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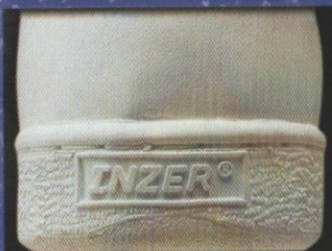
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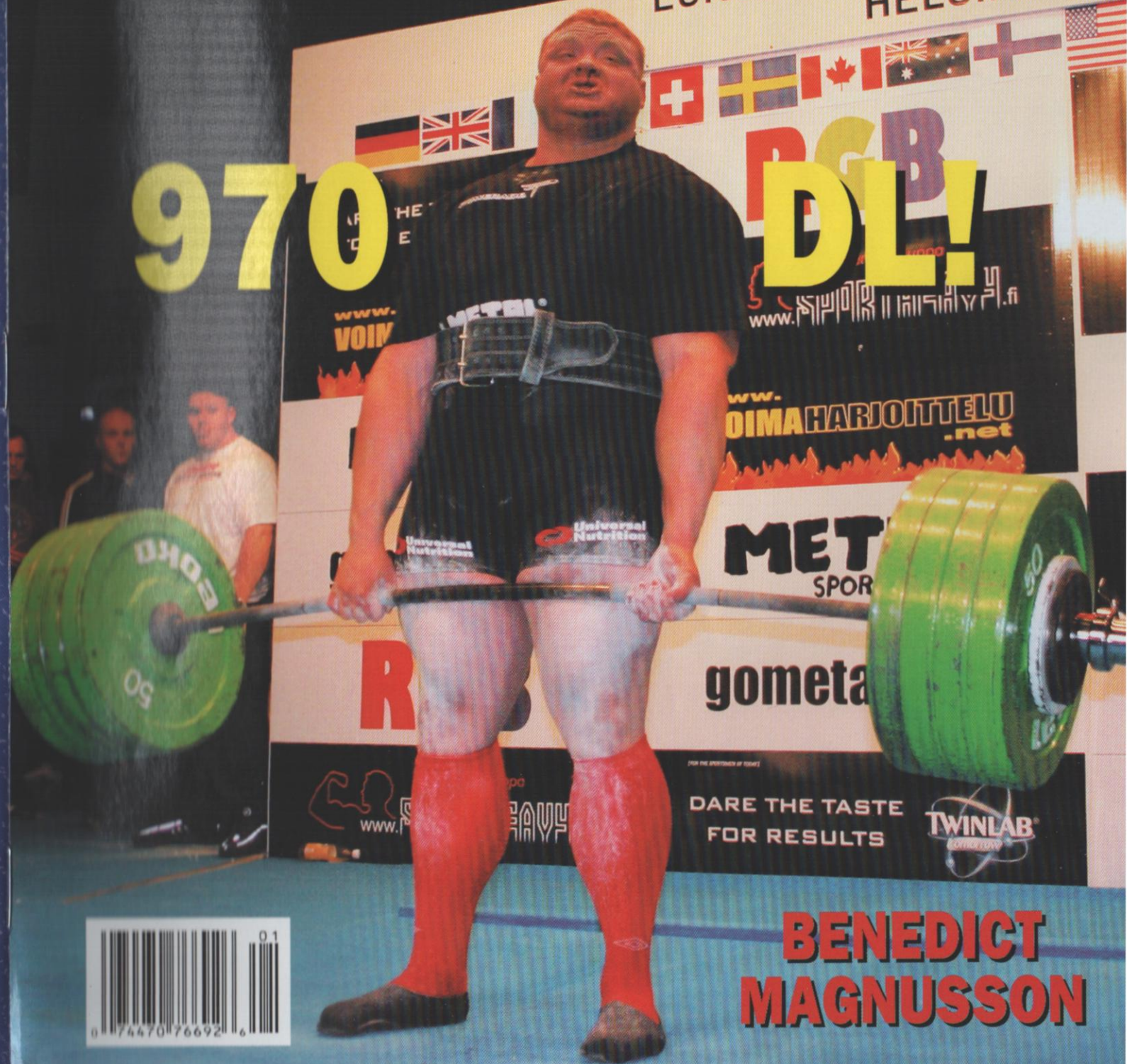
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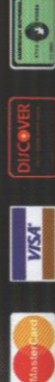
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Todd Margolis, Rob Fletcher and Relson Gracie
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 Publisher *Mike Lambert*

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

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ON THE COVER - the biggest deadlift in the history of the world... 970 lbs. by Benedict Magnusson of Iceland at the WPC World Championships in Finland (copyright Kari Hyvonen)

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The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear. A first.

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitor's attempt at a premium suit. Only HardCore has Memoryô which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLockô will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE



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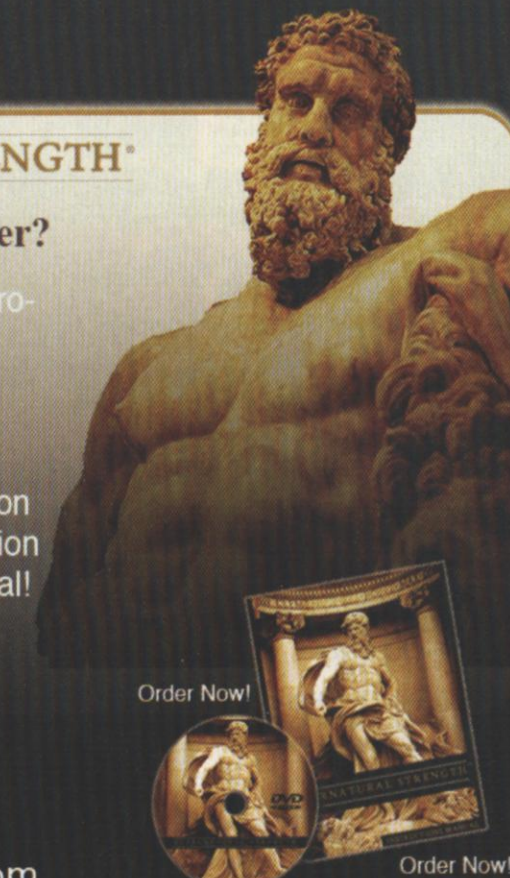


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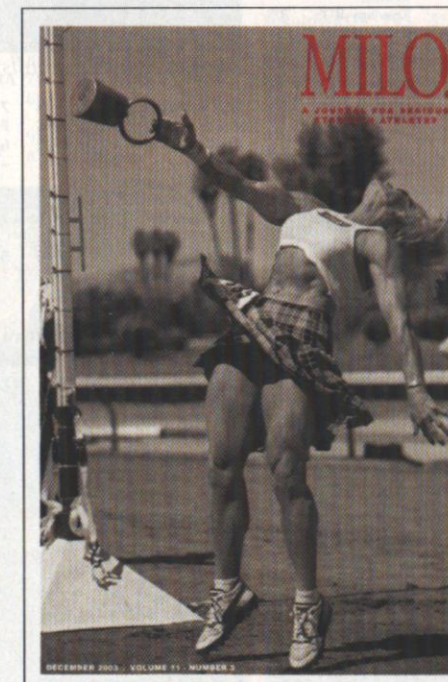
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Remember when the strongest kid in your school was a girl?!

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

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WORLD POWERLIFTING CONGRESS
WORLD CHAMPIONSHIPS 2005
HELSINKI FINLAND



The Russian Contingent... was extensive. (this and other photographs provided courtesy of Yuri Ustinov)

WPC Bench Press Worlds
2-4 NOV 05 - Helsinki, FIN

WOMEN	Weight	Name	Country	SQ	BP	DL	TOT
Teen (13-15)	114 lbs.	K. Cepis-LAT	77				
198+ lbs.	Ashton-USA	159					
Teen (18-19)	165 lbs.	Fitzpatrick-USA	121				
Junior	165 lbs.	Pikunyy-UKR	304				
Master (40-44)	198 lbs.	Skrypkina-UKR	115				
Open	114 lbs.	Frolova-CAN	209				
132 lbs.	Bemova-RUS	231					
132 lbs.	E. Virkki-FIN	226					
132 lbs.	L. Bagina-RUS	209					
132 lbs.	Rakcheva-RUS	319					
132 lbs.	Ludachev-RUS	319					
132 lbs.	Ludamaj-LAT	165					
181 lbs.	E. James-UK	286					
198 lbs.	Strakhov-RUS	242					
198 lbs.	A. Rosen-SWE	352					
Master (50-54)	148 lbs.	Bobrovit-CAN	275				
165 lbs.	Koshkin-RUS	—					
198 lbs.	K. Taul-EST	374					
181 lbs.	Haaparan-FIN	578					
220 lbs.	A. Mattei-FRA	385					
220 lbs.	Mamedo-RUS	540					
308+ lbs.	Makeev-RUS	176					
308+ lbs.	Reinholds-LAT	496					
308+ lbs.	H. Ben-FRA	352					
308+ lbs.	Oliyarni-UKR	474					
308+ lbs.	Ayvazov-RUS	374					
308+ lbs.	Sprogis-LAT	330					
308+ lbs.	J. Kallio-FIN	529					
308+ lbs.	Wennings-AU	468					
308+ lbs.	Vuorela-FIN	440					
308+ lbs.	Pajunoja-FIN	639					
308+ lbs.	H. Ecker-AU	551					
308+ lbs.	Klymenko-UKR	518					
308+ lbs.	M. Isotov-GER	474					
308+ lbs.	Rinkinen-FIN	429					
308+ lbs.	Rantanen-FIN	705					
308+ lbs.	A. Juden-FIN	606					
308+ lbs.	Master (40-44)	165 lbs.					
308+ lbs.	Trukhin-RUS	374					
308+ lbs.	181 lbs.	P. Purgin-RUS	418				
308+ lbs.	Marinis-USA	—					
308+ lbs.	220 lbs.	J. Martin-USA	507				
308+ lbs.	Haynes-USA	501					

WPO European Bench Bash
5 NOV 05 - Helsinki, FIN

WOMEN	Weight	Name	Country	SQ	BP	DL	TOT
132 lbs.	S. Craig-USA	380					
132 lbs.	Baudoux-FRA	281					
132 lbs.	Varela-USA	584					
165 lbs.	Master (60-64)	165 lbs.					
165 lbs.	Chepets-RUS	396					
165 lbs.	Kuzmin-LAT	341					
165 lbs.	Feravd-FRA	253					
181 lbs.	Lancaste-USA	385					
181 lbs.	R. Birch-AUS	352					
181 lbs.	Master (65-69)	148 lbs.					
181 lbs.	Vyborov-RUS	198					
181 lbs.	F. Camanita	534					
181 lbs.	198 lbs.	363					
181 lbs.	R. Inesch	661					
220 lbs.	Goldman-RUS	319					
220 lbs.	Teen (13-15)	148 lbs.					
220 lbs.	J. Vinni	650					
220 lbs.	Ivanusins-LAT	319					



Marina Bemova...pulls up nicely

WOMEN	Weight	Name	Country	SQ	BP	DL	TOT
132 lbs.	O. Solovyov	672					
132 lbs.	A. Wilson	705					
132 lbs.	R. Bodry	595					
132 lbs.	H. Echer	540					
132 lbs.	Super Heavyweights	308 lbs.					
132 lbs.	V. Kravtsov	700					
132 lbs.	SHW	716					
132 lbs.	K. Kalliola	716					

WPO European Semi Finals
5-6 NOV 05 - Helsinki, FIN

Best Lifts	Weight	Name	Country	SQ	BP	DL	TOT
132 lbs.	M. Savarovs	463					
132 lbs.	Haaparanta	688					
132 lbs.	O. Kutcher	848					
132 lbs.	V. Tzvetkov	727					
132 lbs.	S. Selkainaho	694					
132 lbs.	M. Mette	650					
132 lbs.	I. Kororev	—					
132 lbs.	Middleweights	181 lbs.					
132 lbs.	D. Solovyov	705					
132 lbs.	198 lbs.	S. Frankl	854				
132 lbs.	C. Jenkins	749					

J. Someroja	859	639	727	2226	
H. Selsam	903	507	727	2138	
I. Mursu	804	600	722	2127	
P. Rantanen	815	562	727	2105	
T. Avola	815	518	738	2072	
A. Rajala	892	485	—	1377	
E. Reksne	—	507	749	1256	
242 lbs.	B. Swanson	804	530	694	2029
242 lbs.	O. Solovyov	903	661	799	2364
242 lbs.	O. Vishnitsky	903	573	815	2292
242 lbs.	E. Jalko	804	562	705	2072
275 lbs.	I. Arvai	970	606	848	2425
275 lbs.	S. Moser	937	617	799	2353
275 lbs.	M. Bartley	1025	—	711	1736
275 lbs.	J. Ihalainen	154	595	551	1300
275 lbs.	A. Bolton	1146	633	942	2722
275 lbs.	D. Thompson	1052	782	749	2584
275 lbs.	V. Alhazov	1168	551	804	2524
275 lbs.	K. Kalliola	1036	722	666	2425
275 lbs.	M. Tibor	837	518	815	2171
275 lbs.	B. Magnusson	286	286	970	1543
275 lbs.	H. Kuttroff	—	—	683	683

WPC Powerlifting Worlds
2-4 NOV 05 - Helsinki, FIN

WOMEN	Weight	Name	Country	SQ	BP	DL	TOT
123 lbs.	S. Clark-USA	181					
123 lbs.	S. Clark-USA	226					
123 lbs.	Open	132 lbs.					
123 lbs.	Bagina-RUS	451					
123 lbs.	Bemova-RUS	385					
123 lbs.	Ivanova-UKR	551					
123 lbs.	Rantanen-FIN	374					
123 lbs.	Teen (13-15)	198+ lbs.					
123 lbs.	Linehan-USA	303					
123 lbs.	Teen (18-19)	165 lbs.					
123 lbs.	Fitzpatrick	308					
123 lbs.	Teen (16-17)	275 lbs.					
123 lbs.	Macri-AUS	617					
123 lbs.	Teen (18-19)	132 lbs.					
123 lbs.	Brown-USA	325					
123 lbs.	165 lbs.	V. Mysak-UKR	507				
123 lbs.	181 lbs.	Nikishin-RUS	606				
123 lbs.	Zaluzinskis	463					
123 lbs.	198 lbs.	Kalyun-UKR	584				
123 lbs.	Bogachevsky	628					
123 lbs.	220 lbs.	Dovhanyuk	826				
123 lbs.	275 lbs.	Ruuskanen	529				



New King... Benedict Magnusson

Junior	165 lbs.	Sakikov-EST	617				
165 lbs.	Konstantinov	529					
181 lbs.	Oesterle-GER	661					
181 lbs.	Lindley-AUS	639					
181 lbs.	Guest	242 lbs.					
181 lbs.	Ayvazov-RUS	771					
181 lbs.	Volodymyr	755					
181 lbs.	Soboliev-RUS	683					
181 lbs.	Douglas-AUS	352					
181 lbs.	J. Frey-USA	788					
181 lbs.	Vuorela-FIN	771					
181 lbs.	Benzler-GER	815					
181 lbs.	Ecker-AU	661					
181 lbs.	Rumjantsev-EST	242 lbs.					
181 lbs.	Klymenko	771					
181 lbs.	M. Lehto-FIN	705					
181 lbs.	Mentula-FIN	661					
181 lbs.	275 lbs.	Rantanen-FIN	948				
181 lbs.	Schurr-GER	749					
181 lbs.	Open	114 lbs.					
181 lbs.	Artemyev	418					
181 lbs.	123 lbs.	Artemyev	446				
181 lbs.	132 lbs.	Brown-USA	341				
181 lbs.	148 lbs.	Kokorev-RUS	661				
181 lbs.	Morse-USA	468					
181 lbs.	165 lbs.	Tsvetkov-RUS	760				
181 lbs.	148 lbs.	Atvazov-RUS	694				
181 lbs.	Galati-AUS	485					
181 lbs.	Durand-FRA	507					
181 lbs.	181 lbs.	Sharapov-RUS	777				
181 lbs.	J. Hurley-GB	771					
181 lbs.	P. Avila-FIN	694					
181 lbs.	Horanek-AU	551					
181 lbs.	Baumer-EST	617					
181 lbs.	198 lbs.	Matveev-GER	749				
181 lbs.	Mamedov	804					
181 lbs.	Bukhtiyuchuk	793					
181 lbs.	Pykaiainen	661					
181 lbs.	220 lbs.	Grachev-RUS	837				
181 lbs.	Someroja-FIN	771					
181 lbs.	Vdovkin-RUS	782					
181 lbs.	Schoele-GER	716					
181 lbs.	Friberg-SWE	694					
181 lbs.	Antoni-GER	705					
181 lbs.	O. Timofeev-RUS	—					
181 lbs.	Guest	M. Sinetskin-RUS	242 lbs.				
181 lbs.	242 lbs.	Virtanen-FIN	881				
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181 lbs.	Mikhaylov	903					
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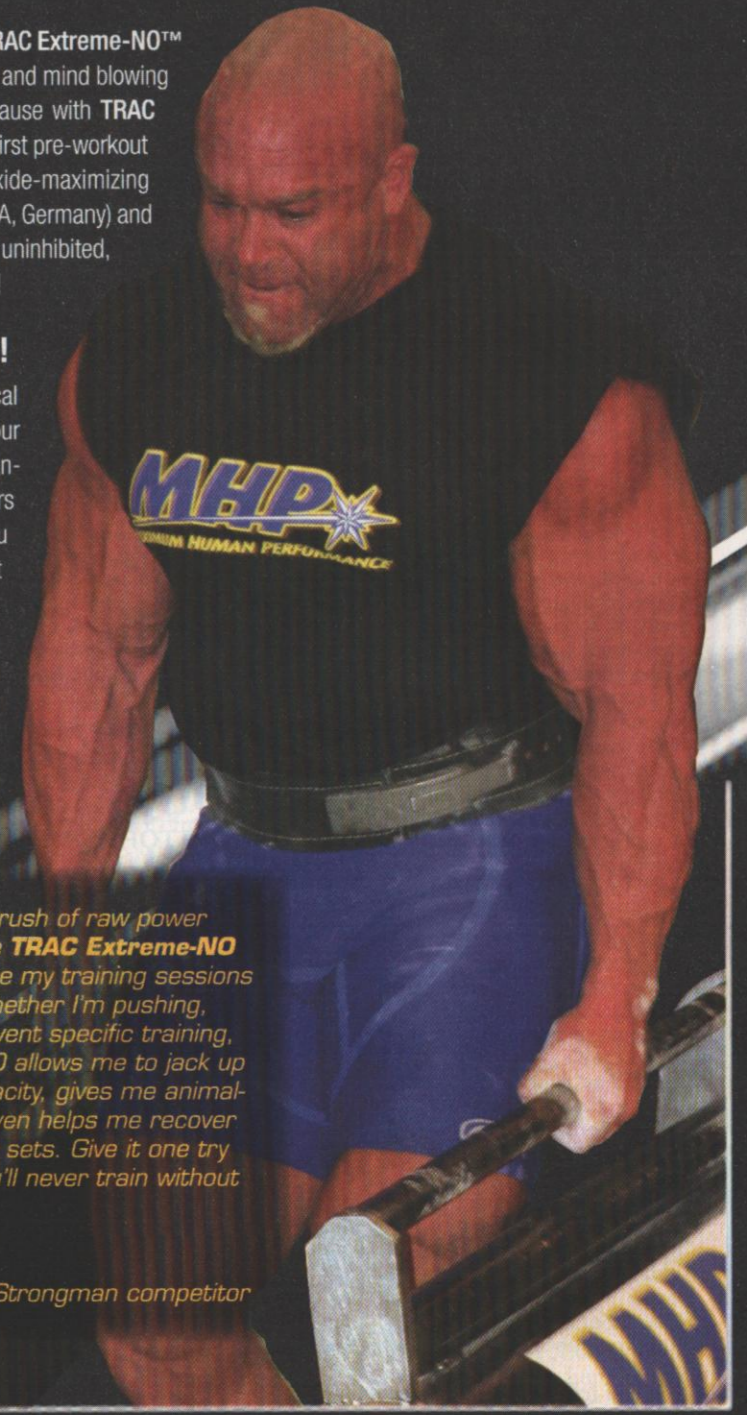
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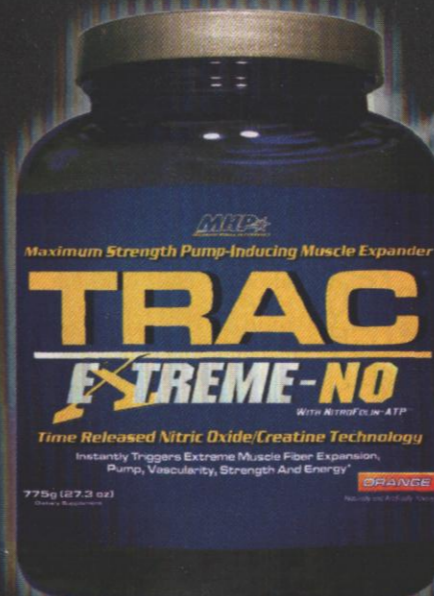
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TRAINING

ISOMETRICS by Louie Simmons

Isometrics have been around since the 1950s. It was an effective method to develop strength at a particular angle and affordable to most because of the limited amount of equipment needed.

The famous Bob Hoffman of York Barbell fame manufactured an isometric power rack in the 1960s. T. Hettinger and E. Mueller found that a small workout daily for 10 weeks would increase strength about 5% per week, which was maintained for a month.

There has always been the question, which is more productive, dynamic or isometric exercises? In my opinion, both must be trained. There are always pros and cons for any type of training. Here are the benefits:

* Isometrics take less time and energy to perform a workout.

* You can maintain speed training while doing isometric training.

* For those wanting to remain in a particular weight class, isometrics won't add muscle mass.

* They fortify technique in crucial positions. A coach can watch to see form breaks at many different angles of the lift.

* Maximal effort can be displayed longer than with dynamic work.

When doing dynamic work, maximal effort is displayed for a fraction of a second at the mini-max, or sticking point. While doing speed deadlifts, all looks well. The bar is blasted from the floor to lockout. However, with a max effort deadlift, the bar stops at the knee or just before lockout. Hardly any work is done at the mini-max. It's just too fast.

A 3-second isometric hold can be equal to many dynamic contractions.

* The work at a particular angle is radiated 15% either above or below the point where the force is applied. * It sounds contradictory, but holding your breath can boost endurance. Remember, a swimmer inhales only once every 3 or 4 strokes.

The following points are disadvantages of isometrics.

* Isometrics are not to be used before puberty or if one is a novice.

* Isometrics can fatigue the

central nervous system.

* If done alone, a loss of some coordination will occur.

* Holding your breath for a long time can have a negative effect on the cardiovascular system.

How are isometrics performed? Here is how Westside does them. The simplest way is to push or pull against a pin, which can be placed at different positions. For example, if you are weak at the floor, pull on a fixed bar at that position, or just below the knee, at the knee, and possibly at the lockout.

Like all isometric contractions, you can use submaximal or maximal efforts while exerting on the bar. Also, the duration that you push or pull on the bar can vary from 2 to 6 seconds per exertion.

Quasi-isometrics is pushing or pulling slowly, over a certain range of motion. This can be done by attaching a series of Jump-Stretch bands to the bar. For example, loop a series of bands over a bar placed on the floor. Now

it is possible to lift the bar very slowly through a predetermined range of motion. Adjust the bands to work that part of the lift that needs to be improved.

Dynamic isometrics is pulling or pushing a bar against a fixed pin as fast as possible with a brief contraction. Because of the short contraction, it is possible to do several efforts. However, it is



Louie Simmons - the "Guru" of Westside Barbell tries many training theories, including the use of Isometrics, on his high level athletes, including Amy Weisberger. (von Bachhaus)

essential to perform the movement as fast as possible to produce a steep force/time curve, like slower isometrics, where the contractions are sometimes 3-6 seconds per effort. The dynamic effort can be limited to 1 second per effort. Three efforts of 1 second can replace a 3-second effort if done dynamically.

Do 3-5 positions for static work, with the work radiating 15 degrees above and below the point

being pushed or pulled upon. This will satisfy the entire range of motion.

Although isometrics are found to develop absolute strength, as you can see, they also increase dynamic strength. Verkhoshansky found that the time one holds a position isometrically is as important as the intensity of the hold.

I have always preferred the Hoffman method. For example, lift 400 pounds upward a predetermined distance into a fixed pin. Hold for 3-6 seconds. A weight of 400 would be 75% of a 600-pound max.

It is very hard to calculate how much you are truly exerting against a chosen pin. For absolute strength, hold maximal tension. For explosive strength, use maximal speed and exert 70-80% against the pin. The faster you get to 70-80%, the better.

Isometrics are very effective but also very taxing. The faster the lift is performed, the less time the mini-max is worked. All training methods must be used during training. It is up to the coach to know when to utilize a particular training method.

For a more detailed explanation of the above, see Verkhoshansky (1970), or The Fundamentals of Special Strength-Training in Sport.

Remember, the faster the rate of force development against the pin, the better. The longer the exertion against the bar, the greater the results, even with different intensities. Don't exceed 10 minutes of isometric work per workout. Like any training, rotate isometrics throughout the year. For explosive strength, one must produce maximum speed as fast as possible against the pin. The simplest form of isometrics is just tensing the muscles, as in a bodybuilding pose. This as advocated by Vorobyev in 1978 and as early as the 1900s by Anokhin and Proshchek, by forcefully tensing the agonists and antagonists for every joint.

I hope just some small part of this article will awaken your mind to try a new method of training.

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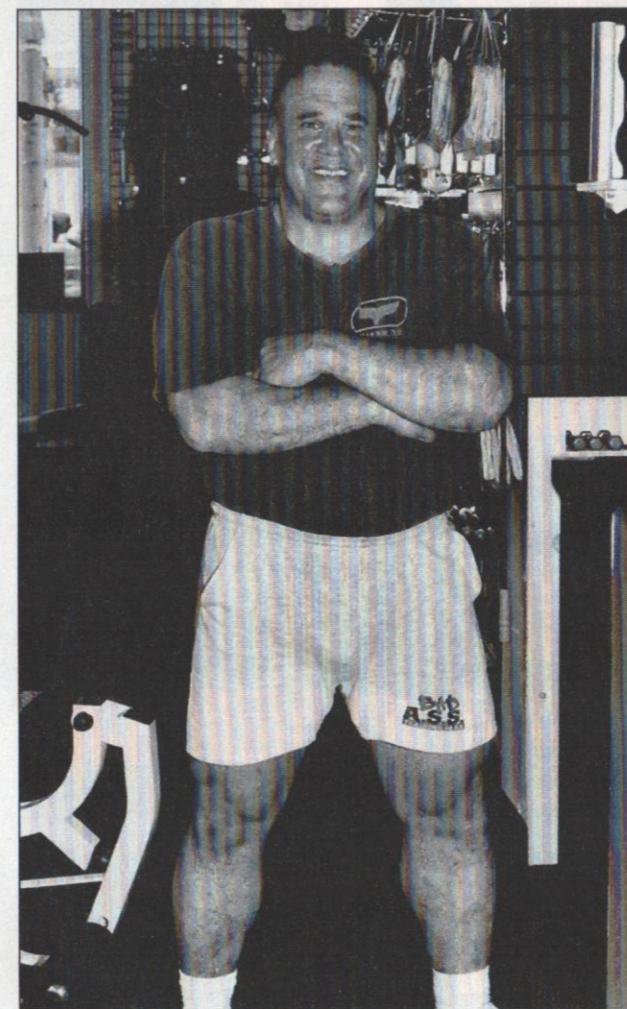
as told by Randy "The Machine Gunn" Bumgarner



Ted with Randy Bumgarner at his store in Manchester in May 2002.

Back in 1994 when I was 32 years old, I used to bench press the old school way. You all know what I mean. Every Monday I did the incline, decline, and flat bench. Then on Friday I would see what I could flat bench. Well, it stayed at 385 lbs. raw. I then told myself, "well, I guess I'm a 385 lb. bench." I thought I was stuck with that my whole life. Didn't we all think that unless you trained at Westside Barbell, in Columbus, Ohio? I took nine years off to start my own stone mason company. It was successful after the seventh year. I then had more time to kick back a little bit.

Then in 2002, I decided to see what was going on in the bench press world. I bought my first new *Powerlifting USA* magazine. I was so amazed with the raw benchers. I said, "what happened to me?" I only benched 385 raw. I was amazed with George Halbert, who I contacted through *Powerlifting USA* magazine. He told me he could bench press 600 lbs. raw at the bodyweight of 215 lbs. "How could that be?" I asked myself. A short time after that, I had George's program down to a science, as I had George Halbert give me a seminar at a local gym, here in



Ted Arcidi Now at 225 pounds and 47 yrs. of age. (June 2005)

Norwich, Connecticut. He stayed at my home for three days, and I gained much more knowledge. Shortly after that, I trained at Westside for a week and also stayed at George Halbert's house for a week.

I gained tremendous knowledge with all that, and training with Louie Simmons one on one. I also kept in touch with Louie and George on the phone every week for three years. I can now blow the doors off my 1994 prior 385 bench press to 450 lbs. raw. At a meet with Ed Coan as judge, 11 years later at the age of 43, I was to be the biggest of all in Connecticut. So what does this mean? It means Louie Simmons's bench press program works.

I will now prove my point that Ted Arcidi is truly the strongest bench presser who ever lived. Not hypothetically, but factually. It took my three years to get an interview with Ted Arcidi, because he is not impressed with any shirt benching today. Yes, he did 705 with a shirt, but it was only a 44 lb. shirt. That is all the weight he got out of that shirt.

Now, back to the raw deal. Ted bench pressed 661 at 272 lbs. raw. That is 55 lbs. from Scot Mendleson's 715 raw at 325 bodyweight. I was there when Scott broke the biggest bench in history, outright weight, not pound for pound. My hats off to you, Scott. This is my point, and once again, it is factual. We all know today's raw bench training is far better than in 1985, when Ted bench pressed 661 at 272.

This is how Ted trained: first off there was no speed training, no max effort training, and basically working out the same way every week, although

he did train triceps correctly. I told Ted this and he said he'd hate to think he missed out on anything. In reality, today, we know he missed out on everything in regards to proper training, thanks to Westside.

Ted always put on a good show while bench pressing in training: 600x9, 405x25, and 500x21 reps raw! Let's not forget he only weighed 272 lbs., and these lifts are all raw. How could a man train this way and still be bench pressing 661 at 272 at a meet raw? Because Ted is the strongest bench presser who ever lived. This is the final point.

Now, we all know if Ted didn't overtrain, but would have speed trained and maximum effort trained, like Westside, it is factual Ted would have bench pressed 716 raw, but at 272. He would have definitely bench pressed 56 more pounds with today's correct training.

I did put on 75 pounds, thanks to Louie and George. No one was ever built like Ted, as his upper body was built for bench pressing at 272. He was as big as a 400 pound man.

How is Ted today? He is a part-time actor belonging to an independent film company. He has acted in a movies including, "Love is a Battlefield", "Bobby Loves Mangos," and "Committed." He has been on TV in two episodes of "Law and Order," "Wendy's" commercials, as well as theater acting. He was also in the WWF from 1986 to 1988, as Ted Arcidi, the "World's Strongest Man."

Every Saturday morning, he'd fight Hulk Hogan, Andre the Giant, Tony Atlas, the Iron Sheik, Martino Bruno Sammartino, and Super Star Billy Graham. An action figure doll of himself was made that sold like hotcakes.

He has now become a health freak, running two miles a day, on a very lean diet. He weighs 225 lbs. and looks and feels great at the age of 47 years. He lives in Manchester, New Hampshire, and owns a mill building, off the river in downtown Manchester, renting space to businesses and has his own fitness store and gym. He is also a realtor, has two sons, loves to flyfish, enjoys eating seafood, and he is close with his parents. Life is great for Ted.

I asked Ted if bench pressing really made his life what it is today and he said, yes, it did. He would like to thank Vince McMahon, WWF, Bob Hoffman, Joe Weider, Mike Lambert, and *IRON MAN* Magazine, for helping him get to the top of the world. I would like to thank Pete Vuono, Ted Arcidi, and Joe Zarella for their help with this article.

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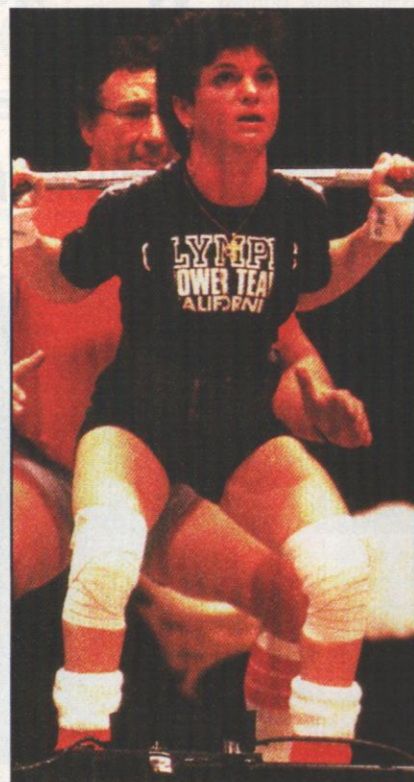
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Mary Anne Price, 54, passed away on December 2nd, in Newport News, Virginia. Mary Anne was the wife of Staff Sergeant Niles S. "Sid" Price, and served as Vice President of his company, Price Power International, Inc. and she competed at the national level in powerlifting and bodybuilding. She is survived by 9 sisters and 3 brothers, and many other family members. It has been requested that any memorial contributions be made to the Bon Secours Hospice, 3636 High St., Portsmouth, VA 23707 (according to the DAILY PRESS). Above, Mary Anne is seen at the 1986 Women's National Championships, held in Salt Lake City.

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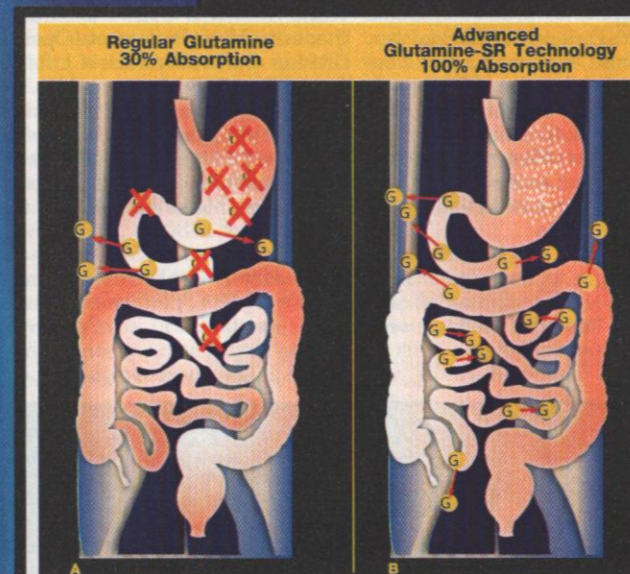
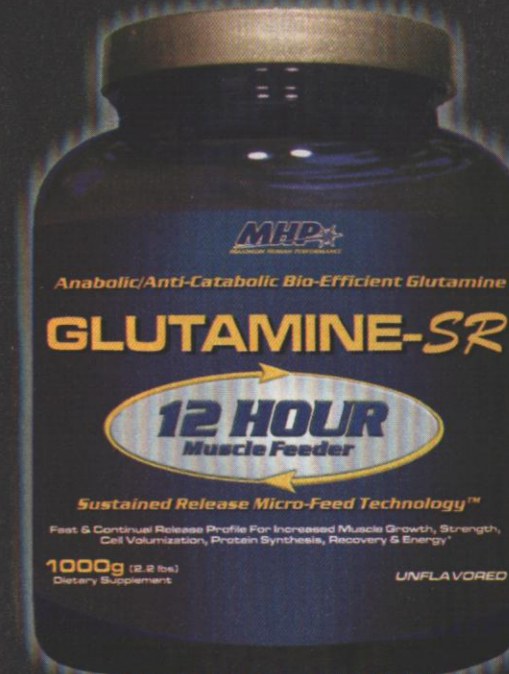
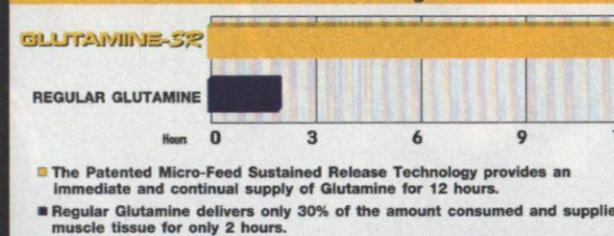


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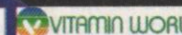
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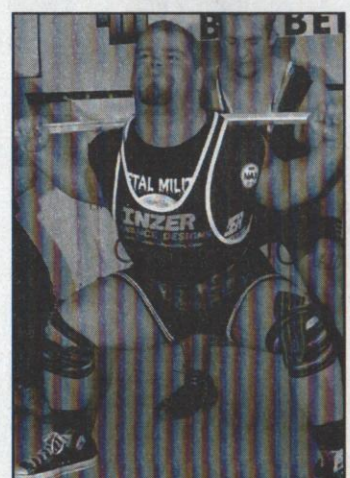
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IPA Nationals told to PL USA by Jane Kline

IPA Nationals 2005... how do you describe a meet with competitors ranging in age from 16 to 82? I will tell you how, SPECTACULAR! Why? Location, location, location. The IPA is honored to return to York, Pennsylvania where the first national powerlifting championships was held in 1964, and the first official world



Fred Archambault was awesome with an all-record performance.



Ed Korbel - Best Teen Male Lifter



Bev Cullen - a great IPA volunteer

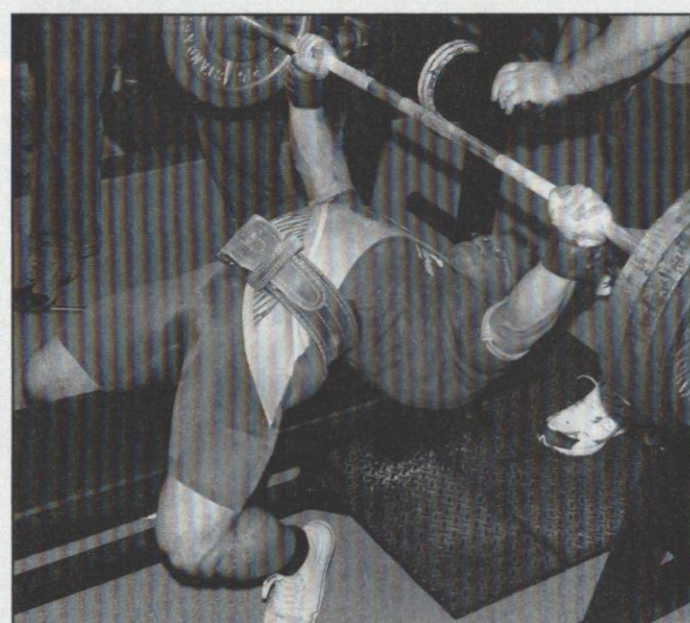
championships was held in 1971. The 1964 Nationals boasted 38 competitors and 7 weight classes. Things have changed a bit since then with 12 weight classes, multiple divisions, and even more subdivisions, but the heart and soul of powerlifting remains the same.

Holding the IPA Nationals at York Barbell created for athletes and visitors alike the epitome of a powerlifting experience. With Bob Hoffman and all the past great men and women of strength with us in spirit, the weekend proved to be one of fierce competition and inspiring sportsmanship laced with the warmth of camaraderie. Lifters helping lifters, spotters keeping lifters safe, judging consistent across the board, and fans cheering on the competitors throughout the weekend.

The three-day meet started Friday with an impressive collection of teens, women and men's classes through 165 lbs. The feature of the morning session was clearly Fred Archambault, Atkinson, NH. At 82 and 165 lbs. he put young competitors to shame. Fred earned the Amateur Men's Master Best Lifter Award by achieving a 350 lbs. squat, benching 230 lbs. and pulling 420 lbs. for a total of 1000 lbs. Fred is the picture of youth and health; Jack Lalanne would be proud! We can all aspire to be such an athlete. Other lifters who made their mark during Friday's AM session include Amateur 242 lb. teen Edward Korbel, Newfield, NY. Ed totaled 1725 lbs. and set a bench press world record of 525 lbs. Ed also took home the Best Lifter Award for Amateur Men's Teen division. In the women's division, SHW Bev Cullen, York PA set Amateur Women's Masters (45-49) records with a 430 lb. squat and 250 lb. bench press, her total for the day was also a record of 1045 lbs. Bev sought out Mark Chaillet two years ago for rehabilitation due to an injury that caused 2 herniated discs. Lifting was the last resort before surgery. Six months into training she had another setback when she suffered a compression fracture of a vertebra. She has only been squatting since February 2005.

The best lifter for the Women's Amateur Division was Tammy Daly, Gansevoort, NY, at 132 lbs.; Tammy totaled 830 lbs. for the day and set records in each of her lifts in the submaster division. Friday's sweethearts were teens Megan Eicholtz and Kelsey Doucette, both students at James Madison University. Sporting their school colors, these girls put up respectable totals in the 123 lb weight class. Megan took the Amateur Teen Best Lifter award and set a new world record for her squat and dead lift and total of 600 lbs. Kelsey chose to go it sans equipment lifting in the Raw Division.

In the Bench Only Amateur

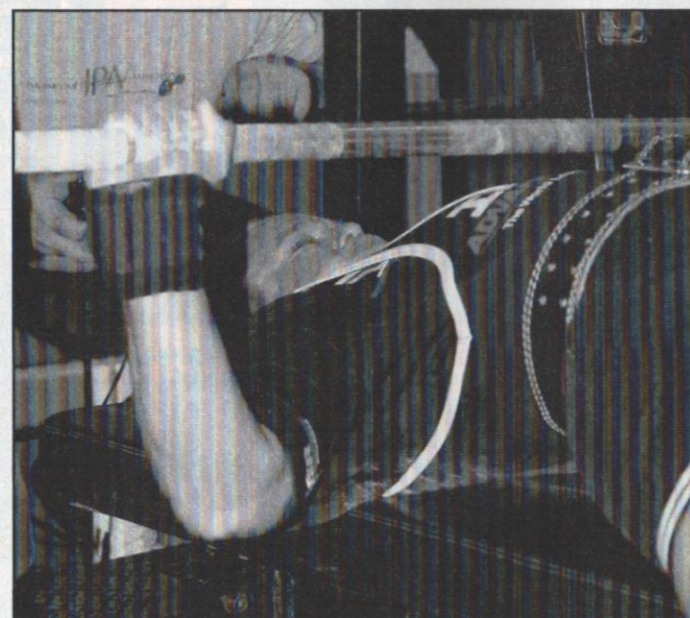


Brad Vargason - Pro Men's LW Best Lifter. (Casey Williams photos)

Teen Division, Angelo Armagno, Totawa NJ, took home the best lifter prize with a 225 lb. bench weighing a mere 114 lbs. The Women's Amateur Bench Only went to Michelle Borzak, Allentown, PA with an awesome bench of 305 lbs. weighing 148 lbs. In the Professional Women's Division Amy Weisberger, Columbus OH, continued to wow the crowd pushing up a 370 lb press in the 165 lb weight class. Amy never ceases to amaze us! The Amateur Men's Master prize went to Larry Cardon (60-64), 165 lbs. setting a masterful IPA record bench of 305 lbs.

As Friday progressed, things really began to heat up. Great numbers were being posted all over the place. Pound for pound we were seeing some tremendous feats of strength. The feature of the

afternoon and evening was Brad Vargason from Oxford, Pa. At 181 lbs., Brad kept us on the edge of our seats. He posted a massive squat of 830 lbs and then came back to bench 600 lbs and dead lift 690 lbs. His total earned him the All-time World Record of 2120 lbs. Brad lifted in the Men's Professional Open Division and won the Best Lifter Award for the Professional Men's Open Lightweight Division. Fantastic job, Brad! Others who set the tone for the weekend were Phillip DelMonti, 198 lbs., won the Professional Men's Junior Division with a total of 1880 lbs., and a new record bench press of 525 lbs. Fred Piermattei, 181 lbs. from Millersburg, PA, performed in his usual spectacularly strong way starting his day with a record squat of 675 finishing with a record total



Michelle Borzak benched 305 for Amateur Women's BP Best Lifter



Megan Eicholtz - the Amateur Women's Teen BL.

of 1715 lbs. winning him the Best Lifter Award in the Amateur Men's Open Lightweight Division. Steve Hartlaub, 198 lb. class, of Hanover, PA, benched an amazing 540 lbs. setting three IPA records in the Amateur Men's Open, Amateur Men's Master and Professional Men's Masters (40-44). In the 165 lb. class, one of the IPA's premier lifters, Elite Amateur Open Brian Crowe of Selinsgrove, PA had some tough competition. While he crushed his 705 lb. squat and totaled 1715 lbs. for the day, it wasn't quite enough

Velliquette, LA Weightlifting Club, who won not only his division, but the Professional Men's Master Best Lifter Award with a total of 1300 lbs. weighing 198 lbs. Lifting continued late into the evening and all were ready to get back for Saturday's competition for the 220 and 242s. There were some big numbers put up on Saturday pushing to set the biggest squat and bench. If it wasn't enough to have 82 year old Fred Archambault on Friday, we had Eugene Jones from Vinton, VA on Saturday. Our

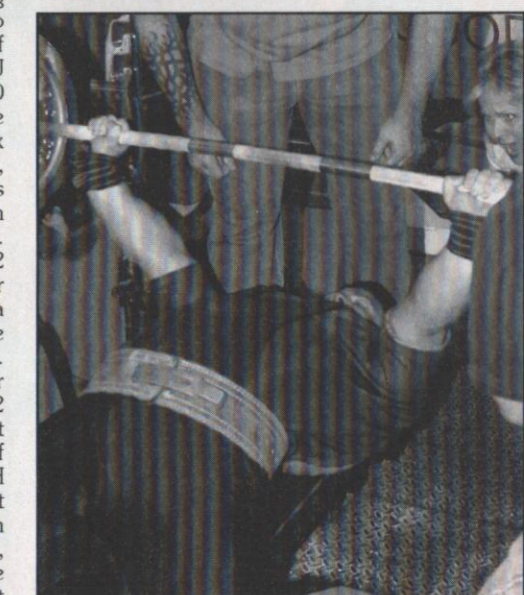
77 year old, 242 lb. lifter is all about the fun of lifting. When he is not lifting, Eugene does strength training with senior women. As he approached the platform to squat, he let the spotters know he had only been performing the lift for 5 weeks. He missed his first, but came back and finished the meet with a respectable total of 835 lbs. setting records in both the bench with 310 lbs. and dead lift with 340 lbs. Andy Keiderling, a 220 lb. Amateur Teen squatted 612.2 lb. for a new record. Impressive, especially considering this was only his second meet!

In the 220 lb. Professional Division the big squat went to Scott Mark Plescia of Norwood, NJ posting an 840 lb. mark for the day. Jason Cox from Dover, DE, consistently stuns the crowd with his huge squat. This 242 pounder powered up a 925 lb. squat like a hydraulic jack. In the Amateur Men's Open, 242 division, Matt Smith of Columbus, OH and Matt Ladewski from Cheektowaga, NY battled for the world record that ultimately went to

Matt Ladewski. Matt Ladewski started his day with a powerful 835 lb. squat but Matt Smith came back and took the Best Lifter prize for the Amateur Men's Open Heavyweight Division with a total of 2065 lbs. The Professional Master's Division squat was dominated by Joe Avigliano Toluca Lake, CA. He made his record 830 lb. squat look easy with great form and concentration.

Sunday's roster was filled with some of the best lifters in the country, all vying for the prize money put up by 3 of the five sponsors of the meet:

(article continued on page 44)



Ron Yard, 23, won \$1,000 for his 770 lb. bench.

IPA Senior Nationals 11-13 NOV 05 - York, PA				AM MEN	SQ	BP	DL	TOT	242 lbs.	185	310	340	835	V. Gualtieri	45	250	325	620
BENCH	L. Lackey	330	Submaster	181 lbs.					E. Jones	185	310	340	835	Master (80-84)	45	250	325	620
Am	165 lbs.			181 lbs.					165 lbs.					Teen (18-19)	470	335	440	1245
WOMEN	D. Dillard	300	198 lbs.	605	355	585	1545	350	Archambault	350	230	420	1000	181 lbs.				
Master (40-44)	181 lbs.			750	400	585	1735	165 lbs.	Open					T. Desselle	360	205	435	1000
132 lbs.	A. Winberg	160	220 lbs.						R. Marcus	585	365	560	1510	198 lbs.				
A. Winberg	160	400	220 lbs.						181 lbs.					C. Williamson	515	430	480	1425
Open	Teen (16-17)			650	450	570	1670	675	F. Piermattei	675	470	570	1715	M. Bailey	550	0	525	1075
148 lbs.	114 lbs.			535	330	480	1345	630	J. Poney	630	345	585	1560	220 lbs.				
M. Borzok	305	225	242 lbs.						D. Adamson	500	330	505	1335	A. Keiderling	515	365	515	1395
M. Borzok	305	225	242 lbs.						198 lbs.					4th-SQ-612				
Police	308 lbs.	670	275 lbs.	730	510	660	1900	275 lbs.	H. Owens	600	315	515	1430	242 lbs.				
Junior	J. Doherty	670	181 lbs.						181 lbs.					E. Korbel	625	525	575	1725
275 lbs.	Pro								J. Ehmke	500	285	485	1270	D. Balsdon	560	440	535	1535
R. Yard	4th-770	755	165 lbs.						220 lbs.					Teen (18-19)				
4th-770	755								C. DelPreore	640	425	565	1630	275 lbs.				
Master (40-44)	Open								McKinsey, Jr.	625	325	500	1450	T. Well	740	500	525	1765
198 lbs.	165 lbs.								R. Jones	500	350	510	1360	Police				
S. Hartlaub	540	370	148 lbs.						242 lbs.					220 lbs.				
S. Hartlaub	540	370	148 lbs.						J. Gengo	435	270	470	1175	R. Munn	610	390	555	1555
Master (45-49)	Weisberger	370	198 lbs.						B. Arrington	680	465	570	1715	S. Coppola	730	510	660	1900
220 lbs.	165 lbs.								R. Munn	610	390	555	1555	R. Davis	685	360	650	1695
S. Kozak	445	540	275 lbs.						V. Challenger	600	275	550	1425	B. Chariott	575	375	615	1565
S. Kozak	445	540	275 lbs.						Master (45-49)					B. Jessee	450	385	405	1240
J. Doherty	670	575	148 lbs.						165 lbs.					275 lbs.				
J. Doherty	670	575	148 lbs.						L. Weibley	430	250	440	1120	J. Ritchie	860	630	655	2145
Master (55-59)	Master (45-49)								181 lbs.					M. Watts	705	535	510	1750
220 lbs.	275 lbs.								R. Hamscher	510	345	515	1370	308 lbs.				
M. Levin	385	375	275 lbs.						Master (60-64)					D. Egan	700	430	600	1730
Master (60-64)	Open								181 lbs.					SHW				
165 lbs.	220 lbs.								L. Cramer	435	280	135	850	R. Twining	825	405	585	1815
L. Cardon	305	505	198 lbs.						198 lbs.					Open Raw				
Open	181 lbs.								B. Matney	625	305	455	1360	242 lbs.				
181 lbs.	400	625	308 lbs.						J. Schmuck	600	305	455	1360	S. Elliott	630	450	707	1787
T. Kontos	400	625	308 lbs.						220 lbs.					Submaster				
198 lbs.	540	660	242 lbs.						S. Glover, Sr.	470	365	380	1215	275 lbs.				
S. Hartlaub	540	660	242 lbs.						4th-BP-375					Master (60-64) Raw				
220 lbs.	465	560	242 lbs.						181 lbs.					181 lbs.				
B. Zemaitis	465	560	242 lbs.						Master (60-64) Raw					S. Glover, Jr.	625	420	265	1310
308 lbs.	580	515	242 lbs.						D. Junkins	300	235	400	935	Teen (16-17)				
D. Luciano	580	515	242 lbs.						Master (75-79) Raw					123 lbs.				
Open Raw	220 lbs.													M. Eicholtz	215	125	260	600



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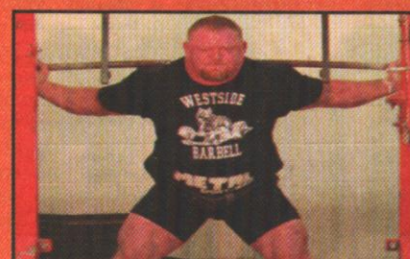
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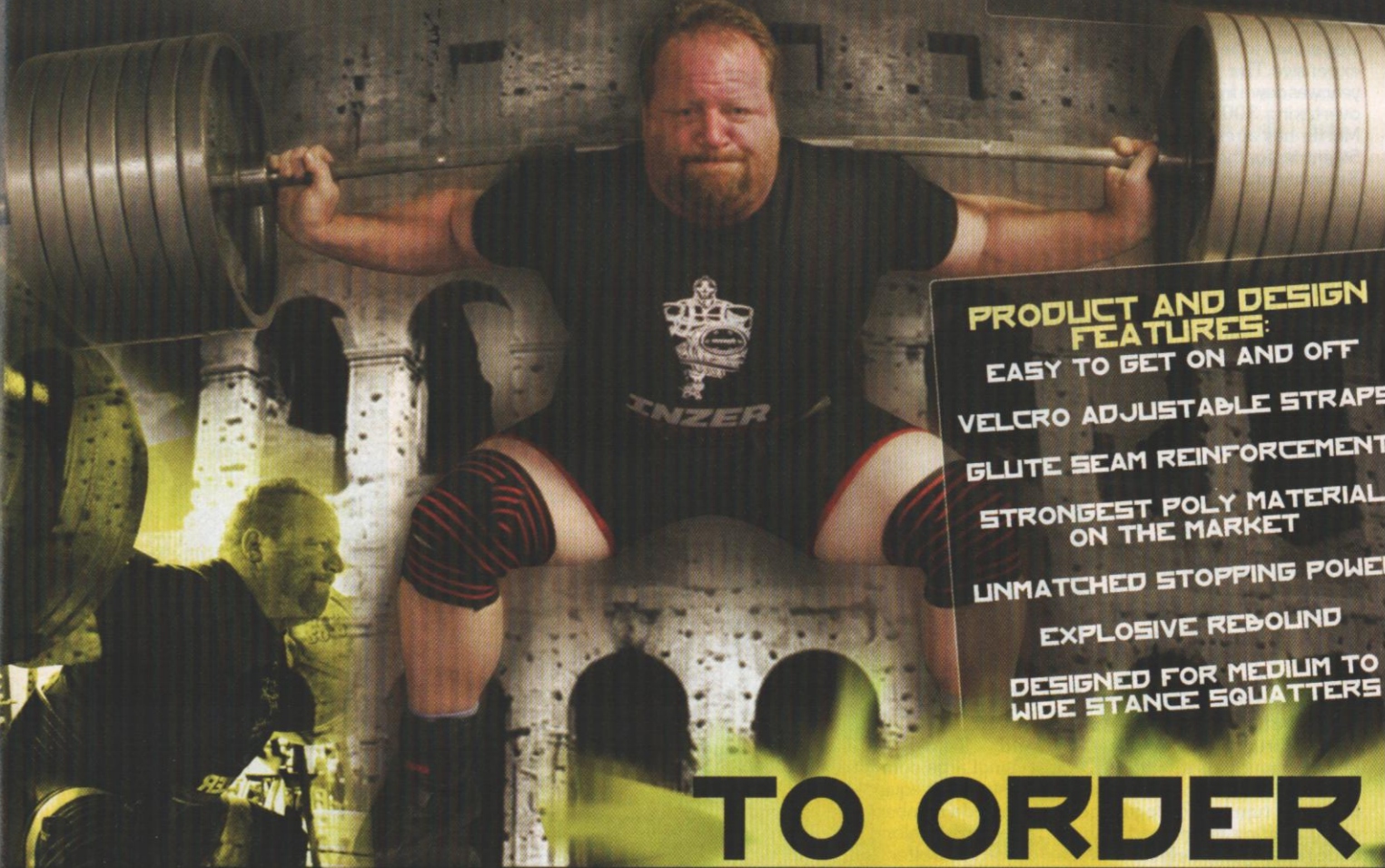
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INTERVIEW

TINY MEEKER interviewed by Greg Jurkowski

Tiny Meeker has held 20 world bench press records in three different weight classes in six different federations, all drug tested.

Greg: How are you doing today, Tiny?

Tiny: I'm doing fantastic.

Greg: Will you tell me a little about yourself?

Tiny: I'm from Humboldt, Texas, which is north of Houston. I'm 34 years old.

Greg: How about your family situation?

Tiny: I am single, and I have a girl friend named Shannon. We have a boy named Triston.

Greg: You primarily lift as a bench specialist, but years ago you did three lift meets, when you first started weight lifting. Is that true?

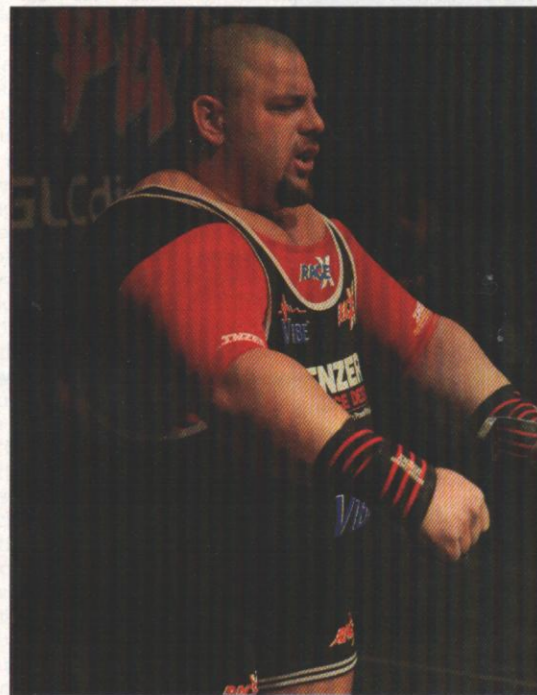
Tiny: Yes it is.

Greg: What drew you to lifting and how long have you been into the sport?

Tiny: I started back in high school in 1988, but unfortunately they dropped the program during my sophomore year. I didn't start again until 1995. I love powerlifting because it's the only sport where no matter how tall or short, skinny or fat, or whatever, you can find something, and if you work hard enough you can become the best.

Greg: You can say that again. All different body types in this sport. Speaking of high school, I heard that you work with high school kids on a regular basis too.

Tiny: Yes I do. I go around and give seminars, I talk to kids about drug free sports, and I talk to kids about the various ways of getting bigger and stronger without the use of muscle enhancements, mainly steroids. I do seminars on teaching proper technique in the bench



Working Out Aggression... Tiny gets ready to rumble.



Tiny got an 870 bench in a single ply shirt at the 2005 WABDL World meet in Reno, NV.

press.

Greg: That's great Tiny. It's great to give something back and train the future generation of powerlifters. It's nice to bring new people into the sport like that.

Tiny: What I teach is that it's a sport where you can get all your anger out, either on the bench, or squat or deadlift platform. If more people did it you'd probably have a lot more nicer people in the world.

Greg: How many times have you attempted a 900+ bench press?

Tiny: In this year alone, I've attempted over 900 from 903 to 954 lbs. over fifteen different times.

Greg: How many contests do you do in a year?

Tiny: Too many (laugh). I do a lot of meets and guest appearances, so I couldn't keep track. I would guess that I've done fifteen this year.

Greg: So, you stay at peak strength all year long. You don't cycle up and down too much.

Tiny: After the Worlds I'll take a break. I like to have about five or six weeks to get ready for show. The hardest part is trying to tune up my shirt, otherwise I stay meet ready. As far as strength, I stay meet ready year 'round.

Greg: I know you've had a great year, but you've had a few bombouts. How do you feel about that?

Tiny: I hate bombing, but the problem I run in to is when I train the most I ever put on the bar is 855 lbs. So when I go to some of these contests, not the National or World meets or money contests, I'm just trying to see what I can do. I want to be the best I can be when I get to the major shows. So, at these smaller shows I will go after a 900, and sometimes I even open with 905 lbs. This way I can keep trying to feel the weight. That's the reason why I bomb out. It's not that I want to, I'm just trying to feel some weight out and go with it. I hate bombing whether it's a very

important meet or not.

Greg: Where does the nickname "Tiny" come from? What's your real name?

Tiny: My name is Paul Vincent Meeker. Paul Vincent means 'little one'. That's where I got the name Tiny. My training partner has now given me a new nickname, "Super Torque".

Greg: Where does that come from, driving out of the bottom?

Tiny: They say when I lift, I'm like a machine. That drive out of the bottom is so incredible, that's what they've started calling me.

Greg: How do you feel about the all time bench record and all the overall benches going up the last few years?

Tiny: A lot of people say gear has a lot to do with a lot of things. I think what you really need to look at is that it's a mind game. I want to be the first to get 900 lbs. in a single ply, and after that hit 1,000. But you know what? There's going to be other people following me, because more people will believe they can go for it, and they're going to try it, and that's the biggest thing. You want to attempt to go heavy, but be smart. You got to train your mind. A lot of times when I bombed at shows, I was training my mind to feel that weight. Now that people start seeing this, you'll see more guys trying it. I know my record is going to be broken, I just want to be the first to get it.

Greg: It wasn't long ago when no one was over 800 pounds.

Tiny: You saw Anthony Clark try to make it a great sport. That 800 he did where he had two whites and one red should be counted. No matter what you think you saw, three judges saw something different. Anthony should have been the first person who did 800. After that, of course, it's Ryan, and after that it's Scot Mendelson. Then there's Rychlak.

Greg: Can you share any tips on bench press shirt use?

Tiny: A lot of times I help people out with their gear, and a lot of times people say their shirt is too tight ("I can't touch"), or when they first put the shirt on they think it's so tight they wonder how they're going to get the weight down. I tell them first of all, you have to put weight on the bar. I tell people who are first

working with shirts, if it gets to the point where you can't touch, but you're still popping the weight up, that means you can go heavier. If you're at a point where you can't touch and you can't pop the weight up, then you need a bigger shirt. A lot of people just don't know how to size their shirts well. Basically, if you're looking at new shirts these days, you mostly work with the chest size, and then try to train with what you're going to lift.

Greg: The Inzer Rage X Supreme is a single ply and you've got a lot of huge lifts in that shirt.

Tiny: That's mainly what I use year round now.

Greg: How about any training tips or assistance?

Tiny: I bench heavy once a week, I do a speed day once a week, I do my legs once a week, I do my back once a week. My legs and my back are always heavy days. When I get closer to a show, I like to back off the weight a little bit from my back and legs, not off my bench. I do this to get my weight down. As for my heavy days, I like to do a lot of presses with bands. I rotate things out. I go shirt, I go no shirt, I go shirt, I go no shirt. Anytime I'm without a shirt and I go raw, pretty much except for my warm-ups, I always use a boards. I do reversal bands with boards. If I got my shirt on, and if I'm closer to a show, I go all the way down. If I'm farther from a show, it's always board press, saving up the shirt, and saving up the body. I work a lot more on the triceps.

Greg: How about tips on form? Do you lift your head when you bench, spread your feet, or go on your toes?

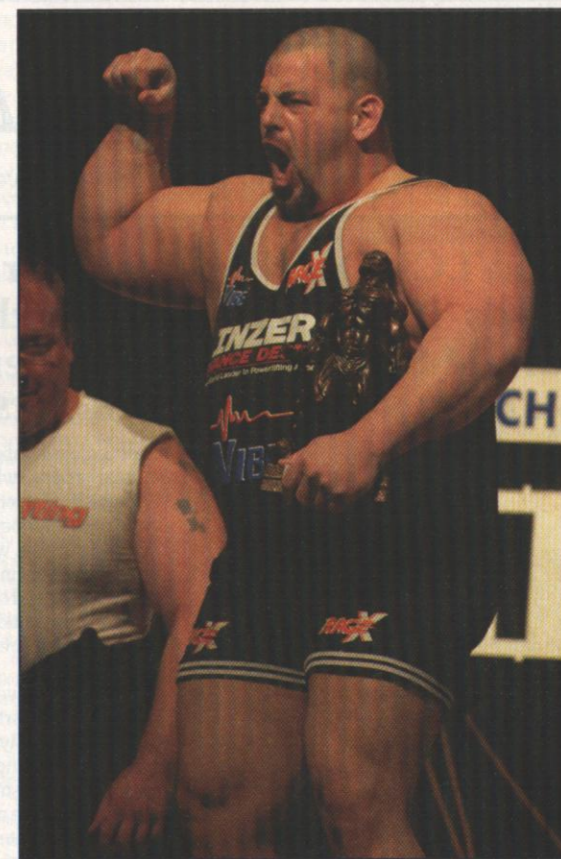
Tiny: What I try to do is always the same, whether I'm warming up, in a contest, or whatever. I lift in so many different federations, and some don't allow head lifting, or don't allow lifting your heels up. I try very hard to keep my heels completely flat, and try to get as high an arch as I possibly can. Just when I think I'm all locked in, I try to get my heels out a little bit more, and by doing that I've raised my arch another inch. I'll leave my head down. I noticed that if when I lift my head is rising, that means I'll have a good arch and I'm lying kind of flat. A lot of these benches at these contests are heavily padded and that's causing some problems for me. That's probably some of the reason for my bombouts.

Greg: How about training philosophy?

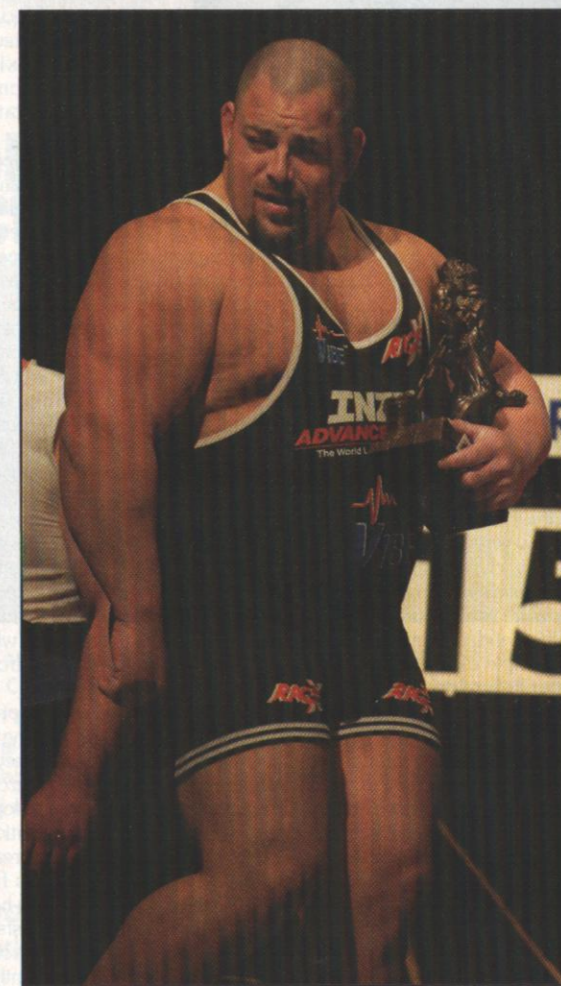
Tiny: If you're aching, don't do it. If I'm hurting, I don't go to the gym. If there are certain body parts that hurt and you can do the training around them, that's fine too. But, if I'm hurting, I'm not lifting.

Greg: How often do you take time off if you have a minor injury or aches and pains?

Tiny: This has been the first year that I've been truly healthy in quite a long time and I really train my you know what off. Two years ago I was in a car accident and tore my right fore arm, and the year before that I worked delivering TVs and I tore my left forearm. Thank God I've never been hurt lifting



Trophy Time in Reno... Tiny threw out some body shots



weights, but those were bad injuries because they put me out for six to eight weeks. This year I have been really healthy, and I've been blessed, thank God. I take good supplements, I use a lot of ice, and I take care of my body.

Greg: Ice is possibly the most important. What specific supplements do you take?

Tiny: I'm currently using Gearman Protein Overdrive, Ibuprofen daily, and the biggest supplement I use is I ice. I put ice on my shoulders, triceps, and elbows every day.

Greg: That helps you speed recovery and reduce inflammation. What are your future plans and powerlifting goals?

Tiny: I want to bench a thousand, but because I do so many meets I just wonder how much my body can take. One thing I'd like to do is to hit 900 and then drop the weight classes, 275, then 259, maybe even 242. After that, I'd really like to start promoting the sport. I want to bring money into the sport. I think the problem we have is with the internet as there is so much hating going on there's not enough positive going on. Before the internet, we didn't see all the negative stuff going on. We read the magazines and lifted, there was no ups or downs about it, and that was it. I think if people start getting a lot more positive on the internet there could be big sponsors, and possibly endorsements. If all you can see is negative who is going to bring money to it? I would love to see us going to a contest where you could win \$50,000 or \$100,000. We take so much time away from our family and friends, we should get compensated for it. If we ever did get in the Olympics, we'd get a lot more money. If not, I would like to try to promote the sport real big, and make one of the biggest money meets ever.

Greg: That sounds great. Is there anyone you'd like to thank?

Tiny: I would be nothing without my training partners. This is the greatest sport, and it doesn't matter what you look like, you can always be great as long as you push yourself. If I didn't surround myself with great people, like my training partners Bobby, Pete, Blake, Brian, and Patrick, there's no way I would have even done 600 lbs. I've got some fantastic training partners, and I've got excellent sponsors. Make no mistake, I wear the greatest gear in the world, which is by Inzer Advance Designs. John Inzer has been there for me since I was benching 600. I want to thank Chris and Diane Winters of Aqua Vibe Water for keeping me hydrated. Red Bull for giving me energy. Don Wisenbaker of Carpet Connection in Humble, TX; Dixon Jewelers, Jason Prado, Gary Margolis, Mike with Methyl EFX. And, I want to thank you, Gearman, for giving me great protein which helps me recuperate faster. I want to thank my family, and of course, God. I want to thank everyone that talks negative about me because if it wasn't for those negative hating people out there I probably wouldn't be as good as I am. All that hatred I turn in to massive positive energy. If you ever see me at a meet you'll see how mad I get, because I think about all those negative hating people and I turn it around and kick butt.

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 (NMJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

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

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

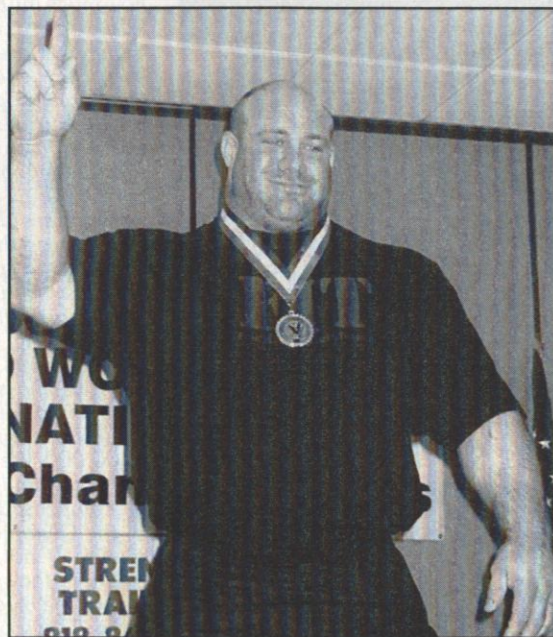
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Incedon, 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.

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

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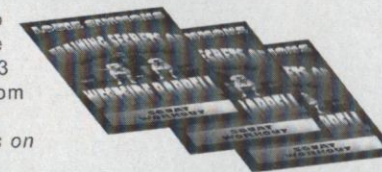
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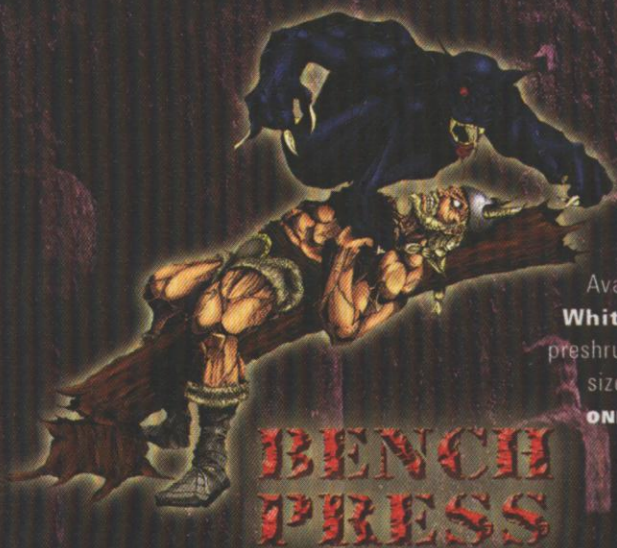
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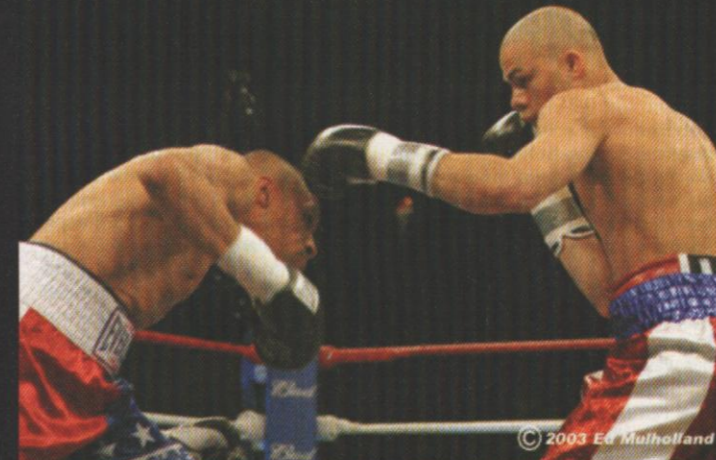
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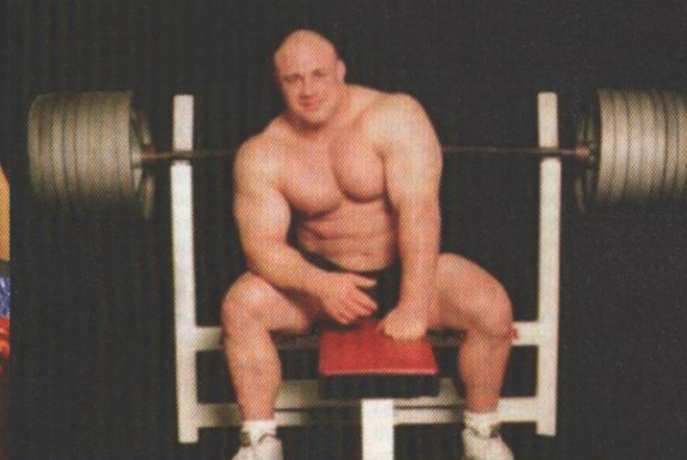
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CIRCA = NEAR

The circa max phase is a three week squat phase designed to peak you for your contest. Technically, you don't need bands to do the circa-max phase because all you are doing is getting "circa" (or near) your max. This is very much like a traditional peaking phase. What the bands do offer is the opportunity to go exceed your maximal weight at the top portion of the lift. Before we go on, let's take a look at some general parameters of the circa-max phase; realize that there are some variations and certain people will do different things, but again...these are general.

· Circa-max phase is a 3 week phase.
· After this phase there is a de-load period. This de-load can last for 1-3 weeks.

· All percentages are based on your box squat done with the same equipment that you usually squat in. If you are a raw squatter, then it would be based on your best (or approximate best) 1RM on a box. If you don't know your max, you should have a very good idea on what it could be. If you don't have any clue, then this phase isn't for you.

· Approximately 6 work lifts will be done per workout. Please read the first word of that sentence before moving on.

· All squat and deadlift training prior to this should be geared to getting ready for this. You have to be preparing your body throughout the training cycle for getting ready for this.

· All squat and deadlift training during this phase needs to be tailored for this training; i.e. don't be pulling for heavy singles on Monday.

· This is very important: the circa max phase cannot exist by itself. There has to be a prep period and a de-load period. All aspects of training have to be accounted for and evaluated. You cannot simply add something in and not take something out or make adjustments. This is one of the keys of training; please understand this.

THE CIRCA MAX PHASE

Now that we have established some general guidelines, let's look at the actual training. We will first look at the three week phase.

WEEK 1: 3x2 @ 55% + 1 strong band/1 average band per side

WEEK 2: 3x2 @ 60% + 1 strong band/1 average band per side (You can also do 1x2 @ 55% and 2x2 @ 60% with the same band tension)

WEEK 3: 1x1 @ 55%, 1x1 @ 60%, 2x2 @ 65%; all sets done with 1 strong band/1 average band per side

THE REAL WORLD

In the real world, let's use a powerlifter that has a box squat of 750 lbs. The first week would be 415. It would be 415 if he had a squat bar (55 lbs.). If he had a Texas Power Bar (45 lbs.) it would probably be 405 because he wouldn't want to put the 5 lb. plates on each side. Again,

WORKOUT OF THE MONTH

THE CIRCA-MAXIMAL SQUAT PHASE PROGRAM

by Jim Wendler of Elite Fitness Systems

this is the real world.

The second week would 455 or 465, depending on the bar. He may do a set at 405 to "warm up" for his sets. He may also do one single (if he felt good) at 495 to prep himself for the next week. He does not count sets and reps but will strive for at least 2 sets of 2 reps at around 55%. If the 495 feels great (and it should because he took a very calculated risk in attempting it) he may strive to increase the weight on the next training day or at least work up after his heavier sets.

The third week is definitely 5 plates per side. No matter what the bar. This is how it goes. He will do a set a 405 for a single or double. He will then move up to 455 or 465 for a single or a double. The next set will be a double at 495. If this is good and fast, he may do another double at the same weight. If this is good and he felt strong, then he will begin to work up heavier and heavier. This may mean one more set; it may mean 3 more sets. The purpose of this phase is to handle maximal weights. The box allows for easier recovery and the bands allow you to handle more weight at the top then normal.

For example, if the strong bands add approximately 200 lbs. at the top and the average bands 100 lbs., then you have approximately 300 lbs. at the top of the lift. If the top bar weight is 495 then you have about 795 lbs. at the top of the lift. Now I'm going to be the first person to tell you that squatting with bands, calculating band tension, figuring your squat based on what's "at the top" and other nonsense is just that; nonsense. But it does allow you to overload the top portion of the lift.

On the last week, those last couple of sets should really be slow and brutal. This is because you are near your max! This is not done for speed. Now, if this is not the case, then there are a couple of things that you could do. First, keep on working up so that it does become a grind. Second, if the first week is so easy (and if you are an experienced lifter you know that there is a difference between it being too easy and you being in "the zone") you will have to readjust your bar weight. This does not mean that you add another week to the phase.

This means that your second and third weeks are going to have to change. Because you don't want to be guessing at this stage in your training cycle, the best thing that I can tell you is take a couple of training sessions and work up to your 55% and 60% weights (with the added bands) and see how they feel. If they suck, then you are good to go. If they fly up, you have to add bar weight.

The question that some of you may have right now is; why add bar weight? Why not add more bands? Because more bands = more grounding. More grounding will disrupt your squat form and it will be harder to get used to your regular squat. Anyone that has squatted with a lot of bands (a lot of bands means more than

2 strong bands per side) will tell you that added band tension will make you feel like you are squatting on a Smith Machine. The bands will guide you up and down. This is not a good thing when the squat is your sport. If you were a quarterback, what do you think would happen to your throwing mechanics if you threw a ball that (somehow) had band tension throughout the entire range of motion? It would not be good. So the consensus, at least for this article and this author, is that more band tension is not always a good thing.

THE DE-LOAD PHASE

Why do we need to de-load? You de-load for a number of reasons. First, the de-load that I recommend has no chains or bands. Again, the squat is the sport and by using bands, the mechanics of the lift can be altered. Plus the grounding effect of the lift can give a lot of people problems. People have problems setting up, falling forward/backward and trouble on the descent. Not everyone that uses bands has this problem, but enough have had them that warrant me writing this. By taking off the bands you can now get your squat back to normal.

The de-load phase is also done for recovery. The circa-max phase is a grueling phase and your body needs recovery time. De-loading allows you to maintain your sporting form while not beating the crap out of yourself.

There is no real set guideline for what to do on de-load weeks, but I will

try my best. As Louie has stated about a million times when you are at this point in your training, "You are not going to get any stronger, but you sure as hell can get weaker." Basically, don't do anything stupid. For many this is easy. For others, we can only hold our breath.

Here's how the de-load phase works. We will move backward from the week of the meet.

MEET WEEK: Nothing but general mobility work and recovery work. It doesn't matter what I do, it matters what YOU do. Since these two things should already be staples in your workout, you do not want to introduce anything new during the week of the meet.

2 WEEKS OUT: Work to about 60-65% of your best 1RM on the box squat. You can do about 2-3x2 or work up to an easy single. This is kind of up to you. What I like to do is do nothing that would screw up my confidence. Prior to this workout, I will do a great job on preparing myself for this workout; both mentally and physically. This means a lot of mobility and flexibility work throughout the week and prior to training. Because of the bloat and the added weight gain (and lack of conditioning), a lot of this stuff gets thrown out the window, but I feel it's necessary to get things "on track". I want to feel strong and tight, but not so much that it puts my body out of position in the squat. Believe me, there is no amount of mobility work that is going to really make me loose in the hole. It is the curse of the fat man.

To make it simple - 2x2 @ 65%, no chains or bands

3 WEEKS OUT: This is where I would like to hit about 90% or so of my best 1RM on the box squat. You can go for a record if you feel like you can get it. There should be no doubt that you can get it if you are going to attempt it. This day is used for two things:

· Getting used to heavy weights without bands/chains
· Building confidence

Again, because you are using this to build confidence, you must prepare yourself physically and mentally for this workout. What happens if you screw this up or take a weight that you are not ready to handle? Physically, I think we all know we can handle more weight, but mentally, we must prepare ourselves. This is something that few people seem to write about or take into account. It took me almost 20 years of athletics to really realize how important the mental aspect is. The next question is "what books do I recommend on mental training?" I have yet to read one that can really help you prepare for anything. I may be "old school" in my approach, but success and prior training is what builds confidence. Mental training happens over time.

Getting back on track, this is also a great time to put on your squat

"Don't try to rack your brain on figuring out band tension (I swear I will come to your house and beat you with a wet mini-band if you ask about this)".

suit and briefs and work up to a single. This can (and should be done) without a box. This does not mean work up to a new PR. This means work up to a single that does two things - 1. Allow you to feel your suit; the pull, the push and know where your body is during the squat. 2. Allow you to feel stronger than hell and get your confidence high. Let me show you an example - Before my last meet, I worked up to 825 (or around there) for two singles with my suit and briefs on. Each rep was fast, explosive and allowed me to think that I was stronger than ever. I made sure my form was good and everything was where it should've been. I could've gone heavier, but why? Mentally, I do not work myself into a frenzy and there is a HUGE difference in my head during meet time and my time in the gym. I would NEVER expect myself to replicate what happens on the platform in the gym. That squat may have been about 90% of my best on that day; but who knows. What would have happened to my head if I tried 900 and barely squeaked it up? Now I'm left thinking that I'm weak and slow. Better to leave some questions un-answered. Think about this sometime.

To make it simple - work up to a heavy single, but do not miss. Feel free to put on your squat suit and perform a free squat.

4 WEEKS OUT: This is your first week after the circa-max phase. You are probably a little tired; both physically and mentally. This is a good week to take off the bands and get used to straight weight again. This day is designed to bring back stability and recognition to your squat form. Since this is the goal of the day, here is what a general workout will look like:

1x2 @ 50%
1x2 @ 55%
1x2 @ 60%
1x2 @ 65%
1x1 @ 70%
1x1 @ 75%
1x1 @ 80%

This should put you on track and ready for the next week (which you already read about). I hope to god that I'm not confusing you too much by working backwards.

MAX EFFORT WORK

Since you are doing max effort work on your dynamic day, there is little need to do it on max effort day. Do not drop your assistance work during the circa-max phase. This needs to stay in place. Since you are losing some dynamic work, you may want to what I did; box jumps on Monday. This was an easy way for me to retain some kind of explosiveness.

This was done after a warm-up and done for 3 sets of 5 reps. So for the three week circa-max phase, cut out your max effort work. If you feel that you need to deadlift, do it on your squat day. This will ensure that you are putting all of your heavy efforts into one day and getting adequate recovery.

SAMPLE TRAINING CYCLE

Here is a training cycle, with a circa-max phase and de-load phase. All supplemental and accessory work is up to you and based on developing and maintaining your strengths (Why would you ditch what got you strong in the first place? That never made any sense to me...) and trying to strengthen your weaknesses. We are going to base all of this on the fictional 750 lb. box squatter that was used above.

WEEK 1: 8x2 @ 415

WEEK 2: 8x2 @ 465

WEEK 3: 8x2 @ 505

WEEK 4: 6x2 @ 415 + average band
WEEK 5: 3x2 @ 415, 3x2 @ 455; all sets done with average band

WEEK 6: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with average band

WEEK 7: 2x2 @ 415, 3x2 @ 465; all sets done with strong band

WEEK 8: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with strong band

WEEK 9: 1x2 @ 415, 1x1 @ 465, 1x1 @ 505; all sets done with strong/average band; this is a test week to see if how the weight is for circa-max phase. If it is going to be too light, then adjust the circa-max weights accordingly. We will assume that it is good to go.

WEEK 10: De-load week - 8x2 @ 415

WEEK 11: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with strong band

WEEK 12: Begin circa-max phase - 3x2 @ 415; all sets done with strong/average band

WEEK 13: 3x2 @ 465; all sets done with strong/average band

WEEK 14: 1x1 @ 415, 1x1 @ 465, 2x2 @ 505; all sets done with strong/average band

WEEK 15: 1x2 @ 375, 1x2 @ 415, 1x2 @ 465, 1x2 @ 505, 1x1 @ 555, 1x1 @ 595, 1x1 @ 645; all sets done with straight weight. This is a week just used to get used to real weight.

WEEK 16: Try on suit or work up to a heavy single on the box.

WEEK 17: 2x2 @ 505; all sets done with straight weight

WEEK 18: off

IMPORTANT NOTES

I know that I gave percentages and a sample cycle, but please use this as a guideline. What the sample training program is designed to do is

prepare you for the circa-max phase. You may have to prepare yourself in a different way, but notice how there is a gradual increase in band tension throughout the cycle. This will help your body adapt to the training and get you ready for the three week phase from hell.

I have seen people use more band tension and have results, but there haven't been that many. You can play around with it and it may work, but let me throw you a Pearl of Wisdom. What works once will probably not work again. I have seen a lifter try to repeat a cycle that gave him great results only to have it blow up in their faces when they try it again. That is why you have to learn new things. Also, more band tension can wreak havoc on your shoulders and elbows. So be careful.

On the dynamic days, if you feel strong, work up. I like to do this all the time because I felt like I needed to work on my form on the squat with heavy weights. I do not need to work on my form on the suspended good morning. Some people can do this, but most cannot. I am with most of you on this one.

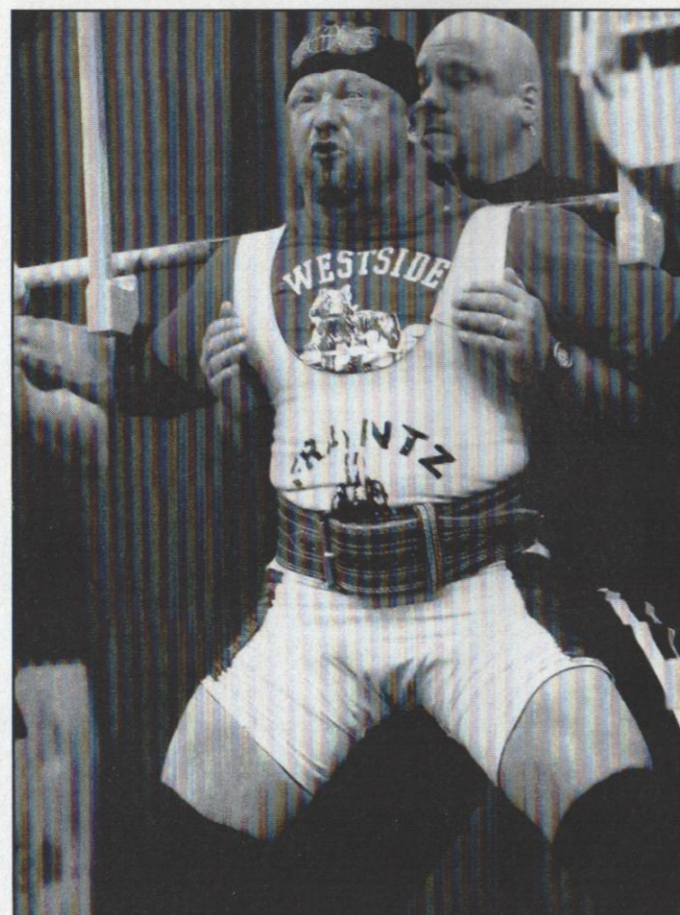
The next question that I know I'm going to get is, "How will I adjust the sets and reps if I work up?" The answer is, "Just work up and things will fall into place." If you do a few more sets, I wouldn't worry too much about it. Remember in my last article about the Standard Template I which I talk about planning your training to work up? If you do work up on a Friday and the next Monday you don't feel too strong (this doesn't give you license to be a wimp, though), take that day off of max effort work. Not training, but max effort work.

Don't over-complicate this; on the three week circa-max phase you are basically going pretty damn heavy. That's about it. Don't try to rack your brain on figuring out band tension (I swear I will come to your house and beat you with a wet mini-band if you ask about this).

Rest periods: I almost forgot this. Remember when you first began training and you read about training very heavy and how much time you should take between sets? Well, the information they gave you was correct. Take as long as you want, but I recommend about 3-5 minutes. You are not graded on how "in shape" you are, but by how much you lift.

Another Pearl: If you are like me and just like to do the heavy work on Friday and always work up, the circa-max phase isn't too bad. When I was doing the regular max effort work and true speed work, the circa-max phases would kill me. I've had success with both. I don't know what is best for you; all I'm doing is giving you some tools. It's time for you to build your squat. (That's quite possibly the dumbest thing I've ever written. I will condemn myself to one hour of listening to R.E.M. and staring at pictures of Michael Stipe.)

Don't throw 2.5 plates on the bar. That is sacrilege.



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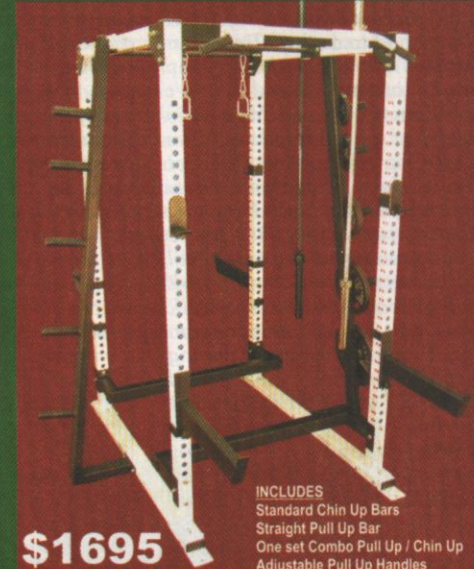
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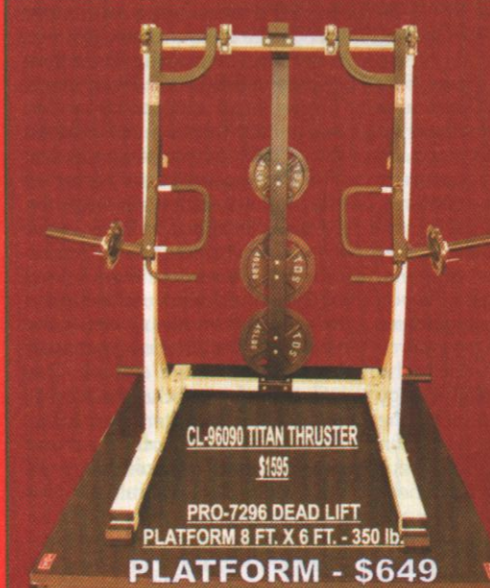
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Contest Day Nutritional Disaster!

Q: Hey, Anthony, what's up man? Your column on the whey hydrosolates was phenomenal. I never knew that you can get protein to hit your bloodstream as fast as sugar. Man, you always have new tricks up your sleeve to help us get those real world results. My question is about contest day. Before you smash me for my stupidity I will admit to my guilt. The last contest that I did about two months back the only type of drink that I brought to the contest was some cola. I brought two of the two-liter jugs down to the contest site. I figured the sugar rush would keep me amped up and the caffeine from the cola would give me that little extra. Well, to my dismay, I was wrong. I started drinking some about an hour before the squats. The warm ups went ok and so did my first attempt. I smoked it. But since my flight was huge, being a 220 lifter, I had to wait quite a bit in between rounds. By the time my second attempt came I don't know what happened. My energy level just plummeted and the weight on my second attempt just crushed me. I don't know what happened. I started drinking some more cola after my failure at the squats and started to feel a little better. The first attempt in the bench press went well, same with the second, but again I got that same horrible feeling that I had before during my third attempt. The deadlifts just went horrible I barely made my first attempt and just forfeited my second and thirds. What the hell happened to me? I was flying high and in no time my energy was horrible. I felt like I could have taken a nap right then and there. I am telling you I could have laid down in the warm up room and slept. I even started getting shaky and I was sweating like crazy. I don't know what happened to me as I never experienced this before. I need to drink something at the show to keep my energy up, but I have a feeling the soda may have done me in. What would you suggest to drink at the contest because I don't want that feeling again? Please help me out. Thanks for all your help. Sincerely, Peter Justin

A: Hey, Peter, it's good to hear from you. Wow, what you have described is something that I have heard numerous times from different lifters. You are causing your body to get low blood sugar and this is why you are getting into a hypoglycemic state. This is why you are getting the sweats, the massive energy drop, the lethargic feeling and the shakes. I am glad that you had the sense to realize

NUTRITION

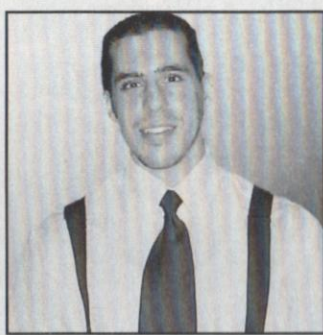
Power Nutrition Questions & Answers

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

that it most likely was caused by all the sugar-loaded soda that you consumed on your contest day. I have seen world class athletes drinking soda between their events hoping to keep their energy up, yet they don't realize that they are actually making their performance go right out the window. Drinking sugary drinks the day of the competition is a major nutrition mistake and you are setting yourself up for disaster with this plan of action. It will not only cause your body to overproduce insulin causing you to end up with low blood sugar, but it will also dehydrate you. These nasty side effects will make you sleepy, lower your strength output, decrease your performance, may cause muscle cramps and prevent you from hitting the PRs that you deserve. So what is a powerlifter to do? Should he drink juice during his contest? How about one of those mainstream sports drinks that so many people use? How about plain water? The answer is none of the above. Juice, which is mainly fructose (a simple fruit sugar), is not the ideal drink when looking to perform at your best. This too will cause a decrement in your performance, leading you down the path of not performing to the level that you should be. Many powerlifters drink one specific sports drink that is very mainstream. There are a lot of athletes of different sports promoting it as the best energy drink. This drink is mainly sugar and water with a few electrolytes thrown in. Using it as an energy drink to help get you through a powerlifting competition is a big mistake. So what is the answer for the hardcore powerlifter looking to get maximum results? Is there a drink that can help maintain energy levels throughout the entire show? Is there a drink that can help prevent cramping and help maximize strength output? Well I have the answer that all you powerlifters are looking for. That answer is a product called Cytomax made by Cytosport.

What the Hell is Cytomax?

Now, you might be wondering how this product differs from many other so called sports drinks out there. You may also be wondering how this is going to help you the hardcore powerlifter at his next competition? Well you want the



Anthony Ricciuto this is the Man Behind NutritionXP3.com

Cytomax 411 so here it goes. First off let's look as to why Cytomax is a night and day difference from the other popular sports drinks on the market that are actually decreasing your performance on the platform. Like I said before, most of the commercial sports drinks that flood the market today are primarily made up of simple sugars. As you should already know using simple sugars as your main energy source is a big mistake. This is due to the fact that once the initial energy rush wears off because of all the sugar, your blood sugar level then takes a nosedive due to the massive insulin spike that occurs. This here is exactly what happened to you my friend when you drank all that soda. You brought your blood sugar level sky high and when it wore off due to the massive insulin spike you caused you ended up feeling like a bag of dog crap. These other sports drinks and their scientists that design them ignore the fact that scientific research has shown that a 7% carbohydrate solution is optimal for gastric emptying. Since their drinks are way too high in sugar concentration it causes the body to process it like food thereby decreasing its effects on properly contributing to adequate hydration. The carbohydrates in Cytomax are not simple sugars like all the other drinks. They are instead made up of complex carbohydrates. This form of carbohydrates helps you sustain your energy level over long periods of time and even prevent glycogen depletion caused by intense training.

Secret Ingredients

Cytomax also contains another very important ingredient that other drinks do not have. It is called Alpha-L-Polylactate. This

super compound buffers lactic acid during your training and prevents cramping plus much more. This makes Cytomax the ideal drink for those who had to cut weight the day before and want to make sure that they don't cramp up like so many lifters do only to make their performance sub par at best. Cytomax also contains a powerful antioxidant formula to help fight free radical production that is caused by your hard training. This makes Cytomax not only the ideal drink for your competition but for this fact alone it is perfect for use during your training sessions as well. Another thing that will play a role in lasting and performing at your best come the deadlift is how much and the rate in which oxygen is supplied to your muscles. How many of you have a good squat, a decent bench, but come the deadlift and you feel like you have just been hit by a freight train? Your energy is just depleted to no end come deadlift time. That is no longer going to be an issue with Cytomax. One very interesting ingredient that it contains is called Succinates. These are responsible for improving the rate of oxygen delivery to your working muscles. This will also reduce the perceived exertion no matter how high the intensity level is. For those in the iron game who compete there is no other time when your intensity level is higher than when you are trying to hit a PR or break a record on the platform! This will allow you to stay fresh for the entire contest. This little secret here is what the World's strongest Powerlifter Garry Frank drinks in his water bottle the day of the show so this should give you a little input on how valuable this supplement is.

Digestion and Absorption

Another very important thing you need to focus on with other drinks and even the food choices you make on contest day is how they affect your digestion. Eating the wrong thing or drinking an improper sports drink can cause a slowed digestive process causing you to feel bloated and lethargic. Just think back to the last time you had your Thanksgiving dinner with the family. Do you remember how you felt afterwards. All that heavy gravy and mashed potatoes and the turkey and pumpkin pie. Some lifters who I have witnessed the morning of the competition eat with the same precision as you would at an "All you can eat Buffet". Is this going to help you hit a PR? Not likely unless the PR is in how many times you can burp and re-taste your breakfast. The same goes with sports drinks that are too high in simple sugars. They will have a very hard time to digest and they will sit around your stomach like a piece of Shepherds Pie. Oh yeah, that's exactly the feeling you

want when it's time to deadlift, eh! With Cytomax this is never a problem as it is easy on the stomach and very light. This is very important come contest day. If you have ever been guilty of not eating the right things or overeating on the big day (I am sure that almost everyone reading this has been guilty of this at one time or another) you know first hand that it affected your performance in a negative way. Whether you will admit to it or not we both know the truth.

Alpha-What?

Another benefit to Cytomax is the affect that the Alpha-L-Polylactate has in its absorption rate. It has been shown to absorb up to 10 times faster than simple carbs. This means that your hard working muscles will get the fuel they need right away without the horrible side effect of the insulin spike that has you in a coma 30 minutes later. Cytomax also has a wide spectrum of micronutrients that are essential for performance. It has the ideal amount of potassium, sodium and numerous other electrolytes. You may be wondering why this is important? This will make sure that your muscle cells remain in a proper fluid and electrolyte balance during your competition and even after. This will help maintain your power endurance and even prevent cramping.

So you are probably wondering what is Alpha-L-Polylactate? Polylactate is a polymer of the L-lactate molecule series. What makes it so special is that it is bound with Pyruvate and different amino acids. What makes this different from Lactic Acid is that Polylactate is not an acid because the acid component has been removed from the chemical structure. When you take lactic acid and combine it with specific amino acids the acid actually leaves this particular molecule. This then will allow the lactate to be absorbed very quickly. This means it will be used to provide the body with energy, neutralize lactic acid and maintain stable blood sugar levels. This is exactly what a powerlifter needs on contest day to make sure that he has the strength that he needs and at the same time the energy and long term endurance to get him through the entire meet with the same gusto that he had for his first squat attempt. Cytomax makes this possible so that you can hit PRs in not only your squat, but also all your lifts on contest day. As you can see I can do a complete article series on Cytomax and the unique ingredients that it contains.

A Cut above the Rest!

So as you can see Cytomax is one of the best energy sustaining, glycogen replenishing, lactic acid neutralizing, electrolyte balanced drinks ever created. To just call it a sports drink would be a real injustice. It is a lot more than some liquid sugar thrown in with some food coloring and water. Many of the other so-called sports drinks on the market are not much more than that. I use Cytomax with all my athletes because it is that good of a product. This is one of the secrets that many of my lifters have gotten great success with come contest day. Cytomax is a cut above the other sports drinks on the market and they have the scientific formula perfected to make sure that you get results. Let's face cold reality here for a minute. In powerlifting results are the name of the game and if

something doesn't provide results then it is worthless. This is not the case with Cytomax. You all know my "say it like it is" stance when it comes to anything to do with our sport. Whether it is about nutrition, pharmaceutical enhancement, or supplements you all know that I am the real deal! If I recommend something you can bet your sweet ass it will provide results and that's the bottom line! I have been in this industry a long time and I don't want you to waste your hard-earned money on bogus supplements and snake oils. This is why I have developed my "Seal of Approval" and only the highest quality, result producing supplements or products will receive it. Due to Cytomax's major benefits that it offers the powerlifter in training and on competition day, it receives my Power Nutrition "Seal of Approval". If you are looking to notice a big difference come contest day give my recommendations a try. I know for sure that you will see the difference it will make on your contest day performance. So throw away that soda and crappy sugar loaded sports drinks that are making your performance go down the drain. Give Cytomax a try because once you do, it will be a part of your contest day plan for all your competitions to come.

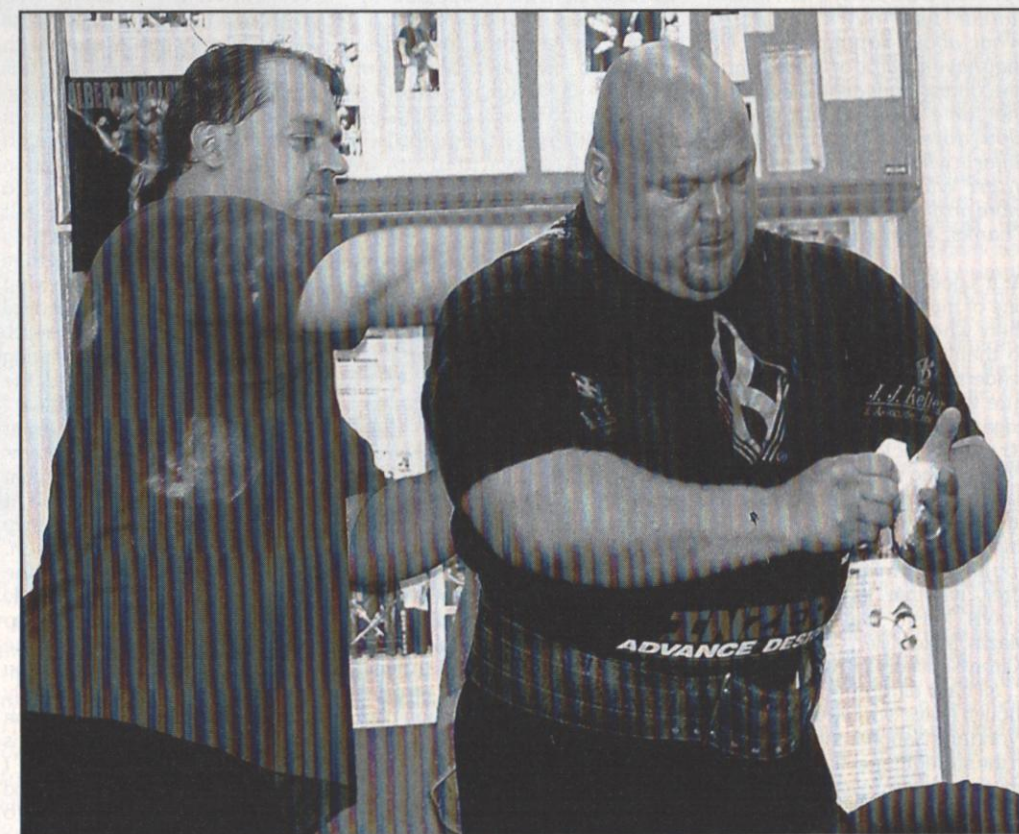
Cottage Cheese vs. Yogurt- and the Winner is....

Q: I have seen many times that you recommend cottage cheese in your meal plan. I was wondering how cottage cheese and yogurt are in comparison in nutrient breakdown. Is one better than the other? I like eating both of them, but are there better times when I should consume them? Thanks for letting me know this info as I would like know how to incorporate them in my meal plan. Sincerely, Vito Colucci

A: Hey, Vito, it's good to hear from you. So, you

want to know what's the deal with cottage cheese and yogurt? Let's take a look at the macronutrient breakdown of each and then we can go from there. One cup of plain non-fat yogurt has 130 calories, 14 grams of protein and 18 grams of carbs. On the other hand, a cup of non fat cottage cheese has 170 calories, 30 grams of protein and 7 grams of carbs. Now as you can see here cottage cheese is a much more protein dense food and lower in carbohydrates. This makes it the perfect bedtime food due to this fact. Another reason why it's great before bed is the fact that it is made up of casein protein. This protein is slowly digested over 6 plus hours providing a slow and steady release of amino acids into your bloodstream as you sleep. This is the perfect setting to prevent you from entering a catabolic state while you doze off to LaLa Land.

As for the yogurt since it is higher in carbs you should use this earlier in your day like before lunch. Breakfast and your morning snack is an ideal time to have yogurt. One very good thing that yogurt contains is something called acidophilus. This is a healthy bacteria also known as a probiotic. They keep your digestive tract healthy and in balance. One thing to remember is when you get sick and take antibiotics it not only kills the bad bacteria, but also these healthy bacteria as well. This is not good, because this healthy bacteria is very important. When purchasing yogurt make sure that it says "active culture" or lists acidophilus on the label to make sure that you are getting this in your yogurt. The best type of yogurt to get is a non-fat plain yogurt. Then you can add some fresh fruit to it yourself and some sweetener to give it that little extra. As you can see I recommend both yogurt and cottage cheese in your nutrition plan. The fact that they both contain a good source of protein and calcium is



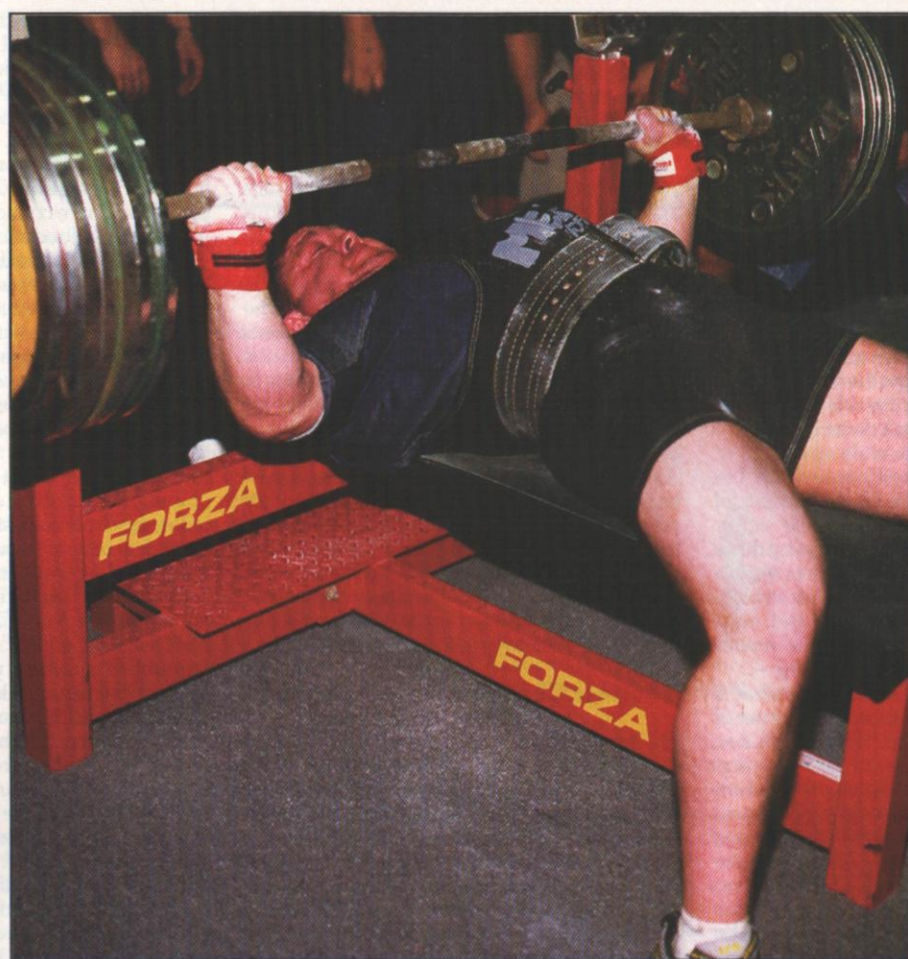
Garry Frank maintains an effective nutritional status while competing (Steve Notaras photograph)

very important not only for big muscles, but also for burning fat and strong bones. If you are not consuming either of these in your meal plan I recommend getting in at least one to three servings in your program per day as it will not only help you in your quest for a bigger total but also keep you healthy!

What do all the Pro Powerlifters Eat?

Q: Just wanted to shoot you a line and let you know that I really loved your Garry Frank and Mike Brown profile series. They were really awesome. Your column gives a refreshing read for the magazine every month. You always come up with innovative ideas for the lifter but even more than that is that you are always looking out for us in areas others don't even want to talk about. My questions are about working with all your pro athletes. Do a lot of them follow similar type nutrition plans? What about supplements? Do they have specific off-season and pre-contest plans or do they follow the same thing all year long? How does working with them differ in what you do with a regular lifter? Will you be doing some more profile articles in the future? Thanks, **Joe Luzi**

A: It's good to hear from another one of my fans. For all of you out there who read my column I want to thank you. I am loyal to my readers and I try my best to make sure that you are on the cutting edge when it comes to applying the strength sciences to your Powerlifting training. Wow...you have a lot of questions. I could do a small book out of this. In regards to me working with my athletes what you have to remember is that each lifter, whether its Garry Frank, Travis Mash, Dave Tate, Joe Mazza, Mike Miller, Gene Rychlak, Karen Sizemore or Kara Bohigian... all have different needs. Even though I have worked with over 50 World and National champions just in the strength sports I do not have any two athletes following the same plan. The Nutrition XP3 System is the most comprehensive and customized nutrition system



Travis Mash ... his nutritional profile can be expected from Anthony Ricciuto.

available for the strength athlete. When I consult with a client, no matter if they are a world class athlete or someone who has just begun in the sport, I perform a comprehensive analysis with them. I get all their background info, their current training plan, their nutritional journal, a comprehensive blood profile, supplementation history, past and current medical conditions, Glucose Tolerance assessment and much more. From all the info that I gather from their paperwork, only then can I put the pieces of the puzzle together for their analysis. From this analysis then I can begin the layout of the first phase of their plan. Everyone will have a different medical history. Each athlete trains to the type of program that is best for him. Each athlete will also have a different lifestyle and work habits. They also eat different foods, have likes and dislikes among those foods, as well their culture or background may play a role in their eating patterns. No one training program will work for all athletes and neither will one nutrition plan be perfect for everyone either. Customization is the key to each athlete's success and this is why this is the base to the Nutrition XP3 System. It takes a lot more work on my time but through this

comprehensive analysis and program phasing are great results attained. If someone disagrees with this, then I can guarantee this individual has very little knowledge in the nutritional sciences and even less in its application to a strength athlete. This is why the Nutrition XP3 Program takes all of this into consideration to make sure that each athlete gets the results they deserve no matter what level they are at, how old they are, what gender they are, or what medical conditions that must be addressed.

As for my pro athletes eating the same thing year round the answer is no. With each athlete I may design 20 or more different plans. Their supplement programs will also change according to what they are trying to accomplish at that particular time and where they are in their competitive season. Louie Simmons and I believe in the Conjugate Method of constantly changing things around to keep the body guessing. It is the same way with the foods that you consume. Most people, especially in powerlifting, can't imagine the nutritional sciences being this complex. They truly don't understand the relation to the food they consume and its relation to their hormone balance, or micronutrients and how it affects

numerous athletes that suffer from health ailments. This ranges from high cholesterol to diabetes to elevated liver enzymes. I have made such huge improvements with my athletes that even their doctors are wondering what the hell they are doing. Some have even got off their meds completely. Others have had them reduced by more than half. This is some major improvement, especially since this is all without the use of drugs, purely with food and supplements. As for writing some more Pro Powerlifter profiles in the near future, yes, I plan on doing many more. I know the reader likes knowing the inside nutritional scoop on what their favorite lifter is doing, not only with their training but also their diet. You can look forward to an awesome profile on Travis Mash in the near future and this will no doubt be one that will blow your mind!

So until next month lift hard, Take your vitamins, say your prayers and one day you may be as strong as the Hulkster!

For those interested in more information about the Nutrition XP3 System feel free to contact me at Aricciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com.

their androgen receptors, or how nutrient partitioning agents can help redirect nutrients into different types of cells. To most lifters this is something out of a science fiction movie. Since we are well into the millennium now, we as lifters have to look at every angle to improve our performance. Many ignorant lifters think that all this entails is getting a new bench shirt or doing a more advanced training program. This is not the case in the least. The problem is powerlifters have been in the dark concerning the nutritional sciences up until recently. This has not only retarded their progress, but at the same time it has caused illness and even death to lifters that could have been completely avoided. I have seen way too many lifters die way before their time and I will be the first to say that many times it is because of their poor nutritional habits. I have worked with

There are many factors that determine powerlifting success, such as training routines, diet, supplements, lifting gear and genetics. Some of these factors we can control, like diet and supplements. Some can be learned as with training routines, while others like genetics, we have no control over. There are, however, 5 other factors that are keys to your success as a powerlifter that are intangible, cost nothing, and are totally controllable by you. They are: consistency, patience, knowledge, moderation, and courage. However, my definitions of these 5 keys may not be so obvious. Let's examine each key.

The first is consistency. We need to work out on a consistent basis. Don't train hard for 3 weeks and then let up for 1 or 2 weeks. Sure, we all have other commitments, but many times we miss due to laziness. To progress in anything in life, consistent effort must be put forth. Consistency also means you follow a set routine throughout your training cycle. Don't change to a new routine or lifting technique halfway or more through your training cycle. Many times we are tempted by the latest routine in PL USA or by another gym lifter's ideas. If you make a decision to change routines or lifting techniques, wait until after your training cycle ends following a contest. Sudden changes in technique can be precarious. Going from a regular deadlift to sumo should be done over several months for best results. Changing gear, like your squat suit, during the last week prior to a meet or even worse, at the meet, can result in a missed lift or a bomb-out.

The second is patience. That one is easy. Neither Rome nor Arnold were built in a day. Even the greatest usually don't win the first time. It takes time, sometimes years, to reach your individual potential and your rate of progress will not be constant. There will be peaks and valleys. It may take many attempts to find the right approach to training before your progress starts really taking off. "Taking off" is obviously a relative term. We all can't be

STARTIN' OUT

A special section dedicated to the beginning lifter

5 KEYS TO SUCCESS

as told to Powerlifting USA by Doug Daniels

great deadlifters or benchers, but we all can be much better where we started. In the previous paragraph I talked about changing lifting techniques. It could take several training cycles to find out if you can excel at sumo style deadlifts or wide stance squats. Give it several training cycles before dropping or adopting new techniques. Many lifters may find that their lifting will improve as they move up or down in weight class. Top lifters have told me it can take a year or two to become efficient at a new

bodyweight. Practice patience.

Third is knowledge. No, it does not mean being able to recite from memory the May 2003 issue of PL USA. By knowledge I mean knowing your body and its unique capabilities. Do you recognize that a training method is not productive? Can you tell the difference between minor pain and chronic pain? Do you know when to take a training layoff to avoid overtraining or burnout? Sure, knowledge from PL USA is invaluable, but do you have the ability to transfer it to your

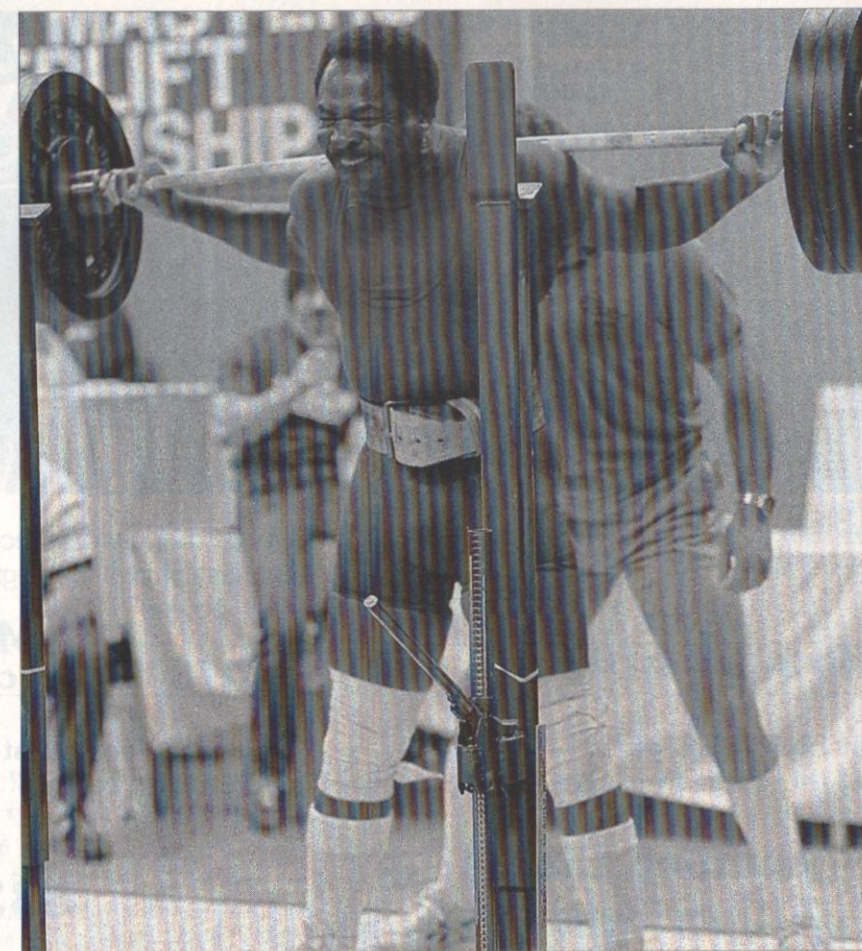
own current situation?

The fourth key is moderation. Everyday someone somewhere says something is bad for you, or something is good for you. Something that was good yesterday might be bad today. Though today's latest supplement is the greatest; tomorrow's new product will make it pale by comparison. Just who can you believe? My answer is all of them and none of them. Do a little research and apply a little common sense and try things in moderation. If you can't decide between lat pulldowns in front or behind the neck, easy — do behind the neck one workout; the next, do them in front. This way you cover all the bases and if one really is better than the other, you at least derive benefits from it 50% of the time.

Last, but not least, is courage. This article's definition of courage is not about getting that last rep or locking out that big deadlift. In

many of my past articles I've preached that it takes real courage to train less, not more. Many lifters need to lose that "more is better" mentality, the "train until you pass out" attitude that is promoted hard by our bodybuilding cousins. Powerlifting is extremely stressful on the body's recuperative abilities. If you have trouble recuperating, your progress will lag and your chances for injury will increase. It takes real courage to train efficiently and then go home. You don't need to do 20 sets of benches, followed by 10 sets of inclines, 10 sets of cable flies with a finisher of 10 sets of weighted dips. Check out most top benchers' routines and you'll see they're simple and brief, yet effective. Squat and deadlift training are no different. All you lions out there don't need to see the Wizard of Oz for courage.

There are many keys to powerlifting success. Many of them are controllable and tangible and many like these five are intangible. The five I covered in this article are critical and all controllable by you. Consistency, patience, knowledge, moderation, and courage may not be easily measurable, but can make a key difference in your powerlifting success and even everyday life.



"Coach" Russ Murphy, who practiced the principles described in Doug Daniels' article, and passed them along to others, recently passed away, according to his friend Charles Beane. "Coach" is seen above at the 1986 National Masters Championships. According to Charles "Coach" Russ Murphy was one of the finest men I have ever known. I first met Coach in 1965, he was a new coach for the ends. It didn't take long for the Coach to win the respect of everyone there. He never had a negative word, only words of encouragement and instruction. After I graduated and opened my first health club, Coach joined. It wasn't long before he was asking me to help him powerlift. He was to go on to many state and national titles. The lives he touched and changed, are too many to count. I truly feel so very lucky to have been called his friend."

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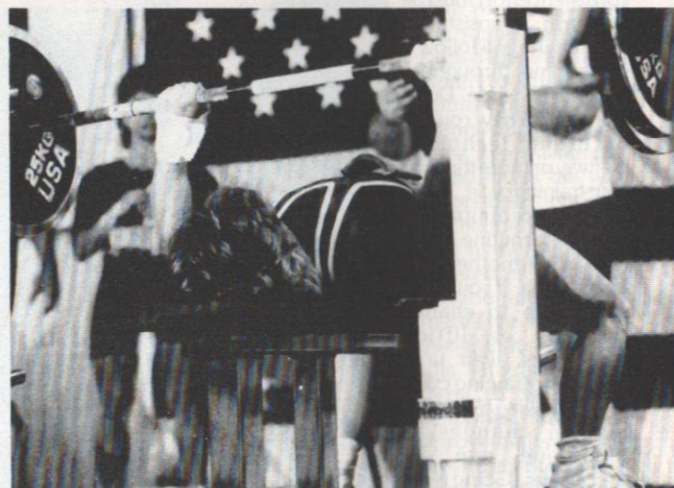
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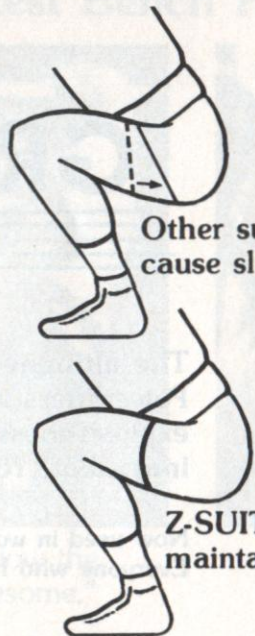
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ASK THE DOCTOR

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.)

Q: I started the supplements 3 days ago - seems ok so far though it's a full time job keeping up with all those pills! Some days I train light, usually just a warm up and a few light sets. Is there an exercise time or intensity parameter I should be aware of where I shouldn't take certain supplements like the Resolve or the GH boost before an easy session? **Michael**

A: The supplements help the most when you're training hard. I always encourage people to periodize their supplements not only according to the phase of their training but also according to the difficulty of the session. So for easy training sessions I wouldn't use either the before or after training supplements, but I would still use the Power Drink, perhaps diluted down a bit more than with the harder training sessions.

Mauro DiPasquale MD

Q: It looks like there is a lot of overlap of certain vitamins like A, B, E in the pills - am I OK taking such high doses of Vit A, a fat soluble vitamin? **Michael**

A: I formulate my supplements so that when used together they work synergistically and without toxicity. For example Vitamin A is a fat soluble supplement that has many useful properties. I consider the use of the fat soluble Vitamin A at under 20,000 IU per day to be non toxic and completely beneficial. If you count up all the fat soluble Vitamin A from the supplements you're taking you'll notice that it's under 10,000 IU. On the other hand I include carotenoids such as beta carotene, sometimes called pro-vitamin A, in my formulations. These are water-soluble precursors which are made into Vitamin A by the body, IF IT'S NEEDED. While you can overdose on fat-soluble Vitamin A, large doses of water-soluble beta carotene are non toxic. If you look at MVM you'll see that the daily dose contains 2,000 IU of retinyl palmitate (a fat soluble vitamin A) and 10,000 IU of beta-carotene.

Mauro DiPasquale MD

Q: My wife would like to try something(s) to help her with energy and general well-being. Could you recommend something for her. She's 5'9", 132 lbs and works out 2-3 days per week lightly. **Michael**

A: I would recommend MVM, Metabolic and ReNew.

Mauro DiPasquale MD

Q: Lastly, do I cycle off things like the testo and GH boost once goal competitions are over? **Michael**

A: Again it's a good idea to periodize your supplement use, cutting back when you're taking it easy and increasing their use when training hard and pre-competition.

Mauro DiPasquale MD

Q: Can you tell me if there is any benefit to using coconut oil? I'm already taking olive oil and flax oil on a regular basis, either in the Locarb MRP shake or by itself, in a 1/2 oz. dosage. I've read that coconut oil has beneficial effects on the skin. Is this true? If so, are there any other benefits to using it as a supplement? Thanks. **Best, Eric**

A: I'm not a fan of coconut oil even though it's enjoying some popularity right now. First of all keep in mind that most of the information that's on the Internet regarding Coconut oil is mainly a lot of marketing hype. There's nothing wrong with coconut oil per se and it even has some good

characteristics as an oil used for food preparation and cooking. To give you some stats, coconut oil is about 92% saturated. 6 percent monounsaturated and 2 percent polyunsaturated (omega 6 - linoleic acid). The saturated fat breaks down to 45% lauric, 17% myristic and 8% palmitic acids? thus it's mostly medium chain triglycerides. So you can see that coconut oil is mostly a high saturated fat oil with the saturated fats being medium chain triglycerides rather than long chain triglycerides, the saturated fat found in most foods we consume. This has some advantages over most of the oil out there as it doesn't spoil nearly as quickly and doesn't contain any trans fatty acids. Also it's a good oil for cooking. The MCTs it contains can be an advantage to some people unless they're on a low carb diet where they can act like carbs as far as short circuiting the use of the long chain fatty acids that make up body fat. I'm doing more research on this right now and will send some of it to you if it's relevant. I looked at coconut oil, and many others such as palm oil, in detail when I formulated my new InsideOut and concluded that it really doesn't have any outstanding properties to treat or prevent damaged and/or aging skin. Let me know if you need more info.

Mauro DiPasquale MD

WHERE'S THE BEEF? BETTER STILL WHERE'S THE BRAINS?

Are most powerlifters morons? After looking at the ads in this months muscle mags it seems that most of the supplement companies catering to them think so. The mags are full of ads that make the sell based on shocking colors, incredible hype and just plain lies. As well, a lot of them must also think that powerlifters are incredible suckers since they're trying to hose them down by offering products at 20 to 40 times the cost to manufacture them. And they must also think that there's a sucker born every minute because they're not after repeat sales since it doesn't take a rocket scientist to figure out that the products are useless. And the products are useless because the mentality is to make you believe something that just aint so. Putting together a few isoflavones and plant sterols, and maybe a dash of tribulus, and selling it as the equivalent of anabolic steroids is one hell of a scam. But it seems to work since most of the so called testosterone enhancers out there are doing it. And then there's the special names, not only for the product but for the proprietary blend. Instead of using product names like Enterotrophin CE or Myotrolob2980 -- why not call it like it is. For example, Lobotomy101, Bottleofuselesscrap CR, Makeourwalleltrophin, or Itsnotgonnawork 5000. But maybe the best one, seeing as how the pump seems to be king nowadays, at least as far as the products they're trying to pump, would be GetPumpedButIt'llGoDownToWhatItWas AS.

It's bad enough when they hype a product by saying that it's better than steroids, or you better buy it because it's not illegal, YET! but it's even worse when the hype the product as being the next best thing to taking obscene amounts of steroids but won't tell you what's really in the product.

That's because even though they pretty well know that the average bodybuilder is pretty ignorant, they might be able to figure out that if they're told what the magic ingredient really is they might get a tad skeptical. After all why pay 50 bucks for a product that costs a buck to make and is nothing more than you'd find in your average pickle, tomato, arugula etc. And then there's the dumb pictures. You gotta be pretty dumb if you believe the bull that some of them are trying to tell you. For example, bodybuilders who have used obscene amounts of steroids for a decade or more telling the wannabes that they owe everything that they are to Xenobiology from ASHLE. And just as bad are the before and after pictures? Before and after what? Plastic surgery, two cycles of roids, an air pump stuck up their ***? How hard do you figure it is to make two sets of pictures and then put whatever captions you want under them? For example here is Marvin big and cut, then Marvin goes on a cafeteria diet for a few months and they take his BEFORE picture bigger and fat. Or they doctor the pictures, or doctor just about anything else they can.

Now I'm not saying that companies shouldn't build up their products so they can complete in the marketplace, but this is out of control. At the very least keep the hype on this planet instead of outer space, and try to at least give them some value for their money instead of just a lot of scientific sounding hype and pie in the sky promises. I try to do that in my products, using ingredients that work along multiple pathways to give the desired effects. And giving some real world results for people's money.

Mauro DiPasquale MD

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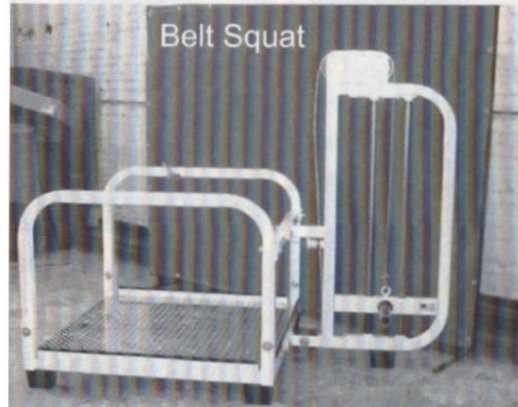
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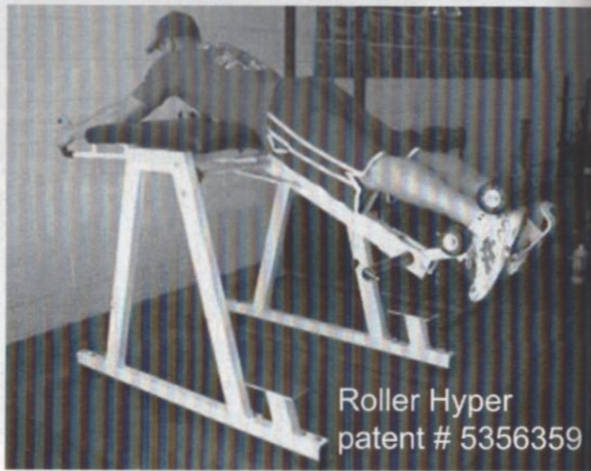
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Freak Bar

Last month, we learned that Homer Simpson trains at Total Performance Sports. I promised that we would visit Marge Simpson's gym this month, but we hit a big snag. Marge Simpson doesn't train at a real gym! She trains at a place called "Curves for Cartoon Characters" and it so big-hair-sissified that we cannot feature it here. Sorry.

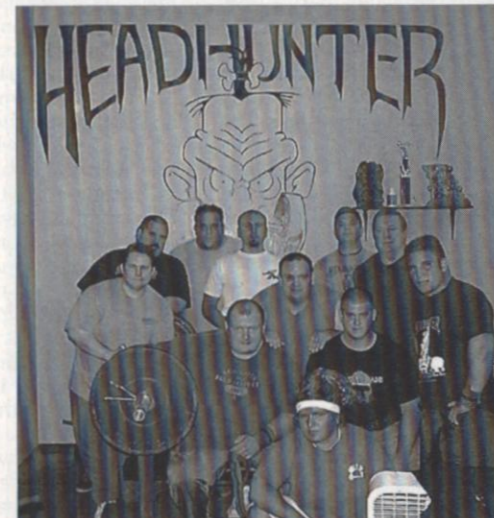
But the big hair of Marge Simpson made me think of one of my favorite topics: big heads. And that made me think of the Far Side cartoons where the Big-Head guys enter the land of cannibal head hunters - and immediately sense DANGER! And that makes me think of Headhunter Barbell in Wadsworth, OH.

"Headhunter Barbell was formed in June of 2003 in a garage in Wadsworth, Ohio with only a handful of lifters and has grown into a team of over 20 in a little over 2 years. The start of the gym came when two of the gyms these members lifted at had closed their doors without telling the members they were going under. After the second time, we decided enough was enough and Rob Twining, John Kelly, Stuart Patrick, Mike Miller and Al Lechler stuck some equipment in John's garage and started what is now "Headhunter Barbell". Without any incoming funds the members dug deep into their own pockets to buy the equipment it now uses. A year after the start of Headhunter Barbell, Rob, who was one of the original members, moved out of the area and is now running some great meets in the Fremont area and is a distributor for "House of Pain" with fellow Headhunter Stuart. The gym continued to grow and after a little over a year and a half in the garage, we decided it was time to move on and in February of 2005, Headhunter finally moved and rented a large room in the back of a fitness club in Wadsworth called "The Fitness Zone".

One of the greatest things about "Headhunter Barbell" is that you can be yourself. So many gyms believe that their gym should only enter let's say "USAPL" meets and that is all. We feel that whatever you feel like doing is up to you. Yes, we do train

HARD CORE GYM #49 HEADHUNTER BARBELL

as told to PLUSA by Rick Brewer, House of Pain



the USAPL Raw Ohio State Bench Record in the 198lb. class, Matt Handshue who holds two state records in the APF Ohio Teenage and APF Ohio Open 198 pound bench press divisions with an impressive 550 bench, Matt's sister Jessica Handshue, who also holds two state records in both the Ohio APF Teen girls and APF Ohio Women's 198+ Open Bench Press Divisions with a 255 bench and Lisa Gory who holds a USAPL Ohio State Powerlifting Record in the 148lb. Teen Division.

The gym includes 4 guys who have benched over 600: Jeremiah Burke (630 at 242), Rob (625 at SHW), John (600 at SHW) and Al (600 at SHW), a 500 pound bencher in Matt Handshue (550 at 198 Teen) and seven guys who have hit over 400 in Mike Miller (465 at 308), Colin Wilson (460 at 275 Master), Stuart Patrick (430 at 242 and a 410 at 198), Bob Jarvis (420 at 242 Master), Ryan Jarvis (420 at 220), Jon Burke (630 at 181 Teen) and Bobby Jones (400 at 275).

Other dedicated members of Headhunter Barbell include Nick Murat (198 Master) who also takes

care of the gyms finances, Tyler Murat (198 bench in the Teen 181 class), Tanner Murat (youth lifter), Katie Guminey, Jacob Kelly (youth lifter), Dave Hite (198 lb. class), Gary Fox (SHW class), Randy Wilson (355 lb. Raw bench at 308), B.J. Wrobel (220lb. Class) and his son Drew (youth lifter), Jeff Neely and his son Spencer and two Special Olympic Athletes - Shawn Savage and Rob Albright. Outside of lifting, several members have excelled in other areas with Al Lechler winning the National Master Shotput title three times and Bobby Jones playing some Pro Football with the Giants and Steelers.

Some future goals of the gym are to continue to help run local and regional Special Olympic Powerlifting Meets and to maintain our "Headhunter Barbell Bench Press Competition" that we started this year and will be holding every June. "Hey, we're just a bunch of guys that enjoy lifting and the sport of Powerlifting and would like to see it grow by sharing our sport with others in our community", comments Stuart. "It's more than just a gym", says Al Lechler, "If this gym should close tomorrow for some crazy reason we will still keep in touch and remain friends." To find out more about Headhunter Barbell go to www.headhunter.50megs.com.

This update just arrived: Jessica Handshue also just set an Ohio state bench record in USAPL to go with her APF state record, Matt Handshue just got a 585 bench so his 550 is now 585 and we added a new 400 pound bencher tour group and that is Gabe with a 425 (he just goes by Gabe)."

Still remain friends, huh? Like when you make friends on vacation, and promise to visit and keep in touch - but you never do? Or like life-long friends that you made in high school, that you can't remember or stand? Whoops, my cynical side slipped out for a moment!

Bottom line: we love bigheads, and we love Headhunter Barbell! I'm sorry that Marge Simpson doesn't train there, but it sounds like a bunch of really strong Simpsons do train there. Cool enough for me. Next month, we'll go beyond the Jordan, and see what happens there!

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DR. JUDD

LIARS ... PART I The Lighter Side as told by Judd Biasiotto Ph.D.

"Women are the biggest liars! Biggest liars! Look at ya! All of ya!! You got on heels, you ain't that tall! You got on make-up, your face don't look like that! And you don't have all that under there. Lies, lies, lies."

CHRIS ROCK

Here is a news flash ... people lie ... a lot. In fact, the urge to fib or even tell a whopper starts early. Some research has shown that nearly all children tell their first lie by the tender age of two, if you can imagine. And it only gets better or worse, depending how you look at it, from that time on. The reality is we lie everyday ... "we" ... meaning you. Do we really think all of our boss's ideas are terrific? That our girlfriend's hair always looks great? Our mother's cooking tastes superb? That the dresses your girlfriend wears never make her look fat? No. But we lie.

And do you really think you haven't aged a day in the last twenty years? That you look sexier than Brad Pitt? That you are the smartest man your girlfriend ever dated? That you are the only one? Don't believe it. They lie too ... just like you.

Actually, our entire society has become a nation of liars. It's our national sport. We even symbolize our virtuosity in lying by picturing four of our former leaders together ... Washington, Johnson, Nixon, and Reagan. Washington because, as the story goes, he never lied (which is probably a lie), Johnson because he never told the truth, Nixon because he never knew the difference and Reagan because he could never remember if he told the truth or lied.

We have some great role models when it comes to Pinocchio-like behavior too. Check these world class liars out:

"People have got to know whether or not their president is a crook. Well, I'm not a crook."

RICHARD NIXON

"I did not have sexual relations with that woman."

BILL CLINTON

"I never ever used steroids."

RAPHAEL PALMERO

"I have no idea where Lacy is."

SCOTT PETERSON

"I am absolutely one hundred percent innocent."

O.J. SIMPSON

You might find this interesting. They recently did a poll to find out which group of individuals in the United States were the biggest liars of all. Believe it or not, athletes were given the nod, but it should also be noted that politicians, lawyers, and television evangelists were not considered for the competition because

no pros were allowed to compete. It should also be noted that professional "rasslers" were excluded from the sports group because they lied about being athletes. Although the aforementioned information is interesting, it is rather limited because as you probably already know you can't make a generalization from a group of individuals to a single person. In other words, just because most athletes lie does not mean all athletes lie ... it just seems that way. So, let's get personal.

Here is another news flash ... it has been well documented, by women of course, that all men lie ... all the time ... which is a lie because I am a man and I don't lie ... all the time. The truth of the matter is that both genders lie to the same extreme; they just do it differently and sometimes for different reasons. Although lying is considered a sin, it doesn't seem to stop men or women from bending the truth now and then ... ranging from some innocent little white lies to more consequential whoppers. Generally, we lie for our own benefit ... whether it's to avoid a whooping from our better half or to get what we want.

Actually, as already indicated, there is a difference in lying patterns, between men and women. Men will generally lie to enhance their reputation as an athlete, a businessman, or as an intellectual ... men, especially with other men, are more likely to tell the kind of lies that make them look smarter than they are, or more accomplished. They will also embellish their sexual conquest with women ... like Wilt Chamberlain telling people he was with 20,000 women. Conversely, women will lie to themselves a lot and they'll lie more often to other women, than to other men. When women are talking to other women, they are usually telling lies that make them look kindhearted and altruistic (i.e. when I was a little girl I cooked and cleaned and took care of my entire family ... truth is, she can't boil water.).

If the truth be known, the questions we ask many times initiate people to tell little untruths. Men have a wonderful knack at asking questions that necessitate a little dishonesty. Questions like, "Am I the best lover you've ever had?" And then there's every man's favorite question: "How many men have you slept with?" Even if



Dr. Judd has done the research and knows the value of telling the truth ... or is that a lie?

she has covered more beds than Cannon sheets, been tied up more times than Trigger, and has served more men than McDonalds, she is liable to tell you that she can count all the men she has slept with on one hand and she doesn't have to use all her fingers.

These questions are equivalent to the questions that women will ask, "Am I better looking than your ex?"; "Am I getting fat?"; "Have you ever cheated on me?" and "Are you going to call me tomorrow?" And then there's every woman's favorite question: "Do you love me more than you love your past girlfriends?"

The aforementioned questions just go to show that men and women not only lie, but they are also stupid as hell for asking such questions. Now, unless you want to experience the fury of hell, you might want to answer in the affirmative to the previously mentioned questions when the time comes. No woman wants to know that the last girl you dated makes her look like chopped liver and no man wants to know that his girlfriend is the biggest tramp in America since Charlie Chaplin.

Typically, men will lie about their height and physical and intellectual prowess while women lie about their weight and age ... you know, tiny things, never anything really big. There is nothing wrong with trying to make ourselves look a little better in the eyes of others, or making someone feel a little bit better about their accomplishments ... right? Aren't those 'nice' lies? Well, actually that is a tough question because at the end of the day, all we have is our integrity. So, people count on us to tell the truth most of the time. Of course, there is a difference between being a liar and lying. When we make a habit of lying, then we're a liar. If we lie from time to time, that doesn't necessarily brand us as a liar. I mean, who would want to deal with someone who is so brutally honest that it hurts the person's feelings day in and day out? In reality, people who make it a habit of telling the blunt raw truth tend to have very few relationships.

Me, personally, I believe the old adage is true. Honesty is the best policy. I found that out a long time ago. Still, maybe, just maybe, it is okay to fib from time to time. Although, I never do ... which is an absolute lie.

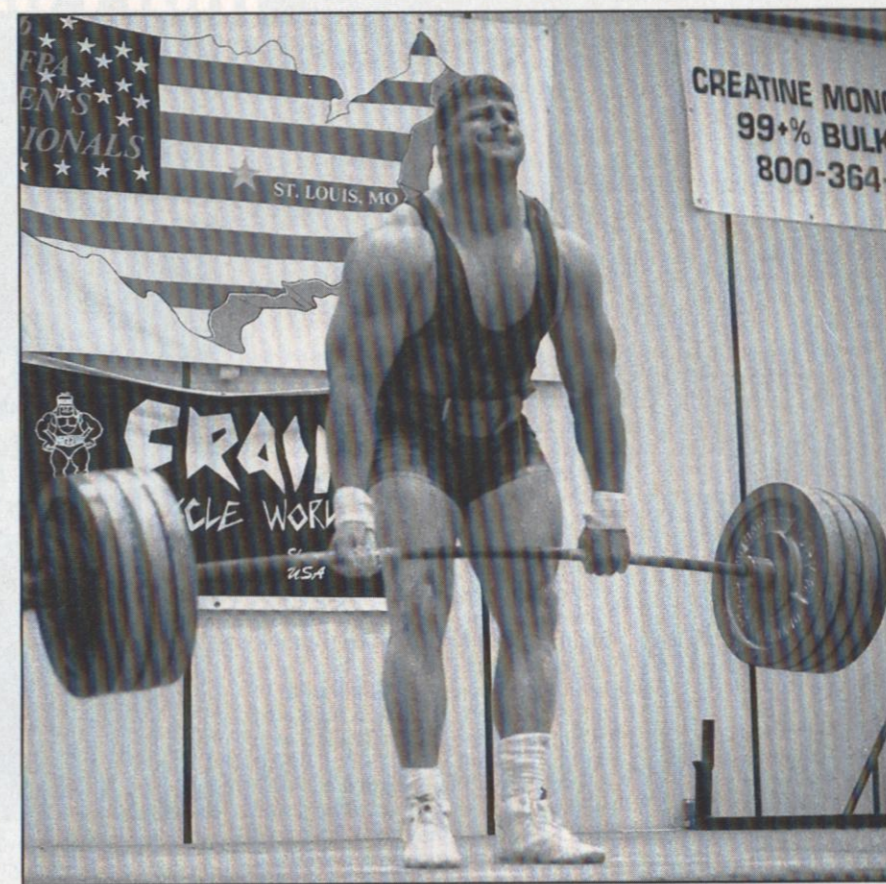
Of course, the magnitude of a lie has a lot to do with its tolerability. There is a major difference between telling someone who looks like Mr. or Mrs. Potato Head that they are cute and lying to your spouse about your fidelity or lack of it. When an individual lies to gain an unfair advantage over someone else, then the lie is elevated to an entirely different level. They are usually referred to as WHOPPERS! These are the lies that can get you into serious trouble.

Actually, I think that people should tell the truth whenever they can, because - first of all - it is easier and you don't have to explain yourself later when you're caught in a lie. Of course, then people will believe you, because they'll know that you tell the truth. It is ultimately easier just to tell the truth. In the long run, when we take the high road, when we do the right thing, it is not only the ethical thing to do, but it benefits us because it is easier for us to do the right thing. So, it really is a win-win situation.

Still, before you go off and tell your wife or husband that you have been to bed with everyone one in the Western World, and some of the Eastern Bloc countries, understand that the author of this article is a man, and since men lie some times, you really can't believe that anything is true in this article because it could be all lies ... which is a lie.

"Brad Gillingham Deadlift Training - the DVD"

There are few lifters in the United States over the past decade and half who have earned greater respect than Brad Gillingham. He's been a national champion five times, he's been IPF world champion in the SHW twice, and most remarkably he has a total of forty one 800+ deadlifts in competition, literally under his belt. Footage of several of those competition deadlifts are included in the DVD, including misses, which is probably a very realistic approach. Obviously you learn more from your misses that you do from your successes, which reaffirm what you might already know, and failures might give you some information about what you don't know. In this DVD he describes pre-competition training cycle, which is sixteen weeks and his twelve week off season cycle, which incorporates a 1974 Russian front squat routine. It's hardly seems like an off season program as he's squatting three times a week. It's really kind of extraordinary, but you can see, particularly in the case of Brad's deadlift how that converts to deadlift



UPDATE add two more 800+ DLs to Brad's list 826 and 848 at the Battle of Giants.

Brad Gillingham Competition 800LB+ Deadlifts USAPL/IPF Competition					
Deadlift LB	KG	Contest	Place	Date	
1	854	387.5	IPF World Championship	Trencin, Slovakia	11/17/02
2	848	385	USAPL Nationals	Omaha, Nebraska	7/15/01
3	843	382.5	World Games(IPF)	Akita, Japan	8/21/01
	843	382.5	IPF Pan American	Chicago, Illinois	4/9/00
5	840		USAPL Minnesota State	Faribault, Minnesota	1/23/99
6	837	380	IPF World Championship	Akita, Japan	11/19/00
	837	380	USAPL Nationals	Baton Rouge, LA	7/11/04
8	832	377.5	IPF World Championship	Trento, Italy	11/21/99
9	830		USAPL Minnesota State	Faribault, MN	1/23/99
10	826	375	IPF Battle of Giants	Orebro, Sweden	12/4/99
	826	375	USAPL Nationals	Chicago, Illinois	7/16/00
	826	375	IPF World Championship	Sotkamo, Finland	11/18/01
	826	375	IPF World Championship	Trencin, Slovakia	11/17/02
14	825		ADFFA Minnesota State	Minnesota	1/17/97
15	821	372.5	IPF World Championship	Trento, Italy	11/21/99
	821	372.5	IPF World Championship	Akita, Japan	11/19/00
	821	372.5	World Games(IPF)	Akita, Japan	8/21/01
	821	372.5	IPF Battle of Giants	Orebro, Sweden	11/18/01
	821	372.5	IPF North Americans	Ft. Lauderdale, FL	4/10/04
	821	372.5	IPF World Championship	Capetown, SA	11/14/04
	821	372.5	World Games(IPF)	Duisburg, Germany	7/17/05
22	815	370	ADFFA Nationals	St. Louis, MO	7/18/96
	815	370	USAPL Nationals	St. Louis, MO	7/18/99
	815	370	Zumbro Valley Open	Kasson, MN	4/26/98
	815	370	IPF Pan American	Chicago, Illinois	4/9/00
26	810	367.5	USPF Senior Nationals	Philadelphia, PA	7/1/97
	810	367.5	IPF World Championship	Cherkasey, Ukraine	11/15/98
	810	367.5	USAPL Nationals	Rapid City, SD	7/20/03
29	805		ADFFA	Minnesota State	2/1/96
30	804	365	ADFFA Nationals	St. Louis, MO	7/18/96
	804	365	IPF Pan American	Hamilton, Ontario	8/1/96
	804	365	IPF World Championship	Prague, Czech Rep.	11/16/97
	804	365	USAPL Nationals	Denver, Colorado	7/5/98
	804	365	ADFFA Nationals	St. Louis, MO	7/18/99
	804	365	IPF Battle of Giants	Orebro, Sweden	12/4/99
	804	365	IPF World Championship	Sotkamo, Finland	11/18/01
	804	365	USAPL Nationals	Baton Rouge, LA	7/11/04
	804	365	IPF Battle of Giants	Orebro, Sweden	11/24/01
	804	365	World Games(IPF)	Duisburg, Germany	7/17/05
40	800		ADFFA Senior Regionals	Minneapolis, MN	12/2/95
	800		USAPL Minnesota State	Minnesota	1/17/97

one could imagine, as these are all done raw without equipment. He does some sets of tie wrap?? deadlifting, and anyone who has done these knows how hard it is and to see somebody wind up ten reps with better than 600 is just mind boggling. It's spectacular effort and even exercises like vanrose?? Brad handles extraordinary poundages with impressive style. He whips that bar up to his chest and it bends. He is really moving the weights. Every exercise he goes over in detail, makes you understand some of the key points about the performance and the form. The five by five squat program is what he does during the sixteen week pre-competition cycle. It's hard and if you do something like that you're going to get stronger. Brad has been able to find that fine line between over training and still getting key work sets in. This is not glitz and glamor. This is some of the finest bit of common sense when it comes to training you'll ever encounter. The training footage is awe inspiring. The competition lifts shows you how remarkable an athlete he is with the things he's done over the years in the deadlift. Of course he's been a steady improver over time. This encapsulates a lot of the training philosophy of a man whose done things according to a strict compass direction in his life, and he has a lot to show for it and there's a lot for you to gain from looking at it. This DVD will be available through Powerlifting USA at the price of \$25.95 plus \$6.00 shipping and handling, for a total of \$31.95. Orders can be sent to Powerlifting USA, Post Office Box 467, Camarillo, California 93011 or call 1-800-448-7693 with a Visa or MasterCard.

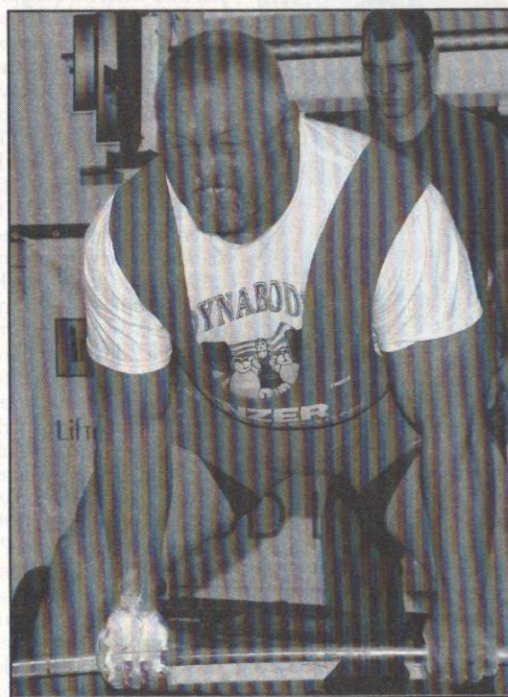
IPF Battle of Giants - 26 NOV 05 - Orebro, SWE

Lifter-NAT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
242 lbs.										
N. Suslov-RUS	771	815	848	518	540	551	694	727	766	2155
275 lbs.										
J. Ljungberg-SWE	881	925	925	606	617	617	771	793	815	2303
D. Mirowsky-POL	771	804	804	639	672	672	749	793	837	2204
275+ lbs.										
O. Lehto-FIN	815	854	859	672	694	716	738	771	788	2347
B. Gillingham-USA	804	826	859	600	611	617	782	826	848	2292
K. Sandvik-FIN	848	870	887	733	733	745	639	661	672	2265
R. Harris-USA	799	848	848	611	628	672	760	804	815	2243
F. Rui-NOR	771	804	826	540	562	573	760	782	804	2160
F. Svensson-SWE	694	755	771	694	716	716	628	661	688	2133
A. Randen-NOR	837	887	887	562	573	584	661	694	795	2116
Points: 1st-Jorgen Ljungberg, SWE, 595.4 pts. 2nd-Ove Lehto, FIN, 594.5 pts. 3rd-Nikolay Suslov, RUS, 579.1 pts. 4th-Darius Mirowsky, POL, 576.3 pts. 5th-Brad Gillingham, USA, 576.3 pts. 6th-Kenneth Sandvik, FIN, 569.6 pts. 7th-Randall Harris, USA, 560.3 pts. 8th-Frode Rui, NOR, 556.2 pts. 9th-Asbjorn Randen, NOR, 546.6 pts. 10th-Fredrik Svensson, SWE, 534.6 pts. (Thanks to Brad Gillingham for the results)										

(article continued from page 15)

Westside Barbell, Weinbrenner Motor Service, and Reliance Rentals each posted a prize of \$1000 to be awarded to the biggest squat, bench, and deadlift. Special thanks also go to York Barbell Company for sponsoring the facility, Gatorade for providing drinks for the competitors, and Webber Insurance Agency for sponsoring the awards.

Amateur 275 lb. James Ritchie from Galloway, OH, set the bar high with a final squat of 860 lbs. But the pros came for the money, Oan Basson of the LA Weightlifting Club made his 1010 lbs. squat weighing 275 lbs. look like the he might have the



Mike Nease pulled the biggest (800) to win \$1000.

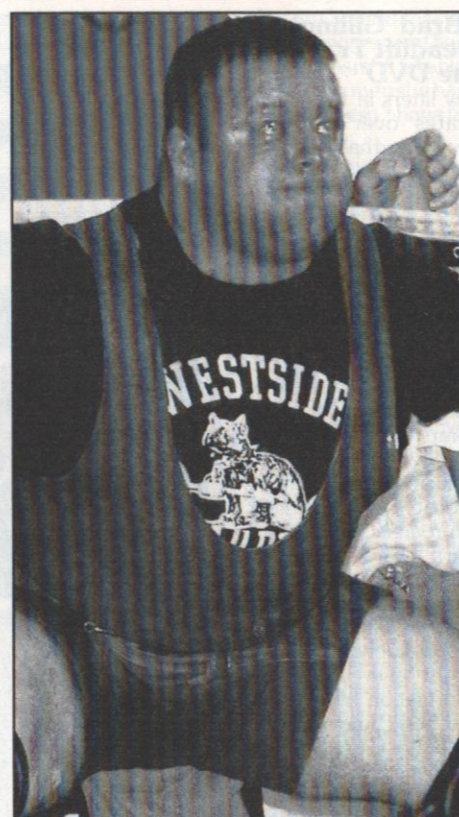
money in the bag, but 308 lb. Mike Brown from Piketon OH, came back with a 1015 lbs. squat to take the money. Oan did take home the Professional Men's Open Heavyweight Best Lifter Award, although I think he would have preferred the cash. The bench award brought out the big boys and many tried and many failed. The final award went to bench only competitor Amateur 275 lb. Ronald Yard, Westminster, MD with a huge 770 lb bench. Great job, Ron! As we closed out the day with deadlift, fatigue began to set in on the heavyweights looking to make their place in the record books. In the end it was the big man, Super

Heavyweight Mike Nease from Parrottsville, TN pulling for the prize. He missed his first attempt of 800 lb. and came back to nail it on the second attempt. He went for the gusto with an 850 lb. pull for the final attempt, but to no avail. Mike still a great day finishing with a 2060 lb. total. The best lifter prize for Sunday in the Bench Only Professional Men's Master Division went to Peter Primeau, Cleveland, OH., with a bench of 640

lbs. weighing 275 lbs. Drex Welch took the Professional Men's Open Bench Only Division pushing up 660 lbs.

In a sport like powerlifting, you never know whom you will meet. We had health care professionals, blue collar workers, financial professionals, teachers, and entrepreneurs. The great thing is that we all come together and put on a tremendous show of strength for each other and the fans. We come in competitors and go home comrades. There are few sports where you can say that.

A final note of thanks to Mark and Ellen Chaillet who with out their amazing dedication to powerlifting, and the team they put together, we would not have had this meet or the opportunity to compete in a facility like York Barbell with the best of the best looking on. Many thanks goes out to the volunteers who without them there would be no meet. Thank you Bill Schlag, our Platform Manager, Michelle and Glen Bahn who kept the meet running seamlessly through their tireless services as announcers, scorekeepers, and results statisticians. Thanks for the ultra hard work from all of the spotters and loaders who kept the lifters safe



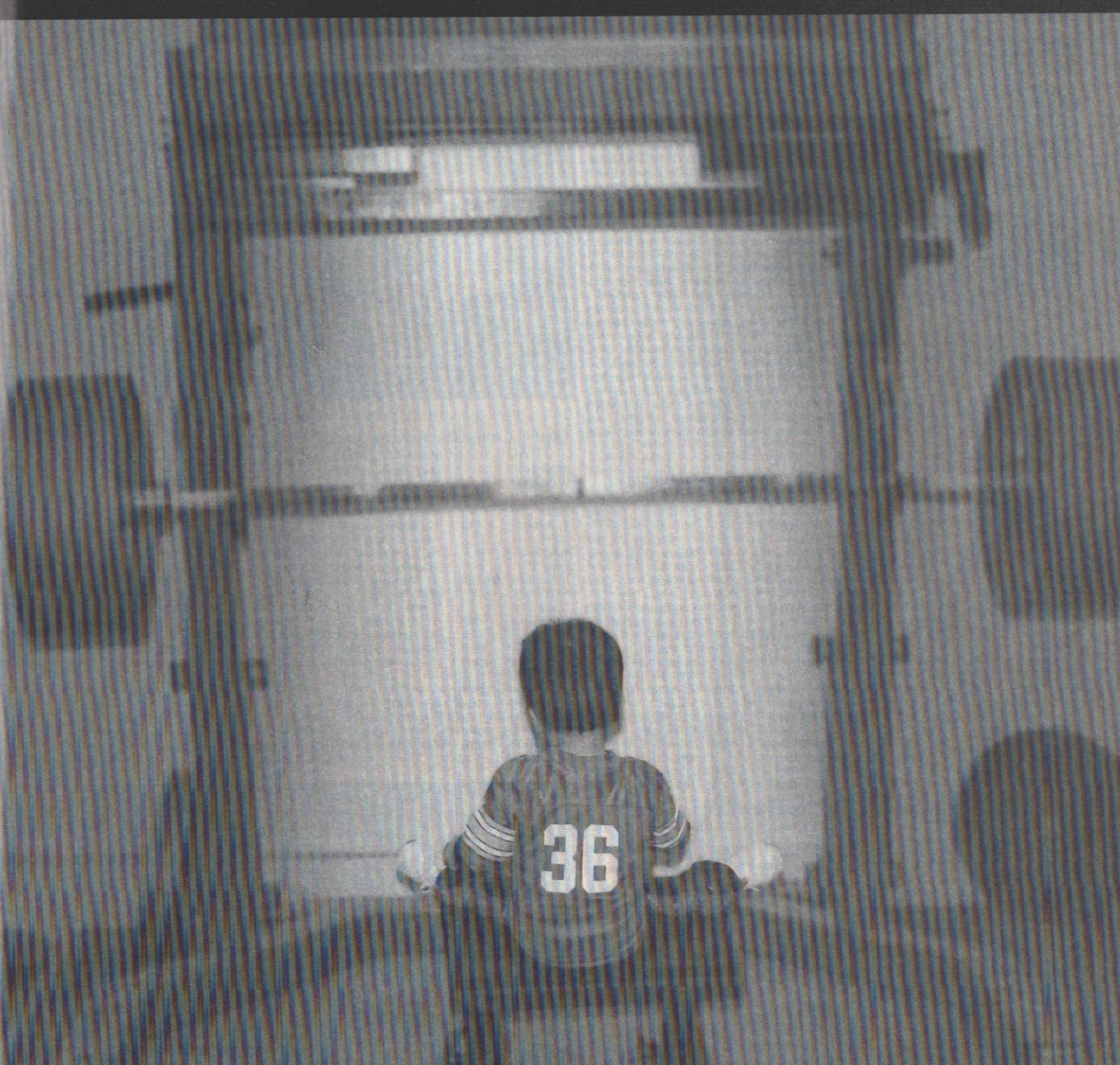
JUST 20! .. Mike Brown squatted 1015 to win the One Grand. (photograph by Mike's Mom)

and the bar loaded correctly. Thank you Bev and Vicky for manning the door table so authoritatively! Thanks to all who stayed late one evening helping set up the venue.

A large thanks and gratitude goes out to all of you who always shown and given your time to this great event, our thanks goes out to you personally from Ellen and Mark because without you it couldn't have been done. We all are looking forward to Worlds in 2006. See you there.

Teen Raw (18-19) 123 lbs. K. Doucette 185 115 200 500 4ths: SQ-200 DL-215	S. Bixler 430 360 465 1255 275 lbs. J. King 680 390 600 1670 M. Dimiduk 640 260 550 1450 Master (55-59) 198 lbs. S. Velliquette 505 345 450 1300 Master (60-64) Raw 181 lbs. Newman, Sr. 300 245 405 950 Open 165 lbs. A. Mazza 620 365 535 1520 181 lbs. B. Vargason 830 600 690 2120 J. Kuligowski 660 415 545 1620 198 lbs. M. Maxwell 760 480 600 1840 T. Lavelle 775 515 525 1815 B. Bishop 650 525 640 1815 A. Gualtieri 570 425 555 1550 M. Yontz 575 410 550 1535 M. Knapp 505 370 505 1380 K. Dean 570 45 560 1175 220 lbs. M. Plescia 840 525 580 1945 J. Howell 700 440 625 1765 D. McQueen 700 455 600 1755 R. McNutt 675 530 540 1745 J. Murphy 705 425 590 1720 R. Ingravera 680 390 600 1670 M. Grubach 525 380 515 1420 242 lbs. J. Perrotta 875 580 650 2105	J. Cox 925 555 600 2080 S. Nutter 840 575 650 2065 E. Covey 830 505 565 1900 Tenbroeck, II 730 500 585 1815 275 lbs. O. Basson 1010 675 715 2400 M. Wenning 950 625 600 2175 C. Chilia 850 570 710 2130 B. Matney 850 625 650 2125 Steltenkamp 800 700 625 2125 M. Schott 725 630 700 2055 G. Bonneville 850 570 620 2040 B. Bartos 685 450 625 1760 308 lbs. M. Brown 1015 680 725 2420 W. Ramsey 900 605 655 2160 A. Bolognone 850 450 650 1950 M. LaPointe 650 630 660 1940 J. Haney 705 620 600 1925 SHW M. Nease 810 450 800 2060 Open Raw 242 lbs. E. Daubert 640 400 575 1615 Submaster 181 lbs. VanAlstyne 755 470 510 1735 198 lbs. B. Delgado 655 410 620 1685 M. Montz 575 410 550 1535 Submaster 220 lbs. M. Plescia 840 525 580 1945 242 lbs.	Tenbroeck, II 730 500 585 1815 D. Levesque 645 515 500 1660 275 lbs. B. Bartos 685 450 625 1760 Police 275 lbs. M. Dimiduk 640 260 550 1450 (Thanks to Ellen Chaillet for the results) 2005 IPA NATIONAL POWERLIFTING CHAMPIONSHIPS BEST LIFTERS - Full Powerlifting: Amateur Men's Teen, Ed Korbel; Amateur Women's Teen, Megan Eicholtz; Amateur Women, T a m m y Daly; Professional Women, no entrant; Amateur Men's Open Lightweight, Fred Piermattei; Professional Men's Open Lightweight, Brad Vargason; Amateur Men's Open Heavyweight, Matt Smith; Professional Men's Open Heavyweight, Oan Basson; Amateur Men's Master, Fred Archambauth; Professional Men's Master, Scott Velliquette. Bench Only - Amateur Men's Teen, Angelo Armagno; Amateur Women's Teen, no entrant; Amateur Women, Michelle Borzak; Professional Women, Amy Weisberger Amateur Men's Open, Ronald Yard; Professional Men's Open, Drex Welch; Amateur Men's Master, Larry Cardon; Professional Men's Master, Peter Primeau. Biggest Squat - Mike Brown (1,015 lbs.) Biggest Bench - R o n a l d Yard (770 lbs.) Biggest Deadlift - Mike Nease (800 lbs.)
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Someday I will...



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

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Shane Palmer did well in Boise, ID

WABDL Rocky Mountain Classic
30 JUL 05 - Boise, ID

BENCH		242 lbs.
WOMEN		
Master (40-46)	R. Nielson	504
123 lbs.	4th-518*	
Submaster (34-39)	D. Moretto	143*
148 lbs.	4th-148	
F. Ramirez	270	
148 lbs.	Teen 916-19)	
L. Powell	187*	
Master 947-53)	J. Alvarez	303
198 lbs.	4th-314	
W. Cadavona	154	
Open	DEADLIFT	
123 lbs.	MEN	
D. Moretto	143*	
148 lbs.	Class I	
F. Ramirez	270	
148 lbs.	M. Godoy	600
F. Ramirez	270	
220 lbs.	S. Palmer	501
A. Taylor	264	
242 lbs.	K. Eyre	518*
J. Hays	418	
275 lbs.	Master (54-60)	
S. Palmer	512*	
M. Godoy	501	
4th-529*	T. Wright	420*
Law/Fire Open	275 lbs.	
181 lbs.	K. Adams	567*
D. Carr	402	
Master (40-46)	165 lbs.	
D. Winslow	336	
Master (47-53)	275 lbs.	
275 lbs.	F. Ramirez	418*
K. Eyre	457	
Master (54-60)	198 lbs.	
198 lbs.	R. Marchant	325
275 lbs.	D. Winslow	556*
K. Adams	314	
Open	C. Hogan	418

*=State Records. Great hotel, good restaurant, indoor pool, and turn out sums up his meet. In the deadlift, Ken Eyre set a Utah record 518 in Master 47-53/275. Ken keeps plugging away and finally got a PR after two years of trying. Dr. Thomas Wright, who teaches Behavior Science at the University of Nevada, set a Nevada record 420.9 in Master 54-60/242. In his first contest two years ago, he pulled 255 and benched 205. Now he benches 330 raw and 352 with a shirt. In master 54-60/275, Kirt Adams set an Oregon record 567.5 and in Master 61-67/259, Bud Davis set a Utah record 650.2 at age 63, one of the master deadlifters in the world. In Submaster 148, Filemon Ramirez set an Idaho record 418.7. Filemon hits about three WABDL meets a year and has made steady gains. Three years ago, his deadlift as 352.5. In teen 16-19/181, Daniel Winslow set an Idaho record 556.5, which regardless of age, pound for pound was the best deadlift in the contest. In 16-19/198, Colin Hogan, in his first contest pulled 418.7. Moving onto the bench, in Class I/242, Jason Hays pushed 418.7. At 275, the biggest battle for the day took place between Shane Palmer and Mariano

Godoy. Palmer best Godoy 512.5 to 501.5, but Godoy ended up with the Idaho state record with a 529 on a fourth. In Master 40-46/165, Danny Winslow set an Idaho record with 336. In master 47-53/275, Ken Eyre put up a nice 457.2 and at 54-60/198, Randy Marchant set a Utah record 325. Randy is battling an infection and his normally good for 407-420. In Master Women 40-46/123, Deb Moretto set a Montana record with 148.7 on a fourth. Lani Powell, in Master 40-46/148, set a Washington record 187.2. In Master Women 47-53/198, Wilma Lee Cadavona was good for 154. In Open Men 242, Ryan Nielson set an Idaho record 518 on a fourth, and in Teen Men 16-19/259, Jacinto Alvarez set an Idaho record 314. I want to thank the judges, Dennis Shock, Dave Edmondson, Randy Marchant, and Bud Davis; the scorekeeper Anice Edmondson; the platform manager, James Partch. The sponsors were Rick Brewer and House of Pain, Dave Tate & Jim Wendler of Elite Fitness Systems, the distributors of the Metal Gear Line. Pete Alaniz of Titan Support systems, and Mike Lambert of Powerlifting USA. The bench was supplied by Ivanko Barbell, Keith Lem of CSS, Brent Mikesell of Iron Gladiator, Gus Samuelson and Mike Rockoff of Universal Nutrition; Neal Spruce, Odd Haugen, and Jim Starr of Apex fitness Group. Dave Edmondson supplied the warm-up weights and benches. (Meet results by Gus Rethwisch)

USAPL Carolina IronMan
29 OCT 05 - Charlotte, NC

BENCH		380
WOMEN		
Open	R. Britt	380
123 lbs.	275 lbs.	
D. Moretto	143*	
148 lbs.	C. Worlax	507
F. Ramirez	418	
148 lbs.	132 lbs.	
F. Ramirez	270	
220 lbs.	P. Burnett	160
A. Taylor	264	
242 lbs.	181 lbs.	
J. Hays	418	
275 lbs.	M. Godoy	600
S. Palmer	512*	
M. Godoy	501	
4th-529*	S. Palmer	501
Law/Fire Open	198 lbs.	
181 lbs.	Master (47-53)	
D. Carr	402	
Master (40-46)	275 lbs.	
165 lbs.	A. Halvorson	127
D. Winslow	336	
Master (47-53)	R. Nielson	558
275 lbs.	Submaster (34-39)	
K. Eyre	457	
Master (54-60)	148 lbs.	
198 lbs.	F. Ramirez	418*
R. Marchant	325	
275 lbs.	D. Winslow	556*
K. Adams	314	
Open	C. Hogan	418
DEADLIFT		
MEN		
Open	R. Britt	380
123 lbs.	275 lbs.	
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275 lbs.	M. Godoy	600
S. Palmer	512*	
M. Godoy	501	
4th-529*	S. Palmer	501
Law/Fire Open	198 lbs.	
181 lbs.	Master (40-44)	
D. Carr	402	
Master (40-46)	275 lbs.	
165 lbs.	A. Halvorson	127
D. Winslow	336	
Master (47-53)	R. Nielson	558
275 lbs.	Submaster (34-39)	
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Master (40-46)	275 lbs.	
165 lbs.	A. Halvorson	127
D. Winslow	336	
Master (47-53)	R. Nielson	558
275 lbs		

USAPL Bench Press Nationals
17, 18 SEP 05 - St. Louis, MO

BENCH	BP1	BP2	BP3	Best
FEMALE				
97 lbs.				
Open/Teen II				
M. Wener	88	99	124	99
105 lbs.				
Open/Master II				
Raw				
K. Poyner	121	126	132	126
114 lbs.				
Open				
J. Hollier	226	237	248	248
123 lbs.				
Open				
J. Darling	231	264	264	264
Open/Master III				
J. Harms	148	159	165	165
132 lbs.				
Open				
J. Smith	143	143	148	148
148 lbs.				
Open				
S. Hogan	192	209	220	220
M. Conte	104	121	126	121
165 lbs.				
Open				
C. Newman	292	303	319	319
Master I				
C. Gee	209	226	237	237
Master II				
M. Post	198	227	227	198
Master IV				
J. McGrady	93	104	104	93
Master VI				
R. Hackney	143	159	165	159
181 lbs.				
Open				
K. Dodge	181	203	214	203
Open/Teen II				
D. Doan	297	297	308	308
Master I				
M. Baum	214	227	231	214
P. Zangel	187	203	209	203
198 lbs.				
Open/Master I				
D. Ferrell	301	380	407	380
Open/Master II				
H. Oxford	203	231	242	242
SHW				
Master IV				
F. Huston	220	242	253	242
AF/M2/LT				
P. Calhoun	203	220	231	231
MALE				
114 lbs.				
Open/Master I				

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ST220	22"	Diameter	apx weight	400lbs.....	\$169.00
ST210	24"	Diameter	apx weight	476lbs.....	\$169.00

A. Kraft	231	264	286	264	Teen II				
132 lbs.					B. Cuvor	192	209	220	209
Teen I					Junior				
J. Coverdale	187	203	214	203	A. D'Angelo	275	286	308	308
Open/LT					Master III				
S. Petrencak	330	352	352	352	P. Yong	231	242	249	242
Open					Master V				
B. Wimberly	203	226	238	226	J. Pellegrino	292	308	308	308
S. Fellows	303	314	330	314	Master VI				
Master I					I. Zwick	275	275	293	275
R. McLaren	297	314	326	314	165 lbs.				
J. Helms	260	259	286	259	Open/Master I/LT				
148 lbs.					T. Rickett	402	424	458	424
Open					Open/Master I				
T. Collins	425	451	469	451	G. Page	374	396	396	374
J. Smith	429	451	469	451	Open/Master II				
K. Locklear	315	336	348	336	T. Krueger	392	392	392	—
					Open/Master III				
					L. Miller	451	496	496	496
					4th-502				
					Open				
					M. Cagliola	435	451	451	435
					J. Mouzon	425	436	436	—
					Open/LT				
					M. Richmond	418	436	436	418
					Open/Junior				
					L. Hanifen	407	418	425	407
					AF				
					M. Feldman	396	407	407	396
					Teen II				
					M. Murray	220	238	238	220
					Teen III				
					N. Royer	374	391	403	391
					A. Hinkley	264	281	297	281

Open					
J. Warpeha	392	391	407	391	
Master II					
T. Cencich	369	374	374	369	
J. Bardsley	325	348	348	325	
Master III					
J. Haines	358	370	370	358	
G. Reale	253	253	271	253	
Master IV					
T. Byington	249	249	248	248	
Master V					
M. Lawson	248	270	304	270	
Master VI					
J. Merlino	248	297	297	248	
Master IX					
A. Reel, Jr.	77	93	104	104	
181 lbs.					
Teen II					
Williamson	248	264	275	275	
Open					
L. Kirchner	507	540	540	507	
J. DeMatteo	474	474	485	485	
D. Maoury	429	451	458	451	
B. Hanselman	436	435	469	435	
M. Smith	347	363	403	363	
Open/LT					
M. Ciupinski	424	447	451	424	
Open/LT/AF					
J. Martinez	385	407	418	407	
Open/Junior/LT					
T. Greene	358	380	403	380	
Open/Master I/LT					
P. Carroll	292	308	330	330	
Master I					
A. Furnas	451	468	479	479	
4th-513					
Master II					
G. Zangel	440	463	474	474	
Master III					
J. Fjelstad	352	363	374	374	
B. Zirkelbach	253	271	293	253	
Master IV					
Klostergaard	402	436	—	402	
Master V					
P. Currey	286	303	319	319	
M. Minietta	281	286	315	286	
Master VI					
R. Lozano	352	363	375	374	
4th-379					
J. McDermott	303	314	319	319	
198 lbs.					
Teen I					
J. Clark	303	337	352	303	
Teen II					
T. Bryant	259	286	304	286	
C. McDonald	259	275	293	275	
Teen III					
A. Odenwald	352	374	374	374	
C. Stratton	336	347	352	347	
Junior					

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J. Zick	391	418	418	418	Master VI															
Open/LT					L. Sposato	352	374	374	352	Open/Master II										
D. Cieri	556	567	573	573	Master VIII					P. Darbouze	414	429	446	446						
					J. Waddill	143	143	159	159	Master I										
					220 lbs.					M. Johnson	363	380	403	380						
Open/Master I					Teen II					G. Rhoades	358	363	363	358						
J. McAuliffe	530	556	567	567	J. Hoffman	341	391	414	391	Master I/LT										
B. Shalkowski	458	457	496	457	D. Brixius	380	402	425	402	C. Sierra	463	463	485	463						
Open/Master I/LT					R. Pachuta	380	414	414	380	Master II										
R. Petzoldt	385	403	403	385	C. Nasser	374	403	407	374	J. Probasco	369	374	374	374						
Open/Master II					Open					Master II										
Rosenaweg	413	436	446	446	M. Landino	562	562	584	584	G. Heleine	347	359	358	358						
Open					A. Succarotte	573	595	595	573	C. Turco	469	469	469	—						
T. Strohshine	474	507	518	474	S. Spinelli	480	479	501	501	G. King	440	440	463	—						
J. Townsend	457	469	469	457	A. Morgan	369	—	—	—	Master II/LT										
Open/Teen II					Open/PF					J. Cardinal	407	414	413	413						
J. Auerbach	424	451	457	457	T. Anderson	568	567	573	573	Master II/AF										
M. Coleman	535	535	573	—	Open/LT					M. Porter	396	396	396	396						
Master II					C. Poore	485	512	518	518	Master III/RW										
D. Winkler	330	352	363	352	T. Lehrner	501	5													

242 lbs.				
RW/LT				
D. Johnson	418	418	440	440
Open				
K. Mayer	606	617	623	606
M. Mills	604	604	600	600
J. Nicolosi	402	418	440	440
A. Morgan	363	385	403	385
Open/RW/LT				
C. Calvano	380	463	502	463
Open/Junior				
B. Stewart	485	485	507	485
Open/Master I				
R. Kitani	573	612	619	573
Open/Master I/II/III				
D. Doan	600	617	628	617
Master II				
G. Pamplin	501	523	540	540
Master III				
G. Chron	507	507	529	507
Master IV				
J. Cash	440	440	463	440
B. Evans	391	402	407	402
H. Blackmon	391	436	436	391
Master IV/LT				
C. Dreyer	330	352	352	330
Master V				
J. Jones	407	425	425	—
Master V/LT				
C. Tallman	385	385	385	385
Master VII/LT				
J. Yanovitch	292	308	308	292
Master VIII				
S. Levy	192	214	226	226
PF				
L. Edwards	418	429	435	435
275 lbs.				
Open				
S. Lade	677	690	690	677
G. Plante	578	600	612	600
P. Buss	402	429	451	451
Skorzewski	330	363	385	363
S. Bales	407	418	440	—
C. Rhodes	639	661	683	—
Open/LT				
P. Anderson	584	589	617	589
L. Saviano	524	523	562	523
M. Hartle	507	507	507	—
Open/Master I				
H. Lane	679	690	688	688
Open/Master II/III/IV				
B. Klingler	562	584	601	584
Master I				
A. Gonzalez	524	540	562	540
Master I/II/III				
D. Fisher	440	440	440	440
Master II				
R. Geller	474	529	529	474
Master III				
K. Hutchinson	407	518	518	518
Master IV				
T. Striverson	474	490	513	490

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free 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, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Gary Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian

BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Gary Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP

Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance

Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Jul/03 ... IPF Women's Worlds, APF

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Open/Master II/III				
B. Gillespie	712	711	754	711
Master II				
C. McGuire	407	425	440	407
T. Thomas	385	407	418	385
Master III				
F. Beeler	573	601	601	573
P. Dennis	573	573	573	—
K. Johnson	551	551	573	—
Master IV				
R. Beuch	429	429	468	468
Master IV/LT				
F. Dini	352	403	403	352

(Thanks to the USAPL for providing results)

USAPL Tiger Open
20AUG 05 - Baton Rouge, LA

MALE	SQ	BP	DL	TOT
High School				
165 lbs.				
C. Chaney	440	290	430	1160
Open				
165 lbs.				
G. Smith	425	275	450	1150
220 lbs.				
J. Clay	500	360	465	1325
SHW				
P. Fletcher	740	450	705	1895
K. Wruk	765	625	—	—
Master				
181 lbs.				
Fitzsimmons	370	265	450	1085
Collegiate				
275 lbs.				
K. Dupluchine	505	440	500	1445
M. Alderman	145	355	500	1000

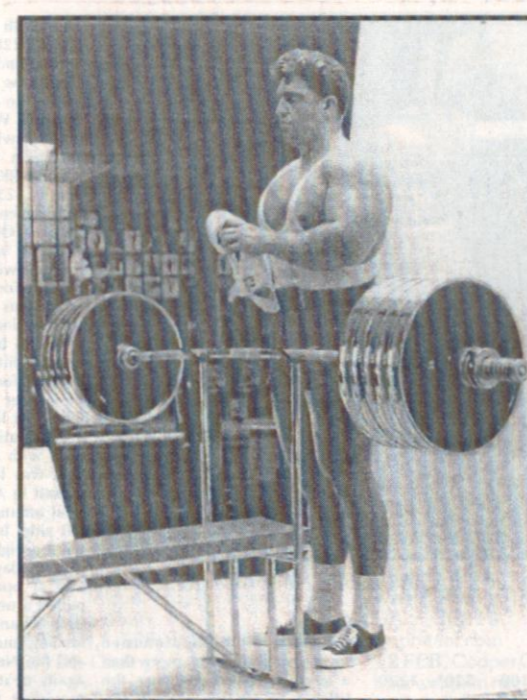
(Thank you to the USAPL for the results)

Norfolk Powerlifting Novice
25 SEP 05 - Norfolk, MA

MEN	SQ	BP	DL	TOT
132 lbs.				
A. Rodriguez	250	205	375	830
165 lbs.				
L. Stanley	450	265	450	1120
F. Parsons	135	170	275	580
181 lbs.				
K. O'Neil	390	230	525	1145
198 lbs.				
J. Bou	495	315	535	1345
J. Jarmacz	490	275	535	1300
220 lbs.				
A. Delacruz	606	330	525	1461
J. Barry	550	320	555	1425

E. Carrasquillo 430 315 565
1310
C. Baulieu 425 270 520 1215
R. Allard 435 265 50 1200
242 lbs.
M. Lund 650 350 550 1550
S. Benoit 600 385 545 1530
A. Johnson 550 305 500 1355
Best Lightweight Lifter: L. Stanley. Best Heavyweight Lifter: M. Lung. Most Improved Lifter: J. Jarmacz. Master Lifter: A. Johnson. Head Judge: Dennis Montebault. Side Judges: Jim Bourgault, and Rob Fortini. I want to thank our outside guests, 2004, 220 lbs. Mator's WPC World's Champ and squat record holder, Dennis Montebault, and Jim Bourgault, a multi-state (New England area) bench press record holder, for coming in to judge our meet. They managed to keep us honest, and bring legitimacy to our lifts. I next want to thank my man, James Cyr, for another outstanding job as meet-day director. Thanks to our spotters and loaders, as we were able to complete the meet without any accidents or mistakes. Without you, we couldn't have the meet. The 132 class had its first competitor since 1990 with Rodriguez, who is a marathon runner as well. Seeing that we added the "No Assistance Gear" records in 2001, every lift was a new record. Furthermore, Rodriguez qualified for our team with his 830 lbs. total. Stanley came into the 165 class again, and he has made great strides in this sport, as he got personal bests in every lift, and he has yet to reach his potential. This guy is fun to watch. Parsons, a first time competitor, came in and competed for the experience. He has never lifted or trained. Maybe he'll start taking things serious. And then there is O'Neil, a first time competitor who competed by himself in the 181 class. This guy is just a real athlete. When asked for his openers, O'Neil had no idea of his potential, so he opened way too light, but he made it up with a total of 114 lbs, which is good enough to qualify for the team. Congratulations! The 198 class was full of veterans, and it was Bou who took his weight class for the first time, with a 1345 lb. total. The shining star of that weight class was Jarmacz. He competed in March, and within six months he added 120 lbs. to his total. If he hadn't failed on his first attempt with 490 lbs., which he victoriously fought with on his third attempt, he would've vent 9 for 9. Jarmacz ended the day by taking home the "Most Improved Lifter" award, besting his total from March by 120 lbs. Moore has to be mentioned as well. With the third best dead lift of the day, Moore helped his total climb to 1235

lbs. If he gets his bench up he'll be a well rounded lifter, and then he will be battling for first place. Speaking of veterans. Between Delacruz and Barry, I believe they have competed in roughly 10 to 12 meets in the past three and a half years. These two are great competitors, and they managed to leave it all on the platform. Delacruz ended the day with a "No Assistance Gear" record with a 606 lb. squat. Barry was not letting Delacruz walk away with the title, so when it came to the dead lift he attempted a 596 to take the weight class. It came off the floor, but it wasn't to be. Delacruz won the battle, but the war has yet to be determined. Let's see what happens next time they meet. We had a breakout performance by Carrasquillo, dead lifting 565 lbs. in his first meet (the biggest dead lift of the day). He looks strong in all three lifts, and with a few meets under his belt I'm sure he'll be fighting for first very soon. The two lifters to round out the 220's was Allard and



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Beaulieu, but these guys are showing great promise. Allard, coming out of the 198's, broke 1200 lbs. in only his second meet, which has made him hungry for more. As for Beaulieu, I know guys like to give the disclaimer "I didn't train," but I can attest, he didn't. Thinking that he would be beyond our 30 foot walls by meet time, he didn't walk into the gym for over a month, but being the competitor he is, he shocked most of our team mates when he showed up to the weigh-in, deciding to compete the next day. He walked away that day with two personal bests. Not too bad! The 242 Class had the closest battle of all. One look at Lund, A.R.A. "Ham Head", and Benoit and there's no mistaking them for body-builders. Lund's legs are so big he waddles, and as for Benoit, he has a true benchers' barreled chest. They're both friends off the platform, but on this day, it was all business, and it was Lund who not only stood "tall" on that day, but he also broke his own squat record, squatting 650 lbs.

This kid is a beast. Now he's looking to erase the 275 lbs. class squat record of 700 lbs. by this time next year. Nevertheless, Benoit was not to be outdone, and when it came down to the bench press, Benoit benched 385 lbs., attempted 400, but was unable to lock it out, and managed to pull within 15 pounds of Lund. So, as the saying goes, "This meet doesn't state until the bar hits the ground," and so it was. It all came down to weight management and going 9 for 9 left Lund as a weight class winner for the first time. I couldn't end this without mentioning the big man, A.J. Johnson. He has been competing for close to twenty years now, and even though he has been battling with time and injuries, he came to compete to help fill the flight. Johnson formally squatted 760 lbs. with a single-ply suit, and even as a master's lifter he is truly a great competitor. Furthermore, he is an even greater sportsman and gentleman. Again, I want to thank all of our volunteers. (Thanks to John Keegan for these results)

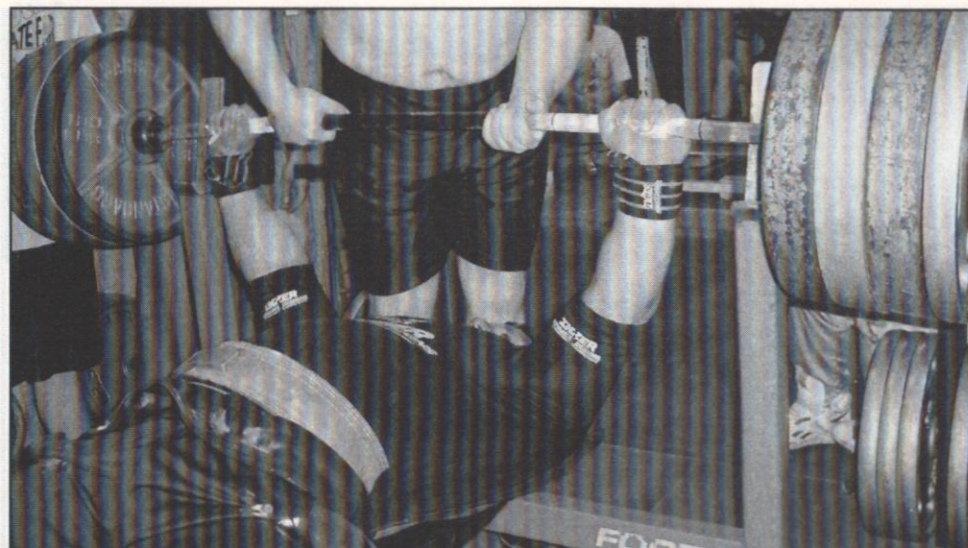
Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.
Sep/05 ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Triets 1008 BP, TOP 100 114s.
Oct/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s
Nov/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s, Dec/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis (1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL of the Day by Louie S., Best Male PLers, TOP 100 SHWs.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Ribic Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back/TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwowski 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.

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)



Jeff Leach with a National Record 750 bench press at 275 lbs. at the SLP Nationals. (D. Latch)

SLP National Powerlifting 24 SEP 05 - Tuscola, IL					
BENCH	SHW	DEADLIFT	Master (50-54)		
308 lbs.	J. Hanson	550*	242 lbs.	L. Readman	400 300 520* 1220
G. Messenger	Open	220 lbs.	148 lbs.	R. Dodson	330* 190* 380* 900*
308 lbs.	J. Leach	750*	165 lbs.	J. Nelson	350 215 420 985
Open	MEN	SQ BP DL TOT	*Son Light Power national records. Best Lifter Powerlifting: Darrell Kibler. Best Lifter Bench: Jeff Leach. The Son Light Power National Powerlifting Championship was held at Son Light Power Gym. A much smaller turnout than years before, but still a good meet with great lifting from some fine competitors. In the full meet best		
308 lbs.	D. Kibler	435 220 420 1075			
220 lbs.	B. Sullivan	385 305 400 1090			
Master (45-49)	4th-BP-225				
Master (45-49)	4th-DL-415				

lifter Darrell Kibler returned to the platform after more than a year absence to capture the title at 45-49/165. Darrell finished with a 435 squat, after 450 was turned down on depth, 220 bench, followed with a successful 225 fourth, and a 420 pull for a great 1080 total. Also at 45-49 was 220 winner Brian Sullivan. Brian got all new prs on the day with a 385 squat, 305 bench and his first 400 pull. With a solid 415 fourth attempt deadlift, Brian finished with a 1105 total. At 50-54/242 it was Larry Readman with a new national record pull of 520. Larry's 400 squat and 310 fourth attempt bench gave him a 1230 total. The crowd favorite, though, was sixty-seven year old Russ Dodson. Hailing from the state of Ohio, Russ was perfect on the day, finishing with all new national marks in every event. He finished with a 330 squat, 190 bench and a great 380 deadlift for an amazing 900 total. Our final lifter was 165 open winner, Jon Nelson. Lifting in his first competition, Jon finished with a 350 squat, followed by a 215 bench and a 420 deadlift for a 985 total. All of Jon's lifts, except for the bench, were new personal records for him. In the bench press only event Gary Messenger broke the national mark at 45-49/308 with 500. Best lifter Jeff Leach had his best day ever, setting a new national and personal record for the open 308 class with 750! This lift, taken with a long, solid press call, was locked out perfectly, and would have easily passed in ANY federation! The same was true with his final attempt of 775, which actually locked out on the left side, but came about one half inch from doing so on the right. Training partner John Hansen also had a good day with a new personal and national record 550 at open shw. In the deadlift event Eric Schmid pulled a new personal record 520 for the win at open/220. Thanks to Joey and Wee-Man for their help loading and spotting and to the wives of Russ Dodson and Jon Nelson who took some great pictures. See you again next year! (Thanks to Dr. Darrell Latch for providing these meet results o Powerlifting USA)



Russ Dodson (65-69/148 champ) with Meet Director Dr. Darrell Latch

ished with a 435 squat, after 450 was turned down on depth, 220 bench, followed with a successful 225 fourth, and a 420 pull for a great 1080 total. Also at 45-49 was 220 winner Brian Sullivan. Brian got all new prs on the day with a 385 squat, 305 bench and his first 400 pull. With a solid 415 fourth attempt deadlift, Brian finished with a 1105 total. At 50-54/242 it was Larry Readman with a new national record pull of 520. Larry's 400 squat and 310 fourth attempt bench gave him a 1230 total. The crowd favorite, though, was sixty-seven year old Russ Dodson. Hailing from the state of Ohio, Russ was perfect on the day, finishing with all new national marks in every event. He finished with a 330 squat, 190 bench and a great 380 deadlift for an amazing 900 total. Our final lifter was 165 open winner, Jon Nelson. Lifting in his first competition, Jon finished with a 350 squat, followed by a 215 bench and a 420 deadlift for a 985 total. All of Jon's lifts, except for the bench, were new personal records for him. In the bench press only event Gary Messenger broke the national mark at 45-49/308 with 500. Best lifter Jeff Leach had his best day ever, setting a new national and personal record for the open 308 class with 750! This lift, taken with a long, solid press call, was locked out perfectly, and would have easily passed in ANY federation! The same was true with his final attempt of 775, which actually locked out on the left side, but came about one half inch from doing so on the right. Training partner John Hansen also had a good day with a new personal and national record 550 at open shw. In the deadlift event Eric Schmid pulled a new personal record 520 for the win at open/220. Thanks to Joey and Wee-Man for their help loading and spotting and to the wives of Russ Dodson and Jon Nelson who took some great pictures. See you again next year! (Thanks to Dr. Darrell Latch for providing these meet results o Powerlifting USA)

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.

14 JAN, APF Michigan Bench for Cash, Jim Harbourn, 1018 Coolidge Ave., Clawson, MI 48017. (313) 610-2019, jimharbourn@comcast.net
14 JAN, USAPL Nor Cal Winter Classic, Jason Burnell, 2327 Alva Ave., El Cerrito, CA 94530, 510-232-4755
14 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
15 JAN, ISS Heavy Metal Open Bench Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
21 JAN, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
21 JAN, White's Truck Stop/YMCA Winter BP/DL (Staunton, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiasapl.com
21 JAN, APA Space City Extravaganza BP & High School Invitational, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com
21 JAN, USAPL Rocky Mountain Lifting Club Invitational, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
21 JAN, 5th Iron Boy Push Pull Championships (Mocksville, NC) Keith Payne, keith@ironboypowerlifting.net
21 JAN, Iron Chamber Gym BP/DL (open, masters, police/fire, high school, 1st-5th place trophies - East Canton, OH) Chane Cline (330) 323-1811 or ironchambergym@hotmail.com
21 JAN, PPL Augusta Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
22 JAN, SLP Big Bench at the French BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
27-29 JAN, 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Holiday Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, aaupower@aol.com
28 JAN, USAPL Wisconsin Open & State Meet, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210
28 JAN, 5th WNPFF 100% Natural Northeastern PL, BP, DL, PC (Bordentown, NJ) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
28 JAN, SLP Flex Fitness Open West Michigan Push-Pull (Holland, MI) SLP, 122 W. Sale, Tuscola, IL 61953,

COMING EVENTS

(217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
29 JAN, SLP A Cold Day in Tuscola BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
29 JAN, Attilis Gym BP, Attilis, 3015 Pacific Ave., Wildwood, NJ 08260, 609-729-2050, Chris Lambert, 609-780-5693
29 JAN, 7th WNPFF 100% Natural Delaware PL, BP, DL, PC (Newark, DE) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
29 JAN, Winter Classic BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586
29 JAN, USPF 1st Open Powerbowl BP/DL Championships (Middletown Mall, Fairmont, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, (304) 376-2432, www.uspf.com, mccase@yahoo.com
4 FEB, APF Orlando Barbell BP/DL, Orlando Barbell, 2784 Wrights Rd., Ste. 1004, Oviedo, FL 32765, Brian Schwab, 407-678-2447, lightweightpower@aol.com
4 FEB, SLP Ultimate Fitness Open BP/DL (Appleton, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
4 FEB, APF-AAPF Ohio State PL/BP and the Buckeye Open PL/BP (Days Inn, Fremont, OH) ROB Twining, 419-552-2063, rob_at_outlawbarbell@yahoo.com
4,5 FEB, USAPL Florida State Powerlifting Championship, James Dundon, 10501 FGCU Blvd. S. Ft. Meyers, FL 33965, 239-303-9561
5 FEB, WNPFF Ohio (PL, BP, DL, PC - Youngstown, OH) Ron Deamicis, 330-792-6670
10-12 FEB, USAPL Women's Nationals, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
11 FEB, SLP Hester's Kentucky Open BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 or 18 FEB, WNPFF 100% Natural Southern Florida (PL, BP, DL, PC - South Florida) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
11 FEB, 1st USPF Ohio State BP/DL Championships (Warren High School, Vincent, OH) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
11 FEB, 100% Raw World Powerlifting Championships (Raleigh, NC) Paul Bossi, (252) 339-5025, rawlifting@aol.com, www.rawpowerlifting.com
11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529
11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker, (770)

725-6684 or (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, RRI Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com, www.vhepower.com
12 FEB, USA "Raw" Bench Press Federation Winter Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
12 or 19 FEB, WNPFF 100% Natural Northern Florida (PL, BP, DL, PC - Orlando or Daytona, FL) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
12 FEB, Cooper Classic Push/Pull (24 hour weigh-in rule - Mountaineer Race-track & Gaming Resort, Chester, WV) Rob Cooper, 740-283-3447, rwcooper2@juno.com
18 FEB, SLP Brickyard Gym Open BP/DL (Milwaukee, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
18 FEB, USPF West Virginia High School (S. Charleston HS, So. Chas., WV) John Messinger, 304-766-0352 (school), 304-744-2475 (home)
18 FEB, WABDL Metro-Flex Gym Push/Pull Challenge BP & DL, (Texas)

Brian Dobson, 817-465-9331
18 FEB, APA Houston Open Push/Pull & Tigers High School Invitational Push-Pull, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com
18 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417
18 FEB, AAU Meet (NY) Steve Rogers, 315-365-3377, Seeper67@tds.net
18 FEB, APF/AAPF Full Power/Ironman/Single Lift (Tribes Hill, NY) Sandi McCaslin, 518-858-7002, candyzazz@ironnasyllumgym.com, www.ironnasyllumgym.com
18 FEB, Lewiston Red Brick Bench Press Championships (Lewiston, NY - to benefit our men and women fighting in Iraq and their families here in New York. Last year we raised \$3900 for the families of troops and over \$1000 worth of goods were sent to the troops in Iraq) Dennis Brochey, 716-200-3533, cdbrochey@adelphia.net
25 FEB, NASA Youth Nationals (5-12, Sheboygan, WI) Job Hou-Sey, 920-451-9097
25 FEB, APF Indiana State & Hawg Farm Open/BP (Evansville, IN) Larry Hoover, (812) 385-9932, quad4hoov@peoplepc.com
25 FEB, APC Central California Open & novice Powerlifting/BP Championships (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437
25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5489, www.americanpowerlifting.com,

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SHIPPING ADDITIONAL

APF/AAPF/WPO Schedule

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393
 12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

Dates subject to change Call 386-734-3128 for info.
 (worldpowerlifting.org) (worldpowerliftingcongress)

nhbodybuilding@yahoo.com
25 FEB, SLP Mason-Dixon Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
25 FEB, 2nd WNPFL 100% Natural All American (PL, BP, DL, PC, Police/Fire/Military - West Islip, NY) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
25 FEB, 100% Raw Old Dominion Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
25 FEB, USAPL Minneapolis Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644
25,26 FEB, USAPL USNA Open, Jason Bowers, 101 Buchanan Rd., Annapolis, MD 21412, 443-534-3447
4 MAR, USAPL S. Dakota PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411
4 MAR, NASA Illinois State High School Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com
4 MAR, USAPL Kansas Heavy Metal PL/BP Open, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761
4 MAR, NPA Drug Free Midwest Open BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame
4 MAR, APA Texas State, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom.mccullough@texaspowerscene.com
5 MAR, WNPFL Upstate New York Powerlifting Championships (Buffalo, NY) Ron Deamicis, 303-792-6670
7 MAR, New Jersey High School Championships (students only) Paul or Peggy Sacco, 609-567-0046, PaulSacco537@comcast.net
11 MAR, SLP March Madness BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 MAR, Police & Fire Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1042, www.lenexastrengthandfitness.com
11 MAR, Walker's Gym BP Classic (open, raw, master, police, fire, teenage) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
11 MAR, USAPL Mountain State Peak Performance DL, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
11 MAR, ISS Industrial Strength BP Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
12 MAR, WNPFL National Youth, Teen, Junior & Collegiate (PL, BP, DL) & 7th American Cup Open (Subs, Masters, BP, DL, PC - Philadelphia, PA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
18 MAR, USAPL Palmetto PL/BP Invitational, Lilani Taylor, 6912 Prause Ct., Ft. Jackson, Columbia, SC 29206, 803-787-4395
18 MAR, 1st annual Body Tech Classic/OK State Meet (La Quinta Inn) Howard Huddleston, 405-794-6200,

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Joey Codner, 405-314-0882
18 MAR, New York State High School (Newfield, NY) James Howell, 607-379-0200, jh198@hotmail.com
18 MAR, IBP NC State (Shelby, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net
18 MAR, WABDL California State BP/DL (Monterey, CA) IRON SOCIETY/Yanto Soekardi, 831-277-4766 or BovineStrengthSystems.com
18 MAR, USAPL The Battle of the Great Lakes VPL/BP (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniashools.org
18 MAR, APA Southeast Regionals PL/BP/DL (Williamston, SC) Kate Taillon, 864-286-0532, Wade Johnson, 615-335-1207, kathryn264@charter.net
18 MAR, USAPL Massachusetts Open High School, Eric Cordeira, 35 Berkeley St., Watertown, MA 02472, 617-923-7062
18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Attalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or StaceBeecham@Gold's.com
18 MAR, USAPL Virginia Open PL/BP/DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
18 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
18 MAR, APC West Coast Open & Novice BP Championships, John Ford (650) 303-7518

18,19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net
19 MAR, WNPFL 100% Natural Single Lift Nationals (SQ, BP, DL, PC) & 14th Georgia Powerlifting Championships & WNPFL Georgia Bodybuilding Championships (Atlanta, GA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t-shirt), Charles Ventrella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117
25 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
25 MAR, USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475
25 MAR, USAPL Virginia Open PL/BP/DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

UPCOMING SLP COMPETITIONS
 14 JAN, SLP Central Illinois Winter BP/DL (Athens, IL)
 21 JAN, SLP Black Iron Gym BP/DL (Beech Grove, IL)
 22 JAN, SLP Big Bench at the French (Hickory Hills, TN)
 28 JAN, SLP Flex Fitness Open W. MI (Holland, MI)
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 122 W. Sale, Tuscola, IL 61953
 217-253-5429
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sonlight@netcare-il.com

25 MAR, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal
25 MAR, USAPL Washington State PL or BP/DL (N. Bend), Bull Stewart, r@bullr.com, Richard Schuller, 12916 475th Ave. SE, North Bench, WA 98045, (206) 280-8122
25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, brian@usbf.net
25 MAR, AAU Maryland State Bench Press (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, brian@usbf.net
25 MAR, AAPF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268
25,26 MAR, APF/AAPF Southwest Championships PL/BP and AAPF Police & Fire Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, thegymlasvegas@earthlink.net
25,26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366
25,26 MAR, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393
26 MAR, Cabin Fever BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586
26 MAR, MCI (Norfolk, MA) Dan Pino, Norfolk Prison, 14 Taylor St., Waltham, MA 02452, (781) 894-9386
26 MAR, USPF Rhode Island State PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net
26 MAR, USPF Rhode Island High School PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net
26 MAR, USPF Rhode Island Police & Fireman PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net
MAR, Mass State Open High School Powerlifting Championships, Greg Kostas, (781) 447-6714 and Rene Moyer, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com
MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net, (954) 790-2249
31 MAR - 2 APR, USAPL High School Nationals (Omaha, NE) James C. Hart, 4418 NW 50th St., Lincoln, NE 68524, call between 7:30-9:30 AM or 5:00-6:30 PM (402) 470-3672, jmsht@aol.com
1 APR, ADAU 43rd Great Lakes Powerlifting Championships, Joe Oreglia, 4319 W. 26th St., Erie, PA 16506
1 APR, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols,

2122 Misty Circle, Benton, AR 72015, (501) 860-6851
1 APR, WABDL 3rd annual Heart of America BP/DL (Gateway Convention Center, Collinsville, IL - 10 minutes East of St. Louis) John Hudson, 217-377-4640, jhhudson@uiuc.edu
1 APR, APF Jacksonville Open, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-786-2822, 904-378-1551
1 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinbestbench.com
1,2 APR, 5th WNPFL Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC - Romulus, MI) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com
2 APR, USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/ classes, cash prizes) Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996
8 APR, NASA Bigger One (Green Bay, WI) Job Hou-Seye, 920-451-9097
8 APR, APC Georgia State Open PL & BP, National Qualifier, LB Baker (770) 713-3080
8 APR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194
8 APR, WNPFL Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670
8,9 APR, Power Plooz 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823
9 APR, SLP Primetime Fitness BP/DL (Crestwood, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@cs.com, www.reevesnutrition.com

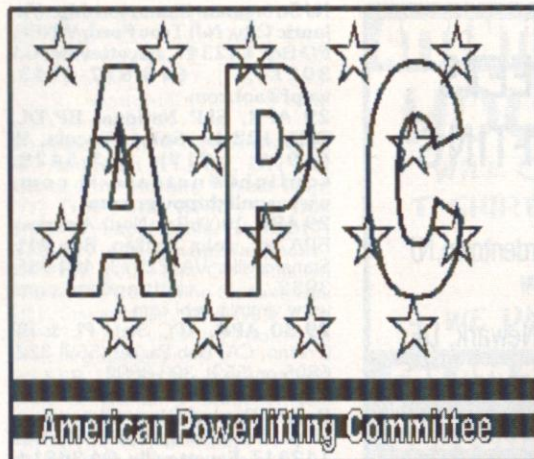
UPCOMING WNPFL MEETS
DRUG FREE POWERLIFTING
 January 28th - 100% Natural Northeastern, Bordentown, NJ
 January 29th - Delaware 100% Natural, Newark, DE
 February 5th - Ohio Championships, Youngstown, OH
 February 11th - 100% Natural Southern Florida
 WNPFL, PO Box 142347,
 Fayetteville, GA 30214
 678-817-4743
 or wnpf@aol.com
 website - members.aol.com/wnpf

13-16 APR, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
15 APR (new date), PPL Georgia Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
15 APR, 1st USPF Maryland State BP/DL Championships (Hotel Gunther, Frostburg, MD) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
15 APR, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885,

www.northernvirginiarawpower.com
15 APR, United Amateur Powerlifting Committee National Championships / Illinois State Open PL & BP, APC/UAPC National Qualifier, Jim Rouse (815) 727-9147 or Brandon Williamson (815) 325-3365
15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P.Battle@hotmail.com
19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.ipfworlds.com
19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.ipfworlds.com
21,22 APR, IBP Red Swaim Memorial DL & Iron Boy Raw BP Championships (Winston Salem, NC) Keith Payne, keith@ironboypowerlifting.net
22 APR, Iowa Open State Championships (BP/DL/Trap DL, teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, (641) 673-5240
22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268
22 APR, SLP John Ware Memorial (Kirksville, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
23 APR, 15th WNPFL National BP/DL/PC Championships & USSA

NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
29 APR, SLP National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
29 APR, 100% Raw North American BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
29,30 APR, APC State PL & BP (Fresno, CA) Bob Packer (559) 322-6805 or (559) 323-3892
29,30 APR, 1st WNPFL USA vs. Brazil Powerlifting Championships, Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881
APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851
6 MAY, Erie Community College Football's 5th Open BP/DL Championships (near Buffalo - Orchard Park, NY) Dennis Green (716) 851-1748
6 MAY, SLP Cross County Pull BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
6 MAY, Bartlesville Push-Pull (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1042, www.lenexastrengthandfitness.com
7 MAY, 7th WNPFL 100% Natural Carolina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
7 MAY, SLP Muscles & More BP/DL (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070
13 MAY, APA Fit For Life Day/Baddest Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apa-wpa.com
13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
20 MAY, APC Southern California PL & BP (San Diego, CA) James Kegrice at www.kegricegym.com or Bob Packer (559) 332-6805 or (559) 658-5437
20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

APC California State & Region 6 PL/BP
 29,30 April 2006
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 (Fresno, CA) Bob & Kim Packer
 559-323-3892, 322-6805



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

- February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080
- March 4, 2006 APC Southeastern High School Invitational P L & Bench Press Championships, Birmingham, Al.
- April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships
- April 15, 2006 Illinois Powerlifting and Bench Press Championships
- July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.
- May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information; www.americanpowerliftingcommittee.com
IronDawg Power; www.irondawg.com

www.sonlightpower.com

21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 MAY, 7th WNPFL Elite Nationals & 5th Powerfest 2K6 Teenage/Junior/Open Subs/Masters Powerlifting (BP, DL, PC - Ephrata, PA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

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

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

MAY, 6th WNPFL Pan-Am Teenage/Junior/Open Subs/Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships & WNPFL Southeastern USA Bodybuilding Championships (Orlando or Daytona, FL) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 6 5 6 - 6 7 6 2, theygymnasvegas@earthlink.net

3 JUN, SLP Missouri Open BP/DL (Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

3 JUN, USAPL "The Pete Lanzi Memorial IV" Night of Champions, (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordonnaschools.org

3 JUN, Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1 1 4 2

www.lenexastrengthandfitness.com

3,4 JUN, GPC America's Cup PL/BP (Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-2 1 5 - 4 5 4 9, www.independentpowerlifting.com

3,4 JUN, WNPFL Drug Free Nation-

als (Youngstown, OH) Ron Deamicis, 303-792-6670

10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com

10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 JUN, ADFPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

10 JUN, NPA Drug Free Central USA

BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

10,11 JUN, 7th WNPFL USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPFL Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 JUN, 10th WNPFL Raw Na-

tional Powerlifting & 8th WNPFL North American Powerlifting Championships (Teen, Junior, Open Subs, Masters, Novice - Las Vegas, NV) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Oreglia, 4319 W. 26th St., Erie, PA 16506

JUN, 10th WNPFL 100% Lifetime Drug Free Raw Teen/Junior/Open Subs/Masters Powerlifting Nationals (BP, DL, PC) & Maryland States (Baltimore, MD) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida

7-9 JUL (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, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

7-9 JUL, APC National PL & BP Championships (Sacramento, CA) Al Garcia

8 JUL, USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

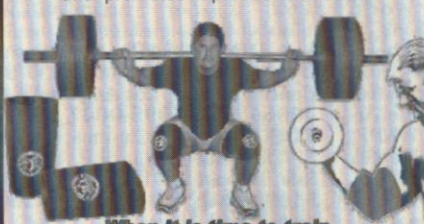
9 JUL, 1st WNPFL Lifetime American Cup & 3rd WNPFL New England Teenage/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC - Danbury or Stam-

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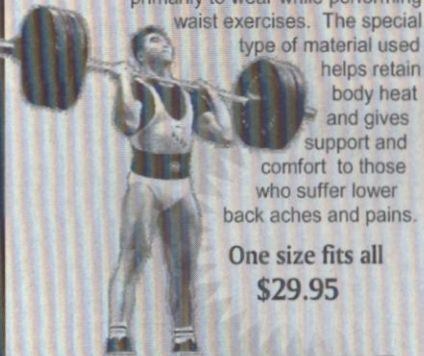


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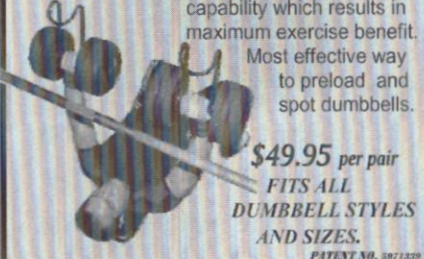


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ford, CT) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

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

17 JUL (new date), PPL Southeastern Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division.) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

22 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com

29 JUL, Vermont State Open BP (men, women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, Rick Poston.

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

JUL, WNPFL Lifetime USA Open Teen/Junior/Subs/Masters & Lifetime Drug Free Subs/Masters Nationals & 4th Virginia Teen/Junior/Open/Subs/Masters/Novice Powerlifting Championships (Virginia Beach, VA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

5,6 AUG, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com

12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High School, Parkersburg, WV) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com

12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 AUG, Larry Flynn Classic (Gold's Gym, Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

12,13 AUG, WNPFL International World Cup (PL, BP, DL, PC) & WNPFL All Raw WNPFL Recod Breakers Powerlifting (BP, DL) & USSA National Strongman Championships & WNPFL USA vs. The World Bodybuilding Championships & Summer Elite Championships (SQ, BP, DL - Atlanta, GA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

19 AUG, SLP Indiana State Fair BP/DL (Beech



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19 AUG, USAPL Mid Atlantic Open PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

AUG, WNPFL Minnesota Teen/Junior/Open/Subs/Masters & Novice Championships (BP, DL, Ironman, PC - Montgomery Area, MN) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

9 SEP, 15th WNPFL Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, 15th WNPFL Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

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jsrouse41@aol.com

16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Keith Payne, keith@ironboypowerlifting.net
16 SEP, ISS KAC Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
16 SEP, APC Northern California Open & Novice PL & BP, John Ford (650) 303-7518
16 SEP, SLP USA Raw Bench Press Federation Fall Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
16 SEP, 7th WNPf Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
16 SEP, WNPf Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-6670
23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com
24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 SEP, USA PL Colorado Mile High

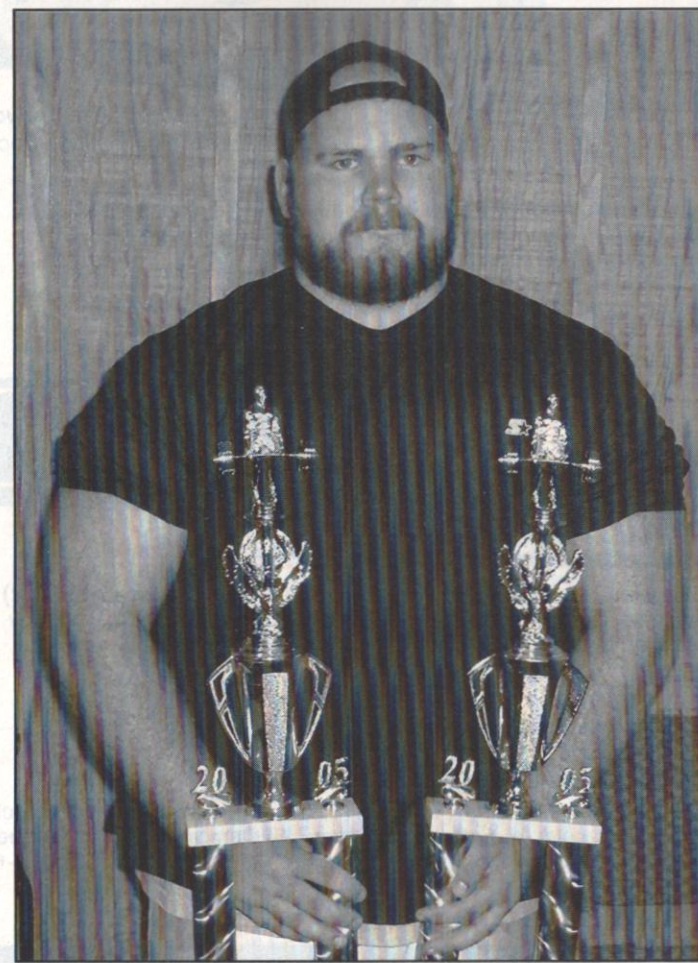
Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Oreglia, 4319 W. 26th St., Erie, PA 16506
7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
7 OCT, 1st WNPf Arizona State & West Coast USA Championships (Teen, Junior, Open Subs, Masters, Novice, PL, BP, DL, PC - Tucson or Phoenix, AZ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14, 15 OCT, WDFPF Single Lift Worlds (Bendigo, Australia) jmgedney@wiu.edu
15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com
15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
21 OCT, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
27-29 OCT, 15th WNPf World Powerlifting & USSA World Strongman Championships & WNPf USA Body Building Championships & WNPf Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, (239) 590-7709
1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com
4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
10-12 NOV, WDFPF World PL (Cork, Ireland) jmgedney@wiu.edu
11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 NOV, WNPf Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
11 NOV, WNPf Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 NOV, Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
2, 3 DEC, WNPf USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 DEC, USAPL Virginia PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
9, 10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437
10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
16 DEC, 9th WNPf Sarge McRay Championships (BP, DL, Ironman, PC - Bordentown, NJ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
31 DEC, SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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31 DEC, SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

APA Sacramento Open 19 NOV 05 - Sacramento, CA				
BENCH	181 lbs.			
MEN	Master I			
198 lbs.	M. Fontaine	65		
Junior	198 lbs.			
B. Gelena	Teen (16-17)			
C. Ramirez	T. Shaw	150		
Teen (16-17)	UNL			
T. Shaw	Submaster			
J. Keckes	N. Ianson	85		
242 lbs.	MEN			
Master I	220 lbs.			
D. Straughter	Open			
L. Humer	A. Sanchez	105		
Open	DEADLIFT			
L. Humer	WOMEN			
R. Exum	148 lbs.			
Submaster	Master I			
R. Exum	S. Hartnett	405		
308 lbs.	220 lbs.			
Master I	Master IV			
J. Barnard	E. Hasbrouk	250		
CURL	275 lbs.			
WOMEN	Master III			
181 lbs.	G. Lively	325		
Master I	BP	DL	TOT	
M. Fontaine	160	290	450	
198 lbs.				
Master I				
H. Pardi	160	350	510	
MEN				
275 lbs.				
Master I				
J. Ford	420	605	1025	
Master III				
G. Lively	260	325	585	
WOMEN	SQ	BP	DL	TOT
148 lbs.				
Open				
M. Smythe	165	80	210	455
Master III				
J. McHale	140	85	215	440
181 lbs.				
Master I				



John Wojciechowski ... Best Lifter at the USA RAW Bench Press (DL)

has to run out on this outdoor meet. But, once again the weather was picture perfect and it produced some stellar lifting. Jan Streib has been a kayak enthusiast for a long time and her athletic ability in that sport is quickly transferring to lifting, as she got her first 200 in just her second meet. Heath Thornhill just placed in a bodybuilding meet and he got a couple of pr's, finishing with 385. He enjoys the objectivity of lifting. Al Robinson trimmed quite a bit of weight to get back down to 181, but it paid off. He got a pr 450 at that weight despite the fact that he's a master now. Jon G. Smoker had his second meet in a row with 2 pr's. This time he got 300 for the first time, making him eight years younger than when his father pulled it for the first time. (results courtesy Jon Smoker)

ADAU "No Drugs Allowed" SQ 8 OCT 05 - Erie, PA			
WOMEN	220 lbs.		
114 lbs.	R. Jenks	440	
B. Steffan	180*	4th-450*	
Master (40-44)	G. Chaney		
B. Steffan	180*	Teen (16-17)	
MEN		G. Chaney	
123 lbs.		Maser (50-54)	
M. Pollard	140	R. Jenks	440
4th-152*		4th-450*	
Teen (12-under)		242 lbs.	
M. Mongera	200	B. Raneri	500
4th-220*		E. Betza	440
Teen (12-13)		4th-461*	
M. Pollard	140	D. Fryberger	440
4th-152*		319 lbs.	
165 lbs.		M. Chaney	375
M. Mongera	200	Master (45-49)	
4th-220*		M. Chaney	375

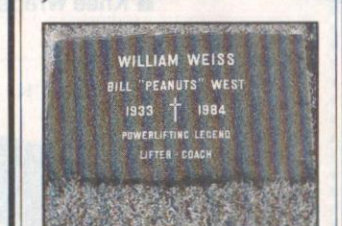
*=American Records. Champion of Champions: Brian Raneri. Team Champions: 1st-Joe's Gym of Erie Benita steffan was the lone lady to compete, and she did it so well. Benita broke the open and masters raw record with a three white light, 180 lbs. Thirteen year old Mike Pollard set a teen American record with 152.5 lbs. in the 123 lb. class. His efforts won the gold in the open and teen divisions. At 165 lbs., Matt Mongera set the 12 and under record with his fourth attempt of 220 lbs. Rick Jenks, in the 50-54 age group, won the 220 open and masters with a new American masters record of 450 lbs., that was deep and easy. In the 242 class, Brian Raneri was the top lifter when he squatted a raw, drug free 500 lbs., to vi his class and Champion of Champions. Also in the 242 class, second place finisher, Ed Betza, squatted a fourth attempt 461.25 to set a new submaster record. Quantity was low, but the quality was high with five new American records being set. Thanks to the many volunteers and the Anti Drug Athletes United organization, for their outstanding support. "The possibility that we may fail in the struggle ought not deter us from the support of a cause we believe to be just." Abraham Lincoln. (Thanks to Joe Oreglia for results)

USA Raw BP Fed. Fall Nationals 17 SEP 05 - Tuscola, IL			
BENCH	308 lbs.		
MEN	Wojciechows	350*	
Teen (16-17)	Master (70-79)		
181 lbs.	132 lbs.		
J. Meader	300	S. Smith	155*
Teen (18-19)		4th-160*	
181 lbs.		Police/Fire	
G. Skocaj	310	Submaster	
Junior	198 lbs.		
SHW	C. Barth	330*	
Wojciechows	470*	Open	
Master (40-49)	165 lbs.		
198 lbs.	J. Kuklak	305	
R. Patton	300		

PEANUTS HEADSTONE



The Headstone for the Grave of Powerlifting Pioneer BILL "PEANUTS" WEST has been placed. Bill Ennis, who organized this effort, is seen at the site, where an official dedication ceremony is planned for early 2006. The following is one of many letters Bill received with contributions to make the headstone possible. "DEAR BILL: Enclosed a small donation to the "Peanuts" West Fund. I commend you for your efforts. "Peanuts" was a great source of information - even today I pull out his training articles and glean a little more each time. I also feel "Peanuts" personified the youthful 'joie de vie' & mischievous nature that the whole West Coast lifting scene epitomized. I'm sorry his end came as it did ... and I hope he's spotting someone on 'box squats' in the Great Beyond. You are a fine man. JOE MILLER"



Wojciechowski looked strong at junior/shw, setting the national record there with 470. Roger Patton had an off day at 40-49/198, but still took the win there with his 300 opener. John Wojciechowski, nursing a slight shoulder injury, set the national mark at 40-49/308 with his opener of 350. Then at 70-79/132 it was the amazing Steve Smith with a new personal best 160 fourth attempt, setting the national mark there as well! Chuck Barth moved up to the police & fire/submaster 198 class, where he broke the existing national record with 330. Our final lifter was open 165 winner Josh Kuklak. Josh finished with 305 for the title there. Thanks again to all involved. (Thanks to Dr. Darrell Latch for results)

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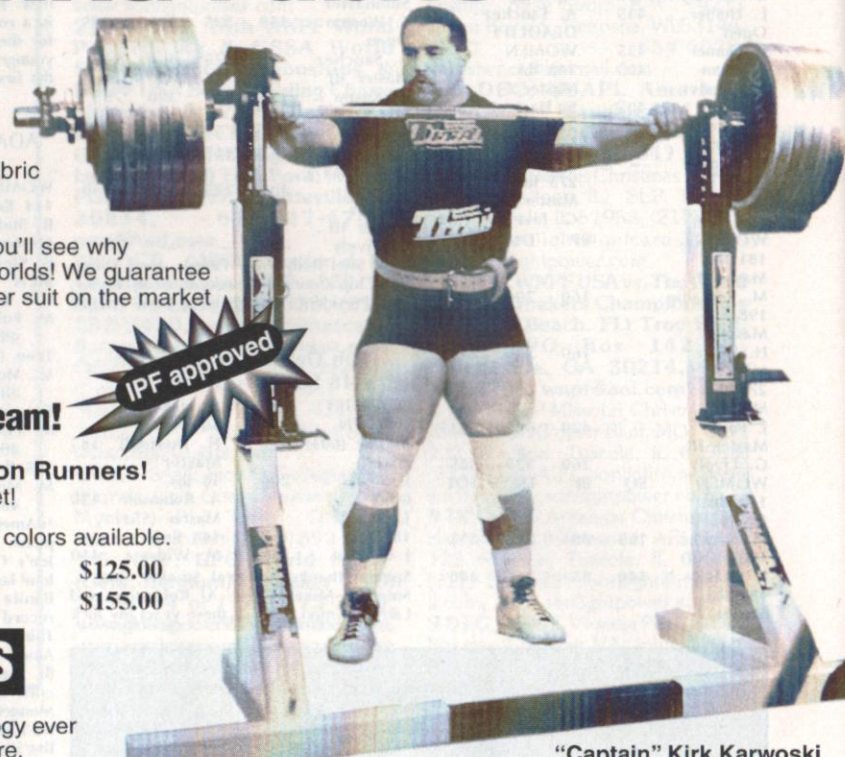
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SPF Ironoberfest
29 OCT 05 - Hartford, AL

BENCH	198 lbs.		
MEN	G. Corbin	350	
Open	DEADLIFT		
Submaster	MEN		
220 lbs.	242 lbs.		
J. Watkins	D. Whittaker	705	
Master (45-49)			
220 lbs.			
J. Rodgers		455	
Raw			
WOMEN	BP	DL	TOT
114 lbs.			
S. Pilkinton	65	190	255
MALE			
Pre Teen			
97 lbs.			
S. Smith	75	180	255
Teen			
114 lbs.			
J. Ward	80	175	255
132 lbs.			
R. Brunson	200	300	500
181 lbs.			
Z. Jernigan	275	450	725
220 lbs.			
S. Carroll	270	400	670
Junior			
165 lbs.			
C. Bouyer	340	450	790
MEN			
181 lbs.			
A. Bowen	405	585	990
220 lbs.			
K. Snell	385	530	915
Submaster			
220 lbs.			
J. Watkins	420	450	870

Best Lifter: Andy Bowen. This meet was held by the Alabama State Chairman, Scotty Cox. We would like to give a special thanks to Scotty and Heather Cox for the great job she did running the score table. (Thanks to the SPF for providing these meet results to Powerlifting USA)

100% Raw Battle of the Border
9 APR 05 - Barco, NC

BENCH	181 lbs.		
FEMALE	Open		
123 lbs.	J. Self	370	
Open	198 lbs.		
K. Self	Open		
148 lbs.	J. Jackson	315	
Open	Teen (14-15)		
T. Stewart	K. Glover	155	
MALE	220 lbs.		
97 lbs.	Master (60-64)		
Teen (10-11)	G. Holzmillier	260	
Q. Thomas	Open/Junior		
105 lbs.	J. Wright	375	
Open	Teen (16-17)		
J. Martin	115		
114 lbs.	Police/Fire		
Teen (16-17)	M. McGahan	405	
H. Foster	Submaster		
130	T. Bean	275	
Teen (12-13)	Teen (12-13)		
T. Ragland	55		
123 lbs.	M. Chavis	100	
Teen (12-13)	Teen (14-15)		
D. Harris	130		
132 lbs.	D. Richardson	140	
D. Cheese	95		
132 lbs.	K. Carlson	255	
Open	242 lbs.		
Master (65-69)	Junior		
B. Swain	J. Hood	255	
148 lbs.	Open		
Open	K. Mallory	450	
S. Ames	D. Owens	405	
215	Open		
Teen (10-11)	Master (40-44)		
M. Lewis	60		
12-13	C. Pannell	405	
D. Richards	80		
14-15	S. Deuel	300	
S. Talley	150		
C. Cannady	85		
16-17	D. Taylor	245	
J. Manuel	160		
165 lbs.	275 lbs.		
Junior	Teen (16-17)		
E. Ownley	250		
12-13	308 lbs.		
T. Warren	115		
14-15	Junior		
J. Marrow	195		
16-17	S. Dellinger	425	
L. Gagnon	260		
Washington	500		

(Thanks to Paul Bossi for the meet results)

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Chesson 140 Open
198 lbs. Open
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WOMEN
SHW Master (50-59)
Raw 215* 275* 490
Levy MEN
220 lbs. Submaster (35-39)
Raw 330 440 770
Mauldin Master (40-49)
Johnson 355 425 790
Master (50-59)
Graydon 265 465 730
*American Records. BL=Best Lifters. (Thanks to the WNPf for the meet results)

100% Raw Virginia State BP
10 SEP 05 - Stanardsville, VA

FEMALE	(16-17)		
123 lbs.	J. They	225	
Open	J. Shifflett	340	
K. Self	155	J. Landis	270
MEN	66 lbs. (5-6)	J. Shifflett	340
M. Campo	47.5	T. Campo	380
148 lbs. (16-17)	J. Shifflett	177.5	
J. Shifflett	177.5	Open	
165 lbs. Open/(18-19)	J. Fullen	440	
J. Cole	285	W. Jordan	315
181 lbs. (18-19)	S. Kuzma	465	
J. Peachy	260	319 lbs. (20-24)	
Open	J. Self	385	
J. Caplinger	290	Supers	405
(30-34)	Open		
S. Woodward	270	L. Thompson	355
198 lbs. Open	J. Jackson	335	
J. Jackson	335	220 lbs. (Thanks to John Shifflett for these results)	

WNPf Palmetto Classic
15 OCT 05 - Greenville, SC

BENCH	Warren	275*			
WOMEN	(20-23)	Parham	225	DEADLIFT	
148 lbs.	Raw	Junior (20-23)		148 lbs. MEN	
Open/Raw	Chesson	290	Raw	Teen (13-16)	
Benedict	130	Open/Raw	225	Raw	160
MEN	181 lbs.	Chesson	290	Parham	181 lbs.
181 lbs.	Teen (13-16)	Master (50-59)	220 lbs.	Master (40-49)	181 lbs.
Warren	275*	Raw	225	Raw	181 lbs.
Parham	225	Master (50-59)	220 lbs.	Master (40-49)	181 lbs.
Junior (20-23)		Raw	225	Raw	181 lbs.
Raw		Caterisano!	320	Jones	425

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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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- Extra High Performance Heavy Duty
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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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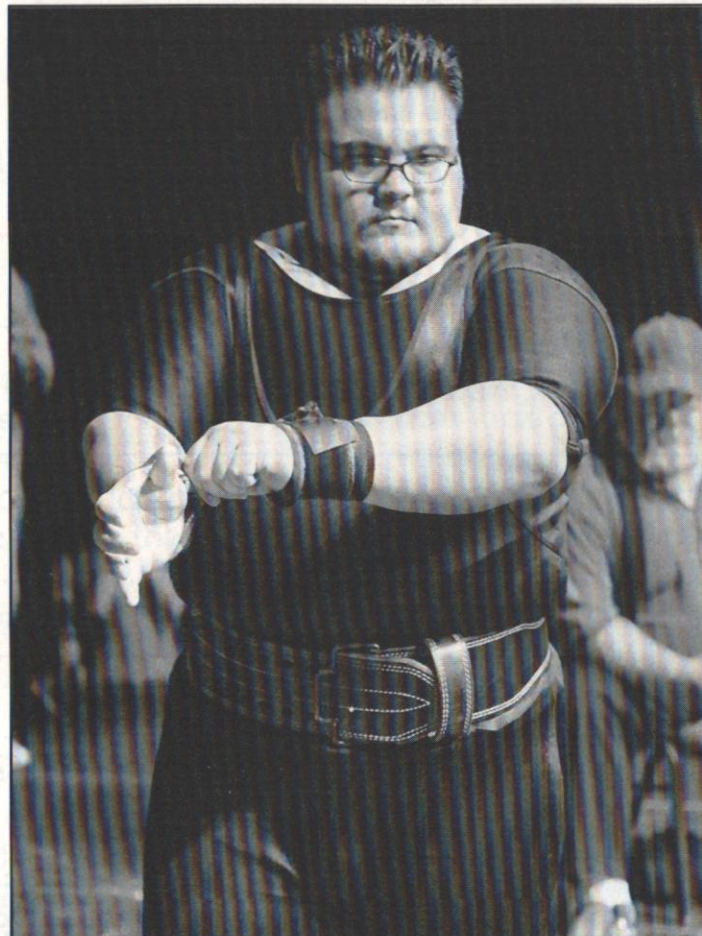
- Inzer Intensity** - multi-color deadlift design \$10.00
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USPF National Powerlifting
18 JUN 05 - Los Alamitos, CA

WOMEN	SQ	BP	DL	TOT
114 lbs. Open				
J. Hollier	55	—	—	—
165 lbs. Open				
V. Farmer	308	203	363	876
MEN				
132 lbs. Junior (13-15)				
R. Gomez	275	176	319	771
4th-SQ-286 Guaderrama	352	281	352	986
148 lbs. Junior (13-15)				
Z. Freeman	358	209	396	964
S. Sarazin	264	126	303	694
Junior (16-17)				
J. Salazar	330	192	303	826
Junior (20-23)				
J. Veloz	225	170	275	672
165 lbs. Junior (13-15)				
E. Rose	286	209	385	881
C. Hardage	319	181	374	876
Junior (16-17)				
S. Somoylich	363	275	402	1041
Master (75-79)				
R. Cortes	336	236	440	1014
Open				
A. Benes	314	231	462	1008
181 lbs. Junior (16-17)				
B. Forester	325	203	418	947
L. Valdez	270	275	352	898
M. Molletta	—	—	—	—
Junior (18-19)				
W. Hibdon	451	264	551	1267
Master (65-69)				
R. Lozano	253	374	424	1052
C. Whyte	198	253	303	755
198 lbs. Junior (13-15)				
D. Horine	314	220	374	909
Junior (16-17)				
J. Belanger	402	214	429	1047
M. Hernandez	308	143	369	821
Master (45-49)				
M. Koufos	451	314	507	1273
Master (50-54)				
L. Vallot	225	209	270	705
Master (65-69)				



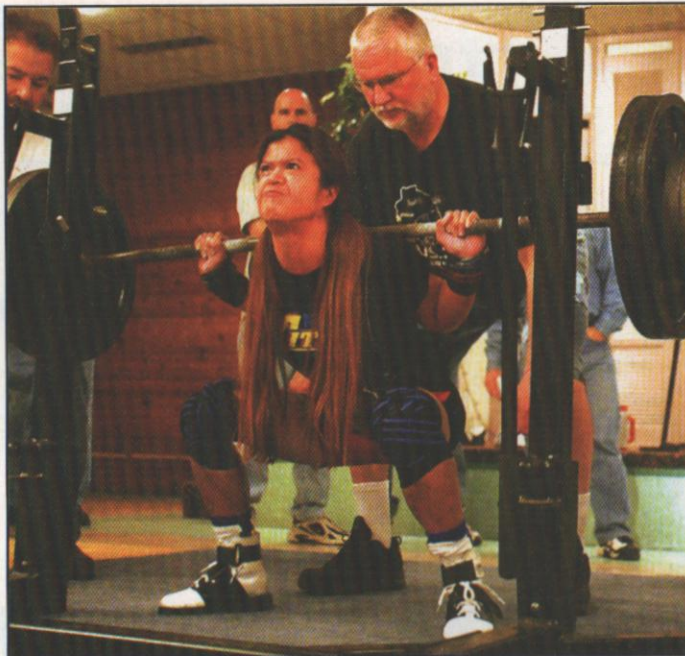
Mike Womack one of fastest rising benchers in the USPF & elsewhere

R. Taylor	308	187	429	925	D. Judd	297	143	374	815
L. Manly	319	242	347	909	Open				

J. Hernandez	545	380	523	1449
R. Ridenour	402	358	435	1196
K. Lux	374	248	473	1096
220 lbs. Junior (16-17)				
T. Hermann	325	231	380	936
S. Brown	336	225	303	865
Open				
M. Elwell	633	507	644	1785
242 lbs. Junior (16-17)				
S. Morrison	402	203	451	1058
J. Reyes	385	253	402	1041
D. Shaw	374	248	407	1030
J. Rodriguez	352	214	413	981
Open				
A. Ramos	303	176	462	942
Open				
R. Girard	529	589	644	1763
275 lbs. Junior (16-17)				
N. Witzmann	391	187	369	947
V. Cornman	314	198	396	909
Junior (20-23)				
R. White	633	512	578	1725
M. Womack	225	666	352	1245
Master (45-49)				
B. Greer	—	—	—	—
Open				
D. Hennessey	622	440	650	1714
L. Bergfield	556	512	633	1703
D. Cooley	600	462	617	1681
M. Womack	225	688	352	1267
308 lbs. Junior (16-17)				
B. Hribar	253	—	—	253
Master (50-54)				
S. Brown	600	507	622	1730
Best-Master: Robert Cortes. Best Lifter-Open: Mike Elwell. Best Junior: Rick White. California State Powerlifting Records Set: Robert Gomez, 132 Junior 13-15, 286 squat, 176 bench, 319 deadlift, 771 total. Roman Guaderrama, 132 Submaster 35-39, 281 bench, 986 total. Robert Cortes, 165 Master 75-79, 336 squat, 237 bench, 440 deadlift, 1014 total. William Hibdon, 181 Junior 18-19, 551 deadlift. Rudy Lozano, 181 Master 65-69, 374 bench. Drew Horine, 198 Junior 13-15, 374 deadlift. Jose Hernandez, 198 Submaster 35-39, 380 bench. Mike Elwell, 220 Master 40-44, 507 bench. Ryan Girard, 242 Open, 589 bench. Nick Witzmann, 275 Junior 16-17, 391 squat. Rick White, 275 Junior 20-23, 633 squat, 1725 total. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Landy Bergfield, 275 Submaster 35-39, 512 bench. Steve Brown, 308 Master 50-54, 507 bench. California State Single Lift Bench Records Set: Roman Guaderrama, 132 Submaster 35-39, 281 bench. Zachary Freeman, 148 Junior 13-15, 209 bench. Robert Cortes, 165 Master 75-79, 237 bench. Luis Valdez, 181 Junior 16-17, 275 bench. Rudy Lozano, 181 Master 65-69, 374 bench. Mike Elwell, 220 Master 40-44, 507 bench. Ryan Girard, 242 Open, 589 bench. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. California State Single Lift Deadlift Records Set: Robert Gomez, 132 Junior 13-15, 319 deadlift. Zachary Freeman, 148 Junior 13-15, 396 deadlift. Robert Cortes, 165 Master 75-79, 440 deadlift. Briton Forester, 181 Junior 16-17, 418 deadlift. William Hibdon, 181 Junior 18-19, 551 deadlift. Roy Taylor, 198 Master 65-69, 429 deadlift. Alberto Ramos, 242 Junior 16-17, 463 deadlift. American Powerlifting Records Set: Robert Cortes, 165 Master 75-79, 336 squat, 237 bench, 440 deadlift, 1014 total. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. American Single Lift Bench Records Set: Robert Cortes, 165 Master 75-79, 237 bench. Rudy Lozano, 181 Master 65-69, 374 bench. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. American Single Lift Deadlift Records Set: Robert Cortes, 165 Master 75-79, 440 deadlift. William Hibdon, 181 Junior 18-19, 551 deadlift. Jeff Balanger, 198 Junior 16-17, 429 deadlift. Roy Taylor, 198 Master 65-69, 429 deadlift. Mike Elwell, 220 Master 40-44, 644 deadlift. Alberto Ramos, 242 Junior 16-17, 463 deadlift. (Thanks to Steve Denison for providing these results)				

USAPL 17th Hudson Natural Open
5 NOV 05- Hudson, WI

WOMEN	SQ	BP	DL	TOT
Open (By Formula)				
C. Anderson	275	170	312	757
Shuttleworth	255	180	275	710
A. Egerson	200	105	245	550
T. Dilley	265	—	—	—
Jovanovich	320	—	—	—
Master (By Formula)				
S. Whiting	175	110	200	485
F. Huston	285	240	335	860
L. VanBuskirk	325	230	345	900
S. Trossen	150	115	205	470
Teen (By Formula)				
K. Sullwold	225	140	250	615
Open				
A. Jamrozek	255	150	220	625
Jovanovich	320	—	—	—
MEN				
Open				
114 lbs.				
T. Scheldrup	320	285	405	1010
132 lbs.				
R. Cola	345	245	410	1000
148 lbs.				
Schwalbach	405	265	475	1145
165 lbs.				
T. Williams	480	320	500	1300
K. Kowarsch	425	400	450	1275
J. Gardner	390	230	440	1060
181 lbs.				
T. Ried	550	420	620	1590
B. Hanselman	590	460	665	1515
198 lbs.				
T. Richmond	365	295	380	1040
M. Crozier	325	235	475	1035
220 lbs.				
J. Carner	345	250	405	1000
242 lbs.				
N. Tyutki	760	485	725	1970
T. Dierks	550	335	500	1385
G. Jensen	415	285	415	1115
275 lbs.				
K. Belisle	670	500	530	1700
T. Smith	575	445	575	1595
SHW				
L. Karabel	860	620	755	2235
B. Madvig	830	—	—	—
Teen (By Formula)				
N. Norham	490	310	480	1280
T. Timmons	400	280	465	1145
J. Moller	425	330	425	1180
A. Thesing	390	165	395	950
J. Rubbert	370	—	—	—
J. Mahoney	370	—	—	—
Master (40-49)				
R. Kolbeck	625	415	600	1640
K. Belisle	670	500	530	1700
G. Grah	480	355	470	1305
J. Kunzman	565	400	540	1505
T. Dierks	550	335	500	1385
J. Lewis	530	365	535	1430
D. Priebe	405	290	410	1105
M. Saunders	—	—	—	—
Master (50+)				
B. Briggs	450	335	465	1250



Cheryl Anderson got a nice 275 squat @105 to win the Women's Division at the USAPL Hudson Open. (photo by Jennifer Simonson)

USAPL Southwestern Regional
22 AUG 05 - Tucson, AZ

FEMALE	SQ	BP	DL	TOT
114 lbs.				
S. Henry	—	—	—	—
Open/Master II				
123 lbs.				
J. Froesch	275	154	325	755
Master I				
K. Daily	—	132	—	—
Open				
T. Laibe	198	126	226	551
165 lbs.				
T. Laibe	165	—	—	—
Open				
E. Johnson	303	121	281	705
181 lbs.				
M. Sura	203	—	—	—
SHW				
K. VanHorne	—	264	—	—
MALE				
148 lbs.				
R. Hwkins	275	209	374	859
165 lbs.				

Teen I				
R. Eisen	226	165	325	716
Youth				
M. Evans	226	143	308	650
Junior				
C. Graves	—	358	—	—
Master I				
R. Sura	—	187	—	—
Open				
R. Nanez	—	—	—	—
181 lbs. Master II				
T. Zielinski	440	275	451	1168
Open				
C. Lloyd	407	303	429	1140
Teen I				
D. Moore	402	231	451	1085
Junior				
G. Panttila	336	275	413	1025
198 lbs. Open				
J. Pena	633	424	589	1647
Master I				
B. Hawkins	402	352	446	1201
Master VI				
L. Lense	463	154	501	1118
J. Ellis	325	—	—	—
Junior				
Zimmerman	303	303	352	936
220 lbs. Teen I				
D. Ware	330	181	363	876
Junior				
S. Laibe	617	424	529	1570
Open				
P. Dufresne	303	369	429	1102
Master I				
G. Herrera	—	474	—	—
242 lbs. Junior				
Gonzales, Jr.	474	374	501	1350
275 lbs. Open				
D. Wirth	—	468	—	—

(Thank you to the USAPL for these results)

USAPL Steel City Gym
3 SEP 05 - N. Charleston, SC

BENCH	SQ	BP	DL	TOT
242 lbs.				
G. Abdon	440*	—	—	—
Master (55-59)				
Open				
242 lbs.				
148 lbs.				
K. Locklear	345*	—	—	—
165 lbs.				
C. Pope, Jr.	140*	—	—	—
Master (55-59)				
H. Taylor	225	275	—	—
Teen (18-19)				
D. Ricalfrente	400*	—	—	—
Master (60-64)				
R. Bilancione	230*	—	—	—
275 lbs.				
165 lbs.				
J. Blackmon	390	—	—	—
R. Kellett	180*	—	—	—
FEMALE				
Master (45-49)				
Master (45-49)				
181 lbs. SHW				
G. Abdon	440*	—	—	—
Master (50-54)				
L. Taylor	175*	—	—	—

*=South Carolina State Records. (USAPL)



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

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

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

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

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

If Under 18 have Parent Initial _____ Signature _____

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

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

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____
Name: _____ Phone: (____) _____ E-Mail: _____<

ADAU "No Druggies Allowed" BP
8 OCT 05 - Erie, PA

BENCH	C. O'Brien	275	
MEN	C. Roessler	250	
123 lbs.	A. Mangini	240	
M. Pollard	135	K. Kirsch	185
Teen (12-13)	165	K. Harris	165
M. Pollard	135	Teen (16-17)	185
148 lbs.	K. Kirsch	185	
N. Abdulah	200	Teen (18-19)	275
E. Markel	175	C. O'Brien	275
4th-181	Junior		
Junior (20-23)	K. Harris	165	
E. Markel	175	Master (40-44)	340
4th-181	M. Tonkovich	340	
165 lbs.	Master (50-54)	240	
T. Wilkinson	245	A. Mangini	240
M. Mongera	140	220 lbs.	
Youth (12 & Under)	R. Vargas	250	
M. Mongera	140	G. Chaney	175
Teen (16-17)	M. Krupp	—	
T. Wilkinson	245	Teen (16-17)	175
181 lbs.	G. Chaney	175	
D. Heintzel	280	Teen (18-19)	—
Michalegko	280	M. Krupp	—
Baumgartner	280	242 lbs.	
B. Hindle	165	E. Betza	330
R. Arne	—	R. Green	315
Teen (18-19)	C. Spencer	—	
R. Arne	—	V. Pipparo	—
Submaster (35-39)	275 lbs.		
Baumgartner	245	J. Medvan	385
Master (40-44)	K. McClinnis	—	
Michalegko	270	SHW	—
198 lbs.	C. Walck	345	
M. Tonkovich	340		



Anthony Petrino's WPA World Record 650 BP @ 308 45-49 at the Connecticut Open (Mugovero)

Champion of Champions: Mike Tonkovich. Team Champs: 1st-Joe's Gym of Erie, 2nd-Nautilus of Erie. Great contest and I need to mention some champions names that need more recognition than they received at the contest. Steve Michalegko, Geoff Baumgartner, Bruce Hindle, Ron Arne, Ramon Vargas, Grant Chaney, Mike Tonkovich, and all the guys and gals from Team Nautilus. These fine "drug-free" lifters had their thunder "stolen" from them by two of the competitors that "cheated" them out of their rightful trophies, by using "drugs" and then entering a "drug-free" and drug tested contest, thinking they could beat the test. Well, they didn't and they are "suspended" from ever lifting in any anti-drug athletes united contest again. The names of the cheaters have been eliminated from these results and the rightful names have been placed Mangeria taking second with a new youth record. Master lifter, Dave "the man" press raw then you are truly a master at the bench press. And bench press, they did. master lifter, Steve Michalegko taking the contest started with thirteen year old the silver. At 198 Mike Yonkovich won the

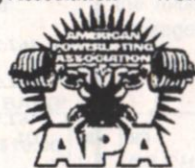
record with 135 in the 123 class. Nick Abdulah won the 148 class, while second place finisher, Eric Markel set a junior American record with 181-1/4. The 165 kg went to sixteen year old Travis Wilkinson, with eleven year old Matt in their respected positions along with the corrected team placements. "If you bench press raw then you are truly a master at the bench press." And bench press, they did. master lifter, Steve Michalegko taking the contest started with thirteen year old the silver. At 198 Mike Yonkovich won the

with his 340 pound success. Ed Betza and Randy Greene went 1st and 2nd, respectively, at 242, while Jim Medvan won the 275 class and Carl Walck took the gold at supers. "Do not be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves."—Dale Carnegie (Thanks to Joe Oregina for providing these meet results to Powerlifting USA)

APA CT Open BP/DL
26 JUN 05 - Canterbury, CT

BENCH	4th-430*		
MEN	Wasniewski	425*	
Teen (13-15)	4th-440*		
(By Formula)	P. Shafer	332*	
Bergeron, Jr.	225	P. Crowley	265
4th 277.5	I. Smith	225	
Teen (16-17)	Kielczwes, Jr.	—	
(By Formula)	Submaster (33-39)		
D. Anneser	400	(By Formula)	
K. Majoros	285*	Swanson, Sr.	480
A. Piluso	310	L. Cruz	425
D. Art	230*	M. Peters	455*
T. Olmstead	275*	D. Swinburne	410
Teen (18-19)	M. Mancini	375	
(By Formula)	Master (40-44)		
N. Puorro	360	(By Formula)	
Junior (20-23)	J. Bourgault, Sr.	515*	
(By Formula)	4th-525*		
D. Osgood	540	B. Tucker	500
D. Haggert	420*	W. Johnston	350
T. Pigeon	450	Master (45-49)	
K. Roberts	407*		

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



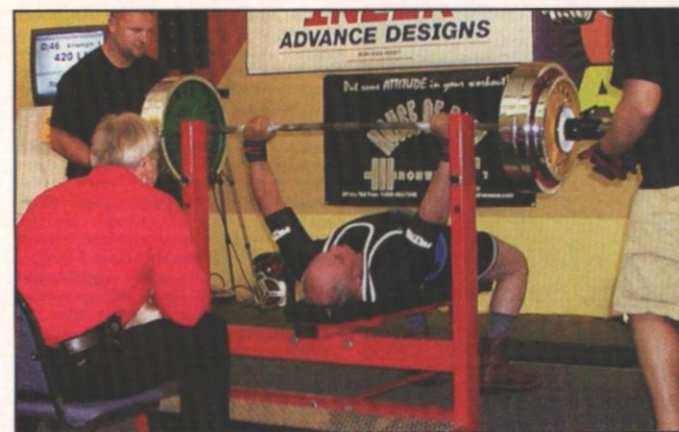
First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobcan, Florida 33927-7204



Russ Laitres pulls @ the CT Open



Roland Cote got a 445 4th attempt WR in CT. (courtesy of D. Slaga)

(By Formula)	Bergeron, Jr.	435*	T. Pearl	182.5	95	215
T. Petrino	650!	4th-452*	492.5			
K. Mattson	535	Teen (16-17)	P			
D. Dubenetsky	405*	(By Formula)	T. Scagliarini	250	155	217.5
R. Huber	345	D. Anneser	405	622.5		
A. Bruneau, Jr.	—	Junior (20-23)	K. Dickson	217.5	135	217.5 570
Master (50-59)	(By Formula)	D. Haggert	555* P			
(By Formula)	S. Lee	450!	4th-570*	M. Luna	137.5	90 160
J. Milne	400	C. Mehmel	500	387.5		
R. Jackson	250	4th-517*	G-Master I			
Master (60-69)	T. Pigeon	570	B. Brossard	185	127.5	200
(By Formula)	P. Crowley	495	512.5!			
R. Cote	440!	K. Roberts	500	220 lbs.		
4th-445!	I. Smith	425	P			
C. Farrison	355	Submaster (33-39)	K. Humphrey	212.5	155	245
D. Tracy	265	(By Formula)	612.5			
Open	R. Batista	550*	242 lbs.			
123 lbs.	M. Peters	580* P				
J. Dugas	195*	Master (40-44)	E. Watson	257.5	175	252.5 680
148 lbs.	(By Formula)	275 lbs.				
J. Strucinski	400*	Bourgault, Sr.	540*	Master III		
D. Corsi	260*	Master (45-49)	J. Hodges	295	30	332.5
165 lbs.	(By Formula)	657.5				
D. Osgood	540	Bruneau, Jr.	530	SHW		
D. Rodriguez	—	D. Kelley	355* P			
181 lbs.	Master (50-59)	D. Craig	182.5	102.5	205	490
M. Limbaugh	385	(By Formula)	PS Master II			
R. Huber	345	J. Milne	500*	L. Smith	50	80 165 295
198 lbs.	R. Jackson	375*	!American Records. The 2005 Big River Classic was a milestone for James Hodges. "Big Jim" celebrated his 60th birthday on the platform. His son Monte had the gym decorated with balloons and provided birthday cake for lifters and their families. Jim had a great squat and a little disappointing deadlift (How can 733 be a disappointment?). He had injured his shoulder and only did a token bench. The announcer told the audience that at least he benched more than his age. The outstanding lifters for the meet included Tom Scagliarini, Eric Watson, and Patrick Johnson. Matthew Miller and Lee Atwill are both 15 years old and this was their first meet. They will continue to be a force to keep track of as they grow older. The BRC was also the first meet for Dusty Craig. It was enough to keep him training for next year. Lindell Smith's heart is always with the BRC and we do so appreciate him. Dan Gill lost lots of weight and looks super as was his bench. The Jumper brothers certainly showed their strength for the crowd even though it was a down day for Greg. Kelly Dickson and Tom Scagliarini were true gentlemen as they battled down to the end. Brian Brossard broke an American Record in the genuine division for the squat. Tristan Pearl was a first time lifter for the BRC and we hope that he will continue to lift with us. He was the only lifter in the meet to go 9 for 9. Ron Morrison had a very good day as did Kevin Pumphrey. We do enjoy watching them lift. Our own Matt Luna did a wonderful job on the platform. We could not have the success that we enjoy with this meet if not for the efforts of the following: Bob Tabaka, Cheri Gill, Richard Atwill, Randy Miller, Ultimate Fitness Gym and Phyllis Winter, Jeff Pruett (he made a terrific save spotting on the bench), Dan Gill, Sara Guthrie and the best expeditor in the business, Stephanie Miller. (Thanks to the Johnsons for these results)			

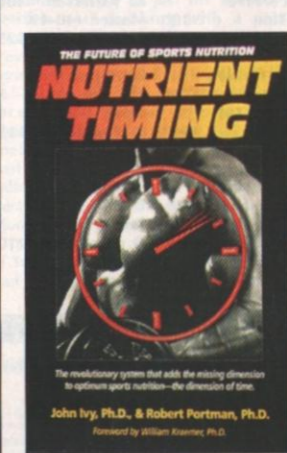
NASA Big River Classic (kg)
8 OCT 05 - Blytheville, AR

BENCH	Submaster II			
MALE	P. Johnson	210		
198 lbs.	R. Jumper	167.5		
Master I	242 lbs.			
D. Gill	170	G. Jumper	190	
220 lbs.	Master I			
Submaster I	G. Jumper	190		
R. Morrison	142.5			
MALE	SQ	BP	DL	TOT
148 lbs.				
Teen	80	67.5	117.5	265
M. Miller	80	67.5	117.5	265
181 lbs.				
Teen	155	112.5	182.5	450
L. Atwill	155	112.5	182.5	450
JP				

APF Pine Tree Open
5 NOV 05 - Turner, ME

MEN					
Master (50+)	176				
Neureuther					
WOMEN	SQ	BP	DL	TOT	
114 lbs.					
J. Clough	209	121	292	622	
Master (50+)					
J. Clough	209	121	292	622	
J. Stabile	319	148	336	804	
Open					
181 lbs.					
K. Scott	374	225	424	1024	
Teen					
R. Mayer	286	148	253	688	
MEN					
148 lbs.					
T. Sunshine	391	259	424	1074	
165 lbs.					
D. Boyington	518	374	402	1295	
181 lbs.					
L. Morrison	699	424	617	1741	
d. Naughton	440	457	402	1300	
A. Manders	358	264	457	1079	
198 lbs.					
E. Baker	617	440	584	1642	
220 lbs.					
J. Gottlieb	771	424	672	1868	
T. Casa	402	275	440	1118	
275 lbs.					
Christinziano	534	209	501	1245	
SHW					
A. Miller	633	567	600	1802	
Junior					
C. Mehmel	545	413	523	1482	
T. Irving	705	485	611	1802	
G. Bailey	485	374	529	1388	
Master (40-49)					
S. Cote	771	369	611	1752	
D. Morong	551	402	600	1554	
D. Boyington	518	374	402	1295	
D. Naughton	440	457	402	1300	
Master (50+)					
F. Glass	352	154	380	887	
B. Todd	496	330	418	1245	
R. Austin	203	402	203	809	
V. Aloupis	248	236	407	891	
E. Brown	374	281	154	810	
G. Sagor	297	159	374	831	

Open	165 lbs.				
E. Cressey	518	341	600	1460	
J. Digirolano	556	363	501	1421	
D. Boyington	518	374	402	1295	
181 lbs.					
L. Morrison	699	424	617	1741	
J. Pelletier	677	358	540	1574	
198 lbs.					
R. Largay	578	314	540	1432	
220 lbs.					
S. Smith	793	518	622	1934	
J. Gottlieb	771	424	672	1868	
S. Cote	771	369	611	1752	
J. Westleigh	644	424	600	1669	
242 lbs.					
G. Panora	903	600	749	2254	
P. West	722	424	606	1752	
R. Tonini	716	457	523	1697	
275 lbs.					
D. Sneed	319	225	418	964	
SHW					
A. Miller	633	567	600	1802	
Teen					
B. Fredette	865	490	625	1984	
J. Sager	374	203	363	942	
Best Lifter Female: Kristy Scott. Best Lifter Male: Greg Panora. Team: Union Street Athletic Club of Bangor, Maine. Highlights include Greg Panora's 2254 total at a bodyweight of 235.5, BJ Fredette's (19 years) American Record squat 865 and total 1984 at 242, Kristy Scott's (23 years) 374, 225, 424, 1021 lifting at 181 and 74 years old, and Richard Austin's bench of 402 at a bodyweight of 227. Lifters who set American records include Ed Brown (65-69) BP286, Rachel Mayer (13-15) BP154, Dyke Naughton (40-44) BP458, Jane Stabile (50-54) BP148.5, SQ 324.5, Tom Sunshine (45-49) BP269.5, and BJ Todd (55-59) BP331.79. I would like to thank my table which was Norm Guay, Monique Cote, and Lynne Barlow. Also, I'd like to thank my expeditor, Scott Blanchard, my judges Mike Scott, Chris Wiers, and Steve Smith, and my spotters/loaders, Kyle Davis, Tony Petrino, Greg Borchy, Andy Daignault, and Eloy, for without your help there would have been no 2005 Pine Tree State Open. (R. Barlow)					



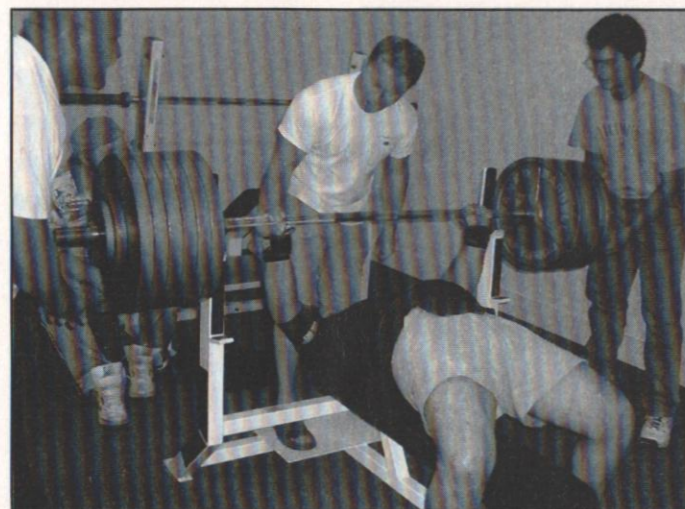
Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into

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

SLP Southern Illinois Open
6 AUG 05 - Jonesboro, IL

BENCH	Open	
MEN	220 lbs.	
Teen (13-15)	J. Lawson	485
198 lbs.	275 lbs.	
J. Kincaid	275	P. Little 485
Police/Fire	DEADLIFT	
Submaster	MEN	
242 lbs.	Novice	
L. Edwards	555*	97 lbs.
4th-620*	A. Carwyle	80*

*=Son Light Power Illinois state records. The Son Light Power Southern Illinois Open Bench Press/Deadlift Championship was held at Xtreme Physique Health Club. Thanks to owner Robbie Ralls for hosting this competition. In the bench press event first-time competitor Joshua Kincaid won at teenage men 13-15/198 with 275. A final attempt with a new state record 295 was close, stopping just short of lockout. Lloyd Edwards won at police & fire/submaster 242 with 555, breaking his own state record there by five pounds. A fourth with a new personal best 620 was also good, marking Lloyd's first official 600 bench! In the open division Joey Lawson settled with just his opener of 485 for the win at 220, while training partner Philip Little did the same at 275. In the deadlift competition, another first-time lifter, Anthony Carwyle, set the state record at novice men 97 with 80. Thanks to Wee-Man and Joey for their help loading and spotting. (Dr. Darrell Latch)



Lloyd Edwards with 620 @ p&f/sub/242 at the Southern IL contest

J. Begue	601*	T. Proya	405*	Police/Fire	Teen (17-19)
Submaster (33-39)	Class-1	B. Myers	355*	Submaster (33-39)	M. Lenzi
J. Goode	620	T. Rice	310*	298 lbs.	465*
Class-1	198 lbs.	A. McVane	565*	242 lbs.	198 lbs.
J. Wilson	340*	Submaster (33-39)	242 lbs.	Open	Submaster (33-39)
Master	R. Tikey	405*	Open	J. Jones	B. Davis
J. Wilson	340	Master (40-49)	360*	Teen (14-16)	550*
Open	R. Schultz	360*	SHW	J. Sheffler	220 lbs.
J. Goode	620	Class-1	SHW	F. Jackson	360*
J. Begue	601	F. Jackson	360*	242 lbs.	275 lbs.
308 lbs.	Master	Teen (17-19)	242 lbs.	Raw	275 lbs.
Master Lifter	J. Peshek	740*	275 lbs.	Police/Fire	Novice
Equipped	Grand Master	(50-59)	Police/Fire	F. Principati	J. Prilla
105 lbs.	R. Sardella	325*	Hamborsky	495*	308 lbs.
Teen (14-16)	198 lbs.	D. Wrobel	308 lbs.	Grand Master	Open
D. Wrobel	135*	Submaster (33-39)	B. Boywer	485*	J. Felton
148 lbs.	R. Vanek	475*	SHW	Open	700*
Master	Master (40-49)	Open	Open	F. Principati	270*
Guest Lifter	J. Fiumara	370*	B. Clark	605*	165 lbs.
C. Ventrella	415*	220 lbs.	Master (40-49)	SHW	WOMEN
165 lbs.	Open	B. Clark	605*	Submaster (33-39)	Equipped
Junior	T. Salyers	501*	Police/Fire	K. Patterson	480*
A. Reino	386*	Master	C. Cline	530*	Open
Teen (14-16)	J. Pfeiffer	320	Raw	B. Clark	525*
E. Dess	135	Grand Master	165 lbs.	WOMEN	Ironman
Police/Fire	(50-59)	Teen (14-16)	Equipped	MEN	Equipped
Open	F. Popovich	390	F. Costello	275*	220 lbs.
A. Reino	386*	242 lbs.	Teen (17-19)	Open	220 lbs.
A. McVane	385	Open	L. Heeter	300*	C. Lenzi
Class-1	J. Jones	460	Class-1	DEADLIFT	115*
Goodemote	315*	Teen (14-16)	S. Reino	210*	242 lbs.
181 lbs.	J. Sheffler	350*	Master (40-49)	Equipped	Submaster (33-39)
Submaster (33-39)	275 lbs.	350*	Wanamaker	320*	B. Bagnell
A. McVane	385*	Junior	181 lbs.	181 lbs.	275 lbs.
Grand Master	C. Manes	580*	Grand Master	D. Wrobel	210*
(50-59)	Police/Fire	(50-59)	165 lbs.	S. Bardella	450

Master (40-49)	B. Lenzi	550	605
1155*	308 lbs.		
Open	D. Willaman	400	550
SHW	950*		
Open	D. Champ	410	530
Novice	940*		
C. Hall	260	450	710*
Raw	181 lbs.		
Teen (17-19)	M. Lenzi	225	465
220 lbs.	690*		
Junior	L. Daugherty	350	415
308 lbs.	765*		
Teen (14-16)	J. Livengood	250	330
580*			

*=Meet Records. Most Weight Bench: Jeff Goode 620 lbs. Most Weight Deadlift: Josh Felton 700 lbs. Best Lifter Women's Deadlift: Christy Lenzi. Best Lifter Men's Deadlift: Matt Lenzi. Best Lifter Men's Raw Deadlift: Ben Davis. Best Lifter Men's Equipped Deadlift: Allen McVane. Best Lifter Men's Master Deadlift: Bill Lenzi. Spotters: Chuck Brogan, Brian McQuarrie. Judges: Paul Vargo (Head Judge Bench), Jason Smith, Antonio Reino, Brad Myers, Ken Anderson (Head Judge Deadlift), Bob Boywer. Announcer: Chuck Ullrich. All WABDL rules apply, pause are lockouts, etc. In this meet we had 52 benchers and 23 deadlifters, and about 40 of them came and weighed in at 9:45 or 10AM. Lifters, please take note: If rules clinic is at 9:30AM, get there at 8:30AM. Give away's and changes happen early. A meet director can't start the meet on time if lifters are late. However, this was the biggest and best meet I've ever had. Lets start with the deadlift. This year I added best lifter trophies in the deadlift only because of the bench press popularity. Christy Lenzi won best woman lifter. Matt Lenzi won best teen lifter and probably the reason would be Matt's dad Bill (also Christy's husband) won best master lifter! Bill Lenzi is a great teacher and lifter, as well. He's been on top of his game for years, and I hope many more. New comer Ben Davis won best raw lifter. Ben informed me a year ago he was almost dead from an illness in which he conquered. Way to go, Ben. Allen McVane won best equipped lifter with 565 lbs. at 165 lbs. bodyweight. Josh Felton had the biggest deadlift 700 lbs. raw weighing 290 lbs. Lets move to the bench. Jeff Peshek, my good friend and lifting partner, was amazing. His 710 lbs. was simply too light. His second 740 lbs. was just as smooth as this was done in a single ply rage. Jeff fell out of the groove a tad on his third 800 lbs. attempt, thanks again Jeff, for guest lifting and also his wife Carrie for helping me put together one of the biggest NSM in this part of the country. In the open 165 lbs. class, we had a battle between Allen McVane and Antonio Reino, who both weighed in at 165 lbs. even. the open went to Antonio Reino by one pound, 386 lbs. to 385 lbs. Antonio also won the juniors with Allen taking the submasters, both meet records. Tom Proya, number one 181 master in the country, took the grand master 181 with a 505 lbs. lift. Rich Vanek and Joe Fiumara took their divisions at 198 lbs. Tom Salyers won the open with 501 lbs., a new meet record. Tom and I met at Columbus, Ohio, a month before United We Stand, while we were starving and trying to make weight, at my good friend Dr. Darrell Latch's Ohio State Fair meet. Well Tom, my advice on getting a Titan F6 paid off. Congrats on a new meet record. Jim Jones won the 242 open and Johnathan Sheffler won the teen 14-16. In the 275 lbs. class, we had a battle. My two other lifting partners, Jeff Goode and Jeff Begue both lifted over 600 lbs. with Goode taking the open and submasters, with a 620 press. And, Begue took the police/fire with a 601 lbs. press. Jerry Wilson won the class-1, and masters John Prilla took the novice. Fifty nine year old Bob Boywer was amazing with a 485 lbs. press in the 308 grand master, a meet record. Barry Clark hit 605 in the open

and master SHW class, as well as 525 lbs. in the raw masters. All lifts were meet records. In the raw bench, Frank Costello and Lenny Heeter showed good raw strength. Tom Rice won in the class-1 with a 310 lbs. lift, after a near death accident in 2002. Floyd Jackson who just started lifting two years ago did a clean 360 for a meet record. Tim Hamborsky, Josh Felton, Barry Clark, and Kevin Patterson all did well with big lifts as well as meet records. Christy Lenzi was our only female bencher who also set a meet record. I would personally like to thank Wes Kampen from Monster Muscle, for sponsoring the meet. Absolutely the cutting edge powerlifting magazine. Sverchek from Monster Muscle did an excellent job covering and taking pictures of the event. Mike Lambert of Powerlifting USA is also very important. Thanks Mike. Ken Anderson from Titan, thanks a million for your excellent judging and coming to my meet and helping guys with their shirts and bringing a lot of knowledge to the sport. And for you benchers out there, I could never hit 415 at 148 if it wasn't for this guy. He not only sells Titan bench shirts, he knows how to fit and use them! Ken always has 50 or 60 shirts on hand, ready for quick delivery. His number is 972-250-4433. Thanks again, Ken. Also, Gus Rethweisch for his advice and support. Speaking of Gus, I'll be hosting a WABDL meet the third week of February, here in Pennsylvania. A very special thanks to Brad Myers who drove all the way from Littlestown, PA, with his girl friend Megan. They simply busted their butts helping me! Thanks a million. My guys I train, Antonio Reino, Salvatore Reino, Easton Dess, and Jeff and Charlie Peshek. Ryan Firmi (Ironwork Gym). Judges: Paul Vargo, Jason Smith, Ken Anderson, Bob Boywer, and Chuck Ullrich, for excellent work. Chuck Brogan and Brian McQuarrie for spotting. I got more compliments on all you guys and not to forget out troops in Iraq and Afghanistan. God Bless, you are the real heroes. And to the lifters, thank you. (Thanks to Charles Venturella, Meet Director, for providing these meet results to POWERLIFTING USA Magazine)

SLP Missouri State Fair
14 AUG 05 - Sedalia, MO

BENCH	165 lbs.	
WOMEN	T. Slyman	320*
Master (40-44)	220 lbs.	
C. Crossland	310*	J. Braithwait
4th-350*	390	C. Evans
Open	345	Master (50-54)
C. Crossland	330*	198 lbs.
4th-350*	F. Ouderkirck	305
MEN	Open	198 lbs.
Novice	J. Lueken	365
220 lbs.	R. Baker	315*
S. White	500	
Teen (16-17)	T. Luke	480
148 lbs.	242 lbs.	
T. Holmes	200	K. Flick
165 lbs.	275 lbs.	340
R. Wattenbarger	D. Gullledge	700*
250	4th-725*	
Teen (18-19)	M. Reynolds	570
132 lbs.	308 lbs.	
D. Scalise	210	C. Wellman
148 lbs.	575	DEADLIFT
R. Russell	255	MEN
220 lbs.	Master (45-49)	
N. Gentges	560*	220 lbs.
Junior	C. Evans	465
242 lbs.	Open	
J. Wantland	460*	165 lbs.
Master (40-44)	R. Snelling	625*
198 lbs.	4th-635*	
B. Stevens	500*	275 lbs.
Master (45-49)	B. Moore	630



David Gullledge with an SLP Missouri Record 700 @ 275 (D. Latch)

In the bench press event our only lady competitor was a great one, Oklahoma's own Cyndi Crossland. Cyndi, holder of numerous state, national and world records and titles in the WABDL and SLP, finished the day with a new personal best 350, at a 175 bw! One of the few ladies ever to do bench over 300 at double bodyweight! Taking the master 40-44/181 class where she broke her own Missouri state record there and at open 181, Cyndi finished with 330 before returning to the platform with her historic 350. In the novice men's 220 class Ryan Baker, competing for the first time, tied the existing state record there with 315. Another first-timer, Tom Holmes, won at 16-17/148 with his 200 opener. At 16-17/165 it was Robert Wattenbarger for the win with 250. Dominic Scalise won at 18-19/132 with 210, while Ryan Russell captured the title at 148 with 255. Lifting in his last meet as a teenager, Nathan Gentges went out with a bang, taking the 18-19/220 class with a new personal and state record 560! At junior 242 it was Justin Wantland with a new state record 460 for the win, even taking a crack at 500 on a fourth! Bruce Stevens broke the Missouri state record at 40-44/198 with his second official 500 bench, but changed shirts for a close call at 525. Tony Slyman tied the state record at 45-49/165 with 320 while Jim Braithwait won at 220 over Curtis Evans, 390 to 345. Going for a new state record on his second and third attempts, Jim just missed both times at lockout. Our final master competitor was Floyd Ouderkirck, who lifted "raw", finishing with 305 for the win at 50-54/220. Moving to the open division, Joshua Lucken took the title at 198 with 365, in his first competition. Steve White got his first official 500 bench here, taking the win at open 220. Second place at 220 went to Tiral Luke who finished with a great personal best 480. At 242 it was Kevin Flick with his opener of 340. Then in the 275 class it was the "Monster from Kansas", David Gullledge. David was the lifter, two years ago, who borrowed another lifter's shirt and benched 700 at a 300 bw. and twenty-two years of age. At the time David was the youngest lifter to bench 700! Now, at a 274 bodyweight, David tore up the open record with his 700 second attempt. His third was out of the groove, but his fourth with 725 was right on! Wow, 725 @ 275! Second place at 275 went to Matt Reynolds, who finished with a personal best 570. At 308 it was Chris Wellman, lifting in just his second competition and finishing with a personal record 575. The best lifter trophy went to David Gullledge. Duh! In the deadlift competition Curtis Evans pulled a solid 465 at 45-49/220, just missing a state record final pull of 500. In the open division, taking the win at 165 was Ryan Snelling. Finishing with a new personal best and Missouri state record 625, Ryan called for and made a great 635 fourth! Best lifter! Taking the win at 275 was Ben Moore, who finished with a personal best 630. Even though this meet was small, out of twenty entries in the bench press, we had eight lifters at 500 or better, three

over 600 and one over 700 in attempts. Together with Cyndi's double bodyweight 350, David's 725 and Ryan's near quadruple 635 pull, it was quite a meet! Thanks to my sons D. C. and Joey, who, as far as I'm concerned are the best loader/spotters in the sport. In two days of loading and spotting at the Wisconsin and Missouri State Fairs, there was never a misload and the bar never touched a lifter's chest. See you all again next year! (Thanks to Dr. Darrell Latch for results)

ABA Central Arkansas Open
1 OCT 05 - Bryant, AR

BENCH	R. Weaver	235
FEMALE	220 lbs.	
Teen	B. Johnson	315
T. Gentry!	80	242 lbs.
MALE	R. Barker	455
Master (50+)	275 lbs.	
Washkowiak	355	C. Moore
365		

=State records. Best Lifter Over-All: Roger Barker. The Arkansas Benchpress Association 2005 Central Arkansas Open Benchpress Championship was held at Bryant Fitness Zone. We had a low turnout since it was the opening of Bow Hunting Season. We are not hunters so we were not aware of this when we were scheduling this meet. There was one Arkansas State Record broken! Dennis Washkowiak entered the Masters 50+ and benched 355 at a body weight of 245 lbs. Our overall winner was Roger Barker. He benched 455 at a body weight of 236 lbs. Congratulations, guys! D.D. Nichols also announced at this meet that this would be the final meet with shirts. We are going RAW! "Back in the day" it was different when the shirts were 1 and 2 ply. We feel the whole shirt thing is getting out of hand with the shirts being 10 ply. D.D. wants to even out the playing field by going raw. Now we will find out who can really bench what! He announced that those who want to wear a shirt and compete in one division-not a weight division-and it will be done by Wilks Formula. They will not be eligible for the Overall trophy unless they bench in the raw division. Only the raw competitors will be eligible for the overall trophy. Thanks to Chris Kinzler, the owner and operator of Bryant Fitness Zone for the use of his facility. Thanks to Reid Nichols, Mike Moore, and Curtis Norwood for judging. Also, thanks goes to my spotters and volunteers Dennis Washkowiak and Leroy Schnecklogh. Thanks to all the competitors and fans for competing and supporting the Arkansas Benchpress Association. (Thanks to ABA President, D.D. Nichols, for providing these meet results to Powerlifting USA)

INTERNATIONAL POWERLIFTING ASSOCIATION
Lifters for Lifters Pro-Am Powerlifting

Application for Registration

Office use only, do not complete

Last Name	First	Initial	New Member	Renewal	Exp. Date				
Street Address						City			
State or Providence						Zip Code	Country		
Telephone						Email Address	Date of Birth	Age	Sex
						Pro	Am		

Sign if above answers are correct. Parents sign if under 18 years. Date

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

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

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irondawg.com

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

SIGNATURE _____ If under 21 yrs. Parent Initial: _____ Date: _____ Prior Reg. # _____
Name: () Phone: () E-Mail: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ UAPC Registered Club Represented: _____

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

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

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

All memberships expire 12 months from date of purchase.



WABDL Rocky Mountain BP/DL
25 JUN 05 - Salt Lake City, UT

BENCH WOMEN		198 lbs.		259 lbs.	
Master (47-53)	123 lbs.	J. Cooper	—	C. Satteson	303*
H. Miller	165*	L. Davis	408*	P. Anderson	457*
Open	123 lbs.	L. Davis	408*	B. Nichols	418
H. Miller	165	L. Davis	408*	D. Brekke	452*
4th-176	148 lbs.	Cunningham	402	L. Davis	408
E. Stickler	143*	D. Brekke	309*	SHW	553*
J. Blanke	132*	R. Clift	341	S. Jordan	677*
UL	148 lbs.	C. Rogers	600*	Teen (13-15)	105 lbs.
D. Richards	192	R. Lund	115	H. Marchant	77
Teen (13-15)	97 lbs.	SHW	633*	R. Lopez	473
Cunningham	93*	D. Marchant	677	G. Anderson	633*
MEN	198 lbs.	B. Tripp	584	Master (61-67)	220 lbs.
Class I	198 lbs.	Master (47-53)	181 lbs.	C. Puerto	203
S. Olsen	413*	198 lbs.	165	Open	308 lbs.
4th-424	220 lbs.	E. Reyes	407*	E. Millburn	424*
M. Berteaux	473*	4th-414	220 lbs.	d. Miller	165
B. Nichols	418	M. Berteaux	473*	S. Lamb	187
242 lbs.	242 lbs.	259 lbs.	220 lbs.	S. Olsen	617
M. Blankenship	352	G. Anderson	440*	WOMEN	—
J. Kuhn	341	Master (54-60)	402*	P. Anderson	—
259 lbs.	275 lbs.	R. Marchant	352	B. Neal	573
T. Prince	435*	SHW	4th-231	J. Blanke	248
275 lbs.	308 lbs.	P. Herdt	380	R. Mott	705
C. Johnson	435	Master (61-67)	259 lbs.	SHW	—
SHW	275 lbs.	259 lbs.	220 lbs.	D. Edgell	710*
B. Tripp	584*	E. Acey	418	A. Chavez	633
Junior (20-25)	198 lbs.	M. Herrera	402*	Submaster (34-39)	148 lbs.
198 lbs.	259 lbs.	4th-418	220 lbs.	M. Haynes	473
J. Adams	407*	Open	600*	J. Gibson	623*
259 lbs.	242 lbs.	181 lbs.	502*	R. Anderson	—
Shepperson	248*	E. Millburn	502*	T. Prince	600*
R. James	314	198 lbs.	105 lbs.	L. Davis	622
Law/Fire	Master (40-47)	J. Adams	—	Teen (13-15)	105 lbs.
Master (40-47)	242 lbs.	S. Olsen	413*	Guest Lifter	105 lbs.
SHW	242 lbs.	4th-424	220 lbs.	H. Marchant	192
D. Marchant	677*	B. Neal	534	B. Cass	749
Law/Fire	242 lbs.	S. Mecham	501	R. Lund	286*
Open	242 lbs.	4th-518	181 lbs.	4th-297	148 lbs.
Blankenship	352	P. Anderson	457*	Teen (16-19)	148 lbs.
259 lbs.	259 lbs.	M. Cordova	—	C. Puerto	414*
T. Prince	435*	J. Gibson	523*	E. Millburn	584*
Law/Fire	148 lbs.	SHW	600	4th-600	181 lbs.
Submaster	330	S. Jordan	677	D. Pearce	424*
		A. Chavez	440	D. Miller	363
		submaster (34-39)	198 lbs.	C. Gonzales	363
		148 lbs.	220 lbs.		
		M. Haynes	—		
			435* S. Lamb		



Big WABDL deadlift attempt... 777lbs. ... by William Mott in Salt Lake

Class I/242 with a gut buster 623.8. He wasn't going to give up. At 259, Tim Prince set a Class I Utah records with 600.7. At super heavy, David Edgell set a Utah record 710.7, his first foray into the 700# range. In Law/Fire Submaster 198, John Cooper came on strong with a 435.2 Utah record. At 259, Lance Davis continues to edge upwards with a 622.7 World Record in Law/Fire Submaster. In Master men 40-46/181, David Brekke set a Colorado state record with 462.7. At 198, Russ Bennett set a Utah record 600.7. In Master 47-53/259, Gil Anderson set a Utah record 633.7. Gil is 52 and has improved steadily with age. In Master 61-67/308, Manny Herrera set a National record 519.1. In Open men, Eric Millburn was impressive with a 600.1 deadlift and Utah record. He also was huge with a Utah record 502 in the bench and was surprisingly close with a World Record 530.1. He lifted earlier in the day in the Teenage bench, and could only manage 424. At super heavy deadlift, David Edgell set a Utah record 710.7 and he is also the new WABDL State Chairman for Utah. In Open women, Elise Stickler set a Nevada state record 231.2 at 148 lbs. She is one of

Raul Lopez's lifters. Raul is the Nevada State WABDL Chairman and also hosts a meet in Elko, Nevada. In Teen men 13-15/148, Ryan Lund set a Utah record 197.5. In 16-19/148, Carlos Puerto set a Utah record 414.3. He barely had the bar moving the whole way, but he never gave up. At 181, Eric Millburn set a Utah record 600.7, weighing only 177. With his 502 bench, that gives him a total of 1102 and his squat is 650, from what I hear. In Class I men bench, Sean Olsen set a Utah record 424.2 at 198. At 220, Mike Berteaux of Colorado set a Colorado state record of 473.7. Mike works for Homeland Security and flies all over the country. He's been to WABDL meets in Coos Bay, Oregon, Missoula, Montana, Salt Lake City, Fargo, North Dakota, New Orleans, Dallas, Texas, Lansing, Michigan, Murphreesboro, Tennessee, Collinsville, Illinois, Eugene, Oregon, and Portland, Oregon. At 259 Class I bench, Tim Prince set a Utah record 435.2. Tim is a huge help for Dave and Randy Marchant, when they put on their Utah meets. At super heavy, Brad Tripp benched 584 and was close with 600. In Junior bench 198, Joseph Adams set a Utah record 407.7. At 259, Howard Shepperson set a Utah record 248. In Law/Fire Master, Big Dave Marchant had a vehicular collision and was bruised up. He still benched 677.7 for a World Record at Law/Fire Master 40-47. At Law/Fire Open259, Tim Prince set his second Utah record of the day with 435.2. Lance Davis set a Utah record 408.8 in Law/Fire Submaster 259. In Master 40-46, David Brekke set a Colorado record 309.6 at 181. At Super, Dave Marchant set a Utah record 677. Another Super, Scott Wesley Jordan, set an Arizona record 677.7 in Open. In Master 47-53, Ernest Reyes set a Utah record 414.3 at 198. Mike Berteaux and Gil Anderson set Colorado and Utah records respectively with 473.7 and 440 at 220# and 259#. In Master men 54-60, Randy Marchant set a Utah record 352.5 at 220. Both Randy and Dave Marchant did a great job as WABDL Chairmen for five years. In Master men 61-67, Manny Herrera set a Utah record 418.7 at 308. In Master women 47-53, Hedy Miller set Utah record 176.2 at 123. At Open 220, Scott Mecham set a Utah record 518. Prior to that, "Pruss" Anderson had set the record with 457.2. At 242, Jason Gibson set a Utah record 523.5. Jason has improved considerably in the last two years. In submaster men, "Pruss" Anderson set a Utah record 457 in the bench. Pruss is on the All-Time WABDL list for bench at 108#. Scott Satteson set a Submaster 198 Utah record with 303. At super, Scott Wesley Jordan, who weighs 347, put up an Arizona record 677.7. In Teen women 13-15/97, Geri Cunningham set a World Record in her first meet with 93.5#. I want to thank Randy and Dave Marchant, the Meet Directors, who have been WABDL Chairmen in Utah for five years and have done a class act in serving WABDL. The judges were Dave Edmondson,



Utah Record 710 by David Edgell

Dennis Shock, Carl Wimmer, and Dave Marchant. Randy Marchant's wife Lenora, Roger James, Tim Prince, Carl Wimmer, and Mike Blankenship were also helpful with equipment. Carl Rogers and Brad Tripp provided the facility at the Freightliner Dealership in West Jordan, Utah. (Thanks to Gus Rethwisch for results)

PowerQuest Strength BP
10 SEP 05 - Fremont, OH

BENCH FEMALE	MALE
198 lbs.	181 lbs.
Teen	T. Henley 480
J. Handshue 255*	M. Handshue 530
Open	242 lbs.
J. Handshue 255*	G. Scott 645

275 lbs.	N. Winters 700*
M. Burrows 565	Master (40-45)
T. Trombley 545	242 lbs.
J. J. 470	G. Scott 645*
308 lbs.	275 lbs.
D. Welch 665	R. Manns 600*
T. Forby 560	Master (45-49)
M. Bash 500	275 lbs.
SHW	P. Primeau 660*
Open	
T. Greninger 580	

Junior *APF Ohio state records. Team "Baddest Bench Pressers in the Land" Trophy: Head Hunter Barbell. First off, thanks for everyone who came and lifted. PowerQuest's goal is to make sure that all lifters get treated like it's a World Championship competition. I felt that we took a step in the right direction. We had Forza benches, loud music, and 2000# in weight. Special thanks to Chris Smith and Mike Ferguson of PowerStation Gym in Middletown, Ohio, for coming such a long way to help at a small bench meet. I'd also like to thank Eugene Covey, Stuart Patrick, Steve Woods, Joel Terry, John Kelly, and Headhunter Barbell for helping run the meet. I'd especially like to say thank you to my wife Jody, as she came in and ran the HOP booth without any sleep and made everyone feel at home, making up for my lack of people skills. Lastly, I'd like to thank my Mom for coming down and chasing people who didn't pay. It's nice to have a bull dog watching your back door. We had 28 lifters overall, with 15 lifters APF. The meet went smooth with no injuries or accidents. I hope that everyone got the pr's they were looking for. Hope to see everyone at our next meet, December 10th, the First Annual PowerQuest Ironman ClaSSic! (Thanks to Rob Twining for providing these results)

165 lbs.	Fullilove 350
Jenkins 500	242 lbs.
181 lbs.	May 675
Brown 675	275 lbs.
198 lbs.	Bishop 405
Navarro 635	
220 lbs.	

At 145 lbs., Estes, a first time participant in the 148s, opened with 350 lbs., and that was proven to be a warm up for his second lift. His second lift was a respectable 405 lbs., which he also made look easy. His third lift was a personal best of 425 lbs., and with a good fight, he managed to complete the lift. Receiving white lights from the judges on all three lifts, Estes proved to be a force to be reckoned with in the future. Good job. At 154 lbs., Jenkins is no stranger to our sport. Dominating the 165 lbs. weight class, his 400 lbs. opener was a walk in the park, receiving a good lift from the judges. On his second attempt he tried a whopping 500 lbs. that he clearly wasn't ready for, as he needed the aid from spotters. His third lift, with the same 500 lbs., Jenkins managed to regroup and fight through the sticking point that caused him trouble in his second attempt. Receiving a good lift from the judges, the crowd applauded his efforts. Another good job. At a light 176 lbs., Brown, proving he's the man to beat in the 181 class, only needed one lift to blow away the competition. Opening with an enormous 675 lbs., Brown received the white light from all the judges for a great lift. His second attempt 700 lbs. was a bit too much on this day. Displeased with himself, Brown vowed to be back at this weight and more in his next meet, Danville's Halloween Havoc. (29 October 2005) We can't wait. At 189 lbs., Navarro competed in the 198 lbs. wt. class. A new comer to our sport made his presence felt. In only his 3rd official meet, he opened with a big 605 lbs., showing a little difficulty finishing his lift, he managed to fight through and complete the lift. Receiving the approval from the judges, for a good lift, Navarro looked relieved. After a serious pep talk with his training crew, his

2nd lift of 635 lbs., was much smoother, and welcomed with all white lights for what seemed to be an effortless lift. His 3rd attempt of 655 lbs. was a bit much for the young man. However, his 635lbs. lift sealed the victory for him. Thanking his crew and spotters, Navarro dedicated his efforts to God, his mother Lala, and his trainers Rob and May. Good job. In the 220 lbs. weight class and coming in at a light 203 lbs., Fullilove is a new comer to powerlifting. On his first attempt of 350 lbs. Fullilove missed on his depth, receiving all red lights. On his 2nd lift, with the same weight, Fullilove showed more promise and was given a good lift. On a non-forgiving 3rd attempt with 405 lbs., he showed his inexperience and missed his depth again. Nice try. The 242 lbs. wt. class, at 240 lbs. May is no stranger to powerlifting. May has been the reigning King of the Squat at Danville for the last four years and this year was no different. Dedicating this meet to his wife Cynthia, May opened with an easy 675 lbs., only to receive red lights for his effort. Everyone looked around and seemed stunned at the decision. Not looking back, on his 2nd attempt with the same 675 lbs., he received all white lights proving that the weight was just a warm up. On his 3rd attempt with a monstrous 800 lbs., May aimed to silence his critics, but it was not to be this day, receiving a no lift on depth. The fans cheered him on for his efforts, Big May raised his hands acknowledging his fans, promising to bring the noise to Danville's Halloween Havoc, on Oct. 29th, 2005. Watch out 800 lbs. club, you will soon have a new member. The 275 weight class saw Bishop, another newcomer to powerlifting, weighing in at a very light 243 lbs. Bishop's first attempt with 405 lbs. was met with a no lift for depth. His second attempt with 405 lbs. showed better stability, strength, and by making his depth the judges awards him with a good lift. A brave attempt at 500 lbs. was too much, as inexperience proved to be the factor. Nice job. (Thanks to Weldon May for results)



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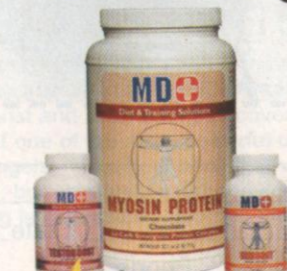
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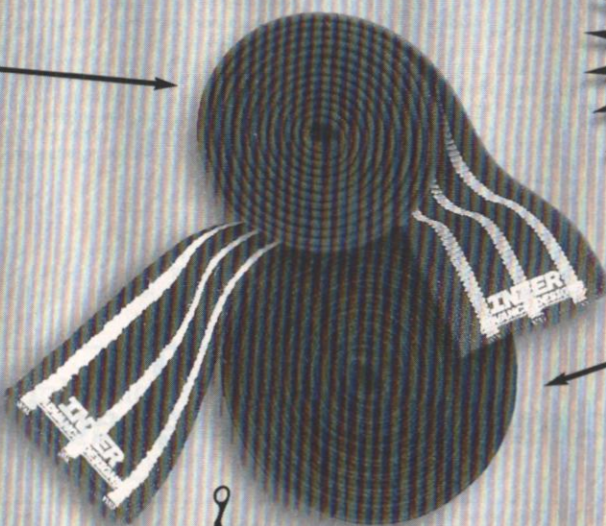
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APF Massachusetts BP/DL
10 SEP 05 - Wakefield, MA

BENCH	198 lbs.		
WOMEN	M. Vanais	369	
Open	A. Robertson	319	
132 lbs.		220 lbs.	
T. Marceau	198	R. Pursell	451
181 lbs.		a. Cardinal	424
A. Lewis	187	R. Lewis	363
198 lbs.		C. Stoey	—
S. Pike	235		275 lbs.
Master (40+)		R. Pulnam	705
S. Pike	236	P. O'Riely	518
Master (50+)		A. Stroud	451
J. Stabile	137	G. Lavoiseur	440
MEN			308 lbs.
Teen		J. Hart	—
B. Clewley	374	DEADLIFT	
M. Rivard	198	WOMEN	
t. Dussault	154	Open	
Junior		181 lbs.	
G. Lavoiseur	440	J. Stabile	308
C. Grenon	319		198 lbs.
J. Bell	275	S. Pike	413
M. Shubert	—	MEN	
P. Chase	—	Open	
Submaster		148 lbs.	
J. Hadad	330	M. Rivard	369
M. O'Brien	451		165 lbs.
C. Stoey	—	C. Grennon	407
L. Miles	—		198 lbs.
Master (40+)		A. Robertson	578
s. dussault	479		220 lbs.
R. Pursell	451	A. Cradinal	650
R. Dussault	402	R. Pursell	578
Master (50+)		B. Clewley	551
J. Polovick	303		242 lbs.
Open		M. Chubert	556
148 lbs.			275 lbs.
J. Hadad	330	A. Stroud	628
181 lbs.		G. Lavoiseur	606
C. Brien	347	P. O'Riely	606

This competition was held at the American Civic Center. This was our first meet and we are hoping to create a strong powerlifting atmosphere in the state of Massachusetts. In the women's open, Tammy Marcou walked away as best lifter and 132 class winner with a 198 bench. Amy Lewis was our 181 class winner, and Sue Pike at 198 and women's

master (40+) winner. Jane Stabile from TPS won the women's master (50+) class. In the teens, Byron Clewley came in first with a nice 374 bench. In the junior's, Greg Lavoiseur benched 440 for the win, and the master's brothers, Steve and Robert Dussault, from the Gorilla Pack, came in first and third between the strong efforts of RJ Purcell. In the men's open, Jeff Hadad came away a winner at 148 with a 330 bench. Chris Brien, from Methuen, came in at 167 lbs. and won the 181s with a 347. Great job! Mark Vanais could only get his opener, but it was enough for the win. RJ Purcell was our 220 lb. Top guy with a 451 bench. At 275, Rich Putnam, coming back from an illness, was impressive with a 705 bench and a try with 766! He was also our best male lifter. At 308, John Hart came in to bench a big one, but just came up short with 705. I would like to personally thank Jimmy McQuaid, Mike Peluso, Steve Maines, Don Loungo, and Mike Mitchell, from Olympia Barbell for their help in setting this meet up. My meet judges Chuck, Ryan and Bobby. Also, everyone from Galaxy Gym, Gorilla Pack, and Super Fitness for all their support and participation. I also want to thank Russ, Chris, and Scott from Hardcore Barbell for making the trip down from Maine to help out! (S. Smith)

Halloween Havoc
30 OCT 05 - Taylor, PA

WOMEN	B. Legg	220	
148 lbs.	J. Lewis	203	
N. Hubbard	126	Master (45-49)	
181 lbs.		W. Claypatch	269
C. Cooper	154	Master (50-54)	
MEN	R. Burnett	303	
132 lbs.	B. Legg	220	
148 lbs.		181 lbs.	
H. Claypatch	203	Open	
Master		J. Wincovitch	374
F. Lokuta	264	J. Rubio	374
165 lbs.		Junior	
Open		J. Wincovitch	374
R. Burnett	303	Master (40-44)	



Power Gym Competitors @ the Halloween Havoc Meet: (left to right) Mike Pasquariello, Jeff Wincovitch (BL Light) & C.T. Turel (BL Heavy)

J. Rubio	374	Pasquariello	385	Open	
Master (65-69)		242 lbs.		L. Gravish	512
P. Hubbard	308	Open		C. Turel	479
198 lbs.		C. Kitchen	501	B. Grippo	451
Master (60-64)		R. Smith	485	Master (40-44)	319 lbs.
R. Smolenski	165	Master (40-44)		B. Grippo	451
Open		D. Bonner		Master (45-49)	Open
J. Loughney	374	Master (45-49)		J. Zwick	275
M. Majcher	302	R. Smith	485	308 lbs.	
220 lbs.		Master (55-59)		Best Female Lifter: Nona Hubbard.	
Master (45-49)		R. Castigan	237	Lightweight Lifter & Overall: Jeff	
J. Lemocelli	336	Master (60-64)		Wincovitch. Best Heavyweight Lifter:	
L. Reese	325	B. Donnelly	341	Jared Meene. (Thanks to Robert Granko	
Junior		275 lbs.		for providing these contest results)	

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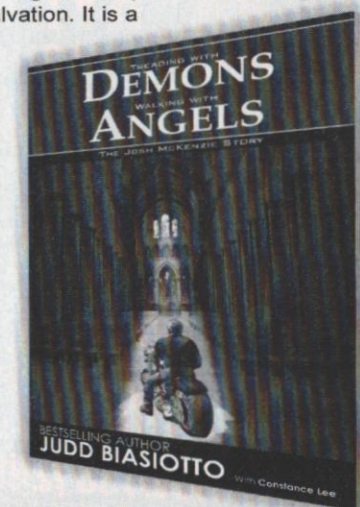
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SLP Indiana State Fair
20 AUG 05 - Beech Grove, IN

BENCH WOMEN	Master (65-69)	220 lbs.	
Master (55-59)	J. Cothron	185*	
165 lbs.	Open		
M. Harmon	95*	165 lbs.	
MEN	D. Bancroft	205	
Novice	198 lbs.	(Raw)	
220 lbs.	D. Griffin	460*	
S. Sanchez	315	242 lbs.	
L. Edwards	500*	425	
Teen (13-15)	C. Biddinger	350	
114 lbs.	275 lbs.		
C. McDonald	110*	L. Edwards	500
Teen (16-17)	C. Beck	450	
132 lbs.	DEADLIFT		
J. Bensley	175	WOMEN	
4th-190	Master (40-44)	148 lbs.	
Junior	181 lbs.	B. Starker	185*
198 lbs.	181 lbs.	King-Pemberton	340*
P. Turner	225	Master (55-59)	165 lbs.
275 lbs.	181 lbs.	M. Harmon	185*
L. Edwards	500*	Open	181 lbs.
Submaster	220 lbs.	King-Pemberton	340*
220 lbs.	181 lbs.	MEN	
B. Kirages	275	Special Olympics	
Master (40-44)	181 lbs.	148 lbs.	
181 lbs.	King-Pemberton	340*	
T. Conner	450	181 lbs.	
198 lbs.	450	Special Olympics	
S. Watts	480*	148 lbs.	
Master (45-49)	220 lbs.	K. McNamara	265*
220 lbs.	4th-275*	M. Woody	680*
D. Goble	460*	242 lbs.	
4th-470*	275 lbs.	C. Beck	550
J. McDonald	395	L. Edwards	650*
Master (50-54)	220 lbs.	Junior	181 lbs.
220 lbs.	181 lbs.	J. Helms	415
W. DeVellen	230	4th-430	275 lbs.
4th-250	181 lbs.	L. Edwards	650*
Master (55-59)	220 lbs.	Master (45-49)	220 lbs.
165 lbs.	220 lbs.	C. Riesenmey	430
D. Farmer	200*	Master (55-59)	181 lbs.
220 lbs.	181 lbs.	G. Starker	325
McCormick	305	325	
Master (60-64)	198 lbs.		
198 lbs.	405*		



SLP Indiana State Fair Competition Best Lifters:(left to right) Steve Watts, Tina King Pemberton, and Mike Woody. (courtesy Dr. Latch)

Open 220 lbs. S. Noel 615*
220 lbs. M. Woody 680* L. Edwards 650
242 lbs. C. Beck 550
*Son Light Power Indiana state records.
Best Lifter Bench: Steve Watts. Best Lifter
Deadlift Women: Tina King-Pemberton.
Best Lifter Deadlift Men: Mike Woody. The
Indiana State Fair Bench Press/Deadlift
Championship was held at Leo's Black Iron
Gym. Thanks to Gary and Beth Starker for
hosting this event and to all the competitors
and supporters who came to cheer on the
lifters. In the bench press competition
Marianne Harmon set a new Indiana state
record for the master women's 55-59/165
class with 95. At novice men is was Shaun
Sanchez with 315 at 220 while Luke

Edwards broke the record at 275 with 500.
Chad McDonald, lifting in his first meet,
set the state record for the 13-15/114 class
with 110. Joseph Bensley, also a first-
timer, finished with 190 at 16-17/132. In
the junior division Paul Turner won at 198
with 225 while Luke Edwards won his
second title, with his second state record
of the day at 275. Bill Kirages won at
submaster 220 with 275. In the master
men's 40-44 age group Tracy Conner had
dropped down into the 181 class, taking the
title there with 450. At 40-44/198 it was
best lifter Steve Watts with a new state
record of 480. For the master 45-49 age
division it was Dan Goble over Joe
McDonald at 220, 460 to 395. Dan then
came back with a successful 470 fourth to
break his own state record for the class.
Wayne DeVellen won at 50-54/220 with
250 while David Farmer, competing for the
first time, broke the state record at 55-59/
165 with 200. Brian McCormick took the
55-59/220 class with a solid 305. Wayne
Smallwood broke his own state record at
60-64/198 with an easy 405, while Jesse
Cothron did the same at 65-69/220 with
185. In the open division it was Dennis
Bancroft at 165 with 205. Darnell Griffin,
lifting in the 198 raw division, set the
Indiana state record with 460. Noel Spencer
won over Chad Biddinger 435 to 350 at 242,
while Luke Edwards won his third bench
title of the day over Chip Beck, 500 to 450.
In the deadlift competition Kyle McNamara
broke his own state record at Special
Olympic/148 with his 265 third attempt,
followed by a great 275 fourth attempt. In
the women's 40-44 age group it was Beth
Starker, setting the state record at 148
with 185 while best women's lifter Tina
King-Pemberton did the same for the 181
class with 340. Marianne Harmon won her
second title, with her second state record
of the day at 55-59/165, finishing with a
185 personal best. Tina King-Pemberton,
coming all the way from Pennsylvania,
won at open women/181 with 340, setting
the state record there was well. Luke
Edwards won all three of his classes in the
deadlift, including, novice, junior and
open 275, finishing with 650. Luke set the
state record for the novice and junior
classes. Joshua Helms won at junior 181
with 415, followed by his successful fourth
of 430 while Chris Riesenmey won at 45-
49/220 with 430. Gary Starker returned to
competition with the win at 55-59/181,
finishing with 325. In the open division it
was best lifter Mike Woody with a new
state record pull of 680 for the win at 220.
Noel Spencer broke the existing state
record at 242 with his 615 final pull. At 275
it was Chip Beck finishing second to Luke
Edwards with a solid 550 pull. Thanks to my
son Joey and Wee-Man for their help
loading and spotting. See you all again
next year! (Meet results provided to
Powerlifting USA courtesy Dr. D. Latch)

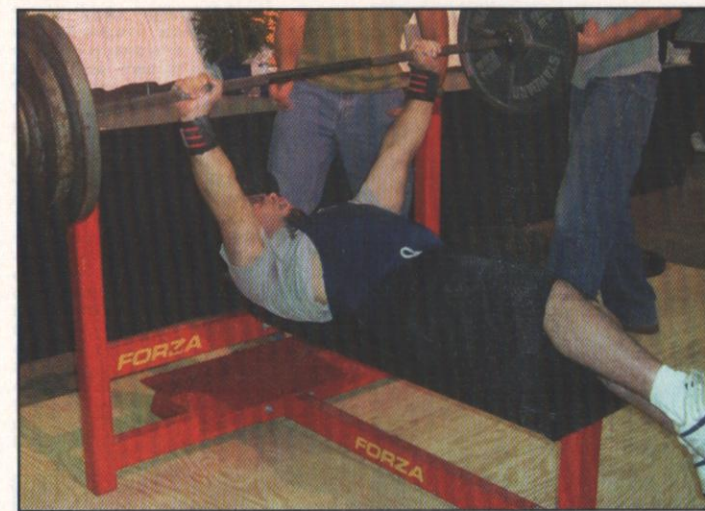
NOVA Raw PL/BP
5 NOV 05 - Sterling, VA

BENCH WOMEN	220 lbs.			
132 lbs.	T. Rollins	315		
L. Blake	185!	Master (45-49)		
MEN	275 lbs.	315!		
181 lbs.	S. Kuzma	470		
Junior (20-24)				
J. Hannold	340!			
4th-345!				
Master (75-79)				
H. Pitt	180!			
MEN	SQ	BP	DL	TOT
165 lbs.				
Master (40-44)				
D. Ray	245	255	330	830
J. Cook	225	210	310	745
198 lbs.				
J. McDonald	360	285	425	1070
220 lbs.				
D. Hawkins	350	250	470	1070
Master (40-44)				
J. Pitt	375!	330	425!	1130!
Shw				
Master (40-44)				
J. James	405	290	535	1230

!NOVA Raw Records. Best Lifter: John
McDonald. This meet had some good lifting,
with seven NOVA raw records being
established or broken. In women's 132,
Lisa Blake broke the record with a 185
pound bench press and came close to re-
breaking it on a 4th attempt. In the 181/20-
24 division, John Hannold, lifting in his
first meet, established a record of 340 in
the bench press, which he broke on a fourth
attempt with 345. He has a great future in
bench pressing. The 181/75-79 featured
Mr. Harry Pitt, who attended the meet with
his son, who also lifted. Mr. Pitt benched
pressed 180 pounds. The 220s fea-
tured Tom Rollins, who was lifting in his
first meet in open and master 45-49. He
established a record of 315 pounds. Tom is
also a Harvard Law School graduate. In the
275s, Scott Kuzma bench pressed 470
pounds. It looked to me as if he was good
for 10-15 pounds more. In the powerlifting
meet, Dave Ray and John Cook battled it
out with Dave coming out on top. John even
took a shot at a 455 deadlift, but it barely
left the floor. In the 198s, John McDonald
went 9 for 9 and was Best Lifter in only his
second meet. David Hawkins lifted in the
220s and did very well. Jeffrey Pitt estab-
lished records in the squat, deadlift, and
total, in the master 220/40-44. It's a good
thing to see father and son compete in
powerlifting. I always get a lot of help from
people at the meets, and this is what makes
powerlifting such a great sport. Tom Blake
helped spot and load. Scott Kuzma helped
judge and lent his expertise to some of the
newer lifters. Reuben Weaver helped spot,
load, unload, and advise the lifters. He was
the first to arrive and the last to leave.
Thanks go to Carl Seeker for the great
awards. Thank you to Mike Lambert and
Powerlifting USA magazine. (Thanks to
John James for providing the meet results)



Marianne Harmon pulled a SR 185 @ 55-59/165 in Beech Grove



Josh Meyers with a SR 230 @ wheelchair/132 at the Wisconsin Fair

SLP Wisconsin State Fair
13 AUG 05 - W. Allis, WI

BENCH WOMEN	S. Lamothe	405*	K. Koch	265	Master (65-69)	181 lbs.
Teen (16-17)	D. Lemus	385	J. Dickman	500	J. Sodolski	415
132 lbs.	R. Vivier	315	275 lbs.	Open	165 lbs.	
J. Lewis	110*	220 lbs.	T. Theama	465*	J. Vallis	555
Master (40-44)	J. Cozza	535	220 lbs.	Master (40-44)	181 lbs.	
148 lbs.	242 lbs.		T. Dreprey	640*	D. Bohne	575
N. Collins	135*	J. Geiger	420*	Master (45-49)	198 lbs.	
Master (50-54)	J. Koster	400	198 lbs.	M. Lucchetta	650*	
132 lbs.	R. Hanson	375	R. Vivier	470	R. Kokott	600
C. Raspanti	100*	Master (50-54)	220 lbs.	R. Martinez	505	
198 lbs.	D. Alsteen	345*	242 lbs.	A. Courtney	830*	
Wheel Chair	R. Gronowski	320*	220 lbs.	Ouderhoven	510	
132 lbs.	198 lbs.	Master (55-59)	198 lbs.	2-Man	181 lbs.	
J. Myers	230*	198 lbs.	S. Coogan	585*	D. Constantineau	123 lbs.
Novice	198 lbs.	198 lbs.	Master (50-54)	220 lbs.	J. Kidd	810*
198 lbs.	C. Eastman	295	Master (60-64)	181 lbs.	M. Cimicud	1000*
Teen (13-15)	T. Mollan	315*	165 lbs.	J. Kidd	430	
114 lbs.	J. Sot	305*	181 lbs.	*Son Light Power Wisconsin state records. Best Lifter Light Weight Bench: Jason Reeves. Best Lifter Heavyweight Bench: Craig Koffler. Best Lifter Light Weight Deadlift: Derron Bohne. Best Lifter Heavyweight Deadlift: Aaron Courtney. The Son Light Power Wisconsin State Fair Bench Press/ Deadlift Championship was held on the fairgrounds at the Activity Stage in the Expo Center in West Allis, Wisconsin. Thanks to the staff at Special Events and our stage manager Joe Salvo for once again providing us with great staging and sound for this event. In the bench press competi- tion state record holder Josh Meyers broke his own record for the wheelchair/132 class with a great crowd-pleasing 230. Josh is a great inspiration for us all! For the teenage women's 16-17/132 it was Julie Lewis with a new state record of 110, making just her opening attempt. Setting the state record for the master women's 40- 44/148 class was Nancy Collins with a personal best 135. At 50-54/132 it was Cathy Raspanti, breaking her state record of two years ago with 100. For the novice men's division it was Chris Eastman at 198 with 295. In the teenage men's 13-15 age group Dakota Wright won at 114 with 125 while Brad Aldag set the state record for the 132 class with 165. Alex Johnson won at 148 with 195. T.J. Borchert won at 16- 17/198 with 285. Chris, Dakota and Alex were all competing for the first time. For the 18-19 age group Tim Bushman set the state record at 165 with 285 while Taylor Rose did the same at 198 with a great 430. Zach Kuhn won at 242 with 320. In the junior men's division Matt Lanigan took the 148 class over D.J. Maes 280 to 250. Mitch Clark won at 198 with a personal best 365 while Jason Beicher captured the title at 220 with 430. Dale Johnson got a big 525 state record with his win at submaster 220. Tom Theama won at submaster 275 with 280 while Scott Bromeisl finished with a state record 500 and the win at shw. Moving to the master division, Tim Aldag		

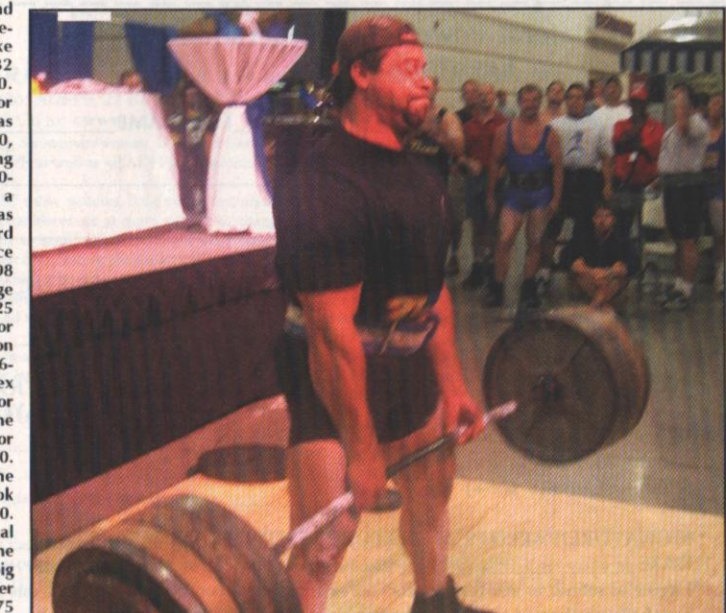
set a new state record at 40-44/148 with
his personal best 315. Chuck Blain, lifting
in his first competition, won at 181 with 345
while Alan Domagalski captured the title
at 198 with 430. For the 220 class David
Walker broke the state record with his 600
opener, while Roberto Flores finished
second with 475 and Marty Becker third at
460. Mark Hinkston won at 40-44/275 with
440. Dave Aldag won at 45-49/148 with a
new state record and personal best of 290
while Dennis Ploetz captured the crown at
181 with 320. Steve Lamothe won a tough
198 class with 405, setting the state record
there. Second place went to David Lemus
with 385, followed by Robert Vivier at 315
and Gary Koch fourth with 210. Joe Cozza
won at 220 with a strong 535, just missing
a 550 final attempt. Then at 242 it was Jim
Geiger with a state record 420, followed
by John Koster's 400 and Robert Hanson's
375. At 50-54 it was Dale Alsteen with a
new state record of 345 while Ray
Gronowski did the same at 220 with 320.
Tom Mollan set the state record for the 55-
59/198 class with 315 while Jim Sot broke
his own state record at 60-64/165 with 305.
Jerry "Doc" Kidd won at 60-64/181 with
190. Barry Borchert won at police & fire/
45-49/198 with 370 while David Walker
won his second title at 220 for the police
& fire open class with his state record 600.
In the open division best lightweight lifter
Jason Reeves won at 148 with 350 over
Chris Majewski's 340. Master lifter Dave
Constantineau lifted at open 165, taking
the title there with 340. At 198 best heavy
lifter, Craig Koffler, set the state record at
585, just missing his final attempt with 610.
Shawn Delaney was second at 198 with
410, followed by John Klarkowski, who
failed three times with 515. Taking the title
at 220 was three time winner David Walker,
setting the state record here also, followed
by Rick VanFossen at 475, then Glenn
Burgy with 410 and Jeff Zastrow with 350.
Rasheik Simmons regained the title at 242
with 500 over Brian Ouderhoven, who
finished with 475. At 275 it was Guy Powell
with 505 and at 308 it was Big Kent
Wannebo, who finished with a new state
record of 540. Lifting in the raw division
were Dennis George, James Ray and
Tschombe Davidson. All set new Wisconsin
state records for their respective
classes. Dennis broke the state record at
45-49/220 with 325 while James Ray got his
first 500 bench at 45-49/shw. Tschombe,
lifting in his first competition, set the
record at open 220 with 435. In the deadlift
competition Jake Mountjoy won at 18-19/
165 with 375 while Keith Koch took the
junior men's 148 class with 265. Jeremy
Dickman won at submaster 220 with 500
while Tom Theama set a new state record

at submaster 275 with 465. Todd DePrey
got a big state record and personal best 640
with his win at 40-44/220. For the 45-49
group Robert Vivier won at 198 with 470
while Dan Breuckman won at 220 with 500,
over Don Hensgen, who finished with 400.
Stuart Coogan keeps inching towards 600,
finishing here with a personal best and new
state record 585. Dale Alsteen set the state
record at 50-54/198 with 490 while Doc
Kidd won at 60-64/181 with 430. Our oldest
lifter, Jim Sodolski, won at 65-69/181 with
415. In the open class Jeff Vallis pulled a
strong 555 at 165, but it was 181 lifter
Derron Bohne, weighing in at 168 and
pulling 575 that won the lightweight best
lifter award, as well as the 181 open class.
198 marked the return of Mad Max, pulling
a great 650 state record deadlift for the
title over Rick Kokott, who finished with
600. Ramon Martinez won at 220 with 505.
Then at 242 was the "show". Aaron
Courtney, back from a left bicep tear
surgery of about two years ago, pulled a
fantastic 830 personal best and Wisconsin
state record! The crowd went wild! Best
Lifter! Second place at 242 went to Brian
Ouderhoven who finished with 510. In the
two-man event Dave Constantineau and
Doc Kidd set the record at 181 with 810.
Twin brothers Michael and David Cimrud
also set the state record for their class,
open 220 with their 1000 final pull! Thanks
to my sons D.C. and Joey for all their help
loading and spotting. See you all again
next year! (results from Dr. Darrell Latch)

Westminster Family Center BP
29 OCT 05 - Westminster, MD

BENCH MEN	T. Fulton	245
105 lbs.	181 lbs.	
(Age 11)	C. Weiss	265
Bowers, Jr.	J. Swam	225
55	220 lbs.	
Teen	Bowers, Sr.	345
123 lbs.	T. Rogers	275
J. Trainor	155	259 lbs.
148 lbs.	P. Thorn	350
S. Bogage	225	Over 50
N. Trainor	130	220 lbs.
181 lbs.	M. Levin	390
J. Lehrman	275	259 lbs.
198 lbs.	D. Joy	315
P. McDonald	205	
Under 50	165 lbs.	

Best Master Lifter: Don Joy, age 73. Judges:
Scott Bixler, John Warehime, and Chris
Weiss. Thanks goes out to Eva Minton, Beth
Lander, Mike Staub, Tim Fulton, Jennifer
Mello, and Shelly Fulton. Meet Directors:
Scott Bixler and ShellyFulton. (Thanks to
Scott Bixler for providing the meet results)



Aaron Courtney pulled 830 @ 242 at the SLP Wisconsin State Fair

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WNPF Lifetime Drug Free
10 SEP 05 - Bordentown, NJ

BENCH		WOMEN	
148 lbs.		165 lbs.	
SHW		Youth (9-10)	
Master (50-59)		Raw	
Regan	160*	Slagus	205*
MEN		MEN	
148 lbs.		114 lbs.	
Junior (20-23)		Youth (11-12)	
Santarone	—	Dantzier	150
Open/Raw		148 lbs.	
Powell	200	Open/Raw	—
165 lbs.		Powell	
Open/Raw	—	280	
Lara!	370	Junior (20-23)	—
Submaster (35-39)	—	Raw	
Raw		Slagus	
Lara	370*	198 lbs.	
181 lbs.		Open/Raw	
Open/Raw	—	Scullion	
Passman	330	385	
Submaster		Submaster	
Raw		Senurine!	
Kampo	295	560	
Submaster		Submaster	
Kampo	365	Raw	
Master (40-49)	—	Bettini	
Raw		220 lbs.	
Passman	330	Open/Raw	
Master (50-59)		Caffrey	
Santarone	—	470	
198 lbs.		Master (40-49)	
Open/Raw	—	Raw	
Scullion	205	Howard	
Open		375	
Rock	225	242 lbs.	
Submaster		Master (60-69)	
Ross	405	Dusenbury	
Senurine		510	
Master (40-49)	—	275 lbs.	
Raw		Open	
Myers	385	Adler	
220 lbs.		120	
Open/Raw	—	Open/Raw	
Caffrey	300	Caffrey	
Master (40-49)		445	
Swingle		242 lbs.	
Master (40-49)		Submaster (35-39)	
Raw		198 lbs.	
Howard	360	Cinelli	
Master (50-59)		240	
Harris	295	190	
242 lbs.		310	
Master (40-49)	—	740	
Birdsall	—	Submaster (35-39)	
Dibble	—	198 lbs.	
Master (50-59)		Raw	
Raw		Debari	
Wylie	330	520	
275 lbs.		520	
Master (50-59)	—	520	
Adler	250	565	
DEADLIFT		350*	
		350*	
		530	
		1420*	
		225	
		Junior (20-23)	
		Raw	
		Lobue	
		535*	
		330	
		495	
		1355	
		Open/Raw	
		Caffrey	
		445	
		300	
		470	
		1215	
		Master (40-49)	
		Znaczo	
		330	
		190	
		355	
		875	
		Master (40-49)	
		Raw	
		Schemel	
		390	
		275	
		435	
		1000	
		Open/Raw	
		Debari	
		520	
		405	
		490	
		1515	
		Ramage	
		455	
		335	
		575	
		1365	
		Haddaway	
		500	
		350	
		500	
		1350	
		Ross	
		405	
		350	
		400	
		1155	
		Frenick	
		375	
		305	
		450	
		1130	
		Open	



Dean Rollins benching at the APA Sunshine State Meet (Scott Taylor)

Cooper!	500	400	600	1500
Dibble	565	—	—	—
Submaster (35-39)				
Raw				
Debari	520	405	490	1515
Master (40-49)				
Dibble	565	—	—	—
275 lbs.				
Open				
Fishbein	380	340	405	1125

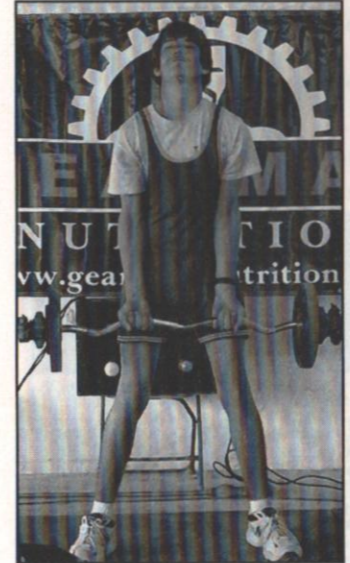
*=American Records. !=Best Lifters.
(Thanks to the WNPF for these results)

APA Sunshine State Open
29 OCT 05 - Bartow, FL

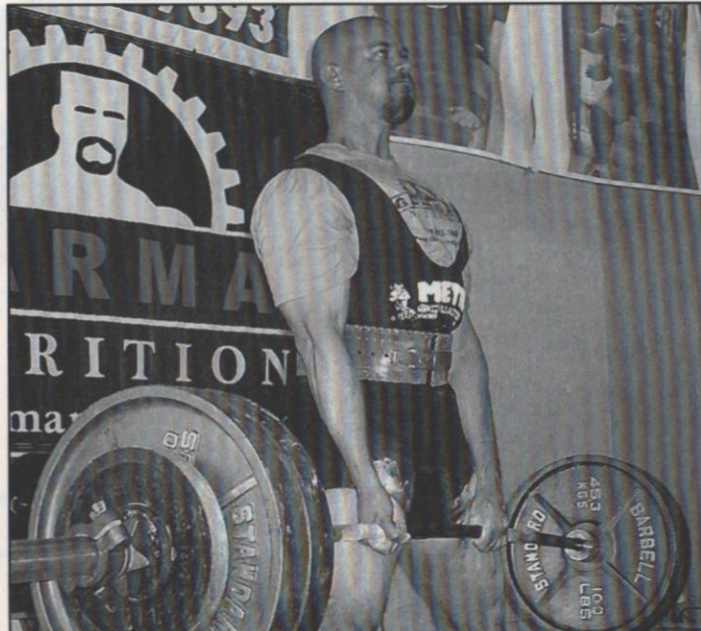
BENCH		Master II	
132 lbs.		R. Huber	
L. Valentine		130	
198 lbs.		4th-140	
R. Friedman		145	
J. May		120	
308 lbs.		—	
MEN		Open	
Teen (13-15)		R. Taylor	
100		150	
Submaster		DEADLIFT	
P. O'Grady		380	
132 lbs.		—	
Master I		L. Valentine	
D. Brown		240	
4th-250		—	
Master II		—	
R. Huber		385	
MEN		—	
L. Ford		385	
Teen (13-15)		—	
Open		R. Taylor	
165 lbs.		145	
P. O'Grady		380	
G. Smith		515	
275 lbs.		4th-525	
D. Rollins		655	
Open		—	
208 lbs.		198 lbs.	
K. Helm		440	
R. Daniels		365	
220 lbs.		—	
WOMEN		Drug Free	
132 lbs.		J. Menendez	
L. Valentine		70	
Submaster		R. Daniels	
MEN		350	
Teen (13-15)		Master I	
R. Taylor		70	
D. Brown		580	
Teen (18-19)		308 lbs.	
J. Banda		140	
Open		—	
4th-150		K. Helm	
G. Smith		105	
105		BP	
WOMEN		DL	
123 lbs.		TOT	
L. Valentine		175	
335		510	
MEN		—	
Open		—	
165 lbs.		—	
P. O'Grady		380	
505		885	
Teen (13-15)		100	
R. Taylor		145	
245		—	

Best Lifter Bench: Dean Rollins. Best Lifter Push Deadlift: David Brown. Best Lifter Pull: Pat O'Grady. Best Lifter Strict Curl: Rocky Huber. This event was a lot of fun. It was held at the Bartow Fitness Center.

Special thanks to Keith Helm for all the work he put into getting the event and a new gym organized in time for the meet. Lifters came from as far as Connecticut to compete in the event, and several records were broken. I was especially proud to have my son Russell decide he wanted to compete in this sport. Russell made this his first contest ever, and is sold on powerlifting. This will make several generations of lifters in the Taylor family starting with my father. He was a competitive Olympic lifter and was a judge when powerlifting was first being organized as a sport. Since then, I have competed, two daughters have competed in the 1990's, and now my boy has entered the sport. Hopefully I will have grand children competing as well. Special thanks to the referees and spotters for doing a great job. And once again, thanks to Keith Helm for making this event possible. (Thanks to Scott Taylor, APA President, for providing these results)



Russell Taylor - Scott Taylor's son



Julian Menendez @ Sunshine States, is a "Gearman" protege (Greg J.)

P. Sokolski	204	94	224	524
181 lbs.				
K. Stone	226	143	237	606
T. Gaydon	176	88	237	502
SHW				
A. Anderson	226	160	347	733
MALE				
Teen (18-19)				
148 lbs.				
R. Bilancione	353	226	380	959
165 lbs.				
Open				
N. Miceli	424	320	430	1174
181 lbs.				
Master (55-59)				
M. Brady	364	226	314	904
198 lbs.				
Master (40-44)				
D. Peeler	441	314	491	1246
220 lbs.				
Open				
B. Schmidt	661	424	667	1753
G. McCaulley	562	320	579	1461
C. Carter	265	220	364	849
Master (40-44)				
B. Schmidt	661	424	667	1753
Master (45-49)				
K. Fortner	353	303	402	1058
242 lbs.				
Open				
165 lbs.				

C. Smith	457	254	413	1124
Master (40-44)				
E. Hinton	524	375	502	1400
Master (65-69)				
T. Arrington	540	276	502	1317
Open				
T. Bowman	485	303	584	—
Master (60-64)				
F. McCann	452	320	452	1224
SHW				
M. Neal	805	634	667	2105
Guest				
P. Wells	386	265	502	1152
(Thanks to USAPL for providing results)				

WNPF Ralph Peace Memorial
20 AUG 05 - Asheville, NC

BENCH		Novice	
148 lbs.		Tatum	
Open		265	
Novice		—	
Tatum		125	
198 lbs.		Bricc	
Master (40-49)		455	
Chatham		475	
242 lbs.		—	
Submaster		—	
Dyer		260	

SHW	220 lbs.	Submaster	
Master (40-49)		Mauldin	
Raw		425	
Ferguson		340	
242 lbs.		—	
DEADLIFT		Master (50-59)	
60 lbs.		Raines	
Youth (9-10)		540	
Raw		SQUAT	
198 lbs.		—	
Chatham		135*	
Master (50-59)		—	
Langenfeld		330	
PWR CURL		—	
SHW		—	
Master (40-49)		—	
Sabato		100*	
Ferguson		150	
MEN		SQ	
165 lbs.		BP	
Master (40-49)		DL	
Grooms		1060	
370		250	
181 lbs.		440	
Teen (13-16)		1035	
Warren		380	
260		395	
198 lbs.		915	
Teen (13-16)		—	
Grooms		335	
205		375	
Master (40-49)		915	
Sabato		420	
275		400	
1095		—	
Submaster		—	
Gardner		400	
340		400	
1140		—	
242 lbs.		—	
Master (50-59)		—	
Raines!		540*	
380		540	
1460		—	
SHW		—	
Novice/Raw		—	
Crisman		500*	
365		570*	
1435*		—	

*=WNPF American Records. !=Best Lifters.
This was the 5th Ralph Peace Memorial Championships, and what an event! We held this meet at the Downtown Days Inn. We all had a great time at this event, with 20 lifters and 37 spectators in attendance. We started at 10am and finished at 12:30pm. We want to thank all of the lifters that made this a success and thank you to all of the spectators that came out to support this meet. Thanks to the staff Members Walter "The Truck" Ferguson, Big James, Rob Wess and his buddy, Steve and Cindy Yeargin and Cindy at the door. There were many state records set at this meet and a few American records set also. We will be back in Asheville in August 2006 for another event. (Results provided by Lester Fields, of the WNPF)

WNPF Ralph Peace Memorial
20 AUG 05 - Asheville, NC

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

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



Jen Rotsinger deadlifting in Bartow

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ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, 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.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____
Name _____ Phone _____ E-mail _____
Address _____ City _____ State _____ Zip Code _____
Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations
Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).
Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

SLP Kentucky State Fair
27 AUG 05 - Louisville, KY

BENCH	
WOMEN	
Master (45-49)	165 lbs.
114 lbs.	Open
S. Martin	75*
MEN	
Novice	220 lbs.
181 lbs.	B. Hampton
G. Brooks	280
B. Caudill	185
Teen (13-15)	308 lbs.
132 lbs.	B. King
K. Fetter	210*
Teen (18-19)	DEADLIFT
220 lbs.	WOMEN
M. French	360*
Junior	165 lbs.
242 lbs.	K. Oliver
R. Cope	300
Submaster	4th-230*
220 lbs.	MEN
T. Hampton	315
275 lbs.	K. Fetter
D. Elmore	545*
Master (40-44)	242 lbs.
165 lbs.	R. Cope
B. Kemper	315
198 lbs.	B. Kemper
J. Raley	355
B. Thomas	355
275 lbs.	J. Parks
J. Parks	405
SHW	Master (50-54)
D. French	455*
Master (45-49)	123 lbs.
148 lbs.	B. Lamb
M. Evans	235
Master (50-54)	198 lbs.
123 lbs.	G. Corbell
B. Lamb	235*
Master (55-59)	Open
181 lbs.	308 lbs.
Klinglesmith	325*
B. King	650



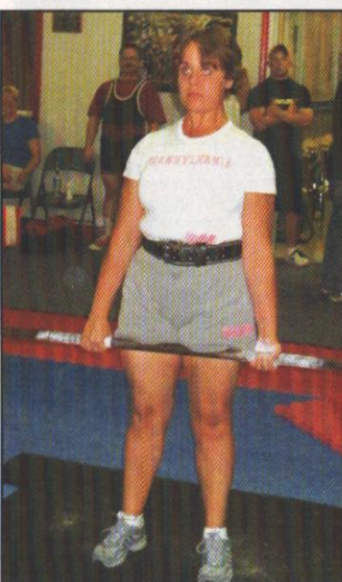
SLP Kentucky State Fair Best Lifters included David Elmore and Brian King. (Dr. Darrell Latch photos)

*=Son Light Power Kentucky state records.
Best Lifter Bench: David Elmore. Best Lifter Deadlift: Brian King. The Son Light Power Kentucky State Fair Bench Press/

Deadlift Championship was held at Hester's Family Fitness. Thanks to owner Kenny Hester for once again hosting this

competition, and to Jesse Bailey for all his help promoting the event. In the bench press competition state record holder Sheri Martin moved up to the 45-49/114 division, where she captured her second consecutive title with a new state record of 75. In the novice men's division Gabe Brooks won over Brian Caudill 280 to 185. Both were competing for the first time. Kevin Fetter set the state record at 13-15/132 with 210 while Matthew French set the mark at 18-19/220 with a strong 360. Robbie Cope won at junior/242 with his first official 300! In the submaster division Tony Hampton won at 220 with a personal best 315. Best lifter David Elmore, lifting raw, won at submaster/275, breaking his own state record there with 545. In the master men's 40-44 age group it was Brad Kemper with 320 at 165 for the win. Dr. Joe Raley won at 198 with 355 while Bruce Thomas finished with that same weight at 220. Jeff Parks, having some problems with his 555 opener at 275, settled with 405 raw. Big David French set the state record for the 40-44/shw class with an easy 455. Mark Evans, fresh off his best lifter win at the Illinois State Fair last week, won at 45-49/148 with 235. Bob Lamb moved up to the 50-54 age division, taking the title there with a new state record of 235. Bob Klinglesmith broke his own state record at 55-59/181 with 325. Then it was state record-holder Jesse Bailey for the title at 60-64/181, making just his opener of 275. For the open division it was Rick Murray, lifting "raw", and taking the title at 165 with a double-bodyweight 330. Brian Hampton won at 220 with his first official 400 while Rob Schultz, lifting with a slight shoulder injury, won at 242 with his opener of 500. Brian King took the title at 308 with 425. In the deadlift competition newcomer Katherine Oliver set the state record for the junior women's 165 class with her final pull of 230! Kevin Fetter won his second title of the day, setting his second state record of the day at 13-15/132 with his 380 second attempt! Robbie Cope won his second title of the day at junior 242 with 405.

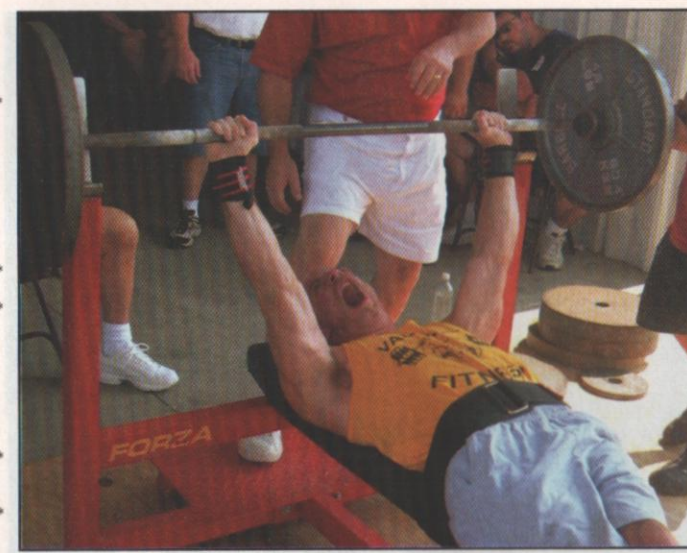
At master 40-44/165 it was Brad Kemper with a new state record of 450 while Bruce Thomas pulled the toughest pull of the day at 220 with 580! Jeff Parks won at 275 with his 510 opener. Bob Lamb won again at 50-54/123, setting the state record at 405! Robert Friedman broke the state record at 50-54/181 with his 405 third and 415 fourth attempts! Then at 55-59/198 it was Glenn Corbell with a new state record of 330. In the open division best lifter Brian King won with an easy 650 opener, just missing a new state record 685 final pull. The team award went to Today's Chiropractic Power of Louisville. Thanks to my son Joey and Wee-Man for all their help loading and spotting and to Bill Sharp for his help. See you all again next year! (Thanks to Dr. Darrell Latch for providing results to Powerlifting USA)



Katherine Oliver DLs in Louisville

SLP Tennessee State Fair
10 SEP 05 - Nashville, TN

BENCH	
MEN	
Wheel Chair	C. Green
220 lbs.	270*
114 lbs.	4th-275*
H. Logsdon	210*
242 lbs.	Open
D. Huskey	275*
Teen (13-15)	198 lbs.
132 lbs.	W. Foster
L. Worthy	155
Junior	220 lbs.
220 lbs.	K. Johnson
D. Bowman	405*
Submaster	242 lbs.
242 lbs.	J. Weaver
J. Weaver	600*
Master (40-44)	275 lbs.
181 lbs.	H. Timbs
J. Brown	455*
4th-470*	J. Carter
S. Fickes	360
S. Brown	370*
Master (45-49)	132 lbs.
165 lbs.	L. Worthy
C. Smith	365
SHW	Master (50-54)
J. Bible	485*
Master (60-64)	181 lbs.
220 lbs.	N. Wilson
A. Buck	240
4th-250	220 lbs.
242 lbs.	B. Bearman
V. Hartman	350
4th-375*	4th-585*
*=Son Light Power Tennessee state records.	
Best Lifter Bench: Harley Timbs.	
Best Lifter Deadlift: Nathan Wilson.	
The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held at the fairgrounds. Thanks again to the people at Special Events for helping with the setup and promotion of this event. In the bench press competition we had two great lifters in the wheel chair division, Heath Logsdon and Darrell Huskey. Heath, who is the state record holder in Kentucky and Illinois, established a new Tennessee record at 114 with 210. A fourth with a personal best 225 was close, missing just at lockout. Darrell, competing for the first time in this division, set the state record at 242 with 275. He missed his final attempt, coming close with 300 for his fourth. First-time competitor Luke Worthy won at 13-15/132 with 155, while Derek Bowman broke the existing record at junior/220 with 405. Jeff Weaver finally got that 600 he's been working so hard for, taking titles at submaster and open 242. Along the way Jeff broke both state records, which he had held at 580. In the 40-44 age group it was Jack Brown over Scot Fickes 455 to 350. A state record fourth with 470 was also good for Jack. Steve Brown set the state record for the 220 class with 370. At 45-49/165 it was Charles Smith with 365 while Big John	



Heath Logsdon nails a SR 210 BP @ 114 at the Tennessee State Fair.

Bible set the state record at shw with a personal best 485 raw. John, who I competed against over twenty years ago, when he was one hundred pounds lighter, was scheduled to lift nude, along with Steve Brown, but when the crowd found out about this, took up a collection so they would keep their clothes on. Guess that's one good way to make gas money! Allen Buck won at 60-64/220 with an easy 240 third, followed with an easier 250 fourth attempt! Vert Hartman broke the state record at 60-64/242 with his fourth attempt 375! Chuch Green, taking the title at 65-69/220, broke the state record there with his 275 fourth attempt. In the open division it was William Foster for the win at 198, finishing with 435. At 220 it was Chris Johnson with 400 over Keith Taylor 400 to 375. Then at 275 came the biggest lift of the day, by our best lifter Harley Timbs. Harley finished with a new state record 660, just missing a fourth with 680! Joe Carter finished second to Harley with a personal best 570. Anthony Ervin won at shw with 405. In the deadlift competition Luke Worthy broke the state record at 13-15/132 with 225. Best lifter Nathan Wilson pulled his first ever official 600 deadlift with his win at 50-54/181. This was also a new Tennessee state record for Nathan. Bruce Bearman also got a new state record for his class, 55-59/220. Bruce finished with a 560 third, followed by a great 585 fourth attempt. In the open division it was Joe Carter with an easy 710, but 750 failed just at the knees. Anthony Ervin

won his second title of the day at shw with a great 650 pull. Thanks to my son Joey and Wee-Man for their help loading and spotting, and to the many other lifters who helped out. And to our trophy girl, Denise Timbs, who, by the way was the best looking person involved with the competition, thank you so much. A very special Rodgers for providing these meet results)

thanks to my buddy Dwight Hooper, who served as head judge. Back in the early 1980's Hooper was one of the best, hitting 472 at a 181 bodyweight, using just a thin single ply Inzer shirt! With today's shirts Hooper would have been over 600! See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results.)

SPF Monster BP/DL
1 OCT 05 - Dalton, GA

Push-Pull	
MEN	
123 lbs.	Open
Teen	MEN
123 lbs.	K. Crump
A. Burress	355
148 lbs.	Master (45-49)
J. Carnes	565
165 lbs.	242 lbs.
B. Parker	460
198 lbs.	J. Rodgers
K. Bowen	435
Master (40-44)	DEADLIFT
220 lbs.	MEN
S. Brown	975
WOMEN	
Teen	148 lbs.
181 lbs.	A. Rogers
J. Patterson	365
BENCH	
Raw	Master (40-44)
MEN	220 lbs.
Teen	165 lbs.
148 lbs.	S. Brown
B. McMillan	95

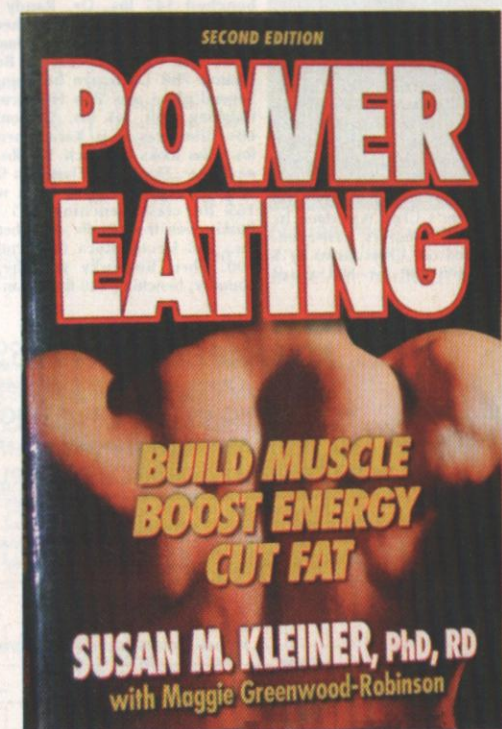
Best Lifter: Steve Brown. (Thanks to Jesse Rodgers for providing these meet results)

Logon to

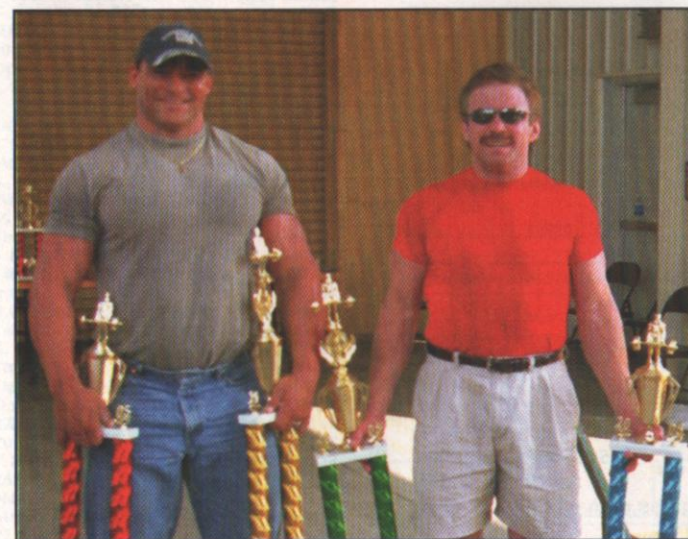
USAPLforum.com!

The friendly discussion forum for all USAPL related issues. USAPL members, coaches and supporters welcome!

The views and opinions expressed do not necessarily reflect those of the USAPL.



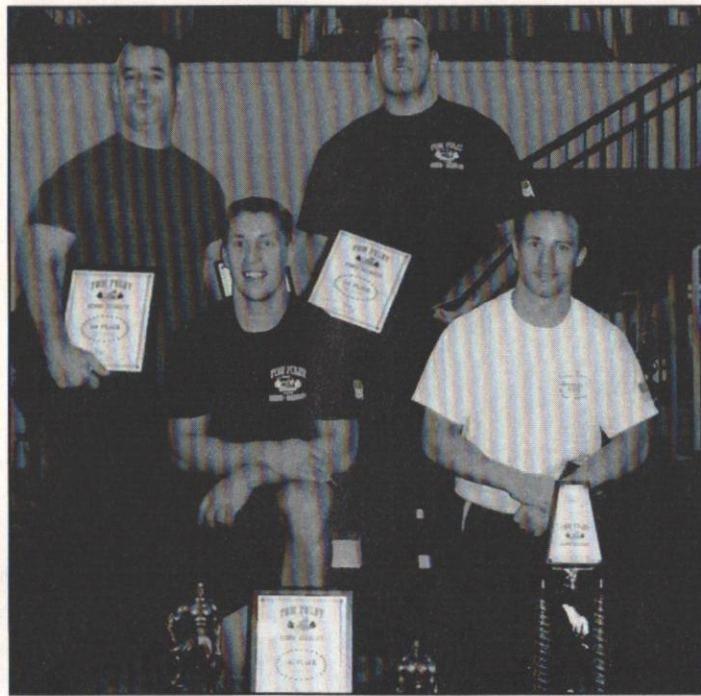
POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA



SLP Tennessee State Fair Best Lifters Harley Timbs & Nathan Wilson

3rd AAPF Tom Foley BP/DL
22 OCT 05 - Nanuet, NY

BENCH	275 lbs.	R. Scott	500
WOMEN	DEADLIFT		
(Formula)			
G. Kussner	160	A. Badgular	330
J. Klein	170	G. Kussner	330
MEN			
Junior			
B. Trois	360	B. Trois	475
Submaster (33-39)			
G. Kuzian	380	A. Muscatella	505
C. Russo	375	A. Badgular	330
Master (40-44)			
T. Buzzee	345	F. Riccardi	495
R. Russo	305	C. Russo	540
Master (45-49)			
P. Darbouze	420	G. Kuzian	440
B. Hill	345	Master (40-44)	
Master (60+)			
E. Karam	215	T. Buzzee	480
Open			
165 lbs.			
S. Glick	275	165 lbs.	350
181 lbs.			
C. Ruskie	380	Fehrenfeld	600
H. Roca	365	H. Roca	500
198 lbs.			
C. Begansky	420	198 lbs.	540
220 lbs.			
B. Fahrenfeld	365	P. Bartlett	535
E. Steinberg	325	220 lbs.	
242 lbs.			
L. Saviano	520	B. Fahrenfeld	665
Best Bench: Chris Ruskie			
Bench Your Bodyweight for Reps			
Warren Fahrenfeld			
Lightweight Winner:			
Warren Fahrenfeld			
170 lbs., 31 times			
Bench Your Bodyweight for Reps Heavyweight Winner:			
Bob Hill			
205 lbs., 26 times			
Ironman: Brian Fahrenfeld			
Best Deadlift: Warren Fahrenfeld			
Ironwoman: Glenda Kussner			
The 3rd Annual Tom Foley Bench/Deadlift Classic was held at Premier Fitness. Twenty-seven lifters showed up to compete with all classes having great numbers. In the Bench Press Women's Division, Glenda Kussner (123 lbs.) benched 160 lbs. Jan Klein did a great job benching 170 lbs., taking 2nd place. Glenda won the Women's Division by formula. In the Men's Division, Bob Trois was the only Junior benching 360 lbs. Anthony Muscatella was the only teen benching 375 lbs., just missing 400 lbs. Great job for Anthony considering this was his first meet. The Sub-Master's Class was done by formula with great numbers achieved. Gerard Kuzian edged out Chris Russo by 5 lbs., finishing up with 380 lbs. Not a bad			



At the AAPF Tom Foley Meet: bottom (left to right) Brian and Wayne Fahrenfeld; top row, (left to right) Chris Russ, Bob Trois (Premier Fitness)

job for Chris Russo, since he only trained for three weeks. The Master's Class, 40-44 years old, was won by Tony Buzzee who benched 345 lbs. Dr. Randy Russo, of Bardonia Chiropractic, benched 305 lbs. In the Bench Press Women's Division, Glenda Kussner (123 lbs.) benched 160 lbs. Jan Klein did a great job benching 170 lbs., taking 2nd place. Glenda won the Women's Division by formula. In the Men's Division, Bob Trois was the only Junior benching 360 lbs. Anthony Muscatella was the only teen benching 375 lbs., just missing 400 lbs. Great job for Anthony considering this was his first meet. The Sub-Master's Class was done by formula with great numbers achieved. Gerard Kuzian edged out Chris Russo by 5 lbs., finishing up with 380 lbs. Not a bad

took the 220s with a 365 lb. bench, just missing 390 lbs. Eric Steinberg was 2nd in his first meet, benching 325 lbs. A slimmer down Lou Saviano just made the 242's opening at 520 lbs., just missing the lock-out for 600 lbs. Richie Scott was the only 275 lb. competitor, finishing up with 500 lbs. We also added a new category this year, Bench your bodyweight for Reps. There were two classes for this category, the first was up to 195 lbs., and the second was 200 lbs. and up. Warren Fahrenfeld benched 170 lbs. 31 times to take the lightweight class. Bob Hill and Anthony Muscatella battled it out for three bench-off s, Bob Hill eventually winning by one rep. In the Deadlift competition there were three lifters who pulled over 600 lbs. Glenda Kussner pulled 330 lbs. The only Junior in the meet was Bob Trois, pulling 475 lbs. adding 100 lbs. to his deadlift from last year. The teen class was done by formula, with Anthony Muscatella taking the win with 505 lbs. A close second was Anand Badgular pulling 330 lbs, weighing only 120 lbs. Third place was Fred Riccardi, pulling 495 lbs. Submaster's winner Chris Russo pulled 540 lbs. after missing it on his first attempt. Gerard Kuzian was second with 440 lbs. Master's lifter Charlie Slaybaugh pulled 650 lbs., missing 670 lbs. on his third attempt when the bar turned on him. Tony Buzzee was second with 480 lbs. The Open Deadlift started off with Scott Glick in the 165s deadlifting for the first time after a seven year break pulling 350 lbs. Warren Fahrenfeld won the 181s pulling 600 lbs., weighing only 170 lbs. Hector was second, having an off day pulling only 500 lbs. Chris Begansky won the 198 lb. class by 5 lbs., edging out Paul Bartlett by pulling 540 lbs. The only 220 lb. deadlifter was Brian Fahrenfeld, pulling 665 lbs. and attempted 700 lbs. on his third try. Finishing off the deadlift was Paul Ballesteros in his first meet, pulling 500 lbs. beating Fred Riccardi by 5 lbs. Ironwoman goes to Glenda Kussner, Ironman Brian Fahrenfeld, Best Bench Chris Ruskie, Best deadlift Warren Fahrenfeld. Thanks to Head Judge Jason Zaretsky, and side judges Tony Harlin and Fred Massa for judging a fair and successful meet. A special thanks to Holly Fahrenfeld for commentating and Michelle Forese for helping Holly run the score table, and to loaders/spotters Bryan Weiss and Mike Zambardino for never mis-loading the bar. Also thanks to deadlifters Charlie Slaybaugh and Paul Bartlett for helping out and loading and unloading during the bench portion. Professional strongmen Gerard Benderoth Heavyweight Pro, Skeet Dunne and Ben Lambousis Lightweight Pros., performed the log press and atlas stone events between Bench and Deadlift for entertainment. Gerard is World ranked in the Atlas Stone event by picking up 404 lbs. in the Ukraine at the World's Strongest Man Competition as seen on ESPN. This meet was dedicated to FDNY Firefighter Tom Foley of Rescue 3, who was tragically killed in the WTC 9/11 Terror Attacks. Tom was an avid powerlifter, teammate, and friend to many of the lifters who participated in this event. Proceeds raised from t-shirt sales were donated to the Thomas J. Foley Scholarship Fund. (Thanks to Premier Fitness for providing these results)

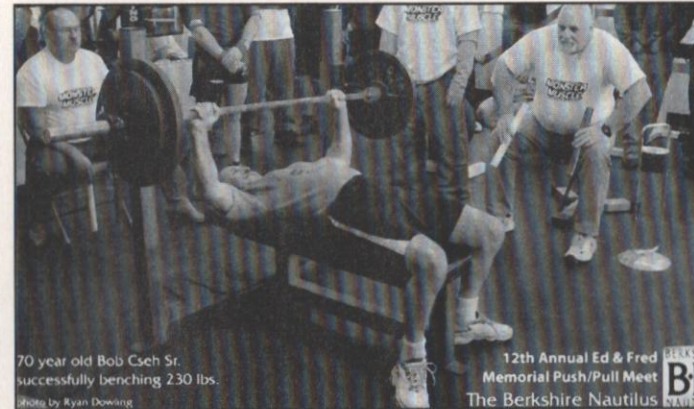
Garvey, Jr.	705	540	474	1719
Out				
D. Jenkins	512	—	424	937
WOMEN				
Open				
M. Kirkland	451	203	363	1019
M. Flesh	242	121	203	567
MEN				
Junior/Teen				
D. Tinajero	545	374	501	1422
C. Briley	661	529	540	1730
J. Morris	584	363	501	1449
D. Garvey, Jr.	705	540	474	1719
M. Lessman	562	440	463	1466
J. Land	429	385	457	1273
H. Whitehead	446	253	424	1124
W. Flesh III	181	66	148	396

Mountain Festival Bench Press
28 MAY 05 - Bluefield, WV

BENCH	242 lbs.			
Open				
181 lbs.				
Z. Perkins	430	181 lbs.		365
242 lbs.				
D. Callahan	400	Z. Perkins		370
B. Kirk	390	B. Kirk		390
Teen (16-17)		Masters (40+)		
198 lbs.		165 lbs.		
K. Fogelson	280	R. DeAngelis		200
220 lbs.		220 lbs.		
J. Price	170	R. Patterson		175
Junior (20-23)		242 lbs.		
181 lbs.		D. Callahan		400
Z. Perkins	430	R. Stump		315
220 lbs.				
T. Pitcher	315			

NASA IA Regionals (kg.)
14 NOV 05 - Des Moines, IA

PS BENCH		BENCH Only		
MEN		MEN		
181 lbs.		220 lbs.		
Pure		Submaster		
D. Doobay	150	Pure		
Submaster		J. Thompson		265
Pure		242 lbs.		
D. Doobay	150	Submaster II		
PS CURL		D. Walker		210
MEN		220 lbs.		
198 lbs.		Master I		
Master II		D. Mosley		160
K. Randall	80	165 lbs.		
PS DEADLIFT		High School		
MEN		D. Hamilton		110
114 lbs.		308 lbs.		
Pure		Submaster		
J. Frazier	50	Pure		
PS SQUAT		S. McVey		—
MEN				
275 lbs.				
Master I				
C. Frazier III	185			
308 lbs.				
Open				
L. Willison, Jr.	245	230		475
S. Felton	62.5	295		357.5
Police/Fire				
L. Willison, Jr.	245	230		475
Master I				
S. Felton	62.5	295		357.5
Pwr Sports				
55 lbs.				
Youth				
S. Hou-Seye	11	12.5		27.5
148 lbs.				
Int				
B. Cattell	6	102.5		187.5
Teen				
K. Blubaugh	37.5	77.5		142.5
181 lbs.				
Open				
D. Zackery	75	132.5		247.5
220 lbs.				
Pure				
T. Prati	72.5	165		232.5
242 lbs.				
Novice				
M. Thomason	70	140		250
275 lbs.				
Master I				
C. Frazier III	75	155		230
308 lbs.				



70 year old Bob Cseh Sr. successfully benching 230 lbs. 12th Annual Ed & Fred Memorial Push/Pull Meet The Berkshire Nautilus

Berkshire Nautilus Memorial
12 NOV 05 - Pittsfield, MA

BENCH				
WOMEN				
Open				
M. Somes	95	J. VanAllen		450
Master (50-55)		J. Riote		325
S. Cseh	85	M. Lahey		265
220 lbs.				
Master (40-49)				
R. Cseh	180	F. Mink		475
165 lbs.		S. Thayer		400
Open		Submaster (35-39)		
R. Baker	227.5	S. Thayer		400
227.5	132.5	230		590
R. Baker	227.5	132.5		590
227.5	132.5	230		590
C. Frazier	242.5	185		255
275 lbs.				
Submaster Pure				
K. Nessa	345	257.5		277.5
308 lbs.				
Police/Fire				
L. Willison, Jr.	205	245		230
680				
WOMEN				
114 lbs.				
Junior				
C. Graeve	70	45		80
132 lbs.				
Novice				
A. Bown	117.5	82.5		130
198 lbs.				
Master (40-49)				
D. McBurney	170	320		490

T. Leydet	120	205		325
148 lbs.				
Master (40-49)				
P. McCann	175	265		440
198 lbs.				
Master (40-49)				
M. Carlson	190	300		490
185 lbs.				
Master (50-59)				
C. McCann	315	400		715
Master (70+)				
B. Cseh, Sr.	230	275		505
181 lbs.				
Open				
M. Bostwick	325	455		780
Master (40-49)				
T. Piazza	345	560		905
198 lbs.				
Open				
S. Nhim	450	580		1030
220 lbs.				
M. Carolan	275	450		725
Open				
J. Ford	405	570		975
K. Friend	315	550		865
Open				
J. Crane	495	600		1095
275 lbs.				
Open				
S. Malloy	390	610		1000
J. Basile	385	535		920
Submaster (35-39)				
M. Schneller	375	560		935
275+ lbs.				
Master (40-49)				
D. LeFevre	370	570		940
M. Tipton	255	430		685



Donna McBurney benched 170 and deadlift 320 in the 114s at the Berkshire Nautilus Memorial Meet

APF/AAPF Membership Application
Check the box that applies below

AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
DATE OF APPLICATION		
CITY	STATE	ZIP CODE
AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH
		MO DATE YEAR
		AGE
		SEX
		US CITIZEN
		YES NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30 AAPF \$30 APF & AAPF \$40		

ATHELETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF
505 Westgate Drive
Aurora, IL 60506
worldpowerliftingcongress.com • 1-866-389-4744

ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES NO

IF UNDER 18, HAVE PARENT INITIAL

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

SIGNATURE X

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown.
For information on registration and program, call 1-800-AAU-4USA.
AAU membership provides each member with an opportunity to participate in AAU events.
Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.
Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES	Regular Fee	'AB' Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	20.00	25.00
Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball	20.00	25.00
Adult Athletes in the Following Sports:	Not Available	25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate	20.00	Not Available
Adult Tae Kwon Do Athletes	30.00	35.00
Adult Powerlifting Athletes		

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE _____ ASSOCIATION CODE _____

MEMBERSHIP CATEGORY _____ CHECK ONE: Athlete _____ Coach _____ Official _____ Volunteer _____

CHECK ONE: Youth Program _____ Adult Program _____ Added Benefit _____ Yes _____ No _____

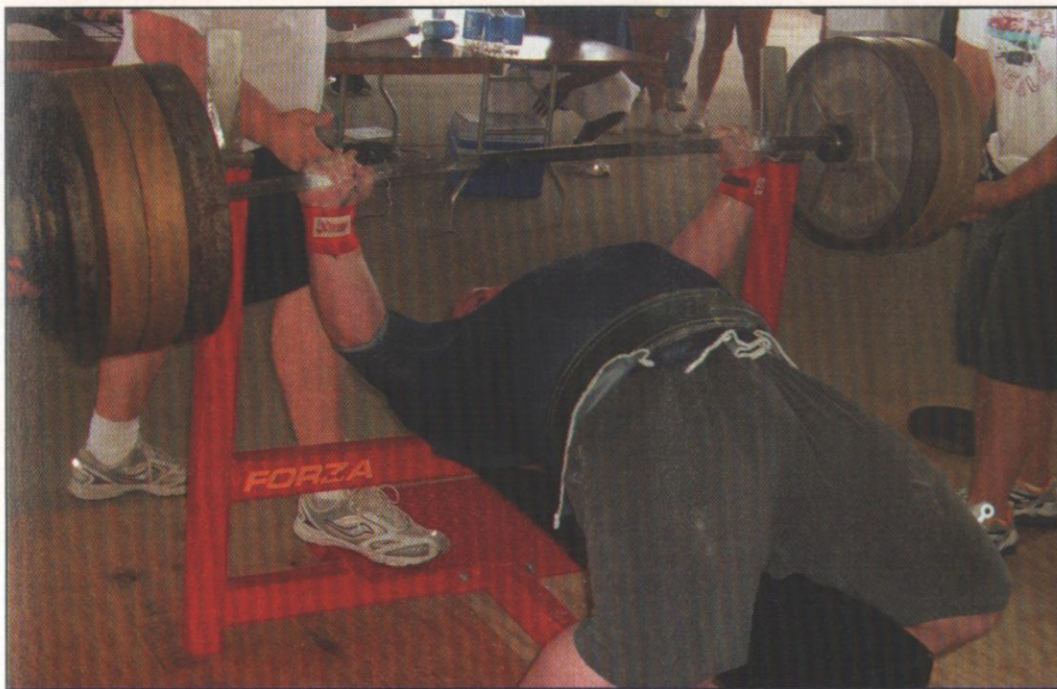
Club No. _____ Club Name _____ E-Mail _____

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____
Parent/Guardian Signature _____



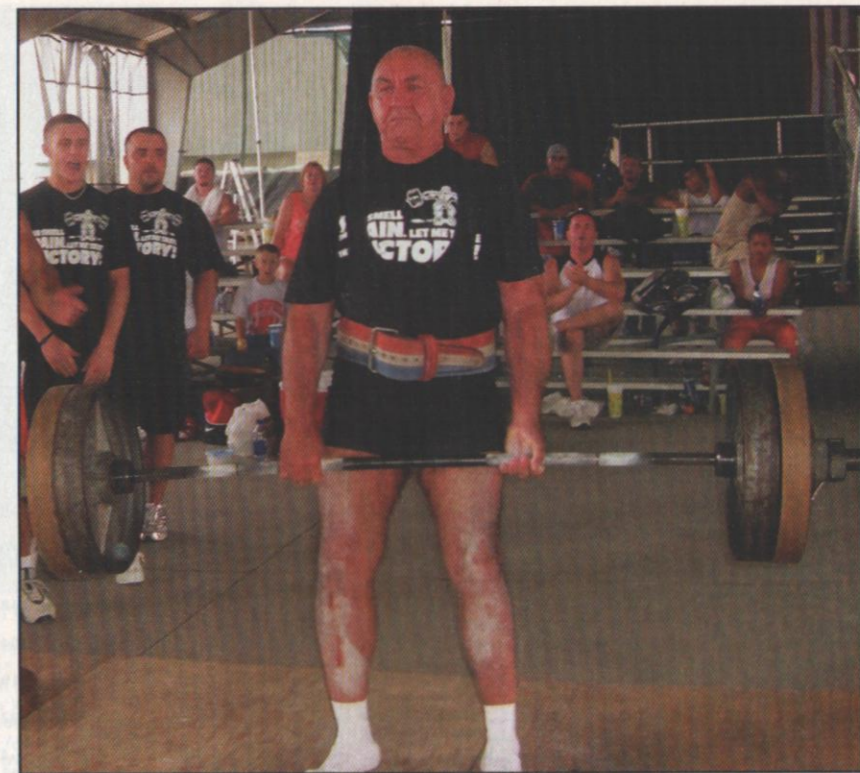
At the Ohio State Fair SLP Vince Soto Memorial ... Adam Baker's SR 740 BP @ Junior 308! (Latch photos)

SLP Vince Soto Memorial 7 AUG 05 - Columbus, OH	
BENCH	A. Yahnev 155
WOMEN	Teen (18-19)
Wheel Chair	132 lbs.
97 lbs.	Z. Ramnytz 205*
A. Salsbury 105*	165 lbs.
Teen (18-19)	R. Oiler 245
148 lbs.	Junior
B. Hammons 220*	165 lbs.
Junior	A. Reino 350
97 lbs.	220 lbs.
A. Salsbury 105*	R. Gidaro 435
Open	D. Mangino 405
97 lbs.	308 lbs.
A. Salsbury 105*	A. Baker 740*
123 lbs.	B. Howell 475
E. Olszewski 150*	Submaster
165 lbs.	275 lbs.
L. Haught 150	N. Sabatino 515
MEN	S. Glover, Jr. 460
Novice	308 lbs.
148 lbs.	D. Raines 560*
D. Pfeiffer 65*	H. Mobley 520
181 lbs.	Master (40-44)
M. Miller, Jr. 345*	148 lbs.
275 lbs.	C. Venturella 390*
K. Mitchell 400	148 lbs.
Teen (13-15)	J. Pfeiffer 335
97 lbs.	242 lbs.
S. Wilcoxon 110	J. Ritzler 535*
132 lbs.	275 lbs.
J. Mobley 135*	S. Vickory —
148 lbs.	308 lbs.
C. Foes 135	P. Aracri 560*
181 lbs.	R. James 400
J. Mendoza 185	Master (45-49)
275 lbs.	181 lbs.
A. Walls 365*	R. Hamsher 350
Teen (16-17)	198 lbs.
165 lbs.	M. Miller 505*
	275 lbs.
G. Clayman 440	242 lbs.
K. Hall 430	308 lbs.
275 lbs.	K. Burgess 520
Master (50-54)	Master (40-44)
165 lbs.	242 lbs.
B. Dye 340*	J. Eaton 440*
308 lbs.	R. James 400*
G. Benford 470*	Open
242 lbs.	181 lbs.
R. James 370	J. Williams 430*
308 lbs.	DEADLIFT
C. Hook 325*	WOMEN
Master (60-64)	Teen (13-15)
220 lbs.	97 lbs.
S. Glover 370*	J. Glover 105*
Master (65-69)	E. Ritzler 70
220 lbs.	123 lbs.
C. Workman 295	E. Ritzler 190*
Master (70-74)	Teen (18-19)
220 lbs.	148 lbs.
H. Yakel 285*	B. Hammons 300*
Police/Fire	Open
H. Yakel 285*	123 lbs.
D. Raines 560	E. Olszewski 270*
A. Nedeff 410	4th-200*
Open	MEN
148 lbs.	Novice
C. Venturella 390*	148 lbs.
D. Pfeiffer 65	D. Pfeiffer 155*
165 lbs.	4th-170*
M. Tocci 330	Teen (13-15)
198 lbs.	97 lbs.
M. Miller 505*	J. Spann 205*
B. Halbisen 440	4th-220*
220 lbs.	148 lbs.
T. Salyers 450	C. Foes 270
J. Pfeiffer 335	4th-300
242 lbs.	S. Glover 200
J. Trusty 490	181 lbs.
490	
275 lbs.	
J. Maxwell 460	J. Mendoza 275
J. Voelkel 450	4th-300*
308 lbs.	220 lbs.
M. Meadows 450	Master (40-44)
220 lbs.	220 lbs.
Raw	J. Pfeiffer 340
Master (40-44)	242 lbs.
242 lbs.	K. Bardos 555
4th-170	C. Guljas 530
D. Pfeiffer 155	Master (45-49)
4th-170	181 lbs.
165 lbs.	R. Hamsher 510*
M. Tocci 420	198 lbs.
J. Witt 405	J. Stonestreet 545
198 lbs.	J. Kistler 500
J. Stonestreet 545	220 lbs.
R. Ellebruch 380	J. Pfeiffer 340
220 lbs.	275 lbs.
K. Hall 540*	J. Maxwell 480
Master (60-64)	
220 lbs.	
H. Hartman 480	

broke the state record at open 123 with a strong 150 while Leah Haught won at 165 with 150 as well. The best women's lifter award went to Brittany Hammons. For the novice men's division Dustin Pfeiffer set the state record at 148 with 65 while Mike Miller, Jr. broke the state record as well in his class with 345 @ 181, making just his opener. Kinta Mitchell, lifting in his first meet, won at 275 with 400. In the teenage men's 13-15 division Slayde Wilcoxon, lifting in his first competition, finished with 110. Johnathan Mobley tied the state record at 132 with 135. Cody Foes won at 148, making just his 135 opener. Josh Mendoza also just got in his opener, winning at 181 with 185. Big Adam Walls broke the state record at 13-15/275 with 365. At 16-17 it was Alan Yahner with his opener of 155. Zach Ramnytz won at 18-19/132 with a new state record of 205 while Ryan Oiler took the title at 165 with a personal best 245. Antonio Reino won at junior 165 with 350 while Ryan Gidaro took the title at 220 over Doug Mangino 435 to 405. The biggest lift of the meet came from junior 308 winner Adam Baker. Adam opened with an EASY 700, but only made one more attempt, his 740 second, which, of course, was a new state record for the class. If Adam could have found the same groove he did with his opener, he could have nailed 800! Second place at junior 308 went to Bob Howell who finished with 475. In the submaster division Nick Sabatino won at 275 with 515, while Sam Glover finishing second at 460. David Raines set the state record at 308 with 560 while Harold Mobley finished with a personal best 520. Moving to the master division best lightweight lifter Charles Venturella broke the state record at 140 with 390. Charles also won the open 148 class as well. John Pfeiffer won at 220 with 335 while Jeff Ritzler broke his own state record at 242 with 535. Perennial best lifter Scott Vickery never quite found the groove with 635, hitting the uprights with each attempt and failing to get a good lift in. Maybe it had something to do with the fact he had about ten lifters he was helping. We all appreciate all the time Scott takes with new young lifters. Then at 308 was Palmo Aracri, who broke the state record there with 560, just missing a final attempt at 600. Second place at 40-44/308 went to Randy James, finished with 400. For the 45-49 division it was Rick Hamsher with 350 for the win at 181. Michael Miller broke the state record at 198 with 505 while Glenn Clayman finished second with 440. Kurt Hall had the makings of a good day, taking the win at 242 with 430 while Kent Burgess won at 275 with 520 and a broken thumb. Bob Dye just keeps getting stronger with each passing year, upping his own state record at 50-54/165 to 340. Gary Benford finished with a strong 470 state record at 198 while Reese James won at 242 with 370. Charles Hook only got in his opener of 325, but that was good enough for the win and a new state record at 50-54/308. Sam Glover got a new two hundred dollar shirt, which must have been worth the money, cause he upped his personal best by 50 pounds over last year, finishing with a new state record 370 at 60-64/220! At 65-69/220 it was state record holder Charles Workman and his opener of 295. Herb Yakel broke his own state record for the 70-74/220 class with his 285 final attempt. In the police & fire division David

Raines won his second title of the day at 308 with 560. Aaron Nedeff finished in second place with 410. In the open division Dustin Pfeiffer finished second to Charles Venturella's state record 390 with 65 while Michael Tocci, lifting raw, won at 165 with 330. At 198 it was Michael Miller with a new state record 505 over Billy Halbisen who finished with 440. Tom Salyers won at 220 with 450 over John Pfeiffer, who finished with 335. J. J. Trusty looked strong at 242, taking the win there with 490. At 275 it was a close one, with Josh Maxwell edging out Jason Voelkel, who had ripped out his shirt on his opener, 460 to 450. Mike Meadows won at 308 with 450 to finish out the open field. Best lifter for the heavier classes went to Adam Baker. In the raw bench press division Jeff Eaton broke the state record at 40-44/242 with 440. Randy James did the same at 40-44/308 with 400. Best raw lifter Jacob Williams set the state record at open 181 with 430. In the deadlift competition there was a battle in our lightest division, the teenage women's 13-15/97 class! When the dust settled Jenna Glover was the victor over state record holder Emily Ritzler 105 to 70. Seven year old Emily, who had just pulled a state record 105 at last week's SLP Worlds, could only get in her opener, failing to lock out her final pull of 105. Elizabeth Ritzler upped her own state record at 13-15/123 to 190 with her win there. Best women's lifter again, Brittany Hammons, pulled a personal best and state record 300 at 18-19/148. Training partner Erin Olszewski broke the state record for the open women's 123 class with her 270 final attempt, followed by a stronger fourth of 280! Novice lifter Dustin Pfeiffer set the state record at 148 with his 170 fourth attempt. Darien Spann won at 13-15/97 with a new state record 220 fourth attempt while Cody Foes won over Sam Z. Glover 270 to 200. A fourth with 300 by Cody was also good. Josh Mendoza won

at 181 with 275, before setting the state record there with his fourth of 300. At 40-44/220 it was John Pfeiffer with 340 while Kirk Bardos won over Christopher Guljas 555 to 530. Rick Hamsher set the state record at 45-49/181 with 510 while Roger Ellebruch won at 198 with 380. Kurt Hall won his second event of the day at 242 with a new state record 540. Ageless wonder Harry Hartman, state record holder at 60-64/220 with 530, finished with his 480 opener, after missing 535 twice. Another great master deadlifter, Chuck North, won at 70-74/220 with 480. In the open division it was Dustin Pfeiffer for the win at 148 with 170. Michael Tocci won at 165 over Jason Witt 420 to 405. Best male lifter in the deadlift went to Jeremiah Stonestreet, who won at 198 with 545 at a 184 bodyweight. Second place at 198 went to John Kistler who finished with 500. John Pfeiffer won at 220 with 340 while Josh Maxwell took the title at 275 with 480. The Ellebruch, Chris Guljas, Mike Miller, Jr., so hard loading and spotting all day. See Michael Miller, and Zach Ramnytz. Thanks you all again next year! (Results provided to Powerlifting USA by Dr. Darrell Latch)



73 Year Young CHUCK NORTH with his 480 deadlift @ 220, at the Vince Soto meet

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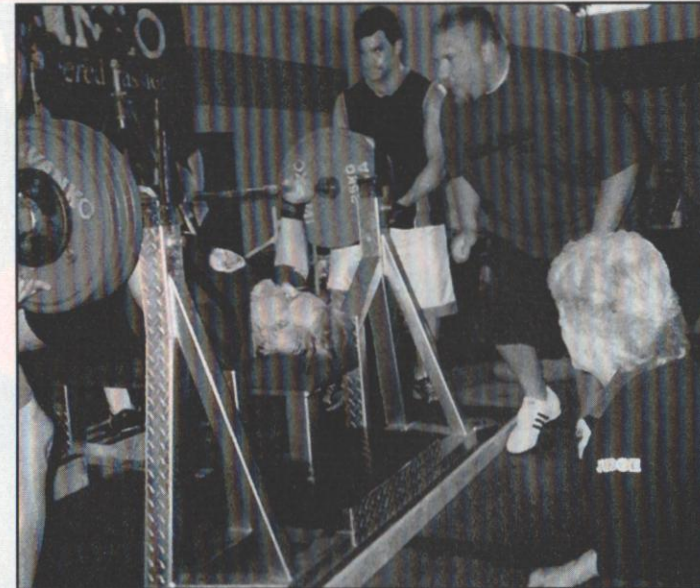
WABDL National BP/DL
6,7 AUG 05 - Portland, OR

BENCH	148 lbs.	
WOMEN	M. Rochat 181	
Junior	199+ lbs.	
148 lbs.	K. Tauell 292*	
C. Hansen 214*		
198 lbs.		
K. Bond 203*		
J. Brooks 192*		
Law/Fire	B. Kunkel 325	
Submaster	Hilderbrand 275	
132 lbs.	G. Langmead 275	
L. Lamp 165		
4th-177*	A. Somera 385*	
Master (40-46)	L. Luther 347	
105 lbs.	Crossen III 341	
D. Brown 148	181 lbs.	
114 lbs.	M. Kondash 264	
S. Hedman 181	198 lbs.	
148 lbs.	M. Ireland 446*	
R. Dunn 214*	A. Siegell 303	
D. Damminga 193	220 lbs.	
4th-196*	T. Sybouts 407	
L. Powell 192*	C. Mudge 253	
165 lbs.	242 lbs.	
S. Klocke 225	R. Soland 451	
B. Workman 137	4th-469*	
Master (47-53)	P. Arroyo 429	
105 lbs.	H. Higgins 347	
V. Kosak 127*	275 lbs.	
114 lbs.	E. Eldridge 523	
I. Pantilat 178*	M. DeWitt 501*	
148 lbs.	380 Master (47-53)	
K. Richardson 99	J. Garcia 309+ lbs.	
165 lbs.	R. Griffin 473	
N. Carpenter 165	220 lbs.	
181 lbs.	220 lbs.	
N. Huxley 226*	C. Mudge 253	
198 lbs.	J. Sybouts 407	
K. Cash 159	165 lbs.	
Master (54-60)	L. Josaitis 363	
165 lbs.	S. Mathis 490	
B. Heriford 187*	M. Landon 490	
B. Anderson 170*	D. Henderson 468	
123 lbs.	K. Dinolfo 468	
M. Hopkins 88	D. Fish 270	
181 lbs.	259 lbs.	
P. Robey 176	L. VanDyke 551	
Master (68-74)	4th-600*	
165 lbs.	242 lbs.	
G. Cloninger 115*	J. Gast 589*	
Master (75-79)	M. DeWitt 485	
132 lbs.	J. Miskimins 363	
M. Whinston 71	S. Pecktol 523	
199+ lbs.	780* D. McCreary 501	
G. Mighell 71	Master (54-60)	
4th-77*	T. Corwin 655*	
Open	R. Griffin 473	
114 lbs.	J. Beteta 292	
S. Hedman 181	220 lbs.	
I. Pantilat 178	L. Anderson 446*	
J. Watts 220	308 lbs.	
4th-231*	D. Schultz 534	
M. Hobbs 181	D. Stevens 435	
148 lbs.	Law/Fire	
K. Bohlgian —	R. Hamilton 380*	
R. Dunn 214	Open	
M. Rochat 181	181 lbs.	
R. Panza 176	530* D. Hawkins 319*	
165 lbs.	181 lbs.	
B. Heriford 187	198 lbs.	
181 lbs.	S. Boyle 473	
K. Mahoney 231	D. Holmes 358	
4th-242*	P. Goucher 203	
N. Huxley 226*	J. Ash 512	
J. Brooks 192	4th-518*	
Submaster	242 lbs.	
132 lbs.	B. Baertlein 429	
J. Watts 220	391 309+ lbs.	
4th-231	D. Sugimoto 429	
L. Lamp 165	J. Noblit 374	
4th-177	259*	
148 lbs.	E. Gorgeon 325	
R. Panza 176	Master (80-84)	
165 lbs.	A. Whinston 104*	
T. Jacobs 187	Open	
181 lbs.	463*	
K. Mahoney 231	132 lbs.	
4th-242*	T. Christensen 540	
J. Woodriddle 181	148 lbs.	
Teen (13-15)	R. Soland 451	
123 lbs.	A. Valleza 435*	
P. Fao 77	Evangelista 402	
198 lbs.	165 lbs.	
K. Sua 144*	P. Arroyo 429	
Teen (16-19)	J. Luther 462	
	L. Luther 347	
	181 lbs.	
	G. Demminga 451	
	R. Harris 530*	
	D. Fisher 369	
	J. Garcia 380	
	309+ lbs.	
	P. Ratsch —	
	G. Warrington —	
	D. Marchant 683*	
	J. Place 557*	
	D. Schultz 534	
	V. Eldridge 523	
	E. Aleaga 501	
	380 Master (47-53)	
	148 lbs.	
	Evangelista 402	
	S. Mathis 490	
	P. Plush 363*	
	220 lbs.	
	G. Harris 468	
	T. Sybouts 407	
	242 lbs.	
	S. Mathis 490	
	M. Landon 490	
	D. Henderson 468	
	D. Fish 270	
	259 lbs.	
	Crossen, Jr. 545	
	F. Hofer 545	
	G. Stevens 336	
	275 lbs.	
	M. DeWitt 485	
	308 lbs.	
	S. Pecktol 523	
	780* D. McCreary 501	
	Master (54-60)	
	655* 198 lbs.	
	R. Griffin 473	
	J. Beteta 292	
	220 lbs.	
	L. Anderson 446*	
	308 lbs.	
	D. Schultz 534	
	D. Stevens 435	
	R. Hamilton 380*	
	Open	
	181 lbs.	
	530* D. Hawkins 319*	
	181 lbs.	
	198 lbs.	
	S. Boyle 473	
	D. Holmes 358	
	P. Goucher 203	
	J. Ash 512	
	4th-518*	
	242 lbs.	
	B. Baertlein 429	
	391 309+ lbs.	
	D. Sugimoto 429	
	J. Noblit 374	
	259*	
	E. Gorgeon 325	
	Master (80-84)	
	A. Whinston 104*	
	Open	
	463*	
	132 lbs.	
	T. Christensen 540	
	148 lbs.	
	R. Soland 451	
	A. Valleza 435*	
	Evangelista 402	
	165 lbs.	
	P. Arroyo 429	
	J. Luther 462	
	L. Luther 347	
	181 lbs.	
	G. Demminga 451	
	R. Harris 530*	
	D. Fisher 369	
	J. Garcia 380	
	309+ lbs.	
	P. Ratsch —	
	G. Warrington —	
	D. Marchant 683*	
	J. Place 557*	
	D. Schultz 534	
	V. Eldridge 523	
	E. Aleaga 501	
	380 Master (47-53)	
	148 lbs.	
	Evangelista 402	
	S. Mathis 490	
	P. Plush 363*	
	220 lbs.	
	G. Harris 468	
	T. Sybouts 407	
	242 lbs.	
	S. Mathis 490	
	M. Landon 490	
	D. Henderson 468	
	D. Fish 270	
	259 lbs.	
	Crossen, Jr. 545	
	F. Hofer 545	
	G. Stevens 336	
	275 lbs.	
	M. DeWitt 485	
	308 lbs.	
	S. Pecktol 523	
	780* D. McCreary 501	
	Master (54-60)	
	655* 198 lbs.	
	R. Griffin 473	
	J. Beteta 292	
	220 lbs.	
	L. Anderson 446*	
	308 lbs.	
	D. Schultz 534	
	D. Stevens 435	
	R. Hamilton 380*	
	Open	
	181 lbs.	
	530* D. Hawkins 319*	
	181 lbs.	
	198 lbs.	
	S. Boyle 473	
	D. Holmes 358	
	P. Goucher 203	
	J. Ash 512	
	4th-518*	
	242 lbs.	
	B. Baertlein 429	
	391 309+ lbs.	
	D. Sugimoto 429	
	J. Noblit 374	
	259*	
	E. Gorgeon 325	
	Master (80-84)	
	A. Whinston 104*	
	Open	
	463*	
	132 lbs.	
	T. Christensen 540	
	148 lbs.	
	R. Soland 451	
	A. Valleza 435*	
	Evangelista 402	
	165 lbs.	
	P. Arroyo 429	
	J. Luther 462	
	L. Luther 347	
	181 lbs.	
	G. Demminga 451	
	R. Harris 530*	
	D. Fisher 369	
	J. Garcia 380	
	309+ lbs.	
	P. Ratsch —	
	G. Warrington —	



Mike Womack got a 760 @ 308 at the WABDL Nationals (CSS Design)

148 lbs.	D. Higgins 451*	198 lbs.	J. Capello —
Evangelista 440	McClenathan 529	242 lbs.	
165 lbs.			
R. Cirigliano 551	J. Anthony 622		
181 lbs.	H. Higgins 617		
L. Wooley 688	Schmidt, Jr. 600		
C. Smith 512	G. Stephens 573		
198 lbs.			
C. Simpson 534	J. Michimens 639		
242 lbs.	D. Martinez 611		
J. Capello 772*	308 lbs.		
259 lbs.	A. Medak 705		
C. Stevens 501	J. Hudson 700*		
275 lbs.	Submaster (34-39)		
M. DeWitt 633	165 lbs.		
308 lbs.	P. Lawyer 341		
S. Pecktol 683	198 lbs.		
Master (54-60)	M. Ireland 501		
220 lbs.			
R. Wass 490	A. Tortorelli 607		
242 lbs.	4th-617*		
B. Anderberg —	C. Muir 512		
275 lbs.			
K. Adams 573*	I. Soekardi 655*		
308 lbs.	C. Erhardt 600		
D. Stevens 628*	C. Jackson 534		
R. Hamilton 435	308 lbs.		
Master (61-67)	J. Hudson 700*		
198 lbs.	Teen (13-15)		
D. Holmes 468	97 lbs.		
308 lbs.	B. Curell 154		
M. Herrera 479	A. Smith 143		
309+ lbs.	114 lbs.		
D. James 424	M. Sandoval 231		
Master (68-74)	4th-242*		
181 lbs.	123 lbs.		
D. Judd 352*	S. Pontius 336		
Master (80-84)	4th-341*		
148 lbs.	V. Vasquez 336		
A. Whinston 121*	148 lbs.		
Open	T. Belen 397*		
132 lbs.	N. Thornton 330		
A. Kang 424*	J. Brown 325		
148 lbs.	181 lbs.		
G. Langmead 457	K. Shiffer 374		
Evangelista 440	Teen (16-19)		
R. Martin 402	132 lbs.		
165 lbs.	R. Segura 364		
R. Cirigliano 551	4th-369*		
F. Winbigger 424	165 lbs.		
181 lbs.	L. McMasters 507*		
T. Eisman 727	220 lbs.		
L. Woodley 688	M. Prothman 501		
D. Fisher 507			



Robert O. Smith improved his 61-67 SHW mark to 518 (Carpenter)

along with a 534.5 bench. In law/fire open, Dinael Martinez set a California record 611.7 at 275. In master men 40-46, Tom Eiseman at 181, had an off day and "only" did 727.5, which is damn good for any lifter from 275 on down. At super, Paul Ratsch pulled 661 for the win, Jeff Place was second with an Oregon record 600.7 and Dennis Schultz was third with a California record 540. In master 47-53/242, Jerry Capello was large with a World Record 772.6 at age 48. Jerry is from Medford, Oregon, and was a logger for 20 years. Even the name of his high school football team was the Butte Falls Loggers. In master 54-60/275, Kirt Adams set an Oregon record 573 at 54-60/308, and Daniel Stevens set an Oregon record 628. In master 68-74 deadlift, Donald Judd set an Arizona record 352.5 at 181. In master 80-84/148 Arthur Winston who is still a practicing trademark lawyer, set a World Record with 121.2. Moving on to master women deadlift, Suzanne Hedman set a California record 304.1 at 114, in master 40-46. At 40-46/165, Jamie Rayburn pulled an Oregon record 364.8. Sherri Klocke was second with 341.5. In master women 47-53/181, Nadine Huxley pulled a World Record 347. She's a farm girl of Goldendale, Washington, and I believe that she has an easily achievable 400# deadlift in her future. In 54-60/165, Dana Backiel set a World Record with 325, done with room to spare. Betty Heriford also set a World Record with 316.2 and stood until Dana broke it. In master 61-67/184, Pat Rubey set a Washington record 264.5 and in master 75-79, 78 year old Melicent Whinston set a World Record 165.2, weighing only 129#, which is incredible. She still competes in masters track and field events and is the model for all women heading into their 80's. In open men deadlift, there were only a few records. Alexander Kang of Maryland set a record at 132 with 424.2, and John Hudson, his coach, got an Illinois record 700.8 at 308 after having surgery. In open women, Marie Rochat set an Oregon record with 363.7 at 148, and Rebekah Krotzer set a Minnesota record with 319.5 on a fourth. In submaster men, Al Tortorelli set a California record 617.2, weighing only 129#, only about 45# behind his brother Yanto. In submaster women, Tami McGonagle pulled a World Record 330.5, weighing only 109, almost triple bodyweight! At 132, Jeanne Watts pulled a California record 342.6. In teen men 13-15/114, Max Sandoval pulled an Oregon record 242.5. In 13-15/132, Michael Drew pulled a huge 341.5 Oregon record weighing 130. In 13-15/148, Travis Belen set a Washington record 397.8, weighing only 144, another great lift! In teen men 16-19/132, Ray Segura set a Washington record 369.2. In teen 16-19/165, Laramie McMasters set an Illinois record 507. In teen women 13-15/123, Amanda Wass set a World Record 275.5, another great lift at age 14. In 13-15/198, Kayla Sua set a Washington record 358. She will deadlift 500 before she turns 20. In teen 16-19/148, Marie Rochat set a World Record 363.7, weighing only 138, which is another great female record. And then Kayla Taeli, at 198+, almost pulled 501.5, but settled for a World Record 473.7. She will deadlift 501 or more at the world's according to her coach Joe Head of Headquarters Fitness. Moving on to the bench in class I, Andrew Somera of Washington set a record 385 at 165. Michael Ireland of Washington set a record with 446.2 at 198. At 242, Michael Soland set a Washington record 469.3 on a fourth and Mike DeWitt set a Washington record 501.5 at 275. In junior 220, Levi VanDyke set a Washington record 600.7 on a fourth after missing it on a third. At 242, Joe Gast set a Washington record 287.5, and then at 308, Michael Leomack, after going 705, 714, 724, 734, 744 and 755 in Dallas on July 23rd, went 705, 735, 760, 780.3 and a near miss at 800.1 here. Ten successful attempts at 700 or more in a span of two weeks. He drove his beat up Mustang from Modesto to Portland, 750 miles to compete in this competition. He's humble, quiet, and totally confident. At junior super, Terry Corwin also came up big with a World Record 655.7. In junior women, Christie Hansen got an Oregon record 214.7. In junior 198, Karla Bond got a World Record 203.7 and in junior 198+, Jessica Brooks got a World Record 192.7. In law/fire open and in open, Ryan Harris, coached by Terry Luehrs, came up with World Records in both 530.1. In law/fire open 220, Joan Ash of Bend got an Oregon record 518 after a three year absence from the lifting platform. At law/fire open 275, Carl Wimmer of Utah got a Utah record 513.6. Carl is an elder in the Mormon church and is a great guy, and he continually shows improvement. In law/fire submaster 259, Joseph Schneider set an Oregon record 518 after a two year absence from the lifting platform. In law/fire submaster women, Lauri Lamp set a World Record 177.3 at 132#. Moving on to master men 40-46/220, Ed Macauley set an Oregon record 463.8. At 259, John Morrison got an Oregon record 546.6. John has been competing in Oregon since the days of Doyle Kenady, about 20 years. At super, big Dave Marchant set a Utah record

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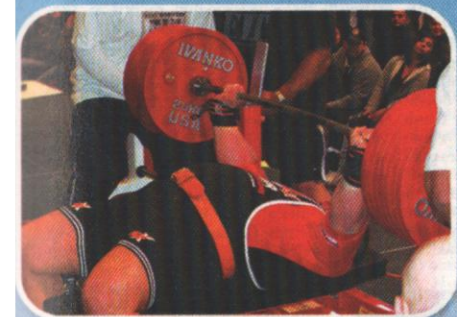
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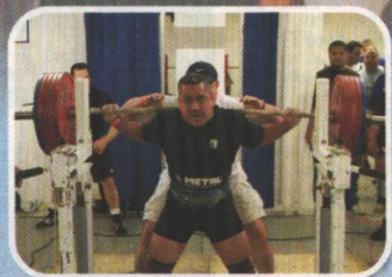
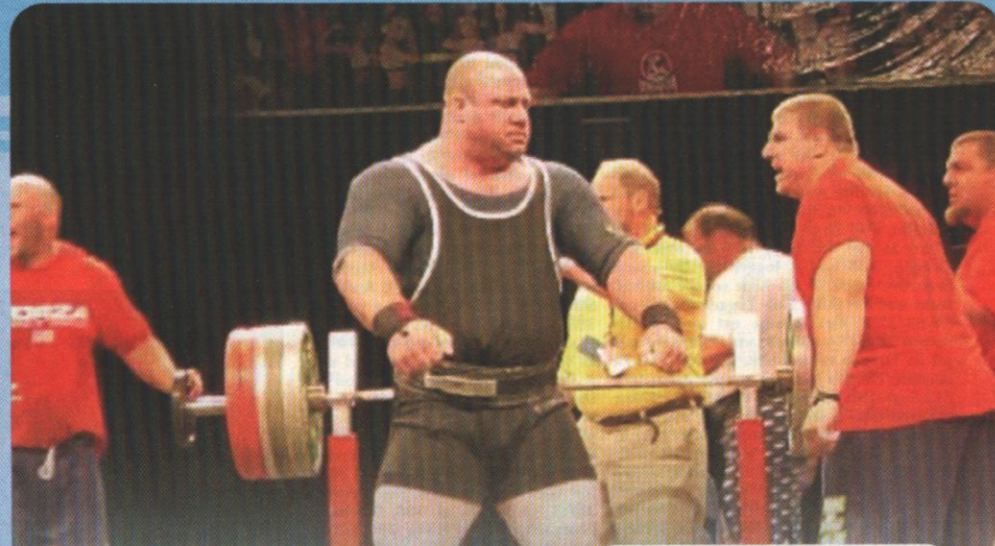
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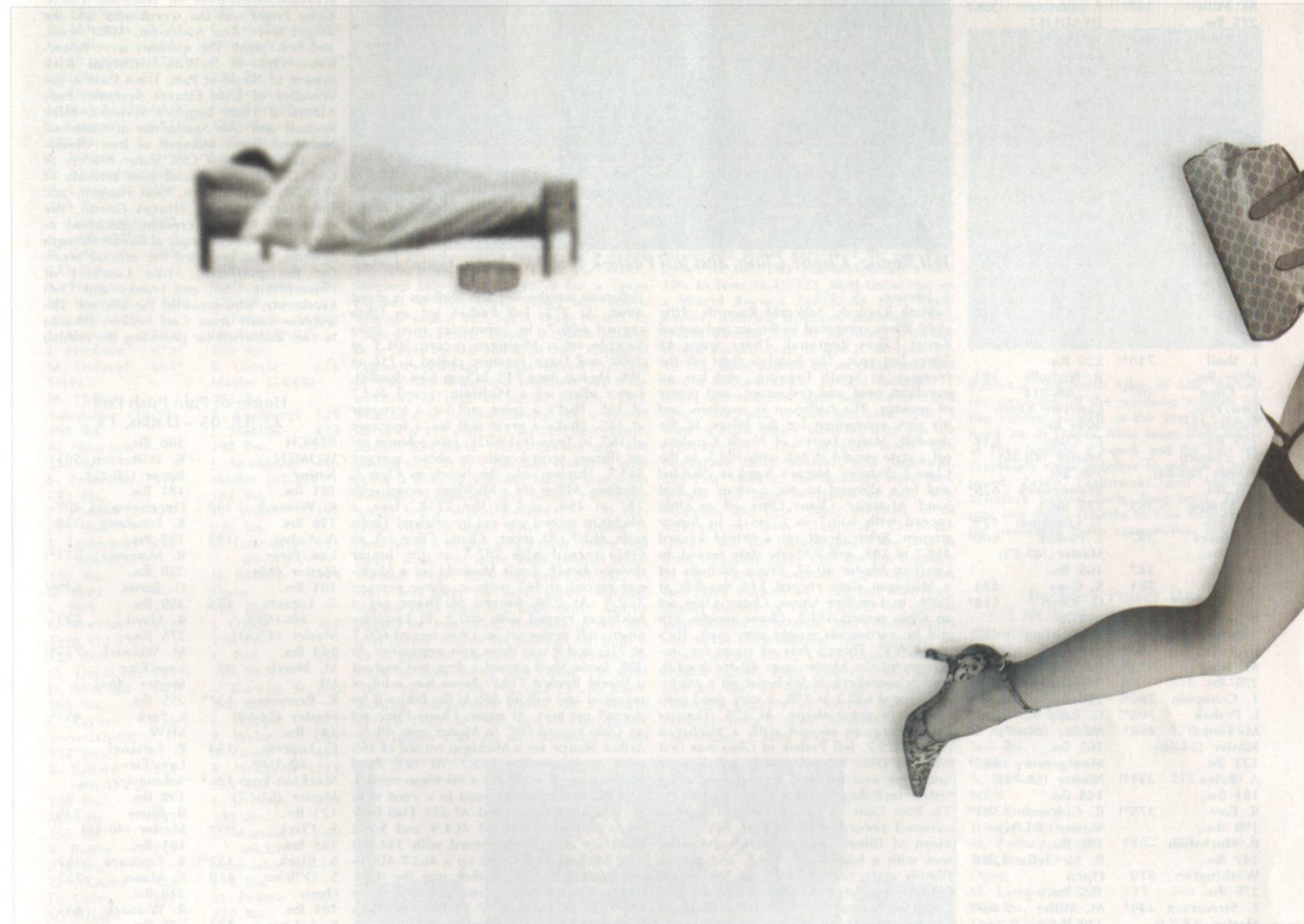
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**WABDL Great Lakes Regional
16 JUL 05 - Lansing, MI**



Jeff Begue, Chane Cline, and Jeff Peshek @ the WABDL Great Lakes

BENCH WOMEN
Master (40-46) 148 lbs. J. Brydon 391
K. Waugh 176* 220 lbs.
S. Downs 198* 308 lbs.
Open 132 lbs. D. Forstner 523*
D. Hurlbert 154* 165 lbs.
Submaster 198 lbs. M. Miller 187*
A. Atkinson 165* 181 lbs.
Teen (13-15) 148 lbs. A. O'Brien 187*
S. Baty 126* 220 lbs.
Class I 165 lbs. A. Gill 374
M. Miller 187* 4th-400*
M. Timbs 462* DEADLIFT
309+ lbs. Junior 181 lbs. K. Scott 418*
C. Cline 507* 181 lbs. K. Scott 418*
Junior (20-25) 165 lbs. Open 181 lbs. K. Scott 418*
L. Musinski 352* 181 lbs. M. Miller 187*
Witherspoon 275 220 lbs. Class I 165 lbs.
S. McShane 402* 242 lbs. M. Torrez 308*
C. Dalcia 369 309+ lbs. C. Cline 633*
Law/Fire Master (40-47) 259 lbs. D. For 242 lbs.
D. For 275 lbs. Law/Fire Open 275 lbs.
J. Begue 600* 308 lbs.
J. Shell 710* 309+ lbs.
C. Cline 507* 309+ lbs.
Law/Fire Submaster 259 lbs.
M. Zingaro 165 lbs.
Master (40-46) 181 lbs.
A. Sharpe 363* 181 lbs.
F. Stokes 347* 198 lbs.
D. Horn 347 165 lbs.
A. Jones 501 4th-512*
Schoenebeck 435* 259 lbs.
D. For 464* 275 lbs.
M. Scott 314* 275 lbs.
T. Crampton 286* 259 lbs.
J. Peshek 705* 408*
M. Timbs 462* 165 lbs.
Master (54-60) 123 lbs. Montgomery 485*
A. Bates 231* 148 lbs.
R. Barr 375* 181 lbs.
198 lbs., B. Hochstein 181 lbs.
242 lbs. B. McClelland 281
Washington 319 Open
275 lbs. M. Miller 407*
T. Striverson 440* 220 lbs.
Master (68-74) 148 lbs. C. Herrick 683*
R. Gidcumb 248* 259 lbs.
275 lbs., R. Soffredine 435*
Master (980-84) 181 lbs. J. Peshek 600*
B. McClelland 192 308 lbs.
4th-192* D. Forstner 716
Open 165 lbs. Submaster (34-39) 220 lbs.
L. Musinski 352 J. Swirple 501*
220 lbs. D. Forstner 716*
C. Herrick 402 Teen (13-15) 165 lbs.
M. Newman 473* M. Miller 407
M. Zingaro 530* Teen (16-19) 165 lbs.
275 lbs. J. Allen 462*
J. Begue 600 181 lbs.
J. Peshek 705* 181 lbs.
308 lbs. L. Rowe 435
D. Forstner 523 D. Theisen 501
J. Shell 710* 220 lbs.

154.2 at 132. In Submaster men 181#, Jeb Brydon put up a Michigan record 402.2. At 220, John Swirple ranned a 451.7 for a Michigan record. At 308, Dave Forstner got a 523.5, but was close with much more. In Submaster women, Amanda Atkinson set a Michigan record 165.2 at 198#. In Teen men 13-15, Matthew Miller set a Michigan record 187.2 at 165, and at 181, Alan O'Brien set an Illinois record 187.2. In teen men 16-19, Michigan records were set by Chag Cooper with 181.7 at 148 and Aaron Gill with 400 at 220. Samantha Baty, the daughter of an old time lifter, Mike Baty, who trained with the legendary Wayne Bowier(sp?) Put up 126.7 at 198 in Teen women 13-15/198. I want to thank Ted Feight, the WABDL Michigan Chairman for making all of this possible. Jim Waters of Powerhouse Gym provided the warm-up weights and Fred Stokes and Greg Fay provided bench from the Southside YMCA. Kathy Feight was the scorekeeper and the judges were Ken Anderson, Mike Scott, and Ted Feight. The sponsors were Powerhouse Gym of DeWitt, Michigan, Rick Brewer of House of Pain, Dave Date & Jim Wendler of Elite Fitness Systems, Pete Alanis of Titan Support Systems, Mike Rockoff and Gus Samuelson of Universal Nutrition, Brent Mikesell of Iron Gladiator, Keith Lemm of CSS, Shawn Madere of GLC Direct, the official joint formula of WABDL, Neal Spruce, Odd Haugen, and Jim Starr of Apex Fitness Group, the makers of the best creatine glutamine in the world, Matt Lamarque of Bovine Strength Systems, who provided the official bench for the platform, Mike Lambert of Powerlifting USA, and Ivanko and Chet Crockreutz, who provided the kilo set. The trophies came from Carl Seeker. (Thanks to Gus Rethwisch for providing the results)

**House of Pain Push Pull
23 JUL 05 - Dallas, TX**

BENCH WOMEN
Junior 181 lbs. K. Wilkerson 501*
K. Womack 330 181 lbs.
Derengowski 407
R. Lenaburg 330
A. Calvo 192 198 lbs.
Law/Fire Master (48+) 181 lbs. R. Marrama 551*
C. Luprete 154 4th-160* 259 lbs.
D. Burns 639*
K. Lloyd 523
Master (47-53) 148 lbs. M. Womack 755*
M. Morris 99 99 Law/Fire
UL Master (48+) 259 lbs.
K. Berryman 137* 181 lbs.
Master (54-60) 181 lbs. J. Park 457*
C. Luprete 154 4th-160* SHW
4th-160* 154 P. Lattanzi
Law/Fire 121
Stockton-Ross 126* 181 lbs.
Master (61-67) 123 lbs. K. LaCour 181 lbs.
S. Clark 99* 181 lbs.
148 lbs. S. Clark 132*
S. O'Brien 110 110 K. Mauer 363
Open 105 lbs. R. Womack 435
K. LaCour 121 121 J. Stewart
181 lbs. SHW
K. Womack 330 M. Hamby
MEN Class I 181 lbs. Master (47-53)
181 lbs. J. Tyree 363*
R. Phillipos 181 lbs. J. Tyree 363*
D. Smith 386* B. Welker 440*
165 lbs. 259 lbs.
S. Grisham 369 R. Duncan 485*
C. Rayner 336 Master (54-60)
181 lbs. 181 lbs.
R. Ramsey 358 J. Mauldin 348
J. Roraley 336 4th-358*
220 lbs. R. Contreras 341
R. Womack 435 198 lbs.
242 lbs. D. Bell 363*
R. Morgan 363 J. Snodgrass 319
259 lbs. 242 lbs.
P. Plunkett 551* G. McCoy
275 lbs. J. Park 426
B. Otenti 363 275 lbs.

Tuffanelli weighs 360 and Oldham is about 400#. At 275, Jeff Peshek set an Ohio record 600.7. In Submaster men, John Swirple set a Michigan record 501.5 at 200# and Dave Forstner pulled a 716 at 308. He has done 749. In teen men deadlift, Lance allen set a Michigan record 462.7 at 165. That's a great pull for a teenager at 165. In Teen 16-19/220, Jake Johnson set an Illinois record with an above average 545.5. Moving onto the bench in Class I, Matthew Miller set a Michigan record with 187 at 165, and in the 275# class, a Michigan record was set by Michael Timbs with 462.7. At super, Chane Cline set an Ohio record with 507.5. In the Junior division bench, Louis Musinski set a Michigan record at 165 with an above average 352.5. At 220, Steven McShane set a Michigan record with 402.2. In Law/Fire Open, Jeff Begue set an Ohio record 600.7 at 275, and it was done with aggression. At 308, Jamie Shell passed a drug test and set a World Record 710.7. Jamie has a lot of potential and will hit 800 in the future if he doesn't get hurt. At super, Chane Cline set an Ohio record 507. In Master men 40-46, Arthur Sharpe set a Michigan record at 165 with an impressive 363.7. At 181, Fred Stokes popped a 347 for a Michigan record. At 198, Anthony Jones was in a zone with a 512.5 Michigan record. At 259, Dan For set a Michigan record 464.9 and Scott Mahl set an Indiana record with 314. At 275, Michael Timbs shot up a 462.7 Michigan record, but Jeff Peshek was the show with a 705.2 World Record and went on to try 727. In Master 47-53/198, William Stirling put up a Canadian record 286.5. In Master 54-60, two world records were set. Andrew Bates of Michigan hit 231.2, weighing only 121 and Randy Barr slammed 375.8 at 181. At 275, Ted Striverson set an Indiana record 440.7. In Master 68-74, Richard Gidcumb set a Michigan record 248 at 148. At 275, a very fit looking Ralph Soffredine set a World Record 435 at age 69, very impressive. In Master 80-84, 82 years old Bladen McClelland set a World Record 198.2 weighing 180. In Master women, Kathy Waugh set a Michigan record 176 at 148, and in Master 40-46/198+, Stacie Downs set a Michigan record 198.2. In Open men, Michael Newman set a Michigan record 473.7 at 259. But, Marc Zingaro put up 530.1 for a Pennsylvania record and first place. At 275, Jeff Begue put up 600.7 but Jeff Peshek put up a 705 World Record. At 3008, Jamie Shell set a Michigan record 710.7. In Open women, Deanna Hurlbert set a Michigan record

BENCH MEN
Class I 148 lbs. J. Scott 529*
D. Smith 363 165 lbs.
T. Lancaster 407
B. Bassan 358 181 lbs.
B. Taylor 358* 198 lbs.
Master (68-74) 198 lbs. M. Pearce 523
C. Washburn 424 220 lbs.
S. Peterson 567* 40-46/275, Terry Putnam set an Oklahoma record 622.7. In Master 47-53/198, Rick Garcia set a Texas record 611.7. In Master 61-67/220, Terry Lancaster set a World Record 573, at age 64. All things considered, the best deadlift in the contest. In Master women 47-53/198+, Kay Berryman set a Texas record 308.5. She works for House of Pain and is a big fan of powerlifting. In Master women 54-60, Hope Stockton-Ross set a Texas record of 242.5 at 181#. In Master women 61-67, Sylvia Clark and Sue Clark, who are sisters, set Texas records at 123# and 148# respectively, with 203.7 and 286.5. Sue's 286.5 was a World Record and they are both trained by John Tyree. In Open men deadlift, Joe Bianchi, Sr., pulled a Massachusetts record 578.5 at 220. Eric Wright pulled a very good 672.2 at 242 for a Texas record, and Phil Wylie pulled 661.2 for a Texas record. Master (40-46) 148 lbs. T. Eggers 523
T. Eggers 523 181 lbs.
R. Espinoza 485 275 lbs.
T. Putnam 622* Master (47-53) 198 lbs.
J. Erickson 672* M. Delaval 661* SHW
M. Phillips 181 lbs.
Submaster (34-39) 198 lbs.
A. Planchon 220 lbs.
S. Petersen 391 242 lbs.
P. Parnell 600 259 lbs.
J. Laskowski 628 4th-633*
308 lbs. B. Leitz 308 lbs.
L. Polk 529 E. Morrow 501
Teen (13-15) 123 lbs. M. DeLaCruz 220*
D. Miskinis 143* 165 lbs.
C. Rayner 336* 132 lbs.
Teen (16-19) 132 lbs. R. Ballard 314
4th-331* 148 lbs.
M. Ellis 281 165 lbs.
K. Bately 231 220 lbs.
Z. O'Quinn 435 D. Calvo 407
DEADLIFT WOMEN Junior 181 lbs. K. Womack 319
Master (47-53) 181 lbs. J. Laskowski 451
Teen (13-15) 123 lbs. D. Miskinis 308*
UL K. Berryman 308* 165 lbs.
Master (54-60) 181 lbs. C. Rayner 480*
181 lbs. Stockton-Ross 242*
Master (61-67) 123 lbs. M. Ellis 437*
165 lbs. K. Bately 451
S. Clark 203* 220 lbs.
D. Calvo 529
Open 105 lbs. Z. O'Quinn 490
*State Records. !=World Records. About 90 lifters competed at the 450 room Sheraton Brookhollow Hotel, near downtown Dallas and right off I-35 east. In the deadlift, Joel

Scott, in Class I/148, pulled an above average 529, which is only 44 pounds from the open World Record of 573, set by Monte Hokoana of Hawaii at 165, Chris Rayner, who is only 18, set an Oklahoma state record 480.6 and is ably coached by Terry Putnam. At 220 Class I, Steven Peterson set a Texas record 567.5. At 181, Robert Ramsey pulled a nice 540. In Junior 198, Rick Marrama of Massachusetts set a state record with 600.7. In Law/Fire Open 220, Joe Guerra set a Texas state record of 552.1. In Law/Fire Submaster 198, Barran Stone set a Texas record 523.5. In Master 40-46/275, Terry Putnam set an Oklahoma record 622.7. In Master 47-53/198, Rick Garcia set a Texas record 611.7. In Master 61-67/220, Terry Lancaster set a World Record 573, at age 64. All things considered, the best deadlift in the contest. In Master women 47-53/198+, Kay Berryman set a Texas record 308.5. She works for House of Pain and is a big fan of powerlifting. In Master women 54-60, Hope Stockton-Ross set a Texas record of 242.5 at 181#. In Master women 61-67, Sylvia Clark and Sue Clark, who are sisters, set Texas records at 123# and 148# respectively, with 203.7 and 286.5. Sue's 286.5 was a World Record and they are both trained by John Tyree. In Open men deadlift, Joe Bianchi, Sr., pulled a Massachusetts record 578.5 at 220. Eric Wright pulled a very good 672.2 at 242 for a Texas record, and Phil Wylie pulled 661.2 for a Texas record. Master (40-46) 148 lbs. T. Eggers 523
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*State Records. !=World Records. About 90 lifters competed at the 450 room Sheraton Brookhollow Hotel, near downtown Dallas and right off I-35 east. In the deadlift, Joel

Patterson and Keith Allen of Mac Barbell for supplying all the warm-up weights for this contest as well as the World Cup on April 30, in Dallas. Also, Jason from house of Pain brought a bench and the kilo set. Everybody came together to put on a good meet. Jason Laskowski and Michael Womack passed their drug tests. There was one flunk. (Thanks to Gus Rethwisch for providing these competition results)



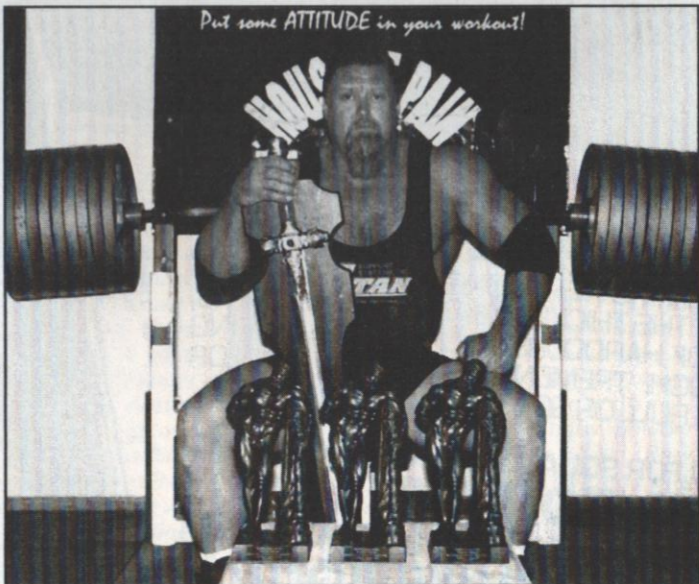
Benching Buddies - Rick Marrama and Joe Bianchi of Massachusetts both won in Dallas on July 23rd.



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**Bucknell Power Day
5 NOV 05 - Lewisburg, PA**

WOMEN	SQ	BP	DL	TOT
132 lbs.				
Teen (18-19)				
E. Steimling	110	90	230	430
148 lbs.				
Junior (20-23)				
K. Kumpan	170	105	170	445
165 lbs.				
Open				
A. Buck	260	160	215	635
MEN				
123 lbs.				
Teen (12-13)				
M. Pollard	145	140	175	460
148 lbs.				
Open				
M. Lamparter	330	235	385	950
165 lbs.				
Teen (Under 12)				
M. Mongera	180	140	240	560
181 lbs.				
Teen (18-19)/Open				
S. Shuck	370	315	475	1160
Teen (18-19)				
A. MacNeill	185	240	315	740
Junior(20-23)				
T. Yosca	375	305	425	1105
J. Zido	330	320	440	1090
Housekecht	300	260	420	980
Open				
Hersperger	425	325	545	1295
198 lbs.				
Teen (14-15)				
A. Mongera	145	120	230	495
275 lbs.				
Teen (18-19)				
C. Meyer	425	285	400	1110
M. Hellman	265	265	335	865
Master (50-54)				
D. Crans	385	255	460	1100



Jason Laskowski @ the WABDL House of Pain Push Pull Nationals.

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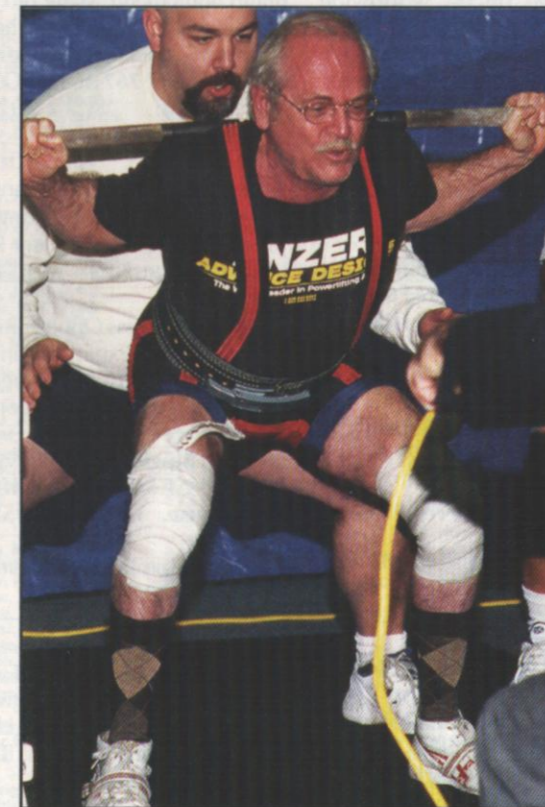
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APA Powerhouse Classic
5 NOV 05 - Louisville, KY

BENCH	Subteen (11-12)		
MEN	L. Zielinski	110	
Open	Teen (16-17)		
123 lbs.	J. Keathly	370	
H. Logsdon	Teen (18-19)		
210	J. Beasley	215	
181 lbs.	DEADLIFT		
R. Palmer	MEN		
500	Open		
198 lbs.	181 lbs.		
C. Greer	R. Palmer	700	
385	220 lbs.		
220 lbs.	K. Phillips	700	
D. Nealy	275 lbs.		
610	B. Morris	560	
242 lbs.	Master (60-69)		
J. Centers	L. Greer	340	
410	Subteen (12)		
Spec. Olympics	L. Zielinski	175	
H. Logsdon	Submaster (33-39)		
210	K. Phillips	700	
Master (40-49)	FEMALE		
148 lbs.	Teen (13-15)		
C. Flower	L. Greer	200	
325	BP	DL	TOT
275 lbs.			
R. Ritchie	500	700	1200
505	K. Phillips	425	700
Master (60-69)	Submaster	425	700
185	220 lbs.	425	700
W. Stinson	K. Phillips	425	700
185	275 lbs.	460	540
Junior (20-23)	S. Nagle	460	540
M. Phelps	Junior	280	400
390	198 lbs.	280	400
MEN	S. Harris	280	400
Open	Master (50-59)	445	560
181 lbs.	275 lbs.	445	560
R. Palmer	B. Norris	445	560
220 lbs.	Teen (13-15)	245	495
K. Phillips	220 lbs.	245	495
Submaster	J. LaCroix	245	495
220 lbs.	Subteen (11-12)	110	175
K. Phillips	89 lbs.	110	175
275 lbs.	L. Zielinski	110	175
S. Nagle	Teen (13-15)		
Junior	A. Presutto	90	220
198 lbs.	Best Lifter Bench: Dewayne Nealy. Best		
S. Harris	Lifter Deadlift: Ron Palmer. Best Lifter		
Master (50-59)	Push Pull Total: Ron Palmer. (Thanks to		
275 lbs.	Jeff Ruwe for providing these results)		

HERB GLOSSBRENNER SUFFERS STROKE!



Just before his planned trip to cover the IPA Nationals in November, Herb Glossbrenner was hospitalized from what appeared to be the effects of a series of strokes. Following his hospital stay, he was transferred to a rehabilitation facility, where he has been undergoing therapy. The strokes did initially cause substantial physical deficit on his right hand side, his speech was slurred, and some memory lapses occurred. Herb has since been working very diligently on his rehabilitation program and his recent progress has been encouraging. He has been walking (with assistance) and his speech problem has been almost completely resolved, but the recovery process is by no means complete and could take several more months. Those wishing to contribute to Herb's recovery may send checks payable to Herb Glossbrenner, in care of Powerlifting USA, Box 467, Camarillo, CA 93011.

BACK ISSUE OF THE MONTH

The November 1996 issue of PL USA had 6' 4", 385 lb. James "Hollywood" Henderson on the cover, along with Anthony Clark trying an 800 lb. bench press at the Mr. Olympia contest, with Joe Weider screaming him on to success. The first article inside was on the APF Can Am Championships, held in Las Vegas. Among the winners was a young teenage phenom, Jose Garcia, whom you may know from more recent exploits. He won the 198 lbs. class with a 727 squat, a 363 bench press, 573 deadlift, for a 1664 total. James Henderson, with his IPF World Record bench press of 705 lbs., was profiled by Marty Gallagher. He challenged the world to face him, without a bench shirt. Triboxin, a new technology in phytosteroid research from Russia, was described for Powerlifting USA by Rick Brunner, of Athletika. An ADFPA champion indicated that he had increased his total from 1700 to 1900 in just over a year, by using the Triboxin extract. Maris

Stemberg had an extensive profile in this issue, not only covering her lifting, but other aspects of her personal life, including her virtuosity in music. The Workout of the Month was the Wade Hooper squat routine. Bob Rood, Master lifter extraordinaire, was interviewed by Bob Gaynor. The amazingly huge and muscular Grant Pitts was pictured in a memorable image with Tamara Grimwood. There was also a great shot of Phil Farmer and Walt Austen doing a gigantic two-man deadlift at the FIBO Show in Germany. The Louie Simmons training article was about solving problems by using unique devices: like the front squat harness, as well as the safety squat bar, and other products, like the Manta

Ray. Louie purchases everything on the market that can possibly make his lifters stronger. He goes on to note that his conjugate training theory might best be described by Rowdy Roddy Pippin, who said, "Just when you think you have all the answers, that's when we change all the questions." Judd Biasiotto, Ph.D., continued his series on "The Search for Excellence," 165 had four different leaders, Jay the Black Athlete. Part 550, John Inzer in the deadlift with Daniels talked about how to use the 'power powders', baby powder and chalk. The AAU Raw Nationals was covered, and among the winners was Kathy Leistner. Herb Glossbrenner continued his series on historical powerlifting events with the story of the 9th Senior Nationals, held

in Dunmore, PA. Jo Jo White was among the winners, in the SHW division, with Joe Rhodes winning the 165s. Herb continued his Supermen of the Century compilation, with Jon Cole, winning the 242 and 275 divisions, and Mark Henry the SHWs, in this combined powerlifting and Olympic lifting ranking. Paul Wrenn was profiled by Steve Baldwin. The Cyclops campaign for bringing powerlifting into the Olympics was described after its official launch on September 1st. The Top 100 at Excellence, 780, and Rickey Crain in the total with 1829. Elsewhere on the list, Gordon Santee was 96th in the squat with 523. Deb Erney was 60th in the bench press with 386. Rudy Ruettiger was 89th in the deadlift with 540, and Jon Smoker was 85th in the total with 1380. To purchase this back issue of Powerlifting USA and dozens of others, see our listings on pages 48-51 of this edition.



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TOP 100 For standard 165 lb./75 Kg. USA lifters in results received from Nov/2004 through Oct/2005

SQUAT	BENCH	DEADLIFT	TOTAL
1 854 Conyers, T..9/24/05	600 Mazza, J..3/5/05	683 Conyers, T..3/4/05	2022 Conyers, T..9/24/05
2 833 Hatch, N..10/29/05	556 Heck, B..3/5/05	680 Holmes, E..11/28/04	1962 Palmer, R..3/4/05
3 804 Berardinelli, A..3/4/05	540 Osgood, D..6/26/05	672 Palmer, R..3/4/05	1912 Berardinelli, A..3/4/05
4 799 Palmer, R..3/4/05	534 Hatch, N..10/29/05	661 Gordon, J..9/10/05	1901 Hatch, N..10/29/05
5 749 Hooper, W..5/7/05	513 Schwab, W..8/6/05	644 Berardinelli, A..3/4/05	1855 Hooper, W..5/7/05
6 715 Crowe, B..4/9/05	512 Hooper, W..7/16/05	635 Snelling, R..8/14/05	1768 Schwab, B..6/18/05
7 705 McElroy, J..6/4/05	512 Hickman, R..9/30/05	628 Schwab, B..8/6/05	1755 Crowe, B..4/9/05
8 694 Strickland, B..3/4/05	507 Petrillo, D..3/4/05	625 Adams, T..12/11/04	1747 Gordon, J..9/10/05
9 683 Fields, G..3/12/05	500 Miller, L..3/19/05	622 Talmant, E..9/24/05	1741 Petrillo, D..3/4/05
10 683 Phelps, L..10/29/05	496 Hara, M..5/21/05	611 Franks, A..11/11/04	1741 Petrillo, D..3/4/05
11 677 Gordon, J..9/10/05	490 Palmer, R..3/4/05	611 Hooper, W..5/7/05	1692 Strickland, B..3/4/05
12 672 Schwab, B..6/18/05	485 Conyers, T..9/24/05	610 Braca, J..5/21/05	1664 Tincher, B..6/4/05
13 672 Stone, E..7/30/05	476 Tom, T..6/11/05	610 McElroy, J..12/11/04	1664 McElroy, J..6/4/05
14 661 Petrillo, D..3/4/05	473 Davila, A..8/6/05	606 Flagg, D..10/16/05	1603 Andrew, T..11/6/04
15 650 Talmant, E..9/24/05	473 Richmond, M..9/30/05	601 Hokoana, M..11/11/04	1603 Marshal, G..3/20/05
16 644 Hardy, M..6/4/05	462 Berardinelli, A..3/4/05	600 Fields, G..3/12/05	1592 Nickson, E..12/11/04
17 633 Andrew, T..11/6/04	462 Luther, J..3/19/05	600 Usai, G..4/3/05	1570 Stone, E..7/30/05
18 628 Tincher, B..6/4/05	462 Tincher, B..6/4/05	600 Nickson, E..5/7/05	1565 Hammers, D..4/16/05
19 606 Rhinehart, R..4/9/05	462 Baker, G..6/4/05	600 Wright, G..10/1/05	1560 Holmes, E..11/28/04
20 606 Ripley, G..6/4/05	460 Crowe, B..4/9/05	589 Sigala, M..7/30/05	1548 Hardy, M..6/4/05
21 605 Maynard, R..4/16/05	460 Delgado, J..6/25/05	584 Little, A..5/21/05	1537 Schupbach, J..5/7/05
22 600 Nickson, E..12/11/04	460 Moutzon, J..6/25/05	580 James, B..4/2/05	1530 Maynard, R..4/16/05
23 600 McVane, A..6/26/05	457 Fields, G..3/12/05	580 Crowe, B..4/9/05	1515 Straub, T..5/7/05
24 595 Marshal, G..3/20/05	451 Alves, J..6/11/05	580 Theodorou, N..7/23/05	1504 Phelps, L..10/29/05
25 589 Straub, T..5/7/05	450 Lewis, M..12/11/04	578 Benezra, J..11/10/04	1500 Talmant, E..3/19/05
26 586 Woodworth, M..6/18/05	450 Campbell, B..3/19/05	578 Spangler, R..11/10/04	1500 Snelling, R..4/23/05
27 584 Hastie, M..12/11/04	447 Cook, K..11/12/04	578 Reichert, R..6/11/05	1493 Braca, J..5/21/05
28 584 Hammers, D..4/16/05	446 Weingust, S..11/12/04	578 Reichert, G..8/13/05	1493 Murphy, J..6/18/05
29 573 Keenan, P..5/7/05	446 Baer, J..1/15/05	575 Friday, S..3/26/05	1485 McVane, A..6/26/05
30 567 Lumpe, S..5/14/05	446 Nickson, E..9/30/05	573 Fleming, M..11/11/04	1477 Woodworth, M..6/18/05
31 565 Hicks, K..11/19/04	440 Ruelan, M..2/26/05	573 Chiodo, D..11/13/04	1471 Davis, K..5/7/05
32 560 James, B..4/2/05	440 Maynard, R..4/16/05	573 Petrillo, D..3/4/05	1471 Keenan, P..5/7/05
33 551 France, G..1/29/05	440 Brewer, P..4/16/05	573 Strickland, B..3/4/05	1471 Marcus, R..6/4/05
34 551 Cagliola, M..4/2/05	435 Andrew, T..11/6/04	573 Marshal, G..3/20/05	1470 Cagliola, M..4/2/05
35 551 Braca, J..5/21/05	435 Hanifen, L..12/11/04	573 Schupbach, J..5/7/05	1450 Sigala, M..12/11/04
36 551 Lewis, C..9/24/05	435 Marshal, G..3/20/05	573 Felton, D..5/28/05	1455 Reichert, G..8/13/05
37 551 Marcus, R..6/4/05	435 Murphy, J..6/18/05	573 Tincher, B..6/4/05	1445 Hicks, K..11/19/04
38 551 Murphy, J..6/18/05	435 Cagliola, M..9/17/05	567 Friedman, C..1/29/05	1444 Vasquez, J..4/9/05
39 551 Reichert, G..7/16/05	435 Strickland, B..10/29/05	567 Davis, K..4/2/05	1444 Thompson, D..5/7/05
40 551 Rivera, M..7/30/05	430 Feldman, M..11/12/04	567 Cressey, E..7/30/05	1427 Rhinehart, R..4/9/05
41 550 Holmes, E..11/28/04	430 Hensley, T..8/6/05	565 Sylvester, S..12/05	1421 Hara, M..5/21/05
42 550 Schupbach, J..2/26/05	425 Leming, B..11/13/04	565 McVane, A..4/2/05	1420 Benezra, J..12/4/04
43 550 Hardy, M..3/19/05	425 Stinson, T..4/2/05	565 Manmano, E..8/13/05	1410 Sorenson, D..11/13/04
44 545 Franklin, T..4/2/05	425 Bunch, S..6/12/05	562 Smith, G..3/26/05	1410 Smith, G..3/26/05
45 545 Gutierrez, N..4/16/05	424 Saewong, C..6/11/05	562 Hammers, D..4/16/05	1410 Little, A..5/21/05
46 540 Sorenson, D..11/13/04	424 Kaneshiro, S..6/11/05	562 Kaneshiro, D..6/11/05	1410 Ripley, G..6/4/05
47 540 Cortez, J..4/2/05	424 Rickett, T..9/17/05	556 Tyree, J..11/10/04	1410 Proxmire, B..9/17/05
48 540 Thomas, T..7/16/05	418 Hammers, D..4/16/05	555 Vallis, J..8/13/04	1405 Wright, G..10/1/05
49 535 Rosario, J..4/3/05	418 Moorehead, B..5/22/05	551 Coats, P..2/26/05	1400 Hardy, M..3/19/05
50 534 Sigala, M..12/11/04	415 Maoury, D..5/14/05	551 Rhinehart, R..4/9/05	1400 Williams, O..9/17/05
51 534 Vasquez, J..4/9/05	413 Geraghty, M..5/21/05	551 Stephens, A..6/11/05	1399 Hanifen, L..12/11/05
52 534 Little, A..5/21/05	413 Gordon, J..6/4/05	550 Brilla, N..3/11/05	1399 Stephens, L..6/11/05
53 530 Snelling, R..4/23/05	410 Hager, A..11/13/04	550 Barrera, G..3/12/05	1390 James, B..4/2/05
54 529 Hulse, M..2/12/05	410 Birt, R..10/1/05	550 Walker, B..4/2/05	1388 Coats, P..2/26/05
55 529 Smith, G..3/26/05	407 Bateman, K..11/12/04	550 Hart, M..6/26/05	1388 Lewis, C..5/21/05
56 529 Fleming, M..6/25/05	407 Daniels, K..11/13/04	545 High, R..11/6/04	1388 Cressey, E..7/30/05
57 529 Caceres, A..9/10/05	407 Kim, A..7/9/05	545 Sorenson, D..11/13/04	1383 Rivera, M..7/30/05
58 525 Davis, R..4/2/05	405 McBride, K..4/16/05	545 Straub, T..5/7/05	1377 Kim, A..7/9/05
59 525 Williams, O..9/17/05	405 Ward, J..6/4/05	545 Biasetti, A..6/4/05	1372 France, G..1/29/05
60 523 Davis, K..5/7/05	405 Bunch, B..8/21/05	545 Ashworth, J..8/13/05	1372 Gutierrez, N..1/29/05
61 520 Carter, C..4/2/05	405 Hazelton, S..9/17/05	541 Yeats, J..5/21/05	1372 Ruelan, M..2/26/05
62 520 Chaney, C..4/16/05	402 Schupbach, J..5/7/05	540 Davis, R..4/2/05	1365 Montegudo, M..10/1/05
63 520 Montegudo, M..10/1/05	402 Thompson, D..5/7/05	540 Heinen, S..5/14/05	1361 Fleming, M..6/25/05
64 518 Flores, R..4/23/05	402 Silva, P..5/14/05	540 Hatch, N..6/4/05	1355 Mueller, A..4/2/05
65 518 Thompson, D..5/7/05	402 Hardy, M..6/4/05	540 Marcus, R..6/4/05	1350 Cardwell, V..11/13/04
66 518 Myers, C..9/24/05	400 Gordon, H..12/11/04	540 Santee, G..6/11/05	1350 Tan, H..4/9/05
67 515 Clark, L..3/26/05	400 Sturgill, A..2/12/05	535 Clay, A..3/5/05	1350 Lumpe, S..5/14/05
68 512 Bolen, K..3/12/05	400 Hillyard, R..10/5/05	534 Andrew, T..11/6/04	1345 Manmano, E..8/13/05
69 512 Tan, H..4/9/05	399 Royer, N..12/11/04	534 Rivers, L..4/16/05	1344 Bolen, K..3/12/05
70 510 Benezra, J..12/4/04	396 Hamby, D..11/3/04	534 Koneci, S..4/16/05	1340 Cortez, J..3/12/05
71 507 Armstrong, A..12/10/04	396 Vasquez, J..5/7/05	534 Flores, R..4/23/05	1340 Davis, R..4/2/05
72 507 Coats, P..2/26/05	396 Bracken, D..5/21/05	534 Keenan, P..5/7/05	1335 Armstrong, A..4/23/05
73 505 Hewitt, J..3/5/05	396 Martynuk, O..7/29/05	534 Woodworth, M..8/13/05	1333 Mehmel, C..4/9/05
74 505 Cosby, B..4/2/05	395 Perkins, Z..2/12/05	530 Rodgers, C..11/6/04	1322 Karpinski, B..12/11/04
75 505 Rayner, C..6/18/05	390 Bonola, A..4/10/05	530 Davis, D..11/7/04	1320 Hewitt, J..3/5/05
76 501 Karpinski, B..12/11/04	390 Boyington, D..7/9/05	530 Jones, J..11/20/04	1317 Friedman, C..1/29/05
77 501 Eggers, J..2/12/05	390 Proxmire, B..9/17/05	530 Hewitt, J..3/5/05	1317 Flores, R..4/23/05
78 501 Mehmel, C..4/9/05	386 Reino, A..9/11/05	530 Williams, O..3/12/05	1315 Clark, L..3/26/05
79 501 Jones, K..4/9/05	385 Fleming, P..3/12/05	530 Chutade, F..4/9/05	1315 Biasetti, A..6/4/05
80 501 Boggs, A..4/9/05	385 Whitt, B..3/19/05	529 Godard, R..11/11/04	1310 Dawson, N..4/2/05
81 501 Stephens, A..6/11/05	385 Francis, S..4/2/05	529 Cardwell, V..11/13/04	1306 Hulse, M..2/12/05
82 501 Cressey, E..7/30/05	385 McElroy, J..6/4/05	529 Labrie, D..1/29/05	1306 Geraghty, M..5/21/05
83 501 Wilson, N..8/27/05	385 Somera, A..8/6/05	529 Lewis, C..4/21/05	1300 Polak, J..4/23/05
84 500 Matthew, L..11/19/04	380 Grisham, S..4/30/05	525 Turpin, M..4/22/05	1295 Rilling, B..2/19/05
85 500 Proxmire, B..2/20/05	380 Straub, T..5/7/05	523 Jones, K..4/9/05	1295 Jones, K..4/9/05
86 500 Sei, C..3/5/05	380 Marcus, R..6/4/05	523 Thompson, D..5/7/05	1290 Clay, A..3/5/05
87 500 Kling, J..3/12/05	380 Mitsuda, C..6/11/05	523 Macri, M..5/7/05	1290 Sylvester, S..3/12/05
88 500 Young, W..3/12/05	380 Venturella, C..6/11/05	523 Stone, E..7/30/05	1290 Barrera, G..4/2/05
89 500 Mueller, A..4/2/05	380 Steiner, L..6/18/05	520 Sharp, A..11/13/04	1290 Franklin, T..4/2/05
90 500 Caouette, J..5/21/05	380 League, T..8/6/05	520 Stazer, J..4/2/05	1290 Johnson, A..4/30/05
91 500 Jenkins, J..9/17/05	380 Brock, J..8/13/05	520 Brewer, J..4/2/05	1289 Francis, S..4/2/05
92 495 Zemer, B..4/2/05	380 Dross, J..9/25/05	520 Johnson, A..4/2/05	1289 Frank, J..6/18/05
93 490 Winchel, S..3/11/05	380 O'Grady, K..10/29/05	520 Proxmire, B..9/17/05	1289 Caceres, A..9/10/05
94 490 Michalec, K..3/12/05	375 Hicks, K..11/19/04	520 Smith, A..9/25/05	1280 Matthew, L..11/19/04
95 490 Chutade, F..4/9/05	375 Campbell, T..1/29/05	520 Montegudo, M..5/7/05	1280 Dyer, J..11/21/04
96 490 Garza, A..4/9/05	375 Sharp, A..3/19/05	518 France, G..6/11/05	1280 Elsberry, J..9/17/05
97 490 Frank, J..6/18/05	375 Clark, D..6/11/05	518 Schumacher, C..1/29/05	1280 Kling, J..9/17/05
98 485 Cardwell, V..11/13/04	375 Champion, R..6/11/05	518 Bolen, K..3/12/05	1275 Sei, C..3/4/05
99 485 Cortez, H..3/12/05	375 Kowarsch, K..6/11/05	518 Vasquez, J..4/9/05	1275 Zemer, B..4/2/05
100 485 Fineis-Curry, B..4/23/05	375 Elsberry, J..9/17/05	518 Diaz, C..5/15/05	1275 Bruce, C..4/2/05

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NEXT MONTH... TOP 181s

CORRECTIONS ... Rick Hess should have been credited with a 555 bench press on the TOP 100 list for the 220 lb. class. Alexander Kang should have been credited with a 424 lb. deadlift on the TOP 100 listing for the 132 lb. class. Jim Warner should have received TOP 100 credit for his 535 deadlift in the 148s. On the TOP 100 ranking for the 165 lb. class, previous to this current list, Jim Yeats did not received credit for his 529 deadlift. He has a 541 on the list on this ranking. Jeremy Benezra should have been listed with a 540 deadlift, in the 165 lb. class, rather than 440, in the results of the Feb. 12th, 2004 USAPL meet in Aurora, OR. If you find errors in our ranking lists or the competition results that we publish, let us know at **POWERLIFTING USA Errors Department**, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

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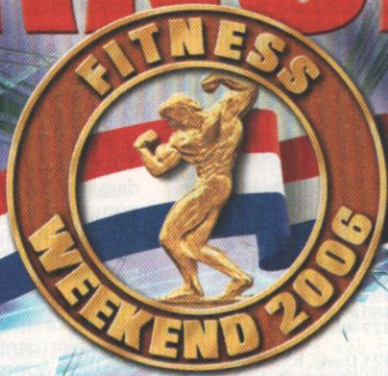
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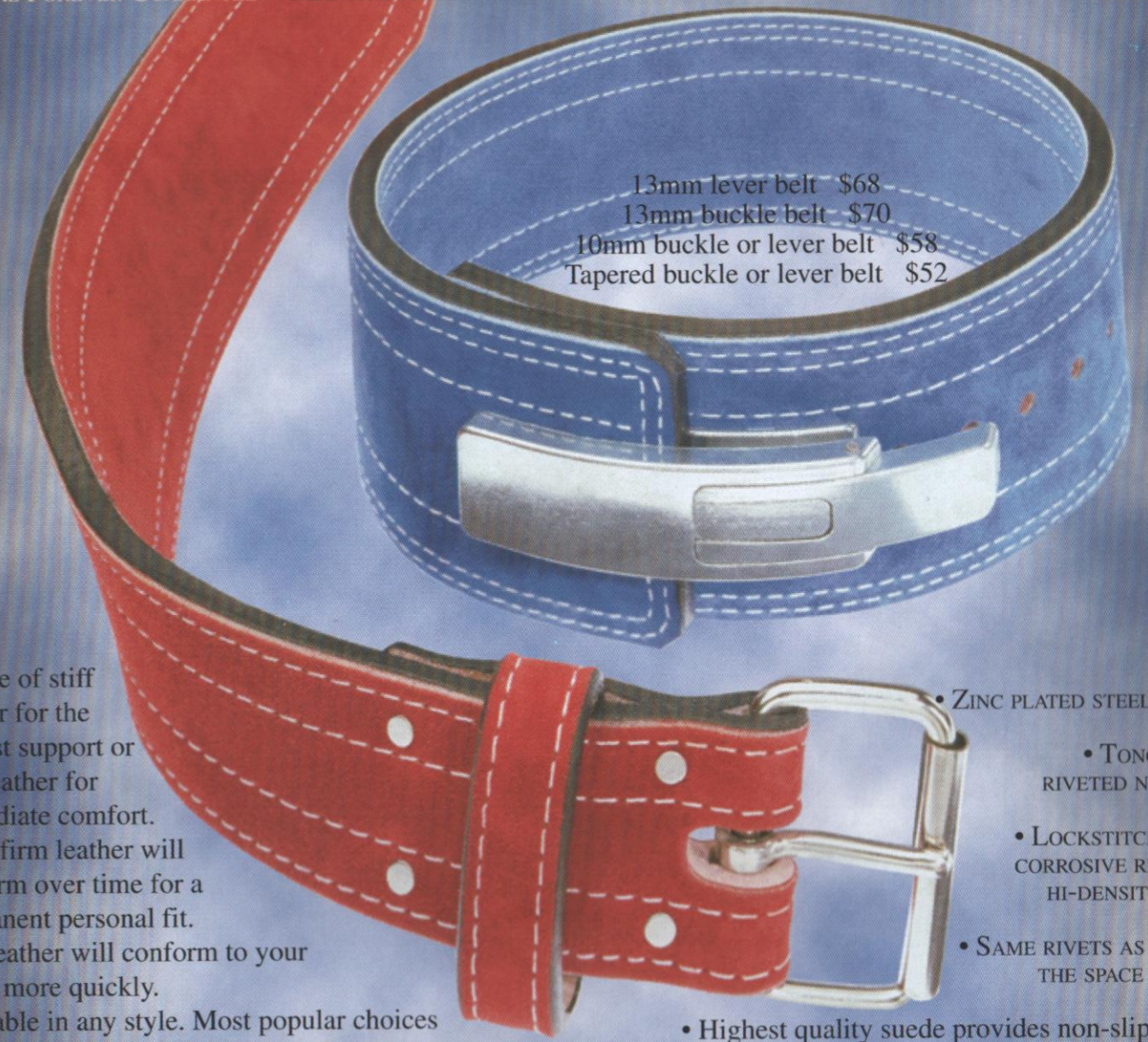
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Archery Challenge ■ Yoga For Sports ■ Strength Training Summit ■ Armwrestling Challenge
Boxing ■ Figure and Speed Skating ■ Wrestling ■ Volleyball ■ Hockey Skills

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THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE

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