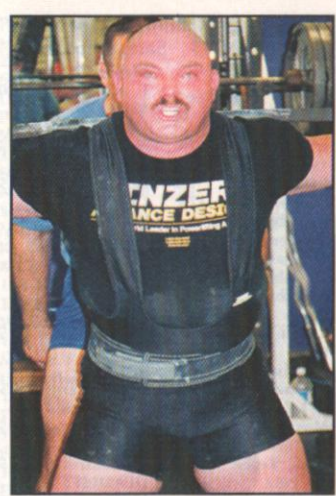
BENCH WOMEN	W. Sippel	185
Teen	N. Jenkins	440
114 lbs.	C. Neal	300
B. Olson	85	198 lbs.
123 lbs.	R. Fuchs	475
K. Pope	115	T. Jenkins
132 lbs.	B. Larson	390
Schaufenbil	100	P. Zanchetti
148 lbs.	E. Jacobs	370
L. Olson	100	B. Johnson
J. Shaske	95	220 lbs.
165 lbs.	T. Breuer	530
B. Cook	110	M. Nielsen
SHW	K. Kronroy	405
D. Sol	145	B. Gehrt
Open	Dingfelder Jr.	365
165 lbs.	J. Hamble	225
J. DesRosier	210	T. McFarland
SHW	M. Cowe	560
R. Nutter	255	B. Turner
Masters-1	M. Sias	405
148 lbs.	R. Shull	185
165 lbs.	C. Husom	305
S. Meyer	190	B. Pechmiller
Teen	J. Franco	560
114 lbs.	J. Kester	600
K. Jensen	100	G. Riggs
J. Buchman	85	Submasters
L. Patkowski	55	165 lbs.
132 lbs.	P. Sullivan	330
S. Parrott	185	181 lbs.
A. Russett	120	M. Pope
148 lbs.	T. Smith	425
J. Donnelly	250	S. Omernick
J. Scarberry	240	J. Weinert
C. Martell	235	220 lbs.
B. Michal	225	T. Breuer
T. Matzek	225	530
Z. Jenkins	200	242 lbs.
B. Gustavson	150	J. Easterly
165 lbs.	D. Buchman	440
C. Prusinski	315	K. Kullig
N. Buck	280	275 lbs.
M. Komperud	250	S. Wahl
J. Holden	250	T. Soley
R. Cook	245	308 lbs.
J. Fox	225	G. Woychik
J. Larson	225	SHW
J. Walek	160	S. Bromeisl
C. Jensen	135	J. Riggs
181 lbs.	Masters-1	415
T. Kirslenohr	275	181 lbs.
B. Hager	260	D. Sullivan
T. Mish	195	D. Laehn
A. Buchman	160	220 lbs.
198 lbs.	A. Jensen	455
M. Johnson	315	M. Maloney
M. Steger	315	R. Delisi
D. Sylla	180	242 lbs.
220 lbs.	S. Carlson	405
B. Steinmetz	335	275 lbs.
J. Michaels	330	D. Reiter
T. McVinnie	315	308 lbs.
S. Larson	300	J. Proffitt
D. Zindars	245	Masters-2
T. Ducote	180	181 lbs.
242 lbs.	D. Sullivan	380
E. Tuschel	290	242 lbs.
C. Cook	230	R. Marske
275 lbs.	F. RayScore	270
Open	D. Dyer	270
165 lbs.	Masters-3	181 lbs.
T. Stinson	425	D. Pope
D. Pope	340	J. Carlson
D. Draeger	325	C. Roffler
S. Keller	275	SHW

T. Nelson 425 220 lbs. Fire/Police 181 lbs. B. Penzkover 440 242 lbs. S. Gates 335 S. Becker 530 112 lifters traveled to Independence, WI for the 7th Annual Wisconsin's Best Bench Press. Lifters from all over the Midwest competed with all proceeds going to the Athletic Department of Independence High School. I would personally like to thank all the judges, spotters, head table workers; concession workers, friends and family who helped make this event such a huge success. In the Teenage girls division, Brynn Olson was unchallenged in the 114# class with a lift of 85. As was Kayla Pope, Heather Schraufenbil, who all took first in their weight classes of 123, and 132#. In the 148's Laura Olson beat out Jamie Shaske for first place by 5 pounds putting up 100. In the 165 and Shw classes Britta Cook and Dawn Sol went unchallenged, with lifts of 110 and 145 to take firsts respectively. In the Teenage boys division, the 114 lb. Kertis Jensen bested Joe Buchmann by 15 pounds to take 1st place. In the 132's Sam Parrott bested Austin Russell by 65, to bench 185. In a very tight 148 class John Donnelly came out on top by 10 pounds over second place Josh Scarberry. Charlie Martell was right there with a lift of 235 to take third place. Caleb Prusinski in the 165's bested the class by 35 pounds with a 315 bench, as Nick Buck followed with a 280 to take second. Tyler Kirslenohr continued his bright lifting career with a 275 pound lift as he won the 181's; the next closest lift was a 260# lift by Brandon Hager. The 198's was a dog fight between Mike Johnson and Matt Stegen as they both ended up with 315, but it was Johnson who won based on bodyweight. Ben Steinmetz hit a nice 335, as he won the teen 220's over Justin Michels's 330 pounds. The 242's saw Ervin Tuschel bench 290 to win the class over Clinton Cook. The 275's had Floyd Score bench 270 to take first in the class. In the open women's division we had two entries in different weight classes. Jasmin DesRosier in the 165's did 210, Rachel Nutter in the Shw's benched 255 both received first place. In the men's open, Todd Stinson returned take first again in the 165's as he benched 425 to beat out Dan Pope who followed with a 340 bench. In the 181 pound class, Nick Jenkins smoked 440 pounds to win the class over next closest Chris Neal who managed 300#. The class of the 198's six entries. In the end it was Rick Fuchs pushing up 475 to win over Tanner Jenkins who went 415, followed by Brandon Larson's 390. Todd Breuer, in the 220's had a very impressive 530 to take first over Matt Nielsen's 495. Next closest was Kurt Kromroy at 405. The 242's belonged to Tim McFarland, as he put up an amazing 560 to win over Troy Bowe's 450. In the 275-pound class, Bill Pechmiller thrilled the crowd with a 625 on his third attempt to take first. J.C. Franco was next closest, taking second with a nice 560. Jon Kester in the 308's, smashed up a 600 pound bench, Greg Riggs finished second with a 405 push. The submaster men had lone entries in the 165 and 181 classes as Pat Sullivan and Mike Pope took firsts with lifts of 330 and 350. 198 pound class had Todd Smith from Sioux Falls blast up 425 and Scott Omernick gets up 375 to take first and second. The 220's had Todd Breuer win with a 530. The 242's belonged to John

Easterly as he put up a personal best 460 and tried a fourth attempt at 500 to take first over Dan Buchmann and his 440. Kevin Kulig came in third with a conservative 405. The 275's belonged to Scott Wahl, as he blasted up 450 to win over Tim Soley's 385. In the 308's Glen Woychik put up 465 to notch a first place. In the Shw class Scott Bromeisl benched 460 to take first over Jon Riggs and his 415. The Masters I division Men's division, had Dan Sullivan at 181, and Dave Laehn. Dan finished first with a 335 and Dave with a 235. In the 220's Andy Jensen's 465 gave him the win over Mark Maloney's 350. The 242-pound class had Scott Carlson all by himself as he did a big 405 to take first. Daniel Reiter and Jay Proffitt were also unopposed in the 275 and 308 classes as they benched 415 and 270 to take firsts. In the Masters II men's, Tim Sullivan benched 300 to take first. The 242's saw Rick Marske bench 320 as the lone entry for first. Bob Brodt and Dave Dyer duked it out in the 275's. In the end it was Brodt, who by 30 pounds with a 300 bench, to take first all alone in the 275's. He did a 335 pound bench to secure first place. In the Masters III men's division, James Carlson hit 215 and Chris Roffier in the 181's benched 195 to be first and second. Big Tom Nelson made 425 look very easy as he took home first place in the SHW's. The final division, Police and Fire had three entries all by themselves in the 181, 220, and 242 pound classes. Scott Gates's 335, Brandon Penzkover's 440, and Shawn Becker's 530 all good enough for first place finishes. Again a Huge Thank you to all the people who helped make this event a great success, without you people there wouldn't be an event. (Thanks to Glen Woychik, Meet Director, for results)

AAPF Southern States
6 NOV 04 - New Smyrna Bch, FL

BENCH Only	V. Lopez	222.5
MEN	198 lbs.	308 lbs.
Junior/Teen	J. Thomas	227.5
181 lbs.	M. Carvajal	155
J. Jordan	187.5	275 lbs.
M. Allocco	295	227.5
J. Negron	227.5	220 lbs.
WOMEN	SQ	BP
Open	J. Conner	227.5
SHW	112.5	177.5
Junior/Teen	181 lbs.	517.5
Masters	J. Morris	227.5
181 lbs.	150	185
D. Pittman	250	165
198 lbs.	245	660
R. Paras	320	227.5
D. Herring	240	125
A. Reiss	192.5	142.5
Open	165	500
198 lbs.	320	227.5
R. Paras	320	242.5
242 lbs.	790	790
T. Irby	310	227.5
J. Jordan	320	187.5
Guest Lifter	267.5	775
J. Hoskinson	467.5	262.5
(Thanks to Pam Clayton for these results)	317.5	1047.5



Donald Daubert squatting at Scott Taylor's Ft. Myers contest.

APA SW Florida Gulf Coast
11 JUN 05 Ft. Myers, FL

BENCH FEMALE	132 lbs.
Drug Tested	Bodenbender
Submaster	Bodenbender
Master-1	G. Boldissar
Master-3	390
MALE	Churchman
123 lbs.	J. May
Teen (13-15)	242 lbs.
J. Kaminitzky	140
Drug Tested	M. Flynn
Open	430
L. Adams	450
Submaster	M. Flynn
430	275 lbs.
Drug Tested	G. Arminger
440	C. Biggs
Open	405
J. LaComb	450
Teen (16-17)	G. Biggs
405	Submaster
J. LaComb	450
Master-1	J. McNeal
308 lbs.	305
Open	M. Fields
M. Fields	BP
DL	TOT

M. Franc	370	340	490	1200
G. Lutz	550	—	—	—
Submaster	550	360	565	1475
B. Luce	550	—	—	—
Master-1	550	—	—	—
G. Lutz	242 lbs.	—	—	—
Submaster	650	510	565	1725
D. Daubert	275 lbs.	—	—	—
Open	525	440	535	1500
C. Arminger	650	415	640	1705
D. Beers	308 lbs.	—	—	—
Open	595	460	625	1680

This was a spectacular event thanks to John Romoser owner of World Gym of Fort Myers, Florida, our outstanding spotters and leaders who did an excellent job, and the referee's Christie Witmer, Mike Flynn, Jimmy May, Brian Highnote, and Mike Witmer. Judging was consistent and fair. Lots of big lifts were registered and there were competitors in several age brackets including an 88 year old and a 78 year old. Lifting quality was great. We had some great contest equipment which included a Monolift, Forza bench, specialty bars, digital display indicating lifter up and weight on the bar, a separate platform for each lift, and an awesome referee light box mounted to the wall up high were everybody could clearly see it. Thanks to Mike Flynn for building this light system. We have plenty in the works for Fort Myers. Look for upcoming APA meet announcements in that area soon. (Thanks to Scott Taylor, APA President, for these results)



David Beers pulls 640 at the APA Southwest Florida meet (Taylor)

ISS Big Bench Challenge
4 JUN 05 - Kenosha, WI

Junior	198 lbs.	J. Duvall	350
E. Walker	260	198 lbs.	380
Open	165 lbs.	S. Delaney	380
M. Saldana	210	—	—
Of the four lifters that competed in the ISS Big Bench Challenge, three were competing for the first time. Our only Junior lifter was Eric Walker. Weighing in at 198, Eric managed a 260 and had a close attempt with 270; a very good showing for his first meet. Mario Saldana was in the Open 165 class and hit a PR 210. Mario has only been training his bench for about 1 month so far, and is up 30 lbs. in that time frame. Jason Duvall was our Open 181 lifter, he pressed 350 on his 2nd attempt and had a close miss with 365. He should break double body-weight very soon. At Open 198, Shawn Delaney posted a 380 bench. This was also enough to edge out Jason for best lifter honors by 4 points on Schwartz formula. I'd like to thank Kenosha Athletic Center for hosting the ISS Big Bench Challenge, Sean Corbett for providing excellent spotting and loading for the lifters, and Mike Lambert at PLUSA for posting the meet and sending some free magazines for our lifters. KAC provided a great atmosphere with some good metal music in the background and the competitors all had a great meet. (Thanks to Meet Director, Mike Strom, for providing these meet results)			



Mike Witmer and Son. Mike refereed at the APA Gulf Coast meet.

AAPF/APF Southwest (kg)
8-10 APR 05 - Las Vegas, NV

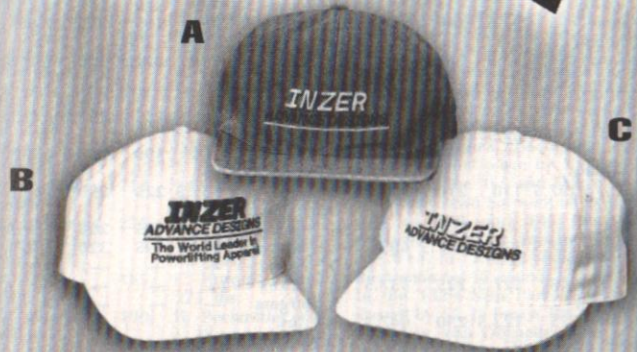
BENCH FEMALE	165 lbs.
Masters (45-49)	R. Beckett
Masters (50-54)	110
Masters (45-49)	J. Marchant
172.5	Open (Seniors)
L. Silbert	137.5
137.5	C. Dexter
247.5	J. Williams
210	242 lbs.
MALE	Masters (45-49)
181 lbs.	S. Williams
Masters (40-44)	230
D. VanAffelen	205
Masters (45-49)	R. Girard
285	Teen (18-19)
T. Hendron	90
Open (Seniors)	A. Topchi
220	275 lbs.
D. VanAffelen	205
205	Master (55-59)
B. Mendoza	—
VanBroeklin	160
198 lbs.	Open (Seniors)
D. Varela	—
Open (Seniors)	S. Burgess
—	308 lbs.
J. Alvarado	235
R. Conti	182.5
308 lbs.	Juniors (20-23)
J. Lewis	172.5
Masters (35-39)	M. Higgins
—	308+ lbs.
R. Conti	182.5
R. Riberto	140
Open (Seniors)	C. Aichs
220 lbs.	—
FEMALE	SQ
BP	DL
TOT	—
114 lbs.	—
Masters (55-59)	—
C. Brigham	117.5
72.5	120
310	—
Open (Seniors)	—
C. Brigham	117.5
72.5	120
310	—
123 lbs.	—
Open (Seniors)	—
S. Lucchesi	117.5
90	130
337.5	—
148 lbs.	—

Open (Seniors)	M. Sparango	77.5	50	90	217.5	242 lbs.
165 lbs.	Juniors (20-23)	—	—	—	—	—
S. Porter	272.5	170	260	702.5	—	—
Masters (45-49)	E. White	290	245	310	845	—
L. Silbert	200	137.5	182.5	520	—	—
Open (Seniors)	R. Berendsen	200	152.5	200	552.5	—
L. Silbert	200	137.5	182.5	520	—	—
181 lbs.	Open (Seniors)	—	—	—	—	—
Masters (45-49)	C. Smith	342.5	265	275	882.5	—
A. Razor	175	100	147.5	422.5	—	—
SHW	E. White	290	245	310	845	—
Masters (45-49)	A. Zavala	320	230	287.5	837.5	—
T. Merenkow	155	97.5	140	392.5	—	—
Open (Seniors)	L. Rechtos	320	240	242.5	802.5	—
T. Merenkow	155	97.5	140	392.5	—	—
Open (Seniors)	J. Auschwitz	280	195	265	740	—
MALE	Submasters (35-39)	—	—	—	—	—
123 lbs.	S. Landry	295	222.5	320	837.5	—
Teen (16-17)	Juniors (20-23)	—	—	—	—	—
N. Lucchesi	A. Oseguera	295	185	297.5	777.5	—
148 lbs.	Masters (50-54)	—	—	—	—	—
Masters (40-44)	D. Brown	250	190	227.5	667.5	—
F. Vanabe	Masters (55-59)	—	—	—	—	—
207.5	B. Meek	337.5	225	290	852.5	—
165 lbs.	Open (Seniors)	—	—	—	—	—
Juniors (20-23)	B. Meek	337.5	225	290	852.5	—
C. Mehmel	C. Stumbo	260	195	320	775	—
227.5	D. Varela	—	—	—	—	—
Masters (45-49)	E. Toczek	—	—	—	—	—
F. White	S. Burgess	—	—	—	—	—
205	308 lbs.	—	—	—	—	—
Open (Seniors)	Open (Seniors)	—	—	—	—	—
R. Rhinehart	G. Harper	375	257.5	297.5	930	—
275	D. Saldivar	280	247.5	245	772.5	—
A. Stephens	N. Rice	250	215	272.5	737.5	—
181 lbs.	SHW	—	—	—	—	—
Masters (45-49)	Open (Seniors)	—	—	—	—	—
B. Benedix	A. Braunbeck	395	240	275	910	—
305	C. Aichs	—	—	—	—	—
205	Submasters (35-39)	—	—	—	—	—
240	D. Kralovetz	350	285	275	910	—
240	(Thanks to Tim Daley for these results)	—	—	—	—	—

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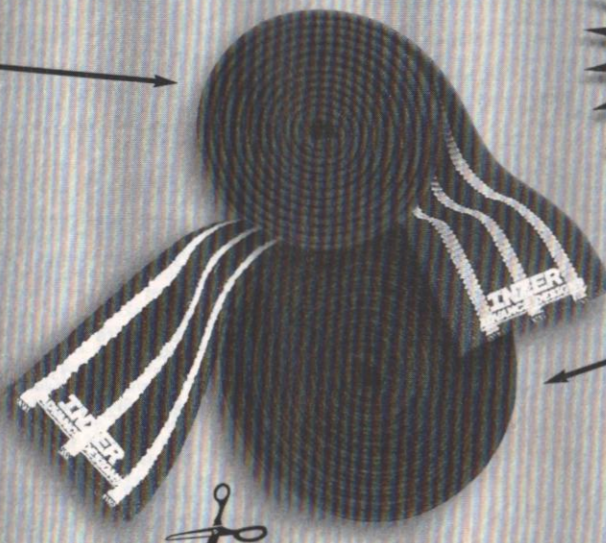
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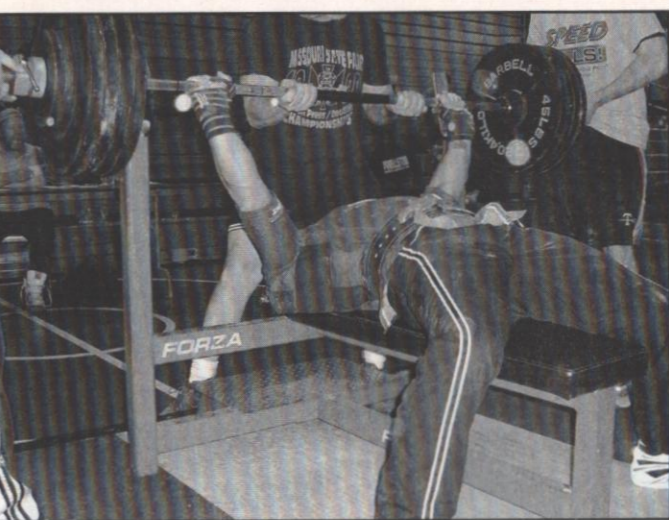
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A PARADIGM SHIFT IN KNEE WRAP DESIGN!

SLP John Ware Classic
23 APR 05 - Kirksville, MO

BENCH		220 lbs.			
WOMEN		L. Goering	265!		
Junior		Open			
123 lbs.		165 lbs.			
M. Doosing	105	W. Keith	330		
MEN		220 lbs.			
Novice		T. Lake	435		
198 lbs.		242 lbs.			
K. Flick	275!	K. Parrish	585		
275 lbs.		DEADLIFT			
C. Wellman	455!	MEN			
Teen (13-15)		Teen (13-15)			
123 lbs.		123 lbs.			
J. Blair	180!	J. Blair	325!		
Junior		Master (50-54)			
181 lbs.		181 lbs.			
C. Cooper	390	L. Ligouri	515!		
Master (40-44)		Master (60-64)			
198 lbs.		220 lbs.			
B. Stevens	430!	L. Goering	375!		
Master (50-54)		Open			
181 lbs.		165 lbs.			
L. Ligouri	330	W. Keith	425		
Master (60-64)					
WOMEN		SQ	BP	DL	TOT
Junior					
97 lbs.					
A. Armstrong	165!	100!	210!	475!	
114 lbs.					
A. Mayer	120!	70!	185!	375!	
275 lbs.					
K. Davis	185!	150!	270!	605!	
Teen (18-19)					
181 lbs.					
Papadopoulos	250	170	305	725	
242 lbs.					
J. McGuire	250	185	305	740	
Junior					
165 lbs.					
A. Armstrong	505!	360!	470	1335	
Submaster					
242 lbs.					
S. White	600	500	580	1680	
Master (40-44)					
220 lbs.					
C. Evans	505	135	450	1090	
Master (50-54)					
181 lbs.					
L. Keith	415!	335!	450!	1200!	
Police/Fire					
242 lbs.					
C. Garrett	480	330	480	1290	
Open					
165 lbs.					
R. Snelling	530	360	610!	1500	
220 lbs.					
D. Fanshier	520	350	480	1350	
242 lbs.					
W. Stech	550	405	510	1465	
275 lbs.					
N. Weite	630	465	650	1715	
J. Weite	605	465	550	1620	
SHW					
R. Saylor	600	475	555!	1630	



Bruce Stevens with an SLP NR 430 @ 40-4/198 (Darrell Latch photo)

a fine 1680 total. Steve only got in his opening squat of 600, but came back strong in the bench with his first ever 500! A 580 pull gave him his total. At 40-44/220 Curtis Evans won with a 505 squat, a token bench of 135 and a 450 pull for a 1095 total. Take care of that shoulder, Curtis! Les Keith set all new national marks at 50-54/181 with his 415 squat, 335 bench, 450 deadlift and 1200 total, taking only two attempts in each lift! In the police & fire division Cory Garrett won at 242 with a 1290 total. Cory finished eight for nine on the day which included his 480 squat, 330 bench and 480 deadlift. In the open division best lifter Ryan Snelling, weighing in at just 160, finished with a 530 squat, 360 bench and a 610 national record pull for a great 1500 total! Darold Fanshier won at 220 with 520-350-480 for a 1350 total. Then at 242 it was William Stech. "Wild Bill" finished with a 550 squat, followed by a 405 bench. A 510 pull gave him a respectable 1465 total. Brothers Nick and Jason Weite battled it out at

broke the national mark there with 265. In the open division Wesley Keith won at 165 with 330 while Tiral Luke took the 220 class with 435. Best lifter Keith Parrish finished with just his opener of 580 after a close miss with 640. In the deadlift competition Jarrod Blair broke his second national record of the day at 13-15/123 with his 325 final pull. Louie Ligouri broke the national record at 50-54/181 with 515, as did Luke Goering at 60-64 220 with his 375 final attempt. Lifting s a guest lifter in the open 165 class, Wesley Keith finished with his opener of 425. Thanks again to the Truman State University Iron Dogs and to my son Joey for all their help. See you all again next year! (Meet results provided courtesy of Dr. Darrell Latch)

USAPL Dave Martin Memorial
9 APR 05 - Bloomington, IN

WOMEN		SQ	BP	DL	TOT
Master (45-49)					
148 lbs.					
A. Guess	314	165	325	804	
Master (50-54)					
220 lbs.					
D. Miller	132	93	75	391	
MEN					
Master (45-49)					
S. Meadows	336	242	435	1014	
Teen (14-15)					
C. Coffey	253	148	310	711	
Teen (18-19)					
C. Ferree	264	203	369	837	
148 lbs.					
Open					
C. Flowers	—	319	—	319	
165 lbs.					
Master (40-44)					
J. Buck	413	336	418	1168	
Master (60-64)					
J. Buck	138	231	220	589	
220 lbs.					
C. LaPointe	—	308	—	308	
198 lbs.					
Spl. Ply					
S. Chapala	314	253	287	854	
275 lbs.					
Open					
M. Brown	—	413	—	413	

Meet Directors: Greg Simmons & Doug Ballard. (Thanks to USAPL for the results)



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If Under 18 have Parent Initial _____ Signature _____

Patrick Hall
Top National Competitor,
Fireman and C.P.T.

IPA Iron House Classic
16,17 APR 05 - Newark, OH

WOMEN	SQ	BP	DL	TOT
148 lbs.				
Open				
Weisberger	565	355	480	1400
M. Liggett	490	275	435	1200
MEN				
114 lbs.				
Open/Master				
G. Zeolla	410	215	405	1030
165 lbs.				
Open				
R. Maynard	605	440	485	1530
Teen				
C. Chaney	520	280	430	1230
Master				
R. Dodson	335	195	375	905
H. Rome	240	160	280	680
181 lbs.				
Open/Junior				
J. Lindsey	620	460	520	1600
A. Rouan	550	390	600	1540
Submaster				
B. Routzong	635	330	560	1525
Master				
R. Hamsher	500	335	505	1340
Teen				
C. Williamson	405	335	405	1145
198 lbs.				
Junior				
A. Gualtieri	—	430	525	955
Open				
B. Bishop	675	500	650	1825
J. Brown	680	550	545	1775
J. Jester	650	500	550	1700
A. Griffin	620	450	540	1610
P. Biales	650	370	535	1555
A. Stotts	340	240	500	1080
K. Dean	—	480	—	480
R. McNutt	600	—	—	—
P. Lauffer	—	525	600	—
Submaster				
M. Gugino	750	525	625	1900
S. Hailey	630	455	545	1630
M. Yontz	450	325	475	1250
Master				
D. Kerr	530	405	505	1440
S. Bond	475	325	460	1260
J. McNeill	—	332	—	332
220 lbs.				
Teen				
McGonigle	515	280	475	1270
J. Terry	—	—	—	—
Open				
V. Cook	765	666	670	2101
R. Bluck	750	500	615	1865
J. Murphy	720	440	625	1785
D. Hoff	700	470	600	1770
D. Miller	650	520	540	1710
D. Minks	500	410	625	1535
S. Shanklin	525	430	500	1455
F. Cooper	525	350	525	1400
C. Scott	—	525	—	525
C. Moody	—	430	—	430
M. Hill	—	—	—	—



Force Training Author Jim Wendler with his beautiful 1000 lb. squat

G. Lanning	—	—	—	—	R. Capazolla	—	630	—	630
L. Simmons	—	—	650	—	M. Bell	—	600	—	600
Open/Submaster					E. Clark	—	—	525	—
A. Balis	—	—	—	—	Open/Master				
Master					R. Cooper	650	485	650	1785
Z. Murray	520	370	485	1375	C. French	715	365	550	1630
S. Glover, Sr.	490	350	425	1275	Submaster				
4th-BP-360					J. Williams	—	405	—	405
D. Snodgrass	—	415	—	415	Master				
242 lbs.					E. Alexander	—	—	—	—
Teen					G				
S. Flanagan	600	450	615	1665	L. Angle	—	475	—	—
T. Tewell	575	480	500	1555	275 lbs.				
Junior					Teen				
D. Madewell	—	—	—	—	M. Bartos	600	325	650	1575
Open					N. McGonigle	530	300	420	1250
J. Laird	850	600	650	2100	Open				
G. Austin	805	570	650	2025	J. Wendler	1000	675	700	2375
M. Ladewski	825	450	705	1980	A. Bolognone	750	680	620	2050
M. Burrows	780	500	635	1915	A. Hires	800	600	600	2000
S. Coppola	685	510	655	1850	L. Camboni	635	365	635	1635
A. Gatson	700	485	590	1775	M. Brittain	550	365	525	1440
E. Haynam	575	415	550	1540	D. Beversdorf	—	625	—	625



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 _____

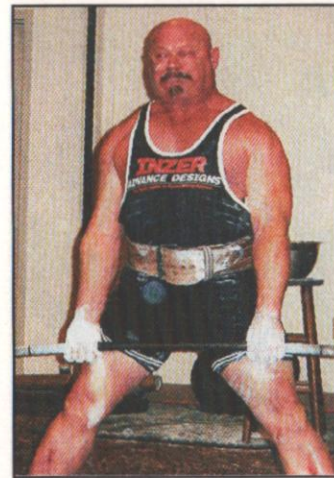
Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

M. Bash	—	440	—	440
Stellenkamp	780	—	525	—
Z. Cole	820	—	650	—
Open/Submaster				
R. Burns	775	—	650	—
Submaster				
N. Sabatino	600	480	600	1680
S. Glover, Jr.	625	455	560	1640
Open/Master				
S. McKimmie	—	530	550	—
Master				
B. Saunders	700	550	600	1850
P. Aracri	700	530	555	1785
G				
M. Schimpf	585	450	315	—
308 lbs.				
Junior				
W. Noble	605	385	500	1490
Open				
M. Wilson	940	645	730	2315
J. Vaughn	950	520	735	2205
T. Forby	810	600	625	2035
M. Schott	700	560	650	1910
C. Sumner	635	435	605	1675
Submaster/Open				
J. Contakos	—	525	—	525
Submaster				
J. Yoder	625	—	575	—
SHW				
Open				
M. Ruggiera	1020	675	815	2510
J. Gibson	920	532	150	1602
J. Fletcher	—	725	—	725
J. Denlinger	420	—	460	—
C. Moore	875	—	600	—
M. Wolfe	—	—	—	—

The '05 HC surpassed the 100 lifter plateau for the first time in its four year run. I'm really excited to have this exceptional turnout; it speaks volumes for how we run our meets, and for the IPA organization. I would like to start off by thanking everyone who made this meet possible:

Westside Barbell for providing (and delivering) half of the equipment for the meet; Lou and Doris always provide us with anything we need to run the meet. Thanks to Mark Chaillet for the IPA sanction, and for changing the Nationals to another date besides OSU-Michigan weekend - good job Gritter. The entire Iron House crew: Julius Oliver, Kevin Clark, Jeannine McCabe, Jeremy Hmke, George McElroy, Ed Owens, Lloyd Owens, Matt Hershberger, Jason Mills, Jon Roberts, Heather A. Amy Porter, and the rest of the crew. Also thanks to Paul Childress and Amy Weisberger for judging; Big Tim Harold (The Next Big Thing in Powerlifting) and Joe Bayles (pronounced B-A-I-L-S when we're drinking) for moving monoliths and other heavy equipment for two days. Saturday featured the lightweights, 114 through 220, and all Women, Juniors, and Teens. Gary Zeolla set several world records in the 114 class and finished with a 1030 total. Sam Glover, Sr. set several world records once again in the 220 Master AM and finished with a 1275 total. Amy Weisberger had another good day with a strong 1400 total on 8 of 9 lifts. Mike Gugino hit an even 1900 in the 198 Submaster. In the Open Pro classes, Brad Bishop took first place at 198 with an 1825 total. Vinnie Cook finished with an impressive 2101 total to win the 220's and take Best Lifter. The heavyweights took the platform on Sunday and the lifting was impressive in all classes. At 242, the top 3 all totaled over 2000. Jim Laird took first place with 2100 and Grant Austin finished strong in the deadlift giving him a 2025 total. Mark "Chickenhawk" Burrows made his return to the platform after breaking his arm a year ago and finished with 1915 including a 500 bench. In the 308's, Matt Wilson took first place with a big 2315 total. Jeff Vaughn went 3 for 3 in the squat finishing with 950 and a 2205 total for second. Tim Forby went 9 for 9 and finished in third with a 2035 total. In the SHW, Mike Ruggiera once again reigned supreme. Mike hit 1020 on a second attempt squat and went for a PR attempt on a 3rd at 1060 but couldn't get setup. A 675 bench and 815 deadlift gave Mike a PR total at 2510. Jim Wendler owned the 275 class and the Best Lifter award for the heavyweights, destroying every lift he attempted. Jim opened with an easy 850 on the squat, 925 on a second was a smoke show, and finally the jump to 1000 on a third. I spotted on the 1000 attempt so I had the best seat in the



Louie Simmons pulled a 650 DL

house and this was by far the best squat attempt I have ever seen by any lifter. Jim sets up smooth with the weight, settles for about 2 seconds, descends with perfect form, and fires out of the hole like a rocket. I believe 1100 would not have been a problem. Jim took token attempts on his opener bench and dead to preserve the big squat and still finished with a 675 bench and 700 dead for a 2375 total. On a side note, Jim talks in his hands in some foreign language as he steps up to the platform. I'm not sure what he's saying

but I like it, and it seems to work! In the Bench only division Travis Fletcher went 3 for 3 and finished with 725. This gave him a spot on the board at Westside for the SHW. I overheard Tim Harold and Matt Smith telling him to enjoy it while it lasts, and it won't last long! No rest for the wicked! We will run the Iron House meet again next year around the same time, mid-April. We are also hosting another Push/Pull on August 13 in Zanesville, OR. Meet information, entry forms, results and pictures as well as training log info can be found at www.ironhousezanesville.com or call Mike at 740-704-4747. Thanks to all the lifters for another great meet! (Thanks to Mike Maxwell for providing the results)

NASA East Texas Open (kg)
22 JAN 05 - Longview, TX

BENCH Only	R. Hazlerig	157.5
242 lbs.	220 lbs.	
Master-1	Submaster-2	
Lee Elliff	250	G. McCasland 165
SHW	242 lbs.	
Master-1	Master-3	
G. Wells	145	G. Wilkerson 142.5
Master Pure	PS BENCH	
A. Borden	167.5	MEN
198 lbs.	242 lbs.	
Natural	Master Pure	
G. Garner	177.5	R. Tippett 190
Pure	PS SQUAT	
K. Chitty	152.5	MEN
Submaster Pure	220 lbs.	
G. Garner	177.5	Master-1
K. Chitty	152.5	K. Romero 202.5
Master-2		

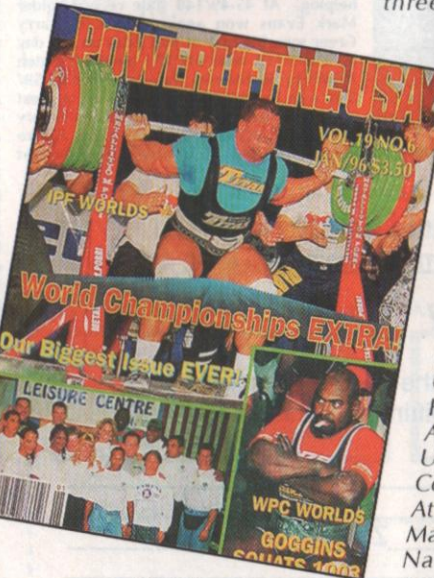
Push-Pull	BP	DL	TOT	
WOMEN				
J. Springer	127.5	115	195	437.5
MEN				
165 lbs.				
High School				
E. Holland	80	175	420	148.25
Junior				
A. Muntz	157.5	100	167.5	425
181 lbs.				
Submaster Pure				
K. Freeman	165	137.5	207.5	510
242 lbs.				
Junior				
C. Walls	280	157.5	240	677.5
SHW				
Master-1				
A. Borden	282.5	167.5	255	705
Master Pure				
A. Borden	282.5	167.5	255	705
Pwr Sports	CR	BP	DL	TOT
WOMEN				
SHW				
Pure				
J. Springer	47.5	115	195	357.5
Master-1				
M. Gailey	47.5	77.5	182.5	307.5
Pure				
R. May	35	62.5	115	212.5
MEN				
148 lbs.				
Teen				
S. Hughes	45	82.5	150	277.5
Master-1				
D. Holland	47.5	92.5	192.5	332.5
198 lbs.				
Pure				
P. Hughes	40	102.5	150	292.5
220 lbs.				
Master-1				
K. Romero	57.5	132.5	232.5	422.5
T. Morris	60	147.5	157.5	365
WOMEN				
SHW				

also had a report on the World's Strongest Man competition, held in the Bahamas. ADFPA champion Joe Onosai was seen doing well in the behind-the-neck press. On Herb Glossbrenner's All-Time Top 50 Women in the 198 and superheavyweight classes, Dawn Sharon led the 198s with a 1564 total and Lorraine Costanzo, the first woman to squat 600 pounds, had the number one spot in the superheavyweight class. We had a photograph of Lee Rorie pushing up 606 lbs. in the 198 lb. class, a new all-time bench press record in that division. On our Top 100 for the 198 lb. class, Lee led the bench press category while Jesse Kellum had the top squat at 876 and the biggest total at 2099. Tee Myers had the biggest deadlift at 760. Joe Corsitto had the 95th squat with a 617. Bubba Stokes was the 95th bench presser at 435. John Wardell was the 81st deadlifter at 620. Gary Benford was 99th in total, with 1592, just ahead of Bill Beekley, who did 1590. The Assistant National Chairman for the AAU Powerlifting Committee, Jumpin Jersey Joe Pyra described his approach to raw lifting. You can still order this back issue, and dozens of others. For information, see our complete listing of the available issues on pages of 48-51 on this edition of Powerlifting USA.

BACK ISSUE OF THE MONTH

The January '96 edition of Powerlifting USA covered three World Championships: the IPF Men's Worlds, the WPC Worlds, and the WDFPF Worlds. It was our biggest issue ever to that point. On the cover were the likes of Kirk Karwoski squatting his way to a world title, Steve Goggins with his first squat of over a thousand, and the WDFPF World Championship Team, which included Jim and Ray Benemerito, Joe McCauliffe, Beau Moore, and Mark Henry. Coan and Karwoski were winners for the USA at that IPF World's in Pori, Finland, and interspersed between our international championship reports was Dennis Cieri's bench press routine. (He concluded the article on his routine with a quote that, "The wolf on top of the mountain is not as hungry as the wolf climbing the mountain"). Herb Glossbrenner reported on the WPC Worlds, held in Columbus, Ohio. Among the women lifters who did well were Dorris Simmons, (Louie's better-half), Mary Ellen Warman, as well as the spectacular Debbie Earney. Other impressive champions included Doug Heath, Rickey Dale Crain, Chuck Vogelpohl, and - of course - Goggins. The WDFPF World Championships were held in

Sussex, England. This was the meet where Mark Henry won the superheavyweight competition by over a thousand pounds. He went 2336 and the second place man totaled 1306. Ned Low had a very interesting photograph

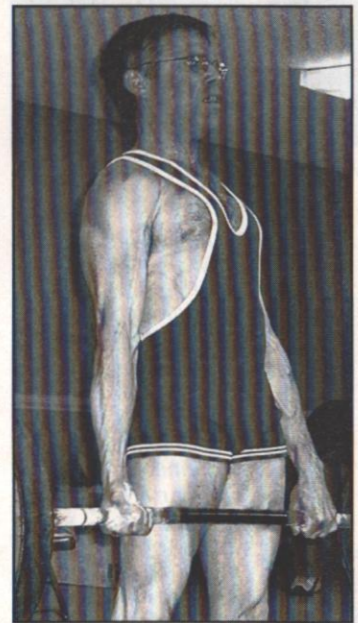


of USPF President Peter Thorne with Yuri Kalishnikoff, a General in the Ukraine Army, a Champion at the IPF World Masters Championships, and the son of the man who developed the famous Iron Curtain rifle. Louie Simmons' article concerned

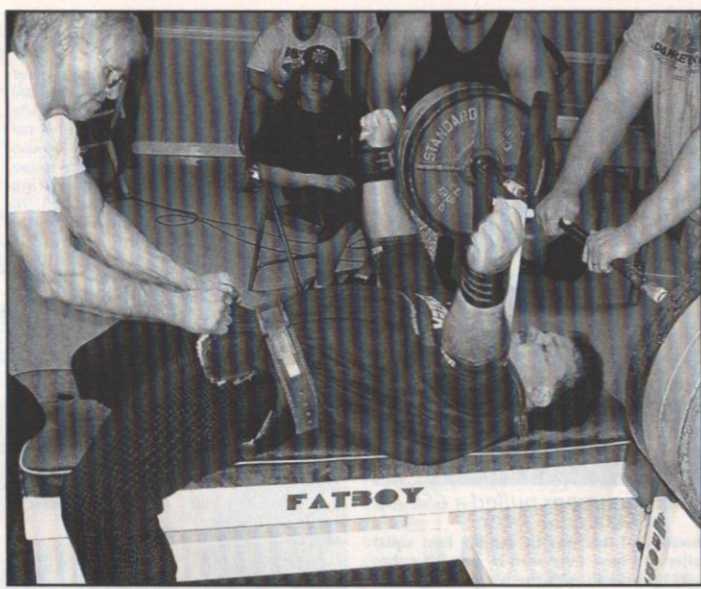
"Percent Training, and What Is It Really, Part Two". He points out, at the end of his article, that Westside qualified 10 lifters for the WPC Worlds by training by the guidelines that he'd described in his article. Bob Gaynor interviewed deadlifting sensation, Chad Holmes. Dr. Dan Wagman continued with part three of his article on the foundation and application of periodized training. We also had a report on the IPF World Masters and Junior Championships, held in Copenhagen, Denmark, by Alex Galant, who won a gold medal at the competition himself. We also had the report of the WDFPF World Teenage Masters and Junior Championships, held in Holsholm, Great Britain. Among the winners from the United States were Robert Cortes and Johnny Graham. At the APF/WPC Bench Press Mania Meet, held at Chicago's Navy Pier, Willie Wessels quatted 1004 at 242, Craig Tokarski bench pressed 733, and Kenny Patterson benched 728 in the 275 lb. class. Debbie Earney did 391 at age 41, and at a bodyweight of 160.5. A very interesting Hank Hill, superheavyweight lifter, was interviewed by Chris Lydon. We

SLP "Lift for the Lord" BP/DL
26 MAR 05 - Scottsville, KY

BENCH WOMEN
Junior 165 lbs. M. Templeton 215!
114 lbs. 4th-440!
H. Logsdon 200 4th-675!
198 lbs. L. Morgan 150!
4th-65!
Novice 97 lbs. T. Kirby 50!
220 lbs. J. Kennedy 350
275 lbs. V. Tuttle 380
Teen (13-15) 148 lbs. D. Chandler 155
DEADLIFT SHW D. Kennedy 170!
Teen (16-17) 114 lbs. R. Ford 150!
181 lbs. J. Meador 320!
B. Francis 265
4th-275
Teen (18-19) 123 lbs. C. Weaver 200!
165 lbs. C. Witcher 315!
181 lbs. J. Alwood 350!
198 lbs. J. Hernandez 250
242 lbs. R. Evetts 390!
275 lbs. J. Law 430
Submaster 308 lbs. B. Harper 430
SHW L. Southerland 450
Master (40-44) 220 lbs. D. Thompson 440
R. Brooks 280
275 lbs. R. Richey 550
Master (45-49) 148 lbs. M. Evans 235
4th-240
Master (55-59) 165 lbs. L. Greer 175
308 lbs. B. Adams 445!



SLP Best Dler Mark Evans in KY.



Dewayne Nealy sets up to BP at the SLP Lift for the Lord competition

at 181 with a new state record of 320 over Blake Francis, who finished with 275. Cody Weaver took the 18-19/123 class with a state record 200, this being his first meet. Cody Witcher won at 165 with 315, making just his opener. Jordan Alwood broke the existing state record at 181 with 350, weighing in just over the 165 limit at a 166 bw! Jon Hernandez captured the title at 198 with 250. Then at 242 it was Ryan Evetts for the win, finishing with a new state record there of 390. Jacob Law, our final teen lifter, won at 18-19/275 with 430. In the submaster division first-timer Berry Harper won at 308 with 430 while Lynn Southerland broke the state record at shw with 450, making just his opener. Dale Thompson took the 40-44/220 class with his 440 opener, but just barely missed a personal best 500, which would have been a new state record also. Roger Brooks was second at 220 with 280. Randy Richey got in his opener at 550 for the win at 40-44/275, even with all the lifters he was helping. At 45-49/148 state record holder Mark Evans won again with 240. Larry Greer won his first of two titles on the day at 55-59/165 with his 175 opener. Butch Adams broke his own state record at 55-59/308 with his 445 final lift, making a great comeback from a serious shoulder injury of two years ago! In the police & fire division another first time lifter, Dwight

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Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

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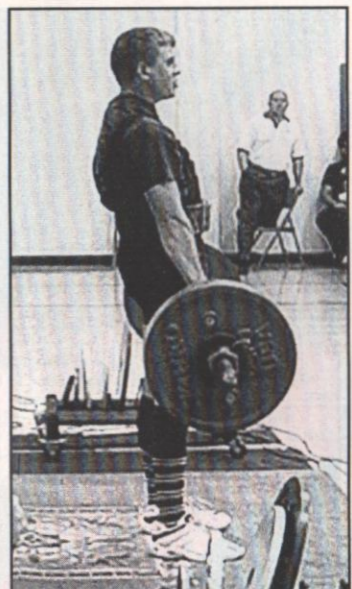
NASA Colorado State (kg)
30 APR 05 - Loveland, CO

PS BENCH	T. Prutch	55			
MEN	Master-5	181 lbs.			
Master	T. Trujillo	37.5			
Pure	Master	165 lbs.			
K. Kaiser	Pure	125	165 lbs.		
Submaster	165 lbs.				
Pure	K. Kaiser	67.5			
165 lbs.	PS DEADLIFT				
J. Angel	137.5				
PS CURL	Master-2				
MEN	181 lbs.				
High School	F. Thrall	182.5			
181 lbs.	Master				

Pure	165 lbs.				
K. Kaiser	155				
PS SQUAT	165 lbs.				
MEN	N. Arguello	160			
Master-2	275 lbs.				
F. Thrall	150				
Master	J. Lynn III	175			
Pure	123 lbs.				
165 lbs.	K. Hughes	85			
K. Kaiser	137.5				
181 lbs.	198+				
M. Cooper	167.5				
BENCH	A. McTighe	102.5			
MEN	Master				
High School	123 lbs.				
181 lbs.	K. Hughes	85			
T. Prutch	140				
Master-1	198+				
165 lbs.	A. McTighe	102.5			
T. Rickett	187.5				
T. Cencich	155				
220 lbs.	114 lbs.				
B. Betz	160				
K. Losey	130				
275 lbs.	H. Patel	75			
R. Geller	235				
Master-4	132 lbs.				
242 lbs.	M. Cencich	65			
C. Doggett	155				
308 lbs.					
J. McIntyre	192.5				
Master					
Pure					
181 lbs.					
T. Trujillo	132.5				
Open					
165 lbs.					
N. Arguello	165				
T. Cencich	155				
T. Rickett	187.5				
Submaster-1					
Push-Pull					
MEN					
Junior					
220 lbs.					
T. Wright	170	242.5	412.5		
Novice					
220 lbs.					
K. Losey	130	205	335		
Pwr Sports	CR	BP	FL	TOT	
MEN					
Master-2					
198 lbs.					
J. Lynn, Jr.	62.5	110	102.5	275	
Master					
Pure					
165 lbs.					
K. Kaiser	67.5	125	155	347.5	
Natural					
181 lbs.					
A. Harrell	70	147.5	185	402.5	
Pure					
165 lbs.					
M. O'Hara	55	110	170	335	
181 lbs.					
M. Cooper	70	132.5	222.5	425	
220 lbs.					
A. Ueunten	62.5	160	255	477.5	
Pwrlifting	SQ	BP	DL	TOT	
MEN					
High School					
165 lbs.					
B. White	142.5	—	190	205	
Master-1					
181 lbs.					
R. Nicoletti	175	130	210	515	
198 lbs.					
R. Martinez	217.5	147.5	222.5	587.5	
Master-2					
181 lbs.					
R. Machen	160	105	65	330	
Master-3					
220 lbs.					
J. Robinson	185	105	190	480	
P. Glaviano	180	100	170	460	
Novice					
181 lbs.					
C. Orchard	165	90	187.5	442.5	
198 lbs.					
R. Keele	167.5	105	202.5	475	
275 lbs.					
J. Wilson	295	177.5	255	727.5	
Open					
181 lbs.					
C. Orchard	165	90	187.5	442.5	
275 lbs.					
J. Lynn III	62.5	175	65	302.5	
Police/Fire					
181 lbs.					
R. Guerrero	235	142.5	235	612.5	

USAPL YMCA Great West PL/BP
18 JUN 05 - Rapid City, SD

BENCH					
WOMEN					
Teen (14-15)					
148 lbs.					
D. Michalld	93				
Teen (16-17)					
105 lbs.					
K. Carlow	88				
Teen (18-19)					
132 lbs.					
D. Gorecki	110				
Master					
165 lbs.					
J. Lerew	165				
MEN					
Teen (16-17)					
123 lbs.					
Jealousofhim	126				
132 lbs.					
D. Clifford	121				
Teen (18-19)					
198 lbs.					
N. Foolhead	209				
Open					
148 lbs.					
J. Amo	302				
165 lbs.					
J. Opp	346				
181 lbs.					
M. Dowling	390				
C. Hill	302				
T. Mason	269				
220 lbs.					
T. Anderson	544				
G. Elliott	412				



Cody Herrmann with a 501 DL at age 16 at the Great West contest.

242 lbs.					
D. Banks	225	157.5	237.5	620	
Pure					
181 lbs.					
R. Guerrero	235	142.5	235	612.5	
C. Orchard	165	90	187.5	442.5	
220 lbs.					
K. Losey	—	—	—	—	
Submaster-1					
275 lbs.					
J. Wilson	295	177.5	255	727.5	
Submaster-2					
181 lbs.					
C. Orchard	165	90	187.5	442.5	
Submaster					
Pure					
275 lbs.					
R. Batie	232.5	162.5	257.5	652.5	
(Thanks to Rich Peters for sending these results to POWERLIFTING USA Magazine)					

Teen (16-17)					
123 lbs.					
Jealousofhim	143	126	225	495	
132 lbs.					
D. Clifford	121	121	203	445	
148 lbs.					
K. Graves	291	181	401	574	
165 lbs.					
J. Carlson	291	170	418	880	
181 lbs.					
P. Walls	313	214	352	880	
220 lbs.					
C. Herrmann	423	242	501	1166	
Teen (18-19)					
181 lbs.					
N. Vessar	346	198	401	946	
Open					
165 lbs.					
J. Frank	489	341	456	1287	
242 lbs.					
B. Getchell	599	473	627	1699	
D. Wolf	440	352	522	1314	
275 lbs.					
J. Tetreault	500	462	511	1474	
Master (40-49)					
181 lbs.					
C. Mancini	324	214	379	915	
220 lbs.					
B. Steinbach	500	341	489	1331	
Master (50-59)					
165 lbs.					
S. Hill	363	225	401	990	
181 lbs.					
M. Gorecki	401	258	451	1111	
242 lbs.					
M. Berg	506	379	506	1391	
D. Wolf	440	352	522	1314	
B. Oliver	319	357	440	1116	
R. Root	242	198	330	770	
Master (60-69)					
165 lbs.					
J. Ochs	275	214	313	803	

What a fantastic meet! Despite a few no-shows, and a fire alarm, everything went well. 52 lifters competed with some nice numbers. My attempt table crew had everything running smoothly all day. Thank you to Mike Laird for all his computer programs. If you're not using Mike's scoring program or bar load, you're adding hours to your already long meet. Thanks to Steve Howard for his equipment (Comborack Strength Systems), Robb Grisham, Gary Gertner and Kirk Spell for refing, and the YMCA for hosting this awesome meet. Thanks to BJ's Grinder King for the food. To my fantastic spotter/loaders: Steve, Larry, John b., Victor, Jamie, Jason, Tim, Kelly and John S. See you all in the fall. (results from Nicole Craig)

100% RAW Powerlifting Federation
Membership Application

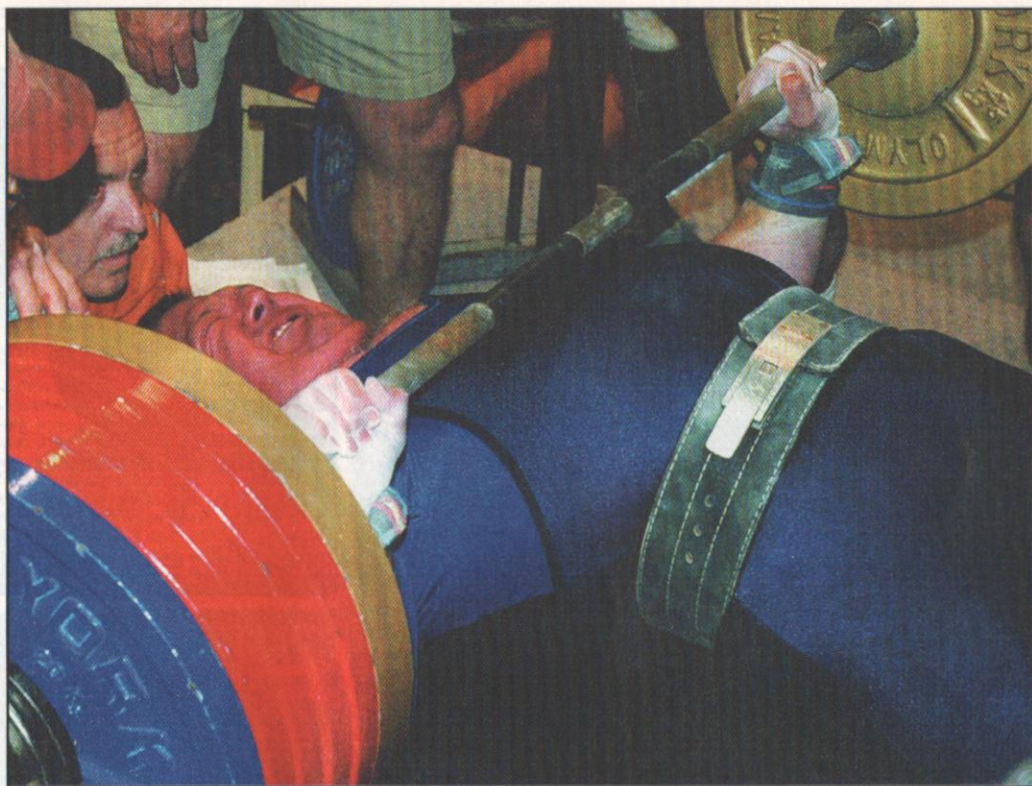
LAST NAME: _____ FIRST NAME: _____ INT. _____
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NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

WABDL Southeastern
30 APR - 1 MAY 05 - Atlanta, GA

BENCH	J. Saunders	—
WOMEN	198 lbs.	—
Teen (13-15)	D. Millina	424
C. Nutt	104	275 lbs.
Teen (16-19)	L. Fox	507
B. Burroughs	110	308 lbs.
N. Williams	264!	S. Ford 457
M. Proctor	170	Super
B. Brown	154	B. Campbell 369
D. Pratt	215!	Open
Open	148 lbs.	—
198 lbs.	K. Poitvint	286
S. Jackson	270	165 lbs.
Submaster	A. Jackson	—
198 lbs.	181 lbs.	—
G. Cables	215!	D. Millrany 352
L. Johnson	—	A. Zaffino 435
Master (40-46)	198 lbs.	—
181 lbs.	T. Carter	352
Wolverinton	170	Class-1
198 lbs.	165 lbs.	—
S. Jackson	270!	c. Cooper 281
(54-60)	R. Jacobs	330
165 lbs.	181 lbs.	—
L. Glasco	104	D. Millrany 330
(85+)	198 lbs.	—
123 lbs.	L. Vann	275
L. Rowe	51!	R. Wright 462
MEN	M. Cook	—
Teen (13-15)	220 lbs.	—
97 lbs.	M. Lucas	402
J. Bruno	100	242 lbs.
181 lbs.	R. Samples	501
A. Brown	132	259 lbs.
J. Lansford	214	J. Murphy 480
198 lbs.	Submaster	—
J. Fain	275	148 lbs.
242 lbs.	K. Poitvint	286
M. Holland	225	165 lbs.
Super	J. Colen	325
J. Vanover	220	220 lbs.
Teen (16-19)	M. Rhetter	319
123 lbs.	242 lbs.	—
B. Lewis	248	C. Edalgo 600
132 lbs.	308 lbs.	—
A. Ramos	275	C. Berry 440
165 lbs.	Super	—
S. Mxion	270	K. Crump 462
181 lbs.	Master (40-46)	259 lbs.
Z. Fox	281	B. Arnold
S. Grizzle	303	T. Wohlbach 176
198 lbs.	181 lbs.	—
D. Wilson	414	A. Traylor 341
275 lbs.	D. Warren	—
J. Stevens	391	Master (47-53)
Junior	181 lbs.	M. Glasco 303
181 lbs.	G. Bonner	259
DEADLIFT	—	—



Bill Gillespie benched 800 at the WABDL Southeastern Championships (photo courtesy of G. Herring)

T. Hallmark	264	WOMEN	S. Ford	—	Class-1	R. Proctor	562	
220 lbs.	220 lbs.	Teen (13-15)	Super	—	181 lbs.	Master (69-74)	259 lbs.	
J. Hedrix	236	105 lbs.	B. Campbell	407	D. Millrany	512	H. Linstrom	440!
J. Jackson	209	242 lbs.	Z. Fox	424	B. Morris	523	—	—
Teen (16-19)	363	165 lbs.	S. Grizzle	363	Submaster	—	—	—
M. Proctor	330!	165 lbs.	A. Jackson	512	J. Seary	804!	—	—
R. Proctor	402	198 lbs.	J. Taylor	628	Master (47-53)	—	—	—
B. Arnold	—	DEADLIFT	D. Millrany	512	165 lbs.	—	—	—
J. Ramano	347	MEN	T. Carter	617	181 lbs.	—	—	—
J. Saunders	—	Junior	T. Carter	617	242 lbs.	—	—	—
Master (54-60)	—	259 lbs.	T. Carter	617	181 lbs.	—	—	—
G. Cables	303	T. Bowmen	B. Morris	523	T. Hallmark	374	—	—
Master	—	275 lbs.	Law/Fire	—	242 lbs.	—	—	—
198 lbs.	—	L. Fox	314	181 lbs.	—	—	—	—
S. Jackson	374	308 lbs.	M. Christie	534	—	—	—	—

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address				Club Name
City				State
Zip				Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Today's Date		Card Issued By		

Registration Fee:
Adults \$25
Teens \$15
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

NOTE: All WABDL-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 WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial _____ Signature _____

World Records. The 2005 WABDL meet was fantastic! Great quality. Great lifts by newcomers Charlene Nutt and Brittany Burroughs (national record). World records by Nikki and Daniel Pratt, who has benched over 300 as a teen girl, this was her first meet! Stellar performances by Susan Jackson, just missing 300, and a World Record mark for Gwen Cables. Good lifts by Glasco and Wolverinton, and 2 WR's for 89 years young Louise Rowe! In the teen men, narrow World Record misses by Vanover, Fain and Wilson. Great lifts by Bruno, Ramos, Mixion and Stevens. Junior lifters Luke Fox and Shawn Ford were hot, and an SR was made by Brad Campbell. Class-1 standouts were Rick Samples (501), Dr. Ron Wright (462!). In the open, nice lifts by don (not Ken) Millrany & Anthony Z. The master stand-outs included newcomer Jack Ramono 352, Glasco 303, Proctor 402, and a narrow 507 miss by Ron Edwards. The STAR of the show was Mr. Bill Gillespie. He smoked World Record 800 like a toy! Then to 833! The weight came down within 2 inches of the chest and he blew it up; no tough-oh-so-close next time. What a class guy. In the deads, Mandy Proctor World Record 330! Wow, you go "Cool Whip". Gwen Cables did a 303 SR and Susan Jackson did 374. Not bad. The men were led by Jake Taylor 628 in the teens! Ted Carter 617! Trevor Bowman 688, and finally Big Pitbull 804.5 WR sub - what a man. The star, along with Pitbull, was Harry Lindstrom's 2 WR's at 70 years young, with a large 440 lift. A class gentleman and great friend. All in all, super quality lifting. Special thanks to Sandra, Steve, Gary, Tom, Ron, Trent, and Ken Millrany, and all of the BBG team. See ya in Tennessee. (Results provided to Powerlifting USA by George Herring)

7th YMCA Touch N' Go BP
23 APR 05 - Lima, OH

FEMALE	242 lbs.	—
Master (40-49)	N. Perez	408
123 lbs.	275 lbs.	—
N. Proctor	145	R. Brown, Jr. 438
148 lbs.	Master 960-69)	—
R. Mills	115	SHW
181 lbs.	J. Telljohn	385
S. Cary	185	Master (70-79)
D. Sutherland	105	242 lbs.
B. Canters	85	V. Banks 308
Open	R. Wohigamuth	165 lbs.
123 lbs.	245	—
T. Monford	115	Master (80-89)
T. Dross	108	198 lbs.
148 lbs.	C. Lee	220
N. Carr	123	Open
181 lbs.	132 lbs.	—
A. Lolo	175	J. Helms
S. Tryon	180	148 lbs.
SHW	J. Smith	465
D. Newsome	148	J. Harder
Teen (13-14)	358	A. Smith
181 lbs.	348	K. Smith, Jr.
A. Canters	85	181 lbs.
Teen (15-16)	M. Butler	455
M. Muterebaugh	98	J. Dross
98	198 lbs.	—
MALE	N. King	410
Master (40-49)	R. Schoffner	348
220 lbs.	T. Miller	305
J. Thomas	465	220 lbs.
C. Jones	418	J. VanDyne
S. Long	348	C. Bates
275 lbs.	410	B. Hild
R. Manns	550	408
SHW	242 lbs.	—
M. Ridgeway	435	S. Tanner
Master (50-59)	S. Gibson	455
181 lbs.	B. Westful	435
C. Freese	285	275 lbs.
198 lbs.	R. Manns	558
D. Trent	290	S. Kellogg
220 lbs.	C. Jackson	465
C. Iammbirt	308	Open
G. Munis	275	SHW

AAU Spring Break
23-24 APR 05 - Richmond, VA

T. Taylor	275	BENCH	Teen (16-17)	—
Teen (17-19)	148 lbs.	Raw	N. Rigney	336
148 lbs.	—	FEMALE	Raw	—
N. Auger	308	123 lbs.	114 lbs.	—
165 lbs.	—	Military/Open	Youth (12-13)	—
C. Chaney	328	J. Tossas	104	60
R. Lemberg	225	4th-110	Teen (16-17)	—
181 lbs.	—	148 lbs.	H. Foster	126
M. Allen	295	Lifetime	123 lbs.	—
B. Beasley	137	Masters (50-54)	Youth (12-13)	—
C. Allen	315	B. Beasley	D. Cheese	93
220 lbs.	—	Lifetime/Open	4th-99	—
B. Banks	350	B. Beasley	132 lbs.	—
Masters (50-54)	—	Youth (12-13)	Teen (14-15)	—
B. Beasley	137	D. Harris	132	—
Military	—	D. Richards	77	—
Submasters (35-39)	—	Masters (55-59)	P. Dubose	242
M. Vaughtner	121	Teen (14-15)	S. Talley	143
Open	—	Youth (12-13)	C. Cannady	93
Military	—	165 lbs.	Military	—
Masters (40-44)	—	Masters (40-44)	R. Tanksley	242
L. Hawkins	143	4th-248	Teen (16-17)	—
Masters (45-49)	—	Fleischauer	341	—
Masters (45-49)	—	Masters (40-44)	C. Oliver	170
198+ lbs.	—	D. Adams	418	—
First time lifters from Family Fitness Cen-	—	Military	—	—
Lifetime	—	J. Marrow	181	—
ter were Cliff Freese, 59 years old, with	—	Youth (12-13)	T. Warren	121
Masters (40-44)	—	181 lbs.	Lifetime/Open	—
L. Marrow	159	T. Dance	288	—
4th-170	—	4th-300	—	—
Submasters (35-39)	—	Masters (45-49)	V. Tarabay	325
Y. Ross	176	Military/Open	J. Gardner	319
Teen (18-19)	—	Open	J. Gardner	319
M. Marrow	132	—	—	—
Kohli, Chris Jones, Jason Casey, Jasper	—	—	—	—
MALE	—	—	—	—
Ellis, Kevin Davis and Mike Hunter. Team	—	—	—	—
Assisted	—	—	—	—
165 lbs.	—	—	—	—
awards: 1st place - the Lima Lifters of	—	—	—	—
165 lbs.	—	—	—	—
Charles W. Lee, WDFPF World Champion, Teen	—	—	—	—
(18-19)	—	—	—	—
N. Rigney	336	—	—	—

T. Dance	288	D. Taylor	259
4th-300	—	275 lbs.	—
Teen (16-17)	—	Lifetime	—
G. Marrow II	225	Masters (40-44)	—
198 lbs.	—	A. Belfield	374
Military/Open	—	Lifetime	—
W. Thacker	374	Masters (45-49)	—
C. Dabney	303	M. McQuade	399
Military	—	Lifetime/Open	—
Submasters (35-39)	—	A. Belfield	374
C. Dabney	303	Masters (40-44)	—
Submasters (35-39)	—	A. Belfield	374
C. Dabney	303	Masters (45-49)	—
Teen (14-15)	—	M. McQuade	399
K. Glover	154	Open	—
Teen (14-15)	—	A. Belfield	374
M. Jones	121	308 lbs.	—
220 lbs.	—	Lifetime	—
Masters (45-49)	—	Masters (40-44)	—
M. Lewis	314	Marrow, Sr.	325
Military	—	Lifetime	—
Submasters (35-39)	—	Masters (45-49)	—
A. Jones	369	Ferguso	352
N. Jamison	303	308 lbs.	—
Teen (14-15)	—	Lifetime/Open	—
Richardson	159	W. Ferguso	352
Youth (12-13)	—	—	—
M. Chavis	—	—	—
242 lbs.	—	—	—
Law/Fire/Open	—	—	—
Fleischauer	341	—	—
Masters (40-44)	—	—	—
D. Adams	418	—	—
Military	—	—	—
J. Marrow	181	Submasters (35-39)	—
Youth (12-13)	—	T. Norman	259
T. Warren	121	Teen (14-15)	—
181 lbs.	—	Best Female Open Raw -	—
Lifetime/Open	—	Barbara Beasley, Jennifer Tossas. Best	—
T. Dance	288	Female Master raw - Barbara Beasley,	—
4th-300	—	Jennifer Johnson. Best Male Open Raw -	—
Masters (45-49)	—	William Thacker. Best Male Master Raw	—
V. Tarabay	325	- Paul Dubose. Team Awards: 1st place	—
Military/Open	—	adult: National Guard Team, Virginia. 1st	—
J. Gardner	319	place youth: Project Lift Team Iwo. 2nd	—
Open	—	place youth team - Project Lift Team One.	—
J. Gardner	319	(Thanks to Barbara Beasley for results)	—

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APA Space City BP Extravaganza
25 Jun 05 - Houston, TX

148 lbs.	242 lbs.
Master (45-49)	Novice
J. Beasley 290	M. Parker 455
165 lbs.	Open
Teen (11-12)	E. Wright* 630
J. Burttschell 190	M. Parker 455
Junior (20-23)	C. Matthews —
J. Cavillo 355	275 lbs.
Master (60-64)	Novice
L. Lichtle 225	J. Phelps —
181 lbs.	Submaster (33-39)
Teen (16-17)	R. Plunkett 500
B. Abendroth 185	Master (44-49)
198 lbs.	R. Young 405
Submaster (33-39)	R. Abendroth 365
E. Anderson —	308 lbs.
220 lbs.	Open
Novice	S. Burttschell 555
L. Zabala 445	T. Meeker —
Submaster (33-39)	198 lbs.
R. Perez —	WOMEN
Master (45-49)	165 lbs.
K. Barbier 330	Master (50-54)
Master (50-54)	M. Young 130
S. Rosenberg 275	



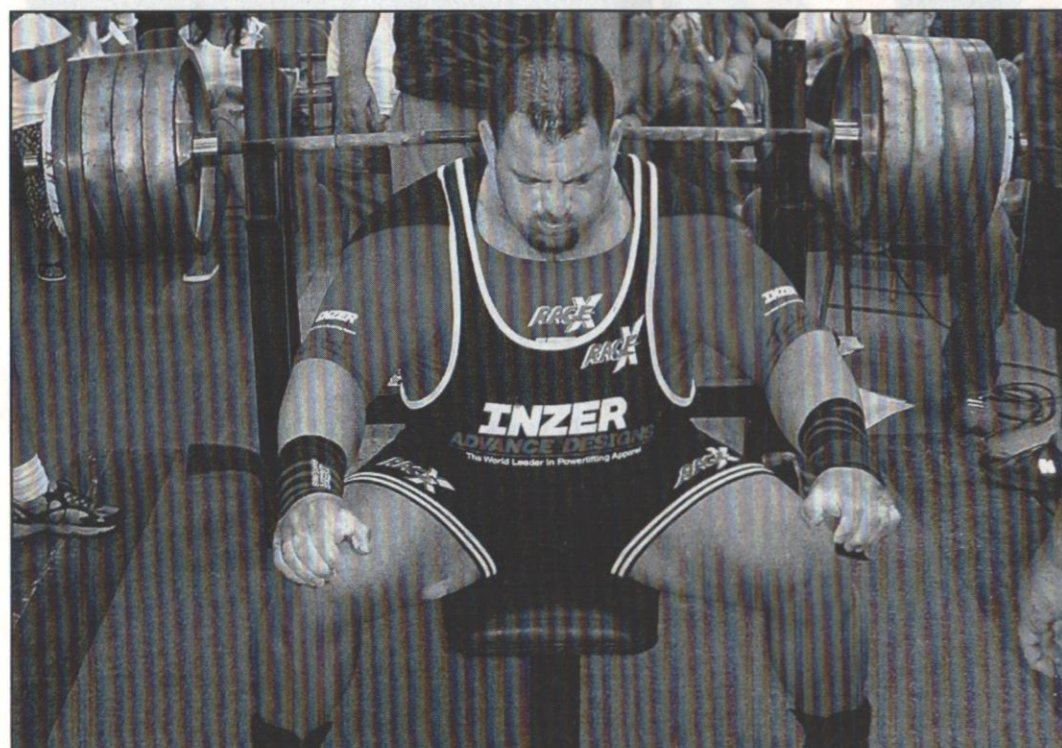
IPF President Receives Austrian National Honor ... Norbert Wallauch is presented the prestigious "Goldenes Ehrenzeichen fur Verdienste um de Republik Osterreich" by Austrian Secretary of State for Sports, Karl Schweizer, for his 40 years of ombudsman service to various Austrian sports organizations.

*=Best Lifter. It was a hot day for benching at the Health Clubs of America in Houston, Texas. ABC's Channel 13 of Houston showed up to film the entire meet, giving our athletes and meet lots of local coverage. In the men's 146 masters, Jack Beasley missed his opener of 285 to come back and nail 290. In the 165's, 12 year old Jessie Burttschell opened his day with an easy 165. He came right back to hit 180 and 190 both for teen world records. Jessie took a 4th at 200 but just didn't have the gas left to do it. In the junior division, John Cavilla got an easy opener of 315 and came back to hit 355, on his 2nd attempt for a Texas record. Master lifter Lee Lichtle from Florida, got his opener of 225, but missed both his 2nd and 3rd attempts. In the 181 teens, Blaise Abendroth, lifting for the first time ever, got his 2nd attempt of 185. Abendroth just missed his 3rd attempt of 200. Lifting in the 198 novice division and submasters, Erik Anderson had a bad day missing all of his attempts. Erik opened up a little heavy for his first meet but will be back soon. Luis Zabala, also lifting in his first meet, nailed his opener of 445 only to come back and miss 470 and 480 on his 2nd and 3rd attempts in the 220 novice division. In the submaster division, Raul Perez had a rough day just missing all three of his

attempts. Master lifter Keith Barbier, got his opener of 330 but just missed 355 and 360 on his 2nd and 3rd attempts. Also lifting in the master division, 52 year old Steve Rosengurg nailed his 1st attempt of 275 but missed his next two attempts of 300. Michael Parker, lifting in the 242 novice division had a great 1st meet nailing all three of his attempts of 405, 445 and 455. Look for this lifter to come back and set some big records soon. In the open division, Eric Wright got his 1st attempt easily putting 630 in the books. Wright came back with 650 and 660 but just didn't

have it. Eric walked away from the meet with the title of best lifter. Chad Matthews, also in the open division, had a rough day missing 575 all three attempts. Lifting in the 275 novice division, Jason Phelps started off a little heavy and just missed all three of his attempts going 545. In the submaster division, Raymond Plunkett had an easy win with his opening attempt of 500. Plunkett came back with 550 on his next two attempts but just missed them both. In the master division, 49 year old Raymond Young had a great day taking home 2 Texas records by going 385 and 405

on his 1st two attempts. Young just missed 425 on his last attempt. Taking 2nd place in the master division, Randy Abendroth got his 2nd and 3rd attempts of 345 and 365. In the 308 submaster, Steve Burttschell nailed 555 on his 1st attempt for a Texas record only to come back and miss 585 twice. In the open division, Tiny Meeker took 905 for 3 attempts just missing all 3 of them by an inch from lock out. Meeker will no doubt hit 905 in the next few weeks. Thanks very much to Pete Lattanzi, Blake Sterling and Brian Nugier for the great work they did spotting and loading for the meet. Also a big thanks to Josh Ash, Brian Kline, and Brian Propst for the excellent job officiating the event. Thanks also to Maria McCullough for her hard work as score keeper, expeditor, and photographer. I also would like to thank Charlie Turco and his wife for setting up a House of Pain booth and the great photos. A special thanks also to John Inzer of Inzer Advance Designs for your continued help and support, as well as Mike Lambert of Powerlifting USA. Last but not least I would like to thank The Health Clubs of America for your support of this sport and for providing us with the space to hold these meets. Without all of the above, meets like this would not happen. (thanks to Meet Director Tom McCullough for providing these results to POWERLIFTING USA)



Tiny Meeker gets ready for an attempt at a 905 lb. bench press at the APA Space City meet (T. McCullough)

USAPL New Mexico State
26 MAR 05 - Silver City, NM

MALE	SQ	BP	DL	TOT
Teen-18				
R. Hawkins	250	185	325	760
Junior				
I. Gonzales	435	335	475	1245
Master-1				
R. Gains	605	445	605	1655
S. Striepeke	470	315	490	1275
B. Hawkins	340	315	370	1025
Master-4				
(out of state lifter)				
T. Fitzgibbon	280	175	320	775
Master-5				
H. Heyman	440	260	445	1145
Master-7				
W. Ortiz	205	105	145	445
Open				
(out of state lifter)				
D. Riley	535	355	535	1425

(Thanks to USAPL for providing results)



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



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Marc Bartley (1058 lb. squat): "There is no comparing the Metal Squatter, it's that far ahead of the other suits on the market today. Best suit for a big squat!"

Mike Ruggiera (1050 lb. squat): "The METAL Pro Squatter out performs any suit I've ever tried and believe me, I've tried a bunch."

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



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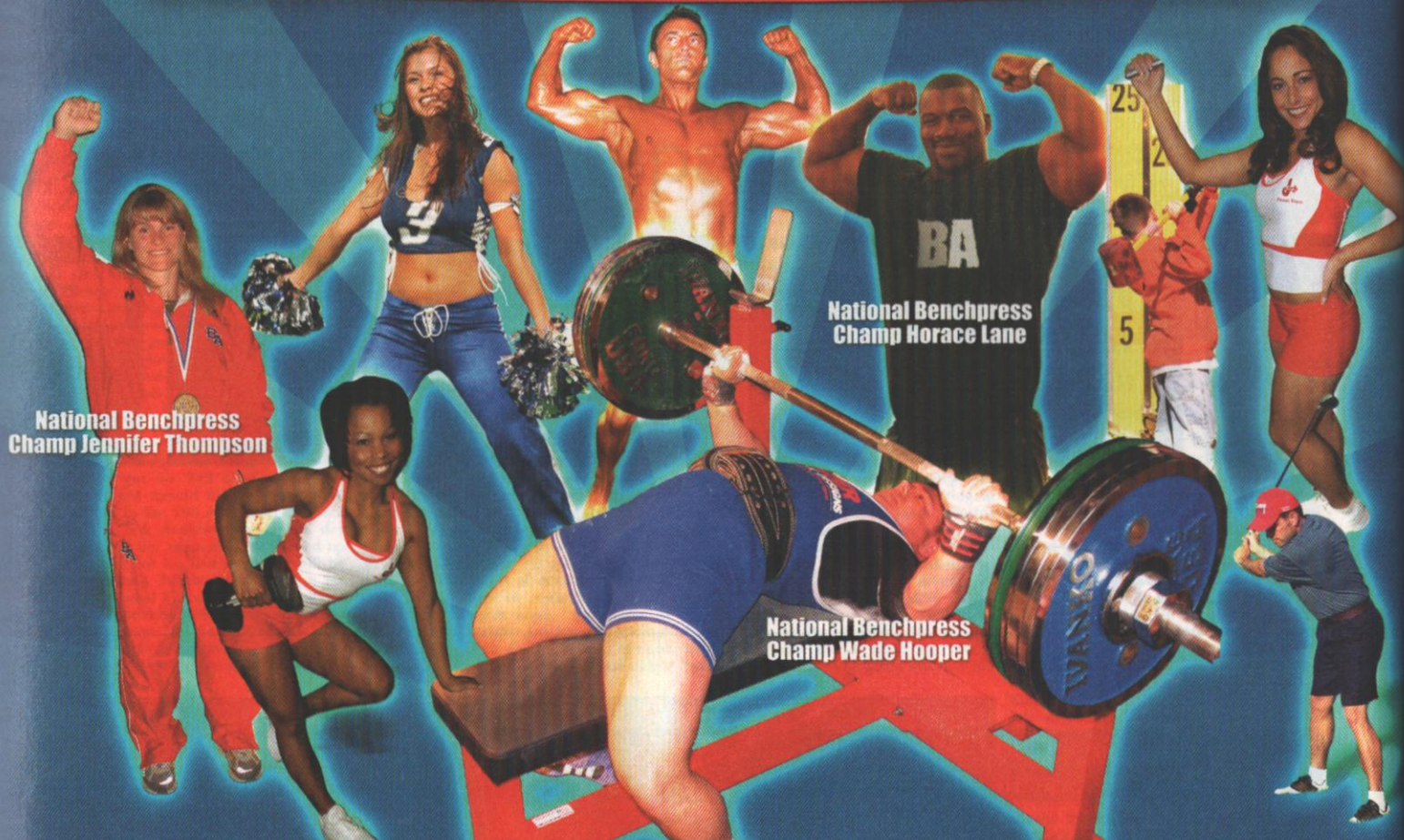


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National Benchpress Champ Jennifer Thompson

National Benchpress Champ Horace Lane

National Benchpress Champ Wade Hooper

Friday, September 30

12PM - Golf Outing - Shotgun Start - Rolling Knolls Country Club
7-9 PM BA3 Women's National BP Championships - Gym

Saturday, October 1

8AM - 9AM - 5K Race for the Boys and Girls Club of America
9AM - 11AM - Jiffy Lube® "Who's the Most Fit" - finals
11AM - 12PM - Body Figure
12PM - 1PM - Body Building Preliminaries
1PM - 3PM - BA3 Men's Lightweight National BP Championships
3PM - 4PM - Dance Competition
4PM - 6 PM - BA3 Men's Middleweight National BP Championships
6PM - 7 PM - Body Building Finals
7PM - 9 PM - BA3 Men's Heavyweight National BP Championships

schedule - subject to change

For More Information, log on to:
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\$10,000 FOR BIGGEST BENCH OVERALL!
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\$1,000 FOR 3RD BIGGEST BENCH OVERALL!

WOMEN'S DIVISION

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- * CLOSED BACK OR PARTIAL OPEN BACK (COLLAR CANNOT BE CUT)
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- * SLEEVES ABOVE ELBOW
- * STRETCHY BACKS ARE ALLOWED (AS PER STOCK FURY AND RAGEX TYPE SHIRTS) BUT FLOPPY BACKS AND DENIM/POLY COMBO SHIRTS ARE NOT ALLOWED.

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- * ALL BA NATIONAL RECORDS SETTERS WILL RECEIVE A RING
- * MEDALS TO 1-3 IN ALL WEIGHTCLASSES AND WOMEN'S WILKES
- * HOST HOTEL - HOLIDAY INN HAS OFFERED ALL BA LIFTERS/FRIENDS/FAMILY \$20 OFF THEIR \$89 RATE - MUST BE BOOKED THROUGH BENCHAMERICA
- * ALL BA3 COMPETITORS WILL RECEIVE 4 TICKETS TO THE FITNESS WEEKEND AND CHAMPIONSHIPS, AN OFFICIAL BA3 T-SHIRT AND AN INVITE FOR 2 TO THE VIP AFTER PARTY.

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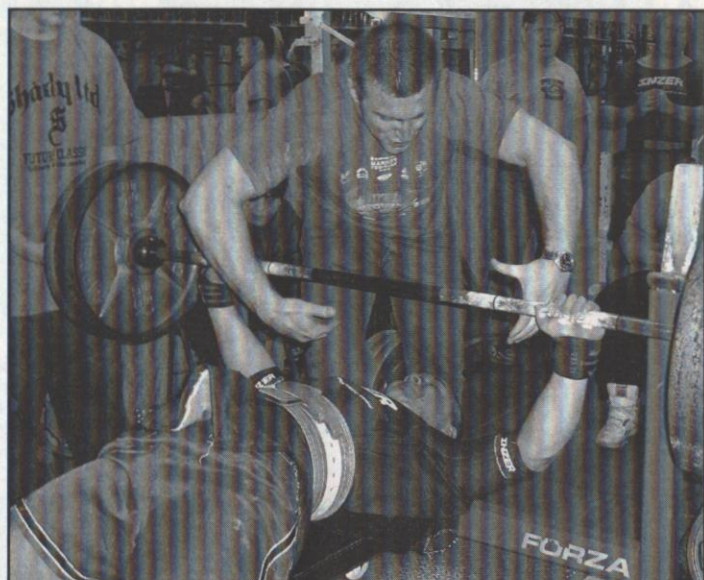
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**SLP Illinois State
18 FEB 05 - Tuscola, IL**

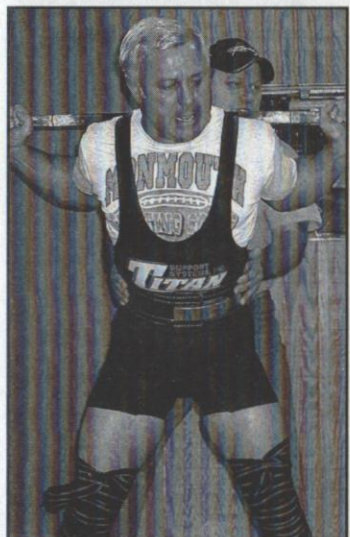
BENCH					
MEN					
Teen (18-19)	275 lbs.				
275 lbs.	J. Hassinger	375!			
DEADLIFT					
WOMEN					
T. Iverson	325!				
Police/Fire	Open				
(18-19)	132 lbs.				
	E. Haislar	310!			
MEN					
Teen (16-17)	SQ	BP	DL	TOT	
198 lbs.					
M. Beer	250!	215	415!	880!	
Junior					
181 lbs.					
J. Reyes	485	340	480!	1305	
Master (55-59)					
181 lbs.					
R. Carlson	410!	305!	420!	1135	
Police/Fire/Submaster					
198 lbs.					
M. Garrett	500!	365!	625!	1590!	
Police/Fire/Submaster					
242 lbs.					
M. Gille	500	430	600!	1530	



Josh Reyes and his 355 @ Junior/181 at the SLP Illinois State contest.

**USAPL Louisiana State (kg)
29 JAN 05 - Baton Rouge, LA**

BENCH					
MEN					
Teen	181 lbs.				
181 lbs.	D. Boyes	57.5			
A. Crappel	142.5				
Master (50-54)	242 lbs.				
181 lbs.	J. Longwell	70			
J. LeBlanc	145				
Master (60-64)	Open				
275 lbs.	165 lbs.				
M. Story	192.5				
WOMEN					
Teen	132 lbs.				
A. Mele	—	—	—	—	—
181 lbs.					
K. Carnahan	—	—	—	—	—
Junior					
97 lbs.					
J. Boulet	72.5	40	92.5	205	
105 lbs.					
S. Loebig	75	35	80	190	
123 lbs.					
P. Ramirez	120	52.5	112.5	295	
165 lbs.					
C. King	95	60	113	268	
181 lbs.					
L. Ferrer	137	80	175	392	
Master					
114 lbs.					
T. Rivers	45	35	107.5	187	
123 lbs.					
J. Honeycutt	—	—	—	—	—
132 lbs.					
D. Hogg	55	47.5	92.5	195	
MEN					
Teen	114 lbs.				
L. Bean	67.5	50	82.5	200	
132 lbs.					
R. Young	95	57.5	112.5	265	
148 lbs.					
M. Jenks	187.5	125	202.5	515	
165 lbs.					
Winchester	132.5	85	140	357.5	
G. France	250	235	235	622.5	
C. Fuller	197.5	120	220	537.5	
C. Friedman	212.5	135	257.5	597.5	
M. Melancon	197.5	130	202.5	530	
181 lbs.					
J. Heintz	—	—	—	—	—
D. McGhee	185	112.5	230	527.5	
W. Smith	182.5	122.5	215	520	
220 lbs.					
Charbonnet	217.5	137.5	200	555	
Hutchinson	205	125	250	580	
242 lbs.					
B. Robert	167.5	102.5	182.5	453	
J. Richard	220	150	237.5	607.5	
275 lbs.					
B. Bizette	250	177.5	227.5	655	
J. Jackson	232.5	140	255	627.5	
Junior					
148 lbs.					
M. Ruiz	210	122.5	260	592.5	



Richard Carlson got an SLP National Record 410 in the 55-59 age group, 181 lb. class (Latch photos)

165 lbs.					
B. Kergosien	187.5	110	200	497.5	
G. Kergosien	182.5	102.5	182.5	467.5	
Master (45-49)					
220 lbs.					
S. Norton	152.5	132.5	192.5	477.5	
Master (50-54)					
165 lbs.					
G. Brenner	25	100	25	150	
181 lbs.					
D. Fitzsimmons	170	122.5	190	482.5	
J. LeBlanc	145	145	145	435	
198 lbs.					
T. Longo	—	—	—	—	—
C. Spicer	227.5	145	227.5	600	
242 lbs.					
C. Siddle	62.5	127.5	147.5	337.5	
275 lbs.					
C. Wainright	230	172.5	235	637.5	
Master (55-59)					
L. Langlais	170	137.5	230	537.5	
B. Biennu	105	92.5	137.5	335	
Master (60-64)					
181 lbs.					
B. Roth	60	117.5	62.5	240	
220 lbs.					
R. Jinkins	142.5	142.5	227.5	512.5	
Master (65-69)					
242 lbs.					
R. Perkins	90	—	—	—	—
Master (70-74)					
R. Curtis	107.5	102.5	155	365	

(Thanks to USAPL for providing results)

**NASA Iowa State (kg)
19 MAR 05 - Des Moines, IA**

BENCH					
MEN					
123 lbs.					
High School					
A. John	77.5				
165 lbs.					
T. Calvin	232.5				
Submaster-2					
B. Whit	175				
220 lbs.					
Submaster-1					
J. Thompson	245				
Novice					
W. Campbell	132.5				
242 lbs.					
Novice					
D. Walker	205				
Push-Pull					
MEN					
132 lbs.					
Submaster-2					
A. Bown	77.5	125	312.5		
148 lbs.					
Novice					
C. Foshe	62.5	122.5	292.5		

165 lbs.					
Junior					
J. Cowles	102.5	197.5	500		
198 lbs.					
Pure					
C. Smith	207.5	265	765		
Submaster Pure					
C. Smith	207.5	265	765		
Master-2					
D. Rhoades	147.5	272.5	705		
Natural					
D. Rhoades	147.5	272.5	705		
Police/Fire					
R. Anderson	107.5	197.5	517.5		
Submaster Pure					
D. Doobay	147.5	185	332.5		
220 lbs.					
Pure					
J. Thompson	245	320	892.5		
Junior					
C. Frazier	165	260	662.5		
Submaster-2					
D. Gullion	162.5	240	622.5		
Pure					
J. Thompson	245	320	565		
Youth					
D. Frazier	47.5	110	247.5		
242 lbs.					
Submaster-2					
R. Baker	142.5	227.5	607.5		
275 lbs.					
Submaster Pure					
K. Nessa	217.5	—	—		
308 lbs.					
Police/Fire					
L. Willison	220	227.5	667.5		
Pure					
L. Willison	220	227.5	667.5		
Pwr Sports	CR				
MEN					
123 lbs.					
Youth					
C. Stolt	20	40	75	135	
165 lbs.					
Natural					
D. Strenstom	57.5	105	207.5	370	
198 lbs.					
Master-2					
G. Eastman	50	82.5	165	297.5	
220 lbs.					

Submaster-2					
T. Prati	70	162.5	227.5	460	
242 lbs.					
Novice					
C. Comes	72.5	132.5	205	410	
275 lbs.					
Master-1					
C. Frazier, III	72.5	140	222.5	435	
SHW					
Novice					
P. Clasi	62.5	132.5	—	—	—

(Thanks to Richard Peters for the results)

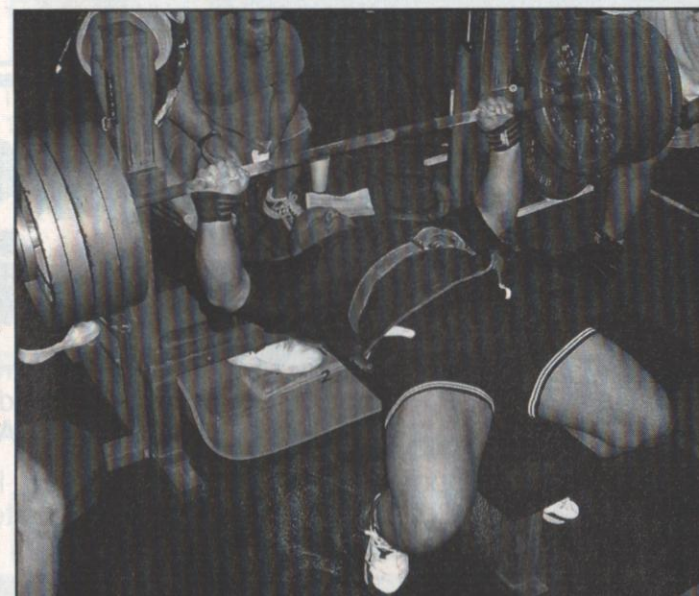
**AAPF/APF Back Bay BP Bash (kg)
28 MAY 05 - Biloxi, MS**

BENCH					
APF					
Teen					
132 lbs.					
J. Ladnier	57.5				
148 lbs.					
N. Rocco	57.5				
220 lbs.					
D. Pierce	197.5				
Novice					
242 lbs.					
J. Shackelford	205				
Master					
198 lbs.					
A. Massie	140				
Raw					
198 lbs.					
R. Dearman	182.5				
Open					
220 lbs.					
J. Perkins	227.5				

(Thank you to Joe Ladnier for these results)

**APA War on the Shore
4 JUN 04 - Daphne, AL**

BENCH					
WOMEN					
148 lbs.					
Open					
A. Micka	245!				
Teen (13-15)					
J. Perkins	165				
Submaster (33-39)					
165 lbs.					



John Micka with 650 @285 at the APA War on the Shore (R. Cidzik)

K. Hobden	250				
198 lbs.					
Open					
C. Phillips	470				
Master (40-49)					
C. Phillips	470				
220 lbs.					
Teen (18-19)					
D. Pierce	440				
Junior (20-23)					
J. Bailey	285				
Open					
J. Perkins	515				
E. Downey	500				
Submaster (33-39)					
J. Micka*	650				

*=Best Lifters. !=American Records. (Thanks to Ryan Cidzik for the results)

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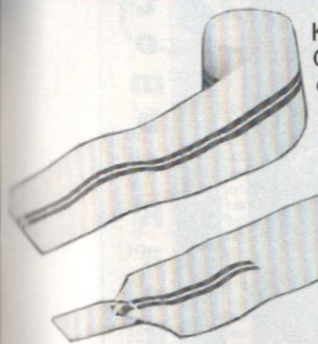
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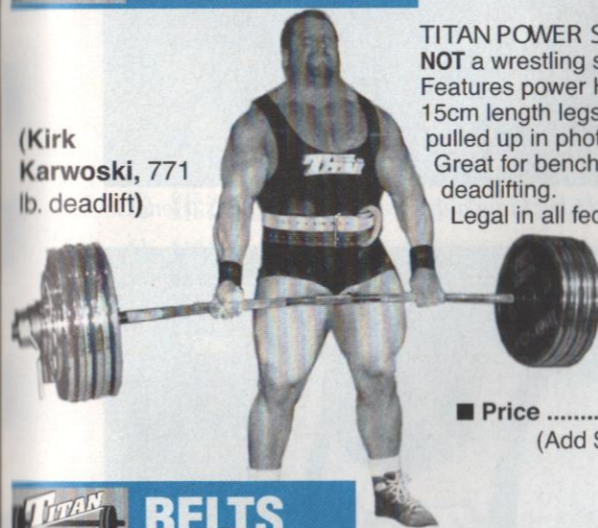


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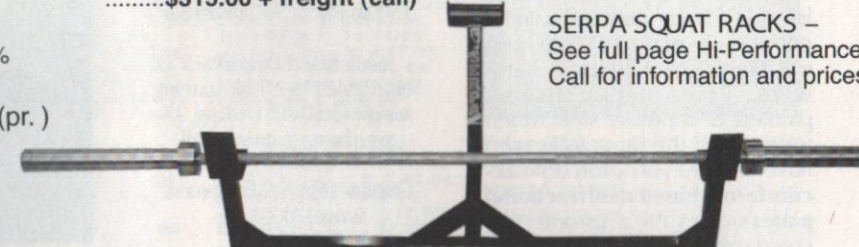
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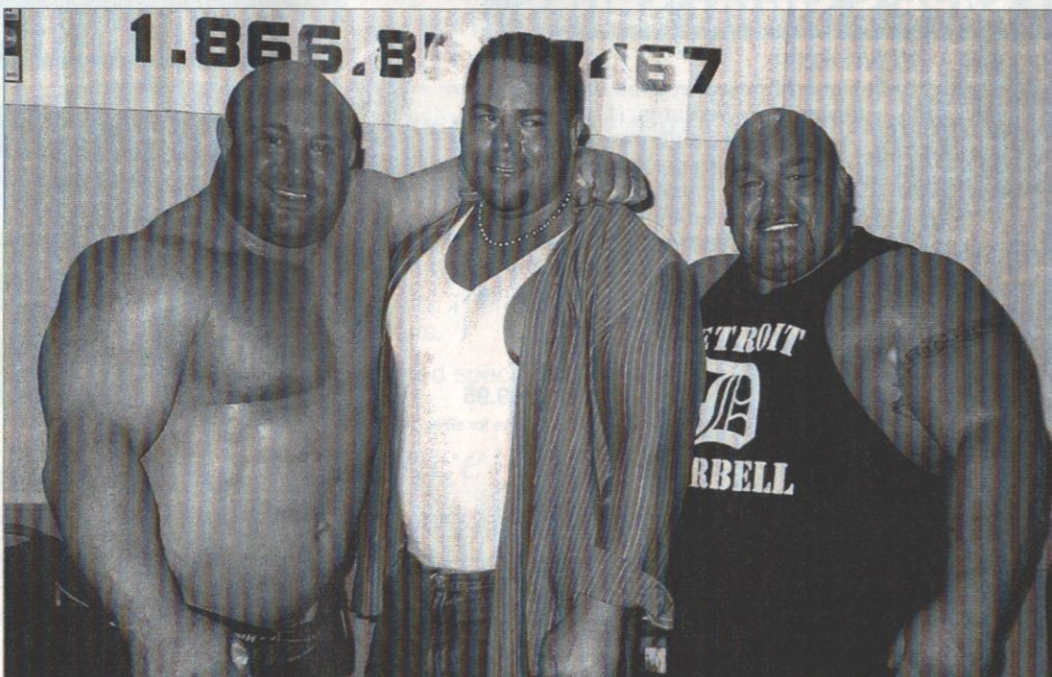
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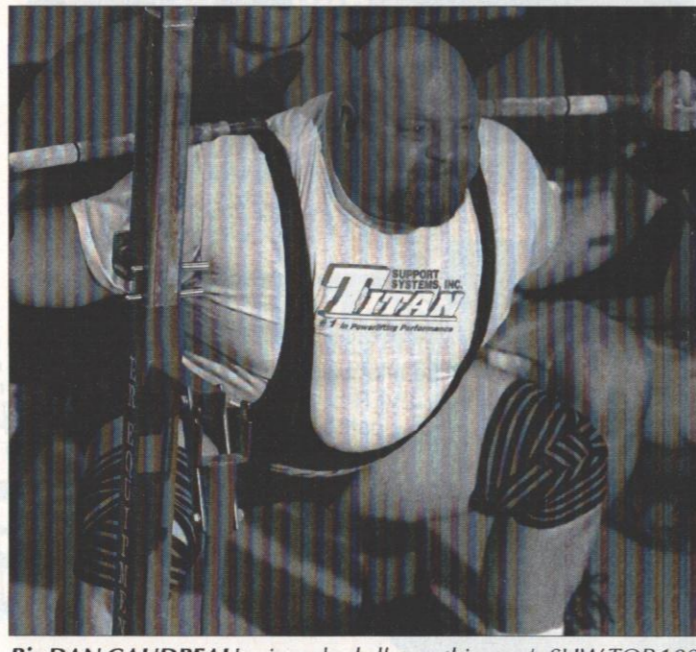


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TOP 100

For standard SHW/125+ Kg. USA lifters in results received from May/2004 through May/2005

SQUAT	BENCH	DEADLIFT	TOTAL
1 1125 Moore, B. 3/5/05	1005 Rychlak, G. 11/21/04	866 Nease, M. 4/30/05	2606 Thompson, D. 3/5/05
2 1124 Childress, P. 10/10/04	902 Kennelly, R. 12/4/04	837 Gillingham, B. 7/11/04	2601 Smith, M. 3/5/05
3 1074 Smith, M. 3/5/05	850 Lattimer, S. 7/10/04	826 Siders, B. 8/14/04	2579 Childress, P. 10/10/04
4 1053 Aichs, C. 4/10/05	832 Wong, S. 3/5/05	821 Thompson, D. 3/5/05	2546 Moore, B. 10/10/04
5 1041 Hoskinson, J. 3/12/05	825 Wolfe, M. 4/05	815 Smith, M. 5/1/04	2529 Siders, B. 11/14/04
6 1025 Hutson, T. 7/11/04	821 Brandenburg, C. 3/5/05	815 Ruggeria, M. 4/17/05	2510 Ruggeria, M. 4/17/05
7 1025 Frank, G. 10/10/04	820 Meeker, T. 12/11/04	810 Mikesell, B. 6/26/04	2455 Harold, T. 11/21/04
8 1024 Thompson, D. 3/5/05	805 Key, P. 4/05	810 Harold, T. 11/21/04	2400 Brand, B. 7/11/04
9 1020 Ruggeria, M. 4/17/05	804 Cooke, C. 9/25/04	804 Wiers, C. 6/6/04	2386 Wiers, C. 6/6/04
10 1019 Bernor, J. 10/10/04	800 Gillespie, B. 5/1/05	804 Childress, P. 3/5/05	2374 Aichs, C. 8/22/04
11 1003 Crumbley, S. 4/2/05	788 Frank, G. 5/28/05	804 Searcy, J. 5/1/05	2347 Bernor, J. 6/6/04
12 1003 Ewing, J. 4/23/05	785 Galligan, J. 11/21/04	800 Minnetti, N. 5/1/04	2341 Gillingham, B. 7/11/04
13 1000 Brand, B. 7/11/04	775 Desmond, R. 2/27/05	800 Tuffanelli, N. 6/5/04	2331 Schoonveld, B. 8/14/04
14 975 Siders, B. 8/14/04	771 Siders, B. 5/8/05	790 Rubey, T. 1/22/05	2315 Wilson, M. 4/17/05
15 965 Stratakis, P. 3/19/05	761 Leitz, B. 7/24/04	771 Harris, R. 5/8/05	2314 Hoskinson, J. 3/12/05
16 960 Wilson, M. 7/11/04	760 Thompson, D. 3/5/05	771 Pearson, D. 5/14/05	2300 Bross, M. 11/21/04
17 950 Vaughn, J. 4/17/05	755 Moore, B. 10/10/04	766 Mott, W. 6/26/04	2292 Mikesell, B. 6/26/04
18 940 Henderson, S. 12/11/05	755 Aiche, C. 4/10/05	765 Rogers, D. 9/11/04	2276 Karabel, L. 5/8/05
19 931 Weech, S. 12/5/04	750 Karlovic, B. 4/30/05	760 Grove, J. 1/22/05	2275 Stratakis, P. 3/19/05
20 930 Harold, T. 11/21/04	738 Lewis, J. 5/2/04	755 Schoonveld, B. 8/14/04	2243 Crumbley, S. 4/2/05
21 925 Pearson, D. 4/2/05	735 Brown, M. 11/21/04	755 Swatling, M. 2/19/05	2210 Ewing, J. 6/6/04
22 905 Pickens, A. 12/11/04	725 Fletcher, T. 4/17/05	749 Moore, B. 5/1/04	2210 Henderson, S. 12/11/04
23 920 Gibson, J. 4/17/05	722 Smith, M. 3/5/05	745 Ufford, K. 3/26/05	2210 Pearson, D. 5/14/05
24 920 D'Ambrosio, L. 5/22/05	715 Harold, T. 11/21/04	744 Oldham, B. 11/15/04	2205 Laudadio, B. 2/5/05
25 909 Barlow, R. 6/6/04	715 Mendelson, S. 5/22/05	740 Stratakis, P. 3/19/05	2205 Vaughn, J. 4/17/05
26 905 Johnson, Wade. 3/19/05	707 Manno, T. 5/22/04	740 Madvig, B. 4/30/05	2204 Minnetti, N. 5/8/05
27 903 Wiers, C. 6/6/04	706 White, S. 5/28/05	738 Lawrence, A. 10/17/04	2188 Minnaugh, B. 6/6/04
28 903 Mikesell, B. 6/26/04	705 Schoonveld, B. 8/14/04	738 Bryant, J. 2/19/05	2185 Hunt, J. R. 7/11/04
29 903 Fannon, T. 6/26/04	705 McCaslin, Z. 11/6/04	735 Rideout, S. 15/04	2175 Sargent, H. 11/21/04
30 903 Karabel, L. 5/8/05	705 Peshek, J. 12/18/04	735 Vaughn, J. 4/17/05	2165 Johnson, Wade. 3/19/05
31 895 Sargent, H. 11/21/04	705 Skiver, T. 3/19/05	733 Karabel, L. 5/8/05	2160 Rubey, T. 1/22/05
32 885 Hunt, J. R. 7/11/04	700 Brand, B. 7/11/04	730 Wilson, M. 4/17/05	2160 Klaus, B. 4/24/05
33 881 Minnaugh, B. 6/6/04	700 Lane, H. 10/10/04	730 Forstner, D. 3/19/05	2150 Gibson, J. 6/04
34 880 Grove, J. 12/11/04	700 Laudadio, B. 2/5/05	727 Cunnane, E. 8/14/04	2149 Weech, S. 12/5/04
35 880 Symons, C. 4/3/05	700 Dizenzo, V. 3/05	727 Abbott, J. 12/5/04	2140 Madvig, B. 4/30/05
36 876 Harris, R. 5/8/05	683 Childress, P. 10/10/04	727 Jacobs, B. 12/11/04	2127 Lawrence, A. 10/17/04
37 875 Moore, C. 4/17/05	677 Wiers, C. 6/6/04	725 Duncan, L. 12/11/04	2121 Barlow, R. 6/6/04
38 870 Gillingham, B. 7/11/04	675 Patterson, R. 12/4/04	725 Ware, R. 1/25/05	2120 Manly, J. 12/11/04
39 870 Schoonveld, B. 8/14/04	675 Ruggeria, M. 4/17/05	722 McDuffie, J. D. 5/1/04	2116 Fannon, T. 6/26/04
40 870 Manly, J. 12/11/04	672 Hodge, M. 5/2/04	722 Medak, A. 11/15/04	2105 Higgins, M. 5/14/05
41 870 Braunbeck, A. 4/10/05	672 Quinn, B. 9/25/04	720 Knueppel, K. 9/25/04	2094 Wnuk, K. 7/11/04
42 859 Klaus, B. 4/24/05	666 Bernor, J. 6/6/04	716 Bernor, J. 6/6/04	2088 Neal, M. 5/23/04
43 859 Minnetti, N. 5/8/05	665 Weaver, E. 8/8/04	716 Lilliebridge, E. 1/8/05	2083 Quinn, B. 6/6/04
44 854 Archer, H. 5/8/04	661 Fannon, T. 6/26/04	715 Page, J. 9/18/04	2083 Abbott, J. 12/5/04
45 854 Quinn, B. 6/6/04	661 Leach, J. 8/7/04	715 Brown, M. 11/21/04	2070 Ufford, K. 3/26/05
46 854 Higgins, M. 5/14/05	661 Washington, G. 5/7/05	715 Henderson, S. 12/11/04	2055 D'Ambrosio, L. 5/5/04
47 854 McDaniel, M. 5/14/05	660 Hamby, M. 12/12/04	710 Barlow, R. 6/6/04	2050 Wagner, G. 12/10/05
48 850 Vaughn, J. 4/17/05	655 McCrae, R. 7/17/04	710 Pecktol, S. 6/26/04	2050 Harper, G. 4/10/04
49 850 Brown, M. 11/21/04	655 Karabel, L. 9/12/04	710 Aichs, C. 8/22/04	2044 Christus, J. 7/11/04
50 850 Delan, N. 11/21/04	650 Gibson, J. 6/04	710 Hoskinson, J. 10/17/04	2040 Toranzo, J. 3/05
51 848 Wagner, G. 12/10/04	650 Shell, J. 7/24/04	710 Garcia, G. 10/30/04	2035 Dowling, B. 6/12/04
52 837 Neal, M. 5/23/04	650 Baker, A. 8/8/04	710 Davenport, S. 11/6/04	2035 Knueppel, K. 9/25/04
53 837 Lawrence, A. 10/17/04	650 Marchant, D. 11/15/04	705 Ryder, K. 5/2/04	2035 Gallo, C. 12/11/04
54 835 Johnson, E. 4/2/05	650 Jordan, S. W. 11/15/04	705 Laudadio, B. 5/15/04	2035 Forby, T. 4/17/05
55 832 Southwood, K. 4/2/05	650 McClung, R. 4/3/05	705 Minnaugh, B. 6/6/04	2033 Harper, G. 6/6/04
56 826 Marcum, S. 6/12/04	650 O'Halleran, S. 5/7/05	705 Fletcher, P. 8/21/04	2017 Moore, C. 11/6/04
57 826 Harper, G. 4/10/05	644 Wilson, M. 4/17/05	705 Dippre, C. 11/6/04	2015 Peshek, J. 6/13/04
58 825 Dowling, B. 6/12/04	644 Gaudrea, D. 4/3/05	705 Munsey, D. 11/15/04	2010 Nease, M. 3/19/05
59 815 Spencer, J. 4/2/05	640 Toranzo, J. 3/05	705 Sargent, H. 11/21/04	2006 Pickens, A. 7/11/04
60 810 Icenhour, B. 7/25/04	639 Reece, D. 7/24/04	705 Stumpf, E. C. 12/11/04	2006 Braunbeck, A. 4/10/05
61 810 Lamar, C. 4/2/05	639 Harris, R. 5/8/05	705 Dolan, C. 1/29/05	2006 Kralovetz, D. 4/10/05
62 810 Forby, T. 4/17/05	633 Gillingham, B. 7/11/04	705 Johnson, E. 4/2/05	2005 Symons, C. 4/3/05
63 810 Laudadio, B. 5/8/05	633 Ewing, J. 10/17/04	705 Weaver, B. 4/23/05	2000 Marcum, S. 6/12/04
64 805 Gallo, C. 12/11/04	633 Leo, S. 2/19/05	705 Nettles, D. 5/15/05	2000 Fellows, J. 1/15/05
65 805 Johnson, Wes. 1/05	633 Tovar, J. 3/5/05	705 Gaudrea, D. 5/22/05	1989 Archer, H. 5/8/04
66 804 Harper, G. 6/6/04	630 Tancil, J. 6/26/04	700 Horton, R. 6/26/04	1984 Cornett, C. 4/2/05
67 804 Christus, J. 7/11/04	630 Neal, M. 9/18/04	700 Brand, B. 7/11/04	1984 Southwood, K. 4/2/05
68 804 Dippre, C. 11/6/04	630 Jarausch, S. 12/4/04	700 Hunt, J. R. 7/11/04	1978 McKee, B. 4/23/05
69 804 Sparkman, M. 4/9/05	630 Ratsch, P. 5/14/05	700 Bradshaw, P. 8/7/04	1978 Nettles, D. 5/15/05
70 800 Knueppel, K. 9/25/04	630 Barbaccio, S. 5/22/05	700 Heppner, N. 11/15/04	1973 Stumpf, E. C. 12/11/04
71 800 White, M. 12/11/04	628 Shields, A. 10/31/04	700 Rial, N. 11/15/04	1962 Cunnane, E. 8/14/04
72 800 Fellows, J. 1/15/05	628 Kralovetz, D. 4/10/05	700 Gallo, C. 12/11/04	1962 Meek, B. 5/14/05
73 800 Rubey, T. 1/22/05	625 Twining, R. 6/12/04	700 Salscheider, B. 3/19/05	1955 Brandon, J. 3/19/05
74 800 Toranzo, J. 3/05	625 Clark, C. 9/18/04	700 Wesley, N. 4/2/05	1951 Davenport, S. 11/6/04
75 800 Sierra, R. 4/2/05	625 Bjork, C. 3/26/05	700 Pressley, C. 4/23/05	1935 Rideout, S. 15/04
76 800 Madvig, B. 4/30/05	625 Micka, J. 3/26/05	700 Manly, J. 4/30/05	1930 Ratsch, P. 4/3/05
77 799 Cornett, C. 4/2/05	623 Higgins, M. 10/13/04	699 Wnuk, K. 7/11/04	1929 Dippre, C. 11/6/04
78 799 Gaudrea, D. 5/22/05	622 Grove, J. 10/2/04	699 Klaus, B. 4/24/05	1925 Ellis, D. 6/26/04
79 777 Wnuk, K. 7/11/04	622 Crawford, J. 11/15/04	688 Lane, T. 8/22/04	1923 Pecktol, S. 6/26/04
80 777 Meek, B. 10/14/04	622 Harris, P. 4/2/05	688 Edgell, D. 11/15/04	1920 Fletcher, P. 8/21/04
81 777 Abbott, J. 12/5/04	622 Christus, J. 5/8/05	688 Baker, S. 11/20/04	1918 Labare, A. 8/14/04
82 777 McKee, B. 4/23/95	620 Bryant, J. 5/22/05	685 Fellows, J. 1/25/05	1918 Leo, J. 2/19/05
83 775 Burdick, J. 7/11/04	617 Wnuk, K. 7/11/04	683 Crumbley, S. 4/2/05	1918 McDaniel, M. 5/14/05
84 775 Ufford, K. 3/26/05	615 Lewis, D. 3/26/05	683 Ewing, J. 4/23/05	1912 Swank, M. 6/6/04
85 771 Bolger, J. R. 4/2/05	611 Yannacci, D. 8/7/04	680 Patterson, J. 5/14/05	1910 Salscheider, B. 10/23/04
86 771 Kralovetz, D. 4/10/05	610 Forstner, D. 3/19/05	677 Harper, G. 6/6/04	1910 Schott, M. 4/17/05
87 766 Cross, J. 4/24/05	610 Graube, J. 5/22/05	677 Weech, S. 12/5/04	1906 Bryant, J. 2/19/05
88 765 Gormus, R. 12/11/04	606 Wren, J. 5/8/04	677 Liogghio, R. 2/12/05	1905 Gormus, R. 12/11/04
89 765 Williams, I. 4/2/05	606 Feliciano, N. 5/22/04	675 Brandon, J. 6/26/04	1901 Gaudrea, D. 5/2/05
90 760 Deutsch, L. 10/3/04	606 Coleman Jr., A. 5/7/05	675 Donnetto, C. 10/16/04	1901 Bierschbach, R. 4/24/05
91 760 Patton, A. 4/2/05	606 Slaughter, S. 6/8/05	675 Gormus, R. 10/23/04	1900 Lamar, C. 4/2/05
92 760 Bierschbach, R. 4/24/05	605 Mason, E. 10/16/04	675 Ratsch, P. 4/3/05	1896 Lilliebridge, E. 6/26/04
93 755 Wesley, M. 4/2/05	605 Johnson, Wade. 3/19/05	672 Atarian, V. 7/17/04	1895 Garcia, G. 3/19/05
94 755 Lane, T. 4/24/05	605 Stratakis, P. 3/19/05	672 Gant, F. 12/11/04	1895 Johnson, E. 4/2/05
95 755 Brickett, A. 4/24/05	601 Watts, W. 11/15/04	672 Perut, J. 4/17/05	1890 Luciano, S. 2/2/05
96 750 Rideout, S. 15/04	600 Hart, J. 5/30/04	672 Holata, M. 5/14/05	1889 Rogers, D. 5/22/05
97 750 Bossowski, M. 5/30/04	600 Minnaugh, B. 6/6/04	670 Geringer, T. 8/7/04	1885 Johnson, Wes. 1/05
98 750 Brandon, J. 6/26/04	600 Dowling, B. 6/12/04	670 Jones, M. 9/11/04	1884 Holata, M. 5/14/05
99 750 White, R. 7/24/04	600 Clark, K. 6/19/04		1884 Ryder, K. 5/22/05
100 750 Hinze, J. 10/23/04			

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NEXT MONTH... TOP 114s

CORRECTIONS ... in our FEB/05 issue Mr. Smith's name was misspelled in the results of the IPA Nationals on pg. 19. Joe Ceklovsky's 520 bench press in the 148 lb. class was not included in the All Time Bench Pressers list published in the March 2005 issue of PL USA. The actual lifts of Anthony "A.J." Ellis at the AAU Richmond International (p. 72, APR/05 PL USA) were 220 121 248 578, with successful 4th attempts in the SQ (220) and DL (261). C. Brigham's 220 lb. squat and 606 total at Master 114 from the APF California State meet (2/04) were not reflected on the TOP 20 rankings in our May issue. Chris Garcia should have been credited with a 699 squat on the TOP 20 Masters 242 lb. class listing in our May issue, and John Galligan should have been credited with his 785 4th attempt BP in the TOP 20 for the Superheavyweights in 2004. If you find errors in our lists or results, let us know at PL USA Errors, Box 467, Camarillo, CA 93011 for a correction.

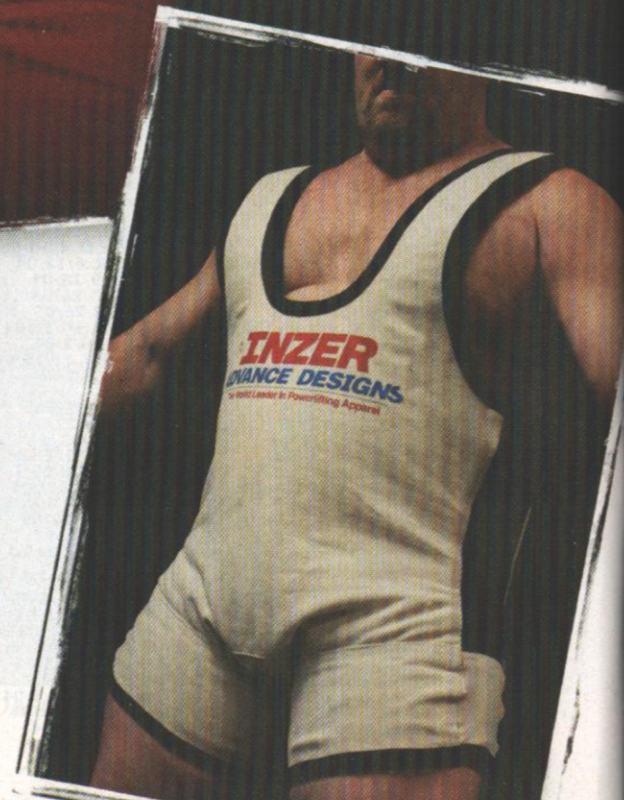
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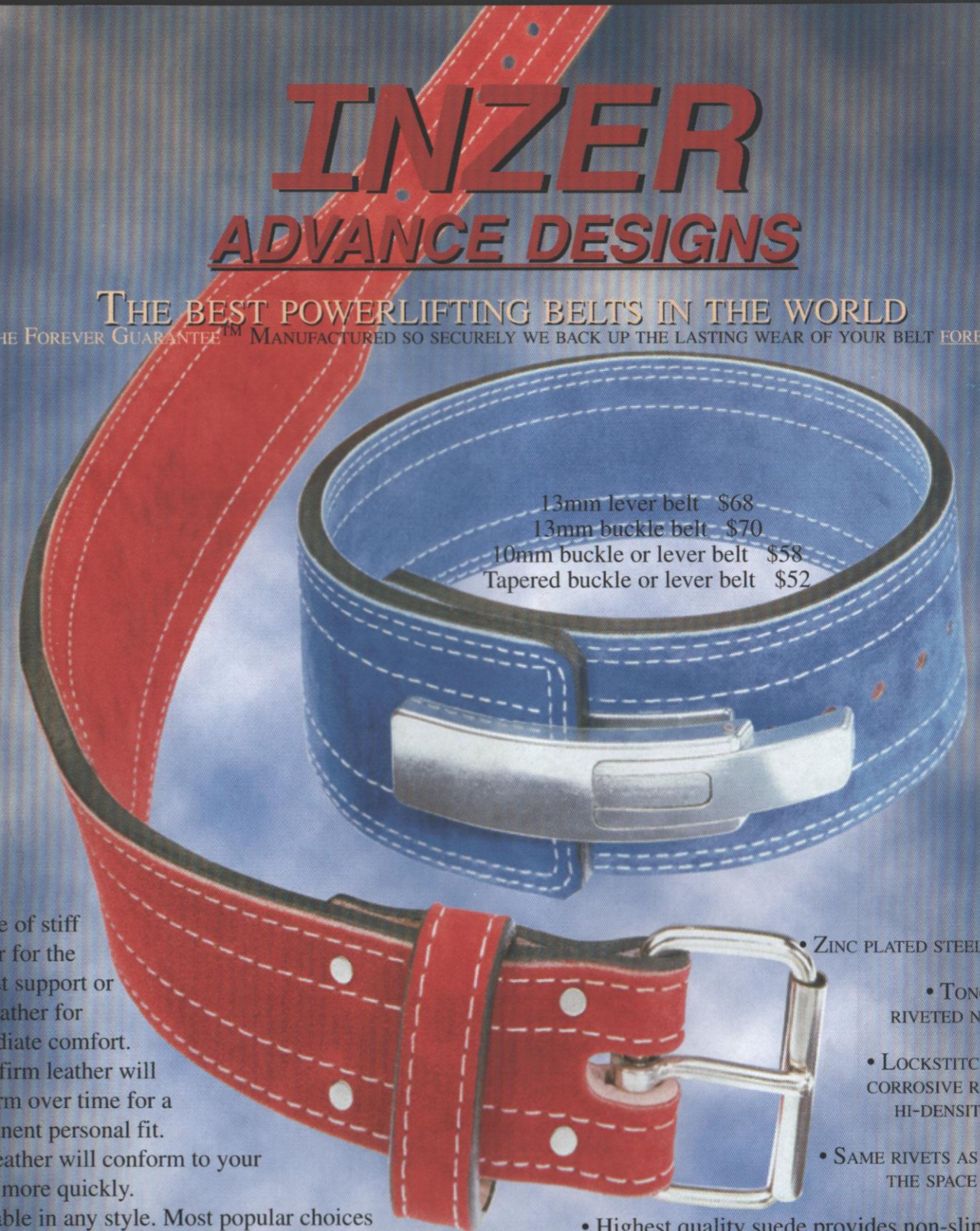
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