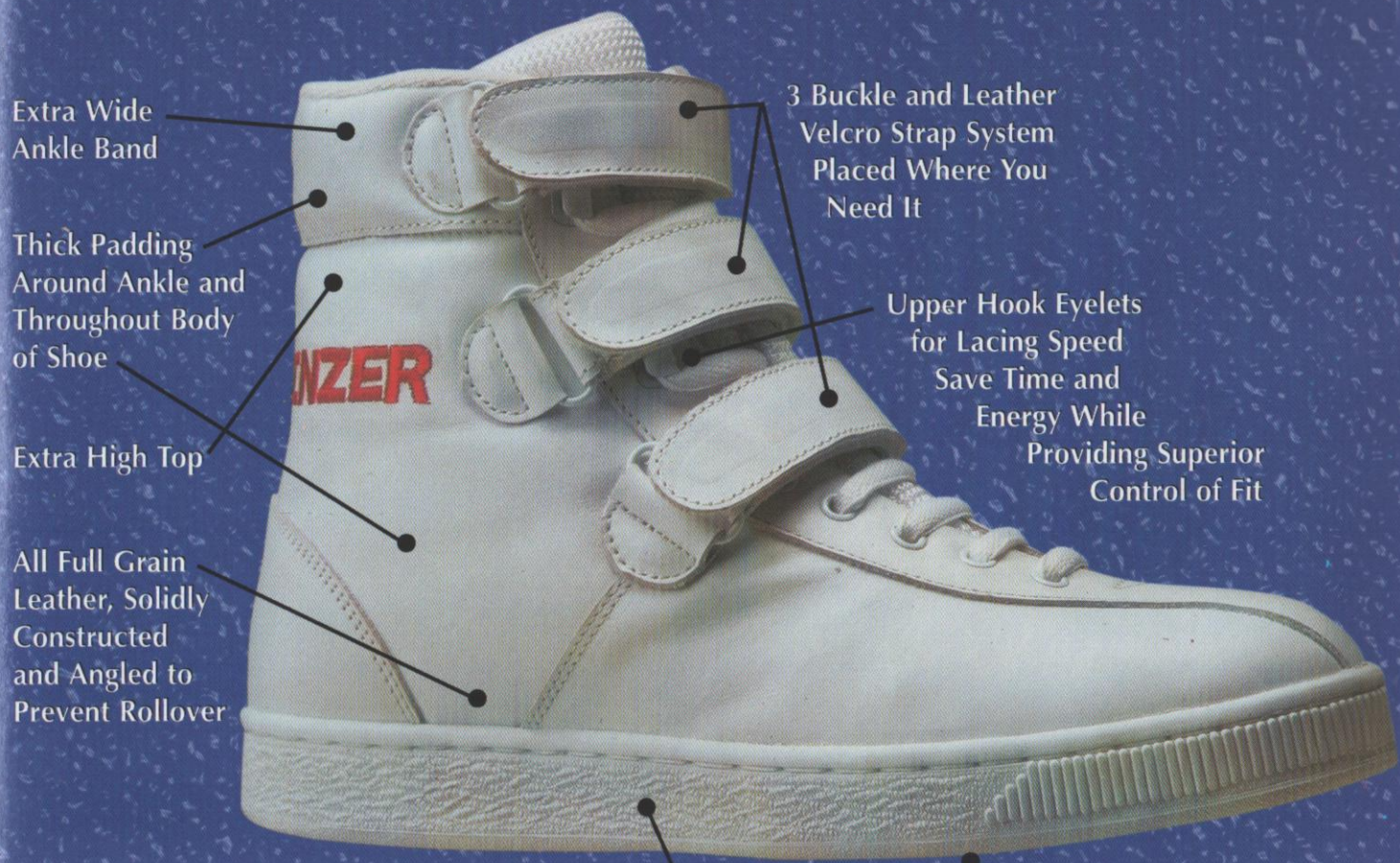


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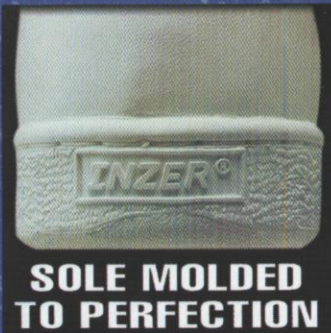
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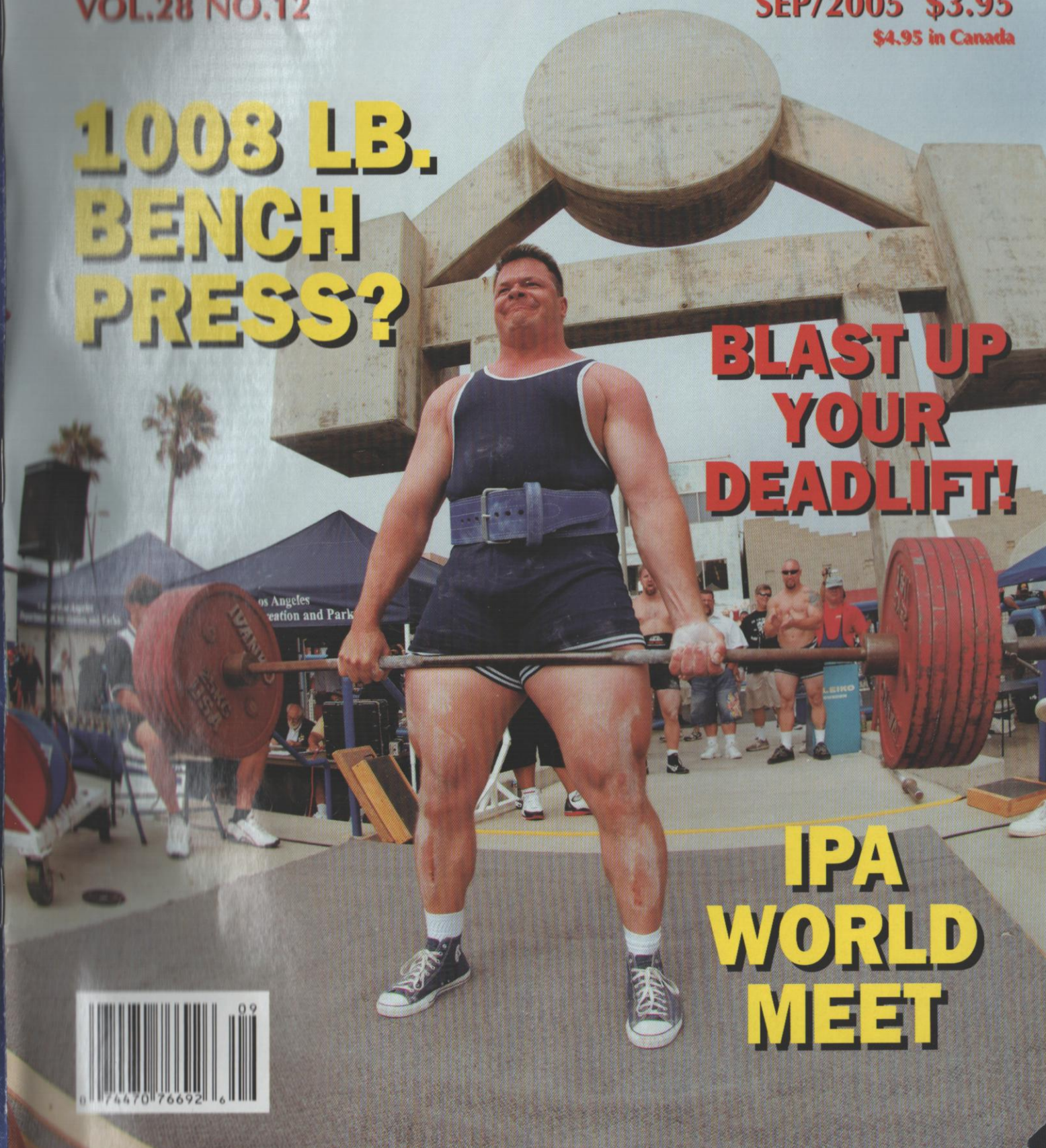
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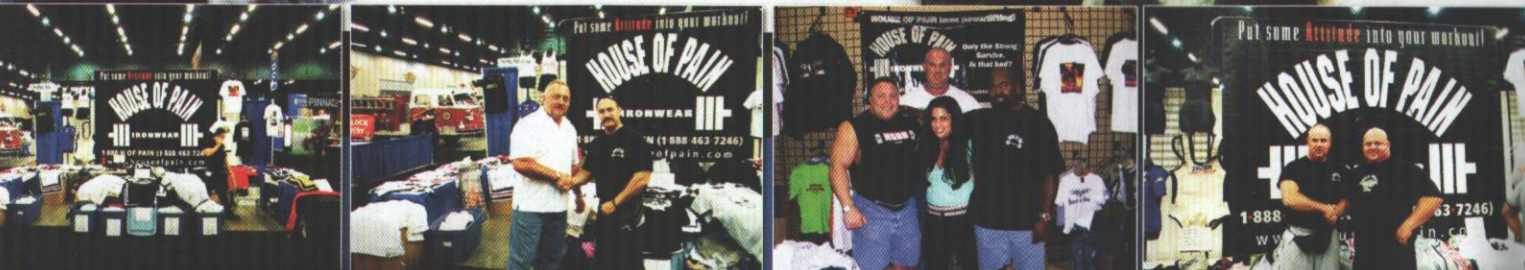
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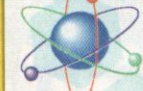
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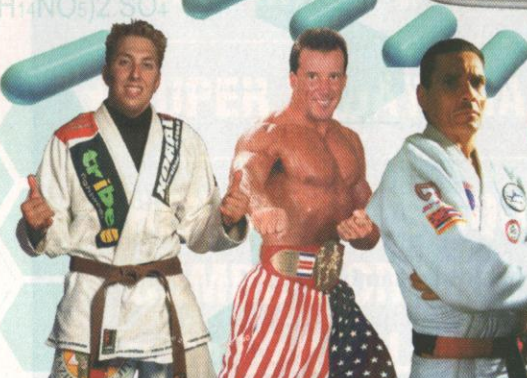
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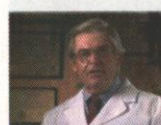
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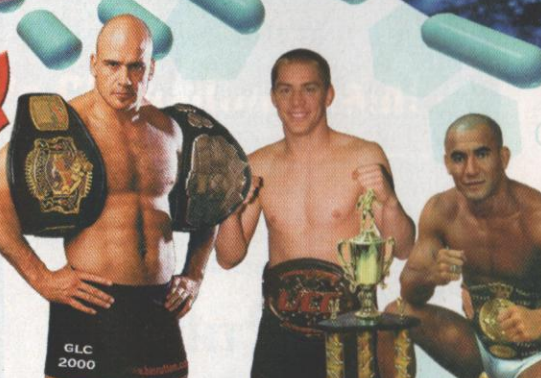
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ON THE COVER - Paul Abbott of San Diego deadlifting over 700 pounds at one of the greatest outdoor powerlifting venues in the world, the very famous Muscle Beach Venice (MRL)

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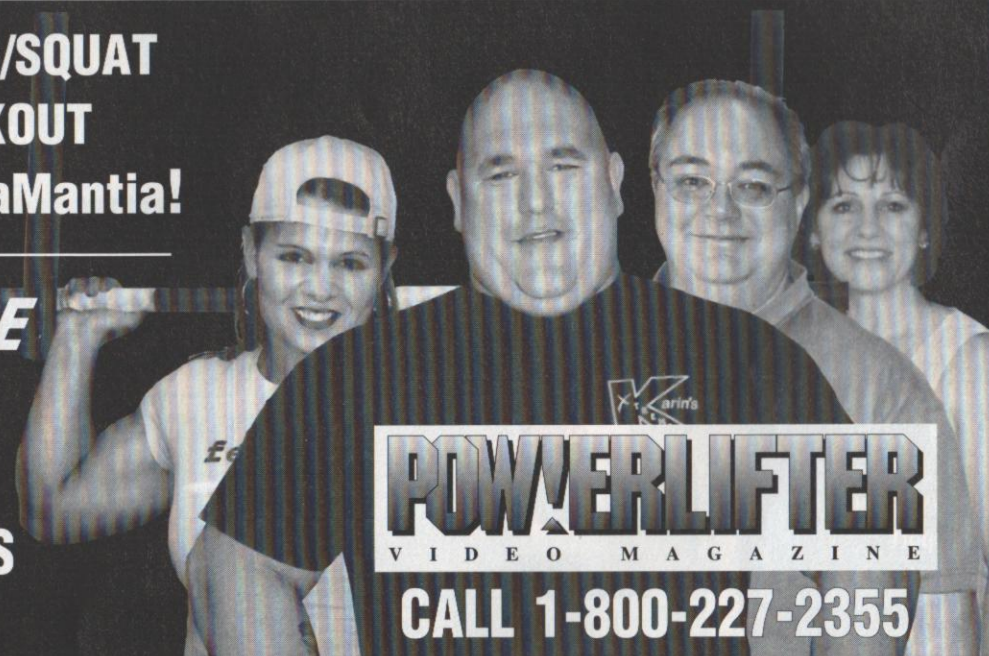
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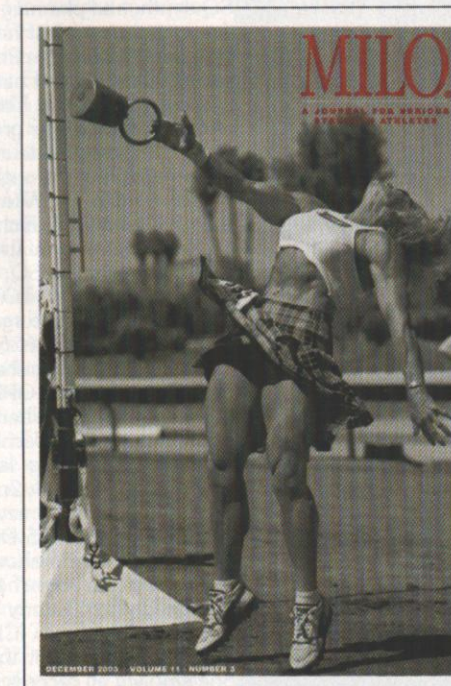
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## 11th IPA World Championships as reported to Powerlifting USA by Herb Glossbrenner

I've known Mark Chaillet since the late 70s, when he managed the Kokomo branch of one of Larry Pacifico's New Life Spas, back in Indiana. Our Central Indiana team hosted a meet on Oct. 13, 1979. Mark won the 220 class with a 740 SQ, 750 DL, and 1930 TOT, a performance that ranked him 6th nationally. Mark forged on and did some awesome lifting as he got bigger and stronger. At 242, Chaillet TOT 2100 on 5/1/82 with 810, 465, 825 at a meet in Norwalk, OH. That same year at the Bob Moon Meet in Findlay, OH, Mark tells me he pulled his best ever DL - 875! The results were never sent in to PL USA. At 275 his best TOT came at the 1st inaugural APF Sr. Nats 28 JUN 86 in Dayton, OH. He went 9/9 with 865 SQ, 512 BP and 848 DL for 2226 setting PRs along the way. His best ever SQ @ 275 was 920.4, at the APF Seniors Jul 26, 1992. Mark's best ever TOT of 2260 @ 281 bwt. came in Maui, HI, Nov. 16, 1986 where he won the first APF Worlds with 900 SQ, 520 BP, and 840 DL. He got his best ever SQ with 925.9 @ 283 on 6/28/87 in Bloomington, MN, at the APF Seniors. After culminating his lifting career, Mark thought about starting his own PL organization. There would be no backbiting or politics; something to get lifters more involved in their own destiny. Lifters for lifters. He was operating a gym in Maryland, with his wife Ellen, called Chaillet's Fitness. They started running meets along with the help of John Schaeffer; and offered money for Amateur and Pro divisions. The



Joe Avigliano of Team Extreme.

IPA was formed and the first meet for this new entity came in 1995. Schaeffer moved to Arizona to work for a nutrition company, so Mark took command. York Barbell was one of his meet vendors. York Barbell liked PL and asked Mark to move to York, PA in 1998 to reinstitute the once famous York Picnic, a Labor Day gathering of muscleheads for fellowship, fun, and, of course, tossing some big iron. He did so and also assumed the job as York Barbell's manager of commercial sales. However, his own training studio consumed most of his time, so he later resigned. This year Mark asked York Barbell if he could return and run meets again. They were happy to resume the events, so now he's working part time as a Commercial Sales Rep. PL has once again been established in "Muscle town", PA. Mark considers it a great privilege to be associated once again with the famous name York Barbell.

I'm honored that Mark asked me to write this report in the absence of Mark Kodya (family illness). Everyone sends Mark their sympathy and condolences. I enjoy reading his reports more than my own, always informative and interesting. I'm just filling in. In retrospect, York management was happy with the outcome of this competition and has given the "go ahead" for future events! Henceforth, it appears this great site may be the permanent facility for future IPA National and World Championships.

Let's talk about the lifting venue itself. I'm guessing it covers about 3500 SQ feet with wraparound fold-out bleachers. The area will accommodate about 250 spectators. The elevated platform, with iron railing surrounding the front, is a replica of that used at the Olympic Games for WL. The York Barbell banner is elevated in plain sight, on the wall behind the platform. Mark designed the plate holders himself for loading convenience. Everything in IPA is lifted in pounds, rather than kilos, with tons of York Barbell plates, accurate and machined to the ounce!

A curtain dividing the weigh-in scale from the monitor eliminates the necessity of same sex weigh-in for those who have to strip off to make weight. It's a brilliant idea by Ellen Chaillet. A digital kilo/lb. scale records bodyweight with it set on lbs. (of course) The Chaillets are second to none when it comes to running a great meet. The organizing is exemplary (even to the smallest detail). The PA sound system was perfect. The acoustics in the hall were fabulous. Michelle

Balhn did a fabulous job as emcee. No mistakes on lifter's rack height nor mis-loads in the whole competition. Thanks to Mark's sponsors: first and foremost, York Barbell, also Monster Muscle and PL USA distributed free magazines. Inzer Advanced Designs had a booth manned by big Gene Rychlak. Outback Steakhouse brought in a big truck, cooked outside, set up tables, and chairs in the entrance hall, and fed over 250 people free of charge: prime rib, steak, chicken, veggies and salad. Mark had water, bananas, and apples provided



Elaine Grimwood winner @ 105

complementary to the lifters, friends and family as well as Gatorade sports drinks. What more can you ask for? It was a great honor to be a participant in this competition. It was great being a part of the LA Lifting Club's Extreme Team, we all helped each other. Newlywed Oan Basson, our biggest member, came just to help but will be in top shape to lift @ 275 in November here. Oan seated seven shirts, perfectly, and wrapped knees. Joe and Nance Avigliano did everything, running themselves ragged: counting attempts, gauging warmups, picking attempts, calling SQ depth, and planning strategy. Joe was drained, but he was the only person lifting the 2nd day, so we did everything for him.

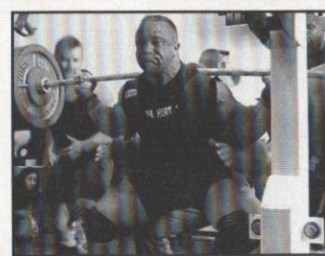
On to the lifting. The first day (JUL 16) saw all age groups and categories both Amateur and Pro, Men and Women, through the 220 class competing. The Women outdid themselves! Megan Eicholtz, 19, La Plata, MD, set Amateur WR @ 123 bwt. with 195 SQ, 125 BP, 250 DL and 570 TOT. Carol Silverman, 54, Harrisburg, PA, won AM @ 148 with 635. Elaine Grimwood, 34, Lewisberry, PA, broke her own PRO OPEN Squat (360) and TOT (850) here @ 105. Elaine is game! Mary Jacobson, 49, a bodybuilder-strong lady from Annapolis, MD, took 2nd in 165 Pro OPEN and set 3 new WRs @ 45-49: 315 SQ, 385 DL & 940 TOT. Mary wanted to show me how she could lift me above her ahead - I declined! Our Tammy Thomas, 35, 163.4, Studio City, CA, smashed 6 IPA WRs in the PROS. She smoked all records but Amy Robert's BP record (tied it @ 250). Her SQ (2nd) of 540, DL (1st) with 485 and total 1275 shattered the

10 year old records held by the great Debra Erney. Tammy got a 510 DL up as well as 560 SQ, but they were ruled no lifts! We'll miss Tammy a lot, as she's back to home in MS before going to MI for law school. She expresses gratitude to Joe for his program and coaching to rehab her from knee injury last year, to the great condition she is in now at one wt. class lighter. Our other two Team Extreme ladies did great also: Nicolai Meador, a mother of two from Petaluma, CA, trains on Joe's program and drives the 800 miles (round trip), periodically, to train with us. She's truly hardcore, usually driving back the same day. Her 430 DL (2nd) broke the Amateur OPEN 181 WR (Linda Jo Belsito's 425 of 2-10-96)! Nicolai also surpassed Linda Jo's submaster WRs with her 430 SQ, 430 DL and 1060 TOT. Angela Martinez, 38 from Argentina, now resides in Bell Gardens, CA, and has represented our team with honor. She set IPA Amateur Open marks last NOV @ 198 with 520 SQ, 311 BP, 500 DL, and TOT 1331. This time she dropped a wt. class to 181, losing 22 lbs. in three weeks while vacationing in Miami, FL. Lifting PRO here she got a 455 SQ, 275 BP, and 440 DL for 1170 TOT - not bad considering the drastic weight loss.



Doug Heath ... Pro Master 148.

The Men: Sat. JUL 16th - John Gengo, 45, Newburgh, NY, entered the 148 AM div. and scored good: 430-250-450-1130. David Wilson, 47, a heavy muscled bodybuilder - Pler from Chesapeake, VA trains alone. David, lifting unequipped, dug deep into his savings account and shelled out no less than \$769 in entry fees and entered 9 divisions and won first place in 8 of them. David was runner up to Doug Heath, who returned after a 2 yr. absence from competition. David's "raw" lifts of 380, 305, 480, 1165 TOT are very good for his age. Speaking of Heath, the 49 year old fireman from Columbus, OH has over 22 years of competition under his belt. Starting out as an 114er, Doug is a "living legend". He was a multi-time APF Senior and WPC World Champ and still holds submaster and 40-44 WRs in that organization. Doug came to the IPA in 1996 and improved with age. At 132 he holds WR in Men's



Brian Weston 1000 @ 236 bwt.

Pro Open with 605 410 510 and 1525. His strength multiplied when Doug moved up. His 148 class SQ of 680, at age 48 done 5-17-03, is awesome. Doug's best TOT of 1655, done DEC 13, '03, is amazing. His 705 SQ on 12/13/03 is unbelievable. Doug currently holds no less than 14 IPA WRs and ranks in the top 25 greatest Male Master Lifters of All Time (See my list in AUG '05 PL USA). Doug is back following reconstructive shoulder surgery. He took it easy here with 555 SQ, 380 BP, and 465 DL for 1400. Doug will turn 50 the day before Christmas and will presumably be back in action this Nov at the Nationals. The 165 Men's Open winner, Brian Crowe, 35, Selinsgrove, PA, has shoulder length chestnut hair and a Conan physique to go with it. He fell shy of breaking his Elite AM WRs but did well in my book: 660 435 535 1630 TOT. Brian wasn't smiling afterwards, obviously dissatisfied with his performance. We never are, are we? In the 60-64 group at 62 yrs. 11 mo. I had the dubious honor of being the oldest guy in the meet. I wasn't accustomed to such friendly, caring officials. With super bencher (749) Brian Riley in the head chair it was quite a rush. I re-wanged my hamstring on my 2nd DL, but was 6 for 6 up until that point: 365 255 300 920 were 1st time IPA PRO WRs. I promise considerably more my next outing. 181s: AM 45-49 Fred Piermattei, 46, won with 650 435 575 1660, a tremendous result. Paul Sacco Jr., 49 from Jersey was 2nd with 1295. Fred also won 1st in the Open. 2nd to him was Jeremy Talarico, 31, of Sinking Spring, PA, with well balanced lifts for 1515. Shay Larrisey, 31, Marysville, PA, TOT 1835 winning the 181 Open Pro div. His lifts: 725 SQ, 460 BP, 650 DL, made it a truly World Class performance. At 198, Amateur Michael Welch, 17, Brookpark, OH, recorded very high results in his youthful endeavors: 675 385 520 for 1580. He has a bright future. Amateur Clint Williamson, 19, Cleveland, OH, copped top honors with 1345, a fine result. Paul Bailes, 23, (also AM) from Parma, OH, went on a tear: 750 SQ, 365 BP, 585 DL, 1700 TOT. His SQ was amazing! The 35-39 Amateur winner was Mike Yontz, who is totally blind, and amazed us with his courageous lifting: 525

375 550 for 1450. In the 40-44 group, our Team Extreme's Spencer Levy, 40, won the IPA Nats last NOV. He injured his back helping a friend move furniture a week out, but came anyway and hit PRs in SQ (550), BP (440) and TOT 1515.

220s: Amateur's first. Jon Ross, 22, Lewisberry, PA, impressed everyone with a 1725 TOT via 625 450 650! Walter Welch, Mike's Dad, won the 45-49 group with 500 390 500 1390. Tim Clifford, 47, Plainedge, NY, was runner-up to Walt with 915. At 40-44, Charles Blough, 40, Reading, PA proved he's very strong: 625 SQ, 440 BP, 605 DL, 1670 TOT. At 50-54 it was Al Moatz, 51, West Lawn, PA, the winner with 1380 (530 350 500)! Ed Collaku, 37, Bayshore, NY, claimed two 1st places, capturing the 35-39 and Open divisions with a 1640 sum (660 400 580)! Aaron Royhab, 31 of Evans City, PA, was 2nd in OPEN with 555 430 455 for 1440. Now, the 220 PROs. A true mesomorph, whom I dubbed "Mr. Permanent Pump", was Jeff McVicar, 37. He is renowned for his BP ability. Although he won the 33-39 age group, Jeff almost got overtaken at the wire. It was a great competition between him and our Team Extreme's Mr. Hardcore, Shea Aubuchon, 37, a telephone lineman from Newhall, CA. Shea burns the candle at both ends with his demanding job, gets little sleep, yet never misses a workout even though he's dead on his feet and spends most of his waking hours somewhere in the "Twilight Zone". At 209, Shea has developed quite a physique of his own. He decided to forgo making 198 this time, getting too big. After lifting in last year's IPA Nats, Shea tore a knee ligament in a non-lifting related accident. Following Joe's program he successfully rehabbed after 8 grueling months. McVicar SQed 650, but Shea made 3, including a PR final of 710 (looked good for 25 more). McVicar forged ahead, thanks to his huge 555 BP to Shea's 385. Jeff led by 105 going into DL and finished his pulls with a best of 545, TOT 1750. Shea made up most of the deficit with three strong pulls (640) for 1735! Come NOV., Coach Joe says there will be a different ending in the lift-off between these two. At 40-44, James Howell, 40, (nicknamed Crazy Jim) of Newfield, NY, extended himself to the limit and wound up with an 1800 TOT (650 475 675). The PRO Open @ 220 had 4 entries. The winner proved to be the vastly improved Vincent Cooke, 33 of nearby Dover, PA. Vince proved he's the TOT package (good in

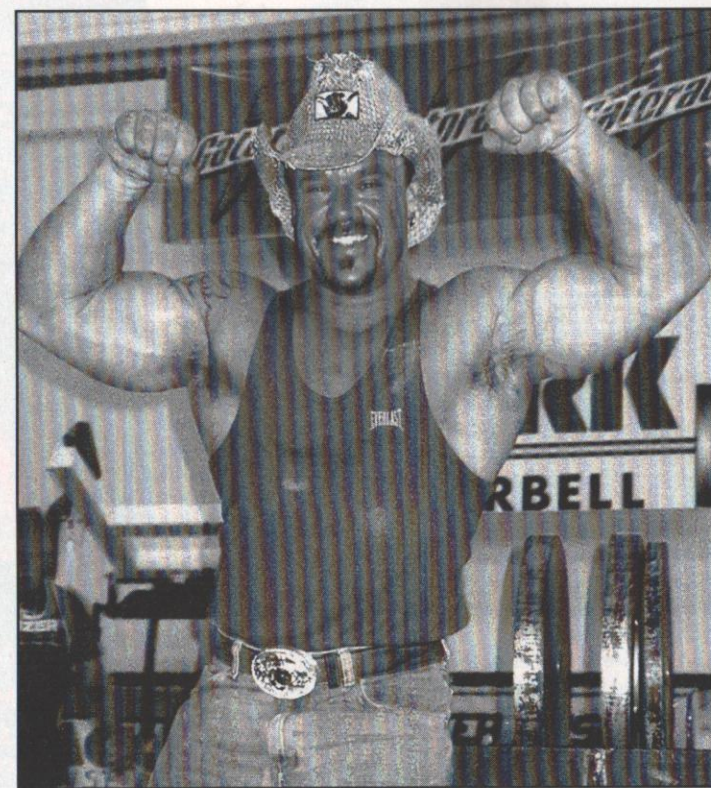
all the lifts). He SQ 775, and DL 640 en route to his huge 2120 TOT. The talk of the meet, however, was his enormous and perfectly executed Open WR BP of 705. It was 40 lbs. over the old record of 665 that Jeff McVicar set in AUG '03 at the IPA Worlds in Camp Hill, PA. McVicar entered this division also, and came in 2nd. McVicar's BP was 85 shy of his best. John Impallomeni, 24, Haskell, NJ, was 3rd with 610 410 550 1570! John Cook, 35, Akron, OH, was 4th @ 1370! The first day's lifting featured 35 lifters, several doing more than one division. 29 new IPA WRs so far. Hope I didn't overlook anyone!

DAY 2 - Amateur & PRO Men: There were 25 lifters entered in the 242s through SHWs. 242s: first the Amateurs. Edward Korbel, 19, Newfield, NY, TOTed 1610 winning the 18-19s. In the Juniors (20-23), Daniel Ochmich, opened with a missed 560 SQ (a good morning), but finished with a deep 630, for a good comeback! He also made a 500 BP, and a 575 DL for a 1705 TOT. Runner up was Howard Owens of Harrisburg, PA, with a 560 SQ (missed 600) and 1345. In 35-39 Submasters, Stephen Bennett rolled to a win with 1540 which included a 470 BP. The Open 242s had 4 entries. Larry Livermore Jr. finished in 4th with a 1530 TOT, just edged out for 3rd by Stephen Bennett's 1540 (Yes, Steve entered this division also.) In 2nd was David Stahl with 1585. The winner was tremendous Terry Bumgardner in his black hat.

Terry started his SQs with 625 and finished with a 100 more lbs. Add that to his 480 BP and 565 DL, and he got a 1770 TOT.

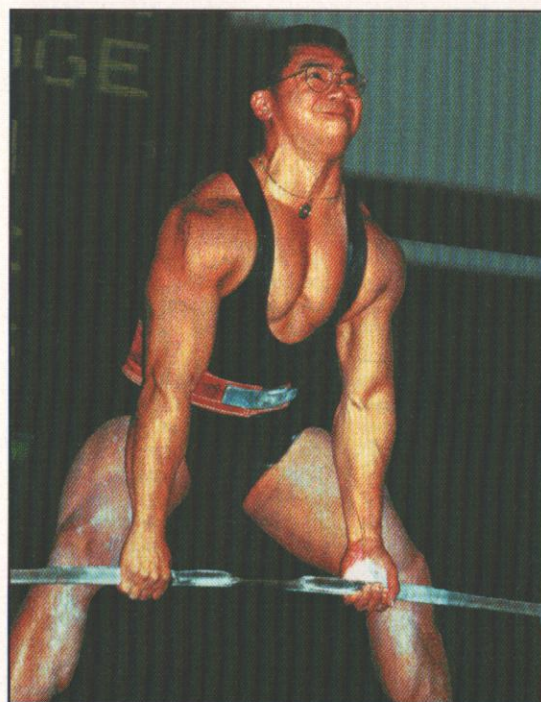
Now the 242 PROs: Matthew Lewis, 22, Brookpark, OH, was nothing short of amazing, in his first ever PL contest. Due to his work schedule, he couldn't make the 220 weigh-in time, and came in at 221. He's been training heavy for 3-4 years now, and what a debut with three great SQs: 670, 725 and finally 780. He made a 500 BP too (missed 530) and yanked up all 3 deadlifts (620) for a 1900 TOT. His parents and sister, having never seen him lift before, sat right behind me cheering him on. Is he going to be awesome or what? Now came the biggest battle of the meet. This was Round Two, as the first time they met was last NOV. It was wild and crazy Robert Cooper, 48, of Steubenville, OH, vs. Joe Avigliano, 45, and his chiseled "thunder thighs" from Toluca Lake, CA. Joe was coach and trainer of our CA based "Team Extreme" Cooper had done 1660 winning the 45-49 Men's Masters last year in Shamokin Dam, while Joe had won the 45-49 Pros there. Joe exhausted himself the day before helping all his team members, but somehow summoned the energy to face the task. He exemplifies his own motto, "Come Through When You Have To!" A leader must always set the example for those to follow. Cooper finished with a 650 SQ, while Joe popped all 3 - 700, 740, and finally a perfect

(article continued on page 82)



Jeff McVicar - Maximum Mesomorph (Glossbrenner photograph)





Ray Benemerito, at the 1994 WDFPF World's, exhibiting the kind of form that Gearman Greg recommends.

### EQUIPMENT TO HELP THE SUMO by Greg Jurkowski of Gearman Nutrition

The deadlift is the true measure of strength. The myth is that this is the one powerlift where extreme equipment may not help at all. Is this why the all-time record has only moved 7 pounds in 13 years? The truth is, an elite deadlift is built from great form, perfect equipment, smart training, and strength. Let me elaborate on how the equipment alone can greatly help the sumo deadlift.

My 20 years of personal research has found that a very tight pair of briefs, and the correct suit can help you to break the ground much easier. Marathon deadlift suits work great, if you're lucky enough to find one. The goal is to find a suit that gives spring, as it is very hard to get down to grab the bar. You have to grab the bar with one hand, and pull yourself down to grip with the other hand, and in the mean time, you are spring-loading your body. This allows the suit to work via the same concept as the bench press shirt, where it's hard to go down, and easy to come back up. Do not let the suit throw you forward at the beginning of the lift. You have to force yourself into the correct starting position, with the buttocks down, and the head way up, and the knees up. Remember, the starting position dictates the outcome of the lift. Once the bar rockets up, try to keep the chin up as far as possible, throughout the entire lift. If your chin is not up, and your back isn't kept upright, you will probably get stuck 3-6" below lockout. If you find your sticking point is still at the top, you will want to consider band training.

I very much prefer hanging bands from the power rack, to work on the lock out. The key is to use heavy band work for the main work sets, not just assistance. As a matter of fact, in my routine, raw deadlifts are nonexistent. All deadlifts are performed with either hanging bands or suit at the end of the cycle.

If you are competing raw, you should train raw. If you are training for an assisted meet, train with equipment. I prefer equipment usage to its maximum potential because I believe it's part of the powerlifting game. I have nothing against raw meets, but I have no ambition to compete in one. If you have any questions, contact me at the website [www.gearmannutrition.com](http://www.gearmannutrition.com). We'll be pulling for you.

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**CONGRATUALATIONS  
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Mike Miller  
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"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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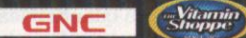
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The 11th IPA World Powerlifting Championships took place the week end of July 16-17, 2005.

The location was York, a small city in Southeastern PA. York is perhaps best known today for its Harley-Davidson plant, but it was formerly famed as the headquarters of the York Barbell Club. Bob Hoffman, dubbed "The Father of American Weightlifting", was York Barbell Company's founder, back in 1938. He was a promoter of physical culture and strength, and his company thrived, financially feeding his promotion of Olympic Weightlifting. The American team was dominant when it came to the sport of weightlifting. From 1946, and for ten years, it was a dual struggle between the Americans and Russians. The rest of the world was too far behind to be much of a factor. Hoffman's York team was invincible, winning gold medals and prestige in National Championships, World Championships, and Olympic Games. Training with Hoffman

products (Super Hi-Protein) and York Barbell sets was an inspiration to thousands who wanted to build confidence, strength, and self esteem. USA dominance at the Olympic Games peaked, as a team effort, for the last time in 1956 in Melbourne, AUS. The USA won 4 gold medals to three for the Russians, and upset victories by the two Americans, Vinci and Berger setting WRs in the 123 and 132 lb. classes, a win at 181 by Tommy Kono (lauded by many as the greatest USA lifter of all time) were supported by silver medals from Pete George @ 165 and Dave Sheppard @ 198. This left the final team championship outcome up to one man, who was the first powerlifter in every since of the word. Paul Anderson, a 24 year old native of Toccoa, GA, had dominated like no man before him. On this occasion, Paul had a 103 degree fever, sick with strep throat. After failing his opener clean and jerk twice, Paul, weakened and dizzy, somehow managed to secure his final lift. This gave the USA team the victory 54-50 pts. over the Russians. From that day onward, USA weightlifting declined. Four years later in Rome only Vinci won gold. He was the last American male to win gold in a World Championships were Bob Bednarski (242) and Joe Dube (SHWT) in 1969.

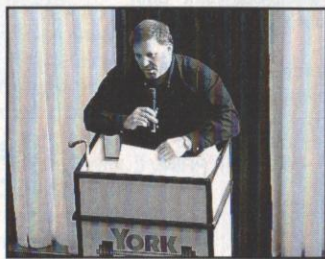
Hoffman had published two magazines: STRENGTH & HEALTH hit the newsstands in 1932. In 1964 MUSCULAR DEVELOPMENT began. The new

## York Barbell Hall of Fame as told to PL USA by Herb Glossbrenner



New York Hall of Fame Inductees: Gene Rychlak Jr. and Nance Avigliano

strength sport of powerlifting had a voice in the latter publication. Competitions in the three powerlifts became more and more prevalent. Hoffman was at first resistant - believing that the powerlifters would siphon off talent which otherwise would go to Olympic lifting, but then he saw the light and organized the first national championships for powerlifting at the William Penn High School right in York. Bob continued to back PL, organizing the first World Championships in 1971, in York. By 1975 the first IPF Worlds was held on foreign soil in Birmingham, ENG. Bob shipped his barbells there and footed the bill for the USA Team. Powerlifting didn't kill off weightlifting. WL did it all by itself, according to Dick Smith, York team trainer. I hadn't seen him in 20 years. At the IPA Worlds, we re-established our friendship going back 40 years, and reminisced about WL. Smith told me the grass roots clubs throughout the USA disappeared when everything moved to the Olympic Training



Mark Chaillet, a Hall of Famer himself, served as MC for the induction ceremony (E. Chaillet)

Center in Colorado Springs. He sadly told me the original York Barbell Club at 83 North Ridge Ave. was now a vacant building.

Perhaps three hundred yards away from the new building on Highway 83 housing the York Barbell Club Hall of Fame, I could see the York Barbell plant where the barbells are still being manufactured. You can't miss it with the gigantic revolving figure of a weightlifter in a split snatch position with a heavy barbell overhead. This new building, where this competition was held, has a wing which houses the York Barbell Hall of Fame. Great names in weightlifting, powerlifting, and strength administration are inscribed on its walls. This year two more names were added to this list during the induction ceremony held Saturday afternoon July 16, 2005. They are Nance Avigliano and Eugene Rychlak Jr.

To know Nance Avigliano is unquestionably to love her. Nance was the backbone of the Los Angeles Lifting Club when she and Joe owned it. Even Joe will tell you that. She's one of the most organized persons I've ever known. From the time I joined the club in December of 1998, I recognized her special qualities. Throughout the past seven years Nance has been the organizer of our LALC PL team trips. It was she who made the airline, hotel reservations, planned a schedule, and provided a checksheet to all participants: when we weighed in, when we lifted. She did everything, and never overlooked even the most

minute detail! It would be easy to take Nance for granted, but we didn't! She's most unselfish; always thinking of others before herself.

With her 49th birthday come and gone as I write this article, Nance is still a glowing, vibrant picture of health. Pretty as a picture, and as sharp as a tack! This is not the usual aftermath for those who've tortured their bodies, driving themselves to the limit to achieve the best they could. Even at this meet, she was the mother of our team, looking after all our needs, and not stopping though near exhaustion. She shot the video of our trip to preserve our experience, took pix for me while I lifted, kept track of all the numbers necessary for Joe to do the superb coaching job he did.

She keeps Joe composed and is our caretaker also. Nothing to worry about with Nance as watchguard! To honor her on this special occasion, Joe had commemorative t-shirts captioned "The Extreme Team", with his beloved Pittsburgh Steelers colors:

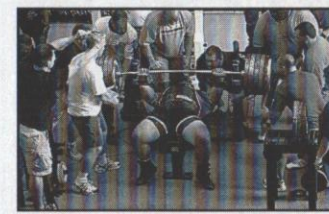
purple outlined in gold on the front. Inscribed beneath it read, "Nance Avigliano York Powerlifting Hall of Fame 2005". The back displays two color pictures, one of her 507 WR SQ, quite appropriately from the 2002 APF Seniors here in York, PA, and a stunning physique pose beneath it. It was a big surprise that made her get a bit emotional. All the team members wore it to honor her on this special weekend.

Now about her lifting. With zero athletic background, she took up powerlifting under husband/coach Joe's guidance to rehab a chronic back condition she got from a serious automobile accident. Not only did her back pain disappear, but as her strength and stamina increased, she got introduced to powerlifting for competitive purposes. She gained in leaps and bounds and one day Joe told her she could be the best, all she had to do was believe to achieve. Joe summarized her greatest qualities: (1) She was a hard worker, never missed a workout, whether injured, fatigued or ill - she forged on. (2) Determination. Nance was as hardcore as they come. She tore a pec (getting fit into a bench shirt, no less) which required surgical repair. She literally starved herself to make the 123 class. At the 2000 Worlds in Las Vegas she came in at a drawn 118 lbs. (over shot the mark), but somehow came through to finish runner-up to Amy Weisberger with a 937 total. When she did go up to 132, her lifts made a quantum leap. Renown for her astounding squatting ability, I know

it was her incredible back strength that bore the burden of those massive loads. After making those monster SQs one never got to see Nance's true strength lift, the deadlift. In competition, her best was 462, but she did 485 in training and would have easily surpassed 500 had her back not been fatigued from her incredible squat efforts.

Among her achievements are two National Masters National titles, APF National and WPC World Bench Press titles, four APF Women's Senior National Open Championships (1999 through 2002), as well as the WPC North American Championships in August 2002, and culminating her brief career, the WPC World Title in Helsinki, FIN in October 2002.

Nance had no mental barriers. Whatever weight was loaded on the bar, 400 or 500 lbs., she just did it; never once thinking she was trying the impossible. The L.A. Lifting Club's motto said: There Are No Limits. She believed it and achieved it. In a must do situation she always came through. No one believed she'd beat Amy Weisberger in head to head competition. When they met the 2nd time, at the 2002 APF Seniors in York, Nance pulled what she had to for victory. At the 2002 Worlds in Helsinki she was so sick with pancreatitis that she almost didn't go. Joe had her go 148, and although she was at the full 148 limit, her illness caused her to lose 10 lbs., and she came in at a mere 138.6. Struggling throughout the meet, she won the coveted WPC World title on her 2nd DL attempt and was totally spent. Joe told her that with one more lift, 446, she'd also win best lifter. "Load it up, it's done," she replied. With every last bit of energy she strained until the barbell inched into its final locked position. Good lift. You are always remembered by your last competition. This final last tremendous effort rang down the curtain on a 4 1/2 year illustrious career. Even now, 3 years after she's retired, the WPC World Record tally shows she still holds no less than 11 WPC World Records: OPEN WOMEN'S SQ 556.6 and TOT 1234.6 @ 132; also the WPC Masters (40-44) WRs of SQ 374.8, and TOT 942.6 @ 123. 132/40-44 records at 132 of 458.5 SQ,



Gene Rychlak Jr., after a string of phenomenal successes, 1000 pounds wouldn't go on this day.

D/L 435.4 and TOT 1108.9. In the 45-49 Masters Nance has a grand slam (sweep) of all the WRs 556.6 SQ, 231.4 BP, 462.9 DL and 1234.6 TOT. Let's fortify the greatest achievements of her lifting career: Nance's stupendous SQ of 4.24 times her bodyweight 556.6 @ 131.175 bwt., is the greatest female SQ of all time using the Glossbrenner Women's PL Formula, and using the McCullough ACF (age correction factor). At age 46 this gives her a rating of 270.629! To further illustrate the magnitude of her feat, Becca Swanson's mind boggling lift of 832.2 @ 242.2 bwt. gives that 31 yr. old superstar a 261.071. Will Nance's SQ rating (#1 All-Time) ever be surpassed? Perhaps down the road by Miss Swanson, but unlikely by a master lifter, especially at age 46. What about rating Nance formula wise on the total? Again using the Glossbrenner Formula (which has replaced the Reshel Formula in APF and will likely be approved this Fall by WPC at their Worlds in Helsinki) with the ACF by Eugene McCullough for age 46: Nance rates 600.208 Rating Points, ahead by 31 pts. as the best female master lifter of all time. Nance ranked #1 with her 560 kg. (1234.6) TOT @ 59.5 kg. (131.175) besting all women lifters of all time regardless of age until this past June 4, 2005, where at the APF Seniors, Becca Swanson's TOT of 873.0 (1924.635) at 109.86 (242.2 lbs.) bwt. put her ahead with 603.749 points, performed at an age 15 years younger than Nance. Nance was teary eyed and her voice broke as she made her acceptance speech at the ceremony. She was obviously overwrought with emotion on this monumental occasion. You deserve this honor, Nance. Long Live the Queen of Extreme. May her legacy be preserved forever in the shrine known as the York Barbell Hall of Fame!

When Mark Chaillet told me that only if you are retired or dead would you be inducted into the York Hall of Fame, I believed him. Mark changed his mind following the incredible feat performed by bench presser Eugene Rychlak Jr. last November 2004, at the IPA National Championships held in Shamokin Dam, PA. It was there that those present were utterly



The Man Who Made York Barbell What It Was: Bob Hoffman, congratulating Jerry Jones at the 1979 Las Vegas Royale meet held at famed Caesar's Palace Hotel.

flabbergasted to witness Rychlak, age 36, a 22 year veteran of lifting from Royersford, Pennsylvania, at 374 bodyweight, bench press with a visible pause on the chest the impossible weight of 1005 lbs.! The amount of weight was mind boggling enough, but the manner in which he negotiated it was almost unbelievable. Never in my lifetime did I imagine it would be possible to lift such a weight. It was perfectly grooved with nary a waver and locked out strongly and held for several seconds to demonstrate complete mastery of the weight. My LALC teammates, who lifted there, bore witness that it was performed in an impeccable manner, from hand-off to finish. I viewed and reviewed the video back home and could find nothing wrong with the execution of the lift. I have no choice but to dub big Eugene (who scaled 385 lbs. here) as the Prince of Stupendous Benches.

Let's not forget that he did win the 2004 WPO Arnold Classic with a WPO legal shirt and a lift of 876, something no one else at the time had lifted. I told Eugene that if he'd wear a shirt that conformed to WPO rules, came and lifted and won again, it would silence his critics. Rychlak told me he'd qualified once before for WPO, and feels it is beneath his dignity as the former champ to re-qualify. If Kieran invites him for 2006, he'll accept and lift with a WPO legal shirt. Along with his BP ability, he's officially done in three lift PL competitions a 1005 SQ and a 2300 TOT, but plans to stick to BP only hence forward. He trains with a shirt exclusively and attributes his

phenomenal lockout to the use of rubber bands, has never tried a maximum raw lift. As far as gear goes, he endorses Inzer Advance Designs. He manned an Inzer booth of his own at the meet. His 1005 BP lift last November took so much out of him that he was crippled for 6-8 weeks afterward. Eugene bears the scars of his efforts, deep grooves across his biceps. On the occasion of his historic lift, he lifted along with the other benchers. Then everyone complained that it held up the meet. He told me that it takes time to gauge his warm-ups. This year he lifted alone after the rest of the benchers were done, a decision he wasn't comfortable with. It didn't go so well, as he was cramping badly from the heat and humidity, which affects the bigger person more. He took IVs to keep his electrolytes balanced. His 1000 pound opening attempt met an enthusiastic response from the crowd, was controlled well, touched his chest, but it rolled forward - no lift. After a 23 minute wait, he took 1015 - controlled the descent to his chest, but it rolled out of his wrists again. The spotters (his own) rescued him quickly. He felt pain in his arm and decided to forego his 3rd attempt. It was his first ever bombout. He graciously returned to apologize to the crowd for failing to produce and for any delay to them and all the lifters that his tries might have caused.

He has benched press over 800 lbs. no less than 18 times in competition. Gene was also the first man in history to smash the 900 barrier on 16 NOV 03 at the IPA Nationals in Harrisburg, PA. He's done over 900 seven times in competition, and - of course - is the only man to do over 1000. Eugene promised that he has bigger lifts in mind for the future and is looking for a big sponsor to defray his expenses. Make no bones about it, this Big Man has gone where no man has gone before - a half ton bench press - and with it has pushed himself into the archives of historical achievement forever. Congrats on your achievement, Eugene. I - as well as everyone - hope to see you at the Arnold Classic WPO Bench Bash, March 2006. This will give Scott, Ryan, and Sean, or some other monster who might unexpectedly burst upon the scene, a chance to meet The Man. The question is, can they Beat The Man?



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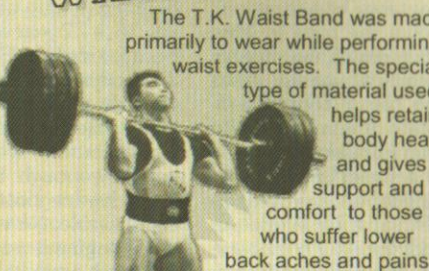


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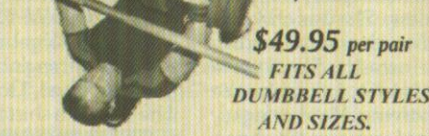
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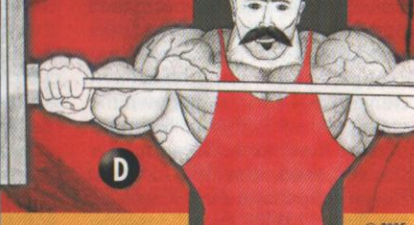
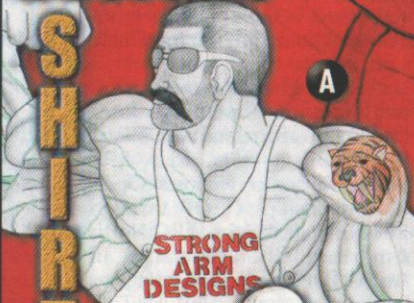


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# TRAINING

## REACTIVE METHODS

as told to Powerlifting USA by Louie Simmons

In the late 1960s isometrics were used not only by the Soviets but also here in the United States by the York Barbell team. They were very effective but were overused, without mixing other types of resistance. Plyometrics are overused and misunderstood in most cases. They should be just a small part of training for explosive strength.

Most kids jump rope, a simple form of plyos. Yes, it is very important to develop power quickly, but it is also important to maintain power for sports such as football, wrestling, and some running events. All ball players run fast and slow and have quick changes in direction. This is very taxing on the central nervous system. If one wants to become more explosive, he or she must raise maximum strength.

At Westside it is common to

see Chester Stafford jump onto a 35 inch box with a pair of 70 pound dumbbells at a bodyweight of 290, or to see Andre Henry, at 460, jump onto a 20 inch box with a 160 pound weight vest on. Neither man had a previous plyometric background. How did they do it?

Many strength coaches call me about power and speed training, but very few ask about building absolute strength. If your reactive strength grows, your jumping and running ability will increase. That is why men can outperform women in the 100 meter, shot put, basketball, football, and lifting weights. Most coaches are constantly working on speed and quickness, but that's the trait they recruited. Why constantly work on what they already have? Most stay away from heavy weight training for fear of overtaxing their athletes.

However, when running full speed, 4, 5, and sometimes 6 times bodyweight is produced during foot contact, while a 300 pound lineman is lucky to squat twice his bodyweight.

Relative strength is much lower for large men compared with smaller, lighter men. Phil Harrington, the world record holder in the squat at 900 at a bodyweight of 181, can also jump onto a 50 inch box. As his squat increased, so did his box jump. When Jud Logan, the Olympic hammer thrower, failed to increase, he employed box jumps to push his throws to new lengths. He had a 440 power clean and a back squat of about 770 pounds. His box jump was an incredible 55 inches at 285 bodyweight. Jud, like Westsiders, was already strong, and used box jumps for quickness to increase his throws, just like Westside uses the jumps to increase our squat and deadlift.

What about lifters and other athletes who aren't very strong? How can they increase their explosive power? By using the reactive method.

Here's how.

One reactive method exercise is weight releasers. Here, extra weight is added to the bar on the eccentric phase by the use of weight releasers. It is common to lower 80% of your 1-rep max and raise 60%. This is done by putting 20% of the load on the weight releasers. As they release the load, the body reacts to the sudden reduction of weight, then accelerates concentrically to completion. The lifter reacts as if the original 80% was on the bar. This develops maximum acceleration and reversal strength. The eccentric phase should be as fast as possible, preferably five-to six-tenths of a second. Lowering slowly will build only muscle size and causes most muscular soreness. The squats are done for 2 reps, 6-10 sets. This method is frequently used by Matt Smith (2600 at SHW) and John Stafford (2437 at 275).

Basically the same method is used for bench pressing. We do 6-10 sets of 3 reps. Of course only the first rep is a contrast rep, as the weight releaser device falls off. This is good because eccentric work causes the most muscle soreness due to muscle spindle damage.

A second method for contrasting a load is the lightened method. At Westside a strong pair of Jump-Stretch bands are attached to our 7-foot power rack at the top. In the bottom of a squat, 135 pounds weighs zero. By adding 90 pounds to the bar, it now

weighs 90 pounds at the bottom, but 225 at the top. By adding a second set of 45 pounds, the weight at the top is 315 pounds and 180 at the bottom. Your brain quickly learns that the load, while very light in the bottom, becomes quite heavy at the top. This teaches one to accelerate maximally to completion. This conditions one not to decelerate near completion, which occurs with just barbell weight.

This system was first used in youth training overseas. If one could squat only 90 pounds, the load would seem light in the bottom after starting at the top with 225. Unlike the weight releaser system, the total load is reloaded as one stands.

An extreme setup would look like this: Fix the bands so that there is 250 pounds less at the bottom of a squat. Load the bar to 1000 pounds. Set up with the 1000 pounds. The weight becomes lighter as one descends to the bottom until it is reduced to 750 pounds. The weight reduction is caused by the bands supporting part of the load. Then return to the top. As the weight is raised, the bands gradually reload to the original 1000 pounds.

This is a very effective reactive method. One becomes acquainted with a heavy load at the start of the squat while maximizing strength at the bottom and explosively returning to completion. Westside often uses this method for benching as well.

While the deadlift does not require an eccentric phase in contests, we do deadlifts in a similar fashion. The bar is reduced by 135 pounds at the floor by supporting it with Jump-Stretch bands attached to the top of the power rack. After locking out the deadlift, the entire 135 pounds is lifted out of the bands. This method teaches an explosive start and to accelerate to the top.

Let's look at a slightly different method: the heavy-light method. The first system employs bands. For benching, on speed day, after a thorough warm-up, use two sets of mini-bands with your prescribed amount of barbell weight. After doing 5 sets of triples, take off a set of mini-bands and do the remaining sets. The bar will feel extremely light.

Fred Boldt's sets look like this: 205 pounds bar weight plus two sets of mini-bands, equaling 170 pounds at the top and 80 pounds at the chest. After 4 sets of 3 reps with two sets

of bands are done with a bar speed of about 0.75 meters/second, Fred takes off a set of mini-bands. Now the bar speed increases to 0.8 meters/second. Fred's body reacts as if the original two sets of bands are still on the bar.

The contrast between the heavy and light load causes added stimulus to the central nervous system, producing added acceleration. This method can be used for squatting and deadlifting or even Olympic pulls.

If you don't have weight releasers or Jump-Stretch bands, the heavy-light method can be done by first using a weight of roughly 90% for 1 or 2 reps for 2 or 3 sets. Then reduce the bar weight to 40 to 60% and do 2 or 3 sets of 2 or 3 reps. This can be done on all lifts, in addition to weighted dips, weighted pull-ups, box jumps, etc. Keep reps low to conserve energy.

A note to ball players: It's great to be quick, but quickness is just one component of speed.

Quickness is defined as an action of the body that does not require muscular effort or the complex

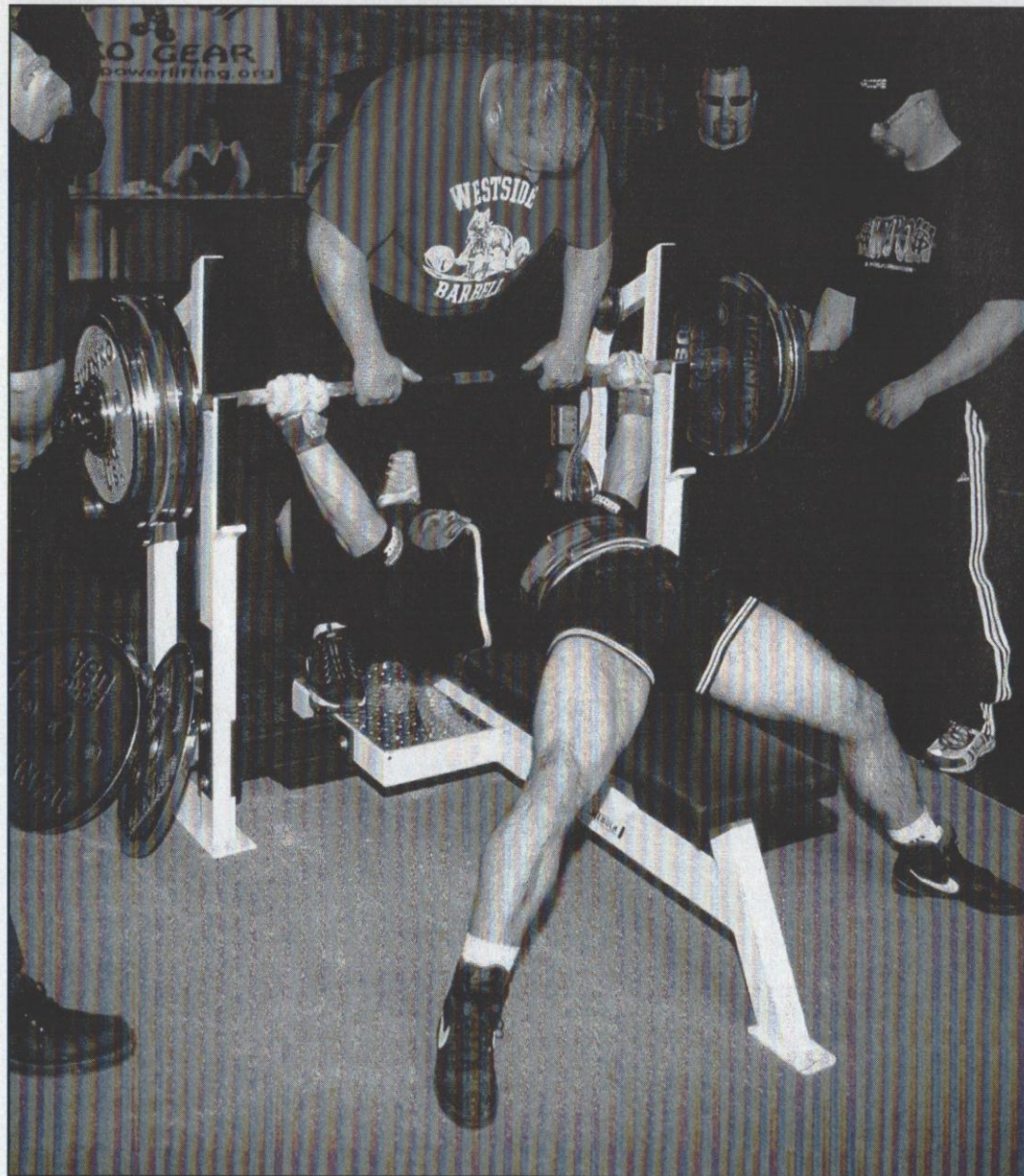
coordination requiring energy (Soviet Training and Recovery Methods, Ben Tabachnik).

I try to identify the authors I read, but I also identify the participants we test at Westside. We test only the world's best or nearly the world's best. This authenticates my findings. Many experiments with novice lifters with poor form will yield insufficient data.

There are many types of strength and many methods to develop them. Too much of one type of training can interfere with all the rest. So plan your training carefully and you will succeed more often than not. In the United States, the emphasis is on teaching, not coaching, so the coach must learn on the job. Don't be afraid to experiment with new methods. Many of our new, so-called unproven methods are really old, proven Soviet methods, based on the coaches' experience.



Jump Stretch Bands can be employed in many reactive method programs.



Fred Boldt has employed the reactive methods recommended by Louie Simmons in his training plan.

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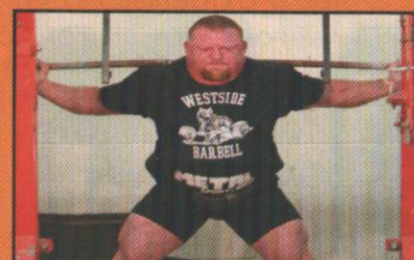
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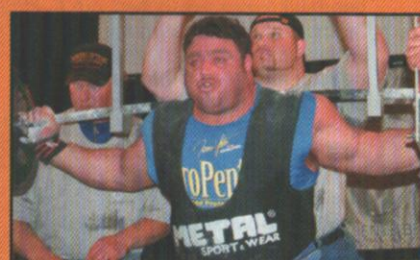
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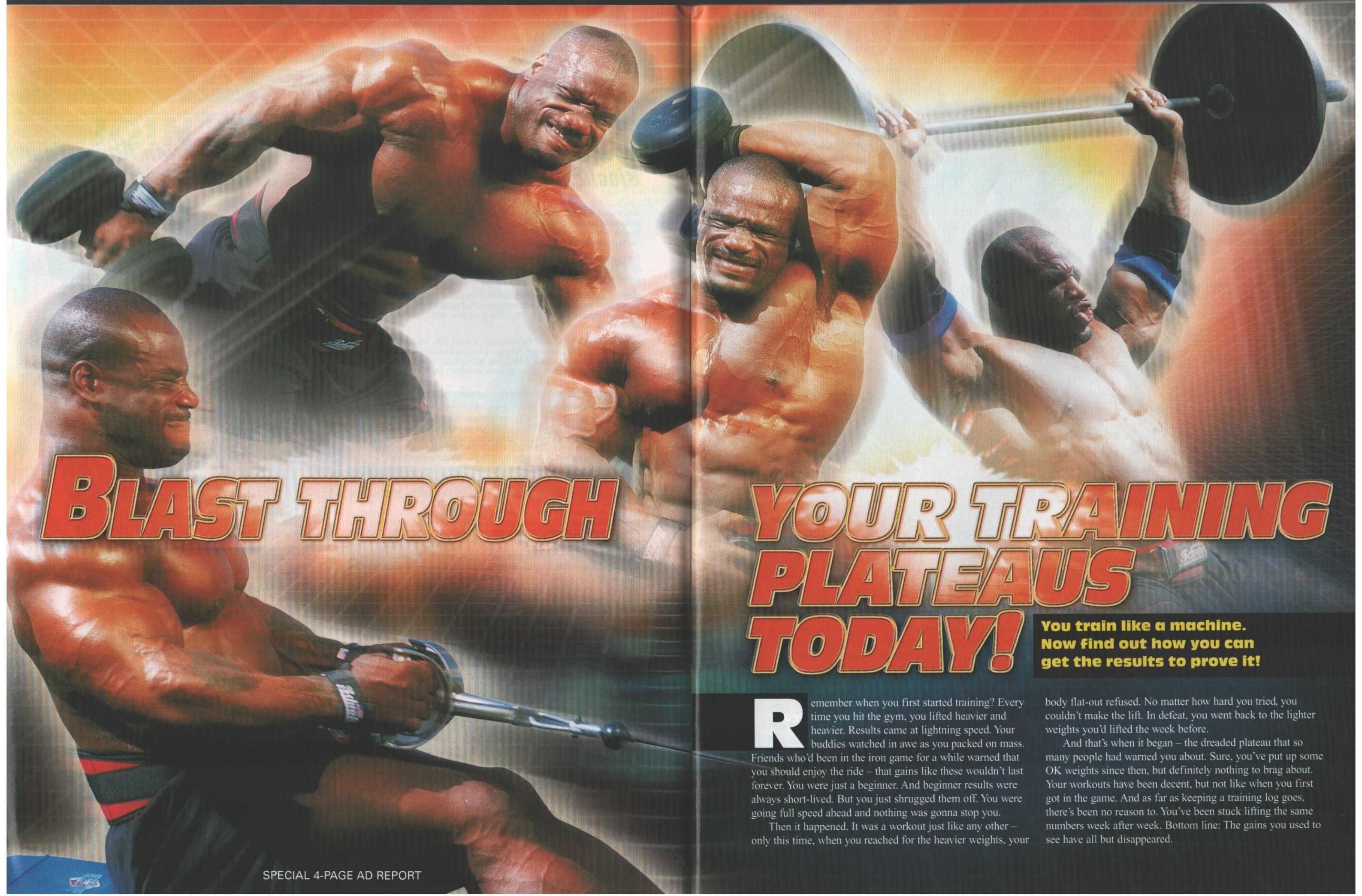
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Then it happened. It was a workout just like any other – only this time, when you reached for the heavier weights, your

body flat-out refused. No matter how hard you tried, you couldn't make the lift. In defeat, you went back to the lighter weights you'd lifted the week before.

And that's when it began – the dreaded plateau that so many people had warned you about. Sure, you've put up some OK weights since then, but definitely nothing to brag about. Your workouts have been decent, but not like when you first got in the game. And as far as keeping a training log goes, there's been no reason to. You've been stuck lifting the same numbers week after week. Bottom line: The gains you used to see have all but disappeared.





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strength. Researchers know this because in one clinical study, GAKIC supplementation significantly increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent during the first 15 minutes.<sup>1</sup>

And back to that whole issue of reaching failure: When you take GAKIC, you'll be able to train harder and longer than you ever have before. In the above-mentioned study, subjects taking GAKIC increased their fatigue resistance by up to an average of 28 percent.<sup>2</sup>

But the science doesn't end there. Another clinical study, conducted at Truman State University in Missouri, is just as telling about GAKIC's incredible capabilities. This study was done on healthy male subjects and sought to confirm the results of the first study. In this test, subjects were asked to perform a series of 10-second cycling sprints. During one test, the subjects took GAKIC before exercise; during another, they took a placebo. The type of testing used in the study was a modified Wingate Anaerobic Test. This test was developed during the 1970s at the Wingate Institute in Israel, and it determines peak anaerobic power and anaerobic capacity. Subjects sit on a mechanically braked bicycle ergometer and cycle as fast as possible for a set amount of time without resistance. Within 3 seconds, a fixed resistance is

### Researchers spent over 8 years developing GAKIC™. That's practically unheard-of in the supplement industry!

applied to the flywheel, and the athlete continues to pedal all-out. An electrical or mechanical counter continuously records flywheel revolutions in 5-second intervals.

The results of this second study were staggering. Just as researchers predicted, GAKIC helped subjects do significantly more work than they did without it. In fact, the results indicated that GAKIC consumption significantly lowered the drop in mean power output associated with repeated sprints of anaerobic cycling, between the first and second sprint.<sup>3</sup> This study, therefore, confirmed the results of the first – that GAKIC supplementation enhances the retention of muscle power during short-term, high-intensity exercise.

### What Makes GAKIC So Effective?

While GAKIC's incredible strength- and performance-enhancing effects may be due to several factors, scientists believe that one likely mechanism involves alterations in acidosis and waste products that can generally limit muscle performance.

Also, during GAKIC's metabolic breakdown, it seems to bind to fatigue toxins released by overworked muscle. It's believed this provides a buffering action to allow extended muscle function for performance. The result: You're able to train harder and longer.

### What Does All This Mean?

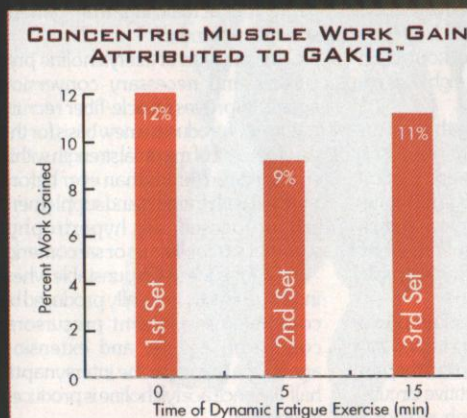
It means your workouts are gonna blow you away. It means you're gonna have the incredible strength to lift like you never have before. It means when you look in the mirror after all this explosive training, you won't be disappointed.

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stimulant out there. GAKIC™ is an entirely different product. One that the industry is seeing for the very first time. The launch of GAKIC is history in the making, and it will change the way we approach musclebuilding forever!

These are bold claims, we know. But we're not making this stuff up. Researchers have been working on GAKIC for over eight years. That's right – over eight years. That's practically unheard-of in the supplement industry. Trust us, the companies that spend even a third of that on their entire product lines are few and far between. We've said it before, but it can't be said enough: Too many supplement companies out there couldn't care less about science. They rush their products to store shelves just so they can make a quick buck. But that definitely doesn't do you – the consumer – any favors. Most times, you just end up with a product that doesn't work. So not only have you wasted your time, but you've also wasted your hard-earned money. And what have you got to show for it all? Nothing!

**GAKIC™ is like nothing else out there – it's not a creatine, stimulant, or regular pre-workout supplement.**



As this graph indicates, subjects using GAKIC experienced a 12% increase in strength on the first set, a 9% increase in strength on the second set, and then an 11% increase in strength on the third set. The average strength increase: 10.5% greater than the placebo!

With GAKIC, you can expect amazing results every time. Two double-blind, placebo-controlled studies (the gold standard in clinical research)

**Stop reading about GAKIC™. Pick some up at your local GNC and get it working for you now!**

support its extraordinary formula and prove its effectiveness (Note: These studies were published in the prestigious journal *Medicine & Science in Sports & Exercise*). Not only that, but no other supplement company is capable of selling GAKIC. Only Team MuscleTech has the rights to this exclusive patent. And only MuscleTech researchers – who pride themselves on cutting-edge science – can bring you this incredible supplement!

### Why Should You Try GAKIC™?

The more obvious question is "Why shouldn't you?" Knowing everything you now know about GAKIC, why wouldn't you at least give it a try? It would be as if someone offered you the key to massive size and strength gains,

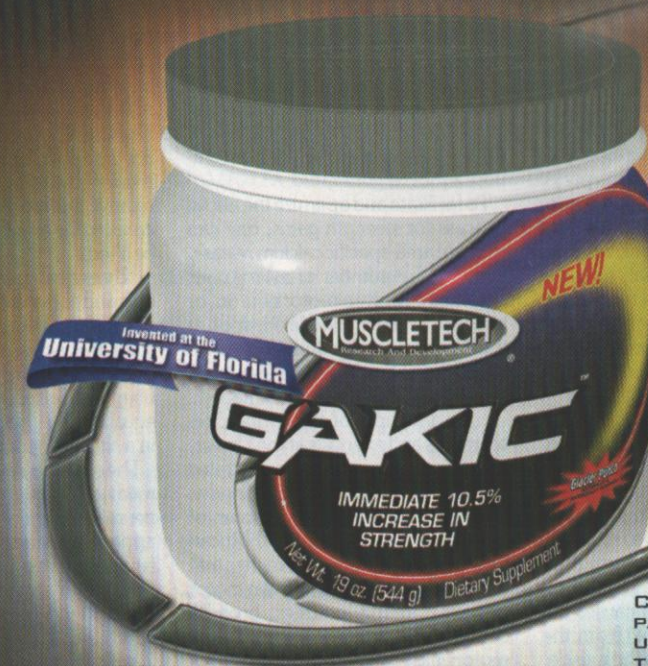
and you politely turned it down. That wouldn't make any sense! The same goes for GAKIC. Turn it down and you'll be kicking yourself later. Because if you don't use GAKIC, others will. This stuff is hot. So hot that some of the world's best bodybuilders already have GAKIC in their kitchen cupboards. Even if competing isn't your thing, we know that looking good and throwing up big weights are. So stop reading about GAKIC. Jump on [www.GAKIC.com](http://www.GAKIC.com) to get your free sample and experience bodybuilding's biggest breakthrough yourself. Better yet, rush to GNC and get it there first. If you're not 100 percent satisfied with your purchase, just return it and we'll give you your money back. Of course, we doubt this will ever happen. Word has it GAKIC is the most powerful supplement the world has ever seen ... and soon you'll know why!

<sup>1</sup> Stevens, B., et al. (2000). *Medicine & Science in Sports & Exercise*. 32(12):2102.

<sup>2</sup> Ibid.

<sup>3</sup> Buford, B., et al. (2004). *Medicine & Science in Sports & Exercise*. 36(4):583.

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# POWER - RESEARCH

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

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) 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".

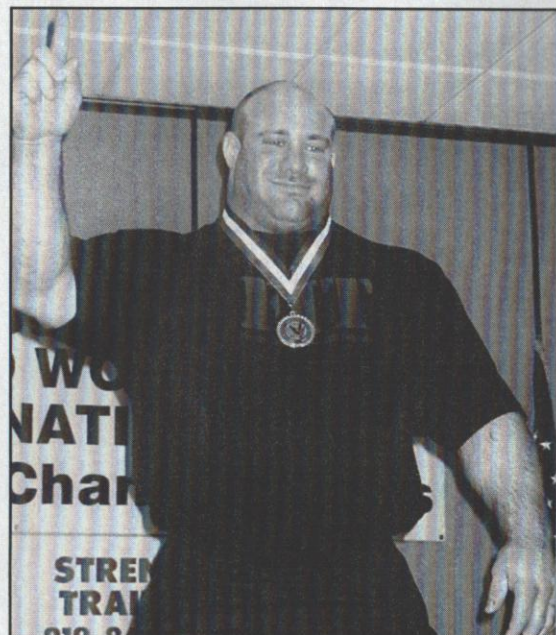
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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](http://www.adaptagenix.com) or [www.getbodyquick.com](http://www.getbodyquick.com)

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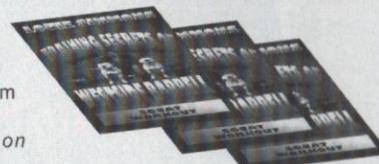
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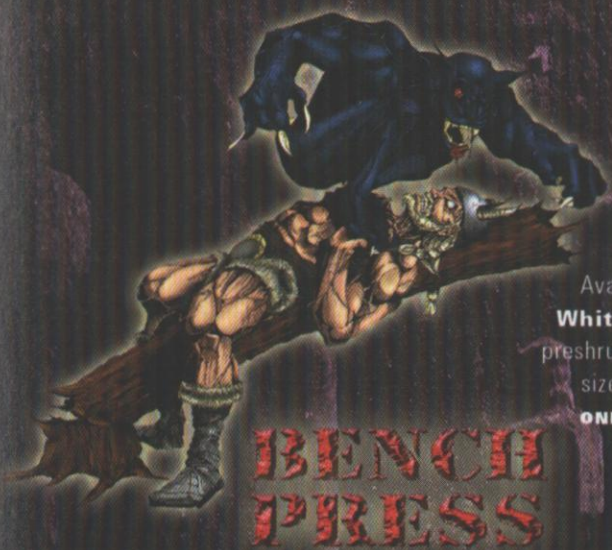
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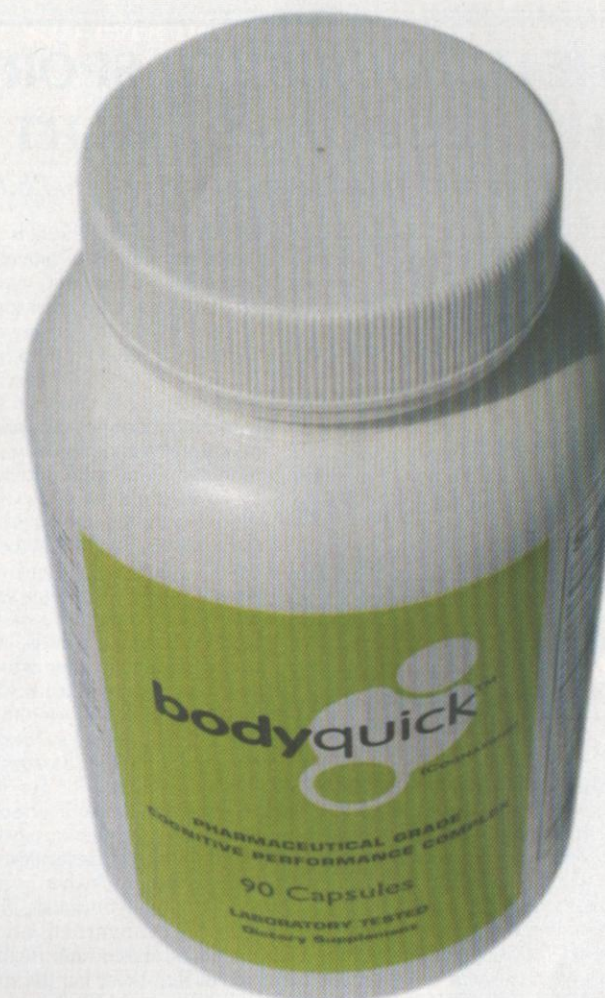
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After my articles "The Hypocrisy of Sports" appeared in the May, June, July, and August issues of *Powerlifting USA*, I received a lot of mail. Opinions stretched from one extreme to the other. Some felt the use of steroids in sports was blatant cheating. Others felt that steroid use was a matter of personal consideration and not cheating at all. The majority of the mail I received supported my view that sports need to be revamped when it comes to the use of illicit drugs. I had my detractors too, and the customary threats. Most of these letters were unsigned. There were also a number of respondents who really didn't take a stand one way or another. Also of significance was that the aforementioned articles motivated a large number of people to express their opinion. What follows are a few excerpts from letters and e-mails that I thought might interest you, and my response to them.

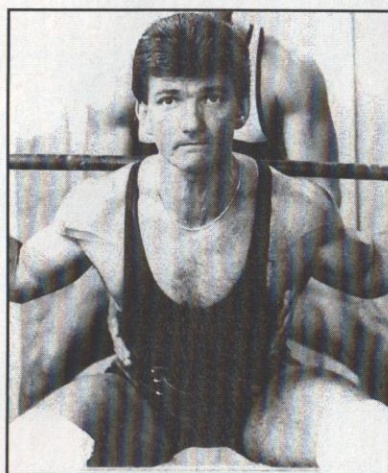
**DR. JUDD:** I enjoyed your articles on *The Hypocrisy of Sport*. I would have to say that I agree with 95% of what you had to say. The part I don't agree with is your contention that steroids are responsible for the increased production of home runs in baseball. I am a baseball player and I can tell you positively that steroids have nothing to do with eye hand coordination or hitting a baseball. You can give a guy all the steroids in the world you want, but if he can't hit the ball it's not going anywhere. **Mark Hill**

**MARK:** My contention is that if he does hit the ball it is going to go significantly further than if he wasn't on steroids. I agree with your statement that steroids will not improve your eye hand coordination, but steroids will increase your speed, power, and recuperative ability. All of these qualities will enhance baseball performance. It is also my contention that these drugs will increase hitting offense across the board for the simple reason that when they hit the ball it is going to travel faster and further. All the offensive statistics are going to go up....batting averages, on base percentage, slugging averages, home runs etc. According to "Stats Incorporated" baseball is currently looking at an eight-year low in home run production, slugging percentage, on base average, and a significant decrease in pitcher's earned run average. This comes with the game in its first year of random drug testing. In short, steroid testing is up and offensive production is down. **Judd**

**A\*\*HOLE:** I want you to know that you have damaged powerlifting more with your ridiculous articles than Jose Canseco hurt baseball with his disgraceful book *Juiced*. I also want you to know that a lot of powerlifters hate you and what you stand for. **Unsigned**

## DR. JUDD

### THE HYPOCRISY OF SPORT THE RESPONSE - PART I as told to *Powerlifting USA* by Judd Biasiotto Ph.D.



Dr. Judd one of the few to squat 600 @ 132

**DEAR NO NAME:** I am sure a lot of powerlifters do hate me...most likely the ones who are using illegal drugs. That's called rationalization. I don't write to be liked and I won't prostitute my beliefs to pander the feelings of someone who is corrupting the sport I love. My objective has always been to share some of the things I have learned along the way with the hope that I can help make the sport of powerlifting better. Take the ideas you like home with you and leave the others behind. As far as my articles being as influential as Canseco's book, I doubt that seriously. Canseco's book was one of the catalysts for getting a congressional hearing into the steroid mess, which prompted major league baseball to finally do something. I have been writing intermittently about steroids and cheating for more than two decades in *Powerlifting USA* and there are still steroids and cheating going on. My words have not had the impact on powerlifting that Canseco's had on baseball. Have I damaged powerlifting? I hope not, but I do think athletes who use illicit drugs and cheat certainly have. **Judd**

**DR. JUDD:** I really enjoy your articles but when it comes to the steroid issue I just don't see that as cheating. If I am not mistaken there was no rule in baseball banning steroids until this past year. If they were so bad why wasn't there a rule in place....Also, doctors prescribe these drugs, if they are so bad why is that?....**Wayne Johnson**

**DEAR WAYNE:** Steroids are illegal under the Controlled Substance Abuse Act, which applies to every person living in the United States. Anyone can use them, IF they want to commit a felony. I know doctors prescribe these drugs for medical use. The dosages that they prescribe are so small that a healthy individual would most likely see no significant effect. No ethical doctor would prescribe the dosages that athletes are taking. If they did the DEA would be all over them. When I was writing my book on steroids I interviewed over thirty of the world's biggest, fastest, and strongest athletes. Some of these guys were taking as much as 3000 milligrams a week, everything under the sun. No ethical doctor would prescribe such dosages for

athletic performance or for any medical condition I know of. The only way you could get such dosages is illegally. Baseball had rules against the use of illegal drugs back when I was in the sport in the early Seventies. They were more concerned about amphetamine and cocaine use than steroids at that time, but the rules stated that the use of ANY illegal drugs would warrant immediate suspension, however, they were extremely lax in punishing athletes who were caught using illegal drugs.. Don't give me that argument that baseball's hands are tied because of the Players Union. The Baseball Commissioner can intervene in matters that are not in the best interest of baseball. He could have, and should have, played that card as soon as he was aware that steroids were a factor in baseball. Don't look to baseball as the guiding light for fair play in sports. I can tell you straight out that baseball traditionally is more worried about looking good than being good.. **Judd**

**DR. JUDD:** You make these ridiculous statements that steroids enhance strength significantly, that they are dangerous, and that using them is cheating, but you never present any research to back up your asinine opinions. **John Smith**  
**DEAR JOHN SMITH:** I thought that it was common knowledge that steroids did enhance strength and that they were dangerous, but I probably shouldn't assume that all of my readers are well versed in the

topic. For now here are some sources you can check out which will substantiate the statements in question.

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\* Only letters to [drjudd.net](mailto:drjudd.net) will be responded too.

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*from the*  
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The A.D.F.P.F. welcomes all U.S. athletes who are committed to Drug-Free training and competition. Our Mission Statement: The ADFPF has been formed to provide all amateur athletes with legitimate drug-tested powerlifting, strongman/women and Highland Games competitions through local, state, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration, the ADFPF is currently developing their membership. If you are supportive of our drug-free philosophy and our Mission Statement, the ADFPF wants you! The ADFPF is searching for volunteers. If you are interested in any of the following areas, contact us via the website (<http://www.adfpf.org>) or e-mail or postal addresses. We need: State Chairs & Record Keepers Meet Directors (sanction fee for state and regional meets is \$20.00; \$100.00 for National meets) Referees: (We will temporarily accept Referee Ranks from other drug-free lifting organizations with the understanding that the referee will attend a Rules Briefing prior to the start of the competition.) Administrators: We need volunteers who would serve on the following committees: The Technical Committee The Drug Control Committee The Publicity Committee ADFPF points of interest: Meet our ADFPF Board of Directors: Dennis Brady; Judith M. Gedney; Richard Van Eck. Check out our website which is currently under construction: <http://www.adfpf.org>. The ADFPF is the sole U.S. Affiliate to the World

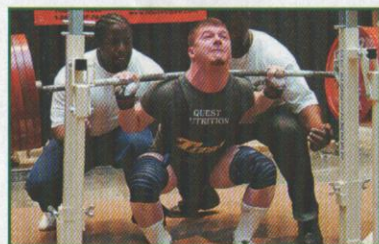
Drug-Free Powerlifting Federation, Inc. Check out our 2005 competitive schedule: Our first sanctioned event: The ADFPF MOTOWN OPEN; held August 13th in Livonia, MI. Congratulations to all the ADFPF record setters! Our first STATE CHAMPIONSHIPS: October 1st: The ADFPF Michigan State Championships & OPEN; held in Benton Harbor, MI. For meet information, contact Meet Director Richard Van Eck (45451 Peninsula Dr.; Grand Junction, MI; 49056; phone: 269-521-4031.). October 14, 15 & 16: The WORLD DRUG-FREE POWERLIFTING FEDERATION'S SINGLE EVENT WORLD CHAMPIONSHIPS in Witney England (9 miles from Oxford Drug-free lifters may apply for a position on one of the U.S. Teams; check into the details on our ADFPF website, <http://www.adfpf.org> or contact Judith M. Gedney ([jim-gedney@wiu.edu](mailto:jim-gedney@wiu.edu)) postal address: 27 Elmo Dr.; Macomb, IL 61455. December 3 & 4: The WORLD DRUG-FREE POWERLIFTING FEDERATION'S POWERLIFTING WORLD CHAMPIONSHIPS in Turin, Italy. Drug-free lifters may apply for a position on one of the U.S. Teams; check into the details on our ADFPF website, [www.adfpf.org](http://www.adfpf.org) or contact Judith M. Gedney ([jim-gedney@wiu.edu](mailto:jim-gedney@wiu.edu)) postal address: 27 Elmo Dr., Macomb, IL 61455. Our 2006 competitive schedule includes ADFPF National Championships for the SINGLE EVENT National Championships in February; The Powerlifting Nationals for men & women in April and The Masters' National Championships in May. More information to follow. If you have an interest in the development of the ADFPF, please contact us at your earliest convenience.

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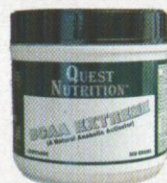
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This article is going to be a little different from some of the others that you have read here in my column at *PL USA*. Instead of boring you with some scientific studies or quoting the latest *Journal of Dietetics*, I thought I would give you something that will give you a little flavor. Since I have gotten hundreds of e-mails asking me what my favorite protein shake recipes are, I thought I would give you some of my personal favorites. This way I can get all you protein stalkers off my back for a little while and at the same time give you something that will make you actually like your protein shakes. So many people complain that they don't like taking shakes because they taste bad. If your shakes taste bad then you are just a moron, at best, because they don't have to. The exception would be whey hydrolysates, but that is another article in itself. So get out your tub of protein mix, gather up all the tasty ingredients and plug in that old blender because its time to get jacked!

#### Why Protein Shakes are Essential

If you have been a regular reader of my column you will know that I am a big advocate of protein shakes for powerlifters. Why do I recommend them so heavily with my athletes? There are several reasons why they are essential in the nutrition plans of powerlifters. First off, they make life a lot easier. No, they won't pick up the kids from school or do the dishes for you, but they will save you a lot of time. In this day and age, most people are working long hours and running around town like a chicken with its head cut off. For those of you living a mellow life in a small town, I am jealous! The fact remains that a lot of us do not have the time to eat six meals per day. First, to cook all the food and then eat it will sometimes cause you to spend the entire day just cooking and eating. This is where shakes come in because many lifters can eat 3-4 solid food meals per day with ease and then throw in another 2-4 protein shakes in between them. Now you can eat like a champ without having to have your own live-in chef. Another reason why I like them is that in some instances they are more effective than food. You may be wondering how a supplement can at times be better than food? One distinct time period is post workout. Here is a time when your body needs nutrients fast. Sucking back some chicken and potatoes right after your workout is not going to get the job done. Protein shakes are liquid so they allow your body to get the amino acids into your bloodstream much faster than any food. Depending on the formula that you choose you can also control the rate with which the amino acids hit your bloodstream as well. For post

# NUTRITION

## Power Protein Shakes to get you Jacked!

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

workout periods you can get some formulas to hit your bloodstream as fast as sugar. At bedtime you can create a formula that will take several hours to fully release all the amino acids so that you get an anti-catabolic effect while you sleep. So, at certain times protein shakes will make a huge difference and are actually more beneficial than solid food. The next reason why I am big on them is that they taste great! If the last time you had a protein shake was in the early 80s then you may disagree. The processing and manufacturing of protein fractions has come along way in the last decade. There are actually shakes out there that taste good and when you spice them up with some of my recipes that will follow they can taste unbelievable. This is a major benefit for those lifters who may be going down a weight class. The great taste of a creamy peanut butter protein shake will help keep away those cravings for a chocolate bar or ice cream. Enough babbling from me. I can go into all the scientific stuff in a future article. This one is dedicated to the recipes that I love.

#### Peanut Butter Power Shake

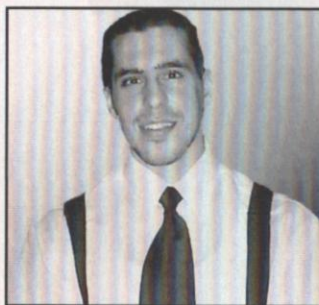
Ingredients:  
2 scoops of vanilla whey protein  
1 tbsp. of sugar free instant butterscotch pudding mix  
2 tbsp. of natural chunky peanut butter  
16 oz. of skim milk  
5 ice cubes

Add all ingredients to the blender, blend, and serve. I like to add the peanut butter in last so it stays a little chunky, just like the peanut brittle it is replacing. This is a great shake for those of you looking to pack on some size or for you superheavyweights looking to maintain your current weight.

#### Mouth Watering Maple Cinnamon Meal Replacement

Ingredients:  
2 scoops of vanilla whey protein  
1 cup of cooked Rolled oats  
1/2 teaspoon cinnamon  
1/8 c sugar free maple syrup  
1 tbsp. of Flaxseed Oil  
16 oz. skim milk

This is a great shake for those of you who like maple cinnamon pancakes and it is a much healthier choice. It gives adequate amounts of protein and complex carbs, with just a hint of EFAs. Perfect for any powerlifter!



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

#### Iced Cafe Mocha Madness

Ingredients:  
8 oz. skim milk  
8 ice cubes  
4 tablespoons heavy whipping cream  
12 oz. of Starbucks Coffee  
2 scoops of chocolate whey and Miscellar casein protein powder

This is another mass maker shake for the coffee addict. If you are looking for a cappuccino type shake then this is just what the doctor ordered. Due to the higher saturated fat content it is not for those looking to drop weight.

#### Chocolate Banana Icky

Ingredients:  
16 oz. of skim milk  
6 ice cubes  
2 bananas  
2 tablespoons of heavy cream  
2 scoops of chocolate whey protein powder

Oh yeah, baby. For those chocolate banana freaks out there this will get the job done that is for sure! For those looking to cut weight just reduce the banana to one and cut out the heavy cream. It still tastes great with about half the calories.

#### Tropical Power Delight

Ingredients:  
12 oz. of skim milk  
2 scoops of vanilla whey protein powder  
1 frozen banana  
2 tbs. low fat sour cream  
1 tsp. of coconut extract

Do I wish I was under a palm tree in the Bahamas right now sipping on some tropical fruit, letting the sun rays beat down on my face with the roar of the waves setting off the perfect background noise! Oh, sorry guys, I was just daydreaming again, and considering the weather we are

going to see in the next couple months, you can't blame me. Here is a tropical shake that will at least help take away those winter blues making you forget that in just a little while you will be shoveling piles of snow from your driveway. Hey, I would like to give a shout out to all my friends in the Bahamas who I used to compete with. I haven't forgotten about you.

#### Chocolate Coconut Cream Dream

Ingredients:  
16 oz. of skim milk  
4 ice cubes  
2 tablespoons of heavy cream  
2 tablespoons of cream of coconut  
2 scoops chocolate whey protein powder

For those of you out there who love chocolate coconut cream pie this is the shake for you. Forget about those other boring shakes you have made in the past as this one will take care of all your chocolate needs!

#### Pineapple Power Press Shake

Ingredients:  
5 ice cubes  
16 oz of skim milk  
2 scoops vanilla whey protein powder  
1/2 cup pineapple chunks

For all you pineapple lovers out there this shake is calling your name! Simple to make, but - oh so sweet to taste. If you like a little tangy fruit in your shake, then this is going to make your mouth water.

#### Pina Colada Power Shake

Ingredients:  
12 oz. water  
4 ice cubes  
3 scoops vanilla whey protein powder  
1/3 cup Pineapple chunks  
2 tsp. Coconut extract

Yeah, I am not the biggest Pina Colada buff in the world, but I know there must be some power vixens out there that will just love this one. If you are looking for a creamier shake then sub the water with skim milk. This shake can be used when dieting as it is low in calories but is protein packed to the max.

#### Chocolate Banana Bench Press Blast Off

Ingredients:  
2 scoops of chocolate whey protein powder  
8 ounces of skim milk  
6 ice cubes  
1 banana

Here is a simple shake that isn't high on the calories, but it makes up for it with its taste. Perfect for lifters watching their weight or dieting and can be used often.

#### Choco-Raspberry Dream

Ingredients:  
2 scoops of chocolate Miscellar protein Casein powder

10 ounces of skim milk  
6 ice cubes  
12 raspberries

This is a super duper special shake. The ladies will love this one I guarantee it! Depending on how thick you like it you can drink it or eat it with a spoon. This one will get your praises no doubt!

#### Blueberry Cream Monster Maker

Ingredients:  
2 scoops of vanilla whey protein powder  
16 ounces whole milk  
4 tablespoons of heavy cream  
6 ice cubes  
30 blueberries

Here is another energy packed shake that will make your mouth go crazy. This is a calorie dense shake. For those who are looking to cut weight just replace with skim milk, cut the berries by half, and cut the cream. I am telling you - this is one of my favorites. It's easy to make and it goes down oh so smooth!

#### Root Beer Protein Float

Ingredients:  
1 can of Diet Barga's Diet Root Beer  
2 tablespoons of Heavy Cream  
8 oz of skim milk  
6 ice cubes  
2 scoops of vanilla whey protein powder

Hey, I couldn't forget the good old root beer float, could I? It should be part of every powerlifter's plan. I am not into soda by the way, but since I know a lot of lifters out there drink tons of it anyway, I thought I would include it here. At least I made sure that it was sugar free!

#### Strawberry Cheesecake Heaven

Ingredients:  
16 oz skim milk  
2 scoops of vanilla whey protein powder  
10 frozen strawberries  
4 tbs. low fat sour cream  
2 Graham Crackers

For those naughty boys and girls out there that like their cheesecake, this is the shake for you. Get out the old blender and give this recipe a whirl because you will love it, guaranteed!

#### Frankenstein Mass Mix

Ingredients:  
16 oz of whole milk  
2 scoops vanilla whey protein powder  
2 bananas  
8 pasteurized egg whites  
2 tbsp. of natural peanut butter  
10 grams of glutamine powder  
10 grams of creatine  
2 tsp. of honey  
2 scoops low fat ice cream  
4 ice cubes

This is what you need when you are looking to pack on size in a flash. This is a very calorie dense protein packed shake, and is geared for lifters 250 pounds and above. You lightweighters can drink it too,

but it may be just too much to handle in one serving. If it was good enough for Frankenstein, then it is most definitely will make a monster out of you!

#### Morning Thunder

Ingredients:  
1 cup of Freshly Squeezed Orange Juice  
1 cup of skim milk  
2 scoops of vanilla whey protein powder  
1 tablespoon of Flax Seed Oil

Here is a very basic energizer that is great to get you started first thing in the morning, hence the title. The next time you are running late, give this one a try to get you on your feet in no time.

#### Chocolate Peanut Butter Power Blaster

Ingredients:  
16 oz. of skim milk  
6 ice cubes  
4 tablespoon heavy whipping cream  
2 tablespoons of natural peanut butter  
2 scoops chocolate Miscellar Casein protein powder

This shake is not for the faint at heart. This is one calorie dense shake and it will no doubt help you pack on the mass you are looking for. Give it a whirl and let me know how you like it!

#### Mass Maker

Ingredients:  
16 oz. whole milk  
1/2 cup raw almonds, blend with milk only until creamy smooth  
1 large frozen banana  
2 scoops of vanilla whey fffH3teiu powder  
1 tablespoon of Flax Seed Oil

This is just what the title says, "The Ultimate Mass Maker". For you skinny guys out there that are just looking to get yourselves up a class or you big boys who are looking to pack on yet more size, this is the shake for you!

#### Juice it Up!

Ingredients:  
2 Scoops of unflavored Egg White Protein Powder  
1 cup of orange juice  
1/2 cup water  
1 banana  
10 frozen strawberries  
5 ice cubes

Here is a light and refreshing shake that won't weigh you down. It is a fresh and invigorating drink that will have you coming back for more. Light to the taste and easy on the stomach, so for all those lifters that bloat easy this is the shake for you.

#### Sweet as Honey Southern Powershake

Ingredients:  
16 oz of skim milk  
2 Graham crackers  
2 tbsp. of honey  
2 tbsp. of fat free cream cheese  
2 scoops vanilla whey protein

6 ice cubes

This is a favorite of all my good old southern boys. They just love this shake, especially all my lifters down in Georgia and Texas. Oh yeah, don't mess with Texas, especially after they have had one of these shakes, because you won't stand a chance!

#### Oreo Cream Dream Come True!

Ingredients:  
2 Scoops of Chocolate Whey/Miscellar Cassein Protein  
2 Graham Crackers  
2 Oreo Cookies  
16 oz of skim milk  
2 scoops of low fat chocolate ice cream

Now this is a special shake and should be used sparingly due to the ingredients. This is a favorite shake that I use with my skinny lifters and youngsters looking to pack on size. It is very calorie dense so it should be used by those in lighter weight classes looking to go up, and by teenagers who are trying to get in the extra calories they need to get their body to pack on weight. I have included Miscellar Cassein in here to thicken it up and to give you an extra long release of amino acids into your bloodstream. Just what all you teenagers need to help build the base. OK, all you other lifters can try it too, but make sure that you have it just once in a while, not daily.

#### Macadamia Madness

Ingredients:  
2 Scoops of Vanilla Whey Protein  
1 cup of fat-free strawberry yogurt  
6 shredded macadamia nuts  
16 oz of skim milk

For all you lifters that like nuts, peanuts, cashews, and almonds. Here is a shake for you.

#### Oat "Meal" Monster

Ingredients:  
1 cup of cooked oatmeal (cooked in water and cooled)  
2 scoops vanilla whey protein  
4 dashes of cinnamon  
1/8 cup of sugar free maple syrup  
1 tbsp chopped almonds  
16 oz of skim milk

Here is a shake that will fill you up like there was no tomorrow. This is a perfect meal replacement shake hence the fancy name. It is perfect for those lifters that need an energy dense breakfast to get them started, but don't have the time to sit down for some eggs and oatmeal. Try this out as you will like it!

#### Guilt Free Cinnamon Roll Delight

Ingredients:  
2 scoops vanilla protein powder  
2 tsp sugar-free instant vanilla pudding  
1/4 tsp. of cinnamon  
1/2 tsp of vanilla extract  
1 packet artificial sweetener  
a sprinkle of butter flavored extract  
16 oz. skim milk

5 ice cubes

Ladies, here is your dream come true. No, it's not a husband who does all the chores, cooks and cleans, all the while looking like an underwear model. Here is a shake that will be top spot on your list and if you can get your husband to make it for you - yeah right - keep dreaming.

#### Jamaican Coconut Explosion

Ingredients:  
2 scoops vanilla whey protein powder  
1/2 cup of pineapple juice  
1/2 cup of orange juice  
1/4 tsp. of rum extract  
1/4 tsp. of coconut extract  
8 oz. of skim milk  
6 ice cubes

Here is a little island shake that will make you feel oh so good. Don't worry - be happy! No, it doesn't have any Jamaican Gold in there as one of the ingredients, but it still will make you wish you were in Jamaica feeling the wind in your hair. Since I can't fly all my fans over there for a nice little vacation from the "Hell on Earth" that most lifters call their job, this is the least that I can do.

#### Triole Fruit Sorbet

Ingredients:  
16 oz. of orange juice  
2 scoops of Milk Isolate Protein  
1 scoop of low fat mango sorbet  
1 scoop of low fat raspberry sorbet  
1 scoop of low fat peach sorbet  
2 scoops of low fat vanilla ice cream

Now, this is an ice cream lovers shake come true. This is one big shake once it is all blended up and you may have to share it with someone. That is, unless you are Garry Frank! Blend up this creamy shake and add ice if you want it to be thicker.

#### Conclusion

There you have it my fellow powermongers. These are no doubt some of the tastiest protein shakes out there. These are some of my personal favorite recipes and I wanted to share them with you, so you can stop coming up with excuses not to drink your shakes. I don't recommend that you drink these types of shakes every day for all of your shakes, but they can really help you out when you need a little break from the ordinary. It will break things up and you will then look forward to drinking your shakes. Since you know that I am big on getting in your protein shakes daily as part of your Power Nutrition Plan it is essential to make them taste great otherwise you will avoid them like the plague. So, until next month train hard, eat clean and give some of these recipes a try... you won't be disappointed!

For those of you interested in the Nutrition XP3 customized Nutrition System, please feel free to contact me for availability at [Ariccuto@NutritionXP3.com](mailto:Ariccuto@NutritionXP3.com) or check out my website at [www.NutritionXP3.com](http://www.NutritionXP3.com)





Scot Mendelson continued his comeback at the APF California State Meet, breaking 900 officially by muscling up 914 on his opener in a 2 year old shirt that hardly had any pop. On two tries at the all time best weight of 1008, he was quite close (above). He jokingly implied that spending the day before the meet putting together a Monolift had taken it out of him, and he just might have been right. The following day he went in for more corrective surgery on his ankle, and after 6 weeks, he will be back on the quest for 1000 plus.

A few issues ago I put together an article reviewing the squat. I covered various factors that should be reviewed to be sure you are making maximum progress in that lift. This time around I'd like to suggest subtle tips that can add up a bigger deadlift.

The friction or resistance the bar encounters as it climbs up the legs from the floor to lockout is an easy obstacle to conquer. One way to reduce friction is to use talcum or baby powder on the front of your shins, knees, thighs and bottom of your lifting suit legs. This will help the bar climb up the lower body a bit easier. Take the container of powder and splash a moderate amount on these areas. Then turn the container upside down (with the opening shut of course) and spread it around with the container's bottom, being careful not to get any on your hands. If you get any talc or baby powder on your hands, you will have trouble gripping the bar. In that case, wipe it off and chalk your hands up before you lift. For safety and courtesy reasons, apply and spread the powder while in the on-deck area and not while on the platform. Excess powder on the platform could cause a lifter or spotter to slip and fall. If you notice any excess powder on the platform before you or a buddy lift, ask the spotters to clean the area prior to your attempt.

Those shaved-bald swimmers gave deadlifters a great tip. They shave their heads to decrease resistance in water in hopes of decreasing their lap time. Powerlifters don't need to shave their heads, but shaving the front of your thighs from the knees upwards to just above where the bar stops at lockout helps reduce friction. This can be done the day or two before the meet. Little things like reducing friction or resistance on your legs can make a critical difference.

To help maintain your grip on the bar, we need to do the opposite of the preceding paragraph and increase friction or resistance. To accomplish this, use chalk or magnesium carbonate on your hands. Many meets supply chalk near the platform, but unfortunately, it either gets borrowed, broken into little pieces, or used up. Other meets do not supply any chalk at all. For these reasons, I suggest bringing your own stash of chalk in a Tupperware type container for easy access and storage. I would suggest keeping your stash hidden or you'll end up supplying chalk for your whole lifting flight and possibly run out. Over the course of the meet, the competition bar may develop a build-up of chalk on the knurling from all the previous lifters. If you see this, request the loaders to scrape the chalk off with a wire brush before you lift.

The correct footwear can be

## STARTIN' OUT

A special section dedicated to the beginning lifter

# DEADLIFT TIPS

as told to Powerlifting USA by Doug Daniels

a difference maker too. The best deadlift footwear is low to the ground to reduce distance the bar must travel. Also it should have non-skid soles to provide a stable base during the set-up and lift itself. For conventional deadlifters, I recommend house slipper type shoes or even actual house slippers. They provide the features I just outlined and in addition meet rule requirements for competitive footwear. Wrestling shoes are an alternative, but they cost a bit more than house slippers. Sumo lifters may want to try a cross-trainer shoe for more foot and ankle support. The key to remember is to get shoes with a low, flat heel. A higher heel will angle you forward and decrease your leverage position, requiring you to pull the bar back as well as up. This wastes strength and energy and actually makes you lift more weight. Even a few degrees adds more pounds to your deadlift. On a max attempt, every hindrance that can be eliminated makes a big difference.

Lifters who use knee wraps while deadlifting should ask themselves why. Wraps are essential for the squat, but for the deadlift, they can be counter-productive. Using them could result in locking your knees out prematurely, greatly reducing the contribution from your legs to the deadlift. If knee soreness is your reason that requires you to need knee wraps to deadlift, I suggest consulting a sports medicine doctor to address the problem. My strong suggestion is to drop the wraps for the deadlift.

Lastly, form and

execution can really make a difference. The more efficient you can lift, the more you can lift; it's that simple. Set-up is first. Many lifters tend to position their bodies too far from the bar. This causes the bar to be pulled in as well as up to lockout. Leverage is decreased and the chance for injury is increased. Just like wearing a higher heel shoe, having to lift back also adds more pounds to the lift. A key to competitive lifting is to decrease the distance the bar must travel to lockout. If it must be pulled in to your body as well as up, the

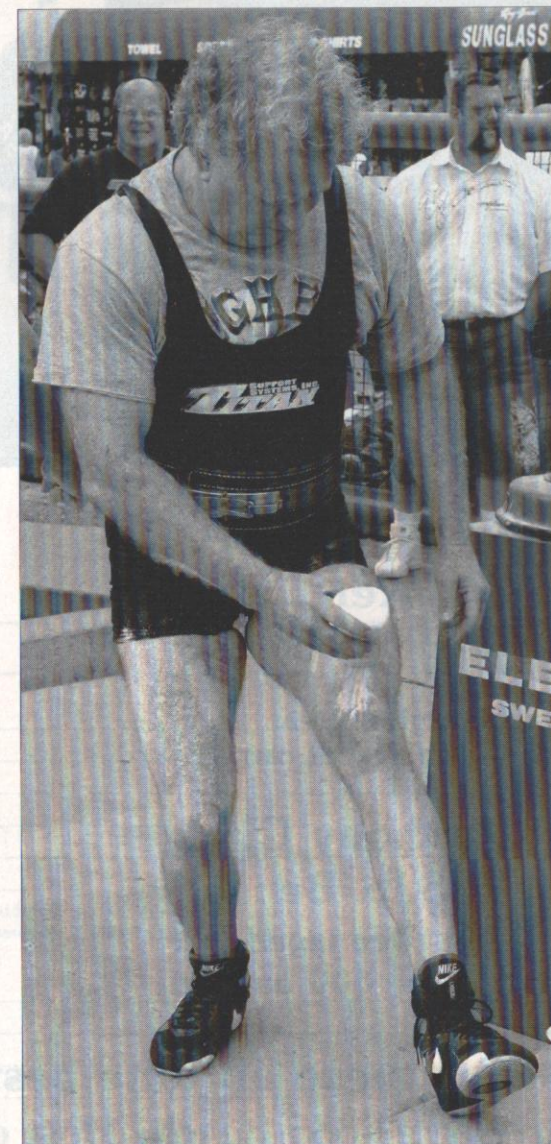
distance is increased. You can lift more weight over a shorter distance than a longer one; it's not just plain physics and common sense. Set up no farther away than 2-3 inches from the bar. I favored touching the bar with my shins at setup. You may suffer some shin scratches and abrasions, but no one ever said powerlifting is easy or painless.

Grip width is also important. The narrower the grip, the less distance the bar must travel. A narrower grip allows you to assume a more upright position, closer to lockout, and also adds more leg power. If you deadlift conventionally, try gripping at shoulder width just outside the start of the knurling. Sumo deadlifters can go narrower, straddling the knurling and the smooth part of the bar. There will be a limited amount of lifters who gain leverage by using a wider grip, but give a narrower grip a try.

Also, try to maintain an upright posture when starting the pull. This will also lower the distance that the bar must travel as well as involving more leg power. Flexibility can help you achieve a more efficient pulling and setup position, so don't overlook its importance. Enhanced flexibility can also work in your favor on the other lifts also.

You can still blow everything by making an all too common error at lockout. In their desire to demonstrate a complete lockout to the judges and crowd, some lifters lean back so far that they cause their knees to bend. This could result in a red light from an alert judge. A fully upright position with your shoulders slightly back will satisfy the judges. You will also save strength and energy for succeeding attempts with heavier weights.

Any combination of these subtle tips can give your deadlift an instant boost without any increase in your strength or changing your training routine one bit. These tips are based on common sense and simple physics. Reduce or increase the friction of the bar where applicable, and shorten the distance the bar must travel through proper footwear and setup techniques. A subtle but definitely not minor change or two can make a measurable difference in your meet results.



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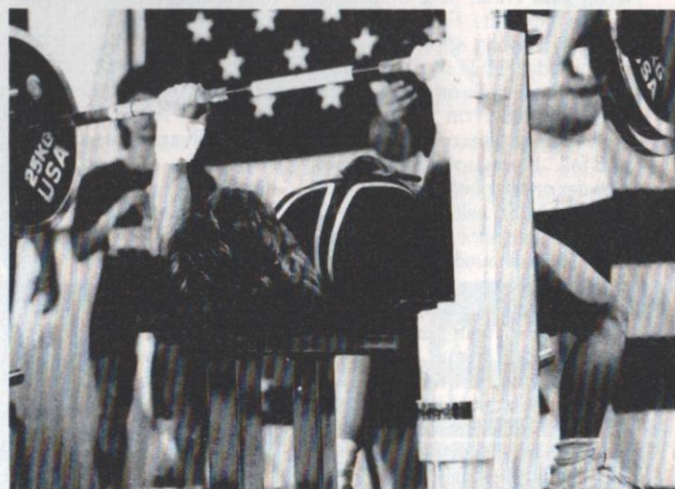
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Z-SUIT and CHAMPION SUIT on next page

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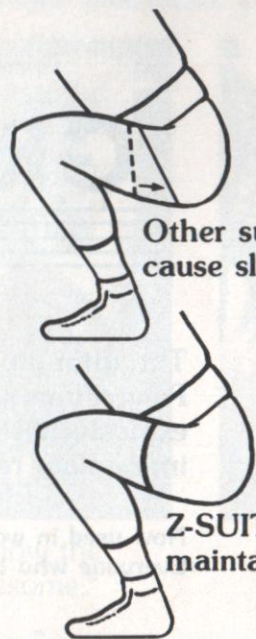
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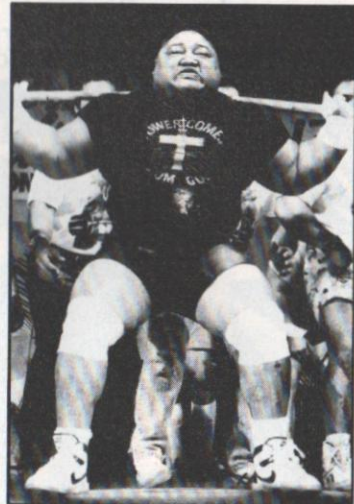


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## ASK THE DOCTOR

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

**HELLO DOCTOR:** Read your article on Bodybuilding.com. I am 50, with total T of 146 (should be 240-950, as you know). I gathered from the article that I should take a one-month break after 2 months of therapy. Is this correct? Also, I have mild puberty-related gyno. Should I be on an estrogen-blocker also? I see an endocrinologist in 2 weeks.

Many thanks, **John**

**HI JOHN:** I would think that in your case just going on an aromatase inhibitor might do the trick. This will increase HPTA activity thus increasing endogenous testosterone levels, while at the same time improving your residual pubertal gyno. Also, after going on it for three or four months straight it may result in naturally increased endogenous testosterone levels even after you discontinue the aromatase inhibitor. It's certainly worth a try rather than just going on testosterone replacement therapy. Let me know what the endo says. Best regards, **Mauro**

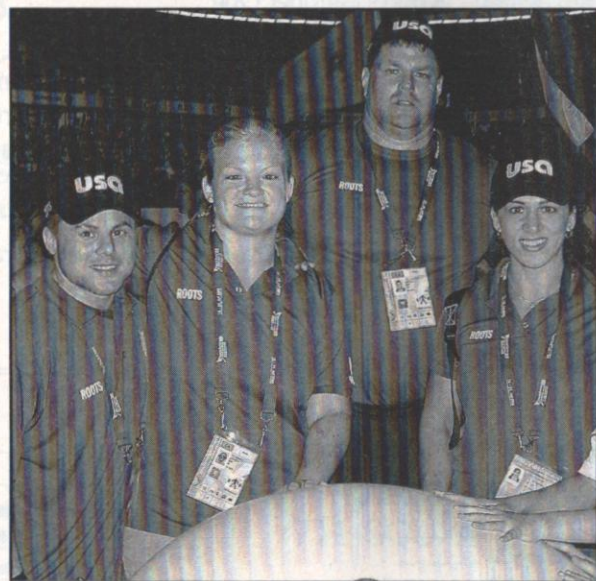
**DEAR DR. DIPASQUALE:** My name is Claudio Mauceri. I'm an Italian doctor, from Palermo (Sicily); I'm very fond of sport and nutrition, in fact I've taken up with my specialization (nutrition science) and I'm attending a Master in Sport and Fitness Science. I've read your book with much curiosity also because, as you know, the Italian Medical School is supporter of Mediterranean Diet (about 55-60% carbo!), that's why I have grave doubts about beginning the metabolic diet, so much different from our traditional diet. For example: 1) what about chetosis? Is it not dangerous for brain, kidney and other organs? And in the same way high plasmatic levels of lipids and uric acid? 2) Could really this diet be a long-life-term diet, without any problem for our health? 3) could this diet be suited for a very hardgainer like me to increase my FFM? Thank you very much for your attention and sorry for my macaronic English. Bye, Ciao, **Claudio**

**HI CLAUDIO:** I've been on this diet for over 30 years, and it's had no adverse effects on me and keeps my body composition at an acceptable level. When I was actively competing I was able to significantly increase my muscle mass and decrease my body fat using my diets. Even now my daily fare is mostly limited to various meats/poultry/fish, non starchy vegetables, and lower calorie, higher fiber fruits. Unfortunately I'm presently on an island in the Atlantic off the East coast of Canada with very limited Internet access, so do not have some of the information that I can send you about the questions you ask below. However, when I return later next week I'll gather some of it up for you to look at. In short, however, ketosis is not a problem with my diets as the body soon becomes accustomed to the lower carbs and increases fatty acid use and increases gluconeogenesis to the point where ketones are not needed as much. In fact I don't recommend that anyone on my diets check their urinary ketone levels as they're not relevant to the effectiveness of the diet. Uric acid and serum fatty acid levels are also not a problem as again the body effectively adapts to the macronutrient composition of the diet. Ciao, **Mauro**

**DR. DIPASQUALE:** I'm a 41 year-old male on TRT (200 mg Test Cyp/Weekly) for the past 2 years. I really need a bit of advice on getting off TRT. My regimen was 10 weeks on test followed 10 days of HCG at 1000 iu per day. (.5 mg Arimidex once or twice a week during the whole 12 weeks) Then I wait a week before starting the cycle over. I crash badly during PCT and atrophy never fully recovers. (Although for the several months I've tapered down to 100mg/week, using 250 IU of HCG the day before and the day of the weekly injection, and only one .5 mg anastrozole pill weekly, on the day of the injection. For what its worth, this

regimen with no cycling has given me the best results so far. My Dr. (who retired last year) hasn't really been as much help as I would like. Any suggestions on a PCT regimen that works, with the end result of eliminating TRT, would be greatly appreciated. My test level was 325 when I was put on TRT, and I truly feel I could have improved this without the use of TRT. (In fact, I'm pretty sure I could have done without it, had someone like yourself been available to me) I don't think that the protocol I've used has induced primary hypogonadism. I believe I'm just very suppressed (as TRT goes.) There are really no doctors in the area that know anything about proper TRT therapy (I've been amazed at most doctors' ignorance on the subject, as well as the lack of information on treating men with lower testosterone levels!) I've enjoyed several articles by you and really wish now I had known about you 2 years ago!! My insurance doesn't cover any of this, and I really can't afford thousands of dollars of labs (I've been there before!) I would appreciate your honest thoughts on a sensible regimen (I would even consider herbal/natural) that would help get me off TRT without killing me. Your expertise gives me hope that there are those in the medical community who are truly interested in helping guys like me. Your suggestions are most welcome at this point. **Therrel Griffin**

**HI THERREL:** Sorry about the late response. Right now I'm on an island in the Atlantic off the East coast of Canada and have very limited Internet access. The regimens you describe below are such that your hypothalamic-pituitary-testicular axis (HPTA) has very likely been continuously repressed over the past two years. When you're on even relatively low levels of exogenous testosterone anastrozole and HGH are ineffective since the axis is refractory to their influence while you're on the testosterone and for at least two to three weeks after you discontinue it. Why did you start TRT in the first place, was it secondary to the use of anabolic steroids, or a problem with primary or secondary hypogonadism due to some other problem? Did anyone try to kick start your HPTA before they put you on TRT by using by itself either an aromatase inhibitor, such as anastrozole, or an estrogen antagonist such as clomiphene? I would think that at this point we're going to have to approach your problem along several pathways to get your endogenous levels of testosterone back to normal. It can be done for most cases although in a minority, especially at your relatively young age, have to go on life-long TRT. Best regards, **Mauro**



Part of TEAM USA at the WORLD GAMES... a competition that is subject to the kind of rigorous drug testing that Dr. DiPasquale has studied extensively over the years, included Wade Hooper (4th in the 90 kg. Men's group), Jessica O'Donnell (7th in the 67.5 kg+ Women's group), Brad Gillingham (5th in the Men's 90 kg. + group), and Priscilla Ribic (2nd in the Women's 67.5 kg. group). Brian Siders barely missed winning the Men's 90 kg. + group (photograph was provided by courtesy of Priscilla Ribic)

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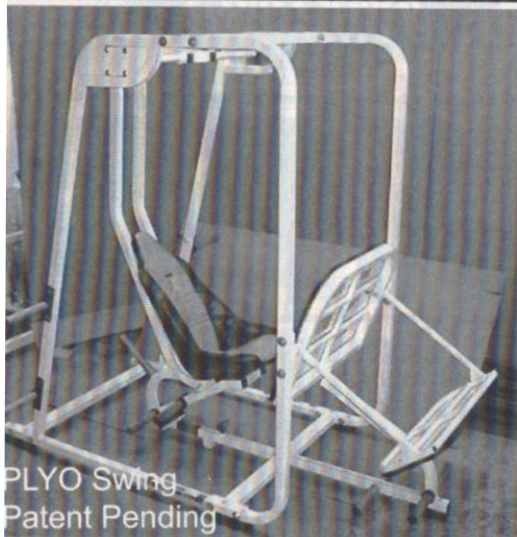
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# LOUIE SIMMONS' PRESENTS

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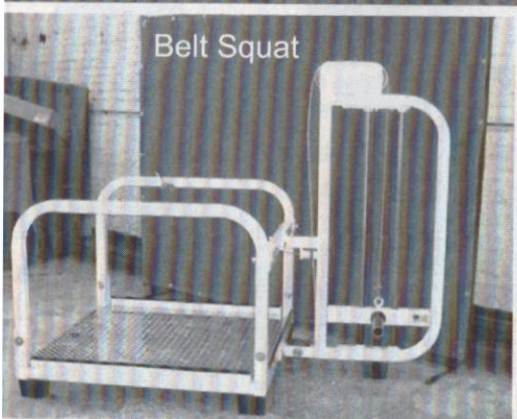


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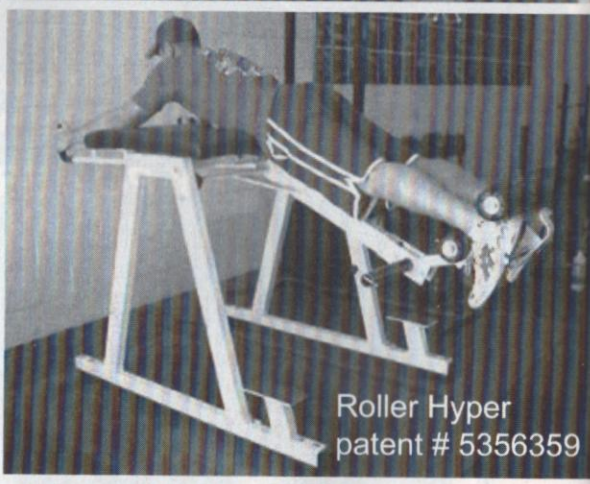
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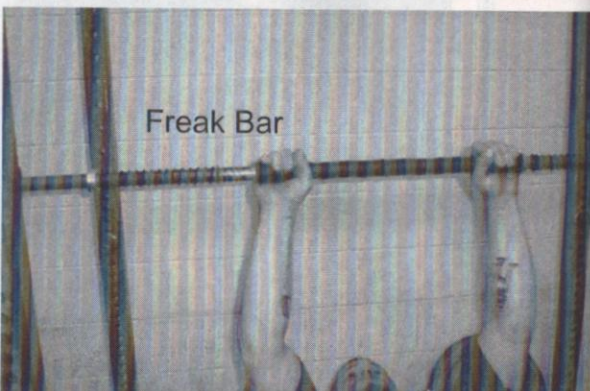
Safety Squat Bar



The Grappler



Roller Hyper  
patent # 5356359



Freak Bar

Back before baseball players followed the lead of weightlifters and started taking steroids; we did an article on The Pit Gym (Hardcore Gym #16). They basically challenged any drug-free team in the nation to put up or shut up. We got inquiries about this from quite a few teams and individuals. Even Hunter S. Thompson got interested (until tested). Meanwhile, Pit Barbell kept on powerlifting.

I'll let Derek Wallace (of Pit Barbell) respond: "It seems that I have \*\*\* off several gyms with my comments regarding the Pit Barbell Club being one of the best teams in powerlifting. This was not this writer's intent nor was it to boast on our individual lifters' numbers. In the August 2003 issue Mr. Lambert wrote a great article on team competitions and whatever happened to them. Responding to Mr. Lambert's article was my main purpose when I said that I feel that The Pit has the best eleven-man open drug tested team. Since my response was published I have read about many great hardcore gyms that sound like wonderful places to train. When I lifted in the military I found myself training in many of the smallest and hottest (temperature) gyms in this country. During this time, team competition at meets meant that you were competing against groups of lifters from similar gyms."

Today, if you go to a National meet, few teams competing are from individual gyms. Instead specific corporations and states form their own teams. These newly formed teams are not lifters who have worked together to prepare for a meet. The Pit powerlifting team is made up of individuals who train and live or have lived in our local vicinity, approximately a 2 mile radius. We come from almost every walk of life. We have doctors, engineers, electricians, police officers, concrete workers, laborers, physical therapists and students. We are the everyday people who work for a living and go to the gym to work out our frustrations of the day.

In several responses to my article you wanted numbers to back up my statement. OK, here goes. The Pit Barbell Team has 11 National Team titles including, the 2005 ADAU Raw Nationals, 2003 Deadlift Nationals, and 5 2nd place team titles in 2002 and 2003 Master nationals. In both of these Master Nationals it took state teams and multiple state teams to beat us. Some of you wrote articles on hardcore gyms said you were at those meets. Where was your team? The Pit also has 42 individual national championships. Many of those are multi-year winners. In addition, The Pit holds 22 state team titles and 2 world champions. Many of our lifters have held or do hold national or state drug tested records. At the Deadlift Nationals two of our lifters broke the national deadlift records for their age group. We are not just a powerlifting

## HARD CORE GYM #45 DETROIT BARBELL

(PLUS AN UPDATE FROM SWEET 16)  
as told to PLUSA by Rick Brewer, House of Pain

gym either. Several arm wrestlers, a few of whom are nationally ranked, train at our gym. Coach Conner trains wrestlers from local schools. One particular school has won over ten straight wrestling titles. I could list individual accomplishments of our members, but I feel that these numbers should suffice to back up my statement. We might not be the best in the world, but we have several lifters or average lifters that make up our teams. We have lifters that are willing to make personal sacrifices to make a certain weight class to help the team in the point standings.

Also make this statement as far as hardcore gyms go—we are the best equipped. Recently our coach and gym owner made a huge financial sacrifice for the gym by updating the equipment to better serve everyone who benefits from weight training or is competitive in a weight training sport. Do you have 320 lb. dumbbells? Strongman apparatus? A complete set of chains from 20 lbs. to 150 lbs? A custom arm wrestling table? A complete Olympic lifting platform with bar and bumper plates?

I take a lot of pride in this gym. Many of the lifters have been lifting there for over twenty years. I myself lifted against the Pit when I was with the Ball State Weightlifting Club in the early 80s. But for the past 10 years I have been part of one of the greatest gyms in powerlifting history—the Pit Barbell Club. We have the greatest respect for all powerlifters, weightlifters, strongmen, and arm wrestlers. We support all those sports with a passion and mean no disrespect to anyone or their gym. If anyone would ever like a tour please let us know.

On a very sad note Powerlifting has lost a great lifter. The Pit's oldest lifter, Gene Hall, hadn't lifted for very long. In fact, his entire lifting career only lasted 1 year and what a year it was. Gene was not the strongest lifter, but he touched everyone he met. He had a joy that nothing on this Earth brings. It was the joy of Christ. Gene passed on doing one of the many things that he enjoyed—telling people about Christ.

Gene Hall started lifting three months before his 73<sup>rd</sup> birthday. After a few weeks he wanted to try powerlifting, and when he decides to do something he goes all out! Powerlifting was no different. He started with the April 2003 Dave Martin Memorial meet in Bloomington,

Indiana, where he rewrote the Indiana state record books. Then a few weeks later he went to the USPL Master Nationals in Baton Rouge, Louisiana, and won again. He continued his powerlifting at the USPL Deadlift Nationals; and not only did he win, but he set a new American deadlift record in the process. Gene wasn't done yet, so he went to the IPA Nationals in Harrisburg, Pennsylvania, and again reset the records for the 181 lb. 70-74 year-old class with a 300 lb squat, 200 lb bench, and 380 lb deadlift. Gene was an inspiration to all both young and old. Many were amazed at his tenacity. For a man who hadn't squatted or benched his entire life, he did some amazing things. As his coach and son-in-law, Gene was the type of pupil I always want to train—someone who you have to hold back. He trained harder and ate better than the 20-30 something lifters.

Sadly, his lifting career has been cut short. After a heart attack in December 2003, Gene was determined to return to the platform. He was able to return to the gym after a couple of months; however, his health just wasn't the same. He underwent a quadruple bypass in January of 2005 and was on the way to recovery when he went to the Lord. Gene was giving his testimony to a group of young athletes and he had just told them about Christ and how he was certain where he was headed when he collapsed and was taken home.

Gene's legacy will continue! You see, Gene trained with his 27 year-old son, Tim Hall, former four-time national teenage powerlifting champion and world teenage champion who has returned to the platform this past year, and his eldest grandson, Caleb, who at 15 years old went to his first meet and won the national title. This year he took his 2<sup>nd</sup> national meet. In the family tradition of Grandpa Gene, his 14 year-old grandson, Jacob, joined us at the gym and has just one his first championship. Both these boys have set the bar for the best all time raw totals for their weight classes. Their dad and Gene's son-in-law, 43 year-old Derek Wallace, train Caleb and Jacob. And waiting in the wing is Tanner Hall, a stocky 14 month-old son of Tim and grandson of

Gene who just may grow up to be like his dad and grandpa. Gene's last meet was the 2003 IPA Nationals where this family of lifters had the privileged to able to compete together on the same platform. He will be missed greatly."

OK, thanks Derek for that updated response. Keep lifting, and ignore the naysayers. Like Clay Brandenburg. Speaking of big Clay, he benched 815 in Orlando this past year, and has hit some big numbers lately. There are so many huge bench pressers now, that he has largely been overlooked. BUT, Clay has a new gym: Detroit Barbell Strength Training Facility— and yes, the name is WAY too long. We'll call it DBSTF for short. Heck, even DBSTF is too long.

Speaking of too long, this article is dragging on; so let's summarize a few of the lifters training there: John Zemmin (722 BP @ 275, Arnold Classic), Matt Zweng (long time tough guy who has beat Jesse Kellum at 198#, and won the Show of Strength), and Craig Gallo (1025# Squat, former 308# WPO record holder). Plus big Clay Brandenburg himself (see the photos). There is definitely a lot of bodyweight in this gym!

Clay also has a guy who pukes every time he max-effort trains (anonymous), a few female State Champion lifters (note to Clay: next time, send pics of the women), and a couple of great up and coming APF lifters who are bound for the WPO.

Clay reports that it is an industrial area (like all of Detroit), and that he modeled it after Westside Barbell. (He didn't ask me about my experiences in Detroit, so I'll just keep them to myself. But, does anyone remember Dave & Doreen of Great Lakes Fitness Guide?) Clay owes a lot of a gratitude to Louie Simmons, and most important—nobody ever died in his gym. At least not yet. Well, we're pretty much out of time and space, but stay tuned because next month—we'll go Olympic style, and visit an old friend that y'all will remember!

Questions/Comments?  
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Bloody Clay Brandenburg in his gym

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# 'POWERLIFTERS, Can You Really Afford To Be Without The Secrets in Pavel's *BEYOND BODYBUILDING*?'

"Every aspect of training is covered in *Pavel's Beyond Bodybuilding* from flexibility to all types of strength development, U.S.M.C. training, R.K.T. training tips from many of the greatest strength experts around the world, plus a glossary of exercises to fit everyone's needs. I salute Pavel and *Beyond Bodybuilding*." —LOUIE SIMMONS, *Westside Barbell*

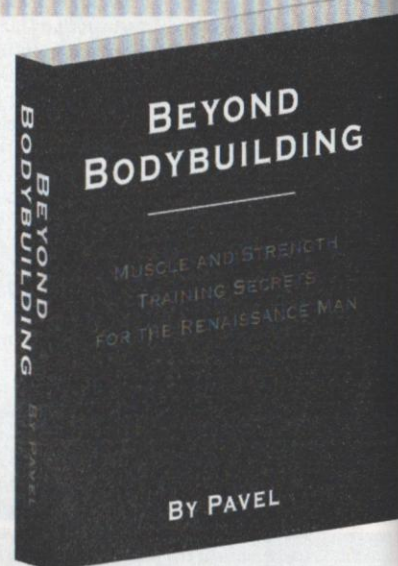
"I wholeheartedly recommend *Beyond Bodybuilding*; I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description is tremendous. The mix between text and photos spot on; the clarity of the exercise description leaves nothing to the imagination.

If you are serious about physical renovation and want a new approach to progressive resistance training, then purchase *Beyond Bodybuilding*." —MARTY ALLAGHER, former *washingtonpost.com* columnist, five-time world master powerlifting champion, USA co-coach, 1991 world powerlifting team champion

"Thanks for your recent contribution to the empire of muscle and might. Very interesting and valuable." —DAVE DRAPER, Author *Brother Iron, Sister Steel*, former Mr. America, Mr. Universe and Mr. World

"*Beyond Bodybuilding* covers just about any physical topic you could think of. It's one of those books that will speed you toward your goals by giving you the knowledge to remove training obstacles that it would take you forever to learn how to do on your own. This is a book I wish I would've had when I started training. Pavel is one of those few people who can really deal in the science-meets-real world training area. I would jump on it if I were you. You really need this book." —BUD JEFFRIES, Author of *How to Squat 900lbs*.

"Congratulations! You have done it again Pavel. *Beyond Bodybuilding* is a treasure chest of strength training secrets. I love reading your stuff. Your books are never a rehashed... dashed out... serving of the same old thing or even close to it. It's truly 'arm pit soaking', exciting stuff. You are a credit to the game Pavel. I am better for having known you." —LARRY SCOTT, Author of *Loaded Guns*, former Mr. America, Mr. Universe and the first Mr. Olympia



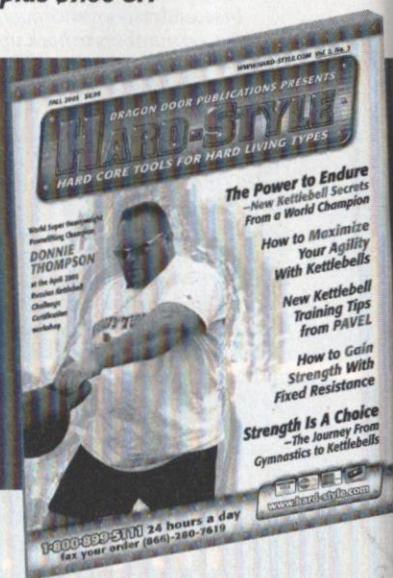
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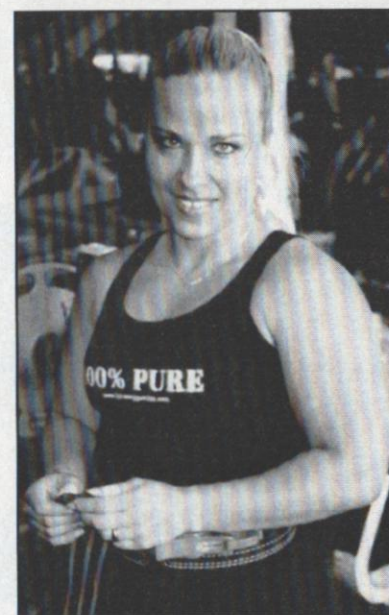
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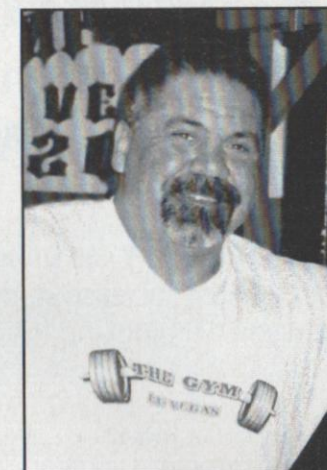
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# POWER SCENE

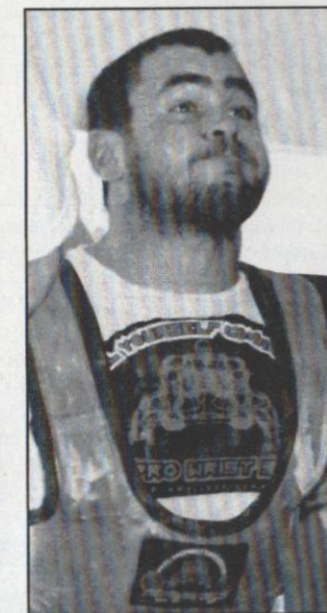


Mari Asp ... benched 385 in the gym

POWERSCENE has been enjoying a long Summer vacation, but like all vacations, the end of it has come. Just like September is back to school month for kids, it's back to the keyboard for POWERSCENE. What did we do on Summer vacation? Well, in July we went to Las Vegas (yes, it's hot there in the Summer), to visit Mark Swank's The Gym, which he is renaming Sin City Barbell. Mark and his crew shot a great deadlift video workout for *POWERLIFTER VIDEO*, showing off their techniques for building strength and performance for that often-neglected third event of a PL meet. Mark's also been working on his bench, and recently set a PR of 617. As Mark told the video camera, "New PR. Ready to be broken." That is a great attitude. Anyway, maybe that will occur for Mark at one of the many Vegas meets he's putting on. Next March will be a big APF meet, and next June 2, 3, and 4 will be the APF Seniors. For info on these meets, or on Mark's gym, give him a call at 702-245-6852. On our quick trip to Vegas, we ran into big bencher Mari Asp, who had just shot a bench workout with *POWERLIFTER VIDEO* a few days earlier at Gold's Gym in Venice, California. Mari has a PR of 341 at 158, and is hoping to be benching in Bench America. You can find more on Mari at [www.fitmari.com](http://www.fitmari.com). We ran into Mari again the following weekend, at the APF California State Meet, where she was one of the many fans watching some big lifting. Among the lifters pushing some big iron were young Charlie Telesco, and big Dan Smith, with whom



Mark Swank runs "THE GYM"



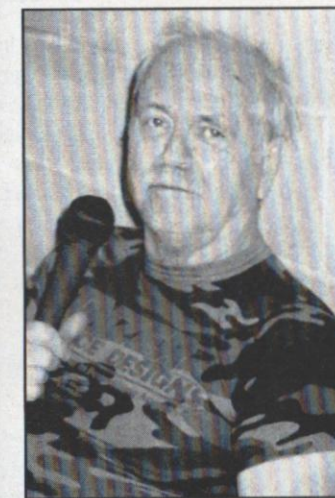
Charlie Telesco only 20 yrs. old

we're planning some bench video work. Also watching was Joe Selvocki, all the way out from Pennsylvania and cheering on his lifting buddy Charlie. That's some serious support for a lifting buddy—we like to see that! Meet host Scot Mendelson did some very serious benching—easily popping a 914 on his opener. Wow! Scot came out for 1008 on his second attempt, and came awfully close. That would have been the new World Record. A third attempt, at 1008, made it most of the way up, but stopped a bit short. Scot told us, and the video camera, "I'm back!" No doubt about that, so maybe 1005 won't be the World Record for long. We'll keep you informed. "til next time, stay strong and healthy, and we'll see you on video. (The new *POWERLIFTER VIDEO* issue, with Scot's big BP's, and Mark Swank and Mari Asp, and much more, is now available. Call toll-free 800-227-2355.)

Ned Low



Dan Smith ... tried some big lifts.



Herb Glossbrenner announced



Scot Mendelson after his 914!



Dan Martin, Dan Massella, Richard Rhinehart, J.R. Mancini, and Elliott Shults at Mark Swank's Gym in Las Vegas. (Ned Low photos)



Maris Sternberg head judged.



# "POWERLIFTERS—Are You Stuck In A Rut? NOW You Can Instantly Amplify Your Power And Strength... Bust New PRs... With Pavel's Amazing *Loaded Stretching* SECRETS "

"Loaded Stretching can provide everyone an edge.. Pavel leads you thru a series of stretching techniques that can immediately increase stamina. As one approaches their limits, little strength secrets can make the difference between winning and losing. *Loaded Stretching* is that, secrets." —LOUIE SIMMONS, *Westside Barbell*

"It is interesting that we have all these great minds in America, and a tremendous amount of info from the Easter Bloc, but never really entered that special door of duplicating elite performance. It took someone from the Eastern Bloc, to show where the door was. Now he has given the key to that all-important first door to creating elite performance. Pavel's Loaded Stretching DVD is that key. Thank You Pavel!"  
—JAY SCHROEDER, arpprogram.com

"The high end concept of controlled strain, when applied to various movements, have demonstrated ability to improve sport performance in the short and long run and can be used by everyone. The loaded hip stretch using a box, the loaded Russian twist, the loaded RKC clean stretch, and the KB loaded triceps stretch are very powerful tools that I have put in my bag of tricks. The loaded RKC clean stretch has been a real blessing to my football and powerlifting ravaged shoulders. There is a lot more here too for every athlete." —JACK REAPE, *Armed Forces Powerlifting Champion*

## How To Turn Your Muscles into Coiled Springs of Explosive Power

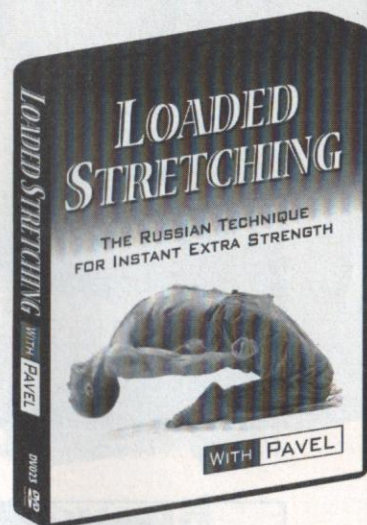
Can you easily and instantly turn yourself into a coiled steel spring — ready to burst into action and leap past your previous athletic best? Or are you more like an overstretched rubber band — no longer capable of suddenly generating performance-busting power?

Now, for the first time in the West, Russian strength master Pavel Tsatsouline reveals the Soviet secret of *Loaded Passive Stretching* — guaranteed within MINUTES of its application to have you:

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In the glory days of the Soviet empire a team of researchers lead by weightlifting world champion A. Vorobyev devised a special instant strength technique. Immediately after its application experienced lifters pulled their barbells more than two inches higher! Further research determined that the unique *Loaded Passive Stretching (LPS)* technique — unlike any other type of stretching you have seen — not only increased immediate performance but also delivered long term strength gains.

Finally, you too can take advantage of this powerful technique — and watch your lifting soar to new peaks... new PRs...



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DVD Running time: 20 minutes plus \$5.00 SH

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# "POWERLIFTERS—Are Rigid Muscles Robbing You of The Strength and Success You Deserve?"

"Strength Stretching is a virtual must for the powerlifter, novice or advanced. Our bodies change as our body mass increases, mostly unnoticed until lack of mobility and flexibility causes reduced performance, or worse injury. Pavel has addressed these issues with time proven methods from the former USSR. Strength Stretching has helped Westside Barbell enormously and I know it will help everyone who is in powerlifting at any stage of the game."—LOUIE SIMMONS, Westside Barbell

Traditional stretching programs weaken you — but stop stretching altogether and you'll doom yourself to injuries and mediocrity!

Discover the world's only stretching protocol specifically and uniquely designed to increase — not reduce — a powerlifter's strength.

Skyrocket your strength now — and reduce the wear and tear on your joints — by mastering the secrets of Strength Stretching!

The iron elite knows that 'being tight' is critical to making that big lift. At the same time you can't put up a big squat, bench press, or deadlift without having just the right amount of flexibility and only in the right places. A paradox.

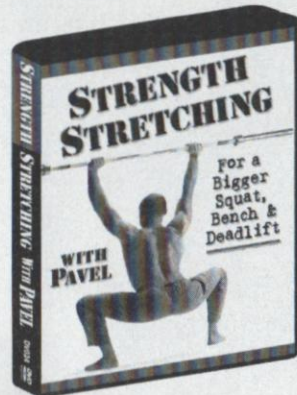
Ignore stretching altogether and lose power to the joints that 'don't bend easy'. Do stretches designed for fighters or other athletes and toss away strength by the bucket... because you'll lose your crucial 'tightness'. Either way, a dead end.

Not any more. Enter Strength Stretching by Pavel, the only flexibility program custom designed to up your squat, up your bench, up your dead!

- Gain up to 15% on your pulling strength — by learning how to properly arch your back
- How to arch higher — and bench more — without killing your back
- Master the Kettlebell Depth Squat — the Russian powerlifting secret for teaching perfect squat and pull form and developing championship flexibility
- Discover how to release the hidden brakes that are silently sabotaging your deadlift
- How to relax your turtle traps — and up your dead
- How to squat with the big boys — without killing your shoulders and elbows
- How to wide sumo with the best — and make it look easy

"Pavel's stretching ability is unbelievable. As World Class as it comes!" —BRAD GILLINGHAM, 2 times World Superheavyweight Powerlifting Champion

"When I consume a teaching resource, I look for two things; first does it have something I can use immediately, and second does it mention something that I have been playing with in the gym. Strength Stretching hits both points several times. Things I used immediately are the Wall Squat, the Wedge, the RKC hip flexor stretch, and the GHR back stretch. The Wall Squat has become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and 'prying' are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does." —JACK REAPE, Armed Forces Powerlifting Champion



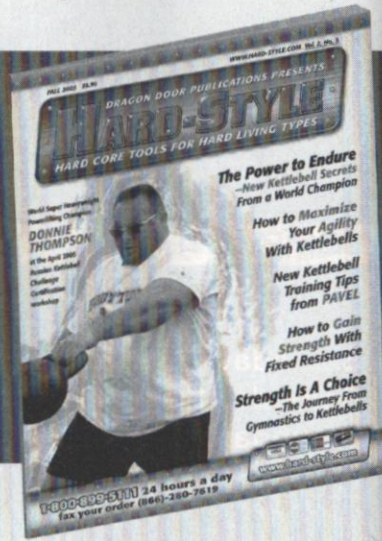
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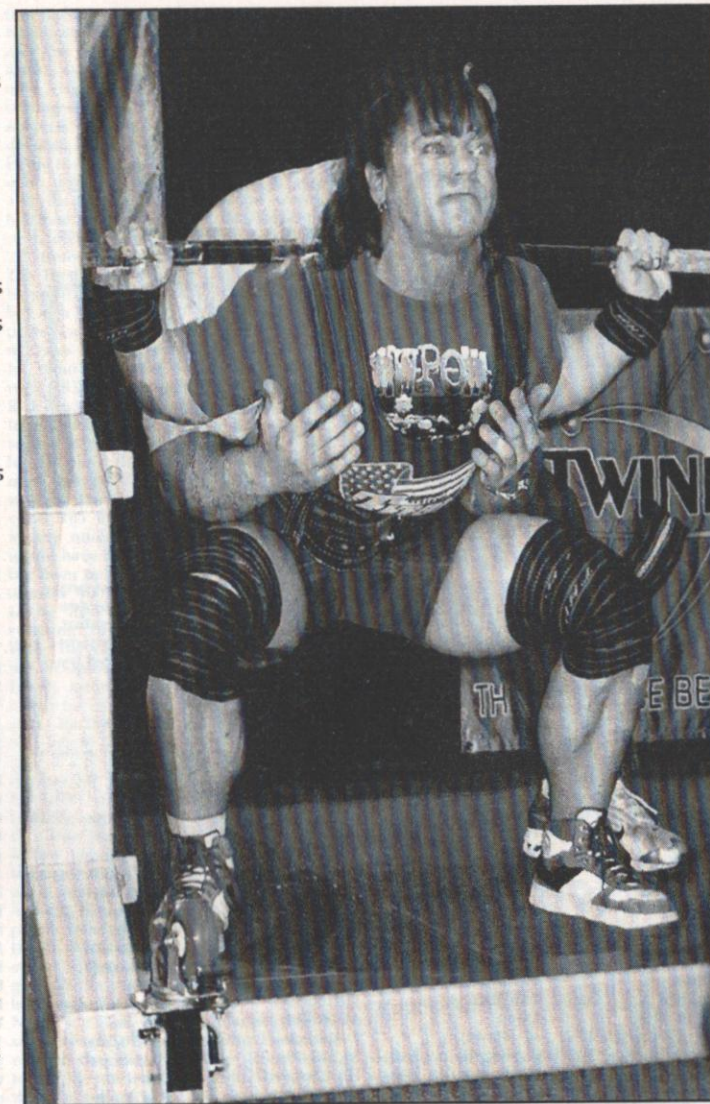
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APF Virginia State  
15 MAY 05 - Chesapeake, VA

BENCH	SHW	DEADLIFT	TOT
WOMEN	R. Gormus	262.5	
181 lbs.			
Masters (45-50)			
B. Graube	114 lbs.		
155			
MEN	T. Paredes	105	
148 lbs.			
S. Whitehead	148 lbs.		
110			
165 lbs.	S. Whitehead	165	
E. Anderson	152.5		
Teen (18-19)	C. Diaz	235	
M. Dean	115		
Teen (18-19)			
G. Lane	137.5		
220 lbs.	K. Rosser	137.5	
J. McVicar	295		
Masters (60-64)	G. Lane	242.5	
G. Holzmillner	110		
242 lbs.	J. McVicar	295	
M. Sami	185		
Teen (18-19)	F. McIntyre	295	
Teen (18-19)	Masters (40-49)		
C. Tinsley	137.5		
308 lbs.	F. McIntyre	295	
Masters (45-49)	Teen (18-19)		
J. Graube	C. Tinsley	237.5	
148 lbs.			
WOMEN	SQ	BP	DL
148 lbs.			
K. Baird	147.5	100	150
165 lbs.			
J. Scanlon	215	120	227.5
181 lbs.			
R. Lupton	187.5	112.5	165
181 lbs.			
S. Krupinski	165	145	207.5
198+ lbs.			
Masters			
S. Zabawa	105	90	155
148 lbs.			
MEN			
S. Whitehead	165	110	165
165 lbs.			
C. Diaz	220		
181 lbs.			
L. Walker	205	150	197.5
Master (60-64)			
B. Rosser	102.5	97.5	130
198 lbs.			
J. Coleman	210	147.5	227.5
G. Lane			
220 lbs.			
H. Gerard	320	242.5	292.5
B. Chaves	317.5	182.5	235
Aldridge, Jr.	272.5	177.5	242.5
Master (40-45)			
H. Gerard	320	242.5	292.5
J. Culliton	227.5	165	245
Master (60-64)			
B. Jordan	200	130	190
242 lbs.			
E. Cronin	277.5	150	250
T. Johnson	220	132.5	235
Master (55-59)			
E. Stein	147.5	137.5	165
308 lbs.			
J. Fisbetti	1825	180	247.5
SHW			
D. Nettles	340	237.5	320



Julie Scanlon is Coming Back... after breaking her arm an instant after making a 429 bench press at the '04 WPO SuperFinals, she is back on the platform with the Best Lifter award at the APF Virginia State Meet.

NASA North Carolina State  
7 MAY 05 - (kg)

BENCH	SQ	BP	DL	TOT
165 lbs.				
High School				
B. Enod	150			
198 lbs.				
Pure				
S. Redfern	210			
Police/Fire				
T. Isbell	182.5			
220 lbs.				
Master-1				
R. Britt	182.5			
Police/Fire				
R. Britt	182.5			
Master-2				
J. Earley				
Master-5				
J. Earley	242 lbs.			
Submaster-1				
Push Pull				
MEN				
181 lbs.				
Master-3				
J. Shoaf	122.5	160	282.5	
220 lbs.				
Master-1				
D. Faulk	125	210	335	
275 lbs.				
Novice				
M. Newman	150	197.5	347.5	
Submaster Pure				
M. Newman	150	197.5	347.5	
MEN				
275 lbs.				
Master-1				
B. Wilson	310	227.5	277.5	815
Master Pure				
B. Wilson	310	227.5	277.5	815
Pure				
B. Wilson	310	227.5	277.5	815
198 lbs.				
Master-1				
B. Nichols	295	182.5	250	727.5
Submaster-1				
C. Kerley	247.5	132.5	242.5	622.5
220 lbs.				
J. Harford	285	182.5	275	742.5
220 lbs.				
D. Smith	257.5			
CURL				
W. Honeycutt	260	155	262.5	677.5
MEN				
275 lbs.				
Master-3				
T. Meadows	320	175	277.5	772.5
Open				
220 lbs.				
D. Smith	257.5	162.5	235	655
Master-1				
K. Hall	217.5	175	235	627.5
Submaster-1				
181 lbs.				
R. Maggi	170	147.5	185	502.5
Power Sports CR				
MEN				
181 lbs.				
Teen				
S. Glen	50	92.5	165	307.5
198 lbs.				
Novice				

T. Coleman	57.5	92.5	175	325
220 lbs.				
Submaster-2				
R. Dishman	77.5	195	282.5	505
275 lbs.				
Master-1				
S. Dowell	67.5	160	220	447.5
308 lbs.				
Submaster Pure				
D. Connor	65	145	227.5	437.5
SHW				
Submaster Pure				
M. Price	87.5	227.5	237.5	552.5
(Thanks to Rich Peters for sending results)				

USAPL Maine State  
26 MAR 05 - Brewer, ME

BENCH	SQ	BP	DL	TOT
WOMEN				
148 lbs.				
Open				
M. Cannon	182			
165 lbs.				
Teen-1				
T. Campbell	171			
165 lbs.				
MEN				
Open				
D. Boyington	364			
181 lbs.				
Teen-1				
L. Morgan	215			
198 lbs.				
WOMEN				
Open				
J. Clough	209	105	287	601
123 lbs.				
L. Porter	116	72	160	347
132 lbs.				
Open				
H. Tenney	176	110	215	502
165 lbs.				
Junior				
R. Deschine	254	116	314	683
Open				
E. Morey	292	160	353	805
181 lbs.				
Master-4				
B. Deschaine	116	99	226	441
Open				
J. Hayes	220	143	265	628
198+ lbs.				
Open				
K. Campbell	259		353	
MEN				
132 lbs.				
Youth				
J. Gallison	254	160	342	755
165 lbs.				
Teen-3				
D. Adams	270	209	413	893
Open				
D. Boyinton	452	364	402	1210
T. Pond	314	226	380	920
181 lbs.				
Teen-2				
T. Furrugh	364	226	402	992
Master-4				
J. Jackson		143	474	
Open				
R. Cover	408	320	424	1152
198 lbs.				
Teen-2				
J. McPhee	419	281	452	1152
Teen-3				
R. Lupo	513	309	518	1339
M. Nelson	419	276	375	1069
K. Wicks	237	204	314	755
Submaster (35-39)				
D. Whitlock	320	226	441	987
Master-3				
J. Coffin	397	270	424	1091
Open				
D. Claroni	276	331	402	1009
220 lbs.				
Junior				
G. Bailey	463	380	502	1345
Master-2				
J. Mealey	402	298	457	1157
242 lbs.				
Open				
M. Kalter	661	408	716	1786
275 lbs.				
Open				
J. Moses	612	408	617	1637
(Thanks to Louie Morrison for the results)				

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 DATE OF APPLICATION: \_\_\_\_\_ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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M. Stewart	—	M. Washinton	—
M (40-44)	—	T (14-15)	—
J. Lewis	325	T. Tobin	300
308 lbs.	—	SHW	—
M (45-49)	—	M (65-69)	—
W. Ferguson	—	J. Telljohn	—
Open	—	H. Canada	—
C. Elliott	—	SQ	BP
105 lbs.	—	DL	TOT
Open	—		
M (45-49)	—		
K. Poyner	160	125	220
132 lbs.	—	220	505
Open	—		
C. Gervais	130	100	200
165 lbs.	—	200	430
M (50-54)	—		
B. Roby	185	135	205
MALE	—	205	525
132 lbs.	—		
T (18-19)	—		
M. Gadziala	260	195	380
148 lbs.	—	380	835
T (18-19)	—		
D. Priddy	325	175	405
Open/M (45-49)	—	405	905
D. Wilson	360	295	475
165 lbs.	—	475	1140
M (55-59)	—	4th-BP-305	
A. Crenshaw	235	235	350
181 lbs.	—	350	820
T (14-15)	—		
T. Caudle	125	95	155
B. Kirkman	315	155	315
W. Foreman	—	—	—
T (18-19)	—	—	—
J. Hinshaw	—	—	—
Submaster	—	—	—
S. Anthony	365	330	—
D. Parrish	450	300	500
M (45-49)	—	500	1250
C. Culler	225	185	315
Open	—	315	725
J. Cooke	330	225	375
198 lbs.	—	375	960
M (40-44)	—		
B. Mills	380	365	0505
M. Sunter	275	240	300
M (55-59)	—	300	815
R. Ricks	345	275	435
B. Lindsey	405	320	405
F. Sumner	275	290	350
Open	—	350	915
M. Schwanke	450	275	—
275 lbs.	—	—	—
M (50-54)	—	—	—
J. Hilliard	—	—	—
Open	—	—	—
P. Caudle	325	—	—
B. Jones	—	—	—

100% Raw Nationals  
25 JUN 05 - Sanford, NC

BENCH	Junior	MALE	M (45-49)	M (55-59)	D. Lohota	340
FEMALE	R. Howell	114 lbs.	F. Wescott	B. Lyndsey	Open	320
105 lbs.	Open	Open	M (55-59)	F. Sumner	Open	290
Open	D. Grimes	132 lbs.	R. Fecteau	M (60-64)	C. Pickett	380
M(45-49)	165 lbs.	Open	T (16-17)	G. Holzmilller	Submaster	260
K. Poyner	M (40-44)	Open	S. House	Open	Submaster	—
123 lbs.	M. Omokaiye	148 lbs.	Open	Submaster	242 lbs.	—
Submaster	M (50-54)	Open	J. Savage	S. Freeman	M (50-54)	385
T. Monford	B. Roby	135	W. Lynch	220 lbs.	G. Russell	430
132 lbs.	181 lbs.	Open	J. Love	Junior	Open	—
Junior	T (18-19)	Open	M (45-49)	J. Hood	M. Schwanke	450
A. Prois	N. Miller	150	M (40-44)	J. Rascoe	275 lbs.	—
Open	198 lbs.	Open	M (40-44)	M (50-54)	J. Hilliard	—
K. Wescott	Open	Open	J. Simpson	M (50-54)	Open	—
148 lbs.	D. Newsome	140	B. Edwards	305	P. Caudle	325
	B. Edwards	305	B. Gabbert	305	B. Jones	—

**PL USA BACK ISSUES**

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
 Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
 Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
 Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
 Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
 Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s  
 Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s  
 May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
 Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s  
 Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
 Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
 Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.  
 Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.  
 Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.  
 Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time

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

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

after this event, one thing for sure, "Sanford is a Powerlifting Friendly City!" Our head judges were Thomas Ruzsala and Chip Desi of Maryland. Both men did a fantastic job making consistent calls all day and kept their platforms running smoothly. Lifters weighing in at 105 198 lbs. were assigned to lift on platform A. Lifters weighing in at 220 lbs.-SHW were assigned to lift on platform B. The meet started at 11:30 AM with a welcome message from 100% RAW President Paul Bossi. Next, Bruce Porter from Florida, gave the invocation. Reminding all, that true strength comes from God! The National Anthem then began to play and as it finished the crowd began to yell and clap letting all know within ear shot that the 100% RAW National Championships were ready to begin! Women's Full Power Championships: The female stand-outs in powerlifting were Karen Poyner of VA, who won both the open & masters (2) divisions in the 105 lb. class. Karen finished with a 505 lb. total and won the female lightweight best lifter award. Barbara Roby of South Carolina, won the 165 lb. class in the masters (3) division with a total of 525 lbs. Cynthia Gervais of Greensboro, NC won the open 132 lb. class with a fine 200 lb. deadlift on her third attempt. Women's Bench Press Championships: In the bench only competition, Nicole Miller of Maryland, in the 18-19 year old division, won the 181 lb. class by pressing 150 lbs. She made a 155 lb. 4th attempt for a new World Record. Michelle Omokaiye won the masters (1) division in the 165 lb. class with a 150 lb. second attempt effort. A big thanks to Kelly Wescott from Fayetteville, NC, for her support and enthusiasm during the meet. Kelly won the open division, 132 lb. class with a big 150 lb. press. Rebecca Howell from Raleigh, NC, had the heaviest women's bench of the day, with a 155 lb. press that got her the victory in the 148 lb. class, junior division. Delores Grimes from Virginia won the 148 lb. open division, while Autumn Prois lifting in the 132 lb. class, & Deborah Newsome lifting in the 198 lb. class, had a tougher day than most. Each went only 1 for 3 on the day, but still managed to take first place in their respective class. Men's Bench Press Championships 148 lb. class: This years bench press championships were also the last east cost qualifier for Bench America, the super bowl for benching specialists world wide. The 148 lb. class was loaded with talent in all the divisions. Wayne Claypatch was the

first to lift in the 148 lb. class. Wayne from NY came to show he could still lift heavy and did. He pressed 255 lbs. placing 2nd in the masters (2) division and 3rd in the open. Next up was David Wilson, representing the state of Virginia who was also entered in both the open & masters (2) division, he pressed 305 lbs. for a 1st place in the masters and a 2nd place finish in the open division. At a bodyweight of exactly 148 lbs. James Love Jr. from Georgia, benched an incredible 365 lbs. winning the open division. His press was just shy of a 2.5 times bodyweight lift! 165 lb. Class: The Teen 16-17 division winner was Shaun House from NC. He only made his opener, but at a bodyweight of 154 lbs. his 280 lb. press was powerful. The masters (2) winner was Fred Wescott from Fayetteville, NC, who went three for three and finished with 285 lbs. In the masters (3) division Rick Fecteau from Raleigh, NC had a little trouble settling in, and had to rely on his second attempt press of 170 lbs. to secure his 1st place finish. Billy Edwards won the open division with his 305 lb. effort, which was also the biggest bench of the day in this class. 181 lb. class: James Savage of NC, in any other competition in the country, would have not only won the 181 lb. class, but been up for best lifter honors, with his massive 400 lb. bench press. This was not to be the case however, because the reigning 100% RAW World Champion, Will "The Chill" Lynch, had a show to put on. Weighing in at a muscular 178 lbs. Lynch opened with an easy 430 lbs. then called for 445 lbs., which he blew up with ease. He then called for 465 lbs. and just ran out of gas at lockout. The result was still a 2.5 times bodyweight press that secured his 1st place finish. 198 lb. class: Sylvester Freeman pressed 385 lbs. to win both the open & submasters Division. 220 lb. Class: Some strong lifts were recorded in this class. Carleton Pickett of NC won the open division with a 405 lb. press, while Paul Bossi left the head scoring table looking like Clark Kent, searching for a phone booth to change into his cape & tights. Moments later Paul reappeared center stage in his NC Singlet, ready to give 475 lbs. a ride, which he did, securing his submaster victory. Joseph Rascoe of North Carolina won the masters (1) division pressing 370 lbs. David Lhota traveled all the way down from Pennsylvania, to win the masters (3) division. He made all three of his attempts and finished up with a strong 365 lb. press. 242 lb. class: We

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some lifters bomb out in this Class, which left the door open for Michael Shwanke from Georgia, who took center stage and blasted up his opener of 450 lbs.

He was unsuccessful on his other two attempts, but still secured the win in the Open division. In the submasters division, Scott Deuel from NC, was successful on all

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

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

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



attempts, winning with a nice press of 305 lbs. 275 lb. class: This class saw a lifter by the name of Bennie Jones from NC do everything right. Bennie opened light at 450 lbs. He then called for 470 lbs., which looked even easier than his opener. His last attempt was for 490 lbs. a great call. Bennie left no weight on the table, getting all white lights and a 1st place finish. Jerry Lewis won the master (1) division with a 365 lb. press. While big Joseph Hilliard of NC showed everyone how to bench when you're over fifty, by winning the masters (3) division with a huge 465 lb. press. He also won the Masters heavyweight best lifter award. 308 lb. & SHW class: Carl Elliott of Elizabeth City, NC, tied for the heaviest bench press of the meet, with a 560 lb. effort that won him 1st place in the 308 lb. Open division. Big Jeff Telljohn from Ohio was also our oldest competitor at age 68. Jeff made all three attempts finishing the day with an impressive 340 lb. bench press. Another victory for Jeff was that his family, living in Chapel Hill, NC, was able to see him compete for the very first time, congratulations Jeff. A meet favorite and long time powerlifter Walter "Truck" Ferguson won the masters (2) division with a press of 350 lbs. One of our youngest competitors and the only lifter from Sanford, NC, was Toby Tobin. His 340 lb. press won the teen 14-15 division. Herman Canada had a rough day, missing all three lifts. Men's Full Power Championships - 114 lb. Class: Timmy Caudle from NC weighed in at 97 lbs. competing in the Teen 14-15 division. Timmy was competing against himself and finished the day with a 375 lb. Total. Great job Timmy! 132 lb. Class: Matthew Gadzala from NC, and distant relative to the infamous sci-fi creature, was also a teen 18-19 division winner. His strong lifts and great form included a 280 lb. squat, a 195 lb. bench and a 380 lb. deadlift. His winning total for the day 835 lbs. 148 lb. class: Drew Priddy won the teen 18-19 division, with a total of 905 lbs. Drew squatted 325 & pulled 405 lbs. for the day. Helping to show younger lifters how one can improve with age, David Wilson Jr. reported to his platform, then proceeded to give a clinic on proper technique. He posted several records, which included his 1140 lb. Total and 475 lb. Deadlift. David won both the open & masters (2) division titles as well as being recognized as the masters lightweight outstanding lifter. 165 lb. class: Michael Wicker of North Carolina competing in the masters (2) division, did a 325 lb. squat, 265 lb. bench & 410 lb. deadlift to take first place. 181 lb. class: Young Ben Kirkman of NC did a fine job squatting & pulling 315 lbs. His total of 785 lbs. was good enough to take 1st place in the teen 14-15 division. James Cook from NC won the open division,

AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00** ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklists, Do the SQ - by Louie, Emie Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00** ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
**Nov/00** ... Best Bench of All Time, final More from Ken Leistner, Drug Free BZL 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, AWPFC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie S., TOP 100 198s  
**Feb/01** ... Gary Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01** ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the

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going 8 for 9 and totaling 960 lbs. Doug Parrish from Greenville, NC, looked strong all day, winning the submasters division. Doug's total of 1250 lbs., included a 450 lb. squat & 500 lb. pull. Chris Culler saw red lights more than white, but managed to win the masters (2) division with a total of 725 lbs. Albert Crenshaw of NC won the masters (3) division with a total of 820 lbs. 198 lb. class: This class had a real masters shoot-out going on. The 3rd place finish went to crowd favorite Yogi Frank Summer from Greensboro, NC. Everyone loves to watch Yogi prepare for an attempt. His motivation seems to be contagious. His 915 lb. total on this day, was just a little light for this stacked division of lifters. Ruben Ricks from NC took 2nd place and showed great form on all three lifts. His 345 squat, 275 bench & 435 lb. deadlift totaled 1055 lbs. Bill Lindsey of VA used great form and powerlifting experience to go 10 for 10 on the day. Bill's 420 lb. squat was a new World Record as well as his 1130 lb. total. The masters (1) division winner was Blake Mills of NC who had trouble getting some of his lifts approved by the judges. His total was 1250 lbs. Second place in the masters (2) was Mark Suter of NC with an 815 lb. total. Young Jeffery Joyce of NC at only 18

by Louie S., TOP 100 148s.  
**Nov/01** ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoemer Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01** ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02** ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02** ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02** ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02** ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Tuurtainen, 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.

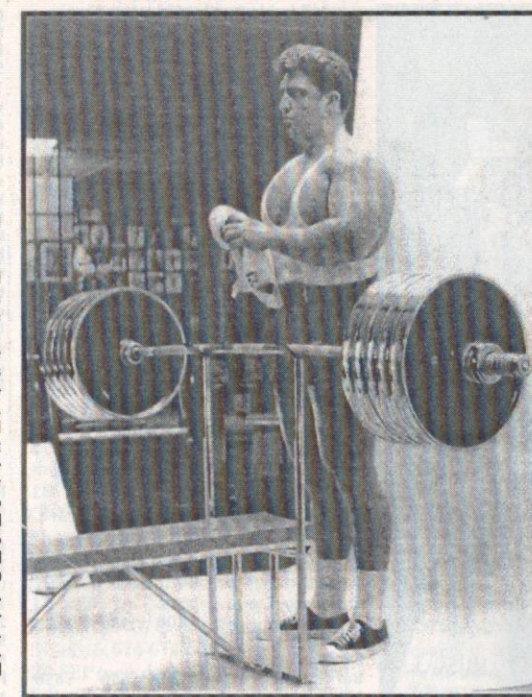
years of age, pulled 480 lbs. and totaled 1165 lbs. to secure first place in his teen division. 220 lb. class: The youngest 220 lb. lifter was Ben Hopkins of NC. At age 16 he called for 405 lbs. on his second attempt squat and nailed it. He opened with a 350 lb. bench and pulled 425 lbs. He only went 4 for 9 on the day and left a lot of weight on the table. With more experience & coaching, young Ben will be a lifter to keep an eye on. We all should be keeping both eyes on this next teen lifter. Chris Cain showed great form and experience for such a young lifter. He started the show with a 550 lb. squat. Then a balanced 330 bench, finished with a 550 lb. deadlift. Chris took home a 1st place trophy, best teen lifter honors and several records like his 1430 lb. total. John Cooke didn't set the world on fire, but had a very nice 500 lb. pull to help add to his 1245 lb. total and a 1st place finish in the junior division. Theron Leonard rocked steady to win the masters (1) with a 1335 lb. total. Dennis Campbell from NC won the masters (2) division with a 990 lb. total. 242 lb. class: Trey Manning another teenager, stole the show with his great efforts in the 242 lb. class. Trey hit a 575 lb. squat on his fourth attempt setting a new World Record in the

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

regrouped and decided to mke the best of it. Both super's were going to be competing in the masters (1) division. Rod Blackwell of NC who proudly tips the scales at 329.6 lbs. had no question in his mind what weight class he'd be competing in. He came to push some serious weight. Patrick had a rough start with the judges, as his opener was ruled high. Again he regrouped and made his next two attempts. Rod smoked his 500 lb. opener in the squat that looked more like a warm-up and called for 605 lbs. On his second attempt he blew the weight up so fast that if you blinked you could would of missed it. On his third attempt he called for 655 lbs. and it was a repeat of his last attempt. Rod called for a new World Record in the squat of 700 lbs. and looked good during the decent, as he was coming out of the hole he got out of his groove and as he was finishing the lift, he took a step forward to catch himself. A powerful lift for all to see, but an easy call for the judges that had to reward his effort with all red lights. Rod told me after the meet that he had strained himself pretty good after the squat and just needed to cruise through the other two lifts to avoid dropping out. Patrick Greene was able to finish with a 1390 lb. Total taking second place to Big Rod who finished with a 1590 lb. total. To all the lifters who participated, great job! Thanks again to all the volunteers who made this event so successful. Always remember RAW means Power. (These meet results submitted by Paul Bossi, and written by Greg Stolt)

Worlds, Steve Giggins 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 Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s  
**Oct/03** ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

regrouped and decided to mke the best of it. Both super's were going to be competing in the masters (1) division. Rod Blackwell of NC who proudly tips the scales at 329.6 lbs. had no question in his mind what weight class he'd be competing in. He came to push some serious weight. Patrick had a rough start with the judges, as his opener was ruled high. Again he regrouped and made his next two attempts. Rod smoked his 500 lb. opener in the squat that looked more like a warm-up and called for 605 lbs. On his second attempt he blew the weight up so fast that if you blinked you could would of missed it. On his third attempt he called for 655 lbs. and it was a repeat of his last attempt. Rod called for a new World Record in the squat of 700 lbs. and looked good during the decent, as he was coming out of the hole he got out of his groove and as he was finishing the lift, he took a step forward to catch himself. A powerful lift for all to see, but an easy call for the judges that had to reward his effort with all red lights. Rod told me after the meet that he had strained himself pretty good after the squat and just needed to cruise through the other two lifts to avoid dropping out. Patrick Greene was able to finish with a 1390 lb. Total taking second place to Big Rod who finished with a 1590 lb. total. To all the lifters who participated, great job! Thanks again to all the volunteers who made this event so successful. Always remember RAW means Power. (These meet results submitted by Paul Bossi, and written by Greg Stolt)



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

- ◆ First man to bench press over 600
- ◆ First man to squat over 800
- ◆ First man to total over 2000

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USAPL Florida BP/DL		30 APR 05 - Ft. Lauderdale, FL	
BENCH	J. Calloway 175		
MEN	Master (40-49)		
60 kgs.	J. Calloway 175		
Open	A. Decker 150		
J. Szparaga 75	Master (50-59)		
Teen (14-15)	D. Grossman 120		
J. Szparaga 75	G. Walker		
75 kgs.	110 kgs.		
Collegiate	Open		
P. Gallaher 145	J. Dundon 197.5		
Master (70+)	Master (40-49)		
B. Tinkler 102.5	J. Dundon 197.5		
82.5 kgs.	Master (50-59)		
Teen (16-17)	C. Steele 167.5		
J. Hodapp 85	DEADLIFT		
Master (60-69)	MEN		
P. Curry 140	110 kgs.		
90 kgs.	Master (50-59)		
Open	D. Grossman 160		
A. Lavigne 92.5	110 kgs.		
100 kgs.	Open		
Open	N. Young 310		

MEN	BP	DL	TOT	Open	P. Buri	Collegiate	WOMEN	SQ	BP	DL	TOT
60 kgs.	75	105	180	J. Szparaga	162.5	182.5	345				
Master (14-15)				J. Szparaga							
82.5 kgs.	75	105	180	82.5 kgs.							
Open				Open							
P. Curry	145	192.5	337.5	L. Urso	57.5	30	77.5	165			
Master (60-69)				60 kgs.							
P. Curry	145	192.5	337.5	Varsity							
Master (70+)				L. Doyle							
B. Tinkler	102.5	137.5	240	75 kgs.							
90 kgs.				A. Welcome	102.5	55	125	282.5			
Open				MEN							
A. Lavigne	80	160	240	Junior Varsity							
100 kgs.				56 kgs.							
Open				M. Logran	90	62.5	100	252.5			
D. Grossman	115	160	275	60 kgs.							
J. Calloway	175	215	390	J. Szparaga	27.5	75	105	207.5			
Master (40-49)				82.5 kgs.							
J. Calloway	175	215	390	J. Hodapp	55	85	105	245			
Master (55-59)				90 kgs.							
D. Grossman	115	160	275	J. Greenberg	177.5	125	157.5	460			
110 kgs.				100 kgs.							
				D. Snyder	167.5	102.5	172.5	442.5			
				110 kgs.							
				A. Lepri	230	95	167.5	492.5			

Varsity	52 kgs.	130	102.5	170	300
C. Miller	56 kgs.	110	95	137.5	342.5
J. Miller	60 kgs.	167.5	90	170	427.5
J. Koester	67.5 kgs.	185	100	185	470
P. Doyle	75 kgs.	137.5	107.5	147.5	392.5
H. Whitehead	90 kgs.	182.5	172.5	227.5	582.5
W. Bell	100 kgs.	175	102.5	185	462.5
L. Lepri	110 kgs.	272.5	150	240	662.5
J. Reim, Jr.	125 kgs.	—	—	190	190
C. White	Master (40-49)				
Qualifier	125 kgs.	25	25	65	115
R. Chavez					

This meet took place at Nova Southeastern University. (Thanks to USAPL for results)

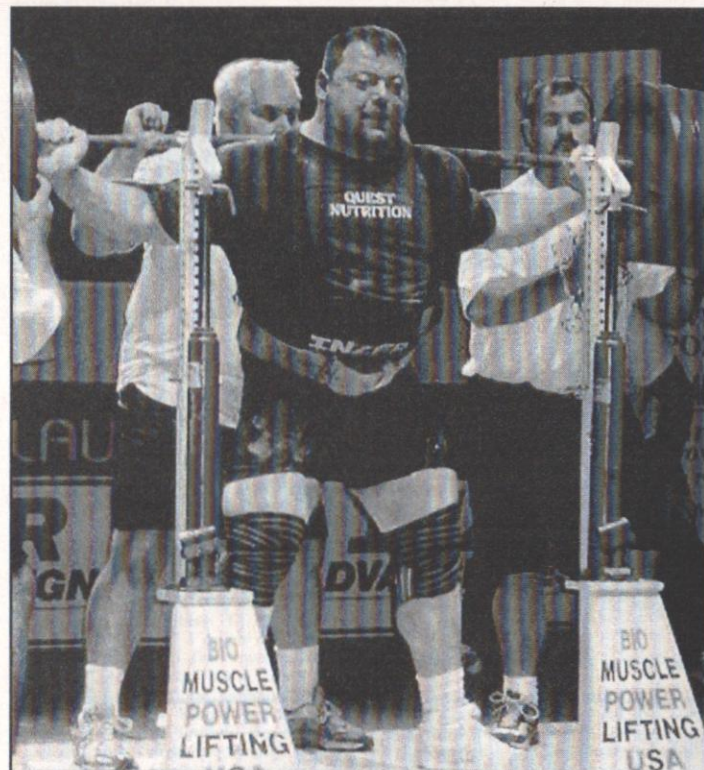
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s  
**Dec/03** ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s  
**Jan/04** ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**Feb/04** ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s  
**Mar/04** ... USAPL Women's Natls, Becca Benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s  
**Apr/04** ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s  
**Jun/04** ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
**Jul/04** ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

Nov/03 ... 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, Louie on DL Training, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s  
**Jan/05** ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s  
**Feb/05** ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s  
**Mar/05** ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

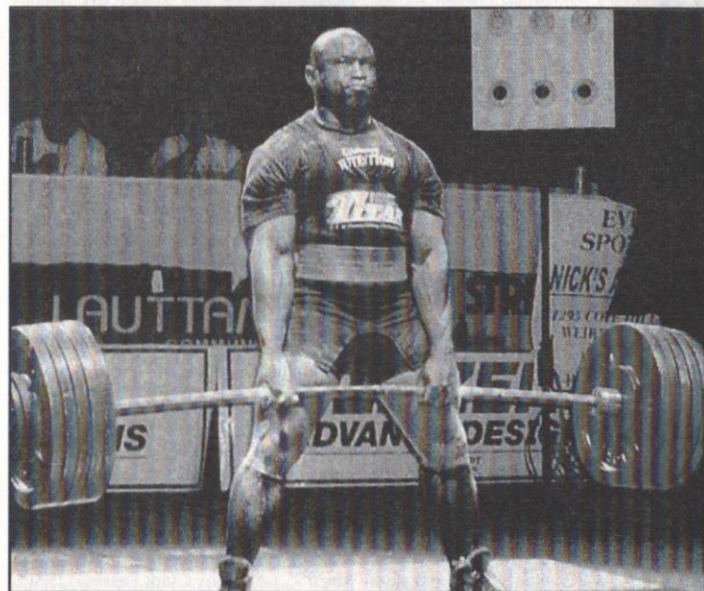
Nov/03 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s  
**May/05** ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists  
**Jun/05** ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.  
**Jul/05** ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.  
**Aug/05** ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.

**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)**





Brian Siders ... 1st Place Heavyweights at the 2005 Mountaineer Cup



Gene Bell ... 1st Place in Lightweights at the 2005 Mountaineer Cup.

**NPA Natural Midwest Open**  
5,6 MAR 05 - Freeport, IL

BENCH		DEADLIFT	
MEN		MEN	
165 lbs.		50 lbs.	
Teen		PreSchool	
P. Koehler 250	Burlingame 30	148 lbs.	
198 lbs.		Teen	
Open		B. Folgate 305	
B. Bystrom 215		165 lbs.	
220 lbs.		Master	
Open		R. Lee 225	
D. Vautsmier 335		198 lbs.	
Submaster		Master	
B. Hullberg 200		D. Undehill 500	
Master		Open	
D. Felhauger 275		D. Underhill 500	
242 lbs.		220 lbs.	
Open		Open	
P. Mercado 405		M. Murray 500	
275 lbs.		SHW	
Master		A. Miller 485	
H. Kiehl 360			
308 lbs.			
Open			
J. Miller 325			
181 lbs.			
Open			
M. Pettringer 550	270	500	1320
198 lbs.			
Open			
J. Conners 490	300	480	1270
220 lbs.			
Open			
Burlingame 820	380	650	1850
Master			
Burlingame 820	380	650	1850
242 lbs.			
Open			
R. Jennings 550	350	540	1440

The 2005 NPA Drug Free Midwest Open was a good meet with new lifters. Some came from 3 state to compete. Many of the lifters lifted without the use of bench shirts or deadlift suits. A big thank you to our sponsors for the support they gave us! The lifters greatly appreciated it! Thank you Titan, The Powerlifting Superstore, Monster Muscle magazine, Fitness Nutrition Center, and The Myo Store. I would also like to thank the loaders, spotters, and judges: Don Felhauger, Mike Pettinger, Chris Zumdahl, John Longmeyer, Glen Dixon, Duane Burlingame, Simone, and Chad. In the bench press, we had Philip Koester from Wisconsin to take the 165 lb. teenage class, with 250 lbs. Philip lifted without gear and just missed his third attempt at 270 lbs. Brandon Bystrom won the 198 lb. open in his first meet with a lift of 215 lbs., also lifting with no gear. Bjorn Hullberg won the 220 submaster with a lift of 200 lbs., lifting in his first meet. Dave Vautsmier won the 220 open with a solid 335 lb. lift on his second attempt, getting a new PR. Don Felhauger took the 220 master with a lift of 275 lbs. Big Paul Mercado took best lifter honors in bench only with a lift of 405 lbs., winning the 242 lb. open class. In the 275 lb. masters, it was Harry Kiehl winning with a strong lift of 360 lbs., on his second attempt. Joel Miller won the 308 lb. open with a lift of 325 lbs. Joel only got his opener, but we all know how that can happen. In the deadlift, we had preschool lifter, Dane Burlingame lifting on day two, to win the 50 lb. class. my little man loves to get trophies. I'm so proud of him. Barry Folgate lifted in his first meet and had a PR lift of 305 lbs. to win the 148 lbs. teenage class. His proud parents were there cheering him on. He has only been training a short time and lifted with no suit. Richard Lee won the master 165 lb. class with a solid pull of 225 lbs. Richard made all of his lifts, pretty impressive for a man 67 years young. In the 198 lb. open class, Dave Underhill won best lifter honors with a pull of 500 lbs. Dave missed his first and third lifts, but the second was good for the 198 lb. open win. It was Mike Murray taking the 220 open class with a strong pull of 500 lbs. Mike had an off day and should pull 550 lbs. soon. Jonathan Miller came from Iowa and took the 275 lb. submaster class with a tough fought 455 lb. pull. Adam Miller completed the deadlift competitors, only getting his opener of 485 lbs. to take the SHW class. Adam is capable of a lot more and has

pulled over 600 before. On day two, we had full meet lifters. It was Mike Pettinger taking the 181 open and submaster with a 550 squat, 270 bench, 500 deadlift, to total 1320 lbs. Mike had a PR deadlift which went up easy. Jason Conners took the 198 open with a 490 squat, 300 bench, 480 deadlift, to total 1270 lbs. Duane Burlingame took the 220 open and masters with a 810 squat, 380 bench, 650 deadlift, to total 1840 lbs. At 242 open, Rick Jennings took the class with an easy 550 squat, 350 bench, 540 deadlift, to total 1440 lbs. we had a nice crowd watching the lifters for this meet. Everyone enjoyed the competition. Again, thank you to our sponsors and everyone that helped. Next meet in Sept. Until then, train hard, and try to do something to make the world a better place for our children. (Thanks to Duane Burlingame for providing these results)

**NASA West Texas (kg)**  
21 MAY 05 - Amarillo, TX

PL BENCH	275 lbs.	Master Pure		
MALE		T. Jonas 100		
181 lbs.		PS DEADLIFT		
Junior		MALE		
T. Dillard 165		148 lbs.		
Open		High School		
T. Dillard 165		R. Mayfield 145		
242 lbs.				
Submaster-2				
M. Taylor 157.5				
PS BENCH				
MALE				
242 lbs.				
Master-1				
R. Eddins 213.5	272.5	486		
308 lbs.				
Open				
R. Samamon 182.5	285	467.5		
Pwrlifting				
WOMEN				
132 lbs.				
Novice				
J. Rim 105	45	105	255	
148 lbs.				
Intermediate				
D. James 110	62.5	125	297.5	
MALE				
148 lbs.				
High School				
E. Cyranoski 147.5	90	152.5	390	
R. Sloan 110	65	137.5	312.5	
165 lbs.				
Open				
B. Warren 182.5	127.5	200	510	
181 lbs.				
Master-3				
C. Lynn 100	100	135	335	
220 lbs.				
Novice				
J. Diven 167.5	100	192.5	460	
Submaster-2				
D. Hilger 177.5	132.5	192.5	502.5	
Master-2				
R. Michelotti 160	125	202.5	487.5	
242 lbs.				
Submaster-2				
M. Taylor 167.5	157.5	172.5	497.5	
Master-1				
N. Eddins 260	213.5	272.5	745	
308 lbs.				
Submaster-1				
R. James 225	165	250	640	
Submaster Pure				
J. Samamon 295	182.5	265	742.5	
Pwr Sports				
CR				
MALE				
114 lbs.				
Youth				
J. Samamon 17.5	27.5	72.5	117.5	
A. Samamon 15	15	45	75	
148 lbs.				
Teen				
M. Samarron 27.5	60	100	177.5	
181 lbs.				
Youth				
C. Samamon 22.5	42.5	95	160	
Master-3				
C. Lynn 45	100	135	260	
198 lbs.				
High School				
E. Perez 60	112.5	217.5	390	
220 lbs.				
Master-1				
D. Means 65	132.5	237.5	435	

**Mountaineer Cup VII - 25 JUN 05 - Chester, WV**

	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
G. Bell	688	722	—	518	540	—	1262	611	639	688	1901
B. Siders	920	987	—	727	777	804	1785	771	845	845	2557
A. Conyers	699	699	699	429	451	479	1151	611	661	688	1812
B. Moore	870	931	953	877	740	740	16009	705	760	760	2314
T. Wade	622	672	694	451	485	501	1157	584	639	639	1741
J. Bryant	826	909	925	611	628	633	1543	749	804	804	2292
J. Norman	617	672	672	440	468	468	1113	647	617	661	1774
E. Coan	865	903	903	540	562	562	1443	782	810	837	2281
A. Haga	584	628	650	407	429	440	1090	584	622	639	1713
S. Smith	821	881	903	639	661	661	1543	650	705	733	2276
P. Harrington	606	688	688	462	479	479	—	—	—	—	—
T. Mash	837	837	881	584	617	639	1455	749	782	799	2204
E. Cuname	683	733	760	551	573	584	1284	650	705	727	1989
T. Linn	584	606	622	363	363	391	970	589	—	—	1559
S. Cartwright	795	705	749	578	578	578	—	—	—	—	—

(Thanks to Mountaineer Race Track & Gaming for providing these meet results)

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

**17 SEP, USAPL Boys & Girls Club Heavy Metal Summer Classic (Middletown, NY) Rick Scarpulla, 845-386-2525**

**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 Taillon, 310 Thornblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net**

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

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

**17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net**

**17 SEP, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250**

**17 SEP (New Date), NPA (drug free) 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**

# COMING EVENTS

**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 McCase, 210 Bilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com**

**18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 574-674-6683**

**24 SEP (new date - Garry Frank Guest Lifter), APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org**

**24 SEP, APA Georgia Open Power Fest BP/DL/PP/SC (Congers, GA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com**

**24 SEP, APA Baddest Bench in the South/Louisiana State Powerlifting Championships BP-only, BP for cash, PL/PP (Monroe, LA) Ryan Cidzik, 315-794-1836, RCidzik@yahoo.com, www.apa-wpa.com**

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

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

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

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

**24 SEP, SLP OPEN NATIONAL POWERLIFTING / BP / DL**

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

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

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

**24,25 SEP, IPF/NAPF Central America Championships (Guatemala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249, www.usapowerlifting.com/ IPF-NorthAmerica**

**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, thegymlasvegas@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**

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

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

**1 OCT, ADFPF Michigan State Championships/Open (equipped, unequipped - Benton Harbor, MI) Dick Van Eck, 45451 Pentinsula 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@nordonia.schools.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**

## APF/AAPF/WPO Schedule

September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070



## 10,11 December 2005

### APC 52nd Annual Iron Man Open Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man, (Fresno, CA) Bob & Kim Packer  
559-658-5437, 322-6805

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), 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

8 OCT, WNPFF All-American BP/DL/Ironman/PowerCurl World Qualifier (Raw, Equipped - Lyman HS, Orlando, FL) Brian Burritt, 564 Waverly Circle, Pt. St. Lucie, FL 34983, 772-621-8988, brianburritt@bellsouth.net, www.Xtreme-usa.com

8 OCT, 100% Raw NC State BP, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

8 OCT (NEW DATE), 9th Annual PA

## UPCOMING WNPFF MEETS DRUG FREE POWERLIFTING

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 wnpf@aol.com

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com, website - members.aol.com/wnpf

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, SQBPD@aol.com

9 OCT, USAPL Kansas Record Breaker Challenge, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

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) jmgedney@wiu.edu

15 OCT, 100% Raw Illinois State BP, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

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

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

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

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@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

www.americanpowerliftingcommittee.com

22 OCT, 1st annual Hopewell Baptist Church BP & DL (Atlanta, GA - all divisions/federations - George/Sandra Herring - guest lifters) Tom Corey, 770-289-4171 (Cell), 967-1191 (home)

22 OCT, USAPL Southwest New Mexico Open, Doug Lees, 1216 N. Bennet St., Silver City, NM 88061, 505-538-8806

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

22 OCT, 100% Raw Raleigh BP Challenge, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

22 OCT, USAPL Florida Collegiate PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-790-2249, www.geocities.com/floridausapl

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

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

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

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

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

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

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

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, (HOSTED BY BILL KAZMAIER) 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, SQBPD@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

~ 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 Dumbell 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)

~ COMING ON OCT. 29, 2005 AT 12:00 PM ~ PAXTON CENTER SCHOOL (RT 31, PAXTON, MA)

## THE 2005 ATLANTIS "STRONGEST MAN IN NEW ENGLAND" CONTEST



Hosted and Judged by Bill Kazmaier The Strongest Man in History

5 CASH PRIZES

- 1st prize \$500.00
- 2nd prize \$300.00
- 3rd prize \$200.00
- 4th prize \$100.00
- 5th prize \$50.00 (Pound for Pound 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.

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

(All Proceeds Go To Paxton Fire Department)

~ 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!

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.

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)

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, (HOSTED BY BILL KAZMAIER) 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, SQBPD@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@neiu.org, rshvpmoe@ns.neiu.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, WNPFF 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 gvhl@wirefire.com

OCT/NOV, USAPL Carolina Iron Man Push-Pull Championships (Charlotte, NC) Jennifer Thompson, 704-483-6332, jennifer@132poundsofpower.com

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

5 NOV, Bucknell Power Day (open, teen, junior, submaster, master), Matt Lamparter, Bucknell University, 701



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Moore Ave., Unit C2363, Lewisburg, PA 17837, 570-577-4725, mlampart@bucknell.edu  
**5 NOV**, Open Bench Press, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452  
**5 NOV**, USAPL Dakota Open PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151  
**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, (HOSTED BY ED COAN) must wear singlet, belts, wrist wraps, and chalk only (Leicester, MA) 508-885-3686.  
**5 NOV**, Gym Yard Dog Open (Richmond, VA) Johnny Bender 804-262-8004  
**5 NOV**, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com  
**5 NOV**, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com  
**5 NOV**, APA 4th annual Battle of the Badasses BP,

DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com  
**5 NOV**, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-475-9885, 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' BENCHPRESS 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**, Battle of the Bench II (Buffalo, NY) Al Lewis, JCC, 716-886-3172 xtn474  
**6 NOV**, 2nd Atlantis Strongest Man in America, (HOSTED BY ED COAN) 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.ipfworlds.com**  
**12 NOV**, NAP World Championships (Houston, TX) Bob Garza, 281-820-5923  
**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, gvhl@wirefire.com, www.vhepower.com  
**12 NOV**, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888  
**12 NOV**, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.  
**12 NOV**, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**12 NOV**, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068  
**12-13 NOV**, WNPf World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPf, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com  
**13 NOV**, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**11-13 NOV (NEW DATE)**, IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.  
**16-21 NOV**, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

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Whey Protein 90% instant isolate, 24 oz	.. 13.75
Tribulus Ext. 45% Bulgarian 100gm	..... 9.75
Ribose 100gm	..... 10.50
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Chrysin, pure powder, 50gm	..... 21.50
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**CALENDAR**

**19 NOV**, Omaha Open (Full, BP, DL, Push-Pull) Keith Machulda, A.V. Sorensen Rec. Cntr., 4808 Cass, Omaha, NE 68132, 402-444-5596  
**19 NOV**, 15th USAPL ID State/Open/Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035  
**19 NOV**, The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Lauderberger 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  
**19, 20 NOV**, USAPL MA/RI State Open PL Championships, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714  
**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  
**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

**UPCOMING SLP COMPETITIONS**

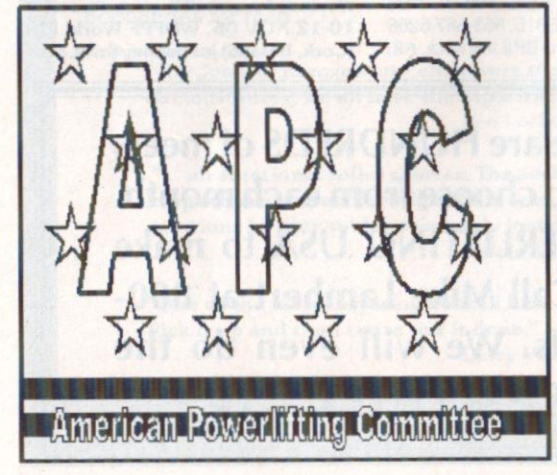
**24 SEPT - SLP Open Nationals (Tuscola, IL)**  
**25 SEPT - SLP Genesis Open (Celina, OH)**  
**1 OCT - SLP Fall BP/DL Classic (Matton, IL)**  
**2 OCT - SLP Iowa State BP/DL (Clinton, IA)**

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

**92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM**  
**3 DEC**, Red Swain Memorial Open PL & NC State BP (raw and equipped divisions, national qualifier) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, 704-289-4940, jhowie@carolina.rr.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, 4418NW50th, Lincoln, NE 68524, 402-470-3672  
**3 DEC**, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418NW50th, Lincoln, NE 68524, 402-470-3672  
**3 DEC**, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com  
**3 DEC**, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**3-4 DEC**, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org  
**3,4 DEC (NEW DATE)**, WNPf Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPf, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com  
**4 DEC**, SLP Missouri Christmas For

Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**4 DEC**, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com  
**9-11 DEC**, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-4-384-4472, www.purepowerlifting.com  
**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, Gene Rychiak 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.virginiasapl.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  
**17 DEC**, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, 610-377-5852, lucykan@enter.net  
**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  
**7 JAN 06**, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. 1-800-354-3536, Jim Gaczewski 813-782-7965, Jack or Debbie at Deb's Gym 863-683-9300, jana@lawgames.org, alert@tampabay.rr.com, debsgym@verizon.net  
**14 JAN 06**, APF Michigan Bench for Cash, Jim Harbourn, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, Jimharborne@comcast.net.  
**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**  
**11 FEB**, APC Bench Press Nationals (Athens, GA) L. B. Baker, 770-725-6684, 770-713-3080, www.americanpowerliftingcommittee.com  
**11-12 FEB**, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com  
**18, 19 FEB (revised date)**, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl  
**FEB**, New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI



The APC is actively seeking qualified meet directors and state chairmen.  
Call L B Baker 770-725-6684 or cell 770-713-3080

**Upcoming Meets:**  
 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, 2006, APC Bench Press Nationals, L B Baker, 770-713-3080  
 April, 2006, Georgia State Open Powerlifting and Bench Press Championships  
 July, 2006, APC National Powerlifting and Bench Press Championships

For more information: [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com), IronDawg Power, [www.irondawg.com](http://www.irondawg.com)



Sanctioned by:

## World Legion of Power

A non-profit public service agency

### The C.T. Classic Bench Press Competition

Dedicated to serving the Power Lifting Brotherhood  
"Strength, Health, Wisdom; the Quest for True Greatness"



C.T. Fletcher  
CEO & Co-founder  
World Champion

**RAW  
&  
DRUG  
FREE**

Set World Records  
National and State Records



Dr. Arnold Nerenberg  
Chairman & Co-founder

\*\*\* Date: November 12, 2005 \*\*\*

<b>Location</b> RADISSON HOTEL 7320 Greenleaf Avenue Whittier, California 90602 (562) 945-851  Special rates for WLOP members \$79. <sup>00</sup> /Night	<b>All Wt. classes • All ages • Trophies awarded</b> Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Membership Fee: \$25.00 Payable to: <b>WLOP</b> 7238 S. Painter Avenue • Whittier, CA 90602 (562) 693-8005 www.worldlegionofpower.com	<b>Registration:</b> 9:00 a.m. <b>Weight in:</b> 9:30 a.m. <b>Competition starts:</b> 10:30 a.m.  NO BENCH-PRESS SHIRT SINGLET PREFERRED
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\*\*It is the intention of the World Legion of Power to add to the well being of the world spiritually, emotionally, and physically for at least 1,000 years. \*\*

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
Name: \_\_\_\_\_ Tel: \_\_\_\_\_  
Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I know that my participation in WLOP activities is potentially hazardous and can cause bodily injury or death. I understand that by involvement in WLOP sports activities, I assume all risk for any injury resulting therefrom.

X \_\_\_\_\_ Date: \_\_\_\_\_  Check here if already a member.  
Member's Signature. Participants can bring own music for their lifts.  
Parent's/Guardian's Signature (If member is under 18 years old)

\*\* We would appreciate receiving your application by 10/1/05\*\*

02921, 401-952-9166,  
joemusclehead@cs.com

18-19 MAR, USAPL Pennsylvania State  
(Ramada Plaza Hotel, Clarks Summit,  
PA) Janel Brown, 570-585-5260,  
janelbrown@brownsgym.net

25 MAR, AAPP 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 Moyon, 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,  
954-790-2249

1 APR, ABA Arkansas State Bench Press  
(Little Rock, AR) D.D. Nichols, 2122 Misty  
Circle, Benton, AR 72015, 501-860-6851  
8,9 APR Power Palooza 9 (Leesport, PA)  
Full Power, BP/DL. Gene Rychlak Jr.,  
143 2nd Ave., Royersford, PA 19468,  
610-948-7823.

13-16 APR 06, USAPL Collegiate  
Nationals (W. Palm Beach, FL)  
Robert Keller, rhk@verizon.net,  
954-790-2249, www.geocities.com/  
floridausapl

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 Men's &  
Women's 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

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

14 MAY, USAPL Florida State BP & DL  
(Ft. Lauderdale, FL) Robert Keller,  
rhk@verizon.net, 954-384-4472,  
www.geocities.com/floridausapl

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

MAY 06, New England States Open  
Powerlifting Championships. Greg Kostas,  
781-447-6714 & Rene Moyon, 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, 260-248-  
4889, usapl@fwi.com

7-9 JUL (06-NEW DATE), USAPL  
Men's Senior National Powerlifting  
Championships (Miami, FL) Robert  
Keller rhk@verizon.net, 954-790-  
2249, www.geocities.com/  
floridausapl

7 JUL (06), USAPL Women's US (Open)  
Invitational Powerlifting Championships  
(Miami, FL) Robert Keller 954-790-2249,  
www.geocities.com/floridausapl

8 JUL (06), USAPL Men's US (Open)  
Invitational Bench Press Championships  
(Miami, FL) Robert Keller 954-790-2249,  
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

3 SEP 06, USAPL Florida Qualifier  
Contest (Ft. Lauderdale, FL) Robert  
Keller, 954-790-2249, rhk@verizon.net

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, jdndon@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

## World Legion Of Power

Dedicated to serving the power lifting brotherhood.

Newsletter by: C.T. Fletcher, Dr. Arnold Nerenberg & Narbe' Mansourian

### About Us

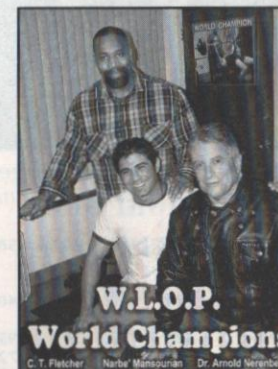
The World Legion of Power is a certification and sponsorship organization for gyms and weight lifting facilities of all sizes throughout the nation and world. Our goal is to recognize, award and promote gyms, sporting facilities and athletes. WLOP sponsors competitions in power lifting, bodybuilding, martial arts, boxing and other sporting events.

### Our Philosophy

The motto of the World Legion of Power is "strength, health, and wisdom; the quest for true greatness". Strength is part of being a power lifter, boxer, martial artist, body builder, football player, etc. All athletes require strength. All people need it as they also need health. Health is a prerequisite to succeed and achieve in all areas of life, whether it be sports, business, or family life. Wisdom might seem an unusual part of the motto. But we believe that athletic excellence should add to a deeper understanding of life as well as life adding to a deeper understanding of our sports. The quest for greatness is evident and yet there is a non-obvious quality as well. We aspire to greatness in our athletic accomplishments and that is an end in itself. But there is another aspect. One that is not assured in any official competition. We value the athlete who is a decent human being, an athlete who can lift a mountain of resentment through his power of forgiveness, an athlete who shows greatness in all areas: physical, emotional, mental, spiritual. We of the WLOP - salute such athletes.

### Contacts

If you have any questions, contact us at www.worldlegionofpower.com or Call us at (562) 693-8005.



C.T. Fletcher, Narbe' Mansourian, Dr. Arnold Nerenberg

APF Adirondack/Metal Militia  
16 APR 05 - Lake George, NY

165 lbs. Open	R. Hillyard 370	B. Pavelka 425	260	275 lbs. Open	M. Newton 260	275 lbs. Open	M. Newton 260
Teen (16-17)	C. McClure 295	Open	800	610	600	520	520
Submaster	M. Fosmire 275	B. Crawford	800	610	600	520	520
Open-Raw	B. Sheldon 225	M. Harris	610	600	520	520	520
181 lbs. Master-I	B. Kernoff 370	R. Barnett	600	520	520	520	520
181 lbs. Master-V	M. Casatelli 360	B. Kalfrin	520	520	520	520	520
Submaster	M. Osborne 380	R. Putnam	520	520	520	520	520
W. Fosmire 290	Junior Raw	J. Jackson	250	250	250	250	250
D. DeDonatis 295	D. DeDonatis 295	Submaster	550	550	550	550	550
198 lbs. Open	R. Daily 585	Master-I	470	470	470	470	470
Teen (14-15)	J. Dussault 505	J. Killen	470	470	470	470	470
R. Daily Jr. 405	J. Payette 385	308 lbs. Open	550	550	550	550	550
J. Siegel 290	Master-II	Teen (18-19)	385	385	385	385	385
Master-I	S. Luciano 450	J. Basile	385	385	385	385	385
Teen	Master-III	D. LeFevre	375	375	375	375	375
5. Luciano 450	G. Jurnak 435	Master-III	515	515	515	515	515
Master-IV	C. Frost Jr. 430	B. Godden	515	515	515	515	515
242 lbs. Open	Open	SHW	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.
B. Hof 475	Open	B. Karlovic	710	710	710	710	710
Open	M. Ferlito 405	SHW	710	710	710	710	710
Submaster	L. McConchie 475	Master-II	515	515	515	515	515
Master-II	(Thanks to Sandi McCaslin for the results)	J. Galligan	515	515	515	515	515

APF Minnesota State  
26 MAR 05 - Elk River, MN

WOMEN	Teen (18-19)	J. Jarvela	410	410	410	410	410	410
181 lbs. Master (40-49)	Open	J. Biewer	720	720	720	720	720	720
S. Baudette 115	308 lbs. Master (50-59)	R. Schubert	380	380	380	380	380	380
MEN	4th-390	308+ lbs. Open	615	615	615	615	615	615
165 lbs. Open	Master (40-49)	D. Lewis	615	615	615	615	615	615
M. Lewis	220 lbs. Open	J. Whitaker	455	455	455	455	455	455
198 lbs. Master (40-49)	T. Hirdler 320	Open	410	410	410	410	410	410
220 lbs. Open	J. Hirdler	242 lbs. Master (40-49)	410	410	410	410	410	410
Open	J. Hirdler	J. Backstrom	515	515	515	515	515	515
242 lbs. Master (40-49)	J. Backstrom	Open	515	515	515	515	515	515
Open	Open	M. Taschuk	515	515	515	515	515	515
198 lbs. Open	Open	Open	515	515	515	515	515	515
220 lbs. Master (40-49)	Open	A. Callquist	750	750	750	750	750	750
Open	Open	Christopherso	600	600	600	600	600	600
242 lbs. Master (40-49)	Open	J. Galligan	515	515	515	515	515	515
Open	Open	Master	515	515	515	515	515	515
148 lbs. Open	Open	E. Knudsen	465	465	465	465	465	465
308 lbs. Open	Open	308 lbs. Open	465	465	465	465	465	465
Open	Open	C. Bjork	625	625	625	625	625	625
165 lbs. Open	Open	308+ lbs. Open	625	625	625	625	625	625
308+ lbs. Open	Open	T. Borstad	500	500	500	500	500	500
Open	Open	C. Wolter	450	450	450	450	450	450
181 lbs. Open	Open	Special thanks to West Metro Automotive for sponsoring the first APF full meet in the last ten plus years. Thanks to The Gym of Elk River and all that help make this meet successful. Hope to see you all again next year. (Thanks to APF State Chair Jerry Gnerre, for providing the contest results)	500	500	500	500	500	500
Open	Open		425	425	425	425	425	425
475	K. Goliszek 285		425	425	425	425	425	425

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"The Josh McKenzie story empowers the reader to believe that regardless of life's circumstances, we all have the capacity to overcome evil with good"

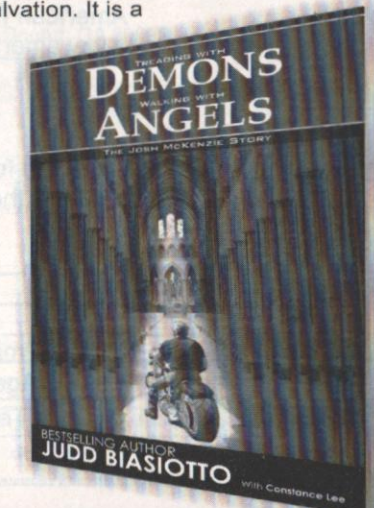
Ben Lockett, a former U.S. Secret Service agent

"... an emotional roller coaster. The author delivers an incredible thrill ride that keeps the reader on the edge of his seat, anticipating the next drop. It will stir emotions in your soul. I absolutely loved it."

Best selling author Lynn Gray

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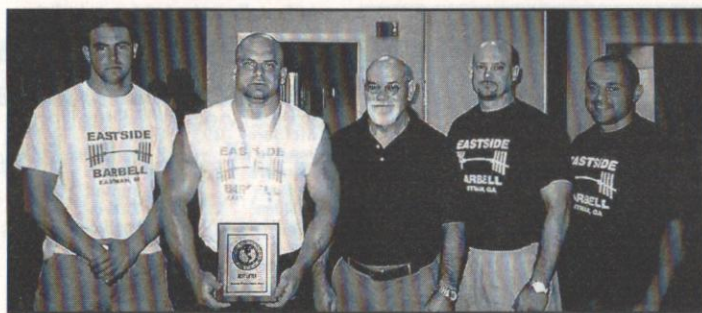
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**APC National/GPC Americas Cup  
9-10 JUL 05 - Athens, GA (kg)**

BENCH	Williams	192.5			
MEN	125 kgs.				
Open	S. Bevil	150			
R Ashe	M. DeLaval	160			
82.5 kgs.	Master (45-49)				
D VanAffelen	60 kgs.	182.5			
90 kgs.	G. Bradley	107.5			
M Driggers	110 kgs.	252.5			
100 kgs..	G. Hatfield	230			
K. Dean	Master (50-54)	160			
M. DeLaval	100 kgs..				
Junior (20-23)	Y. Howah	205			
D. Clark	Master (55-59)	145			
Teen (13-15)	100 kgs.				
60 kgs.	P. Newsome	192.5			
P. Dunn	4th-195.51	102.51			
Teen (16-17)	T. Daley	120			
140 kgs..	110 kgs.				
S. Lambert	T. Daley	127.5			
Teen (18-19)	Master (60-64)				
75 kgs.	A. Dennis	157.5			
J. Nalley	Americas Cup	122.5			
Master (40-44)	MEN				
82.5 kgs.	Open				
D. VanAffelen	110 kgs.	182.5			
90 kgs.	Zimmerman	275			
L. Banks	Master (40-44)	200			
K. Dean	110 kgs.	160			
110 kgs.	Williams	192.5			
MEN	SQ	BP	DL	TOT	
Open					
52 kgs.					
M. Kirkland	182.5	80	160	422.5	
60 kgs.					
L. Thorpe	152.5	80	135	372.5	
67.5 kgs.					
S. Baldwin	205	137.5	202.5	545	
WOMEN					
Open					
48 kgs.					
A. Leverett	137.5	80	142.5	360	
Junior (20-23)					
60 kgs.					
L. Thorpe	152.5	80	140	372.5	
Submaster					
67.5 kgs.					
S. Baldwin	205	137.5	202.5	545	
Master (40-44)					
52 kgs..					
M. Kirkland	182.5	80	160	422.5	
K. Packer	182.5	85	162.5	430	
Master (45-49)					
60 kgs.					
D. Amos	107.5	65	127.5	300	
67.5 kgs.					
E. Keresey	130!	75	162.5!	367.5	
Master (50-54)					
48 kgs.					
A. Leverett	137.5	80	142.5	360	
GPC Americas Cup					
WOMEN					
Master (45-49)					
56 kgs.					
L. Greco	150!	62.5	153!	365.5	
MEN					



**Eastside Barbell Club: (l-r) Travis Niblett, Record setter Mark Driggers, L. B. Baker, Nathaniel Wilson, and Greg Fields, at the APC Nationals**

Teen (13-15)	90 kgs.				
60 kgs.	R. McNeil	260.5!	155	242.5	658
P. Dunn	142.5	100!	152.5!	392.5	
75 kgs.	Open				
T. Thurmond	180	110	182.5	472.5	
Teen (16-17)	90 kgs.				
56 kgs.	C. Evans	320	250	270	840
Z. Dugger	115.5	62.5	147.5	325	
75 kgs..	P. Wilbur	327.5	172.5	295	795
S. VanHuss	100	90	112.5	302.5	
90 kgs.	S. English	292.5	192.5	277.5	772.5
R. McNeil	260.5!	147.5	242.5	658	
Junior (20-23)	100 kgs.				
L. Bevil	227.5	182.5	215	625	
Open	100 kgs.				
M. Robbins	—	—	—	—	
100 kgs.	C. Gomez	165	172.5	150	487.5
P. Wilbur	327.5	172.5	295	795	
S. Stephens	245	160	260	665	
D. Carpenter	257.5	157.5	227.5	642.5	
125 kgs.	140 kgs.				
C. Bailey	445	262.5	307.5	1015	
C. Castile	402.5	247.5	320	970	
140 kgs.					
M. Lanier	352.5	242.5	320	915	
R. Paden	295	250	260	805	
Master (40-44)	125 kgs.				
R. Tilson	275	195	275	745	
A. Hunter	230	200	287.5	707.5	
Master (45-49)	90 kgs.				
R. Baker	227.5	177.5	230.5	635	
125 kgs.	J. Ford	332.5	215	295.5	827.5
J. Ford	332.5	215	295.5	827.5	
Master (50-54)	82.5 kgs.				
R. Lovelace	212.5	142.5	222.5	577.5	
100 kgs.	C. Gomez	165	172.5	150	487.5
G. Gomez	165	172.5	150	487.5	
Master (55-59)	75 kgs.				
D. Thompson	205	112.5	175	507.5	
B. Meek	315	215	297.5	827.5	
GPC Americas Cup					
Teen (13-15)					

and Nadine Baker. Patrick Dunn, the youngest and lightest lifter of the meet, led off the day with not so light weight with a World Record bench of 102.5 kgs. For those of us who don't speak kilogram that is 225 pounds for a 14 year old weighing 125 pounds. George Bradley won the 60 kgs. master 45-49 class with 107.5 kgs., followed by Jimmy Nalley, a teenager from Comer, Georgia, who won with 122.5 kgs. American Record. Robert Ashe at 75 kg. with 160 kg., Doug Van Affelen of California, won open and masters 40-44 82.5 kg. class, with a strong 182.5 kgs. for an American Record. David Blade Clark also 82.5 kgs., and a junior from Fayetteville, Georgia, did an American Record 145 kg. Mark Driggers, a sensational lifter from the Eastside Barbell Club of Eastman, Georgia, made a new American Record of 252.5 kgs., breaking Brent Tracey's old record in the 90 kgs. open class. Lee Roy Banks of Joliet, IL, had a strong win in the Master 40-44 90 kgs. class with an American Record of 200kg. The 100 kgs. class was led by Kendall Dean of Commerce, Georgia, with an American Record 160 kgs. Van Howah of Gainesville, Georgia, won the 100 kgs. 50-54 class with a strong 205 kgs., just missing a World Record attempt of 235 kgs. He'll get it next time. Phil Newsome of Eatonton, Georgia, continues to be strong winning the 100 kgs. master 55-59 class with 195.5kg, followed by Tim Daley of California with 120kg. Archie "Chip" Dennis of Bogart, Georgia, followed up the 100 kgs. class by winning the masters 60-64 with 157.5kg. Jeremy Zimmerman from Alberta, Canada, who was competing in the Americas' Cup led off the 110 kgs. open class with a strong 275 kgs., just missing 305 kgs. In the 110 kgs. master 40-44 class, from Winterville, Georgia, Andy Williamson won with a new masters American Record 192.5 kgs. Andy was also the first to get his entry in for the GPC Worlds in Dessau, Germany. Gary Hatfield of Murrayville, Georgia, won the 110 kgs. master 45-49 class with an American Record of 230 kgs. Tim Daley followed up with 120 kgs. in the 110 kgs. master 55-59 class. Steve Bevil of Mabank, Texas, had a good day winning the 125 kgs. 40-44 class with 150 kgs., followed by Mike DeLaval of Houston, Texas, who just wasn't having a good day when his opener of 320 kgs. wouldn't lock out. Steve Lambert finished the day with a strong 127.5 kgs. bench in the 140 kgs. 16-17 teenage class. Ann Leverett of Savannah, Georgia, was the lightest lifter in the ladies session weighing in at 47.7 kgs. and winning the masters 50-54 class with a 137.5 kgs. squat, and a World Record 80 kgs. bench, 142.5 kgs. deadlift finishing with a World Record total 360 kgs. Margaret Kirkland raised the bar considerably in the open 52 kgs. class winning overall best lifter in the women's division with American and World Records in all lifts. A 182.5 kgs. squat, 80 kgs. bench, 160 kgs. deadlift and 422.5 kgs. total. Lora Greco of Calgary, Canada, lifting with the Canadian Team had a good day redeeming herself from a hard time in the GPC Worlds last year with a 150 kgs. World Record squat, 62.5 kgs. bench, a 153 kgs. World Record deadlift, and a World Record Total 365.5 kgs. in the masters 45-49 class. New comer Lauren Thorpe of Houston, Texas, had a great day with American Records in the 60 kgs. junior class with a 152.5 kgs. squat, 80 kgs. bench, 140 kgs. deadlift, and 372.5 kgs. total. Sargent Drusilla Amos, of Gunter Air Force Base in Alabama, won the 60 kgs. master 45-49 class with a 107.5 kgs. squat, 65 kgs. bench, 127.5 kgs. deadlift for a total of 300 kgs. Sonji Baldwin of the Atlanta Police Department and a member of the North Georgia Barbell Club had 3 World Records winning the 67.5 kgs. class with lifts of 205 kgs. squat, 137.5 kgs. bench, 202.5 kgs., deadlift, and a total of 545 kgs. Evangeline Keresey of Fresno, California, had 3 World Records in the masters 60-64 67.5 kgs. class with lifts of 130 kgs. squat, 75 kgs. bench, 162.5 kgs. deadlift, and a total of 367.5kg. Kim Packer of Oakhurst, California, finished the day for the ladies with all American open and master records with 182.5 kgs. squat, 85 kgs. bench, a 62.5 kgs. deadlift, and 430

kgs. total. The juniors and teenagers followed the ladies beginning with Zachary Dugger, an intense young lifter from Mabank, Texas, dominating the 56 kgs. age 16-17 class with a 115 kgs. squat, 62.5 kgs. bench, and a tremendous 147.5 kgs. deadlift. The strongest man in the world would have to do 1100 pounds to equal this young mans deadlift pound for pound. Zachery finished with a 325 kgs. total. A very good day. Patrick Dunn, another outstanding 14 year old from Albany, Georgia, also had a great day. Patrick lifted in the morning session bench meet and came back with renewed energy to the full power meet. Patrick made a 142.5 kgs. American Record in the squat, a 100 kgs. World Record in the bench, another World Record in the deadlift, finishing off the day with a nice World Record total in the 60 kgs. class. Tyler Thurmond won the 75 kgs. 13-15 class with 4 American Records with a 180 kgs. squat, 110 kgs. bench, 182.5 kgs. deadlift and a 472.5 kgs. total. Stephen Van Huss from Kemp, Texas, also had 4 American Records in the 16-17 75 kgs. class with a squat of 100 kgs., bench 90 kgs., deadlift 125 kgs., and total 302.5 kgs. Roland McNeil, a sensational teenager from Gainesville, Georgia, had all American Records in the 90 kgs. 16-17 class with a 260.5 kgs. squat, which was also a World Record, a 155 kgs. bench, a 242.5 kgs. deadlift and a 658 kgs. total. Luke Bevil from Mabank, Texas, had a great day in the junior 20-23 100 kgs. class with a 227.5 kgs. squat, a 182.5 kgs. bench, a 215 kgs. deadlift, and 625 kgs. total. In the 75 kgs. master class perennial winner Danny Thompson did it again with 192.5 kgs. squat just missing 227.5 kgs., 112.5 kgs. bench, 190 kgs. deadlift and a total of 507.5 kgs. Robert Lovelace representing the North Georgia Barbell Club had an American Record squat, 137.5 kgs. bench, 222.5 kgs. deadlift American Record on his 2nd attempt passing his 3rd saving it for another day and another record, finishing up with an American Record total of 583 kgs. in the 82.5 kgs. masters 50-54 class. Ronnie Baker in the masters 45-49 90 kgs. class had a 227.5 kgs. squat, 177.5 kgs. bench, 230.5 kgs. deadlift for an American Record with a total of 635kg. Corey Evans of the Canadian Americas' Cup team got his opener 320 kgs. squat, 250 kgs. bench, 270 kgs. deadlift on his first attempt passing on his 2nd and 3rd attempts for a winning total of 840 kgs. in the 90 kgs. open class. The other 90 kgs. lifter from Canada, Brian Johnston, lifting as a master 40-44, had a hard time in the squat with his opener 332 kgs., which if successful would have been a new GPC World Record. The 100 kgs. class was loaded with talent. Phillip Wilbur, another North Georgia Barbell Club member, won the 100 kgs. open class with 327.5 kgs. in the squat, 172.5 kgs. bench, 295 kgs. deadlift with a total of 795 kgs. Steele English had the 2nd highest total but was lifting with the Canadians which benefited the Americas' Cup team. He had a 292.5 kgs. squat, 192.5 kgs. bench, 177.5 kgs. deadlift on his 2nd attempt passing his 3rd with a total of 772.5 kgs. Shane Stephens of Gainesville, Georgia, took 2nd place in the open 100 kgs. class with a 245 kgs. squat, 160 kgs. bench, 260 kgs. deadlift and a total of 665 kgs. Third place in the 100 kgs. open class went to an improving Daniel Carpenter from Eclectic, Alabama with a 257.5 kgs. squat, 157.5 kgs. bench, 227.5 kgs. deadlift, and a total of 642.5 kgs. Kevin Edbecombe with the Canadian team had a good day with a squat of 245 kgs., bench 150 kgs., deadlift 202.5 kgs. with a total of 597.5 kgs. Charlie Gomez, the APC Texas State Chairman and a raw lifter won the masters 50-54 100 kgs. class with a 165 kgs. squat, 172.5 kgs. bench, 150 kgs. deadlift and a total of 487.5 kgs. Charles Bailey, a super star in his own right and a true southern gentleman, took his rightful place in the 125 kgs. open class winning overall best lifter in the men's division. Charles also is a master lifter. He took 460 kgs. deep but had a little trouble getting up and had to settle with his opening 445 kgs. squat, a solid 262.5 kgs. bench, and an American Record deadlift of 307.5 kgs. for a total 1015 kgs. American Record. Clay Castile, a North Georgia Barbell Club

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member and a WPO lifter took 2nd in the 125 kgs. open with a 402.5 kgs. squat, 247.5 kgs. bench, 320 kgs. deadlift with a total of 970 kgs. The 125 kgs. masters 40-44 was won by Rocky Tilson from Morristown, Indiana with a 315 kgs. squat, 195 kgs. bench, 275 kgs. deadlift, and a total of 745 kgs. Al Hunter followed with a 230 kgs. squat, not bad after losing a quad less than a year ago, a 190 kgs. bench, 287.5 kgs. deadlift with a total of 707.5 kgs. John Ford from California dominated the masters 45-49 class with an American record 333 kgs. squat, 200 kgs. bench, 295.5 kgs. American Record deadlift for an American Record 827.5 kgs. total. Finally, Mike Lanier, also with the North Georgia Barbell Club, repeated as APC National Champion with a 352.5 kgs. squat, 242.5 kgs. bench, 320 kgs. deadlift for a total of 915 kgs. Mike was primed last year to win the GPC Worlds but was sidelined when his right bicep rolled up like a window shade on his last deadlift before the meet. In 2nd place in the open 125 kgs. class was Robert Paden of Lula, Georgia with a 295 kgs. squat, 250 kgs. bench, 260 kgs. deadlift

als will be hosted by Al Garcia with the help of Bob Packer and John Ford in Sacramento, California. Stay tuned for more information. (Results by L. B. Baker)

**Travis Godden Memorial  
30 APR 05 - Warren, PA**

BENCH	E. Barr	385
WOMEN	J. Fragale	300
58 lbs.	B. Fields	—
9 yrs. old	Teen	
K. McCaslin	R. Daily Jr.	375
132 lbs.	Submaster	
Teen	G. Gehm	400
A. Miller	Masters-I	165
148 lbs.	C. Seeker	510
Open	Master-IV	
A. Roberts	D. Barhight	360
L. Daily	275 lbs.	
181 lbs.	Open	
Open	J. Sack	550
K. Goliszek	D. Whitmore	430
114 lbs.	Submaster	
Teen	D. Whitmore	430
J. Grove	308 lbs.	
148 lbs.	Open/Submaster	
Teen	D. Spry	515
S. Bires	Master-III	
Submaster	B. Godden	—
G. Gintner	SHW	
Master-III	K. Karlovik	750
S. Gee	S. Lewis	530
165 lbs.	DEADLIFT	
WOMEN	Open	
D. Lyons	148 lbs.	
Submaster	Open	
R. Schubmehl	A. Roberts	305
181 lbs.	MEN	
Open	114 lbs.	
T. Carrington	Teen	
J. Grove	205	
M. Bratton	165 lbs.	
B. West	Open	
198 lbs.	D. Lyons	475
Open	198 lbs.	
J. McVicar	Open	
635	J. McVicar	630
R. Daily	585	
C. Scarincio	220 lbs.	
Teen	Open	
M. Ingram	Steinhauser	460
Submaster	Teen	
T. Meacham	G. McEwen	515
Master-II	242 lbs.	
G. Campbell	Open	
220 lbs.	B. Weston	700
Open	E. Barr	600
T. Young	J. Fragale	450
T. Steinhauser	Submaster	
360	G. Gehm	550
Teen	275 lbs.	
G. McEwen	225	
242 lbs.	Open	
Open	H. Sargent	—
B. Weston	SHW	
L. Ciccarelli	Open	
430	W. Amos	500
(Thanks to Sandi McCasin for the results)		

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SLP Iowa State BP/DL  
3 OCT 04 - Coralville, IA

BENCH PRESS open men  
submaster women 181  
165 Jasper Price 380\*  
L. Putman 115\* 198  
junior men Steve Rieger 420  
181 (4th) 435  
Jasper Price 380\* DEADLIFT  
220 novice men  
J. Inman 305\* 181  
master men 45-49 M. Michalec 450\*  
181 junior men  
Rick Dexter 360\* 165  
master men 50-54 M. White 335\*  
242 181  
Ray Haynes 410\* Jasper Price 455\*  
Best Bench - STEVE RIEGER. Best Lifter - JASPER PRICE. \* Son Light Power Iowa state record. The Son Light Power Iowa State Bench Press/Deadlift Championship was held October 3, 2004 at Gold's Gym in Coralville, Iowa. Thanks again to owner Brian Allen for once again sponsoring this annual competition. In the bench press event Leanne Putman set the Iowa state record for the submaster women's 165 class with 115. Leanne, who tied her own personal best, just gave birth a few months ago to another personal best, a cute little fiery red hair girl! Congratulations on both events, Leanne! At junior men Jasper Price came all the way up from Arcadia, Missouri for the title at 181, posting a new state record there with 380. His training partner, Johnathan Inman, won at 220, also setting a new Iowa state record for the class with 305. At 45-49/181 it was Rick Dexter with a personal best and new Iowa state record 360 for the win. Another fine master lifter, Ray Haynes, won at 50-54/242, finishing with a new state record of 410. In the open division Jasper Price won his second title of the day at 181, setting the state record there with 380. Best lifter Steve Rieger got his first official 400 bench on his second attempt with his win at 198. Steve went on to make 420 for his

third attempt and a great fourth with 435! Good job, Steve! In the deadlift event Michael White took the title at junior men 165, finishing with a solid state record 335. Jasper Price set the state record for the junior men's 181 class with 455, while Mike Michalec, lifting in his first deadlift competition, pulled a state record 450 at novice 181. Jasper Price was awarded the best lifter trophy for the deadlift event. Thanks to my son Joey for all his help. Thanks also to our trophy girl Haley Haynes. See you all again next year! (thanks to Dr. Darrell Latch for results)

APF Miller Chevrolet BP Classic  
11 DEC 04 - Elk River, MN

Open D. Dixon 550\*  
165 lbs. E. Raway  
M. Lewis 450\* Master (40-49)  
H. Gordon 400  
J. Schroder 32  
181 lbs. M. Brog  
C. Neal 300\* Open  
Master (40-49) J. Diener 650\*  
R. Hennigar 430\* Christopherse 505  
J. Struntz 415 308+ lbs.  
220 lbs. Open  
Teen D. Lewis  
J. Hennigar 320\* C. Wolter  
The APF Miller Chevrolet Bench Press Classic was the second contest to share the same platform on this day. It was also the first single event sanctioned contest in the history of Minnesota. There were fourteen lifters that all came ready to set state records however of the forty-two attempts only sixteen lifts received white lights. Seven state records were set. In the 165 open class, Mike Lewis got his opener passes for the championship. Herman Gordon went 2/3 for second place. Twenty year old Joe Schroder took third for his first meet. Chris Neal took his opener without a shirt, 300 to win the open 181 class. Roger Hennigar had a perfect day and won the master class (40-49) with a 430. Joel Struntz took second with a 415. The teen-

age 220 class was won by Justin Hennigar (17), with a 320. Darryl Dixon won the open 229 class with a very strong 550. If Darryl can keep contact with the bench, he will be the next 600 bench in Minnesota. Jeremy Biewer won the 242 open class with a 650 bench. His training partner, Dana Christophersen, needed all three attempts to take second with a 505. I would like to thank all the workers at this meet who made it another great event. Judges were Brenda Gnerre, Lloyd "The Body" Hemenway, and Jerry Gnerre. Special thanks to our sponsors' Miller Chevrolet in Rogers, Harrison Chiropractic, Buffalo Wild Wings, The Gym of Elk River, Dave Harrison, Jerry Gnerre, and the American Powerlifting Federation. (Thanks to Jerry Gnerre for providing these meet results)

1st Galaxy Gym Invitational  
27 NOV 04 - Manchester, NH

BENCH Only	K. Scovil	330			
WOMEN	J. Hayward	291			
Junior	Open				
A. Seavey	93				
Open/Grand	P. Bennett	225			
M. Barba	203				
MEN	J. Dowst	511			
Submaster	275 lbs.				
L. Miles	440				
Junior	P. O'Reilly	500			
WOMEN	L. Miles	440			
SQ	BP	DL	TOT		
S. Ross	302	159	269	731	
Masters	S. Pike	346	231	401	979
Open	S. Pike	346	231	401	979
S. Ross	302	159	269	731	
MEN	Junior				
G. Levasseur	649	390	539	1578	
R. Mack	374	291	451	1116	
J. Hayward	456	291	550	1298	
C. Grenon	451	275	401	1127	
B. Clewley	401	302	500	1193	
M. Rivard	225	165	363	731	

K. Scovill 137 330 528 995  
Submaster  
R. Guyer 495 352 440 1287  
P. Ward 407 214 440 1061  
Master  
D. Weaver 594 407 550 1551  
J. O'Connell 313 253 423 990  
Open  
132 lbs.  
A. Smith 297 159 324 781  
165 lbs.  
C. Grenon 451 275 401 1127  
181 lbs.  
P. Wardner 407 214 440 1061  
198 lbs.  
P. Bennett 363 225 412 1001  
220 lbs.  
A. Cardinal 627 346 649 1622  
J. Hayward 456 291 550 1298  
275 lbs.  
A. Stroud 726 473 627 1826  
P. O'Reilly 704 500 550 1754  
R. Guyer 495 352 440 1287  
308 lbs.  
J. Cross 720 440 621 1782

The first Galaxy Gym Invitational Powerlifting and Bench Press Championships went well, with 10 benchers and 25 full powerlifters. Fourteen state records were set. Shara Ross rewrote the record books in the women's 148 Jr. class with 302.5, 159.5, 269.5, for a 731.5 total. We also had another great female lifter from NH, Sue Pike, who competed in the masters and the open. She set an open state record in the squat with 346.5, and in the dead with a 401.5. We had a total of 7 Jr. and teen lifters. The top three were James Hayward 3rd, Ryan Mack 2nd with a state record deadlift of 451 at bwt. of 159. Greg Levasseur beat out all the other jr. teens by formula and by total, with a 1578.5 at 248. Some other stand-outs in the competitive class were Michael Rivard who at 18 years old and 127.6lbs took all the state records with his 225.5 squat, 165 bench, and 363 dead. In the submaster class Rob Guyer's 1287 lb. total beat out Phil Ward's 1061.5 total. We also had two in the masters with Dave Weaver overtaking Joe

O'Connell. The men's open had one competitor in the 132's, 165's, and the 181's. Adam Smith's 781 lb. total, Cliff Grenon with a 1127.5 total and 451 lb. squat state record, and Phil Wardner winning the 181's with a 1061 total. In the 198's we also had only one competitor Pete Bennett. Pete and I have a long history together from his first meet, which was the first meet I promoted. At 66 years young, Pete often competes in the open and Masters divisions. I don't know of any other powerlifter in New England area that competes as much as Pete. He does 8-12 contests a year. It is truly inspiring, and I always enjoy seeing Pete at all the meets. The 220's had two competitors, James Hayward, a Jr. crossover, took 2nd behind Andrew Cardinal. The 275's had some good competition with Aaron Stroud leading the pack with an 1826 total. Pat O'Reilly's 1754.5 edged out Rob Guyer's 1287 for second. The 308's had one competitor Jason Cross. After having a few complications with his squats he ended up with a state record 720 lb. squat, and a 1782 lb. total. The first Galaxy Gym Invitational was a success and we hope it will be an annual event. Thanks to all of the spotters and loaders, the judges and all the people who helped out. (Thanks to Jamie Fellows for providing the results)

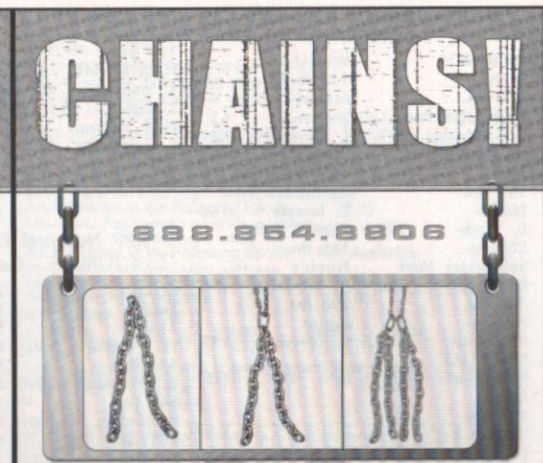
WNPF World Record Breakers  
11 DEC 04 - Atlanta, GA

BENCH	Monroe	400			
WOMEN	(40-49)				
148 lbs.	Fowler	425			
(35-39)	275 lbs.				
Raw	Open Raw				
Sternberg	115!	Cawley	510		
(40-49)		(40-49) Raw	235		
Powell	175!	Cawley	510		
Police		Muncy	235		
Powell*	175!	Open			
181 lbs.		Cawley	—		
(40-49)		(40-49)	—		
Raw		Cawley	—		
Thompson	145!	SHW	—		
Open Raw		(20-23) Raw			
Thompson	145!	Kendrick	375		
123 lbs.		DEADLIFT			
(13-16) Raw		123 lbs.			
Dunn	170	(13-16) Raw			
148 lbs.		Dunn	290!		
Smith	185	165 lbs.			
165 lbs.		(35-39)			
(17-19)		Artur	505		
Woodward	205	Police			
(20-23)		Artur	505		
Raw		181 lbs.			
Brown	355	Open			
Open Raw		Bowen	565		
Greer	360	198 lbs.			
Subs		Open Raw			
Artur	340	Strother	555		
Police		(40-49) Raw			
Artur	340	Strother	555		
(50-59)		(40-49)			
Hamby	385!	Meyers*	700		
181 lbs.		242 lbs.			
(40-49) Raw		(20-23)			
Smyth	225	Ocampox	440		
220 lbs.		(20-23) Raw			
(20-23)		Bowen	590		
Lewis	—	(40-49)			
Open		Correra	485		
McKinney	425	Open Raw			
Moore	—	Jones	590		
(40-49) Raw		Correra	485		
Keyes	300	Police Raw			
(50-59) Raw		Ocampox	440		
Caterisano	320	(50-59) Raw			
(60-69)		Bucchioni	500!		
Churchman	—	SQUAT			
(60-69) Raw		165 lbs.			
Churchman	280	Artur	350		
242 lbs.		198 lbs.			
(20-23)		Open Raw			
Correra	350	Strother	405!		
Open		(40-49) Raw			
Correra	350	Strother	405!		
(20-23) Raw		242 lbs.			
Ocampox	375!	(20-23) Raw			
Jones	325	Ocampox	265!		
Open Raw		Police Raw			
Polcie Raw	375!	Ocampox	265!		
Ocampox	375	POWERCURL			
(35-39) Raw		165 lbs.			
Murphy	440	Open			
		Artur	155		



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Jump Stretch Sumo Platform	\$245.00



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Greer	130	Open				
181 lbs.		Bizzell	175			
Open		(50-59)				
Bowen	145	Bizzell	175			
(40-49)		SHW				
Smyth	130	Open				
220 lbs.		Bradford	200!			
Open		(40-49)				
McKinney	425	Bradford	200!			
Moore	—	Caterisano	145!			
(40-49) Raw		Ocampox	440			
Keyes	300	(50-59) Raw				
(50-59) Raw		Bucchioni	500!			
Caterisano	320	SQUAT				
(60-69)		165 lbs.				
Churchman	—	Artur	350			
(60-69) Raw		198 lbs.				
Churchman	280	Open Raw				
242 lbs.		Strother	405!			
(20-23)		(40-49) Raw				
Correra	350	Strother	405!			
Open		242 lbs.				
Correra	350	(20-23) Raw				
(20-23) Raw		Ocampox	375!			
Ocampox	375!	Police Raw				
Jones	325	Ocampox	265!			
Open Raw		Police Raw				
Polcie Raw	375!	Ocampox	265!			
Ocampox	375	POWERCURL				
(35-39) Raw		165 lbs.				
Murphy	440	Open				
		Artur	155			

N. Moretto	322.5	195	282.5	800		
Open						
148 lbs.						
W. Holloway	195	160	237.5	592.5		
165 lbs.						
B. Schwab	305	215	282.5	802.5		
181 lbs.						
B. Tincer	305	215	265	785		
J. Castiglione	272.5	170	240	682.5		
D. Klein	247.5	167.5	227.5	642.5		
G. Godwin	215	140	195	550		
198 lbs.						
D. Flesh	315	200	270	785		
J. Wisenbaker	292.5	192.5	245	730		
J. Williams	295	177.5	252.5	725		
220 lbs.						
D. Sharkey	337.5	210	250	797.5		
G. Bianchino	180	165	232.5	677.5		
242 lbs.						
E. Rectenwald	307.5	275	300	882.5		
275 lbs.						
N. Moretto	322.5	195	282.5	800		
R. Gregg	300	202.5	272.5	775		
308 lbs.						
S. Weech	455	287.5	320	1062		
B. Youngs	335	25	320	680		
Team Awards: Orlando Barbell & Southside Barbell. OUT: J. Vaughn, J. Howe, and E. Talmant. (results courtesy of Pam Clayton)						

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NASA Tennessee Regionals (kg)  
13 NOV 04 -

PS BENCH	WOMEN	High School	145	112.5	177.5	435
275 lbs.	132 lbs.	I. Wade	119 lbs.			
Submaster Pure	Master-1	J. Stablein	100	60	145	305
W. Aldridge 170	J. Rhodes	220 lbs.				
PS DEADLIFT	MEN	High School	112.5	90	185	
165 lbs.	181 lbs.	J. Carpenter	387.5			
Junior	Submaster Pure	(Thanks to J.T. Hall for providing results)				
E. Wade 207.5	E. Joseph 160					
275 lbs.	181 lbs.					
Submaster Pure	Novice					
D. Franks 260	A. McGaha 140					
308 lbs.	198 lbs.					
Novice	Junior					
R. Downs 217.5	B. Freeman 185					
PS SQUAT						
MWR Sports	CR	BP	DL	TOT		
148 lbs.						
Master-2						
J. Forbes	45	90	155	290		
Novice						
R. Clark 52.5	75	102	232.5			
181 lbs.						
Master-1						
B. Boyer	—	156	242.5	398.5		
Submaster Pure						
E. Joseph 60	60	115	200	375		
242 lbs.						
Master-2						
E. Akins 65	65	162.5	215	442.5		
WOMEN						
132 lbs.						
Master-1						
T. Henry	25	45	90	160		
Submaster-1						
J. Rhodes	30	50	72.5	152.5		
Pwrlifting	SQ	BP	DL	TOT		
181 lbs.						
Master-1						
B. Boyer	245	182.5	252.5	680		
198 lbs.						
Master-1						
W. Agnew 245	245	192.5	260	697.5		
275 lbs.						
Master Pure						
R. Dilworth 280	280	205	287.5	772.5		
165 lbs.						
Master-1						
J. Ferguson	225	105	223.5	553.5		
Novice						
J. Ferguson	225	105	223.5	553.5		
148 lbs.						



Paul Rainwater, 85, deadlifting 242 at 149.75 bodyweight at the USPF/AAU Sooner Games (Crain)

USPF/AAU Sooner State Games  
25 JUN 05 - Shawnee, OK (kg)

44 kgs.	SQ	BP	DL	TOT
WJ				
B. Goforth	—	—	—	—
60 kgs.				
MJ				
Underwood	—	—	—	—
75 kgs.				
MD				
J. Caputo	—	—	172.5	172.5
MJ				
R. Cook	—	—	—	—
T. Hathcock	207.5	145	215	567.5
MM				
P. Rainwater	25*	45	110*	180
MMR				
P. Rainwater	—	47.5*	—	—
MO				
M. Fleming	240	140	237.5	617.5
90 kgs.				
MB				
J. Parsons	—	167.5	—	—
MBR				
J. Parsons	—	170	—	—
MM				
J. Stone	—	—	—	—
B. Crouch	177.5	77.5	182.5	437.5
R. Werner	182.5	130	172.5	485
J. Dotson	207.5	150	197.5	555
MO				
G. Bishop	150	170	245	565
100 kgs.				
MB				
M. Lowry	—	150	—	—
MM				
C. Caputo	222.5	152.5	252.5	627.5
125 kgs.				
MB				
G. Knight	—	190	—	—
MBR				
G. Knight	—	190	—	—
SHW				
S.H.W.				
MO				
T. Williams	220	182.5	227.5	630
MS				
R. Lepley	272.5	227.5	280	780

\*=World/Nationals Records. Men's Outstanding Squat: Marchand Fleming. Men's Outstanding Bench: Ray Lepley. Men's Outstanding Deadlift: Marchand Fleming. Outstanding Lifter: Marchand Fleming. Team Title: 1st-Crain's Muscle World, 2nd-Caputo's Gym. (Thanks to Rickey Dale Crain of Crain's Muscle World for providing these competition results to PL USA)

SPF National Championship  
4 JUN 05 - Gatlinburg, TN

FULL	259 lbs.	J. Jesse	1075	Masters (45-49)	220 lbs.	J. Dutton	148	R. Porter	352	Master (55-59)	T. Johnson	308
Teen	N. Peppers	1855		220 lbs.		165 lbs.		C. Gregory	236	R. Coppins	308	Master (50-55)
114 lbs.	S. Schumm	1500		D. Akins	825	Open		242 lbs.		W. Thompson	368	SHW
High School	SHW	1755		Police/Fire		102.5	160	262.5		E. Anderson	324	Junior (20-23)
220 lbs.	M. Beatty	1755		198 lbs.		85	137.5	222.5		J. Hayes	302	T. Brightwell
High School	Police/Fire			B. Pennington	905	M. Creel	264	275 lbs.		C. Cash	379	R. Sekulich
J. Carpenter	198 lbs.	1555		Submasters		181 lbs.		220 lbs.		R. Smith	297	R. Armstead
387.5	B. Pennington	1555		Teen		181 lbs.		220 lbs.		M. Creel	264	275 lbs.
(Thanks to J.T. Hall for providing results)	Submasters			165 lbs.		175 lbs.		255		430		
	J. Pickett	1635		165 lbs.		175 lbs.		255		430		
	T. Weller	930		T. Hill	425	Submaster		172.5	235	407.5		
	Masters (40-44)			M. Cumbee	815	Submaster Pure		172.5	235	407.5		
	198 lbs.			Masters (40-44)		MEN		CR	BP	DL	TOT	
	N. Nickerson	990		181 lbs.		148 lbs.		148 lbs.		190	352.5	
	242 lbs.			J. Lewis	455	Master-5		52.5	110	190	352.5	
	C. Anderson	1400		Team Trophy: Cell Block TN. Glenstone		M. Evans		52.5	110	190	352.5	
	L. Lewis	1215		Lodge Meet Director: Jesse Rodgers.		M. Evans		52.5	110	190	352.5	
	275 lbs.			Judges: Lee Roden, from Chattanooga,		198 lbs.		52.5	110	190	352.5	
	G. Chattam	1785		TN, Thomas Keasling, from Manchester,		SHW		52.5	100	182.5	335	
	SHW			TN, Shane McKenny, from Arab Alabama,		220 lbs.		77.5	190	242.5	510	
	T. King	1475		Clifford Bailey, from Rossville, GA. We		242 lbs.		72.5	142.5	240	455	
	Masters (55-59)			would like to thank everyone that was		242 lbs.		85	215	297.5	597.5	
	148 lbs.			involved in making this a great meet. (Our		242 lbs.		82.5	172.5	160	415	
	J. Forbes	780		thanks go out to SPF President, Jesse		242 lbs.		170	150	192.5	512.5	
	D. King	700		Rodgers, for providing these competition		242 lbs.		155	117.5	175	447.5	
	700			results to Powerlifting USA Magazine.)		242 lbs.		252.5	175	255	682.5	
	132 lbs.					242 lbs.		242.5	152.5	210	605	
	D. King	700				242 lbs.		242 lbs.		242 lbs.	240	455
	132 lbs.					242 lbs.		85	215	297.5	597.5	
	P. McKinney	585				242 lbs.		82.5	172.5	160	415	
	B. Collins	400				242 lbs.		170	150	192.5	512.5	
	MEN					242 lbs.		155	117.5	175	447.5	
	181 lbs.					242 lbs.		252.5	175	255	682.5	
	J. Walters	1275				242 lbs.		242.5	152.5	210	605	
	198 lbs.					242 lbs.		242 lbs.		242 lbs.	240	455
	B. Tracey	2000				242 lbs.		85	215	297.5	597.5	
	R. Lewis	1690				242 lbs.		82.5	172.5	160	415	
	220 lbs.					242 lbs.		170	150	192.5	512.5	
	D. Allison	1830				242 lbs.		155	117.5	175	447.5	
	S. Cox	1825				242 lbs.		252.5	175	255	682.5	
	C. Grant	1435				242 lbs.		242.5	152.5	210	605	
	1435					242 lbs.		242 lbs.		242 lbs.	240	455
	198 lbs.					242 lbs.		85	215	297.5	597.5	
	W. Stover	650				242 lbs.		82.5	172.5	160	415	
	1480					242 lbs.		170	150	192.5	512.5	
	259 lbs.					242 lbs.		155	117.5	175	447.5	

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If Under 18 have Parent Initial \_\_\_\_\_ Signature \_\_\_\_\_

B. Tinkler — — —  
181 lbs.  
E. Foran 205 30 505  
(Thanks to Brian Schwab for the results)

SPF Tennessee State  
19 MAR 05 - Manchester, TN

POWERLIFT (Totals)	J. Hill	300
Teen	242 lbs.	
181 lbs.	J. Hill	1100
D. Stone	1260	Police/Fire
D. Bodkin	1105	198 lbs.
220 lbs.	B. Pennington	865
B. Anael	1380	Masters (40-44)
259 lbs.	181 lbs.	
B. Aleszander	1010	D. Coker
165 lbs.	198 lbs.	720
WOMEN	G. Dunn	885
165 lbs.	K. Isreal	440
181 lbs.	Open	
C. Weber	825	MEN
165 lbs.	R. Templeton	205
R. Posey	1175	198 lbs.
181 lbs.	B. Watson	390
B. Parsley	1320	220 lbs.
198 lbs.	C. Nunley*	415
M. Maxwell*	1850	275 lbs.
220 lbs.	T. Keasling	550
D. Dover	1570	308 lbs.
242 lbs.	R. Mangrum	425
S. Brown	1630	SHW
259 lbs.	K. Crump	460
J. Burnett	1620	Police/Fire
275 lbs.	198 lbs.	
T. Keasling	1760	B. Pennington
SHW	Submasters	
W. Johnson	2165	242 lbs.
M. Neese	2010	C. Angel
198 lbs.	K. Crump	460
B. Pennington	1440	Masters (40-44)
Submaster	181 lbs.	
220 lbs.	J. Brown	375
D. Dover	1570	D. Coker
242 lbs.	T. Weller	1520
J. Maggart	1730	B. Rhome
SHW	365	J. Rhome
J. Brandon	1955	Teen
M. Neese	2010	148 lbs.
Masters (50-54)	R. Whitmore	210
165 lbs.	275 lbs.	



APA Maine State  
9 JUL 05 - Newport, ME

BENCH WOMEN	Submaster (33-39)	D. Mannion	400
148 lbs.	181 lbs.		
(16-17)	(13-15)		
T. Campbell	155	J. Pallante	425
181 lbs.	242 lbs.		
Open	Master (60-64)		
J. Hayes	170	B. Matchett	500
UNL	Open		
(40-44)	M. Brewer	355	
K. Campbell	340	B. Brewer	355
MEN	(40-44)		
165 lbs.	M. Brewer	355	
Open	4th-365		
D. Boyington	390	275 lbs.	
(40-44)	Submaster (33-39)		
D. Boyington	390	Christinziano	505
(60-64)	308 lbs.		
E. Hemming	225	Master (40-44)	
Submaster (33-39)	S. Hall	480	
D. Mannion	350	4th-490	
181 lbs.	ST. CURL		
Open	WOMEN		
D. Osgood	540	132 lbs.	
Junior (20-23)	(50-54)		
D. Osgood	540	B. Howard	55
M. Maloney	245	MEN	
(40-44)	148 lbs.		
B. Kernoff	350	(18-19)	
(55-59)	J. Ames	125	
V. Aloupis	220	Open	
198 lbs.	J. Ames	125	
(50-54)	165 lbs.		
R. O'Malley	240	(45-49)	
(60-64)	K. Howard	110	
B. Byrnes	165	181 lbs.	
220 lbs.	(55-59)		
(16-17)	E. Flanders	130	
K. Wells	330	(40-44)	
242 lbs.	B. Kernoff	110	
Submaster (33-39)	198 lbs.		
S. Dufour	440	(60-64)	
(60-64)	B. Byrnes	85	
B. Matchett	300	242 lbs.	
308 lbs.	(60-64)		
Open	B. Matchett	125	
T. Petrino	665	275 lbs.	
(45-49)	(40-44)		
T. Petrino	665	M. Brewer	115
DEADLIFT	4th-120		
MEN	SHW		
165 lbs.	Open		
Open	G. Mele	120	
T. Pond	415	(45-49)	
Push-Pull	G. Mele	120	
WOMEN	BP		
114 lbs.	DL		
Open	TOT		
J. Clough	115	290	405
(55-59)			
J. Clough	115	290	405
132 lbs.			
Open			



Brian Matchett curls @ APAMaine

H. Tenney	110	225	335
181 lbs.			
Open			
E. Morey	185	375	560
(40-44)			
E. Morey	185	375	560
(50-54)			
B. Deshaine	110	235	345
Junior (20-23)			
R. Deshaine	145	330	475
Open			
R. Deshaine	145	330	475
MEN			
132 lbs.			
(13-15)			
J. Gallison	190	365	555
148 lbs.			
(13-15)			
D. Burpee	155	300	455
(16-17)			
B. Berry	220	315	535
D. Burpee	145	300	445
(18-19)			
J. Payne	215	405	620
165 lbs.			
Open			
D. Boyington	390	420	795
(40-44)			
D. Boyington	390	420	795
(18-19)			
D. Adams	215	440	655
Open			
T. Pond	235	415	650
(16-17)			
T. Angell	265	300	565
181 lbs.			
(60-64)			
E. Newbegin	235	400	635
(55-59)			
V. Aloupis	220	350	570
198 lbs.			
Junior (20-23)			
A. Siekmann	—	—	—
(55-59)			
D. Leen	175	305	480
(60-64)			
D. Jackson	225	3345	570

220 lbs.			
(50-54)			
D. Call	175	380	550
S. Leonard	210	400	610
242 lbs.			
Junior (20-23)			
G. Bailey	400	550	950
Open			
J. Fitzgerald	385	450	835
4th-DL-465			
(50-54)			
B. Matchett	280	500	780
SHW			
(45-49)			
G. Mele	365	440	805
4th-DL-500			
Open			
G. Mele	365	400	805
4th-DL-500			

There were 68 entrants for this outstanding event. Lifters came from as far away as Virginia to compete. A very special thanks to the referee's who put in a long day judging strict but fair and the spotters who did one heck of an outstanding job preventing injuries with several saves that day. Al and Jane Stork did a lot of work organizing and setting the meet up to be one of the best run meets ever run in the state of Maine. The Bar-load program was used making things very easy for the loaders and the audience to know who was up, and the lifters were able to visually see exactly how much time they had remaining on the clock. All meet equipment was first class as were the help. A very special thanks to the folks who ran the score table and the barload program. The meet was extremely smooth and efficient because of their efforts. Lifters had the choice of a push-pull event for a total, a bench only event, a deadlift only event, or a strict curl contest. In the strict curl a special backboard was used to prevent any back movement and was run much more strictly than many curl contests seen these days. Special thanks to Al Stork for making this curl backboard. Loads of state records were set and several American and World records were also broken. Lifting quality was outstanding and sportsmanship was spectacular. The spectator bleachers and chairs were packed at this event. Spectator turnout was fantastic and it was great to see the general public show such an interest in our sport. Lots of ladies competed and registered some awesome



Tony Petrino BPs @ APA Maine

lifts. Elaine Morey deadlifted an awesome 375 and Karen Campbell benched a whopping 340 pounds! There was also a very good showing of teenage lifters. 15 year old Joe Pallante came all the way from Virginia and deadlifted and awesome 425 pounds setting several teenage records. He just missed a 455 pull. Keep an eye on this young drug free lifter. This kid is going to be a future top contender! As always, Damian Osgood was incredible to watch. This young junior lifter just missed a 585 bench press and settled for a 540 record junior lift. Damian was injured on the 585 attempt when something tore and passed on his 3rd attempt. Big Tony Petrino benched a huge 665 and made a big 700 attempt but this was not his day to join the 700 club. It will come soon though. The strict curl was a very popular addition to the events and several records were established. The lifters were locked in to

a back board so all lifts were done in ultra strict fashion. In closing I would like to once again thank Al and Jane Stork for all the hard work they put into making the APA events in Maine real quality events that everybody seems to enjoy. Al and Jane put a lot of hard work into making the meets a pleasure for all. When you see a meet advertised that they are running it is worth your while to sign up. (Thanks to Scott Taylor, APA President, for these meet results)

NASA USA Nationals (kg)  
18 JUN 05 - Springfield, OH

BENCH Only		220 lbs.		
WOMEN		B. Weber	227.5	
Open	Pure	165 lbs.		
97 lbs.		A. Mamola	165	
K. Reed	50	181 lbs.		
Submaster-2		D. Case	160	
97 lbs.		220 lbs.		
K. Reed	50	J. Thompson	247.5	
Submaster Pure		T. Lehrer	227.5	
97 lbs.		K. Reed	50	
MEN		308 lbs.		
Int		T. Meeker	385	
181 lbs.		Submaster-1		
R. Morgan	122.5	181 lbs.		
Junior		J. Montebon	—	
181 lbs.		Submaster-2		
N. Mason	155	198 lbs.		
Master-1		T. Jackson	187.5	
242 lbs.		220 lbs.		
H. Wotring	202.5	T. Lehrer	227.5	
L. Edwards	165	308 lbs.		
Master-2		A. Hennon	152.5	
165 lbs.		Master-2		
M. McGonagle	95	198 lbs.		
Master Pure		S. Miscoi	115	
123 lbs.		SHW		
B. Lamb	102.5	198 lbs.		
242 lbs.		Master-2		
L. Edwards	165	T. Jackson	187.5	
Novice		242 lbs.		
242 lbs.		P. Thomas	216	
S. Diel	235	181 lbs.		
Open		Teen		
242 lbs.		165 lbs.		
M. Haumesser	200	T. Cleland	162.5	
Police/Fire		198 lbs.		
242 lbs.		J. Palumbo	95	
L. Edwards	165	220 lbs.		
308 lbs.		H. Yakel	128.5	
L. Willison	235	Master Pure		
Pure		123 lbs.		
123 lbs.		242 lbs.		
B. Lamb	102.5	McWhorter	132.5	
220 lbs.		PS BENCH		
J. Thompson	247.5	WOMEN		
242 lbs.		Novice		
M. Haumesser	200	165 lbs.		
Submaster-1		A. Hayes	157.5	
165 lbs.		242 lbs.		
D. Gast	125	114 lbs.		
198 lbs.		A. Mamola	57.5	
W. Chambers	—	MEN		
220 lbs.		Open		
198 lbs.		Master-1		
W. Chambers	—	242 lbs.		
McNichols	155	220 lbs.		
		K. Robbison	202.5	
		SHW		
		Chamberlain	187.5	
		165 lbs.		
		T. Lehrer	227.5	
		Master-2		
		B. Weber	227.5	
		220 lbs.		
		J. T. Hall	217.5	
		275 lbs.		
		E. Lytle	90	
		Master-3		
		181 lbs.		
		R. Corey	135	



Joe Pallante (15) pulled 425 in ME

242 lbs.			
M. Brown	158.5	E. Lytle	35
275 lbs.		Master-3	
B. Engleman	160	242 lbs.	
Master-5		M. Brown	66
198 lbs.		PS DEADLIFT	
C. Shaffer	130	MEN	
SHW		Int	
J. Ray	207.5	220 lbs.	
Master Pure		S. Avery	282.5
242 lbs.		Master-2	
K. Robbison	202.5	220 lbs.	
Police/Fire		E. Lytle	112.5
SHW		Pure	
Chamberlain	187.5	220 lbs.	
Teen		S. Avery	282.5
198 lbs.		SQUAT	
J. Abney	107.5	MEN	
K. Abney	87.5	Master-1	
PS CURL		242 lbs.	
MEN		K. Robbison	177.5
Master-1		WOMEN	
242 lbs.		Master-1	
K. Robbison	77.5	SHW	
Master-2		G. Kelly	82.5
220 lbs.		55 lbs.	
R. Morgan	122.5	S. Hou-Seye	7
Junior		13.5	22.5
181 lbs.		97 lbs.	43.5
N. Mason	155	L. McGonagle	18.5
Master-1		27.5	62.5
242 lbs.		108.5	
H. Wotring	202.5	242 lbs.	
L. Edwards	165	220 lbs.	
Master-2		165 lbs.	
165 lbs.		C. Frank	127.5
M. McGonagle	95	Master Pure	75
123 lbs.		132 lbs.	142.5
B. Lamb	102.5	T. Tucker	157.5
242 lbs.		165 lbs.	92.5
L. Edwards	165	242 lbs.	167.5
Novice		C. Frank	127.5
242 lbs.		165 lbs.	75
S. Diel	235	Novice	142.5
Open		132 lbs.	345
242 lbs.		T. Storch	110
M. Haumesser	200	242 lbs.	65
Police/Fire		165 lbs.	122.5
242 lbs.		T. Tucker	297.5
L. Edwards	165	SHW	
308 lbs.		132 lbs.	
L. Willison	235	157.5	92.5
Pure		167.5	417.5
123 lbs.		Teen	
B. Lamb	102.5	SHW	
220 lbs.		195	87.5
J. Thompson	247.5	A. Benninger	182.5
242 lbs.		High School	465
M. Haumesser	200	132 lbs.	
Submaster-1		A. Carlson	117.5
165 lbs.		165 lbs.	95
D. Gast	125	C. Chaney	122.5
198 lbs.		Int	335
W. Chambers	—	181 lbs.	
McNichols	155	R. Morgan	135
		242 lbs.	122.5
		170	427.5
		J. Blaine	305
		185	285
		775	
		142.5	352.5
		125	85
		142.5	352.5
		132 lbs.	
		132 lbs.	
		M. Evans	110
		107.5	201
		418.5	
		266	166
		240	672
		242 lbs.	
		H. Wotring	272.5
		202.5	245
		720	
</			







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- C**

# IRONWRAPS

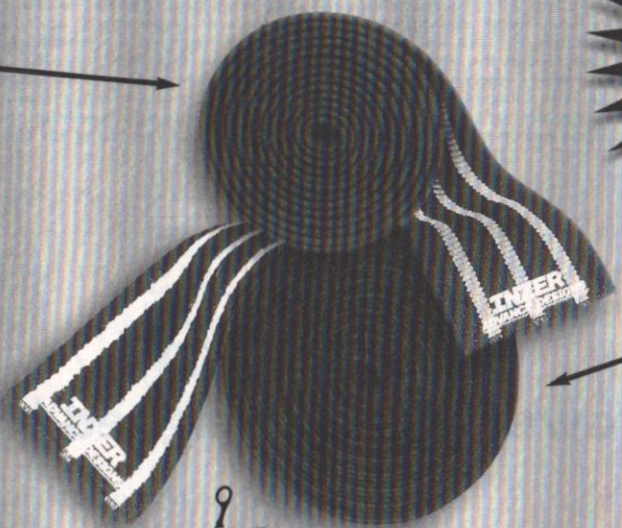
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Chris Liles pulls @ Battle of the Bad

### APA Jackson Battle of the Bad 23 JUL 05 - Jackson, MS

BENCH	308 lbs.			
WOMEN	Submaster			
198 lbs.	K. Dowell	455		
C. Smith	305!	CURL		
MEN	220 lbs.	WOMEN		
Open	220 lbs.	198 lbs.		
Drug Tested	275 lbs.	C. Smith	95	
C. McMullin	475	MEN		
Open	275 lbs.	148 lbs.		
A. James	670	Master-2		
Open	198 lbs.	R. Blaumuller	100	
Drug Tested	575	Master-2		
W. Stewart	575	P. Ethridge	125	
Drug Tested	575	220 lbs.		
W. Stewart	575	Master-1		
MEN	132 lbs.	S. Self	145	
Junior	148 lbs.	BP	DL	TOT
J. Morrow	480	335	500	1315
Master-2	181 lbs.			
R. Blaumuller	250	175	300	725
Master-1	181 lbs.			
S. Moore	475	425!	405	1305
Junior	198 lbs.			
R. Eller	450	350	400	1170
Open	220 lbs.			
Drug Tested	320	475	350	1145
C. McMullin	320	475	350	1145
Open	242 lbs.			
J. Smith	675	475	725	1875
Submaster Push-Pull				
J. Goussett	—	475	540	1015
Open	275 lbs.			
Drug Tested	600	605	525	1730
B. Nichols	600	605	525	1730
C. Liles	585	455	575	1615
308 lbs.				
Teen (13-15)	305	300!	360	965
Teen (16-17)	630!	305	530	1465
J. Stauts	630!	305	530	1465
SHW				
Open	550	500	650	1700
M. Free	550	500	650	1700

! = American Records. Best Lifter (Curl): Stan Self. Best Lifter (Powerlifting): Joe Morrow. Drug Free Best Lifter (Powerlifting): Joe Morrow. Best Lifter (Bench Press): Art James. Drug Free Best Lifter (Bench Press): Walter Stewart. Best Lifter (Push-Pull): Jay Goussett. Lifters came from as far away as Michigan and South Carolina to compete in this Mississippi APA event. A great time was had by all with several records being set. Special thanks to Scot Long of the YMCA for setting up this event and to the spotters, loaders, and referee's who did a fantastic job. (Thanks to Scott Taylor, APA, for results)

### APA Blue Springs Classic 26 MAR 05 - Topeka, KS

BENCH	198 lbs.			
WOMEN	Junior			
148 lbs.	K. Keith	—		
Master-3	Submaster			
K. McGowan	205	B. Stevens	425	
MEN	181 lbs.	Teen (18-19)		
Open	220 lbs.	N. Gentges	455	
J. Adcox	265	Open		
Open	300	T. Luke	—	
J. Boyde	300	J. Brewer	410	

Master-2	275 lbs.			
K. Hernandez	425			
Open	308 lbs.			
B. Neal	525			
Master-1	385			
S. Hazen	385			
Open	610			
M. Poremski	430			
K. Parish	610			
Push-Pull				
WOMEN				
123 lbs.				
Open				
A. Boyde	115	275	390	
MEN				
165 lbs.				
Novice				
M. Miller	275	365	640	
Open				
W. Keith	330	475	805	
181 lbs.				
Teen (16-17)				
R. Cooper	250	400	650	
220 lbs.				
Open				
B. Cass	550	750	1300	
WOMEN				
123 lbs.				
Open				
D. Tucker	235	130	245	610
Junior				
R. Rich	215	155	265	635
MEN				
148 lbs.				
Novice				
A. Najera	425	270	365	1060
165 lbs.				
Master-2				
I. Clark	515	340	460	1315
181 lbs.				
Master-3				
L. Keith	430	330	470	1230
Open				
J. Cantwell	600	375	600	1575
198 lbs.				
Teen (18-19)				
Z. Talbot	610	285	545	1440
220 lbs.				
Teen (18-19)				
D. Meyer	405	320	500	1225
Master (40-44)				
C. Evans	500	390	460	1350
Open				
R. Wood	690	485	535	1710
242 lbs.				
Master-2				
J. Hilburn	550	305	500	1355
Open				
M. Cass	550	340	580	1470
Submaster				
S. White	640	460	620	1720
275 lbs.				
Open				
J. Mellon	665	365	650	1680

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J. White	635	460	605	1700
J. Humbyrd	635	480	610	1725
R. Rigdon	675	575	575	1825

Master-2	—			
L. Betzer	—			
DEADLIFT				
275 lbs.				
Open				
K. Ufford	775	550	745	2070
Submaster				
T. Putman	635			

J. Davis	535	525	650	1760
K. Ufford	775	550	745	2070

J. White	635	460	605	1700
J. Humbyrd	635	480	610	1725
R. Rigdon	675	575	575	1825

Master-2	—			
L. Betzer	—			
DEADLIFT				
275 lbs.				
Open				
K. Ufford	775	550	745	2070
Submaster				
T. Putman	635			

J. Davis	535	525	650	1760
K. Ufford	775	550	745	2070

J. White	635	460	605	1700
J. Humbyrd	635	480	610	1725
R. Rigdon	675	575	575	1825

Master-2	—			
L. Betzer	—			
DEADLIFT				
275 lbs.				
Open				
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Submaster				
T. Putman	635			

J. Davis	535	525	650	1760
K. Ufford	775	550	745	2070

J. White	635	460	605	1700
J. Humbyrd	635	480	610	1725
R. Rigdon	675	575	575	1825

Master-2	—			
L. Betzer	—			
DEADLIFT				
275 lbs.				
Open				
K. Ufford	775	550	745	2070
Submaster				
T. Putman	635			



**Praire State Games**

25 JUN 05 - Bensonville, IL

BENCH	G. Mylin	315
MEN	242 lbs.	
Scholastic	K. Beveridge	410
160 lbs.	275 lbs.	
S. Erlenbaugh	T. Wilke	415
K. Boettcher	275+ lbs.	
200 lbs.	S. Ceralde	540
B. Cantrell	Master	
Open	200 lbs.	
220 lbs.	J. Hummel	285

Best Lifters: Scholastic Men - Ben Cantrell.  
Open/Master Men - Serge Ceralde. (Thanks to Eric Stone for providing these results)

**Central Wisconsin Bench Press**  
23 APR 05 - Grand Marsh, WI

BENCH	242 lbs.	
FEMALE	S. Becker	560
Teen	Submaster	
148 lbs.	165 lbs.	
J. Parrott	115	K. Mantzke 265
J. Shaske	100	181 lbs.
L. Olson	95	M. Pope Jr 365
Master-1	220 lbs.	
148 lbs.	C. Lummis	300
R. Shull	185	K. Carlson 260
MALE	242 lbs.	
Master-1	J. Easterly	475
198 lbs.	S. Wahl	430
J. Johnson	265	275 lbs.
242 lbs.	D. Welzien	405
D. Glowacki	430	308 lbs.
M. Gillette	405	G. Woychik 460
275 lbs.		
S. Fronk	445	114 lbs.
308 lbs.	R. Younkee	125
J. Brust	500	123 lbs.
Master-2	M. Tolley	115
181 lbs.	132 lbs.	
C. Roffier	190	S. Parrott 195
242 lbs.		148 lbs.
M. Pope Sr	240	J. Scarberry 240
J. Olson	235	M. Buck 205
E. Zappen	155	A. Curtis 155
Open	165 lbs.	
165 lbs.	N. Buck	300
D. Pope	340	J. Pollock 260
S. Drager	335	R. Cook 250
S. Kellen	275	T. Cross 245
181 lbs.	B. Prew	180
J. Penzkover	290	J. Walek 165
198 lbs.		181 lbs.
E. Jacobs	370	T. Kirslenohr 300
L. Manning	245	G. Curtis 295
220 lbs.		M. Hanson 240
R. Fuchs	455	R. Goeldner 210
B. Gehri	365	198 lbs.
S. Adler	295	M. Thronson 325
K. Kalka	285	M. Johnson 315
B. Deal	250	Baumgartner 310
M. Sias	—	D. Pollock 300
242 lbs.	T. Mish	195
J. Beicher	400	D. Sylla 190
275 lbs.		220 lbs.
R. Wilkerson	240	Baumgartner 320
Police/Fire	T. McVinnie	300
181 lbs.	K. Morse	285
S. Gates	335	D. Zindars 225

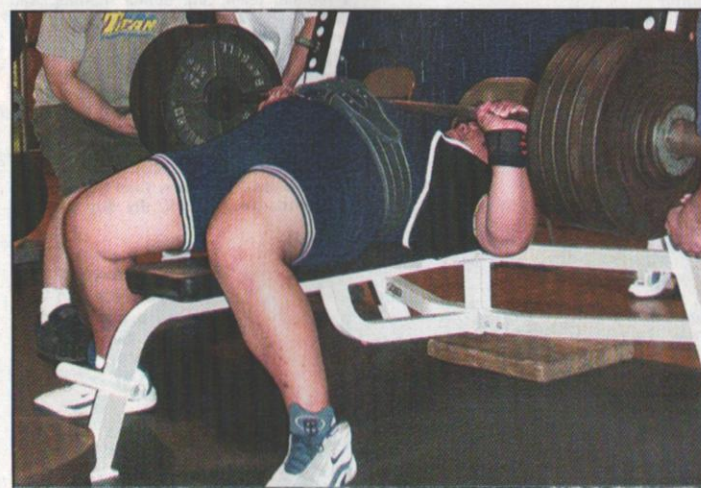
Best Lifters: Teen - Nick Buck from Adams Friendship, WI. Open - Rick Fuchs from Menomonie, WI. Submasters/Masters - Jeff Brust from Winona, MN. Masters II & Masters III - Mike Pope from Amery, WI. Teen Team Champion: Adams-Friendship Powerlifting Team. Open Team Champion: Wisconsin Rapids Power Team. We had another get contest with 63 lifters up from last years 39. I would like to say thank you to all of our sponsors and volunteers. Local sponsors are: Roseberry's Funeral Home, Mid-Town Dental, Grand Marsh Bank, Coldwell Banker Belva Parr Realty, Marquette Adams Communication, Lynn's Hallmark, IGA, Awards & More, Graphic Direct. Other Sponsors: Strong Arm Sports, Inzer Advance Designs, House of Pain, Titan Support Systems, Magnum Fitness, MonsterMuscle, Powerlifting USA. (Thanks to John Easterly for the results)

**USAPL Oxman 5 Teen/Junior**  
2 APR 05 - Denver, CO

WOMEN	SQ	BP	DL	TOT
165 lbs.				
M. Gertner	216	176	303	777



At the Praire State Games: above (l-r) Richard Derengowski, Ben Cantrell - treasurer of Illini Powerlifting and the Scholastic Best Lifter of the Games, and Greg DeClark. Below is Serge Ceralde with the biggest bench of the Games - 540 lbs. (photographs courtesy of Eric Stone)



181 lbs.				
J. Dobrowski	143	—	187	—
198 lbs.				
R. Rogers	121	99	203	424
MEN				
114 lbs.				
R. Maestas	275	143	286	705
J. Rein	254	154	286	695
M. Hansen	264	115	297	677
A. Wax	191	104	214	496
123 lbs.				
K. Richards	248	143	286	677
M. Carter	176	110	214	501
C. Benson	281	—	—	281
132 lbs.				
J. Rein	281	165	374	821
V. Mercado	242	192	308	744
L. Pruneda	275	143	314	733
V. Scavuzzo	259	159	281	699
G. Estenssoro	213	126	281	655
J. Posey	187	88	242	518
Z. Atencio	176	115	209	501
A. Wells	209	—	253	462
148 lbs.				
T. Payne	424	275	501	1201
J. Post	275	159	341	777
J. Campbell	275	170	303	749
P. Liput	236	148	341	727
165 lbs.				
N. Meyer	303	253	440	997
F. Pruneda	341	181	457	981
J. Polakovic	325	203	413	942
Z. Beikmann	270	181	402	854
S. Devlyn	281	220	374	876
M. Martinez	281	231	358	870
M. Demmon	297	176	352	826
A. Cross	281	176	303	760
J. Medina	248	148	330	727
J. Beccia	253	192	281	727
S. Estenssoro	209	132	286	628
S. Bridges	231	115	248	595
181 lbs.				
S. Oakley	473	253	512	1240

**USAPL South Dakota**  
19 FEB 05 - Sioux Falls, SD

BENCH	Open	
WOMEN	132 lbs.	
Youth (12-13)	D. Merrival 165	
132 lbs.	148 lbs.	
D. Michaud	77	D. McKnight 126
148 lbs.		
K. Swenson	104	MEN
Teen (14-15)	123 lbs.	
114 lbs.	C. Merrivel 126	
A. Pond	66	Teen (14-15)
123 lbs.		165 lbs.
A. Taylor	148	M. Bridge 187
132 lbs.		275 lbs.
K. Kneiff	115	C. Berke 275
Teen (18-19)	132 lbs.	Teen (18-19)
132 lbs.		198 lbs.
C. Webber	99	N. Foolhead 220

Master (40-49)	165 lbs.			
148 lbs.	J. Frank	308		
M. Mason	270	181 lbs.		
220 lbs.	M. Dowling	374		
S. Junkler	396	W. Kliche 347		
275 lbs.		R. Tellberg 319		
L. Bitz	336	198 lbs.		
SHW		J. Blindauer 446		
M. Madigan	435	220 lbs.		
D. Pearce	358	G. Elliot 424		
Master (50-59)		S. Junker 396		
181 lbs.		J. Reiter 330		
H. Payne	203	242 lbs.		
242 lbs.		B. Slining 518		
M. Berg	341	C. Mitzel 407		
Open		J. Fliehs 336		
WOMEN	SQ	BP	DL	TOT
Youth (12-13)				
132 lbs.				
D. Michaud	83	77	187	347
148 lbs.				
K. Swenson	181	104	203	490
Teen (14-15)				
114 lbs.				
A. Pond	83	66	176	325
123 lbs.				
A. Taylor	225	148	259	622
132 lbs.				
K. Kneiff	220	115	242	578
Teen (16-17)				
132 lbs.				
M. Laetsch	187	110	264	562
Teen (18-19)				
132 lbs.				
C. Webber	132	99	220	451
Lightweight				
132 lbs.				
D. Merrival	281	165	319	766
Middleweight				
165 lbs.				
J. Lerew	281	132	292	705
181 lbs.				
D. Kullerd	236	121	275	633
MEN				
Youth (10-11)				
123 lbs.				
J. McDonald	94	72	165	330
Youth (12-13)				
123 lbs.				
C. Merrivel	176	126	225	529
Teen (14-15)				
181 lbs.				
Z. Potvin	369	181	440	992
275 lbs.				
C. Berke	275	275	402	953
Teen (16-17)				
181 lbs.				
J. McLellan	369	209	352	931
Teen (18-19)				
181 lbs.				
D. Bahson	297	165	385	848
Master (40-49)				
148 lbs.				
M. Mason	424	270	407	1102
242 lbs.				
K. McKnight	396	358	451	1207
Master (50-59)				
181 lbs.				
H. Payne	292	203	330	826
198 lbs.				
L. Robinson	402	264	468	1135
G. Hunter	380	286	468	1113
242 lbs.				
M. Berg	518	341	551	1410
Open 148 lbs.				
M. Mason	424	270	407	1102
165 lbs.				
B. Rilling	451	347	496	1295
181 lbs.				
T. Craig	485	292	523	1300
198 lbs.				
J. Blindauer	556	446	606	1609
L. Robinson	402	264	468	1135
220 lbs.				
T. Schepper	567	413	606	1587
S. Junker	485	296	440	1322
242 lbs.				
C. Mitzel	501	407	551	1460
M. Berg	518	341	551	1410
K. McKnight	396	358	451	1207
275 lbs.				
Fitzsimmons	617	451	540	1609
Guest Lifter				
B. Collins	683	518	655	1857
SHW				
J. Leo	694	633	589	1918
B. Adams	501	292	473	1267
275 lbs.				
Best Lifter Male: Jona Leo. Best Lifter Female: Darla Merrival. Best Lifter Masters: Michael Berg. (Thanks to USAPL for providing the results to Powerlifting USA)				

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### Q. WHAT IS GAKIC™?

**A.** In technical science jargon: GAKIC's chemical breakdown is glycine-l-arginine-alpha-ketoisocaproic acid calcium. In plain English: GAKIC is a patented, groundbreaking supplement designed to help you have the ultimate workout every time you set foot in the gym. Need more strength? GAKIC can help you lift like you never have before. Need to bust out of a frustrating plateau? GAKIC will give you the ammo you need to get more explosive reps on each and every set. Instead of reaching failure at the rate you normally would, with GAKIC you can do more work, train more intensely, and blast muscle fibers you never knew you had. We're talking about a supplement designed to amp up your every workout. Needless to say, with GAKIC you could get bigger faster – like nothing you've ever experienced before!

### Q. WILL I FEEL ANYTHING AFTER TAKING GAKIC? IF SO, HOW SOON AFTER?

**A.** That's where GAKIC is different from anything else you've ever tried before. One university study demonstrated that subjects using GAKIC immediately increased their strength by an average of 10.5 percent after taking it. Not days or weeks later, but right after the very first dose! Ask yourself: When was the last time you increased your strength by 10 or even 5 percent on any of your lifts?

Just imagine if GAKIC could do this for you. Imagine stepping in the gym with more strength than you've ever had before. Imagine heading into your set ready to make your previous best look like a warm-up. The science shows GAKIC can do this. And it shows that instead of hitting the wall when you normally would, GAKIC can help you lift longer than before. In the above-mentioned study, GAKIC supplementation was shown to significantly increase fatigue resistance by up to an average of 28 percent when compared with the placebo.<sup>2</sup> You do the math. More strength plus less fatigue equals better gains.

### Q. THIS ISN'T JUST ANOTHER CREATINE, IS IT? BECAUSE I'M ALREADY USING ONE.

**A.** No, we can't stress this enough. GAKIC is not a creatine supplement. In fact, there's not even a pinch of creatine in the stuff. GAKIC is not part of any existing supplement group. It's a new product unto itself – it's patented and exclusively licensed to Team MuscleTech. It's also more immediately powerful than anything you've ever used before. While creatine increases the regeneration of a primary muscle fuel source called adenosine triphosphate (ATP), GAKIC is designed to remove fatigue toxins – toxins that, when built up to high enough levels, can prevent your muscles from pushing out more reps.

The fact is, GAKIC is in a league of its own – a whole new supplement that bodybuilders have yet to take advantage of ... until now. GAKIC™ is truly revolutionary, and studies conducted at a prestigious university prove GAKIC's extraordinary effectiveness. No one else in the industry has even come close to delivering a supplement like it!

### Q. I DON'T KNOW. IT STILL SOUNDS LIKE JUST YOUR AVERAGE PRE-WORKOUT SUPPLEMENT TO ME. WHAT'S THE DIFFERENCE?

**A.** Sorry, but we're gonna have to call you on this one too. Comparing regular pre-workout supplements to GAKIC™ is like comparing a beat-up pickup to a souped-up Lamborghini. While one's just average, the other's on a whole different level. We understand your skepticism because all you've ever known are "average" pre-workout supplements. But all that's about to change with GAKIC. GAKIC isn't even in the same universe as average pre-workout products.

### Q. YOU'RE GONNA HAVE TO SPELL IT OUT FOR ME. HOW EXACTLY DOES GAKIC WORK?

**A.** To understand GAKIC, you need to understand what happens to your body when you train. So picture yourself in the gym – say, doing a set on the flat bench. Picture getting 10 reps in, and then suddenly hitting the wall. You know what that's like – that moment when you feel like your arms wouldn't be able to lift an empty barbell if you tried. What's happened? You've reached failure. There are two types of failure –

that which occurs due to neurological issues and that which occurs due to metabolic issues. The former occurs with lower rep training, whereas the latter occurs with moderate- to high-rep training. With the latter (i.e., bodybuilding-style training), metabolic fatigue sets in due to a buildup of ammonia and other metabolic by-products that negatively affects exercise performance and inhibits some aspects of the muscle's contractile machinery.

Now imagine if there were a product that was engineered to help your body deal with this metabolic fatigue and thus delay this moment of failure. A product that could help you get more quality reps on every set. That's what GAKIC is designed to do. And that's why it's so revolutionary. Once you train with GAKIC, you'll never want to train without it. We're gonna go so far as to say that if you know anything about bodybuilding, you'd be crazy not to use GAKIC.

### Q. HOW DO I KNOW YOU'RE NOT JUST MAKING THIS STUFF UP?

**A.** You don't. But you *will*. All you have to do is try GAKIC once, and you'll know. The fact is, there's science to support GAKIC, including studies that have been printed in publications such as the internationally respected journal *Medicine & Science in Sports & Exercise*. GAKIC is covered by US patent #6,100,287 under license from the University of Florida. Remember, many supplement companies conduct little science on their products, if any! That's what sets MuscleTech products apart. They're always backed by science.

MUSCLETECH  
RESEARCHERS AND DEVELOPERS



DR. MARVIN HEUER

Eight years ago, Dr. Marvin Heuer was among the many scientists doing research at the University of Florida. As Chief Scientific Officer behind MuscleTech® products, he has brought a wealth of knowledge and experience to the project. Not only does Dr. Heuer have previous experience as a vice-president and medical director at a large pharmaceutical company, and vice-president of research and development at a major laboratory, but he's also won several awards in the scientific community. These include more than 10 American Medical Association Physician's Recognition Awards. Dr. Heuer's commitment to improving science makes him a great asset in overseeing the development of MuscleTech® products such as GAKIC.

Still, we could talk about GAKIC till we're blue in the face. But until you try it for yourself, you'll never know if it truly works. Our suggestion? Get your hands on GAKIC™ and decide for yourself!

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

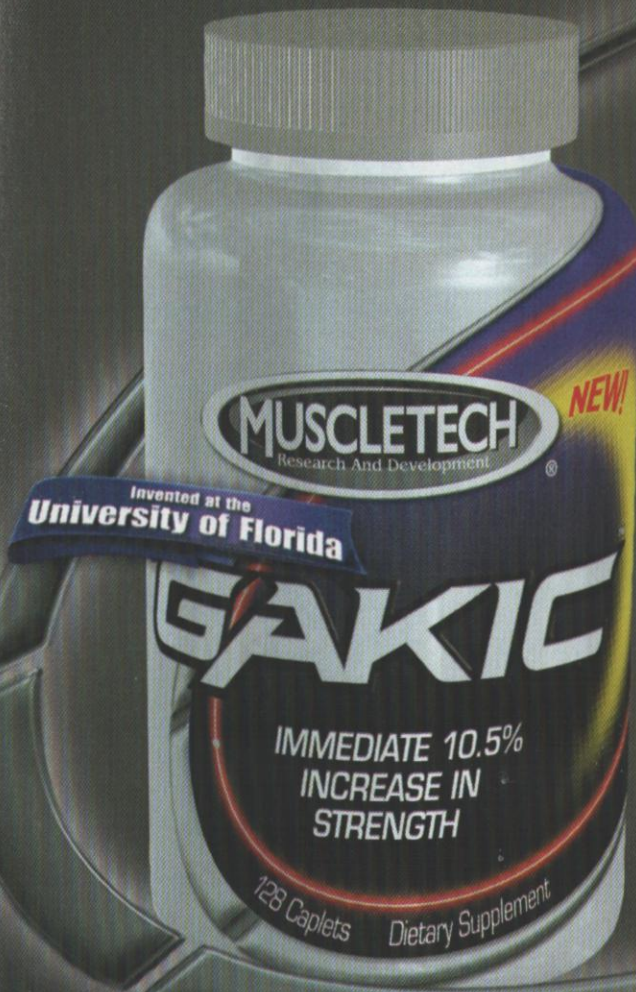




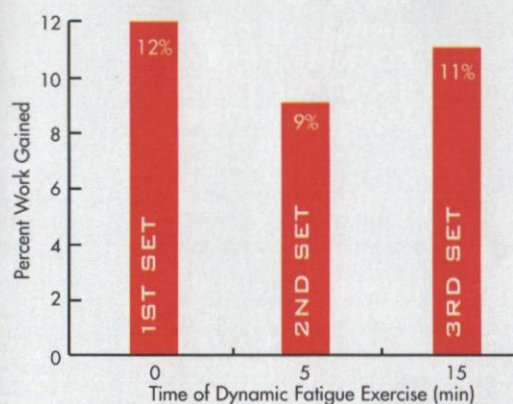
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As this graph indicates, subjects using GAKIC experienced a 12% increase in strength on the first set, a 9% increase in strength on the second set, and then an 11% increase in strength on the third set. The average strength increase: 10.5% greater than the placebo.

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

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WNPF Raw Police/Fire/Military 7 MAY 05 - Bordentown, NJ				Benner MEN 148 lbs. (20-23) Raw				175	190	330!	695
BENCH	Howe	360		Vassallo	250	250!	425!	925!			
114 lbs.	Novice			Raw							
Open Raw	Raw			Hoxworth	380	225	475	1080			
148 lbs.	Howe	360		Vassallo	210	195	315	720			
(40-49)	DEADLIFT			Raw							
Raw	Open Raw			181 lbs.							
Claypatch	Benner	330!		(17-19)							
165 lbs.	40-49 Raw			Rigney	440	—	—	—			
(17-19)	Benner	330!		Open							
Rigney	181 lbs.			Raw							
(40-49)	(50-59)			Kelly	305	200	325	830			
Police	Raw			(40-49)							
Caliguri	Crawford	450		Raw							
(60-69)	198 lbs.			Kelly	305	200	325	830			
Robinson	Open			(50-59)							
181 lbs.	Matta	440		Raw							
(35-39)	Police			Crawford	350	275	450	1075			
Kampo	(40-49)			Police							
198 lbs.	Raw			Rodriguez	315	250	400	965			
(20-23)	Skinner*	520		198 lbs.							
Raw	Open Raw			Open							
Snouffer	Skinner	520		Raw							
Open	(40-49)			Warshany	515	365	480	1460			
Matta	Raw			Open							
400	40-49)			Raw							
Open Raw	Skinner	520		Keller	430	305	570	1305			
Green*	Open Raw			Mangine	500	—	—	—			
430	Skinner	520		220 lbs.							
Bachmayer	220 lbs.			Open							
(40-49)	Police			Marshall	425	—	—	—			
Raw	440			Open							
Green	440			Caffrey	440	310	500	1250			
430	Raw			(40-49)							
Bachmayer	540			Sadv	485	320	630!	1335			
280	Johnson	515		(50-59)							
265	Raw			Aznaczk	300	225	370	895			
(35-39)	Howard	400		(50-59)							
Raw	POWERCURL			Raw							
Ross	148 lbs.			Caldwell	465!	285	500	1250			
350	(17-19)			242 lbs.							
Police	Weed	135!		Open							
(40-49)	165 lbs.			Perrotta*	700	500	625	1825			
Dunn	Rigney*	150!		Open							
335	181 lbs.			Raw							
Raw	Rigney	140!		Deigan*	600	375	625	1600			
Pospiech	198 lbs.			Subs Raw							
Police	440			Samuels	500	300	645!	1445			
Open Raw	Matta	140		Tortorelli	470	280	470	1220			
Bachmayer	(40-49)			(40-49)							
Police	Open			Aziz	620	420	625	1665			
(40-49)	Dunn	175		Raw							
Raw	Carr	145		Gisondi	475	360	595	1430			
Bachmayer	Bachmayer	130		! =WNPF American Records. * = Best Lifters.							
(40-49)	(50-59)			Team Champs: Skiba's Gym. 61 total lifters,							
Raw	Open			73 spectators and a good time by most.							
Campanella	Diciano	170		Excellent spotting, good judging and a							
Howard	Marshall	165		good atmosphere. We thank everyone that							
Police	Darling	150		came out to support the WNPF once again.							
Open	Hughes	145		Although were not perfect and were not							
242 lbs.	(40-49)			the biggest organization in powerlifting we							
Open	Howard	150		just try to do the very best job that we can							
Raw	Open			and I think overall my staff does an							
Haley	Reichin	165		excellent job. Thanks to the WNPF staff,							
(40-49)	(50-59)			Jim, Chirs, Nate, Perry, Annette, Lester,							
Raw	Wylie	140		Jim Poinsett, Bob (The Man) DeRisi, Wayne,							
Haley	SQUAT			Herman, Moms and Steven. (WNPF)							
(50-59)	220 lbs.										
Raw	(17-19)										
Glennay	Raw										
Wylie	Gregorio	385									
320	(20-23)										
Open	Raw										
Reichin	Malley	385									
275 lbs.	Open Raw										
Open	Caffrey	440									
Dupont	Subs Raw										
(40-49)	Bricker*	530!									
Dupont	Johnson	415									
405	242 lbs.										
Open	Aziz*	620									
Ammerman	Raw										
Open Raw	Open										
Ramos	Reichin	395									
Police	Raw										
(40-49)	Malley	385									
Open Raw	Open Raw										
MEN	Caffrey	440									
132 lbs.	Raw										
Open	Subs Raw										
Raw	Bricker*	530!									
Benner	Johnson	415									
(40-49)	242 lbs.										
Raw	Aziz*	620									
	Raw										
	Open										
	Raw										
	Benner	175	190	330!	695						
	Raw										

## BACK ISSUE OF THE MONTH

The March 1996 issue of *Powerlifting USA* featured the Top 20 Women's, Teenage and Masters rankings for 1995. On the cover was an example of each category. We had Ernie Frantz squatting, Debra Earney bench pressing, and James Drake, the son of Martin Drake, representing the teens. Among the top ranked women lifters in the 97 lb. class was Ann Leverett with a 165 bench, a 330 deadlift, and a 749 total. In the 123 lb. class, Carrie Boudreau led all categories with a 418 squat, 242 bench, 490 deadlift, and 1151 total. In the 181 lb. class, Tamara Rainwater Grimwood did likewise, with a 620 squat, 400 bench, 520 deadlift, and a 1520 total. In the Teen TOP 20s, a familiar name was found in the 198 lb. class where Char Gahagan was No. 1 with a 628 lb. deadlift. In the masters category, Alex Galant swept the 114 lb. division with a 330 lb. squat, 198 bench, 352 deadlift, and a 865 total. Ernesto Milian topped the 123s with a 468 squat, 501 deadlift, and 1234 (10x bodyweight!) total. Nick Theodorou lead the 148s with a 545 deadlift. Fabian Wambsgans was the top deadlifter at 181 with a 656, and also had the best total with 1636. Gary Benford lead the 198 lb. squat list with 694. Mark Dimiduk was the top squatter in the 242s with 800, and he also totaled 1920 for the biggest total in that weight class. Rick Brunner of Atletika, explained how plant extracts are used in elite powerlifting. Also, in this issue, we had Anthony Clark's response to Marcus Henry's challenge. Elsewhere in this issue, drug free star Anthony Harris was interviewed by Bob Gaynor - this was back when he was in the 198 lb. class and totaled 1929. Mike Mastrean was profiled by Dr. Judd Biasotto. On Herb Glossbrenner's All-Time Men's and Women's Top 25 Deadlift and Total lists, the best women's deadlift and total were by Dawn Reshel, with her 604 lb. deadlift, and 1564 total. The best



deadlift was Gary Heisey, with a 925, and the best total was by Anthony Clark with 2460. Chris Lydon, MD, had a neat nutrition piece about chromium. There was a photograph of an all-time deadlift record by Giovanni Brunazzi, a 793 lb. lift at a bodyweight of 179, done in Germany. Dr. Thomas Fahey had a very significant Power Research article on rotation strength in the spine, and why it's important for lifters. Louie Simmons discussed the concept of a multi-year training system in his Westside Barbell article. ADFPA champion Rev. Brad Olson detailed his squat routine in our Workout of the Month. We also had a profile of unique powerlifter, Ron Althouse, who competed with the use of one leg. We also had an interview with many time military PL champ, Mike Barber. Herb Glossbrenner reviewed the first Senior National Championship, which took place in 1965 in York, PA. Andrea Sortwell covered the ADFPA National Masters Championship, which had a picture of Johnny Grant pulling 705 to win the 242s at 40-44 age group. In our results section, we had a shot of future bench superstar Dennis Cieri with a 510 bench press, a new ADFPA American record. Joe Pyra came in with the detailed information about the site of the next AAU Junior Olympics, at the famous SuperDome. There's a color shot of huge Jeff Maddy, who weighed in at 464, but did not have a very good day at the North American Championships, promoted by Gus Rethweich in Richmond, Washington. You can still obtain this back issue of *Powerlifting USA*, along with dozens of others. Check our listings on pages 48-51 of this issue for a synopsis of information on each issue, how to order, and the price breaks you can get if you order more than one.



(article continued from page 7)

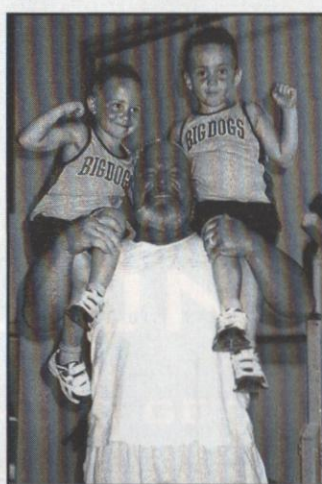
775. He went for the 45-49 WR on a 4th, but got stuck. Joe's BP is always a problem with an old football injury making his left arm lockout agonizing. He clicked today, working up to a surprisingly easy looking 400. Cooper made his 450 opener, but no more. Joe had the lead, but Cooper was a man possessed in the DL, hoisting 650, and then poised himself for the winning try as Joe strategically picked 600 for his final lift of the day, a success, for a 9/9 perfect day and a 1775 TOT. Cooper chose 680 to go for the win. He yanked it up halfway and went into a violent vibration - and stuck there. Joe won - 1775-1750! Edward Daubert took the Raw Open title with 660 385 580, most respectable lifting without assistive gear! This left only the Pro Open 242s. Matt Lewis, whom I previously described, entered this division also and took 2nd place. The winner was world class WPO performer Brian Weston. He seemed very strong, but a bit out of sync. He blew away a 900 SQ opener, jumped big to 1000, made it with a struggle, and then went on to tackle a monstrous 1050. He missed completely and it may have taken a toll on the rest of his day. His dunk broke the 242 Men's Open Pro WR, formerly held by UKR's Mikhail Starov (940). Weston struggled to a 565 BP (best is 600) and then pulled a 650 opener, and got no more (best ever is 744). His 2215 didn't break Starov's 2245 WR, but his best lifts in competition @ 242 add up to a whopping 2344. On a day when everything clicks, WATCHOUT.



Bob Bellerby - Masters (60-64)

**275s** - first the Amateurs: In the 16-17s, Mike Bartos of Hubbard, OH, at 17 years, was my opposite, the youngest lifter in the meet. He looked mighty impressive with successes at a 700 SQ, 400 BP, and 650 DL, 1750 TOT. He's young, and he won. At 20-23 Dan Wowak, 23, Mahanoy City, PA, nabbed gold with his 1600 even TOT going 650 400 550. At 18-19 it was Tom Tewell, 19, Cleveland, OH. He benched a big 540 and TOT 1670. Unfortunately Peter Hitchcock, 18, Glen Ridge, NJ, failed to get on the scoreboard lifting the 18-19 raw division. John Birley, 27, Waldorf, MD, hit a nifty 1600 TOT to win the Amateur Elite class. The 50-54 age group had Mark Dimiduk, age 51, entered. He's an Elite Master who was IPF World 220 Champ way back in Arlington, TX, some 25 years ago. He was down for 660 SQ opener, but took ill with a flubug and decided not to lift. Very impressive was Bob Bellerby, 60, always with a big smile. Why not? He grand slammed all 4 of the Amateur 275 WRs for his 60-64 group. He went 550 SQ, 405 BP and 450 DL, 1405 TOT. We sorta bonded, cause I'm an old timer too. In the Open, Shannon Manning, 30, Bellefonte, PA, was truly outstanding. He made a sterling 805 SQ, a great 575 BP, and a WR 710 DL for a 2090 TOT. Marcus Brown was also entered in the Open division, but didn't make it through the SQs! Other nils in this meet were Ed Clark, 38, from Northern, Illinois, who couldn't lock out his 575 and 600 BP tries, and also Norman Delan Jr., who bit the dust missing 3 times with a WR 900 SQ, trying to surpass his own record of 860. I hope I haven't missed anybody.

**Now for the 275 Pros.** In 3rd place was Mike Stuchiner, 31, of Ft. Lauderdale, FL. Although I've known him for around 10 years, I'd never seen him lift. He's real strong, with a 775 SQ and 1860 TOT. Guess during all those years hanging out with Louie he learned something good. Runner up was Dan Steltenkamp, 28, Middleburg Hts., OH. He finally made his 755 SQ opener after three attempts to stay alive. He perked up then, with a big 605 BP, and coasted to 1955 TOT. Winning it all was Douglas Hollis, 29, Mechanicsburg, PA, with a big 815 SQ, an impressive 575 BP and a very good 725 DL, 2115 TOT. Now for the Supers. Ross Bowsher, 22, of Franklin, IN, had been promised by a big name lifter in his area that he'd be there to coach him, but the guy didn't show. Ross freaked out, started too high with an



Richard Safreed Jr. & his sons

800 SQ, and bombed. Ross, don't ever depend on anyone but yourself. Two Amateur lifters I'll write about out of sequence. James Pulakis, 39, Levittown, PA, set 33-39 records with 717.5 SQ and 1752.5 TOT, I believe, winning the SHW Raw Open. The strongest big boy Amateur was Victor Boissiere, 34,

a full contact martial arts fighter from Bronx, NY. Victor has a friendly disposition and his dead ringer for a bench friend of mine named Fred Woodson. Except, of course, Victor is much bigger! Victor SQed 740, benched 500, and pulled 740 (tried 780) for a 1980 TOT. Vic's 740 was an IPA World Record for SHWs in both the Amateur Open and Amateur 35-39 submasters. Last, but not least, was Richard Safreed, Jr. (I believe he's 47) who set a 45-49 WR with an 860 SQ (I think he missed 900). He TOTed 1700 to win the PRO Masters (45-49) and Open Div. Richard's most distinguishing characteristic was that he resembles WV BP wildman (720) Willie Williams, and had a Marc Bartley-like white goatee. Everyone enjoyed watching his twin 5 year old boys scampering around, crashing on mom's lap for a nap, and then energetically accompanying dad up to receive his awards. That's it for the powerlifting competition.

Before I cover the Bench Press event, I'll toss out a few bouquets. Thanks especially to Thomas

Deebel, Jr., an eagle eyed 10 year old from Wolf, PA, who found the tiny screw on the floor that came out of my eyeglasses, holding in one lens which popped out. He saved the day. Nance and Shea were able to produce an eyeglass repair kit with a teeny tiny screwdriver and fixed it right up. Thanks buddy, and also to dad, a great Chiropractor, who gave me a couple of much needed "snap, crackle and pops".

Also, a tribute to a few of the officials. First Day: Beverly Cullen, Bill Schlag and Mike Locondro from York, PA, Head referee and BPer extraordinaire, Brian Riley from Hanover, PA, Stacy Bond, Ellen Chaillet, and the great Master lifter Lester Maslow of Olney, MD. I recall J.R. Hunt (SHW 2340 TOT) filling the chair during the BP on the second day. He's 400 lbs. and - believe me - he does fill the chair!

**The Bench Press** single lift competition ran concurrently with the benchers in the full powerlifting competition. This is a convenience for a lifter not having to weigh in twice. This was right before the deadlifts, with Rychlak lifting in a

flight just for him that I described in my separate Hall of Fame article, also in this issue. At 275 Amateur Men's Jr., Ronald Yard, 22, of Westminster, MD, was sensational. His 705 lift broke Ray Barnett Jr.'s 575 from the Worlds last year. Ron is young and hungry. He tried 735, but it was not to be today. Steve Hartlaub, 40, Hanover, PA, @ 198 set Amateur (40-44) and also Open WRs. His 537.5 lift smashed Steve Dussalt's 467.5 mark and also eclipsed the 535 Open record held by Dennis Cieri of 9/27/97. John Doherty, 47 Lebanon, PA, @ 308, shattered his own 45-49 AMWR of 615 with 630, then again with 640 on a 4th. He's a bona fide Master Blaster. Rudy Hillyard, 30, Tioga, PA, upped 365 @ 165 in the AM Men's Open. Also other Amateur winners included: Zachary Paige, 31, Sinking Spring, PA, doing 470 @ 181; Ricardo Ingravera, New York, NY, did 390 @ 198; Joseph Sauble, 29, Hanover, PA, pressed 505 @ 220. At 242, Chris Popovich nailed 585, beating Matt Smith's 580 WR. At 308, Christopher Prisk, 35, State College, PA, pressed 525

in AM Submasters. Stephen Bennett, also in the PL, nailed 470 @ 242. The Elite Amateur saw Mark Fausey, 29, Sunbury, PA elevate 505.

**Now the PROs.** Spencer "the Bencher" Levy, 40, of Woodland Hills, CA, powered up 440 for his L.A. based Team Extreme. He took 40-44 award here @ 198. Master 55-59 @ 220 went to Michael Linsey, 55, McKeesport, PA. Michael went on a record breaking rampage with his incredible lift of 560 lbs. This broke the former WR of 375 by a whopping 185 lbs. Bob O'Brien's 460 lift in the 55-59, 308's topped his own mark by 5. I previously mentioned Vincent Cooke's amazing lifting, dominating the 220 full power meet. His amazing 705 lift counted in the BP only division also. Remember and appreciate that Vince had 775 on his back, squatting before making this prodigious bench. Charles Bristow, a handicapped lifter, did a terrific 350 lift for runner-up. Good job. Alan Baker Jr. planned to do the 3 lift competition, but on June 24th he tore his groin and couldn't SQ or DL for 3 weeks. He came reluctantly, just to do a BP. For Alan, 32, from Zelienople, PA, @ 275, his decision paid big dividends. He made the big 700 he's been striving for here. He also tried 730 - missing it. Alan should not be confused

with Adam Baker, a 308er from Westerville, OH, who made 705.4 at the APF Seniors in Detroit June 5th. Two ladies shared the limelight, benching with the men, in this singles competition. Both competed in the 50-54 age group and the 165 class. In my APF Srs. writeup I said Sydney Thoms, 51 @ 231.2 bwt. was the only woman over 50 to bench over 300 with her 325.24th attempt lift in Detroit. Sydney tried to tell me she wasn't. I was wrong - she was right. Kelly Felske, 53, Safford, PA, notched a great 300 lift. It's a fabulous lift, but good for only runner-up here. The winner was Bonnie Graube, 50, from Spotsylvania, VA. She upped an amazing 355 here, to beat her own WR of 345 done earlier in the year. Bonnie has her sights on the 165 Pro Women's Open record of 375 held by the great Debra Erney. She's inching closer. There was a total of 76 lifters, including benchers, for this meet. Over the two day lift-a-thon, I tallied 59 new WRs, but I'm not perfect - there might be more. Thanks to Mark Chaillet, who put on one great meet, and York Barbell for hosting it in this fabulous facility. Thanks also to Joe, Nance, Oan and the whole Team Extreme for their support. Will I be back here in NOV? Of course. I can't resist something I really liked. Let's face it, I'm a pushover when it comes to second helpings! (Outback, how's that?)

**IPA World Championships  
16-17 JUL 05 - York, PA**

BENCH		MEN		WOMEN	
Amateur	Master (45-49)	Amateur	Junior	Amateur	Junior
275 lbs.	308 lbs.	198 lbs.	148 lbs.	181 lbs.	148 lbs.
R. Yard 705!	J. Doherty 630!	P. Bailes 750	M. Brown 805	D. Wilson, Sr. 380	S. Manning 805
4th 735!	4th 640!	365	M. Brown 805	D. Wilson, Sr. 380	M. Brown 805
	Professional	585	V. Boissiere 740	D. Wilson, Sr. 380	V. Boissiere 740
	Open	1700	Submaster	D. Wilson, Sr. 380	Submaster
	242 lbs.	1725	198 lbs.	D. Wilson, Sr. 380	198 lbs.
	M. Fausey 505	1705	M. Yontz 525	D. Wilson, Sr. 380	M. Yontz 525
	Master (55-59)	1345	375	D. Wilson, Sr. 380	375
	220 lbs.	1600	500	D. Wilson, Sr. 380	500
	M. Lindsay 560!	1600	550	D. Wilson, Sr. 380	550
	308 lbs.	1130	1450	D. Wilson, Sr. 380	1450
	B. O'Brien 460!	1130	220 lbs.	D. Wilson, Sr. 380	220 lbs.
	Open	1670	E. Collaku 660	D. Wilson, Sr. 380	E. Collaku 660
	220 lbs.	1670	400	D. Wilson, Sr. 380	400
	V. Cooke 705	1670	580	D. Wilson, Sr. 380	580
	C. Bristow 350	1670	1640	D. Wilson, Sr. 380	1640
	275 lbs.	1670	242 lbs.	D. Wilson, Sr. 380	242 lbs.
	A. Baker, Jr. 700	1670	S. Bennett 545	D. Wilson, Sr. 380	S. Bennett 545
	WOMEN	1670	470	D. Wilson, Sr. 380	470
	Master (50-54)	1660	525	D. Wilson, Sr. 380	525
	165 lbs.	1295	740	D. Wilson, Sr. 380	740
	B. Graube 355!	1390	500	D. Wilson, Sr. 380	500
	K. Felske 300	915	1390	D. Wilson, Sr. 380	1390
	198 lbs.	915	1670	D. Wilson, Sr. 380	1670
	S. Hartlaub 537.5!	1670	275 lbs.	D. Wilson, Sr. 380	275 lbs.
	220 lbs.	1670	B. Tozer, Jr. 705	D. Wilson, Sr. 380	B. Tozer, Jr. 705
	J. Sauble 505	1670	500	D. Wilson, Sr. 380	500
	242 lbs.	1670	732!	D. Wilson, Sr. 380	732!
	C. Popovich 585!	1670	Master (50-54)	D. Wilson, Sr. 380	Master (50-54)
	308 lbs.	1670	220 lbs.	D. Wilson, Sr. 380	220 lbs.
	C. Prisk 525	1670	A. Moatz 530	D. Wilson, Sr. 380	A. Moatz 530
	Submaster	1670	350	D. Wilson, Sr. 380	350
	242 lbs.	1670	500	D. Wilson, Sr. 380	500
	S. Bennett 470	1670	1380	D. Wilson, Sr. 380	1380
	Master (40-44)	1670	275 lbs.	D. Wilson, Sr. 380	275 lbs.
	198 lbs.	1670	R. Bellerby 550!	D. Wilson, Sr. 380	R. Bellerby 550!
	S. Hartlaub 537.5!	1670	405!	D. Wilson, Sr. 380	405!
	WOMEN	1670	450!	D. Wilson, Sr. 380	450!
	Amateur	1670	1405!	D. Wilson, Sr. 380	1405!
	Master (55-59)	1670	Open	D. Wilson, Sr. 380	Open
	148 lbs.	1670	148 lbs.	D. Wilson, Sr. 380	148 lbs.
	C. Silverman 240	1670	D. Wilson, Sr. 5	D. Wilson, Sr. 380	D. Wilson, Sr. 5
	65	1670	380	D. Wilson, Sr. 380	380
	330	1670	480	D. Wilson, Sr. 380	480
	635	1670	1165	D. Wilson, Sr. 380	1165
	Open	1670	181 lbs.	D. Wilson, Sr. 380	181 lbs.
	181 lbs.	1670	F. Piermattei 650	D. Wilson, Sr. 380	F. Piermattei 650
	N. Meador 430	1670	435	D. Wilson, Sr. 380	435
	200	1670	575	D. Wilson, Sr. 380	575
	430!	1670	1660	D. Wilson, Sr. 380	1660
	1060	1670	1515	D. Wilson, Sr. 380	1515
	Teen (18-19)	1670	198 lbs.	D. Wilson, Sr. 380	198 lbs.
	123 lbs.	1670	J. Talarico 585	D. Wilson, Sr. 380	J. Talarico 585
	M. Eicholtz 195	1670	375	D. Wilson, Sr. 380	375
	125	1670	555	D. Wilson, Sr. 380	555
	250	1670	1565	D. Wilson, Sr. 380	1565
	570	1670	M. Jones 635	D. Wilson, Sr. 380	M. Jones 635
	Professional	1670	380	D. Wilson, Sr. 380	380
	Open	1670	550	D. Wilson, Sr. 380	550
	105 lbs.	1670	1640	D. Wilson, Sr. 380	1640
	E. Grimwood 360!	1670	1440	D. Wilson, Sr. 380	1440
	190	1670	Bumgardner 725	D. Wilson, Sr. 380	Bumgardner 725
	300	1670	480	D. Wilson, Sr. 380	480
	850!	1670	565	D. Wilson, Sr. 380	565
	165 lbs.	1670	1770	D. Wilson, Sr. 380	1770
	T. Thomas 540!	1670	1585	D. Wilson, Sr. 380	1585
	250!	1670	1540	D. Wilson, Sr. 380	1540
	485!	1670	1530	D. Wilson, Sr. 380	1530
	1275!	1670		D. Wilson, Sr. 380	
	M. Jacobson 315	1670		D. Wilson, Sr. 380	
	240	1670		D. Wilson, Sr. 380	
	385!	1670		D. Wilson, Sr. 380	
	940	1670		D. Wilson, Sr. 380	
	181 lbs.	1670		D. Wilson, Sr. 380	
	A. Martinez 455	1670		D. Wilson, Sr. 380	
	275	1670		D. Wilson, Sr. 380	
	440	1670		D. Wilson, Sr. 380	
	1170	1670		D. Wilson, Sr. 380	
	Submaster	1670		D. Wilson, Sr. 380	
	165 lbs.	1670		D. Wilson, Sr. 380	
	T. Thomas 540!	1670		D. Wilson, Sr. 380	
	250	1670		D. Wilson, Sr. 380	
	485!	1670		D. Wilson, Sr. 380	
	1275!	1670		D. Wilson, Sr. 380	
	Master (45-49)	1670		D. Wilson, Sr. 380	
	165 lbs.	1670		D. Wilson, Sr. 380	
	M. Jacobson 315!	1670		D. Wilson, Sr. 380	
	240	1670		D. Wilson, Sr. 380	
	385!	1670		D. Wilson, Sr. 380	
	940!	1670		D. Wilson, Sr. 380	

275 lbs.		1165	
Raw	Open	Raw	Open
S. Manning 805	148 lbs.	D. Wilson, Sr. 380	305 480
M. Brown 805	148 lbs.	D. Wilson, Sr. 380	305 480
SHW	1165	Professional	
V. Boissiere 740	1165	Junior	
Submaster	1165	242 lbs.	
198 lbs.	1165	M. Lewis 780	500 620 1900
M. Yontz 525	1165	Master (40-44)	
375	1165	198 lbs.	
550	1165	S. Levy 550	440 525 1515
1450	1165	220 lbs.	
220 lbs.	1165	D. Wilson, Sr. 380	305 480
E. Collaku 660	1165	J. Howell 650	475 675 1800
400	1165	Master (45-49)	
580	1165	198 lbs.	
1640	1165	D. Heath 555	380 465 1400
242 lbs.	1165	148 lbs.	
S. Bennett 545	1165	D. Wilson, Sr. 380	305 480
470	1165	1165	
525	1165	242 lbs.	
1540	1165	J. Avigliano 775	400 600 1775
SHW	1165	R. Cooper 650	450 650 1750
V. Boissiere 740	1165	SHW	
500	1165	R. Safreed, Jr. 860!	315 525 1700
740!	1165	Open	
1980	1165	148 lbs.	
Teen (16-17)	1165	D. Heath 555	380 465 1400
198 lbs.	1165	181 lbs.	
M. Welcheck 675	1165	S. Larrisey 725	460 650 1835
385	1165	220 lbs.	
520	1165	V. Cooke 775	705! 640 2120
1580	1165	J. McVicar 650	555 545 1750
275 lbs.	1165	J. Impallomeni	610 410 550
M. Bartos 700!	1165	1570	
400!	1165	J. Cook 530	360 480 1370
650!	1165	242 lbs.	
1750!	1165	B. Weston 1000!	565 650 2215
Teen (18-19)	1165	M. Lewis 780	500 620 1900
198 lbs.	1165	275 lbs.	
Williamson 505	1165	D. Hollis 815	575 725 2115
365	1165	Steltenkamp 755	605 595 1955
475	1165	M. Stuchiner 775	480 605 1860
1345	1165	SHW	
242 lbs.	1165	Safreed, Jr. 860	315 525 1700
E. Korbel 575	1165	Submaster	
510	1165	220 lbs.	
525	1165	J. McVicar 650	555 545 1750



**SLP the Last One!**

**18 DEC 04 - Tuscola, IL**

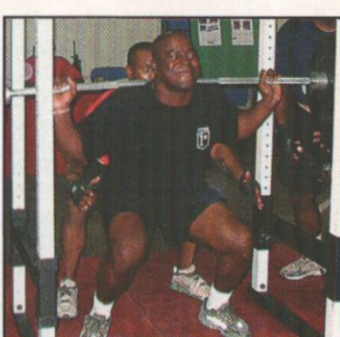
BENCH	242 lbs.
MEN	S. Hankins 550
Teen (13-15)	4th-575
181 lbs.	275 lbs.
N. Geott 300	T. Harrison 680!
Teen (16-17)	J. Willoughby 395
181 lbs.	DEADLIFT
J. Dias 325	MEN
J. Nelson 270	Novice
Junior	220 lbs.
165 lbs.	B. Christoff 470!
P. Halverson 340	4th-480
242 lbs.	Teen (13-15)
M. Fomecker 385	181 lbs.
4th-400	N. Geott 350
Submaster	4th-365
181 lbs.	Teen (16-17)
B. Hanrahan 365	181 lbs.
275 lbs.	J. Dias 300
B. Cripes 430	4th-320
Master (40-44)	Junior
242 lbs.	165 lbs.
J. Barbaggio 400	P. Halverson 425
Master (45-49)	4th-450
242 lbs.	242 lbs.
C. Price 560!	M. Fomecker 500
Master (50-54)	Submaster
242 lbs.	275 lbs.
R. Fomecker 355	B. Cripes 570
Police/Fire	Master (40-44)
Submaster	242 lbs.
242 lbs.	J. Barbaggio 525
L. Edwards 550!	Master (50-54)
Police/Fire	242 lbs.
198 lbs.	J. Ewing 485
C. Barth 350	Open
220 lbs.	198 lbs.
B. Goins 455	R. Mann 475
Open	242 lbs.
198 lbs.	S. Hankins 600
R. Mann 300	4th-625
G. Woolsey 285	275 lbs.
4th-300	J. Willoughby 550

!-Son Light Power Illinois state records. Best Bench Press: Tommy Harrison. Best Deadlifter: Shawn Hankins. The Son Light Power The Last One! Bench Press/Deadlift Championship was held at Son Light Power Gym. This marked the final meet of the year and a record seventy competitions I promoted in 2004! We had a great time visiting with some of our old friends and watching some of the best lifters in the Midwest compete. In the bench press event first-timer Nick Geott did well at 13-15/181, taking the win with 300. Training partner Jacob Dias got a new personal record at 16-17/181 with 325. Second place at 181 went to another first time competitor, Jordan Nelson, who finished with 270. In the junior men's division Phil Halverson set a new personal best at 165 with 340, while Michael Fomecker got his first ever 400 bench with his win at 242. In the submaster division it was Brian Hanrahan for the win at 181 with 365, lifting "raw". Brian Cripes only got in his opener of 430, taking the win at 275. John Barbaggio came up from Kentucky for the win at 404/412/42, finishing with a personal best 400! Chuck Price, who is moving ever closer to 600, finished with a personal best 560 with his win at 45-49/242. This also broke Chuck's current state record there by ten pounds. Randy Fomecker won at 50-54/242 with 355, making 370 twice, but being called for raising his hips. Lloyd Edwards was a little off on this day, making just his opener, a 550 state record at police and fire/submaster/242. Chuck Barth, who always

lifts "raw" won at police & fire/198 with a strong 350, while Ben Goins took the 220's with 455, making just his opener after his shirt blew with a third attempt 500. In the open division Rob Mann won at 198 with his first official 300 bench over Geno Woolsey, who finished with 285, then a personal best 300 fourth attempt, lifting in his first competition. Shawn Hankins broke his previous best 525 bench with his 530 second, 550 third and a fourth with 575 for the win at 242. Then at 275 it was best lifter Tommy Harrison with 680, making just his opener after two misses at 710, just short of lockout! Tommy's 680 broke the existing state record by eighty pounds! Rounding out the field of benchers was second place finisher at 275, Jarrod Willoughby, who got in his opener, a personal best 395. In the deadlift competition first-timer Brad Christoff broke the state record for the novice 220 class with his 470 final attempt, followed by an even stronger 480 fourth! Nick Geott, pulling for the first time ever, finished with 365, lifting as a guest lifter at 13-15/181. Also lifting as a guest lifter was Jacob Dias, who finished with 320 at 16-17/181. Phil Halverson continues to improve at junior 165, finishing here with a personal best 450! Michael Fomecker, all the way up from Louisiana, won at junior 242, though making just his opener Qf 500. Brian Cripes only got in his opener of 570 at submaster 275, failing with a personal best 620 twice. John Barbaggio won his second title of the day at 40-44/242 with a great 525 final pull. A perfect day of lifting, John made every one of his attempts in the competition. James Ewing just turned fifty a few days ago and was looking for the state record at 242, but came up just short of lockout with 505. Jim finished with 485. In the open division Rob Mann won at 198 again, pulling a personal best 475. At 242 it was best lifter Shawn Hankins for the win with picture-perfect form and a personal best 600 pull. A fourth with 625 was also good! Our final competitor was Jarrod Willoughby, who won at 275 with a new personal best 550. Thanks to Joey and Wee-Man for loading and spotting and to my wife Susie and Linda Middleton for serving as side judges. See you all next year! (Thanks to Dr. Darrell latch for these meet results)

**WNPF Pan-American  
15 MAY 05 - Orlando, FL**

BENCH	—	Burritt	—
WOMEN	220 lbs.	(40-49)	—
105 lbs.	Schmidt	370	—
(13-16) Raw	Williams	280	—
Wilcox	105*	(60-69)	—
148 lbs.	Churchman	360	—
Open	Schneidmill!	185	—
Schneidmill!	185	(40-49)	—
185*	Open	—	—
SHW	Shaw	535	—
(40-49)	LifeTime	—	—
Reynolds	130	Shaw	535
MEN	Shaw	535	—
165 lbs.	SHW	—	—
(60-69)	Subs	—	—
Player	325*	Yawn	410
Lichtle	225	Open Raw	—
181 lbs.	Wilson	400	—
(60-69)	DEADLIFT	—	—
Williams	240	WOMEN	—
198 lbs.	148 lbs.	Subs Raw	—
Open	Subs Raw	—	—



*Sgt. Simpson squats @ Camp Taji*

Digrizia	260	WOMEN	148 lbs.		
SHW	(40-49) Raw	Open	148 lbs.		
McGee	135	Digrizia	90*		
198 lbs.	(40-49)	SHW	(40-49)		
(40-49)	McGee	40*	(60-69)		
Meyers	700	MEN	165 lbs.		
Open	(60-69)	Lichtle	140*		
Meyers!	700	198 lbs.	(40-49)		
220 lbs.	(40-49)	Thomas	685		
(40-49)	Open	Burritt!	175		
Thomas	590	220 lbs.	(40-49)		
(40-49) Raw	220 lbs.	Thomas	170*		
(50-59) Raw	685*	Williams	160		
Bucchioni	505	WOMEN	148 lbs.		
SHW	Open Raw	(40-49)	Kalogenis	—	
Wilson	525	BP	DL	TOT	
POWERCURL	132 lbs.	—	—	—	
(13-16) Raw	280*	205*	300*	785*	
Wilcox	165 lbs.	—	—	—	
(40-49) Raw	405	320*	530	1255	
Wright	475	300	450	1225	
Wilcox	455*	325*	445*	1225*	
(60-69)	181 lbs.	—	—	—	
Player	181 lbs.	—	—	—	
(13-16) Raw	300	205	375	880	
Lavin	198 lbs.	—	—	—	
(13-16) Raw	380	205	375	960	
Bush	Open	—	—	—	
Open	Yeargin!	575	365	550	1490
Open	Reiss	460	—	—	—
Open	(40-49)	—	—	—	—
Open	Yeargin	575	365	550	1490
Open	O'Malley	540	300	505	1345
Open	(50-59)	—	—	—	—
Open	Reiss	460	—	—	—
Open	220 lbs.	—	—	—	—
Open	(40-49)	—	—	—	—
Open	Schmidt	575	370	590*	1535
Open	(50-59) Raw	—	—	—	—
Open	Bucchioni	400	225	505	1130
Open	242 lbs.	—	—	—	—
Open	Open	425	350	530	1305
Open	Tatum	—	—	—	—
Open	SHW	—	—	—	—
Open	SHW	—	—	—	—
Open	Open Raw	—	—	—	—
Open	Wilson	555	400	525	1480
Open	Wilson	—	—	—	—
Open	400	—	—	—	—
Open	*=WNPF American Records. BL=Best Lifters.	—	—	—	—
Open	Team Champs: 1st-Powerlifting Merritt	—	—	—	—
Open	Power Team. 2ND- USA Power Team. Team	—	—	—	—
Open	Champs Bench Press and Deadlift Only:	—	—	—	—
Open	USA Power Team. (Meet results byWNPF)	—	—	—	—

**Camp Taji's Squat Contest  
10 JUL 05 - Camp Taji, Iraq**

SQUAT	J. Jonaus	260	
WOMEN	178-203 lbs.	—	
127-151 lbs.	Youngblood	425	
L. Royster	195	E. Goins	410
178+ lbs.	J. Stull	350	
K. Brown	200	204-229 lbs.	—
G. Chapman	175	C. Boston	475
J. Figgs	170	W. Hadley	405
MEN	152-177 lbs.	M. Bannister	405
T. Wiggs	375	W. LaSalle	375
J. Merricks	365	R. Glenn	315
B. Barber	335	255+ lbs.	—
R. Ehlers	290	C. Simpson	410
Meet Director:	CSM Jim Pegues	F. Fairchild	380

This contest featured 19 total lifters. Four females and fifteen males. Although the turnout was low the lifters and spectators had a great time. The best female lifter was SGT Laura Royster, unit of assignment 226th QM Company, her best squat was 195 lbs. The best male lifter was CPT Craig Boston, unit of assignment Bravo Company 125th FSB, his best squat was 475 lbs. The intent for this contest was to get lifters involved into another event in powerlifting. We wanted to do a deadlift contest as well but will not be able to. Our bench press contest was held in April and we are planning a final Camp Taji Ironman and Woman Championship in order that records from the April contest can be broken. The contest is scheduled for 2 October and promises to be larger than the 66 participants from April. Finally, I would like to thank our many sponsors for providing support in this event. Sponsors included, AAU, ENCS, AAFES, NPC, APF/WPC, Titan Support System, Crain Muscle World, Gebo Gym (Holland), Universal Nutrition, and Wiley-X V/R (Thanks to CSM Jim Pegues for providing these meet results to Powerlifting USA, all the way from Iraq)

**APF Stack's Gym East Coast PL/BP  
19 Mar 05 - Woodstock, GA**

BENCH	198 lbs.				
Teen	R. Wright	435			
242 lbs.	242	—			
J. Oliver	275	J. Glanville	550		
Novice	275	—	—		
242 lbs.	S. Elmore	575	—		
R. Dorsey	445	A. Hunt	570		
Master	SHW	—	—		
198 lbs.	D. Dunn	545	—		
S. Smola	370	R. Baggley	500		
220 lbs.	G. Abbott	445	—		
275 lbs.	—	—	—		
R. Flynn	550	—	—		
MEN	Open	—	—		
Open	Teen	SQ	BP	DL	TOT
Open	181 lbs.	—	—	—	—
Open	R. Hodge	275	135	290	700
Open	242 lbs.	—	—	—	—
Open	B. Pauley	655	515	635	1805
Open	275 lbs.	—	—	—	—
Open	S. Hodge	690	370	460	1520
Open	Master	—	—	—	—
Open	242 lbs.	—	—	—	—
Open	T. Higgins	855	455	690	2000
Open	B. Schull	505	285	465	1255
Open	MEN	—	—	—	—
Open	165 lbs.	—	—	—	—
Open	J. Gordon	660	400	630	1690
Open	181 lbs.	—	—	—	—



*Best Female Lifter Sgt. Royster at the Camp Taji contest (J. Pegues)*

K. Sanks	600	500	575	1675
198 lbs.	—	—	—	—
R. Hicks	700	460	600	1760
220 lbs.	—	—	—	—
C. Mason	600	610	590	1800
275 lbs.	—	—	—	—
S. Richards	870	530	660	2060
S. Griffin	450	375	455	1280
SHW	—	—	—	—
R. Hodge	760	545	660	1965
Guest Lifters	—	—	—	—
Women	—	—	—	—
148 lbs.	—	—	—	—
K. Bohigian	—	380	475	—
MEN	—	—	—	—
Open	—	—	—	—
181 lbs.	—	—	—	—
P. Harrington	900	495	610	2005
Stack's Gym in Acworth, GA, was successful for the 5th straight year in running a	—	—	—	—

fair, fun and consistently judged meet. Special thanks to owner Bobby Pauley and his Stack's crew for all their hard work. It's not everyday you see 4 Monolifts, 12 bars, 4 benches, and thousands of pounds of Olympic plates in one auditorium, to provide the lifters with top grade lifting platforms and an equally equipped warm-up area. All-time World Record holders Phil Harrington (900 SQ @ 181) and the stunning Kara Bohigian (386 BP @ 148) did some awesome guest lifting. Jon Gordon from NGBB posted a freaky 10+ times bodyweight total and earned best lifter. The future of Georgia powerlifting looks bright with 18 year old Brent Pauley displaying 3 lift balance and totaling 1805 @ 242 and 17 year old Steven Hodge squatting 690 and totaling 1520 @ 275. Other highlights included a 855 SQ @ 242 by master lifter Tim Higgins from North Carolina and an 870 squat and 2060 total by NGBB lifter Steve Richards in only his second contest. Thanks to all who attended and we hope to see you all again in 2006. (Thanks to Jon Grove, APF State Chairman and the owner of the North Georgia Barbell Club, for providing these contest results)

**USAPL Battle of Great Lakes VIII  
19 MAR 05 - Brunswick, OH**

BENCH	132 lbs.		
MALE	Open		
181 lbs.	L. Miller*	500	
Raw	181 lbs.	—	
Guest	—	—	
S. Petrencak	305	—	—
Master-1	S. Herrick	300	—
J. Helms	265	198 lbs.	—
148 lbs.	Open	—	—
J. Smith	450	—	—
C. Gaglio	240	165 lbs.	—
Junior	G. Saultz	415	—
W. Slifko	285	Raw	—

J. Wrabel	350	Grand Master	P/M/F	—	—	—	—	
220 lbs.	E. Bergman	355	Raw	W. Eagle	450	330	475	1255
Open	G. Quinn	350	Raw	B. Smith	350	300	450	1100
M. Landino	560	FEMALE	B. Andrix!	245	220	420	885	
S. Spinelli	490	198+ lbs.	J. Gordon	200	175	385	760	
Open	Master-1	Teen-1	Teen-1	J. Clark	285	235	365	885
K. Mayer*	600	Teen-2	Teen-2	C. Auerbach*	510	440	565	1515
P/M/F	C. VanDyke	—	Teen-3	C. Trionfante	545	315	605	1465
C. Hootman	450	Open	Teen-3	C. Trionfante	545	315	605	1465
M. Wynn	405	275 lbs.	Collegiate	C. Fiore	405	—	—	—
Master-1	J. McHugh*	500	Master-1	Master-1	—	—	—	—
T. Landino	—	—	MALE	Raw	—	—	—	—
SHW	SQ	BP	DL	TOT	—	—	—	—
123 lbs.	—	—	—	—	—	—	—	—
L. Newman	590	390	580	1560	—	—	—	—
L. Miskinis	185	135	265	585	—	—	—	—
148 lbs.	—	—	—	—	—	—	—	—
Open	F. Jones	400	275	390	1065	—	—	—
F. Jones	305	235	355	895	—	—	—	—
Teen-3	F. Jones	400	275	390	1065	—	—	—
Open	P. Castillo	345	220	420	985	—	—	—
Raw	165 lbs.	—	—	—	—	—	—	—
J. Caputo*	405	260	485	1150	—	—	—	—
B. Smith	315	205	425	945	—	—	—	—
Teen-2	B. Smith	315	205	425	945	—	—	—
Open	D. Diemert	425	275	445	1145	—	—	—
W. Likens	600	580	620	1800	—	—	—	—
Raw	T. Leone	475	330	500	1305	—	—	—
198 lbs.	WOMEN	—	—	—	—	—	—	—
Open	198 lbs.	—	—	—	—	—	—	—
D. Eagle	315	205	325	845	—	—	—	—
198+ lbs.	Collegiate	—	—	—	—	—	—	—
Sensenbaugh	465	375	465	1305	—	—	—	—
Raw	Raw	—	—	—	—	—	—	—
A. Combs	390	280	455	1125	—	—	—	—
198 lbs.	Junior	—	—	—	—	—	—	—
J. Auerbach	440	600	600	1605	—	—	—	—
G. Saultz	415	Master-1	—	—	—	—	—	—
W. Eagle	450	330	475	1255	—	—	—	—

**You're Only as Strong**

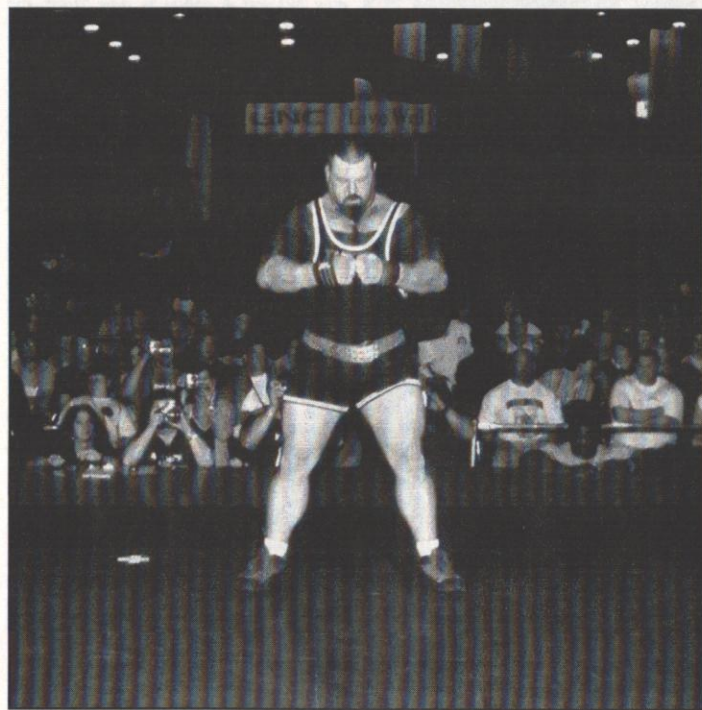


USA Beast of the Northeast  
12 MAR 05 - Bradford, PA

BENCH Only	B. Lander	560
WOMEN	J. Reed	465
57 lbs.	S. Boop	415
9 Yrs. Old	B. Peters	380
K. McCaslin	Masters	80
123 lbs.	B. Shafer	365
Open	P. Parks	—
J. Oburn	242 lbs.	230
132 lbs.	Open	—
Teen	A. Oburn	485
A. Miller	T. Shartzner	165
148 lbs.	Bumgardner	435
Open	Submaster	—
M. Barhight	B. Michalski	125
148 lbs.	Master-IV	345
Open	D. Barhight	345
K. Bisker	275 lbs.	285
B. Rouzer	Open	235
165 lbs.	B. Crawford	815
Open	D. Whitmark	410
P. Fleming	Teen	385
T. Bisker	D. Lyons	320
C. Bolles	Submaster	240
D. Fulmer	J. Snyder	625
Submaster	Master	—
P. Fleming	M. Close	385
T. Bisker	308 lbs.	320
181 lbs.	Open	—
Open	K. Ruckle	335
C. Renninger	C. Prisk	560
J. Casey	SHW	—
Teen	Open	—
M. Bratton	D. Vest	290
B. Magiera	S. Lewis	280
198 lbs.	DEADLIFT Only	—
Open	98 lbs.	—
M. Wolfley	Teen	660
C. Frantz	S. McCaslin	500
Master-I	148 lbs.	—
J. Vigilone	Teen	395
Master-II	M. Cline Jr.	385
M. Munday	165 lbs.	335
Masters-VI	Open	—
P. Gulnac	M. Barnes	335
220 lbs.	405	—
Open	198 lbs.	—
Ironman	Master-I	—
132 lbs.	L. Schmitt	157.5
Teen	Pure	—
J. Kootz	K. Robbison	200
165 lbs.	Master Pure	200
Open	K. Robbison	200
D. Lyons	200 lbs.	270
Teen	Open	455
J. Gibson Jr.	275	725
181 lbs.	205	315
Open	520	—
C. Lambert	885	—
Teen	375	510
C. Berich	650	—
198 lbs.	235	415
Open	1060	—
S. Vinelli	550	510
T. Myers	335	620
Teen	955	—
A. Spicer	330	455
G. McEwen	245	515
Submaster	760	—
D. Wray	380	490
L. Rutecki	355	455
220 lbs.	810	—
Open	1115	—
M. Havilland	530	585
L. Ciccarelli	395	510
Master-I	905	—
J. Gibson Sr.	335	465
Master-II	800	—
J. Rimer	385	510
275 lbs.	895	—
Open	1075	—
C. Phillips	490	585
308 lbs.	1075	—
Open/Master	790	—
B. Carmack	385	405
SHW	790	—
Open	1010	—
B. Younker	365	645

NASA Ohio Regionals (kg)  
9 OCT 04 -

PS BENCH	Master-5
MEN	J. Somma
181 lbs.	130
Submaster-2	Pure
J. Molkenin	147.5
C. Robertson	135



Bill Crawford 1st benched 800 at the '04 Arnold Classic, and has since done it several times, including at the Beast of the Northeast contest.

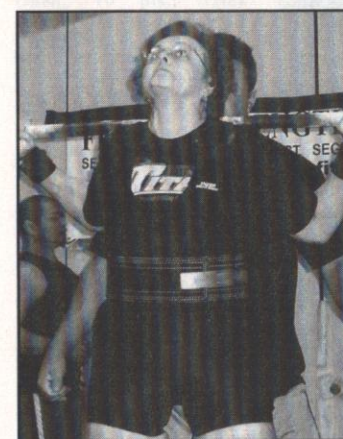
220 lbs.	S. Avery	287.5	Master-1	L. Lowery	105	57.5	110	272.5
Master-2	PS SQUAT	125	148 lbs.	Master-1	125	—	—	—
G. Beattie	WOMEN	181 lbs.	Master-1	C. Frank	117.5	65	137.5	320
242 lbs.	181 lbs.	Master-1	J. McWhirt	95	—	—	—	—
Submaster-2	J. McWhirt	157.5	95	Master Pure	117.5	65	137.5	320
L. Schmitt	BENCH Only	157.5	95	C. Frank	117.5	65	137.5	320
Pure	114 lbs.	200	114 lbs.	165 lbs.	117.5	65	137.5	320
K. Robbison	High School	200	77.5	Junior	102.5	65	137.5	305
Master Pure	V. Gualtieri	200	77.5	S. Dietsch	102.5	65	137.5	305
K. Robbison	220 lbs.	200	—	198 lbs.	137.5	85	142.5	365
Natural	Master-1	200	147.5	Submaster Pure	137.5	85	142.5	365
K. Robbison	M. Worster	200	147.5	D. Eagle	137.5	85	142.5	365
Master-1	Police/Fire	200	147.5	MEN	165 lbs.	—	—	—
K. Robbison	A. Kolesar	200	147.5	165 lbs.	—	—	—	—
PS CURL	M. Worster	200	147.5	Int	230	165	215	610
181 lbs.	275 lbs.	70	250	J. Brock	230	165	215	610
Submaster-2	Police/Fire	70	250	Natural	230	165	215	610
J. Molkenin	181 lbs.	250	—	J. Brock	230	165	215	610
70	181 lbs.	250	—	Novice	230	165	215	610
198 lbs.	Submaster-1	70	177.5	J. Brock	230	165	215	610
Pure	J. Montebon	70	177.5	Pure	230	165	215	610
C. Robertson	114 lbs.	185	—	J. Brock	230	165	215	610
185	114 lbs.	185	—	181 lbs.	230	165	215	610
220 lbs.	Pure	185	—	Teen	232.5	152.5	232.5	617.5
C. Robertson	A. Davis	55	—	N. Mason	232.5	152.5	232.5	617.5
185	55	—	—	Novice	182.5	—	45	45
Push-Pull	BP	DL	TOT	J. McLendon	182.5	—	45	45
MEN	—	—	—	198 lbs.	—	—	—	—
275 lbs.	—	—	—	Master Pure	227.5	160	215	602.5
Police/Fire	—	—	—	R. Rice	227.5	160	215	602.5
D. Herron	250	247.5	497.5	Pure	227.5	160	215	602.5
148 lbs.	—	—	—	R. Rice	227.5	160	215	602.5
Junior	90	147.5	237.5	Submaster Pure	197.5	152.5	220	570.5
B. Wright	90	147.5	237.5	W. Eagle	197.5	152.5	220	570.5
165 lbs.	—	—	—	Master Pure	175	145	200	520
J. Gibson Sr.	335	465	800	G. Johnson	175	145	200	520
Master-I	87.5	157.5	245	220 lbs.	—	—	—	—
Junior	87.5	157.5	245	Int	275	185	285	745
T. Thullen	87.5	157.5	245	J. Blake	275	185	285	745
PwrSports	135	185	390	D. Brown	215	145	320	680
198 lbs.	—	—	—	Submaster-1	240	195	242.5	677.5
Pure	62.5	122.5	187.5	S. Nelson	240	195	242.5	677.5
C. Robertson	62.5	122.5	187.5	Novice	185	145	210	540
70	62.5	122.5	187.5	B. Korman	185	145	210	540
Junior	77.5	142.5	247.5	T. Bailey	207.5	120	205	532.5
D. Ritchie	77.5	142.5	247.5	Master Pure	180	135	192.5	507.5
275 lbs.	180	135	192.5	M. Tussing	180	135	192.5	507.5
Int	242 lbs.	—	—	242 lbs.	—	—	—	—
S. Schmidt	77.5	142.5	247.5	Submaster-1	265	212.5	277.5	755
Master Pure	32.5	70	115	R. Anderson	265	212.5	277.5	755
Wigglesworth	32.5	70	115	Novice	290	205	227.5	722.5
80	32.5	70	115	J. Riddle	290	205	227.5	722.5
WOMEN	30	57.5	92.5	Police/Fire	290	205	227.5	722.5
181 lbs.	30	57.5	92.5	J. Riddle	290	205	227.5	722.5
Master-5	30	57.5	92.5	275 lbs.	—	—	—	—
J. Somma	30	57.5	92.5	Int	272.5	195	270	737.5
130	30	57.5	92.5	J. Burns	272.5	195	270	737.5
Pure	114 lbs.	—	—	272.5	195	270	737.5	—
WOMEN	114 lbs.	—	—	(Thanks to Richard Peters for the results)	—	—	—	—

USAPL New England States  
21 MAY 05 - Warwick, RI

Special Olympics	M. Kardok	245	185	325	755
WOMEN	—	—	—	—	—
Teen	A. Sylvia	225	125	255	605
Masters	D. Alimososa	225	105	255	575
D. Crosby	215	110	215	540	
Open	J. Perry	300	170	275	745
J. Perry	300	170	275	745	
D. Alimososa	225	105	255	575	
T. Cowan	325	175	325	825	
MEN	—	—	—	—	—
Teen Lightweight	J. Caouette!	500	320	415	1235
M. Penza	335	250	385	970	
R. Frasnano	425	265	420	1110	
L. Jaimes	265	185	325	775	
M. Srokowski	—	195	345	540	
Teen Middleweight	A. Solomon	405	285	430	1120
M. Ban	385	225	485	1095	
E. Tomalillo	480	240	350	1070	
M. Levine	320	210	335	865	
Teen Heavyweight	V. DeCivitta	545	340	560	1445
M. Parrillo	470	260	525	1255	
B. Anderson	535	280	495	1310	
M. Whire	265	185	400	850	
Juniors (20-23)	M. Petrarca	405	330	500	1235
C. Morcztz	400	—	420	820	
D. Poutos	—	—	—	—	—
Submasters (35-39)	J. Tavares	580	350	600	1530
E. Quintin	370	285	425	1080	
F. Juszynski	425	295	525	1245	
D. Fusco	400	310	460	1170	
McDonough	—	—	—	—	—
Masters-1 (40-44)	K. Rossi	525	450	545	1520
P. Vega	405	425	405	1235	
Master-2 (45-49)	D. MacLeod	550	320	545	1415
Grandmasters (50-54)	Montebault!	635	375	500	1510
P. Mears	425	230	460	1115	
K. Iskierski	375	240	455	1070	
J. Burke	335	260	390	985	
J. Wild	350	175	380	905	
Goldenmsslers (60-69)	D. Allen	375	250	450	1075
Goldenmaslers (80-89)	Archambault	335	215	425	975
Open	181 lbs.	600	400	580	1580
S. Beaupre!	600	400	580	1580	
E. Cordeiro	460	290	450	1200	
198 lbs.	—	—	—	—	—
K. Rossi	525	450	545	1520	
Gasinoski	475	285	510	1270	
R. Cowan	425	320	460	1205	
D. Fusco	400	310	460	1170	
220 lbs.	—	—	—	—	—
R. Moyn	600	375	550	1525	
McDonough	530	345	550	1425	
B. Maton	—	—	—	—	—
242 lbs.	—	—	—	—	—
J. Tavares	580	350	600	1530	
K. McClay	365	315	410	1090	

Best Lifters. Meet Directors: Greg Kostas and Rene Moyer. The following lifters went 9 for 9: Ashley Sylvia and Jeffrey Burke. Officials: Greg Kostas-MA, Joe Peters-RI, Rene Moyer-RI, Sean DiCataldo-MA, Joe Wencus-MA, Sam Tyler-ME, Eric Cordero-MA, Mike Laliberte-ME, Tom Weeks-NH. This event featured 48 lifters (including multiple entries - those lifters who entered more than one division) from the following states: MA, RI, NH, ME and CT. There was a multitude of quality USAPL lifters of all ages, both men and women. The event featured a split session on Saturday with one flight in the morning and the other flight in the afternoon. Thanks again to Rene Moyer and Next Level Fitness for hosting another successful event. Thanks also to Mike of Northeast Fitness for the continued use of his excellent facility. Thanks to all of our judges, spotters, loaders, table help, sponsors, and everyone else who assisted with this event. And of course, thanks to you, the lifters, who support our USAPL events! I hope that everyone enjoyed the contest and I look forward to seeing everyone in the fall. God Bless, Yours in powerlifting. (Greg Kostas, MA State Chairman)

POWER PEOPLE



Dorothy Rowe is 66 years young and lives in San Antonio, Texas. She has been training for five years and entered her first contest in 2003. She is a multi-USPF and APF Texas powerlifting champion and is the current APF Women's Masters National Champion, and she holds the APF Women's Masters National Record in the bench press. (our thanks to Gene Bell for providing us this information)

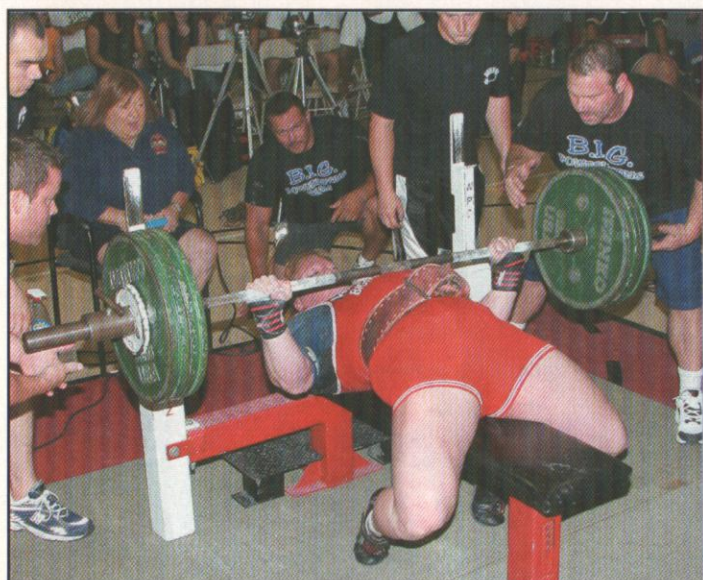
APF/AAPF NY State  
MAR 05 - Oceanside, NY

Female	SQ	BP	DL	TOT
114 lbs.	—	—	—	—
Teen	—	—	—	—
J. Andiorio	205	120	280	605
148 lbs.	—	—	—	—
APF	—	—	—	—
K. Walford	395	225	510	1130
Teen	—	—	—	—
R. Manning	205	135	265	605
198 lbs.	—	—	—	—
AAPF	—	—	—	—
J. Gill	285	115	265	665
MALE	—	—	—	—
123 lbs.	—	—	—	—
Teen	—	—	—	—
T. Hojnacki	185	105	215	505
AAPF	—	—	—	—
R. Green	375	210	340	925
132 lbs.	—	—	—	—
Teen	—	—	—	—
S. Legraves	380	185	410	975
Waytanowski	265	130	300	695
148 lbs.	—	—	—	—
Teen	—	—	—	—
A. Puglisi	400	225	410	1035
M. Middleton	285	165	330	760
J. Brida	275	165	315	755
AAPF	—	—	—	—
C. Rogers	575	315	510	1400
165 lbs.	—	—	—	—
Teen	—	—	—	—
J. Minolio	360	205	400	965
S. Vanadia	250	150	275	675
AAPF	—	—	—	—
A. Sanservino	385	250	435	1070
181 lbs.				



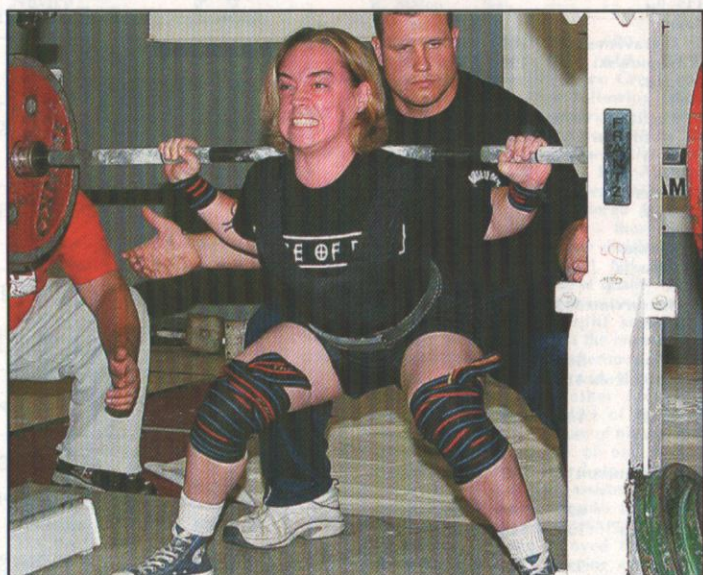
APF/AAPF Chicago Summer Bash  
9 JUL 05 - Willowbrook, IL

BENCH				
Master-2 (50-59)				
APF	S. Mies	154		
WOMEN				
123 lbs.				
Open	L. Petergal	115		
A. Kuphal	170			
UNL				
Master-1 (40-49)				
Master-2 (50-59)	T. Brewton	154		
S. Thoms	314			
MEN				
165 lbs.				
Open	S. Thoms	314		
Master-1 (40-49)	L. Miller	330		
Schemine, Jr.	319			
181 lbs.				
Open	L. Miller	330		
Derengowski	380			
B. Heck	584			
Junior (20-23)				
Derengowski	380			
198 lbs.				
Open	A. Kim	407		
Junior (20-23)	J. Knutson	507		
S. Sanchez	—			
Submaster (33-39)	Schemine, Jr.	319		
S. Rieger	440			
220 lbs.				
Open	Derengowski	380		
R. Luyando	—			
W. Prose	303			
J. Cravatta	639			
Submaster (33-39)	Submaster (33-39)			
R. Luyando	—			
242 lbs.				
Open	E. Taber	413		
B. Carpenter	—			
A. Wilson	700			
Junior (20-23)				
R. Briggs	672			
Master-1 (40-49)	Anczewicz	275		
S. Murphy	501			
275 lbs.				
Open	W. Prose	303		
C. Tallman	—			
D. Gross	529			
T. Harrison	661			
308 lbs.				
Open	J. Hines	—		
J. Leach	733			
Submaster (33-39)	E. Czerwin	363		
J. Leach	733			
SHW				
Open	E. Follmer	297		
R. Vick	—			
Junior (20-23)	Master-1 (40-49)	501		
N. Winters	650			
AAPF				
WOMEN				
114 lbs.				
Open	C. Tallman	—		
T. Putchio	148			
123 lbs.				
Open	A. Kuphal	170		
132 lbs.				
Ironman	B. Carpentner	600		
APF	BP	DL	TOT	
MEN				
220 lbs.				
Open	N. Simon	529	650	1179
242 lbs.				
Open	B. Carpentner	—	—	—
275 lbs.	—	—	—	—
Master-3 (60-69)	G. Morgan	396	402	799
Open	B. Stuart	501	683	1185
308 lbs.	—	—	—	—
Open	J. Hudson	600	600	1201
Submaster (33-39)	J. Hudson	600	600	1201
AAPF				
MEN				
181 lbs.				
Teen (13-19)	M. Burns	336	479	815
198 lbs.	—	—	—	—
Open	R. Brault	226	440	666
Teen (13-19)	G. Hines	446	523	970
242 lbs.	—	—	—	—
Submaster (33-39)	B. Sheridan	463	578	1041
275 lbs.	—	—	—	—
Open	N. Zostautas	451	611	1063
WOMEN				



Becca Swanson with the biggest women's bench press of all time - 507!

132 lbs.					
Junior (20-23)					
A. Carroll	77	170	248		
148 lbs.					
Open	K. Carter	181	303	485	
APF	SQ	BP	DL	TOT	
WOMEN					
148 lbs.					
Teen (13-19)	A. Bryant	248	154	281	683
165 lbs.					
Open	L. Phelps	551	303	451	1306
UNL					
Open					
J. Visny	385				
Submaster (33-39)	E. Czerwin	363			
Teen (13-19)	T. Runder	771	440	551	1763
MEN					
148 lbs.					
Teen (13-19)	J. Meyer	253	192	308	755
181 lbs.					
Open	S. Wielgos	507	358	501	1366
Junior (20-23)	F. Finkenstadt	451	435	451	1339
198 lbs.					
Open	T. Runder	771	440	551	1763
APF					
198 lbs.					
Open	B. Davis	573	457	501	1532
MEN					
242 lbs.					
Open	S. Frankl	—	—	—	—
Teen (13-19)					
Lilliebridge	407	270	540	1218	
Lilliebridge	429	286	463	1179	
Submaster (33-39)	S. Chalmers	700	474	600	1774
242 lbs.					
Open	J. Graalfs	—	—	—	—
275 lbs.					
Open	C. Haigh	672	540	617	1829
308 lbs.					
Open	T. Watson	—	—	—	—
Junior (20-23)	D. Bergman	363	385	485	1234
Submaster (33-39)	D. Cotter	507	413	220	1140
SHW					
Submaster (33-39)	T. Greninger	832	562	705	2099
AAPF					
WOMEN					
165 lbs.					
Master-1 (40-49)	T. Brewton	259	154	297	711
MEN					
132 lbs.					
Teen (13-19)	O. Brown	292	220	402	914
148 lbs.					
Master-1 (40-49)	D. Klein	402	220	391	1014
Master-3 (60-69)	K. Anderson	264	192	275	733
165 lbs.					
Open	A. Kim	463	407	507	1377



Ashley Bryant, over from the her USAF duty in Japan, squatting 248

N. Love	507	402	429	1339
Master-1 (40-49)				
McConaughy	655	573	534	1763
R. Roberts	727	418	556	1703
275 lbs.				
Open				
T. Harrison	804	661	584	2050
308 lbs.				
Open				
D. Cotter	507	413	220	1140
Junior (20-23)				
D. Bergman	363	385	485	1234
Submaster (33-39)				
D. Cotter	507	413	220	1140
SHW				
Junior (20-23)				
L. Mateer	600	622	501	1725
This meet took place at Velocity Sports Performance. Team Results: Illini Powerlifting: John Hudson, M APF Ironman 140 SM, 10 pts.; Nick Zostautas, M APF Ironman 125 Open, 10 pts.; Andrea Carroll, F APF Ironman 60 Jr, 10 pts.; Richard Derengowski, M APF Bench only 82.5 Junior, 10 pts.; Steven Derengowski, M APF Bench only 67.5 Junior, 10 pts.; Lee Mateer, M APF Powerlifting SHW Junior, 10 pts.; Andrew Kim, M APF Bench only 75 Open, 10 pts.; David Bergman, M APF Powerlifting 140 Junior, 10 pts.; Wayne Prose, M APF Bench only 100 Open, 5 pts.; Eric Follmer, M APF Bench only 110 Teen, 10 pts.; Dan Finkenstadt, M APF Powerlifting 100 Open, 5 pts.; Ryan Brault, M APF Ironman 90 Open, 10 pts.; Total Illini Points: 110. Team Carpenter: Teresa Putchio, F APF Bench only 52 Open, 10 pts.; Amber Kuphal, F APF Open Bench only 56 Open, 10 pts.; Kim Carter, F APF Ironman 67.5 Open, 10 pts.; Tony Runde, M APF Powerlifting 82.5 Open, 10 pts.; Dan Phipps, M APF Bench only 90 SM, 10 pts.; Jay Cravatta, M APF Bench only 100 Open, 15 pts.; Rob Luyando, M APF Bench only 100 Open, 0 pts.; Bill Carpenter, M APF Ironman 110 Open, 0 pts.; Steven Murphy, M APF Bench only 110 M1, 10 pts.; Tommy Harrison, M APF Powerlifting 125 Open, 10 pts.; Jeff Leach, M APF Bench only 140 Open, 15 pts.; Robert Vick, M APF Bench only SHW Open, 0 pts.; Total Team Carpenter Points: 100. Big Iron Gym: Aaron Wilson, M APF Bench only 110 Open, 10 pts.; Richie Briggs, M APF Bench only 110 Junior, 10 pts.; Becca Swanson, F APF Powerlifting UNL Open, 20 pts.; Josh Knutson, M APF Bench only 90 Junior, 10 pts.; Justin Graalfs, M APF Powerlifting 110 Open, 0 pts.; Shawn Frankl, M APF Powerlifting 90 Open, 0 pts.; Brian Stuart, M APF Ironman 125 Open, 10 pts.; Jim Sorrell, M APF Powerlifting 82.5 M1, 10 pts.; Nick Simon, M APF Ironman 100 Open, 15 pts.; Brad Heck, M APF Bench only 82.5 Open, 10 pts.; Dan Gross, M APF Bench only 125 Open, 5 pts.; Nick Winters, M APF Bench only SHW Junior, 10 pts.; Total Big Iron Gym Points: 110. Frantz				

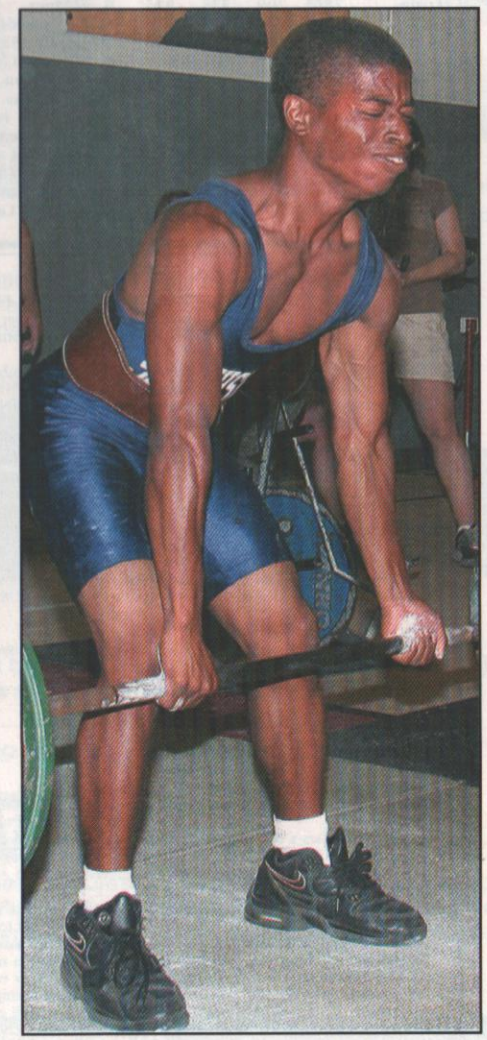
Power Team: Jimmy Meyer, M APF Powerlifting 67.5 Teen, 10 pts.; Steve Wielgos, M APF Powerlifting 82.5 Open, 10 pts.; Ernie Lilliebridge, Jr., M APF Powerlifting 90 Teen, 10 pts.; Kirby Anderson, M APF Powerlifting 67.5 M3, 10 pts.; Vincent Abrego, M APF Powerlifting 100 Teen, 10 pts.; Ashley Bryant, F APF Powerlifting 75 Teen, 10 pts.; Tywania Brewton, F APF Powerlifting 75 M1, 10 pts.; Sidney Thoms, F APF Bench only UNL M2, 10 pts.; Susan Mies, F APF Bench only 60 M2, 10 pts.; Lisa Petergal, F APF Bench only 67.5 M1, 10 pts.; Jason Visny, M APF Bench only 110 Open, 10 pts.; Bob McConaughy, M APF Powerlifting 110 M1, 15 pts.; Total Frantz Power Team Points: 125. Best Lifters: Best Male APF Powerlifter: Todd Greninger. Best Male APF Powerlifter: Bob McConaughy. Best Male APF Ironman: Nick Simon. Best Male APF Ironman: Greg Hines. Best Male APF Bench only: Jeff Leach. Best Male APF Bench only: Jay Cravatta. Best Female Powerlifter: Becca Swanson. Best Female Bench: Becca Swanson. The Chicago Summer Bash was back this year, and was bigger and better than ever. We had almost 90 lifters at the meet, over double the amount of lifters from last year. The meet was held at a beautiful facility, Velocity Sports Performance in Willowbrook, IL. Unlike the hot, cramped area last year, Velocity provided us with plenty of room to run a great meet. Thanks to Dale Deatsch, the owner, and James DiNaso the executive director for allowing us to put on the event at Velocity. We had some great lifters this year from all over the midwest, and even from halfway around the globe. We had lifters from all over Illinois, Indiana, Michigan, Iowa, Nebraska, Ohio, and even one lifter all the way from Japan. Young servicewoman, Ashley Bryant, is serving our country in Japan in the air force. Ashley flew all the way from Japan to Chicago for the meet! We had four big teams at the meet, with the Frantz Power Team right from Aurora, Illinois, Team Carpenter from Iowa, and Big Iron Gym from Nebraska. The highlight of the meet came from Big Iron's Becca Swanson, the strongest woman in the world, who benched an amazing 230 kgs, or 507 lbs.! An All-Time record for women! And I believe this is likely just another stepping-stone for Becca, the 507 was very strong. I am sure she has more weight in her bench. In addition to Becca, a young student from South Chicago Occupation Academy won over the hearts of everyone at the meet. Otis Brown, a Special Olympics competitor, competed in the 132 lbs. teenage class. Brown was able to squat 292 lbs., bench 220 lbs., and deadlift an amazing 402 lbs., all in only a belt and a singlet. His teacher and coach Dinity Gueorguiev expertly guided him through all the lifts, on his way to setting a number of AAPF National Records. And these were NOT Special Olympic records, they were the standard AAPF 132 lbs. teenage class records that Otis broke. At the awards ceremony, no one got a bigger ovation than Otis! In the best lifter categories, first we had Todd Greninger who the Best APF Powerlifter with a 2099 lbs. total in the SHW submaster class. In the AAPF Powerlifting division, Frantz lifter Bob McConaughy won the best lifter award with a 1764 lbs. total in the 242 lbs. masters 1 class. We had another two best lifters in the Ironman category, which is bench press plus deadlift for a total. In the APF Ironman, Big Iron lifter Nick Simon won best lifter with a 529 lbs. bench and a 650 lbs. deadlift in the 220 lbs. open class. Young teenage lifter Greg Hines won the



Bob McConaughy, Frantz Power, & Maris Sternberg

best lifter award in the AAPF Ironman with lifts of 446 lbs on the bench and 524 lbs on the deadlift in the 198 lbs. teenage class. The men's bench only awards were taken over by Team Carpenter. Winning the best lifter award in the APF Bench only was Jeff Leach, with the biggest bench of the day with 733 lbs in the 308 lbs. open class. Fellow Carpenter lifter Jay Cravatta won the best lifter award in the AAPF Bench only with a 639 lbs. bench in the 220 lbs. open class. Finally in the women, none other than Becca Swanson won both the Best Female Powerlifter award and the Best Female Bench award with her 1857 lbs. total and 507 lbs. bench in the UNL women's open class. With four big teams at this meet, we had one of the most competitive team competitions in any meet in the midwest in recent history. With four of the best teams in the midwest, and likely the nation, it was a very close race between the four. The team scoring was done by giving points for the placings of 12 team members, and also giving extra points for best lifter awards. Taking fourth place was Team Carpenter out of Iowa, led by World Bench Press Champion Bill Carpenter. Team Carpenter looked very strong on the bench, taking both men's best bench awards with Jeff Leach and Jay Cravatta. Unfortunately, with team scoring being dependent on the placings of the team members, a few bomb outs are what hurt Team Carpenter. I'm sure Team Carpenter will be back, and back stronger than ever in their next meet. Look for them all to put some big numbers at Bill Carpenter's September 10 meet, the APF "Iron Battle on the Mississippi" in Dubuque, IA. Entry forms are available on APF-Iowa.com. In third place was Big Iron Gym out of Nebraska, coached by Rick Hussey, and led by Becca Swanson. Big Iron had some great lifting, especially with Swanson taking two best lifter awards, and Nick Simon taking another one in the APF Ironman. On points, Big Iron actually tied with Illini Powerlifting, but lost on a tie-breaker based on who had more 1st place finishes. Again, a couple bomb-outs hurt Big Iron. Taking second was Illini Powerlifting, from the University of Illinois, led by coach John Hudson. Illini chose their attempts well in the meet, having not one member bomb out. Their lack of bomb outs led them to second place, having more 1st place finishes than Big Iron. They were not, however, able to take home any best lifter awards, which kept them out of the top place. Taking first was the Frantz Power Team out of Aurora, IL. The regular Frantz

lifters were joined by nearby friendly gym members from the Leaning Tower YMCA, the Lilliebridge family, and also by our Japanese connection Ashley Bryant. The Frantz team was led by AAPF Powerlifting Best Lifter Bob McConaughy. In addition to McConaughy, every one of the other 11 scoring members on Team Frantz took first place, putting the team at the top placing. Team Frantz had a strong female bench contingent led by Sidney Thoms. The Frantz Team came home with their second team trophy this year after winning the award at the Illinois State Meet in March. In putting on such a large event, I simply would not have been able to survive without all the help running the meet. First and foremost, I would like to put out a special thanks to my Assistant Meet Director and fiancée Jackie Ebben for putting in all the extra hours she did helping me set-up, run, and clean-up for the meet. Jackie did a great job all day on the microphone announcing for me (and I think she enjoyed it too). Simply put, I could not have done it without her. I'm very lucky to have such a great woman at my side, and will thank- fully now have at my side for the rest of my life! I would also like to put out a special thanks to APF Illinois State Chairman Maris Sternberg. She also put countless hours before and during this meet, being my technical officer, and head official for the meet. Maris has been with me since my first last summer, and I would not be the meet director I am today without her mentoring and help. Finally, another special thanks goes out to my training partner Jason Visny. Jason graciously volunteered his expertise and help in moving the equipment from Frantz Sports in Aurora to Velocity in Willowbrook. And, he still lifted in the winning first place in a close race. Jason gave me the use of his tools and his truck to help move the two monolifts, bench, bars, platforms, and kilos plates needed to run this meet. Again, I could not have put on the meet without his help either! In addition to those special people, I had a number of other people in support staff that I owe a debt of gratitude. Sharra Powell, a close friend, came and helped Jackie run the table. In addition to Maris, I also had WPC Official John Burgard on the platform judging all day long. James DiNaso, executive director of Velocity, also stepped in to judge. The judging all day was fair and consistent, thanks to all of those judges. Ryan Harth also stepped in at the end of the meet to announce for me while Jackie did the scoring for the meet, thanks goes out to him for stepping in at



Otis Brown 402 DL @ 132. (Blanken photos)



**PPL Southeastern Drug Free  
23 JUL 05 - Augusta, GA**

BENCH	K. Martin	—	—	—
123 lbs.	220 lbs.			
(50-59)	Open			
Cheesborough90	G. Bartley	410		
SHW	(50-59)			
Open	P. Newsome	420		
S. Jackson	4th-425*			
(60-69)	DEADLIFT			
N. Williams	115* MEN			
MEN	165 lbs.			
132 lbs.	(50-59)			
(17-19)	A. Duncan	275		
D. Bynum	135 198 lbs.			
181 lbs.	(50-59)			
(40-49)	T. Visokay	460		
Ironman	BP DL TOT			
148 lbs.				
(17-19)				
D. Johnson	210 305 515*			
181 lbs.				
(20-25)				
J. Thomas	300* 350 650*			
220 lbs.				
(40-49)				
M. Bennett	350 700 1005			
SHW				
(20-25)				
R. Neal	455 505 960*			
LADIES	SQ BP DL TOT			
123 lbs.				
(14-16)				
S. Luster	135* 80* 190* 405*			
148 lbs.				
(14-16)				
E. Luster	165* 155* 210 530*			
MEN				
85 lbs.				
(10-13)				
S. Rickman	110 80 150 340			
123 lbs.	4th-BP-85			
(14-16)				
J. Luster	280* 200 335 815*			
(10-13)				
G. Climmions	175 100 220 495			
165 lbs.	4th-SQ-180 DL-235			
Open				
A. Jackson	— 405 — —			
(14-15)				
T. Jones	305 175 385 865			
181 lbs.				
(20-25)				
A. Layman	315 250 360 916			



**Best Lifters...** at the PPL Southeastern meet include: (l-r) Jason Luster, Richard Neal, Erica Luster, Mike Bennet, and Mark Phillips. (Meyers)

(50-59)  
R. Layman 465 250 435 1140  
198 lbs.  
(60-69)  
M. Scott 425 280 500 1205  
220 lbs.  
(40-44)  
M. Bennett 600 385 700 1685  
Open  
M. Phillips 710 440 680 1830  
242 lbs.  
(20-25)  
D. Anderson 430 235 475 1140  
(14-16)  
B. Skinner 350 275 380 1005  
\*PPL Records. It was 98 degrees outside, but about 198 degrees inside! It was hot in Augusta, Georgia. This is the home of James Brown, the Masters, the Skinny Man, and the Python Power League. We had a nice turn out, and the pythons showed up and showed out. Starting with Richard Neal saying the pre-meet prayer, and then best lifter "Mighty" Mark Phillips laying his hands on a successful 710 lb. squat. Best Legends lifter, Michael "Big

have been. Until next time. Stay strong, stay clean, and I'll see you on the platform. (Thanks to Tee "Skinny Man" Meyers, PPL President, for these results)

**SLP St. Louis Open BP/DL  
17 JUL 05 - Pontoon Beach, IL**

BENCH	242 lbs.			
MEN	J. White	325		
Novice	Open			
165 lbs.	220 lbs.			
J. Lenhardt	225 D. Berry	425		
242 lbs.	DEADLIFT			
T. Berlinger	375! MEN			
Teen (18-19)	Novice			
308 lbs.	165 lbs.			
T. Forsythe	385! J. Lenhardt	355!		
Junior	242 lbs.			
181 lbs.	T. Berlinger	450!		
C. Bensa	425 Teen (18-19)			
220 lbs.	308 lbs.			
M. Bell	360 T. Forsythe	500		
Master (50-54)	4th-525			

! = Son Light Power Illinois State Records.  
Best Lifter Bench: Cole Bensa. The Son Light Power St. Louis Open Bench Press/Deadlift Championship was held at American Family Fitness Center. Thanks to owner Ron Shafer for hosting this event. In the bench press competition, Justin Lenhardt won at novice 165 with 225. At novice 242, it was newcomer Tony Berlinger with a strong 375, though making just his opener. Another new lifter was teenage 18-19/308 champion Tom Forsythe. Tom finished with a new state record of 385, just missing a final attempt with a personal best 400. At junior 181, it was best lifter Cole Bensa, making just his opener of 425. Cole has the strength to lockout 500, but just needs a little more shirt. Also at junior was 220 winner Matt Bell. Matt, as well, only got in his opener, but has been fighting a viral infection for a while and it will just take a little time to get back to his previous best near 500. John White got a personal record at 50-54/242 with his second attempt 325. Changing shirts for his final attempts didn't seem to help him find the groove with 330. Our final competitor was D. R. Berry, who won at 220 open with a strong 425. A final with 455 was close, but with his recent weight loss had lost some of his shirt. In the deadlift competition Justin Lenhardt set the state record at novice 165 with a strong 355 personal best. Tony Berlinger won his second title of the day, with his second state record at novice 242. Again, making just his opener with 450, Tony shows lots of potential and natural raw strength. Our final deadlifter was Tom Forsythe, pulling a strong 500 at 18-19/308, followed by an even stronger 525 fourth attempt. This matched his own personal best. Thanks to Jeff Welker, Matt Bell and Wee-Man for their help loading and spotting. See you all back here September 18 for the SLP St. Louis Open II Bench Press/Deadlift Championship! (Thanks to Dr. Darrell Latch for results)

**Lakeland Powerlifting Meet  
22 MAY 05 - Coldwater, MI**

123-132 lbs.	SQ	BP	DL	TOT
Tran	315	245	365	925
132-148 lbs.				
Vang	285	275	410	970
Curry El	275	—	405	680
148-165 lbs.				
Buffen	240	275	315	830
165-181 lbs.				
Chapman	435	320	515	1270
181-198 lbs.				
Micheals	475	325	475	1275
Worth	365	320	500	1185
Gregory	315	295	435	1045
Morgan	245	245	505	995
Loepke	335	225	—	560
198-220 lbs.				
Carter-X	675	330	495	1500
McCoy	315	335	495	1145
Villa	345	—	495	840
220-242 lbs.				
Henley	695	—	—	695

Meet Director: Mr. Bruce White. Carter-X set the squat records for LCF. 14 lifters competed, and four bombed out. (Thanks to Bruce White for providing these results)

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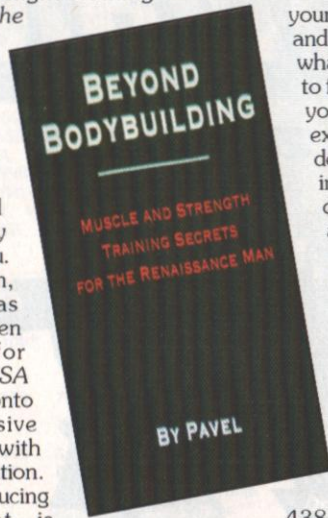
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Signature: \_\_\_\_\_ If under 21 yrs., Parent initial: \_\_\_\_ Date: \_\_\_\_\_; Prior Registration #: \_\_\_\_\_  
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Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
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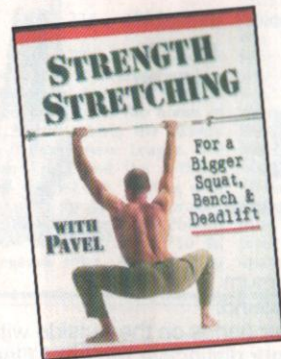


**FOR REVIEW** - *Beyond Bodybuilding, Muscle and Strength Training Secrets for the Renaissance Man* by Pavel Tsatsouline is a new book published by Dragon Door Publications. The name Pavel Tsatsouline may be familiar to you. Yes, it's Russian, and he has previously written articles for *Powerlifting USA* before going onto an exclusive arrangement with another publication. Now he is producing material that is directed toward powerlifting and strength athletes of any other kind. Not only does Pavel know all about the extensive Russian theories and practices for gaining strength, he has since become very familiar, during his time in the United States, with popular American experts as well. In this book there are about a half dozen references to Louis Simmons, more than a dozen to Paul Anderson, and other well known powerlifting figures that are either quoted or referred to include George Halbert, Ernie Frantz, Bob Peoples, Bill Starr, Marty Gallagher, Kirk Karwoski, Dr. Fred Hatfield, Dr. Ken Leistner, Paul Kelso, and many others. This book is a collection of numerous pointers about different aspects of strength. Pavel deftly transitions from scientific journal references from the historically great Russian researchers, to the rough and tumble training techniques of the Russian commandos he used to teach, to how the venerable kettlebell might put pounds on your deadlift. Now that he's in the United States, he's merged in a lot of Westside Barbell stuff and other Western style training programs into his approach. What you're going to find in this book is a broad river of strength related advice. Certainly, some of these tidbits are going to be very useful to a particular type of strength athlete, depending on their



circumstances and their sport. However, Pavel covers the gamut, from older practitioners to youngsters, from Olympic lifters to powerlifting, and on to bodybuilders, martial arts, etc. No matter what your specific field of interest, you're going to find several ideas here which will be useful in your own training program. The photos are excellent, with some very good exercise demonstration shots. There are eight sections in the book. The first is about power training, describing a lot of different training techniques and programs. It also has questions and answers that pertain to training programs. The second section is about planning your training. There are a couple of articles and a question and answer section. Three is about the back, legs are covered in section four, neck and shoulders in section five, arms in section six, and the chest in section seven. Section eight is "anytime anywhere with bodyweight exercises" so you can stay strong with you're on the road. \$49.95, from Dragon Door Publications, PO Box 4381, St. Paul, MN 55104, 651-487-2180, www.dragondoor.com, support@dragondoor.com

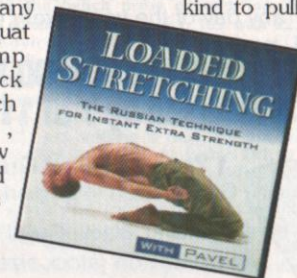
*Strength Stretching for a Bigger Squat, Bench, and Deadlift* is a new DVD by Pavel Tsatsouline. As indicated on the brochure, traditional stretching programs actually weaken your lifting, but, if you don't stretch you'll be subject to injuries and not reach your full potential. Pavel has developed a stretching protocol specifically designed to increase a powerlifter's strength. Among the items covered is



a tip on how you can gain up to 15% on your pulling strength simply by properly arching your back. The kettlebell depth squat is another key exercise for developing excellent squatting and pulling form. Pavel makes wide stance sumo deadlifting look so efficient, and describes how to squat major weight without bothering your shoulders and elbows. The DVD is 38 minutes long, and it

utilizes some very interesting graphic treatments to make the presentations. Pavel indicates six keys to squat flexibility, and he always demonstrates what he's talking about. He synthesizes powerful visual concepts, so you'll readily understand what he's talking about. Pavel has a bit of an accent, but his personal "presence" allows him to communicate in English very effectively. \$39.95, available from Dragon Door Publications, PO Box 4381, St. Paul, MN 55104, 651-487-2180, www.dragondoor.com, support@dragondoor.com

*Loaded Stretching, the Russian Technique for Instant Extra Strength* is another new DVD by Pavel Tsatsouline. The concept of "loaded stretching" was developed in Russia and it's been a virtual Eastern Bloc secret for a couple of decades, but it enables athletes of any heavier, squat more, jump higher, kick and punch harder, throw farther, and press bigger - almost instantly. It was developed by one of the great Soviet researchers, Vorobyev, and you can watch what Pavel does with this technique, and apply it to your own strength exploits right away. It improves your strength immediately by an appreciable percentage, regarding whether it's one of the powerlifts or some other athletic endeavor. This is clearly something that the Russian athletes have incorporated to their training for years, and I'm not so sure Americans have ever picked up on it. In powerlifting, it has direct application to your total and the number of successful attempts you make. Once you learn this clever, yet simple technique, you should see real benefit. This DVD is 20 minutes long, \$24.95, available from Dragon Door Publications, PO Box 4381, St. Paul, MN 55104, 651-487-2180, www.dragondoor.com, support@dragondoor.com



**WNPF Georgia Powerlifting**  
3 APR 05 - Atlanta, GA

BENCH	148 lbs.	(35-39)	Raw	520
Sternberg	130		Raw	520
MEN	165 lbs.	(17-19)	Woodard	210
Open Raw	198 lbs.		Clifton	350
Clifton	350		Raw	350
Open	220 lbs.		McKinney	445
Kayes	320		Woodard	405

198 lbs.	Open	520
Smith	(35-39)	520
Smith	(40-49)	720
Meyers*	(40-49) Raw	480
Kayes	242 lbs.	
Watts	(40-49) Raw	
DEADLIFT	220 lbs.	
Novice	375	
Shelter	(40-49) Raw	405
Housworth	275 lbs.	
Braden*	500	
Best American Records.	*=Best Lifters.	

Fowler	555
POWERCURL	148 lbs.
Open	80
Sternberg	80
MEN	220 lbs.
(40-49)	160
Kayes	160

SQ	BP	DL	TOT
375	255	405	1035
405	285	345	1035
500	320	600	1420

J. zuercher	264
-------------	-----

C. Singleton	314
Open	148 lbs.
R. Fry	352
N. Arguello	336
220 lbs.	440
C. Ford	440
B. Padulovich	440
B. Padulovich	429
J. Miller	352
242 lbs.	380
G. Palm	380
S. Carradine	424
Teen (16-17)	114 lbs.
R. Maestas	137
165 lbs.	248
N. Meyer	248
Teen (18-19)	181 lbs.
181 lbs.	308
M. Johnson	308
220 lbs.	374
D. Kelley	374

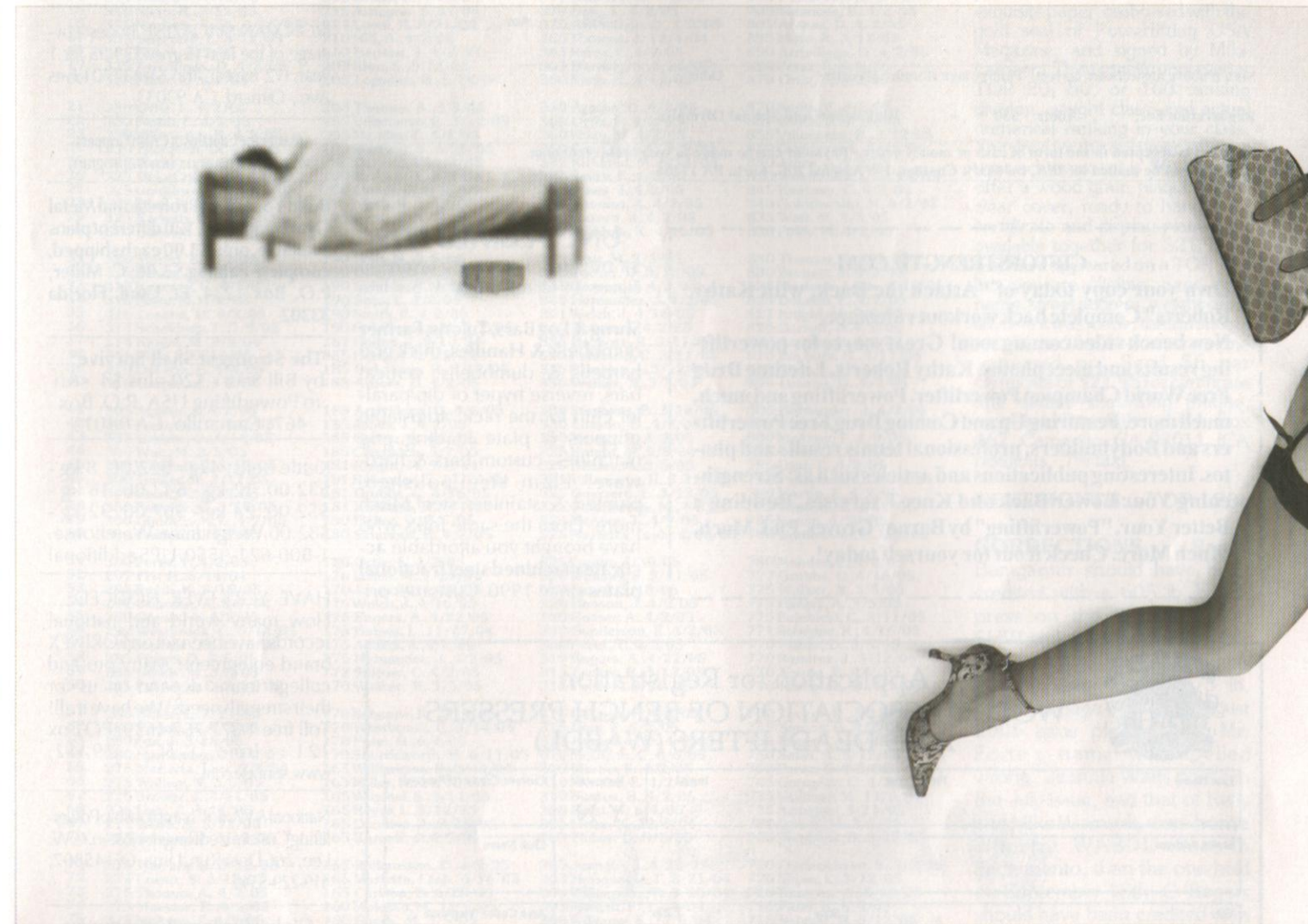
T. Ruppert	352
R. Roberto	308
242 lbs.	418
R. Knight	418
B. Hutchinson	352
(45-49)	198 lbs.
198 lbs.	248
R. Keele	248
(55-59)	308
242 lbs.	407
J. Enenbach	407
275 lbs.	198
H. Blackman	198
(60-64)	198 lbs.
123 lbs.	198
R. Trujillo	198
198 lbs.	—
Wischkowski	—
(65-69)	259
198 lbs.	
P. Predecki	259

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WOMEN	(45-49)	165 lbs.	143
C. York	143		
MEN	Teen (14-15)	132 lbs.	159
132 lbs.	V. Scavuzzo	159	
220 lbs.	264		

Open	148 lbs.	352
N. Arguello	336	
181 lbs.	352	
T. Cencich	352	
220 lbs.	352	
F. Prutch	352	
J. Miller	352	
(Thanks to USAPL for providing results)		

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**TOP 100**

For standard 114 lb./52 Kg. USA lifters in results received from Jul/2004 through Jun/2005

SQUAT	BENCH	DEADLIFT	TOTAL
1 457 Milian, E..5/14/05	319 Pham, H..12/2/04	518 Gainer, E..7/9/04	1251 Gainer, E..7/9/04
2 440 Gainer, E..5/6/05	308 Gainer, E..7/9/04	462 Milian, E..5/14/05	1162 Milian, E..5/14/05
3 435 Leoni, R..8/21/04	270 Scheldrup, T..6/11/05	446 Askeu, M..5/14/05	1086 Leoni, R..8/21/04
4 413 Scruggs, J..7/9/04	265 Cohn, D..8/21/04	440 Leoni, R..8/21/04	1052 Askeu, M..5/14/05
5 410 Zeolla, G..4/16/05	253 Barleen, D..5/20/05	413 Scheldrup, T..7/9/04	1030 Zeolla, G..4/16/05
6 402 Kirkland, M..6/4/05	242 Millan, E..5/14/05	402 Sonnier, C..5/14/05	1008 Summers, D..4/16/05
7 395 Summers, D..4/16/05	242 Askeu, M..5/14/05	402 Barleen, D..5/20/05	981 Barleen, D..5/20/05
8 380 Summers, D..4/16/05	236 Silva, K..11/10/04	395 DeLaCruz, R..3/12/05	964 Scheldrup, T..7/9/04
9 363 Askeu, M..5/14/05	236 Summers, D..4/16/05	391 Summers, D..4/16/05	959 Sonnier, C..5/14/05
10 363 Sonnier, C..5/14/05	230 Gualteri, V..11/19/04	388 Westbrook, C..5/14/05	955 Soto, L..4/2/05
11 363 Hartwig, S..5/26/05	230 Murphy, G..12/11/04	375 Hill, A..4/2/05	931 Hartwig, S..5/26/05
12 360 Arness, D..4/2/05	230 Faccio, A..4/30/05	375 Simmons, B..4/2/05	931 Kirkland, M..6/4/05
13 350 Simmons, B..4/2/05	215 Aanenson, K..3/5/05	375 Kearney, C..4/2/05	920 Hill, A..4/2/05
14 341 Welch, J..4/16/05	215 Zeolla, G..4/16/05	370 Soto, L..4/2/05	905 DeLaCruz, R..3/12/05
15 340 Nieto, R..3/12/05	215 Arnagno, S..5/21/05	370 Arrivillaga, D..4/2/05	905 Simmons, B..4/2/05
16 336 Marietta, Leah..4/16/05	214 Leoni, R..8/21/04	365 Thomas, J..12/4/04	905 Arness, D..4/2/05
17 335 Guerrero, L..3/12/05	210 Hill, A..4/2/05	365 Nieto, R..3/12/05	895 Nieto, R..3/12/05
18 335 Hill, A..4/2/05	210 Henson, J..4/2/05	365 Perez, E..4/2/05	890 Arrivillaga, D..4/2/05
19 335 Arrivillaga, D..4/2/05	209 Rinn, S..5/14/05	363 Hartwig, S..5/26/05	890 Perez, E..4/2/05
20 330 Perez, E..4/2/05	205 Logsdon, H..8/28/04	360 Nieto, R..3/12/05	870 Ortiz, F..4/2/05
21 330 Ortiz, F..4/2/05	205 Thomas, A..3/5/05	360 Arness, D..4/2/05	870 Smith, E..4/2/05
22 330 Smith, E..4/2/05	205 Villanueva, R..3/12/05	360 Ortiz, F..4/2/05	859 Welch, J..4/16/05
23 330 Villanueva, R..3/12/05	205 Mendez, E..4/2/05	360 Foley, M..4/2/05	855 Villanueva, R..3/12/05
24 330 Hampton, D..4/2/05	203 Hartwig, S..5/26/05	360 Pearyman, C..4/9/05	850 Guerrero, L..3/12/05
25 325 Bachorz, R..3/11/05	200 DeLeon, E..4/2/05	352 Kirkland, M..8/21/04	850 Jones, J..4/2/05
26 325 DeLaCruz, R..3/12/05	200 McAvoy, T..4/9/05	350 Smith, E..4/2/05	850 Westbrook, C..5/14/05
27 325 Goldthwaite, M..4/2/05	200 Luster, J..4/16/05	350 Jones, J..4/2/05	845 Kearney, C..4/2/05
28 325 Diaz, P..4/2/05	195 Nieto, R..3/12/05	350 Thomas, A..4/2/05	840 Goldthwaite, M..4/2/05
29 325 Barleen, D..5/20/05	195 Perez, E..4/2/05	350 Garrett, J..4/2/05	835 Wait, M..3/5/05
30 320 Burnett, J..4/2/05	192 Sonnier, C..5/14/05	347 Scheppe, K..4/16/05	830 Foley, M..4/2/05
31 320 Martin, E..4/2/05	190 Wait, M..3/5/05	345 Wait, M..3/5/05	830 Thomas, A..4/2/05
32 315 Jones, J..4/2/05	190 Guerrero, L..3/12/05	345 Tucker, B..3/18/05	830 Burnett, J..4/2/05
33 315 Kearney, C..4/2/05	190 Salazar, R..3/12/05	345 Burnett, J..4/2/05	826 Marietta, Leah..4/16/05
34 315 Foley, M..4/2/05	190 Soto, L..4/2/05	345 Hernandez, J..4/2/05	825 DeLeon, E..4/2/05
35 315 Lozano, D..4/2/05	190 Smith, E..4/2/05	341 Welch, J..4/16/05	821 Knight, M..9/8/04
36 314 Scheldrup, T..7/9/04	190 Goldthwaite, M..4/2/05	340 Acosta, J..4/2/05	820 Garrett, J..4/2/05
37 314 Knight, M..9/8/04	187 Hollier, J..9/10/04	335 Bachorz, R..3/11/05	820 Acosta, A..4/2/05
38 314 Rinn, S..5/14/05	185 Henley, A..3/5/05	335 Palubicki, C..3/11/05	810 Bachorz, R..3/11/05
39 310 DeLeon, E..4/2/05	185 DeLaCruz, R..3/12/05	335 Ramirez, J..3/12/05	810 Rinn, S..5/14/05
40 310 Garrett, J..4/2/05	185 Arness, D..4/2/05	330 Walker, N..3/5/05	805 Lozano, D..4/2/05
41 305 Acosta, J..4/2/05	185 Arrivillaga, D..4/2/05	330 Stephens, B..3/18/05	800 Hernandez, J..4/2/05
42 305 Gonzalez, C..4/2/05	185 Jones, J..4/2/05	330 Lozano, D..4/2/05	800 Henson, J..4/2/05
43 303 Grubbs, C..4/16/05	185 Gomez, A..4/2/05	330 Young, R..4/2/05	800 McAvoy, T..4/9/05
44 300 Wait, M..3/5/05	185 Claypatch, S..7/7/05	325 Knight, M..9/8/04	795 Gomez, A..4/2/05
45 300 Winchell, S..3/11/05	181 Knight, M..9/8/04	325 Henley, A..3/5/05	795 Diaz, P..4/2/05
46 300 Tucker, R..3/12/05	181 Resendez, E..11/20/04	325 Villanueva, R..3/12/05	795 Pearyman, C..4/9/05
47 300 Salas, A..3/12/05	181 Grubbs, C..4/16/05	325 Guerrero, L..3/12/05	790 Martin, E..4/2/05
48 300 Pawelek, C..3/18/05	181 Kirkland, M..6/4/05	325 Goldthwaite, M..4/2/05	785 Winchel, S..3/11/05
49 300 Gunderson, E..4/2/05	180 Fisher, D..3/5/05	325 McAvoy, T..4/9/05	785 Faccio, A..4/30/05
50 300 Santos, B..4/2/05	180 Simmons, B..4/2/05	325 Marietta, Leah..4/16/05	780 Gunderson, E..4/2/05
51 300 Perez, T..4/2/05	180 Ortiz, F..4/2/05	325 Faccio, A..4/30/05	780 Mendez, E..4/2/05
52 297 Fry, H..8/14/04	176 Leach, M..7/24/04	320 Winchel, S..3/11/05	777 Grubbs, C..4/16/05
53 295 Smith, K..3/18/05	176 Jones, W..1/29/05	320 Fox, J..3/18/05	775 Walker, N..3/5/05
54 292 DeLeon, E..4/2/05	176 Welch, J..4/16/05	320 Henson, J..4/2/05	775 Henley, A..3/5/05
55 290 Gomez, A..4/2/05	176 Rogers, A..4/22/05	320 Gomez, A..4/2/05	775 Palubicki, C..3/11/05
56 292 Westbrook, C..5/14/05	175 Haines, L..11/27/04	320 Gunderson, E..4/2/05	771 Scheppe, K..4/16/05
57 290 Molosso, M..11/6/04	175 Acosta, J..4/2/05	320 Perez, T..4/2/05	770 Fisher, D..3/5/05
58 285 Fisher, D..3/5/05	175 Hernandez, J..4/2/05	319 Rogers, A..4/22/05	770 Ramirez, J..3/12/05
59 285 Goods, M..3/5/05	172 Stiltner, C..4/2/05	315 Tucker, R..3/12/05	770 Young, R..4/2/05
60 285 Palubicki, C..3/11/05	170 Walker, M..3/5/05	315 Ford, R..3/26/05	770 Hampton, D..4/2/05
61 285 Houle, L..3/11/05	170 Scheppe, K..3/19/05	315 DeLeon, E..4/2/05	760 Tucker, R..3/12/05
62 285 Young, R..4/2/05	170 Westbrook, C..5/14/05	315 Diaz, P..4/2/05	760 Santos, B..4/2/05
63 280 Fox, J..3/18/05	170 Patel, H..6/4/05	315 Hampton, D..4/2/05	755 Rogers, A..4/2/05
64 280 Hernandez, J..4/2/05	170 Shuttlesworth, M..6/11/05	310 McGlynn, C..3/6/05	750 Salas, A..3/12/05
65 275 Marietta, Lori..9/8/04	165 Williamson, B..8/14/04	310 Martin, E..4/2/05	750 Perez, T..4/2/05
66 275 Walker, N..3/5/05	165 Miller, H..11/10/04	310 Mendez, E..4/2/05	745 Gonzalez, C..4/2/05
67 275 Brewer, J..3/11/05	165 Winchel, S..3/11/05	310 Santos, B..4/2/05	735 Molosso, M..11/6/04
68 275 Dahl, J..3/11/05	165 Reyes, L..3/12/05	308 Patel, H..6/4/05	735 Arnagno, S..5/21/05
69 275 Webb, B..3/11/05	165 Denmon, A..3/18/05	305 Lister, K..12/4/04	730 Goods, M..3/5/05
70 275 Ramirez, J..3/12/05	165 Burnett, J..4/2/05	305 Fisher, D..3/5/05	725 Stephens, B..3/18/05
71 275 Herrera, B..3/12/05	165 Richardson, C..4/9/05	305 Juanglo, J..4/23/05	720 Frederickson, S..3/5/05
72 275 Fraser, S..3/18/05	165 Marietta, Leah..4/16/05	303 McGonagle, T..8/21/04	720 Reyes, L..3/12/05
73 275 Thomas, A..4/2/05	165 Carlson, B..6/25/05	303 Williamson, B..9/25/04	720 Denmon, A..3/18/05
74 275 Maestas, R..4/2/05	160 Molosso, M..11/6/04	303 Metcalf, P..12/4/04	716 Patel, H..6/4/05
75 275 McAvoy, T..4/9/05	160 Goods, M..3/5/05	300 Williams, S..11/6/04	715 Salazar, R..3/12/05
76 275 Pearyman, C..4/9/05	160 Ramirez, J..3/12/05	300 Carden, M..2/12/05	710 Fox, J..3/18/05
77 275 Hester, J..5/14/05	160 Laguna, M..3/12/05	300 Frederickson, S..3/5/05	705 Bagsby, D..4/2/05
78 270 Frederickson, S..3/5/05	160 Garrett, J..4/2/05	300 Reyes, K..3/12/05	705 Maestas, R..4/2/05
79 270 Henson, J..4/2/05	160 Lozano, D..4/2/05	300 Parks, D..3/18/05	705 Hester, J..5/14/05
80 270 Bagsby, D..4/2/05	160 Martin, E..4/2/05	300 Estrada, C..3/18/05	700 Herrera, B..3/12/05
81 265 Fairchild, K..11/20/04	160 Gunderson, E..4/2/05	300 Gonzalez, C..4/2/05	700 Luster, J..4/16/05
82 265 Henley, A..3/5/05	160 Pearyman, C..4/9/05	300 Bagsby, D..4/2/05	699 Williamson, B..9/25/04
83 265 Wilson, C..3/11/05	160 Garrett, T..4/30/05	300 Cooper, C..4/9/05	699 Metcalf, P..12/4/04
84 265 Ghinaudo, C..3/18/05	159 Garmer, C..8/14/04	300 Andriorio, S..2/1/05	695 Rein, J..4/2/05
85 265 Mendez, E..4/2/05	159 Lemes, M..9/10/04	297 Zantmaster, B..8/21/04	690 Williams, S..11/6/04
86 264 Hansen, M..4/2/05	159 Brigham, C..4/9/05	297 Hansen, M..4/2/05	690 Brewer, J..3/11/05
87 260 Williams, S..11/6/04	155 Dunn, J..9/25/04	295 Rico, O..3/5/05	690 Sealy, R..3/18/05
88 260 Stephens, B..3/18/05	155 John, A..10/23/04	295 Brewer, J..3/11/05	685 Dahl, J..3/11/05
89 260 Sealy, R..3/18/05	155 Palubicki, C..3/11/05	295 Salas, A..3/12/05	683 Hairston, D..12/11/04
90 260 Credeur, M..3/18/05	155 Salas, A..3/12/05	295 Sealy, R..3/18/05	683 Fry, H..2/13/05
91 260 Berry, V..3/18/05	155 Kearney, C..4/2/05	292 Zadubera, S..11/10/04	683 Brigham, C..4/9/05
92 260 Cantu, K..3/18/05	155 Foley, M..4/2/05	292 Hairston, D..12/11/04	680 Fairchild, K..11/20/04
93 260 Cooper, C..4/9/05	155 Diaz, P..4/2/05	292 Baldwin, S..4/2/05	680 Whately, M..3/5/05
94 259 Meetcalf, P..12/4/04	155 Young, R..4/2/05	292 Grubbs, C..4/16/05	680 Smith, K..3/18/05
95 259 Brigham, C..4/9/05	154 Sage, O..9/19/04	290 San Miguel, D..3/5/05	680 Cooper, C..4/9/05
96 259 Rogers, A..4/22/05	154 Hairston, D..12/11/04	290 Herrera, B..3/12/05	680 Carlson, B..6/25/05
97 255 Reyes, L..3/12/05	154 Rein, J..4/2/05	287 Badgujar, A..7/31/04	677 Deutsch, L..10/5/04
98 255 Laguna, M..3/12/05	150 Frederickson, S..3/5/05	286 Deutsch, L..10/5/04	677 Hansen, M..4/2/05
99 254 Rein, J..4/2/05	150 Whatley, M..3/5/05	286 Fleming, J..10/29/04	675 Pawelek, C..3/18/05
100 253 Scheppe, K..4/16/05	150 Bachorz, R..3/11/05	286 Clough, J..3/26/05	672 Marietta, Lora..9/8/04

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**NEXT MONTH... TOP 123s**

**CORRECTIONS ...** Randy Bungamer should have been credited with a 605 lb. bench press on the last TOP 100 SHW ranking list. Jose Garcia's performance of 8/7/04 was actually done in the 275 lb. class. On page 64 of the August 2005 issue of PL USA, Mr. Forte's name was spelled wrong. Jeannie Watts photo in the July issue, and that of Kelly and Mike Womack, were from a different WABDL meet in Sacramento, than the one held on September 18th. C. Rogers should have been credited with a 600 bench press on the TOP 100 275 lb. class list. Rick Chavez indicates he should have been credited with a 719 squat on the 2004 TOP 20 Masters list for the 242 lb. class. Mike Miller indicates that the disavowal of his 1200 lb. squat on the internet was a misrepresentation and that the lift should have been counted on the TOP 100 SHW ranking. 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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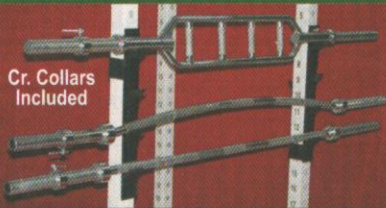
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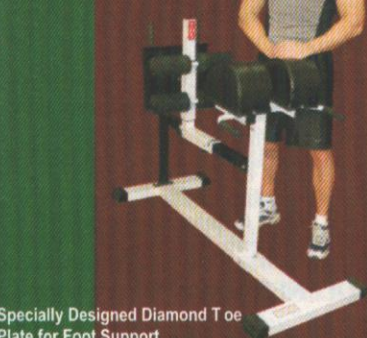
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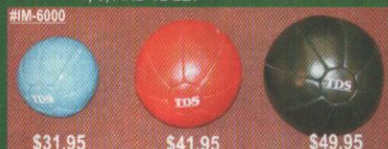
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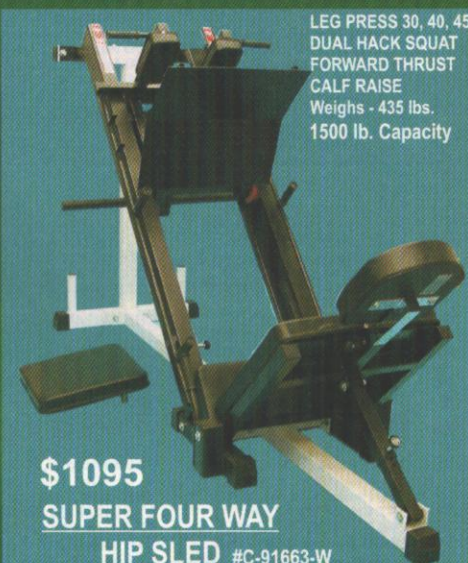


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BLACK OR CHROME FINISH  
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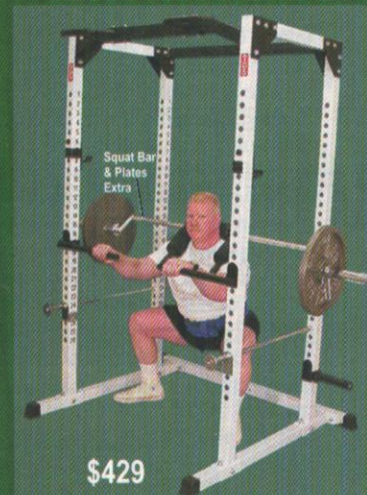
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Weighs - 435 lbs.  
1500 lb. Capacity

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1" Dia Solid Chrome Plated Steel Pins  
Holes Spaced every 2" for Progressive Lifting  
Heavy Duty "J" Hooks  
Front Chin up Bars  
1000 lb. Load Capacity

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Deep Knurled for Better Grip  
1.25" Dia. Steel Bar - Knurled & Chrome Plated  
Plates, Stand & Collars are not included

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6, 12, 18, 24  
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13mm buckle belt \$70  
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Choice of stiff  
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firmest support or  
soft leather for  
immediate comfort.

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conform over time for a  
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tapered to 6cm body-building style  
suede both sides, suede inside only, or smooth leather both sides.

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