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MUSCLE MENU

- Volume 29, Number 6 - March 2006 -

FIT EXPO BENCH PRESS NEWS	Mike Lambert	6
WESTSIDE BENCH PRESS	Louie Simmons	10
IPF MEN'S WORLDS.....		14
"ONE CAR GARAGE" TRAINING	Jim Wendler	18
WORKOUT OF THE MONTH	Tim Ferriss	26
JEFF LEWIS INTERVIEW	Bruce Citerman	28
DR. JUDD	Judd Biasiotto Ph.D.	30
MARK SWANK INTERVIEW	Ned Lowe	36
STARTIN' OUT	Doug Daniels	37
ASK THE DOCTOR	Mauro Di Pasquale M.D.	42
WNPF WORLD CHAMPIONSHIPS		43
HARDCORE GYM #51	Rick Brewer	45
POWER NUTRITION	Anthony Ricciuto	46
BACK ISSUES		52
COMING EVENTS	Mike Lambert	57
UNCLASSIFIED ADS		102
TOP 100 198s	Mike Lambert	103

ON THE COVER - Scot Mendelson basking in the glory of his successful 1008 lb. opener in the bench press, following the Iron Man bodybuilding contest. The next day he gave away 5 figures worth of prize money to Tiny Meeker, Jason Jackson, and Kara Bohigian at his invitational bench press contest

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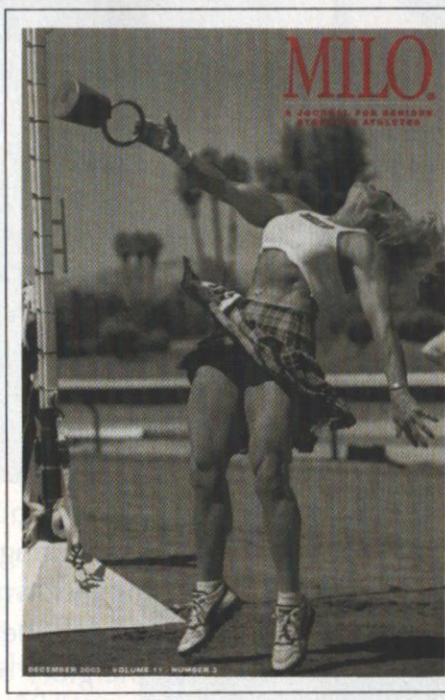
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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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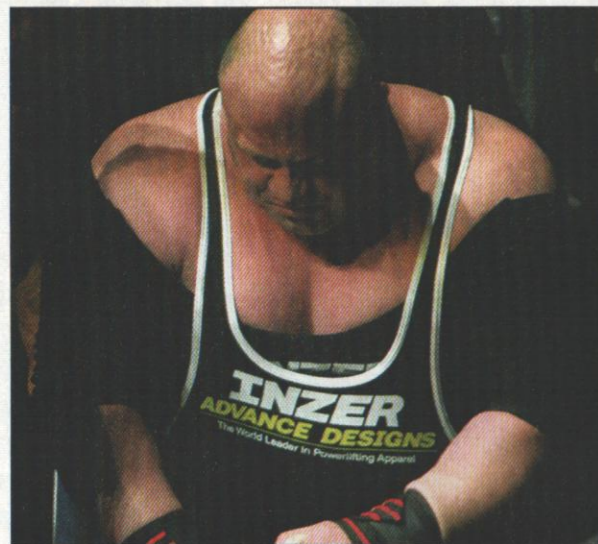
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Mendy Benches 1008 lbs.!



Not long after some thought he would never lift again (a car accident crushed his ankle, and it still remains in a brace, despite several surgeries) Scot Mendelson returned to competition to achieve his ultimate goal of benching over 1000 lbs., on Feb. 18, 2006, following the IRON MAN bodybuilding competition at the Pasadena Civic Auditorium. After hitting 1008 twice in his final workout, Scot decided to open with that same all time bench press poundage. It took quite a while to clear the stage, get the equipment in place, and finish his warmups, but he drove up the weight strongly for three white lights from the referees. His effort had not been promoted in advance, but about 2/3s of the IRON MAN crowd witnessed the event. He then took 1030 on a 2nd attempt, and had it moving, but it fell forward, out of the groove. On his final, stunning attempt he went to 1049 lbs., and was bringing it down, when his shirt began to rip and the spotters took the bar. Weighing a huge 351, Scot basked in the glory of the moment and then set out to prepare to run his Bench Press Classic the next day at the neighboring Fit Expo facility.

Tiny Meeker Goes 942 @ 308!

Paul "TINY" Meeker, 5' 9" and 307.5 lbs., opened his bench efforts at the Scot Mendelson Bench Press Classic at the Fit Expo in Pasadena, CA with 887, a successful PR. Missing at 916 on a 2nd, he boldly jumped to 942, and drove the weight up smoothly. After some confusion about the rack signal was resolved, the lift was approved 2-1. This makes Tiny the heaviest triple bodyweight bench presser in history, along with the all time record in the 308 lb. class.

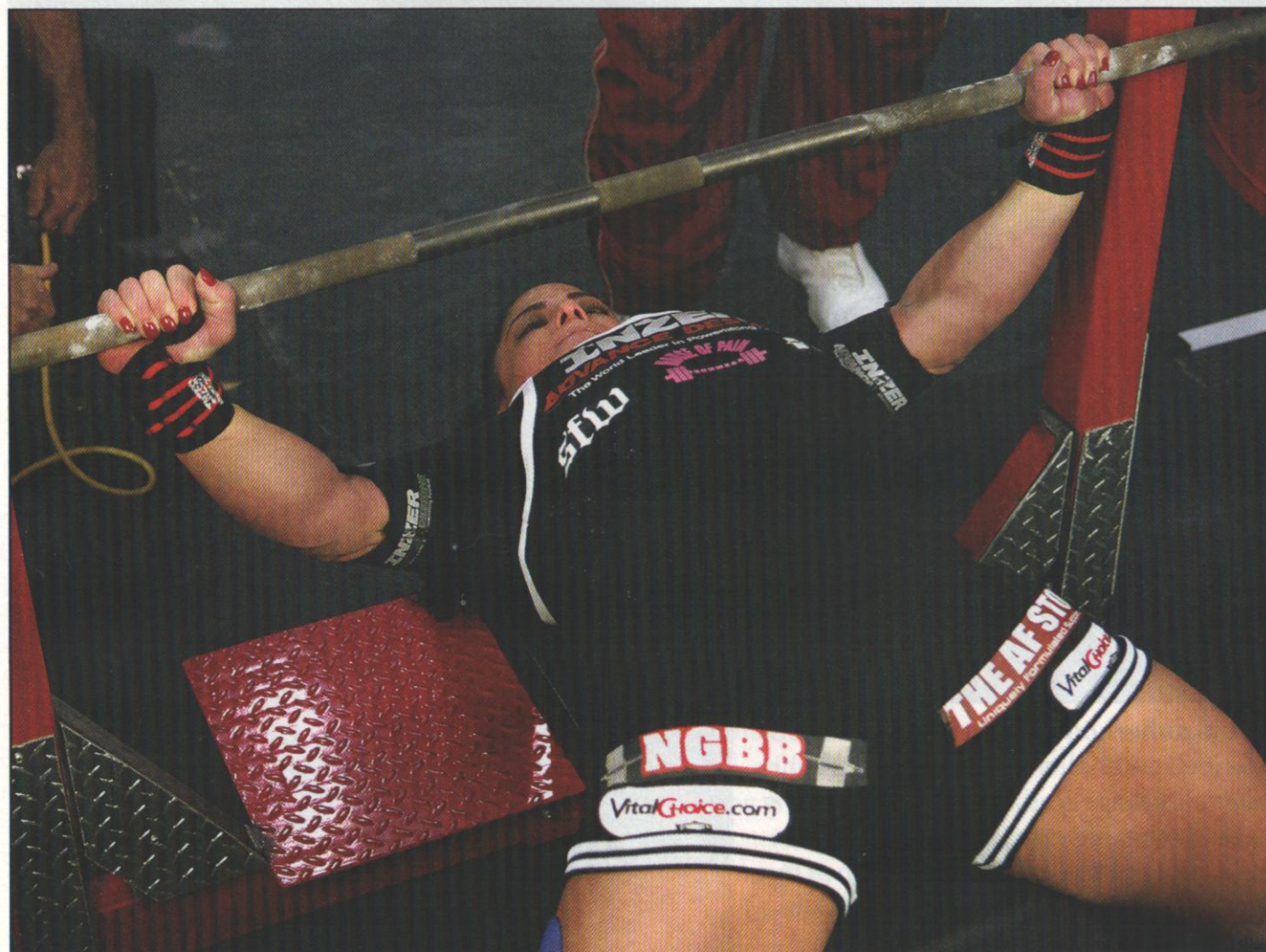


The Brotherhood of the Bench ... Scot Mendelson challenged Tiny to break his own all time record, as well as coaching several other lifters to PRs. Both are reportedly going to the WPO Bench Bash at the Arnold Classic. Tiny plans to bust 1000 lbs., drug free, sometime during 2006.



Kara Bohigian Blasts 430!

Despite having her knee in a brace, Kara "BENCH PRESS BARBIE" Bohigian went up to the 165s and added a new dimension to the lift .. you've heard of wide stance squatting, and wide stance deadlifting .. now it's wide stance benching. With her grip at the max and feet widely flared to the sides, she opened with 374, and went 402, 418, and - after a brief delay - hit a fabulous 4th attempt at an all time world record of 430, all of which were smooth, solid, and easy, earning the sincere congrats of M.C. Shawna Mendelson.



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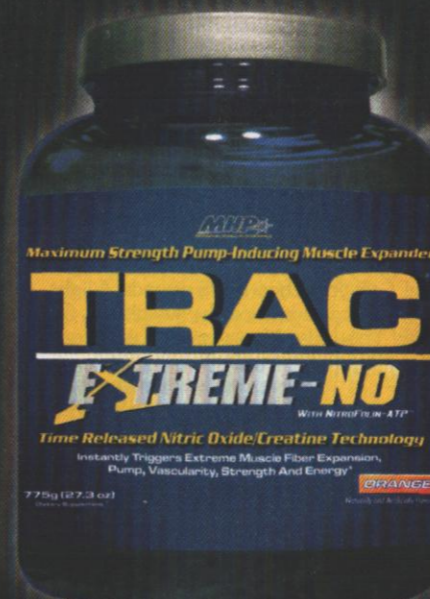
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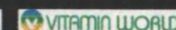


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TRAINING

WESTSIDE BENCH PRESS PROGRAM as told to Powerlifting USA by Louie Simmons

I am frequently asked to write personal workouts for a fee. However, I don't have the time to do this. Westside makes training tapes on all matters of training. Plus, I write articles for *Powerlifting USA* almost monthly. This way we can reach a large audience. Besides not having the time to do personal workouts, if I can't see you in person, I can't tell your weaknesses, which could be a muscle group or bad form.

It takes years to learn the powerlifts. After 13 years of training, I realized I knew very little about it, even after making Top 10 lifts in all categories from 1972 to 2002.

I was eighth in the bench press in 1980 without a bench shirt, so I know how to raise a raw bench. I was sixth in 2002 with a bench shirt, but very weak. Shortly after that, I received a new shoulder socket, bicep surgery, and a second shoulder operation.

I started to understand bench

press training in 1993 after 23 years of continuous training. Back then, Westside had three 600 pound benchers, all juniors. Now, after 25 years, I am beginning to understand more fully how to bench. As of 2005, Westside has produced 16 700+ benchers and one 800+ bench. In addition, 25 650+ benchers, with the lightest being Jason Fry, who did 650 at 180 pounds.

6 WEEK GENERAL PROGRAM

The following is a 6 week general program that Westside follows. Incidentally, all the men I write about, train at Westside. Anyone is welcome to visit. Just set up a date, as we are not open to the public.

Speed work, or the dynamic method, will develop a fast rate of force. Maximal strength comes from special exercises. On Saturday, or Sunday, do speed work. After a good warm up, do 9 sets of 3 reps. John Stafford's bench is 733 at 275. his weight on the bar

is 205-225. This is 45% of his 1-rep max on floor press. This formula works for everyone. The grips are 3 sets with the index finger touching the smooth part of the bar, 3 sets with the thumbs extending from the edge of the smooth part of the bar, and 3 sets with the little fingers on the power ring. You must use mini-bands or 2 or 3 sets of chains, Westside style.

This simple method will build all major muscle groups. Press the bar in a straight line, not over the face. This is the safest way to bench, and remember, the shortest distance between two points is a straight line. Lower the bar as fast as possible to create a strong stretch reflex for reversal strength. Your speed with your worst grip should be at least 0.7 meters/second.

After benching, choose a bar triceps exercise -- J.M. Press, straight-bar triceps extensions, or football bar extensions -- 3-6 reps per set, working up as heavy as possible on that particular day. Then choose a second triceps exercise with dumbbells, e.g., extensions with elbows out to the sides or roll-backs with palms facing, working up in weight, or choosing a weight and do multiple sets. Dumbbell reps are in the 6-12 range, 40-70 total reps. The triceps are the prime bench press mover. They must fire first. To do that, they have to be the strongest muscle group. At the first sign of staleness, change the barbell or dumbbell exercise or both, so progress can continue throughout the year.

Next, do lat work. Again, choose one or two exercises: barbell or dumbbell rows, chest supported rows, lat pull-downs, etc. your lats help place the bar on the chest, by helping you to lower the bar. Reps and sets, as for all exercises, are based on your level or preparedness.

Last, work the side and rear delts, upper back, and biceps with hammer curls. Do pre-hab work for pecs and rotators.

On max effort day, work up to a max single. It may not be an all-time record, but it must be a current max doing sets of 2 or 3 reps with weights about 90% is known as the

method of heavy efforts. Please remember, the volume is high, but the intensity can be higher. If you train at 85, 90, or 95%, you are really only using 85, 90, or 95% of your muscle potential, not 100%. Your technique must be built by singles.

Limit the top lifts, after a good warm up, to 3. The first weight should be at 90% or so, the second near a record or just above, then possible one more single. For example, for a floor press record of 500 pounds, the first attempt might be 450, the second 490., and the last, 505.

This workout should occur on Wednesday. This allows 10 days off heavy weights before meet time. This also is 72 hours from the last extreme bench workout.

I will now outline a 6 week program. The sequence can change to fit your preference, and you can add or replace the core exercises in this program.

Workout 1: Do floor press with 200 pounds of chain draped over the sleeve. Next, add weight to the bar until a max on that day results. George Halbert's best is 445 with 200 pounds of chain. This is how George works up to his best:

- 135 plus chains for 5 reps
- 225 plus chains for 3 reps
- 275 plus chains for 3 reps
- 315 plus chains for 1 rep
- 365 plus chains for 1 rep
- 405 plus chains for 1 rep

Try a new max or the most on this day. Then, as a speed day, do triceps lats, upper back, and rear and side delts.

A 300-350 pound raw bench should use 3 sets of chains. A 350-450 pound bench should use 4 sets of chains, although anyone can use any amount of chain to set a record. If you use two different grips with all three chain weights, you have five workouts to choose from.

Workout 2: Do overhead band presses, or the lightened method, by attaching a Jump-Stretch band at the top of a power rack. You can reduce the weight at your chest by 155 with a strong set of bands. A medium set will reduce the weight at your chest by 95 pounds. A light set will reduce the weight by 65 pounds. After warming up, work up to a max single.

My personal records were 580 with strong bands and 520 with medium bands. This was right on with the 60 pound difference between the band strengths. Amy Weisberger has a 370 bench and mostly uses the medium and light bands.

This is very close to duplicating the value of a bench shirt without using one. Get a PR with a close grip and a wide grip with three different band strengths and two different grips. This represents five completely different workouts.

Always follow with triceps, lats, upper back, and rear and side delts.

Workout 3: do football bar presses. This bar allows the palms to be facing each other. We work up to a new PR for 3 reps or a 1 rep max. the bar has different width grips to choose from: close, medium and wide. We use it by itself or with mini-bands, light bands, or a set(s) or chains. During the workout, at least two grips are used. This bar works the triceps hard. Then flat, incline, or decline presses are done the J.M. Press is performed at times also duplicating the groove of a bench press shirt. It is very effective, although it hits the triceps very hard. You must again work extensions with dumbbells, with the elbows in or the roll-back variety. Then do lat work. Always rotate exercises that work the same muscle groups, but in a slightly different way. Last, do upper back, rear and side delts, and hammer curls.

Again, look at the possibilities: two different band tensions, three chain weights, and three grips to choose adds up to eight different workout PRs to break.

Workout 4: Do illegally wide benching. Take a grip outside the power ring, wider than allowed at a contest. Work up to a max 6 reps. I got this from Bill Seno, a great bench and bodybuilder from the 1960s through early 1980s. You can also work up to an 8 rep max and even a 10 rep max. This was Bill's intention for me, but I didn't like 8 or 10 reps. It simply took too much energy. Sorry, Bill. But those wide 6s gave me a top 10 bench in 1980. If you never trained for a raw bench, you would never know how to get one. I'm sure Scott Mendelson will have good tips for a raw bench.

On the day after benching, do dumbbells on an incline or decline for several sets. This is primarily a hypertrophy day. Most dumbbell presses are done with palms facing each other. A few sets can be done with the thumbs facing each other because that simulates taking the bar out of the rack. As always, do triceps first, then lats, upper back, and rear and side delts. Note: We don't work front delts directly too often due to over training. I observed that the guys who do a lot of front delts are not our best benchers. As you can see, max effort day can be replaced with a repetition day to increase muscle mass. No one method will work; you must use all proven methods.


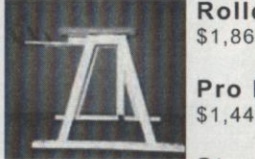
Workout 5: Do band presses by attaching bands to the bottom of your neck. You can build a fast start and a strong lockout. A mini-band attached to the bottom of our power rack (see the Bench Workout DVD) will add 40 pounds at the chest and 85 pounds at the lockout. A monster mini-band will add 50 pounds at the chest and 110 at lockout. A light band doubled up at the bottom will add 100 pounds at the chest and 200 at the top.


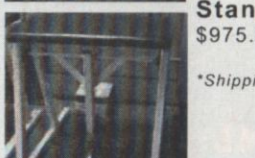
Halbert, Wolf, and Winters, guys who bench over 600 raw, use medium and strong bands and even multiple bands. Work up to a single. Full range is mostly used, but sometimes we press off power rack pins or boards. Your band tension may vary, depending on how you hook up the bands. Use two grips: a wide grip and also a close grip. This will result in two PRs. Don't forget to do triceps, lats, and so forth.

Workout 6: Do board presses. I did board presses in 1970. The Culver City Westside guys were doing them at that time. I got very little out of them. Why? I had weak triceps. Larry Pacifico said I had to work my triceps if I ever was to bench big. He was right. In 1993, Jesse Kellum said I should use them again. Now we were training our triceps very hard. After our success, everyone is doing board presses and everyone's an expert.

Here's the truth about board presses. They are not a tricep builder if you start the lift with your pecs. Many do just that. Start the

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motion with the arms. I watch a lot of people do board presses thinking that they will build a strong lockout. I saw people do board presses with bench shirts continuously, and two

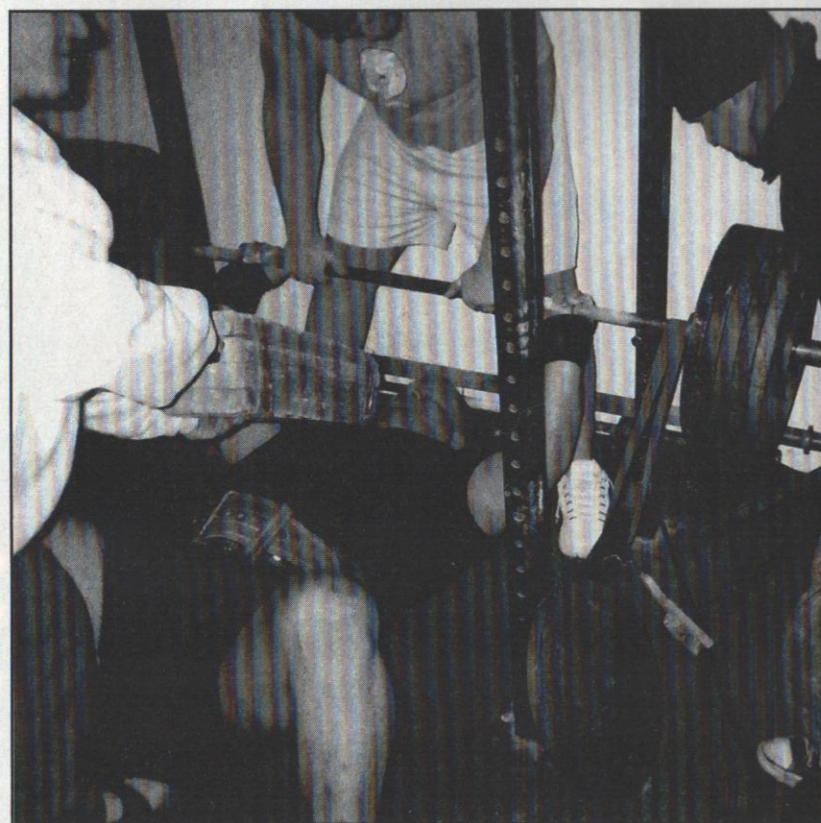
of them lost their lockout at the meet by 60 pounds. The others were not Top 10 benchers anyway. Remember, the bench is a full range motion. Maybe this is why so many dump the bar on their belly, not practicing full range motion.

The workout is simple. After a warm-up, work up to a max single. One, two, or three boards are used at Westside. Four and five boards are for isolating the triceps.

There are exercises that build strength and those that test strength. Board presses test strength. Have you ever watched point karate? They always stop the punch just short of the face. Well, I believe the board press does the same thing. I hear what so and so did off a board press, only to go to the meet and be unable to touch their chest. I think his name was Curly or Moe. Or maybe it was Larry. But who cares? What a stooge!

These workouts give you a wide variety to choose from. Mix and match any way you want. See you at the meet.

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Inside Westside ... Amy Weisberger handles the boards as Matt Smith trains the bench press. (this photograph provided by the courtesy of Randy Bumgarner)

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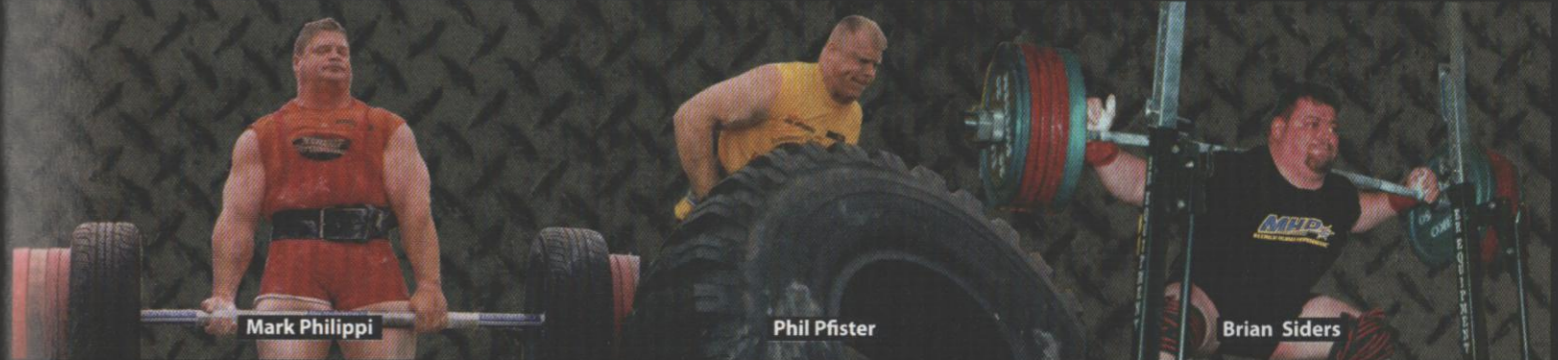
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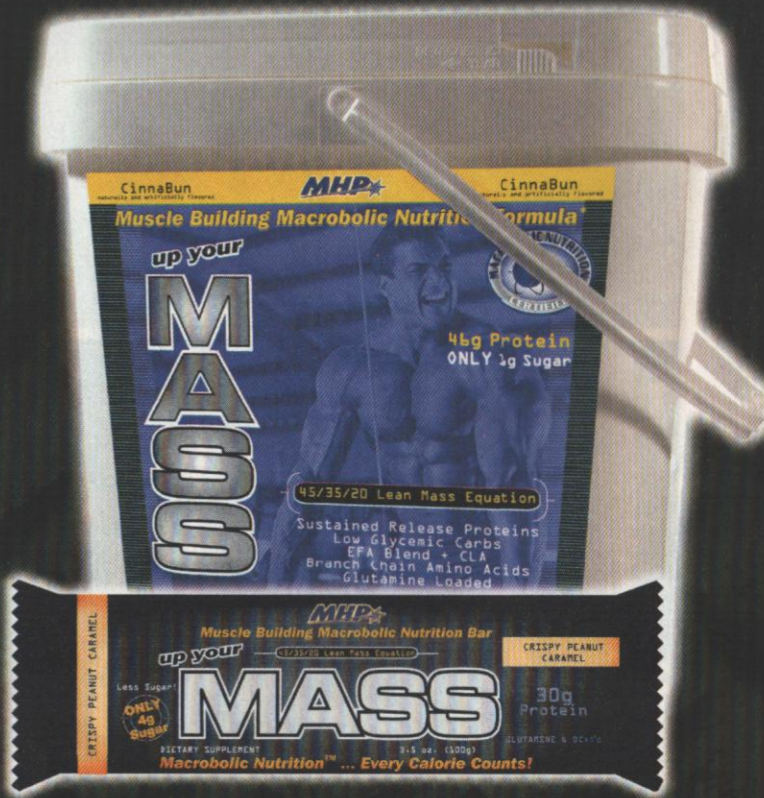
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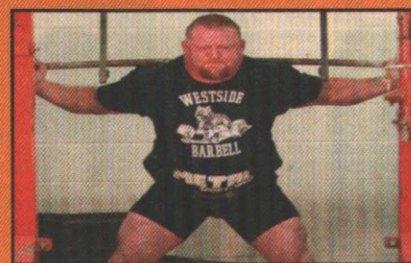
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HOW TO KICK ASS IN A ONE CAR GARAGE

I'm not going to write an introduction on why commercial gyms aren't the best equipped or the best atmosphere for powerlifting. It's been beaten to death and we all know it's true. So instead of trying to get you all worked up on another 'Sick of Your Gym' rant, I'm going to tell you how we, The Confederate Barbell Club, did it.

The Confederate Barbell Club was located in Lexington, Kentucky. It began when Kevin Deweese, Jason Adams and I got together and started plotting how the hell we were going to train without the aid of the University of Kentucky. We were used to the plush equipment and temperature controlled atmosphere that the UK gave us. We traded this in for a small, sometimes unpleasant one car garage. I wouldn't have done it any differently.

The Set Up

Jason rented a one car garage in his apartment complex and this soon became our home. This is what we outfitted the garage with in the beginning -

- Power Rack
- Dumbbell Bench (to be used inside power rack)
- Modified Glute Ham Raise (Jason got this at a garage sale and we had to modify and weld the hell out of it; we actually used the wall as a footplate for awhile)
- Olympic Dumbbell Handles
- Texas Squat Bar
- Texas Power Bar
- Lat Pull Machine
- A ton of weight
- A lot of chalk
- Bands
- Chains for benching/squatting
- Chains for suspended good mornings
- 2, 3, 4, 5 boards for board pressing
- A couple of vats of liniment
- Fan
- Space Heater
- Sled
- Stereo
- Various lat pull handles
- Plyo box that UK threw out that we commandeered for box squatting.

Eventually we added these pieces:

- Pro Reverse Hyperextension
- Power Bench Rack (2x2)
- Glute Ham Raise
- Safety Squat Bar
- Rackable Cambered Squat Bar
- Jump Stretch Sumo Platform

For those just starting their own place, you really only need the basics. I would start with the following pieces:

- 2x2 Power Rack
- Box Squat Box
- 2, 3, 4, 5 boards
- Chalk
- Flat Dumbbell Bench
- Texas Power Bar
- A lot of weight

After you have this initial set up, I would look into the following pieces. Having talked to hundreds of people that have set up their own home gyms, these are the more popular items that they get to complete their weight room. Remember that some of these are going to be dependant on space or lack thereof.

- Glute Ham Raise
- Reverse Hyper
- Lat Pulldown machine (and some attachments; usually the DD handle, a triceps rope, and a straight bar)
- 45 degree back raise
- Dumbbells or dumbbell handles
- Specialty bars (these include the safety squat bar, rackable cambered squat bar, squat bar, deadlift bar, cambered bench bar)
- Monolift (this can be done!)
- Bands (I recommend getting the band pack as it's probably your best deal)
- Chains (For most lifters, a complete set of chains and one extra pair of the 5/8" chain will work well)

If you have these things, you are well on your way to building your own gym. From there you can expand based on your needs and the space that you have.

So the big pieces in our weight room were the rack, the GHR, the Reverse Hyperextension, the bench rack and the lat pulldown. These 6 items took up the most floor space and everything was stacked around it. During the summer, to make more space, we would move the GHR outside. While this set up seems (and it was) very cramped, it was actually a good thing. Because

we were in tight quarters, everyone was forced to be attentive to each other; coaching form, spotting and giving encouragement. There wasn't an option to wander around and do nothing. Also, because there wasn't a lot of space, whatever max effort lift was being done, everyone did it. It wasn't like one person could do cambered bar good mornings and someone else would be doing box squats or some kind of pull. This also gave us a sense of camaraderie and teamwork. Even during our assistance lifts, there wasn't much deviation from the pack.

So how did we set all this up and make it work? The first thing that Jason did was lay plywood down, covering the entire garage. He stacked 2 (two) 3/4 in. pieces of plywood on top of each other. To this plywood, we bolted the power rack, the Reverse Hyperextension, and the Power Bench Rack. Inside the squat rack we stapled thin carpeting. This can be found at any Home Depot and is relatively cheap. We did this to give us traction for squatting and pulling. Carpeting is

the best option for squatting as there is almost no chance of your feet slipping. But it must be thin so as not have too much cushion. I think that we had to replace the carpeting after 6 months of constant use. We also carpeted the area in front of the Power Bench Rack so our feet wouldn't slip on the plywood. We also had an area in front of the squat rack with carpeting for doing pulls.

A word of warning: be sure you have a good layout in your gym BEFORE you bolt anything down. You might look into some *feng shui* for some tips on setting your weight room up.

Important points:

- Lay down plywood and screw your equipment down.
- Use carpeting where you are going to place your feet.

Handling the Weather

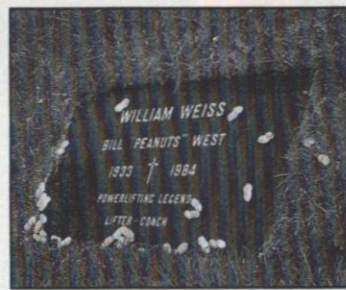
Living in Kentucky isn't too bad in the summer or the winter, but it's not like its Hawaii. For the summertime, you must open up the garage door and you must have a fan. Between sets, I recommend going outside for some extra air; it's always cooler out there. You must have a lot of water and Gatorade. A few towels to wipe off the sweat from the bench aren't a bad idea either.

As bad as the warm weather is, nothing can compare to the winter time. The first thing we did was insulate the garage door. This helped quite a bit. A space heater was also gold. It may take awhile

only extraordinary physical power, but also some highly innovative training techniques. "Peanuts" was honored, over 20 years after his tragic passing, with a memorial marker installation ceremony at Holy Cross Cemetery on February 4th, 2006. Contributions for the marker had come in from all over the sport of Powerlifting. Actor (and Elder at the Crystal Cathedral) Robert Doqui made a very moving statement about



Bill 'Peanuts' West at the 1969 Sr. Los Angeles contest, spotted by George Frenn, from the Westside Barbell Club, one car garage gym.



Bill loved his "namesake" and those at the memorial marker ceremony made sure Mr. West got one last peanut from each of them.

to heat up, but its well worth it. Make sure you dress appropriately and actually do a warm-up.

Important points:

- Get a space heater.
- Get a fan.

The Training

So how the hell did we train in here? The most people we could handle at one time were about 4. We've had more than that and it became a nightmare. Because we all did the basic 4 day WSB split, there wasn't a lot of guessing on what we would do on each day.

At the time, none of us had families, so our scheduling worked out fairly well.

Bench Press: The biggest challenge that we had to face when training the bench press was not max effort or dynamic work; it was the assistance work afterward. Because we had limited space and equipment, our assistance work centered on a few key movements.

Shoulders: Standing Military Press: This was easy to set up and easy to move through quickly. This was probably the main movements for shoulders.

Incline Press: All we had was a flat dumbbell bench so we had to raise the end of the bench (using boxes and cinder blocks) to make an incline bench. This wasn't that big of a deal once we learned the correct combination. Because of space, if someone wanted to do these you could not do military presses or dumbbell bench presses.

Dumbbell Bench Press/Incline Press:

We did have Olympic dumbbell handles but when training in a group of 4 guys, this can be a huge pain in the ass to change the weights. If one of us were going to use the dumbbell handles, only one other guy usually trained with him. As a side note, when using Olympic dumbbell handles for bench pressing or incline pressing do NOT use spring collars. These will kill your legs when you set the dumbbells on them. I highly recommend using some kind of flat, simple collar that doesn't stick out too far. Also, make sure that it's very strong and tight. The last thing you want is the plates falling off and tearing your shoulder or smacking your head. This was not a big part of our shoulder training arsenal.

Triceps: We did some pin lockouts but stuck to doing 4 and 5 board presses with and without bands. We rarely did extensions. Not because we didn't have dumbbells but because they didn't work very well.

Lats: We did have a lat pulldown machine but it wasn't the best and it was a little shaky. For the most part, we did a lot of dumbbell rows, bent over rows and pull ups for our lat work. We also didn't have a chest supported row machine, which is my favorite lat movement. A couple of times we would incline the dumbbell bench and perform chest supported dumbbell rows on it. This is a great movement and I highly recommend it. Another great way to do pulldowns is to

attach two bands to the top of the power rack, sit on the ground and tug away. Our rack was about 7 feet tall, so average bands worked well.

Upper Back: For upper back work, we stuck with band face pulls, rear laterals (holding plates, not dumbbells), seated DB cleans (we also held plates when doing these). This wasn't too much of a challenge.

Important points:

- The standing shoulder press, bent over row and pull-up are your friends.
- Olympic dumbbell handles are great, but can be hard to divvy up amongst friends.

The Squat/Deadlift Dynamic Squat

The big day for us was Friday. This was the start of the weekend but only after we got done squatting. Because we had only one squat rack and four guys, we all would take a turn squatting. We never had a set order; we went when we felt good. But here is how we did this:

- One guy squatted, two guys spotted/changed weights, one guy warmed up (this means dynamic flexibility work, glute ham raises, abs, etc.) and helped coach. Everyone was very involved in each other's workout.
- The lifter never did anything but lift; he did not change weights, chains or bands.
- Someone always watched the clock.

There was constant coaching and positive and negative feedback. Once you were done, you remained as a coach. You could still do some assistance work during this time. After everyone was done squatting, hamstring, low back and abdominal work was done. If the weather wasn't bad, we brought the GHR outside to give us more room. 99% of our assistance work involved the GHR, the reverse hyperextension and weighted sit ups.

After all training sessions, there was a lot of talking. We bounced ideas off of each other and learned a lot of great information. This is the male version of the beauty salon.

Max Effort Squat/Deadlift

Because of the tight quarters, everyone did the same max effort lift. We never mapped anything out, but the

majority of our max effort work was:

- Cambered bar box squats
- Safety squat bar box squats
- Cambered bar suspended good mornings
- Deadlifts off elevated platform
- Rack deadlifts

These 5 lifts comprised the majority of our deadlift training. Again, we always had three spotters during the lift for safety and for coaching.

We also had a dry erase board in the gym that had all of our max effort lifts on it so we always had an accurate record.

Assistance lifts

Because we had a reverse hyperextension and a glute ham raise, this made up the majority of our assistance work. We also did a lot of sled work when there wasn't a ton of ice on the street. There is really nothing that we couldn't do, outside of machines such as a Power Squat or leg press, in regards to assistance work for the squat and deadlift.

We were very limited with space, so lunges were certainly not done unless they were done outside.

Important point:

- You must work as team.

How to Win Friends and Not Get Kicked Out

When we decided to start this gym our initial fear was that we were going to be kicked out because of the loud music and all the noise. So in order to combat this we simply weren't assholes to people. We helped people move into their apartments numerous times. We also befriended the grounds crew and most of the neighbors that were in the general vicinity of the garage. We also made friends with the crazy guy next door who could weld or bolt anything. We developed good relations with just about everyone so when the music or the noise got too loud we were never "turned in". Even the loud sled dragging never became an issue.

Important point:

- Don't be an ass and you will be rewarded.

So if you are looking to start up your own garage gym, here are the most important things you need to know:

1. Get a space
2. Use plywood and carpet
3. Account for the weather
4. Get the minimum equipment and expand from there
5. Get reliable training partners

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"Peanuts" as did all who were present at the proceedings, which were organized by Bill Ennis and his wife Evelyn. A record breaking squatter and national champion, Bill West influenced thousands through his coaching, training insights, and charismatic personality. To the Powerlifting community, he had been lost, for many years, but now he has been found again. As the ceremony began, one final couple trudged up

the steep hill to the site of the presentation. It was Josh West, who bears an astonishing resemblance to his uncle "Peanuts", and his mother Lynn. As a final tribute for the day, each of the participants in the ceremony placed a peanut on Bill's headstone, but the memories of Bill West continued to flow for long after the ceremony had ended, and hopefully they will continue to do so for future generations of Powerlifters.



Bill's Hall of Fame certificates from both the California State and the USPF National Hall of Fame were on hand for the event.



Lynn and Josh West shared a photo album full of memories of Bill "Peanuts" West and his brother Bert with event organizer Bill Ennis.

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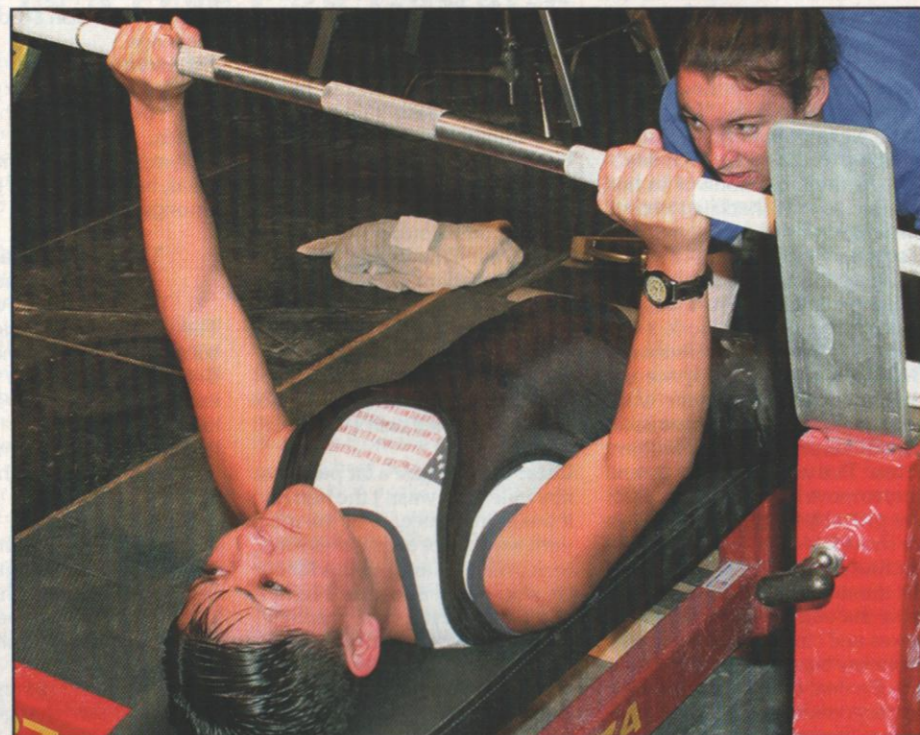
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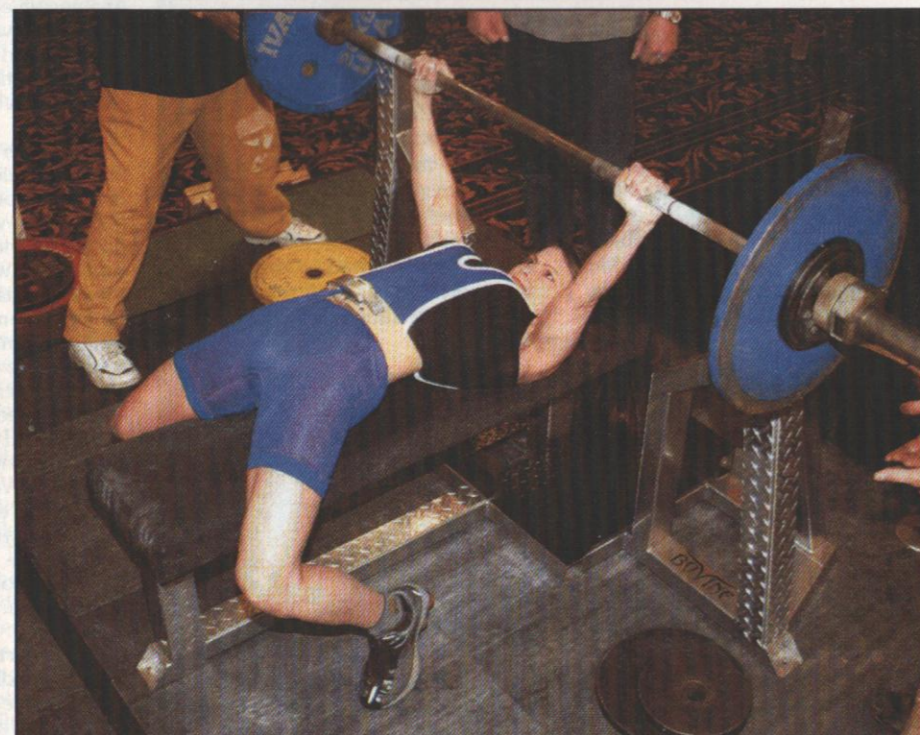
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MORE PHOTOS FROM THE WABDL WORLDS HELD RECENTLY IN RENO, NEVADA



Soledad Rosas was one of the most inspirational lifters at the competition, getting to the platform on a walker, and then proceeding to bench a world class 126 lbs. at 105 bodyweight. (photo provided to Powerlifting USA by CSS Photo Design)



Christine Moorman did some exceptional bench pressing at the WABDL Worlds in Reno, Nevada. (this photograph was provided by courtesy of Gus Rethwisch)



Betty Lafferty is a terrific example of the benefits of weight training (photograph courtesy of Gus Rethwisch)



Chuck Venturella got a 40-46 Masters 148 lb. world record of 392.3 pounds

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

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

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

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

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

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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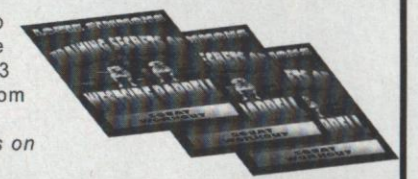
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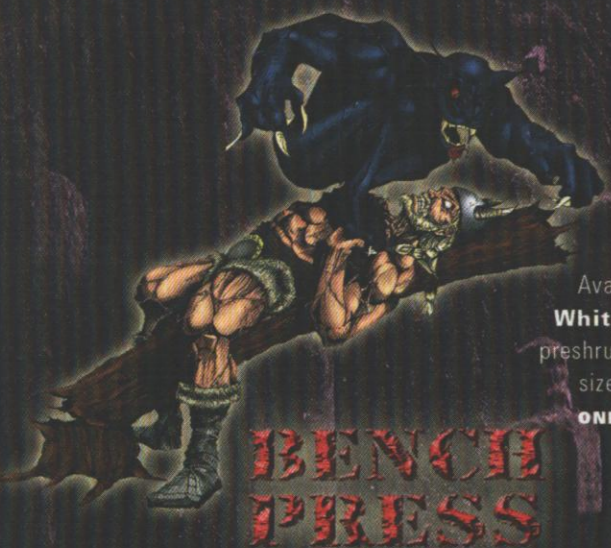
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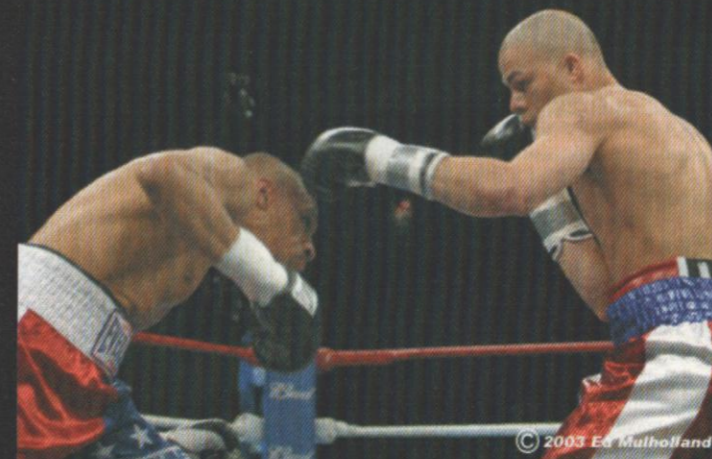
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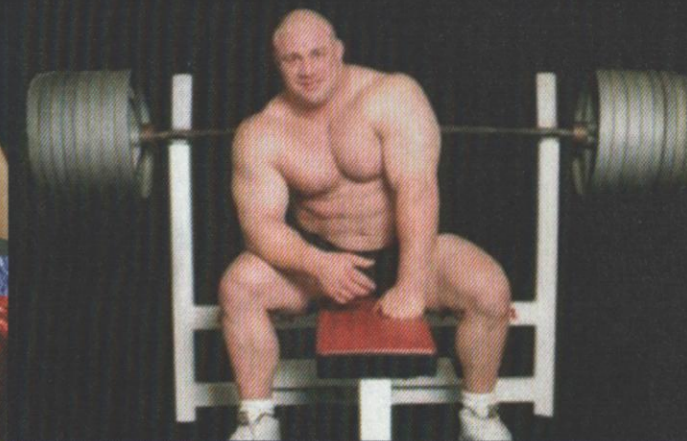
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9 World Records in Powerlifting

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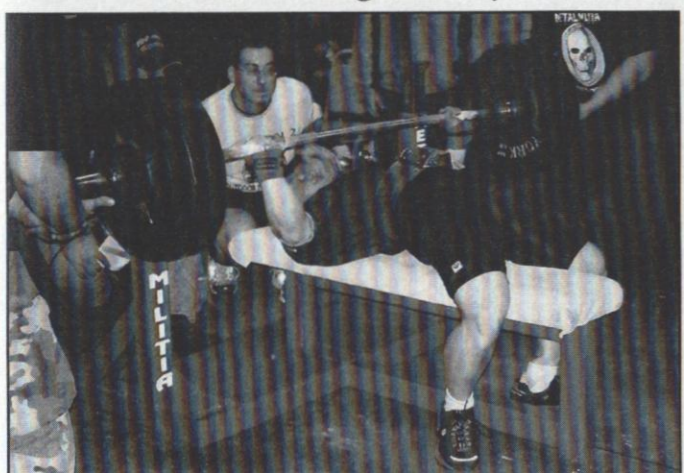
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WORKOUT OF THE MONTH

Joe Ceklovsky's 4 x bodywt. BP Plan as told to Powerlifting USA by Tim Ferriss



Joe Ceklovsky drove up a world all time best 520 at 148 in Feb. 2005

"Then I do overhead triceps extensions with a 130 lb. dumbbell for 8-10 reps." Joe added nonchalantly. I paused and took a second to digest what I'd heard. Doesn't he only weigh 147 lbs.?

Joe Ceklovsky, age 31, is the best bench presser you've never heard of. Quiet and reserved, more than a few have missed his meteoric rise to the top of the lifting world. Six years ago, when he started training at 113 lbs. bodyweight, his bench was a respectable 175. Three months later, after consuming 20x his bodyweight in calories daily and a following a program of basics — 6-8 rep sets of bench, squat, deadlifts, weighted dips, and dumbbell triceps extensions — he topped off at a lean 142 lbs and was ready to take the stage. On February 19th 2005, with only three meets spread over one and a half years, he broke Markus Schick's all-time bench press record at 147.5 lbs. by locking out an unprecedented 520 lbs. In 2006, Joe is aiming for 550 and the seemingly mythical quadruple bodyweight bench. How could this all happen in such a short period of time? He took time to explain it all.

This article includes all three facets of his regimen: technique, nutrition and supplements, in addition to exact workout exercises and poundages.

Joe is a bench specialist and no longer performs squats, due to the stress they place on the elbows, nor deadlifts. He focuses instead on primarily triceps training and technique, in addition to building leg

drive with squat alternatives. The weekly regimen is: **Mondays:** Bench Press; **Tuesdays:** Legs; **Wednesdays:** Off; **Thursdays:** Arms; **Fridays:** Back and Shoulders; **Saturdays:** Off; **Sundays:** Off

Joe's daily nutritional schedule on training days is simple and consistent: **7am:** wake; **7:15am:** protein shake; **(7:30am-5pm:** work); **9:15am:** yogurt and oatmeal; **12:15pm:** cold cut sandwich; **3:15pm:** protein shake; **5pm:** work ends; **5:30pm:** protein shake or sandwich (light snack before workout); **Immediately post-workout:** protein shake; **Post-workout dinner:** pasta, chicken, steak, baked potato

Joe does not use many supplements, but there are two that he has used with consistent and dramatic improvements in recovery and performance: **BodyQUICK®** (Cognamine) as a pre-workout product and **Overdrive Gearman** protein powder as a meal replacement and post-workout product.

"I've been using BodyQUICK since before I broke the all-time record, and I would not work out without it. If I take three capsules with grapefruit juice about 30 minutes before a workout, not only do I move more weight, but I literally don't tire between sets. It's like your whole nervous system is upgraded."

"Overdrive Gearman protein is exactly what a protein should be: simple, pure, and effective. With the volume necessary for a record-breaking bench, protein is one of my

highest priorities, and this is the best product I have found for filling my high protein needs."

The bench press is reserved for Mondays following two days of complete rest. Joe's technical checklist for each lift is as follows:

1. Set grip width with bar rings between the middle and ring fingers
2. Roll shoulders back and place the trapezius, not rear delts, on the bench for maximum elevation and arch
3. Walk feet towards the bar and underneath body until they are under the hips and the heels are approximately 6" apart. Joe does not set the feet first and then slide the hips forward, but does exactly the opposite.
4. Ensure that the glutes are in full contact with the bench prior to the hand off
5. Perform every lift, including warm-ups, with the "press" and "rack" commands from your training partner. It is critical to train under contest conditions, which corrects two primary errors of bench press athletes: beating the press command and losing control of the bar at full extension prior to the rack command.

The weight progression for three weeks from contest date is detailed below, with rest periods in parentheses. Notice how Joe tapers in maximum training weight as he approaches the scheduled meet:

Three weeks from contest, assuming a max attempt of 550 in the meet: 135 x 12 (30s.), 185 x 10 (30s.), 225 x 8 (30s.), 255 x 5 (30s.), 275 x 2. Add shirt — Joe uses only Inzer gear after an equipment failure with a max PR attempt. Using three 2x4 boards vertically on the chest: 315 x 3 (2 min.), 365 x 2 (2 min.). Using two 2x4 boards vertically on the chest: 405 x 1 (2 min.), 440 x 1 (5 min.), 520 x 1.

For two weeks out, the last set of 520 is dropped to 515 and then again to 500 the last Monday workout prior to the Saturday meet. Joe will only train up to his opening lift in the week prior to competition. Incline dumbbell press: 4 sets of 8 reps, 100 lbs. (2 min.). (Alternated with Hammer plate-loaded flat bench).

TUESDAYS - LEGS: Cybex Leg-Press (Feet parallel and 3" apart, bringing knees to chest): 400 x 12 (1.5 min.), 600 x 12 (1.5 min.), 800 x 10 (2 min.), 1000 x 10 x 2 sets (4 min.), 1100 x 10 x 2 sets (4 min.); Icarian Hacksquat (Thighs to parallel): 145 x 10 x 2 sets (3 min.), 195 x 10 (4 min.), 315 x 10 x 3 sets (4 min.); Leg extension: 60 x 10 (warm-up), 140 x 12 x 4 sets (4 min.)

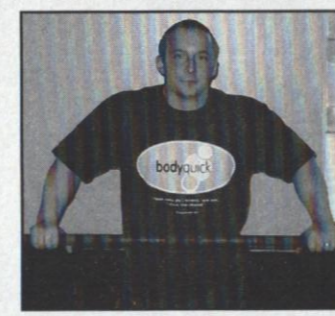
THURSDAY - ARMS: Dips with Weighted Belt: BW x 12 x 3 sets (1 min.), 90 x 10 (1.5 min.), 135 x 10 (3 min.), 160 x 10 (4 min.), 170 x 8 (4 min.), 180 x 6. Dips are alternated weekly with board extensions using three 2 x 4 boards for lock-out development. The same rest progression for Monday is used: 135 x 12 x 2 sets, 225 x 10, 275 x 10, 315 x 8 x 2 sets, 340 x 5, 365 x 3, 375 x 2, 385 x 1 x 2 sets; Dumbbell Triceps Extension behind Head with Two Hands: 80 x 12 (1

min.), 100 x 10 (1 min.), 120 x 10 x 2 sets (2 min.), 130 x 8 x 2 sets (2 min.), 140 x 6 (DB extensions are alternated weekly with reverse-grip cable pressdowns for 4 sets of 10 reps); Seated Dumbbell Curls (non-incline, 1.5 min. rest between all): 25 x 10, 35 x 10 x 3, 40 x 10, 45 x 10; Straight Bar Curls (1.5 min. rest between all): 70 x 10, 100 x 10 x 2, 120 x 10; Hammer Preacher Curl (1.5 min. rest between all): 135 x 10 x 2, 185 x 10 x 2

FRIDAY - BACK AND SHOULDERS: Unlike some bench specialists, Joe emphasizes NOT to direct much work to the shoulder musculature: "Don't go crazy. Conserve recovery ability for the bench." This is imperative for maximum performance on Mondays. Use 1.5 minute rest intervals for all exercises and sets. T-Bar Rows (performed by placing the end of an Olympic bar in a corner and using the V attachment for pull-downs): 90 x 12 x 2 sets (weight does not include weight of bar), 135 x 10, 180 x 10, 225 x 10, 250 x 8; Pull-downs to Chest using V Attachment (pause at chest): 80 x 10, 120 x 10, 160 x 10, 200 x 10; Hammer Row (weights indicated by poundages on either side): 90 x 10, 115 x 10, 135 x 10, 160 x 10 (Hammer Row is alternated weekly with DB rows: 100 x 6 x 1 set, 120 x 6 x 2 sets, 130 x 6 x 1 set); Dumbbell Front Raises: 20 x 10, 25 x 10, 30 x 10, 35 x 10, 40 x 10; Seated Dumbbell Lateral Raise (to 4" above parallel): 25 x 10, 30 x 10 x 2 sets, 35 x 10; Body Master Reverse Pec Deck for Rear Deltoids: 40 x 10, 50 x 10, 60 x 10 x 2 sets; Dumbbell Shrugs: 70 x 15, 85 x 15, 100 x 15, 120 x 12.

This may be the first feature article about Joe Ceklovsky in PL USA, but it will certainly not be the last. He is built for benching and ready to take on the world, one pound at a time.

Timothy Ferriss is a guest lecturer at Princeton University, in addition to being a member of American College of Sports Medicine (ACSM) and the Institute of Food Technologists. Additional interviews with world-class athletes and world champion powerlifters can be found at www.adaptagenix.com under "articles". He has been interviewed and featured in media worldwide, ranging from the *New York Times* to *MAXIM* magazine and MTV. Tim can be reached at timferriss@gmail.com



Joe Ceklovsky has found BodyQUICK to be beneficial in his training program. (T. Ferriss)

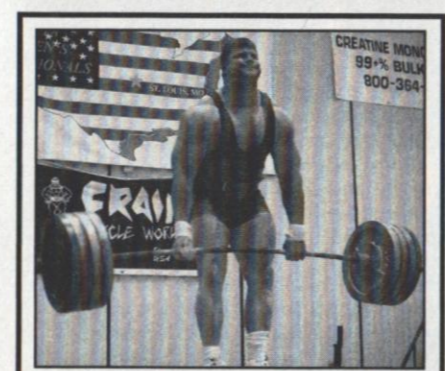
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INTERVIEW

JEFF LEWIS

interviewed by Bruce Citerman

BC: What is your full name?

JL: Jeffrey Michael Lewis

BC: What are your age, bodyweight, and occupation?

JL: I am 35 years old. I am 6'3", and 539 lbs. I went up 12 lbs. for my last meet. Not on purpose, I just didn't keep up on my cardio. I am a Territory Manager for Simplicity Vacuums, at the Tacony Corporation, in Fenton, MO. I am responsible for 11 states and 160 accounts.

BC: What are your best lifts?

JL: My squat is 1201.5 with a Boss suit and briefs, and 959 with a single-ply Titan. My bench is 788 with a 2-ply Fury, 705 with a single-ply Fury, and my Bench America best is 738 with a single ply Fury. My deadlift is 733. My total with a single-ply is 2342, and with a double-ply it is 2679.

BC: How long have you been lifting, and where?

JL: I joined a gym in 1991, the St. Louis Weightlifting Club, shortly after my 21st birthday. I was working full time and going to college. I have always been active in organized sports, and love the thrill of competition. I have lifted in ADFPA, USPF, NASA, SLP, WPO, IPF, USAPL, and a few non-sanctioned events.

BC: What style of training do you use?

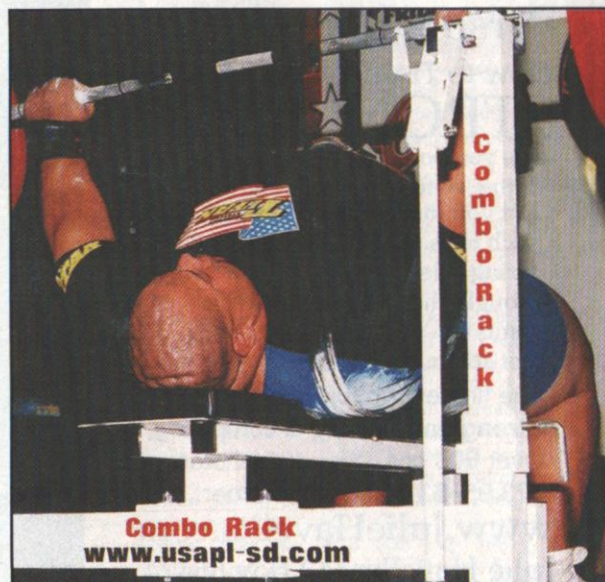
JL: I have been using Westside style for about ten years, although I started out using progressive overload.

BC: What type of equipment do you use, and how do you get the most out of it?

JL: I am currently using Titan gear, Boss suit and briefs, and Boss bench shirt. I use an Inzer Hardcore squat suit to deadlift, when I pull Sumo. I like to keep it simple with the equipment, so I use it every two weeks during the last eight weeks of the cycle. I am still learning to use the bench shirt, so I rely on my training partners, who have had some experience with the double-ply shirts, to help me increase my bench. The squat suit is pretty easy, get it tight and supportive, but not restrictive to the point that you can't hit your groove. I do most of my training without a belt.

BC: What is your background?

JL: Needless to say, I have always been a big guy. I played baseball, soccer, and basketball as a kid. When I got to high school, I started to play select indoor soccer. I played for three different teams, and I was the starting goalie on all three teams. I have always been light on my feet for a big guy and I loved the challenge of the fast little guys thinking I was too slow to dive for balls, and make kick saves and get right back up for the rebounds. I had a lot of practice because my brother was really fast and weighed about 165 lbs., and he was a fantastic soccer player. I am married to Patti Lewis, for nine years, my wonderful wife, and we have one child and he is seven years old. His name is Justin.



Big Jeff Lewis at the '03 USAPL Men's Nationals held in SD.

BC: Where do you train?

JL: I train at Alpha Strength Systems in Festus, MO. We are located about 30 minutes from downtown St. Louis, MO. This place has three power racks, two benches, two reverse hypers, belt squat machine, Mono-lift, two glute-calf-ham machines, and the best power atmosphere anywhere, bar none.

BC: Who do you admire in the sport?

JL: Joe Scalzitti - the man who got me started in the sport, my friend, mentor, and my father figure. I love you, Dad. Pat and Mike Anderson - these guys have been with me through thick and thin. Two of the best training partners for which a person could ask. Their knowledge of the sport and technical advice is unsurpassed. Kurt Richardson, my coach, he knows numbers like no one else. Ed Coan, with his intensity. Captain Kirk with raw power. Also Gene Bell, Brian Siders, Scott Smith, Shane Hamman, Big Clay Brandenburg, Garry Frank, and Dave Ricks.

BC: Do you see any up and coming lifters you'd like to acknowledge?

JL: Yes, there is Justin Newsome, Josh Kirsch, Ben Kuwor, and Rodney Wood.

BC: How did you start lifting?

JL: Joe Scalzitti and Mike Anderson helped me with my first training cycle and took me to my first meet. I have to mention my friends and training partners from the old club, Doc Joe, Mike, Pat, Beer, Hub, Pete Kammerer, Gene Finnochio, Wide Willy, and Darren Gilley.

BC: What lifting technique suits you best in each of the three lifts, and what do you concentrate on most during your lifts?

JL: For my squat, I use a slightly wide stance. For my bench I keep my elbows in, and for my deadlift I use a Sumo stance. When I am lifting, I think about my form, technique, and complete explosive power.

BC: Please list your training bests in some of the more common movements.

JL: Squat: 10 sets of 2 at 455, with 50 seconds rest, and done with all equipment.... 1085 single. Bench with a Boss bench shirt, 800 with a single, 855 on a 3-board, for one rep, 905 for 1 rep rack lockouts. Deadlift with a Hardcore squat suit, 800 for 2 five inch block.

BC: What is your training routine?

JL: Monday: squat and pull: 2-1/2 hours.

Wednesday: speed bench 1-1/2 hours.

Thursday: deadlift and squat assistance 1-1/2 hours. Saturday: heavy bench 2 hours. I also walk for 40 minutes, five days a week.

BC: What specific exercises do you believe have been effective in increasing your bench, squat, and deadlift?

JL: Squat: Raw box squats. Bench: board presses. Deadlift: Nothing yet.

BC: Have you ever reached a plateau on any of your lifts?

JL: My deadlift is a work in progress.

BC: What has gotten you to your current level?

JL: Great coaching and consistent training.

BC: Have you ever had any injuries?

JL: Nothing too serious. I stretch and I see a chiropractor regularly.

BC: How do you feel about what you've accomplished so far and what are your goals?

JL: When I retire, that will be the time to look at accomplishments. For now, I don't put any limits on what I can do. I just go out and compete as hard as I can and use the tools with which God has blessed me.

BC: How do you intend on continuing to progress?

JL: Hard work, dedication, and great coaching.

BC: What do you recommend non-elite lifters should concentrate more on in training?

JL: Keep it simple. Find what works for you and build your core strength. Don't worry about the equipment until you have built a solid foundation.

BC: Describe your nutritional plan.

JL: Breakfast: 5 eggs, 2 bagels, and 1 cup oatmeal. Mid-morning snack: Protein shake.

Lunch: 2 turkey sandwiches on wheat bread, green beans or peas. Mid-afternoon snack: Protein shake, 2 apples. Dinner: Steak or chicken, 2 red potatoes, salad, and vegetables.

Late night: Protein shake and protein bar. I also eat plenty of tuna and mixed nuts. I am going to start working with Anthony Riccuito, the Nutritionist, because I am trying to drop some weight. I would like to get under 500 lbs. and see what happens.

BC: When and where is your next meet?

JL: March, in Columbus, Ohio. The WPO meet at the Arnold Classic.

BC: Anyone you would like to thank?

JL: I thank God for giving me the strength to lift these weights. My training partners and friends, Kurt Richardson, Mike and Pat Anderson, Doc Joe, Joe Scalzitti, Wide Willy Lamiere, Tilden Watson, Kevin Hahn, Charlie Rico, Darren Gilley, Rick Fowler, and the whole Missouri USAPL crew, the Harold Gaines family, my mom, Kathy Lewis, has always been in my corner, Patti, my beautiful wife, as she puts up with me while I'm getting ready for a meet, and thanks for all of your support. I love you. My son, Justin, for understanding what dad has to do. I love you, son. My brother, Buddy, Theresa, Skyler Rob, Nita, Don, Kim and Ronni, Cris Mark, Jenny, Missy, and Titan, and anyone else I missed, thank you for all of your support. I could not do this without you.

BC: What keeps you going?

JL: The desire to be number one and to dominate the sport like no one ever has.

BC: Other than powerlifting, what are your other hobbies?

JL: Spending time with my family, and helping coach my son's teams, and swimming.

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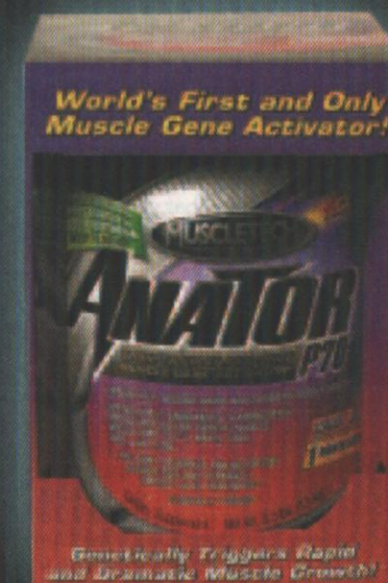
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DR. JUDD

FAN FANATICS ... The Response as told by Judd Biasiotto Ph.D.

After writing for *Powerlifting USA* for more than quarter of a century I am convinced that there is no such thing as total agreement on any issue. Since truth is so often perceived differently by each of us, it would seem that the only hope for harmony among us is if we settle for co-existence. For all those who have good reasons for using equipment in powerlifting, there are as many who feel that it will and/or has significantly impaired the sport's credibility. Hundreds of lifters feel that the use of drugs in powerlifting is justifiable and acceptable, and as many are certain that the use of drugs is unprincipled and morally wrong. I am certain that if someone asked us the color of a red rose at which we were all looking, there would be some of us who would clearly see it not as red but wine, purple or magenta, and they would be willing to argue the point to the bitter end.

Amazingly, such disagreements have jeopardized friendships, caused major subdivisions in the sport, and on a more frightening scale, brought about physical conflicts. Why do we have to be in agreement with people in order to respect them? Put in other terms, why does everyone have to think the way we do in order for us to accept them? An opinion about something is simply a point of view, a unique way of viewing the world. Each of us is a product of our past. Consequently, each of us has a personal view of the world, but our value as a human being transcends any single opinion. A good relationship with others need not be contingent upon total compatibility. In fact, I believe it is good to seek out individuals who have diverse opinions. In my own life such individuals are most often responsible for my changing attitudes and views. They are the ones who force me to evaluate continually my beliefs. They are the ones who most challenge my mind and encourage my growth. In this respect, they are one of God's greatest gifts to me.

Again it might well be remembered that a relationship need not be based on total agreement. We all can continue to coexist with respect for each other as long as we continue to keep dialogue going. Perhaps if you see something as white and I see that very same thing as black, there maybe a meeting point, a gray area upon which we might be able to find common ground. And perhaps from this common ground we can extend the parameters of agreement. We may never fully agree, but hopefully we can come to understand that there are many ways of seeing the world we live in.

With the aforementioned in mind, I would like to respond to a number of e-mails sent to me concerning my articles on fan fanatics. A reader

"If anyone is looking to play follow the guru with me they will be lost, for they will find that I am as confused as they are. The difference may be that I know it."

of this column also sent me an e-mail about an online bulletin board containing a discussion on the same topic. Note that I will only respond to links or e-mails sent via my website drjudd.net or directly to judd@drjudd.net.

NAME: BILLY MIMNAUGH
SUBJECT: DOES DR. JUDD GET ANYTHING RIGHT?
Sat, Dec 17 2005 at 11:01 pm
MESSAGE: Once again, this f***** a***** has it wrong, wrong, wrong. In this months *PLING USA*, his article deals with sports fanatics and paints us as losers living through our teams accomplishments. Now, granted, not everyone is as dynamic a human being as Judd, I mean most of us aren't artists, poets, basketball superstars, borderline professional bodybuilders, intellectuals and just plain smarter, more sensitive and more insightfull than everyone else, but most of us sports fans arent living through our teams success anymore than we are living through Jewrry Seinfelds life while watching Seinfeld. Most of us are just working stiffs trying to scratch out a living and raise good families [by the way is Judd married or does he have kids or is he such a dynamic human that no man or women is quite his match] but some us are, as Judd notes, sports fanatics simply because we "fell in love" with a team and we have stuck by it through thick and thin and it lets us forget about our realities while we watch them.

He uses the tired, idiotic argument that "if our team wins we don't make a dime off of it". Excuse me, but other than a VERY small group, how many of us make a dime off powerlifting. Any money in touch football leagues? or softball leagues? or going to a bar and drinking, or playing with your kid? Apparently, all that is a waste of time because there is no money in it. Most of us root for teams and get emotionally involved with our teams because it makes the game worth watching. Why the f*** does Judd think that there is billions bet on pro and college football every week? Its because guys need a rooting interest. Those of us who root for a team, don't need to bet, our rush comes from throwing our emotional support behind our team.

Judd claims many fans use terms such as "us" and "we" when speaking about their teams and then he says "you have NOTHING" to do with your teams success. Really? Then how does he explain the tremendous winning percentages of home teams in the NFL, NBA, college basketball and football? Apparently the fans actually do have something to do with the success of their teams.

Judd also rips guys who wear team gear. Funny, but I see guys wearing Inzer and Titan gear all the time, most are not sponsored, are they idiots? By Judds logic, we should only wear our family crests or work emblems on our t-shirts.

Yes, once again, Judd has proven that he is the least in touch writer in the history of the sport. He has no idea who his audience is, and is so stuck in his effeminant ways that he is a sure candadate for a sex change.

Dear Billy: First of all, I wasn't talking about a fan who cheers for his favorite team. I was talking about fan fanatics. Fanatics are individuals who are extremists. Just because you like a team, wear their gear, and root for them passionately does not make you a fan fanatic. Sports psychologists have investigated every aspect of the sports fan and have found that passion, particularly when coupled with perspective, the key word here perspective, is a healthy thing. Research also shows that a high level of identification with a sports team is generally related to lower levels of depression, higher



Dr. Judd ... after a record setting squat attempt.

levels of self-esteem, less aggression and lower levels of loneliness and stress. It's clearly associated with physical health. There is also evidence that sports strengthen relationships of all kind, give a chance to meet new people and help them benefit socially. In short, being a sports fan is a good thing. I wasn't trying to suggest that all sports fans have physical and mental issues. What I was talking about in my article *Fan Fanatics* was...well...fan fanatics.

Fan fanatics are individuals who strongly and obsessively identified with a team. This is where you get your violence, mental addiction, your elevated blood pressure, postgame depression and where sports becomes a means to an end ... a blind obsession. This is the dark side of being a fan ... when the cheering turns ugly, when a fan steps over the line, even to the extreme of stalking a player or beating up another fan. Bob Andelman, the author of the book *Why Men Watch Football*, acknowledged sports can be an addiction nearly as difficult to deal with as drugs, alcohol, or overeating. Then in his book he proceeds to show with scientific studies that this is so. This is what I was talking about, not the average fan. Unfortunately, this type of addiction, this fan fanaticism, is becoming more and more commonplace in the American culture. That is what I was trying to convey to my readers. Not that every fan is a lunatic.

Now as I mentioned in my article I believe that as important as sports are to us, myself included, it is imperative that we put them in perspective. I really mean that. Sports are fun, exciting and challenging, but they are just games, nothing more — nothing less. Anyhow, I appreciate your comments.

NAME: JOHN MORGAN
SUBJECT: YOU DON'T HAVE TO READ HIS ARTICLES
Sun, Dec 18 2005 at 7:26 pm
MESSAGE: To figure out Dr. Judd is a J***-O**. Just look at the gay pictures of himself he puts in *PLUSA*. His hair is enough to convince me he's a f**.

Dear John: Yes, this is a Dear John letter. First of all I don't select any of the pictures for my articles in *Powerlifting USA*. Every picture that has been placed in my articles over the last 25 years were put there by the editors of *Powerlifting*

USA ... every one of them. I have absolutely no say as to what picture will appear in my articles in the magazine. Now what bothers me most about your letter is the reference to sexuality ... not for the reason you may think.

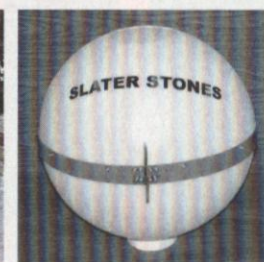
Here is just a little advice, you can take it or leave it. I think it is a good idea to free yourself of labels. Labels are distancing phenomena. Timothy Leary once said something I will never forget. He said, "Labels are the freezing of reality." We teach our children the meaning of labels before they are truly ready to understand them and fight against such myopic vision. And in these labels we teach fear, we teach prejudice, we teach all kinds of things. And all someone has to do is say this guy is a _____ and everything he says after that is filtered through this label. His words take on entirely different means.

And so it is with "Black men," with "Italians," with "Iranians," with "Puerto Ricans," with "Jews," with "Catholics," with "Protestants," with "Muslims," with "homosexuals," with "heterosexuals" etc, etc., etc. All you have to do is hear someone label another human being and then you think you know all about him. You fail to even ask, "Does he cry?" "Does he feel?" "Does he hope?" "Does he love?" Labels!

If you are truly a loving person, you will rule labels - not let labels rule you. Just a thought you might be interested in ... just for the record I am not gay, but my girlfriend thought your commentary was rather comical.

NAME: GREG
SUBJECT: RE: YOU DON'T HAVE TO READ HIS ARTICLES
SUN, DEC 18 2005 AT 10:26 PM
MESSAGE: What bothers me most (other than his hair) is that he is taking up a spot in *PL USA* that could be of great benefit to the sport. I

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ST180	18"	Diameter	apx weight	240lbs.....	\$109.00
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think that an editorial would be great if done by someone who wants to further the sport. Not some never-was c*** l*** who hates powerlifting. I also cant stand that he writes letters to himself and then answers them. What a crock of s***. He acts like his articles present some sort of new ideas. Weightlifters are using steroids, holy f***! Call the press! Wait, they are illegal, well I'll be double f*****! And why the f*** is there an article about "fan fanaticism"? I'm sure Chuck Vogelpohl can't go to the mall anymore after his numbers at Chicago contest. I didn't read the article but I like to draw inferences based on the titles.

"Well duh, we know that people are using steroids for their age, tell me something I didn't know."

Dear Greg: Actually, I did tell you more than the simple fact that steroids are being used and that they are illegal. I explained the social, psychological legal and health implications of taking such drugs. Of course, you didn't know that because as you said you didn't read the articles, which is rather revealing, considering your comments on the articles. It might also be noted that just about every major sports magazine in the country wrote numerous articles on the subject of steroids and sports in the year 2005, and just about every sports radio and television show did literally weeks of coverage on the issue of steroids and sports during the year. Obviously, I was not the only one who considered the subject of steroid use newsworthy. Here is a point to consider ... just because YOU are aware of the "truth" about steroid use and abuse there are a lot of upcoming lifters who have NOT been exposed to the reality of the industry. Many times we make the assumption that because we know, the world knows. Also what happens when people stop talking about the truth? Does it become an allegory or something much worse ... a barrier? The reality is that while the awareness level of steroid use is up (due to Congress mainly), the negativity of such use is not discussed as openly.

NAME: BATOOH
SUBJECT: THERE ARE TWO GUYS I'D LOVE TO KICK THE S* OUT OF**
SUN, DEC 18 2005 AT 7:38 AM
MESSAGE: Bill Lambeer (or however you spell it) and Judd. He is a true c***.

Dear BATOOH: I am really flattered; of all the guys you would love to kick s*** out of... Osama bin Ladin, Scott Peterson, O.J. Simpson...you select Bill Lambeer and me. I am really impressed.

NAME: IPA JUDGE
SUBJECT: 3 WHITE LIGHTS!!! OPINION OF JUDD IS GOOD!!
SUN, DEC 18 2005 AT 5:20 PM
MESSAGE: 3 White Lights!!! Opinion of Judd is good!!
Dear IPA Judge: Thanks for the support ... I am glad someone can judge depth.

Gold - 210**
Silver - 130**

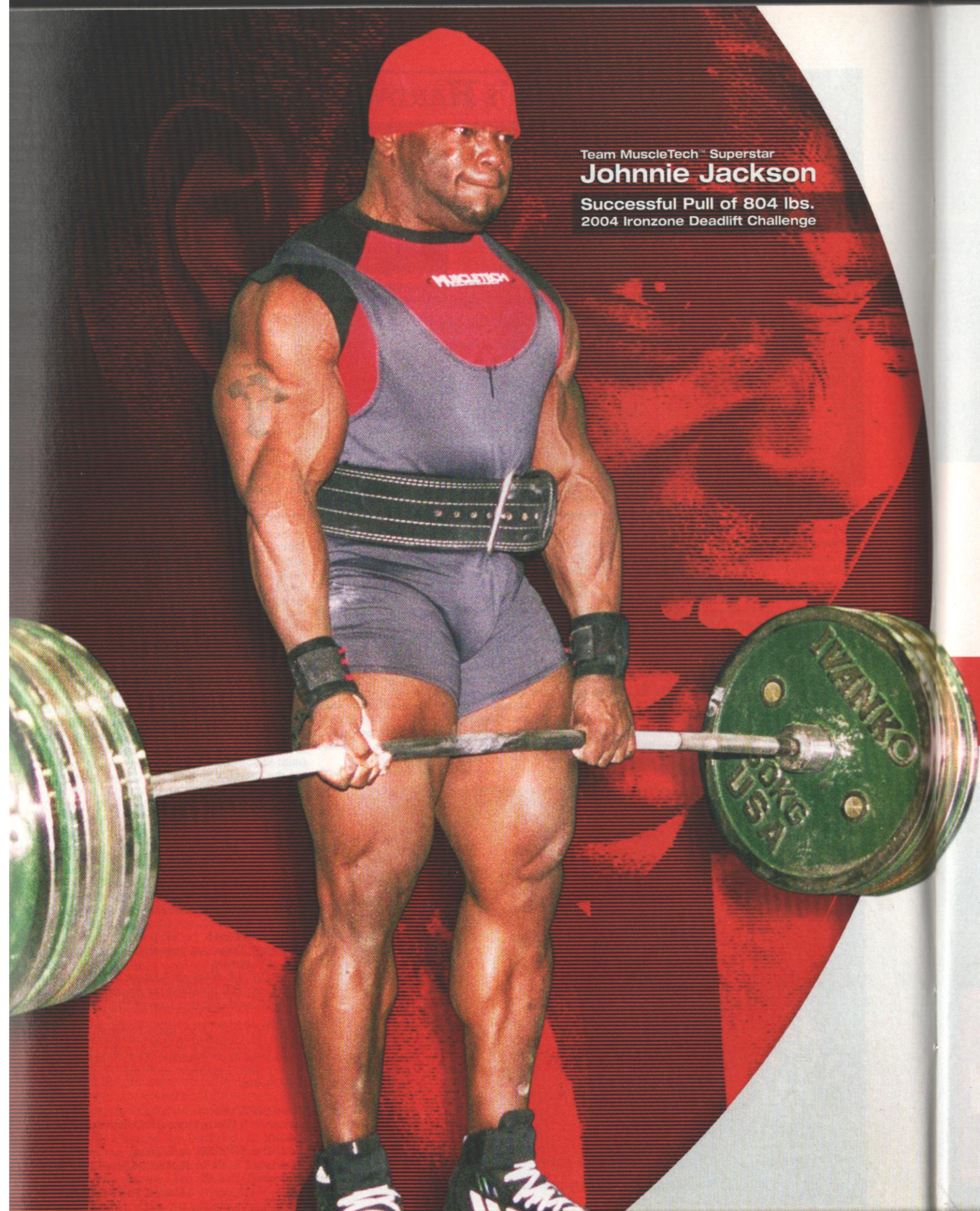
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drives him to push far beyond his limits. Johnnie Jackson has continued to break his own personal bests since he started using Cell-Tech. As a matter of fact, since beginning his supplementation with Cell-Tech, Johnnie has increased his total to 2185 pounds! At the 2004 Ironzone Deadlift

Johnnie has his sights set on a new PR in the deadlift, and nothing is going to stand in his way!

Challenge, he pulled through an 804-pound deadlift at a bodyweight of 244 pounds! Johnnie's best recorded squat is 826 pounds, stacked on top of a 545-pound bench press. His balls-to-the-wall training and consistent use of Cell-Tech™ have made Johnnie into a powerlifting machine.



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Johnnie Jackson



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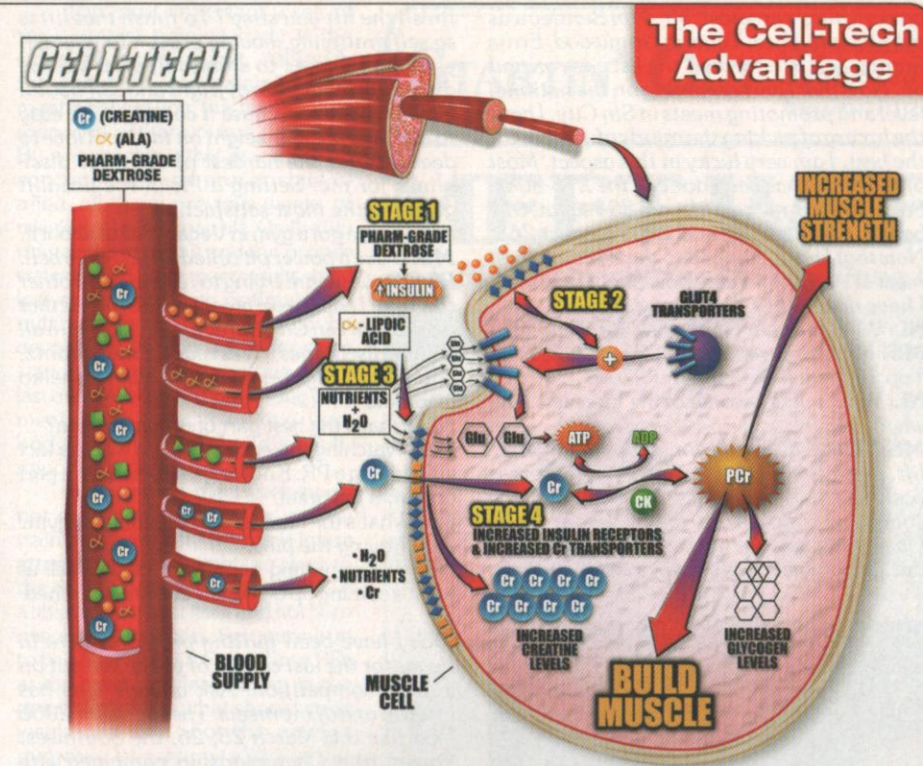
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STAGE 1: Cell-Tech's Powerful Insulin Response

Immediately after your first serving of Cell-Tech, 75 grams of pharmaceutical-grade dextrose goes to work in the bloodstream, creating a powerful insulin spike.

STAGE 2: Insulin Stimulation of GLUT 4

Within minutes, insulin stimulated by Cell-Tech binds to the receptors on the surface of each muscle cell. This creates a surge of chemical reactions, stimulating the movement of intramuscular glucose transporters called GLUT 4.

STAGE 3: Optimal Nutrient Uptake

The movement of GLUT 4 within muscle cells subsequently increases the number of active insulin receptors, maximizing nutrient uptake. The efficiency of nutrient uptake within the cells is supercharged by the addition of 200 milligrams of alpha lipoic acid (ALA) delivered in each serving of Cell-Tech's advanced creatine formula.

STAGE 4: Ready for Power

Primed by the insulin spike, your hardworking muscles are now able to take in creatine optimally. Creatine is rapidly carried into the muscle cells by a specialized transporter called the creatine transporter. Once transported into your muscles, Cell-Tech's creatine blend will ignite powerful strength through conversion to phosphocreatine (PCr), helping you train hard toward setting new lifting records!

clinical studies and abstracts. In fact, Cell-Tech™ is so powerful that one 28-study proved it to be 26 times more effective than regular creatine for gains in mass (4.34 vs. 0.16 lbs.). No other product gives you gains like Cell-Tech does, period. In an 8-week study that combined Cell-Tech with diet and weight training, test subjects gained an average of 32 pounds on their max bench, 213 pounds on their leg press, 48 pounds on their standing barbell curl, and 35 pounds on their maximum preacher curl.¹ Those are some hardcore strength gains!

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MuscleTech® supplements have been scientifically tested and proven by the world-famous Team MuscleTech™ researchers and by the elite powerlifters who use them, such as Gene Rychlak and Johnnie Jackson. Team MuscleTech™ researchers are the most innovative supplement scientists in the world. They dedicate themselves to using key scientific findings to develop patents and formulate the most groundbreaking products the world has ever seen.

They use a global approach to researching and experimenting with unique compounds. Their mission is to craft the most potent and effective supplements in the world so that you'll perform at your absolute strongest every time you tackle the iron.

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To harness tremendous strength and raw power, you need the most effective strength-training program and brutally intense workouts, as well as the most powerful creatine available – Cell-Tech. Johnnie Jackson knows what it takes to break PRs, and he will always rely on Cell-Tech as he continues his assault on the deadlifting world record. If you're serious about jacking up your best lifts, you need to give Cell-Tech a try. Nothing works faster for developing explosive strength!

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Cell-Tech's state-of-the-art formula drives maximum amounts of creatine into the muscle, resulting in explosive strength.



References:
1. Tarnopolsky, M., et. al. (2001). *Med Sci Sports Exerc.* 33:2044

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INTERVIEW

MARK SWANK interviewed by Ned Lowe

POW!ERSCENE made a couple of recent trips to Las Vegas, where Mark Swank is a big part of the powerlifting scene. We got Mark to give us some of his time to answer our questions.

NL: Tell us a little about your lifting career. Include best lifts, what weight class, and how long you've been lifting.

MS: My lifting career began in the late 80's, in Pittsburgh, PA (go Steelers). Throughout the years I have had the privilege socializing and competing with and against some of

powerlifting's greatest. Mr. Tim Bentley was my first influence, Tamara Grimwood, Ernie Frantz, Jeff Wright, and the list goes on and on. Now that I am competing on the national level and promoting meets in Sin City, I have the luxury of picking the minds of the best of the best. I am very lucky in this aspect. Most of my lifting has been done in the 275-308s. So far to date, my best lifts are 804 squat, 617 bench, 672 deadlift, and 2039 total at 268. Now that I have dropped to the 242s, my first meet at that weight will most likely be in May. I have done a 606 bench at 239.

NL: What are your lifting goals for 2006?
MS: My lifting goals for 2006 at 242, total Top 10, bench 650, and pull 700.

NL: What's your favorite of the three lifts, and why?

MS: Well Ned, I really don't have a "favorite" lift. Let me explain. I love to squat. There is nothing better than pushing yourself to the complete limit with a max on your back. Having the feeling that you are going to pass out, but something inside you says 'don't,

finish the lift you sissy!' To finish that lift is so self gratifying, having proven to yourself you had the guts to stand tall after staring directly into the eyes of fright and self doubt. I love to bench, because it comes pretty easy to me. Just put the weight on the bar. I love to deadlift. It is the hardest of the three disciplines for me. Setting a PR in the deadlift gives me the most satisfaction.

NL: You've got a gym in Vegas. Tell us about it.
MS: I have a power pit called Sin City Barbell. Right now, we are trying to relocate, but other than that I have a real great group of lifters that workout at Sin City Barbell. We take from all lifting disciplines, Westside, Ernie Frantz, and Metal. Right now we are doing Sheiko workouts.

NL: What's the best part of running a gym?
MS: Watching the excitement on a lifter's face after hitting a PR. Knowing that you were a part of that, is just great.

NL: What's the hardest part of running a gym?
MS: Paying the bills.

NL: You're putting on a lot of meets. Tell us what's coming up on your meet director schedule.

MS: I have been putting on meets here in Vegas for the last couple of years. We put on a great competition. Ask anyone who has lifted in one of my meets. The meets for 2006 look like this March 25, 26, the Southwest Powerlifting Championship, combined with the Police & Fire Nationals. June 2, 3, 4, the Senior Nationals, and that is going to be huge. Believe me, enter early and reserve your room and flights early. I'm expecting 200 lifters over the three days. This will be the best Senior Nationals ever, guaranteed. September we have the 2nd Sin City Powerfest.

NL: Where can lifters get more information on these meets?

MS: sincitybarbell.com, markswankpwr@yahoo.com, markswank@gmail.com, 702-245-6852 cell.

NL: Do you think a lot of lifters want to do a meet in Vegas so they can vacation for a few days as well?

MS: Heck ya, who wouldn't love to come to Las Vegas to compete in the land of 24 hour buffets, showgirls, blackjack, etc. I believe Vegas is the premier venue to hold powerlifting meets in the world. I have been hosting meets here in Vegas for approximately two years. I truly don't think there is a promoter out there who can put on a better show than we do. What I mean by that is, who can compete with the allure of Vegas? No one!

NL: What else should our readers know about Mark Swank, the lifter, the gym owner, and the meet director?

MS: I think that anybody who knows me knows I am for powerlifting 100%. Powerlifting is my life, and as much as parts of it drive me crazy, parts of it help me keep my sanity. One of the reasons why my meets run so well is that being a lifter myself I really try to focus on the intangibles. I really understand when lifters come to me and ask for 10 minutes more, that 10 minutes is monumental. Stuff like that. One of the many reasons my meets run so well is because of my Assistant Meet Director, Carol Upton, and her husband John. Believe me, when I tell you the meets would not run near as smooth without these two people. They are monumental to the success of the meets. So to them, a very special thank you. Ned, I would like to humbly thank you for this fantastic experience and the opportunity to express myself. Thank you so much.



Mark Swank is happy to be directing the upcoming APF Senior Nationals in Las Vegas (Photograph provided to Powerlifting USA by courtesy of POW!ERSCENE'S Ned Lowe)

The most important week of your contest training cycle is the actual week of the meet. Although the majority of your training for the meet is behind you, this final week is more critical than you may imagine. By approaching this week with a concrete plan and proper state of mind, all those previous weeks of training can really pay off. On the flip side, without a plan and the proper state of mind, your meet results stand less chance of being optimal. In a nutshell, meet week should be devoted to finding out where you stand strength-wise, getting some last minute recuperation, testing your meet lifting gear, checking your bodyweight, and building all-important confidence.

In my opinion, meet week should not consist of max lifts or intense training. First off, why risk injury attempting max weights so close to the event? Second, it's best to leave a little for the meet itself and not burn out or peak too soon. Set yourself up to be a little anxious to get those PRs at the meet, not leave them in the gym. Well then, what should meet week look like? For this article's purposes, let's assume a lifter whose opening lifts at the upcoming meet are a 400 squat, 300 bench and 500 deadlift.

First, I strongly recommend going only to your intended meet openers in training on meet week. This allows you to simulate your exact meet warm-up procedure for each lift and verify that your selection of openers is valid. Since the deadlift requires the most recuperation time between workouts, take your last deadlift 10-14 days prior the meet. In this case your last deadlift workout actually occurs the week before meet week. A good progression for a 500 opener would be as follows: 135 x 8, 225 x 5, 315 x 3, 375 x 1, 405 x 1, 450 x 1, then take your 500 x 1. That would be it for deadlifts until the meet. Finish this workout with abs and some stretching. Your last squat workout would be best taken on meet-week Monday. Try this sample progression for a 400 pound opener: 135 x 8, 225 x 5, 275 x 3, 315 x 2, and 365 x 1, then take your 400 x 1. Finish off this workout with ab work and stretching. Your last bench workout would be on Tuesday or Wednesday at the latest. For a 300 pound opener try this progression: 135 x 8, 185 x 5, 225 x 3, 255 x 1, 280 x 1, and 300 x 1. Abs and stretching should be included again as a finisher. That's it; any more would be risking overtraining, which can easily happen so close to a meet.

All other assistance work should be dropped on meet week. You won't lose any strength by only working up to opening attempts as weights are still heavy enough to maintain your strength level and not lose your edge. It is key to perform all these attempts according to meet rules, such as squat depth, pausing at

STARTIN' OUT

A special section
dedicated to the
beginning lifter

MEET WEEK

as told to Powerlifting USA by Doug Daniels



Doug Daniels, seen above helping Jim Vrabel get ready to squat at the 1994 ADFPA Men's Nationals in Chicago, has been guiding lifters to greater progress around the world, through his regular column in POWERLIFTING USA, for 20 years now.

the chest for the bench and a complete lockout for the deadlift. More experienced lifters can get by going up to doubles or triples this week. Seasoned lifters know what to expect on meet day and may not need to simulate their openers before the meet. Take your time between sets to better simulate time allowed in warming-up at a meet. Use the same lifting gear, such as squat suit, bench shirt, etc. this week that you plan to use for the meet. This will prevent any surprises at meet time. Put your gear on for each lift in the same order as you would at the meet during the warm-ups. Use full contest gear for your top

single.

The warm-up attempts I laid out can be adjusted for your own openers via simple arithmetic. These progressions are efficiently designed to save energy and strength for the actual meet attempts. Too many lifters take whole workouts warming up, leaving them with little strength and energy by the time they get to second or third attempts on the platform. I've also seen lifters taking their last warm-up with the same weight as their opener to be sure they can get it. Training the way I've just outlined will eliminate the need to make sure you can get your openers on the

platform. Your meet week training will have already told you if you're capable of that weight, or not. The sooner you shake those bad warm-up room habits, the sooner you will make real progress.

If your openers felt heavy during meet week, consider adjusting them downward 5-10% for the meet. You can increase your second and third attempts if things go better at the meet, but your opener cannot be lowered after you take it. If you need to cut bodyweight during the last week, your strength level may drop further. Don't rely on meet adrenaline to succeed with weights that were tough the week prior. Also, keep in mind the weight set you will be using at the meet may not weigh the same as the set you use in training. High quality meets use certified sets that are right on or at least pretty close. Many gym weight sets are not nearly as dead-on weightwise as advertised and may either be high or low. These small differences can add up noticeably, especially as the weight increases.

There are a few more tips I'd like to throw out to you. Forego partying that final week. Excessive alcohol consumption and long nights out can cause dehydration and strength loss. There will be plenty of time for partying after the meet. Be disciplined and focused that last week. If you have aches and pains, take advantage of whirlpools, etc. if they are available. Extra rest is a great healer. Take it easy that last week. Don't feel guilty about the low training volume this last week. Try to get plenty of sleep and good food. If your weight is a concern, the sooner you start to get it down the better. Crash diets sap strength. Reconsider losing weight if it looks to be unreachable by meet day. As I've said many times, lifting tends to make us bigger and can force permanent moves upward in your weight class. Some meets can be considered 'training meets', which entail no need to make weight in your targeted weight class. Training meets can be used to peak for another more important meet in the near future. Runners use similar strategies to peak for bigger more important races, using smaller running venues to gauge their abilities. Training meets can be used for trial purposes such as using new lifting gear or lifting styles. Meet week is the most critical week of your training cycle. Your goals and mindset of this week should be unique. Athletes from many other sports use this type of tapering down method to conserve energy and strength prior a major athletic competition. In addition, you'll be hungrier to lift big weights at the meet, where they count. You may need to make some adjustments to fit your own situation, but if you approach it in the manner I suggested, your results will reflect it on meet day.

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A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



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- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

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Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.

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ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!

- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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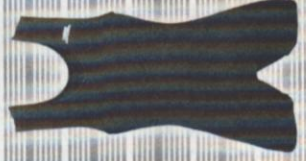
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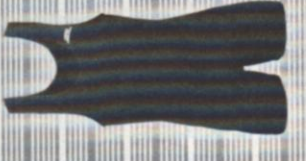
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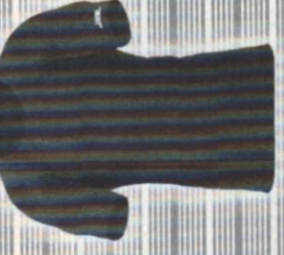
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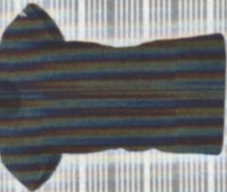
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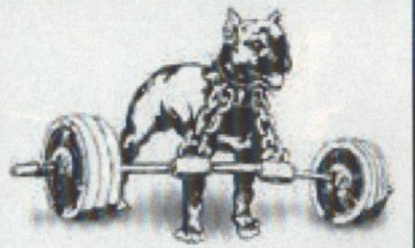
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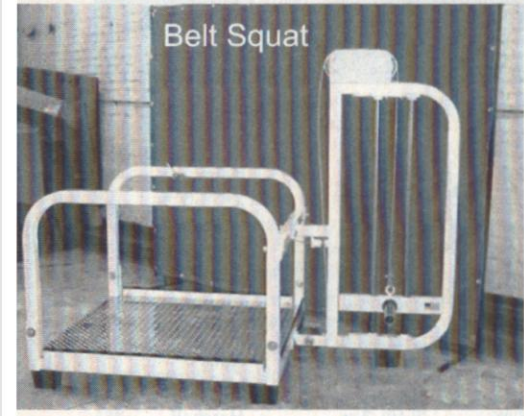


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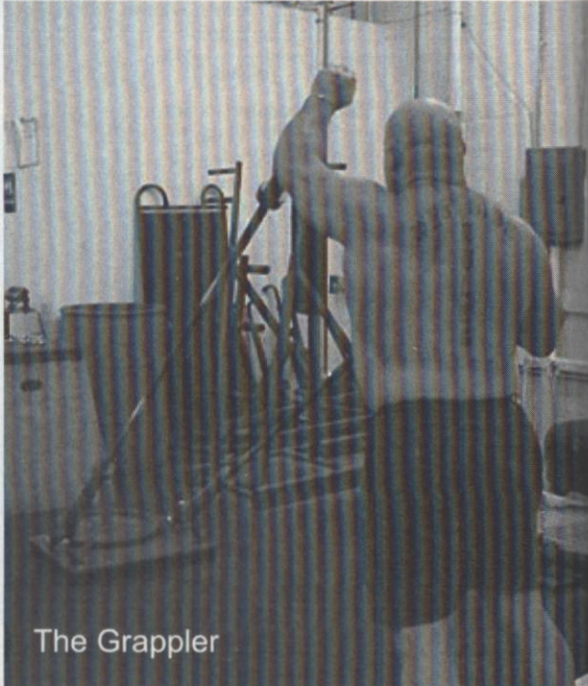
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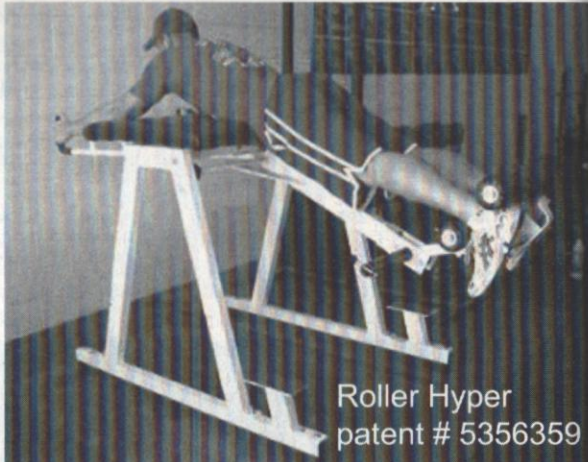
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The Grappler



Roller Hyper
patent # 5356359



Freak Bar

Last month we saw Marge Simpson training at 'Curves for Cartoon Characters', and then visited 'Headhunter Barbell' in Wadsworth, Ohio. Now we'll head North to steel mill country and find out just how crazy those cold-hearted Yankees can get. They get kind of opinionated up in the frozen north-you'll see what I mean in a minute.

By the way, you might want to know about a deer hunting trip I took up in the frozen tundra years ago. It was a full 20 degrees below zero the entire trip, and NO I don't mean counting the wind-chill. We stayed in an un-insulated cabin, about 40 miles from town, with no water or electricity. It was great! For all of you PETA members, you should know that I harmed no deer on the entire trip. I tried to (harm a deer), but couldn't really find anything I wanted to kill. Well, OK, there was that loud drunk in the local bar, but other than him - I found nothing I wanted to kill. I mostly hunted with a big friend of mine named Billy. I kept him in sight every time we ventured very far into the woods, because if we ever got lost in the snowstorm - I planned to kill Billy and live in the carcass. He's a pretty big boy, and I figured I could live in his carcass - crouched in the rib cage, with a small fire, eating the leg meat, at least until the spring thaw. I've got nothing against Billy, but I hate being cold and hungry. I've got nothing against people who live in the cold weather, but I've noticed that they can be very opinionated.

Today, we hear that Joe doesn't really like supportive gear or steroids. Who is Joe? He owns Joe's Gym, of course. He likes Don Reinhardt, but he has got plenty of real opinions FO SHO. Tell us all about it Joe!

I'll give you some statistics and you can decide if there is any "Hard Core" gym, anywhere, that can compete with "JOE'S GYM OF ERIE, PENNSYLVANIA". If I gave you all the statistics, since our beginning in Powerlifting in 1969, you would have a book as big as a dictionary.

At "JOE'S GYM OF ERIE, PENNSYLVANIA" we have worked with and produced more National and World champions than any other gym, anywhere.

If we go back to the past you may remember some of the people we worked with, when we were in our "Infancy". One name you may recall from the Seventies, when we competed as the "Allegheny Mountain Team" was Don Reinhardt. Does that name ring a bell.

It should because he was, by far, the strongest lifter of all time. 2420 - "RAW". There isn't a lifter, today, that can touch that total at any "Legitimate" contest.

Over the first ten years (1969 til 1979) we lifted "RAW" and we had literally 100s of competitors pass through our portals, such as: Norb Paterniti - 915 at 114, Gary Hain - 965 at 123, Seth Bloomquist - 1015 at 132, Steve Ubas - 1225 at 148, Mike Lettieri and John Carey -

HARD CORE GYM #51 GOING NORTH AGAIN

as told to PLUSA by Rick Brewer, House of Pain



JOE'S GYM OF ERIE... "you don't have to be the biggest to be the best."

1420 at 165, Tony Fratto and Mike Lettieri - 1600 at 181, Mike Lettieri and Tony Fratto - 1775 at 198, Rich Collarile and Al Veras - 1550 at 220, Al Veras - 1670 at 242. These were members of our A-Team. We have always had a B-Team and a C-Team which we use for back-ups if an A-Team member could not compete. Sort of The "JOE'S GYM OF ERIE, PENNSYLVANIA", went on through the eighties and nineties and even though we had many incredible competitors I don't consider the lifting as good as the sixties and seventies because of the incredible drug use and the ridiculous assistance gear that came into the scene. We've stayed "DRUG-FREE" for the past twenty years (I even drug test my gym members) but we did use assistance gear until 1999 when we decided it was getting too absurd. The competitors were not getting any stronger, the assistance gear was getting more technical. In January of 2000 we started competing in the ADAU (Anti-drug Athletes United) because they are the only legitimate raw and drug tested organization.

The current "JOE'S GYM OF ERIE, PENNSYLVANIA" team consist of around fifty competitors and we are all "DRUGFREE" and compete "RAW" only. Just like in the beginning. We don't experiment with all the "FANCY" chains and rubber bands that the current crop of "So-Called" competitors are using. We use power racks and tons of Iron. We do squats, benches and deadlifts, with a few partial movements plus a mixture of about a dozen other major strength movements. That's it. It's not broke. Don't try to fix it. We train smart and safe. We compete in a minimum of three contest and as many as eight contest each year.

Some of our current competitors are National and World Champions and we have been undefeated as an "OPEN" team in the ADFPA, the AAU, and the ADAU since 1995. We were the team champions at the AAU Nationals in 1997, 1998, and 1999.

We also won the team title at

the 1999 AAU World Championships. That was the last drug tested AAU contest, so we decided not to compete in any more of their meets. Since then we have won the ADAU National Team Title in 2000, 2001 and 2002. As long as they keep drug testing and lifting "RAW" we will stay with them.

Our current A-Team consist of Tim Borgia - 1100 at 132, Ramone Cruz - 1205 at 148, Matt Catalino - 1415 at 165, Matt Clickett - 1455 at 181, Mike Mastrean - 1665 at 198, Mike Martucci - 1460 at 220, Matt Magyar - 1520 at 242, Rick Emerick - 1615 at 275, Mike Allgeier - 1165 at 148 and Adam Hersperger - 1235 at 165. This team has two master lifters and two teenagers in it.

We also have a female team that consists of: Benita Steffan - 500 at 105, Marina George - 600 at 123, Becky Skal - 700 at 123, Michelle Matuszewski - 735 at 132, Lucinda Haues - 500 at 132, Sondralee Villo - 635 at 148, Kaleena Izkula - 655 at 148, Christen Case - 575 at 165 and Danette Martucci - 700 at 181. Our Master team consist of

Tim Borgia (40) 1100 at 132, Ramone Cruz (42)-1205 at 148, Ken Zapptiella (40) -1075 at 181, Steve Fisher (46)- 1075 at 181, Joe Oregina (56) - 1240 at 181, Dave Heintzel (42) - 1205 at 198, Phil Kaufman (46) - 1335 at 198, Al Mangini (50) - 1000 at 198, Bugs Bayer (57) - 1345 at 198, Jeff Carlucci (42) - 1320 at 220, Leroy Burton (68) - 170 at 220, Al Siegel (63) - 1165 at 275, and Dale Stoner (43) - 1420 at 319.

There are more competitors at "JOE'S GYM" that make up the B-Team and C-Team that we use often for back up at the contest we attend. Twenty-two of them just competed at the "CENTRAL PENNSYLVANIA CHAMPIONSHIPS".

Remember, all our competitors are "DRUG-FREE" and compete "RAW". If we use single ply assistance gear, which we have in the past, we total ten to fifteen percent more.

Yours Strongly,
JOE OREGINA
COACH

"JOE'S GYM OF ERIE"
4468 W. 26th Street,
Erie, PA 16506

I don't want to live in Erie, PA because it's way too cold. But if I ever get trapped there I'm going to work out with Joe (at Joe's Gym)! Of course, if it snows a lot, I'll be on the lookout for a big guy (large framed carcass) to walk home with. And as far as I know PETA might even endorse my actions, because I think they're cool as long as I don't hurt other animals. (I think it's still OK to hurt a human.) Best case scenario: I think it's OK if I kill a human with a small animal (as long as the animal suffers no injury).

Next month, we learn that not everyone is as nice as me, too bad, so sad. We find a whole nest of misfits with a bad attitude!! Stay turned to this same Bat Channel; it's going to be here.

Comments, complaints; and other useless trivia should be emailed to: rick@houseofpain.com (so they can be promptly deleted) Cash contributions should be mailed to: HOUSE OF PAIN, P.O. Box 333 Fate, TX 75132



Here's a shot of the 1999 AAU National Team Chamopions: JOE'S S GYM of Erie, Pennsylvania (Photographs provided courtesy Joe)

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like to be able to prolong the heavy phase of their training and ETS can help!

Do it for yourself, you will be happy you did!

Q: You sponsor quite a few athletes, including my main man Phil Harrington who is the top 181 squatter in the world with a 900. I have worked with Phil for several years now and he is in a realm of his own. When did you take Phil on and how has it been working with such a world class athlete?

A: I took on Phil at the recommendation of Jon Grove about a year to a year and a half ago.

I can honestly say that I am VERY happy to have Phil on our team. He has always done his share in helping to spread the word and his lifting accomplishments speak for themselves!

Phil has been a joy to work with as he is always eager to talk and be of any help he can. He gives me his true opinion on our products and he really uses them. That is one of the most important things to me about sponsorship. I don't want to have any athlete speak for my products unless he/she has tried them and uses them as part of their daily supplement routine.

Q: You also sponsor James "Pitbull" Searcy. He has done an amazing 1000 plus squat drug free. Can you give us a little insight into James and the supplement plan that he uses to handle such weights without the use of pharmaceuticals?

A: James is a GREAT guy and another joy to work with. I have worked with athletes in the past who were hard to get in touch with or just wanted the sponsorship to be a one-way street (us helping them). That just isn't the case with James. Heck, he even sent me a Christmas card!

In terms of James' lifting abilities, he is a FREAK! He is a mountain of a man with truly prodigious power in the squat and deadlift. The guy is able to squat over 900 lbs. for reps with only knee wraps and a belt! I know that sounds like b****s*** but it isn't. James trains in a gym without a Monolift and walks out over 900 lbs!

Before I met James he never even owned a squat suit? When the man squatted 1003 lbs with his suit it was DAYS after having received it and it wasn't even fitting right!!! I know this, because I bought him the suit and I know when he received it. He had no chance to train in it and get used to it. Like I said, the man is a FREAK!

James, like Phil, really uses our products: Nitrean, Opticen, Creatine 500, Multi-Plus, and ETS on a regular basis. If you go to our site (www.atlargenutrition.com) you can read what James thinks of the products.

I will never say that my products made a champion. My products help champions to be even better and they can help any of your readers in the same fashion.

Q: Dropping fat is a major concern for a lot of lifters. In the sport of powerlifting you see a lot of lifters who are now rock hard and ripped. Ron

Palmer and Phil Harrington come to mind. Tell us a little about your fat burner that you have out now and how it is different from all the others that line the health food store shelves.

A: I think what makes Thermocin different from other products is that it contains the right amount of specific ingredients to work in a harmonious fashion to help its users to lose fat.

When we chose to add a fat burner to our lineup we wanted to make sure that it contained ingredients which have been shown to be viable in humans. A lot of companies include ingredients in their fat burners which have been shown to work in animals, but not humans. What works for a rat may not work at all for humans.

The 4 main ingredients in our product are as follows:

Synephrine: is a chemical cousin of ephedrine which has been demonstrated to aid in fat loss in humans. Synephrine is the basis for our SCA stack (synephrine, caffeine, and aspirin). It is generally considered to have a milder effect on the cardiovascular system than ephedrine and most users find our product gives them a "smoother" stimulating effect than ephedra based products.

Caffeine: is both a stimulant as well as a proven fat loss agent. Caffeine has been shown in humans to both increase fat oxidation AND to decrease protein oxidation (a good thing for weight trained individuals).

Green Tea Extract: is a highly effective supplement for fat loss and good health in general (which cannot be said for most fat loss supplements). Thermocin contains green tea extract in a FULL PROVEN DOSE. We looked at the research which shows it to be a potent thermogenic and fat oxidizer and included it in the dose which scientists found to be efficacious. Not all of our competition does this.

Hydroxycitric Acid: has been shown to enhance endurance in humans via increased fat oxidation and the concurrent sparing of glycogen. It also has been demonstrated to have an appetite suppression component.

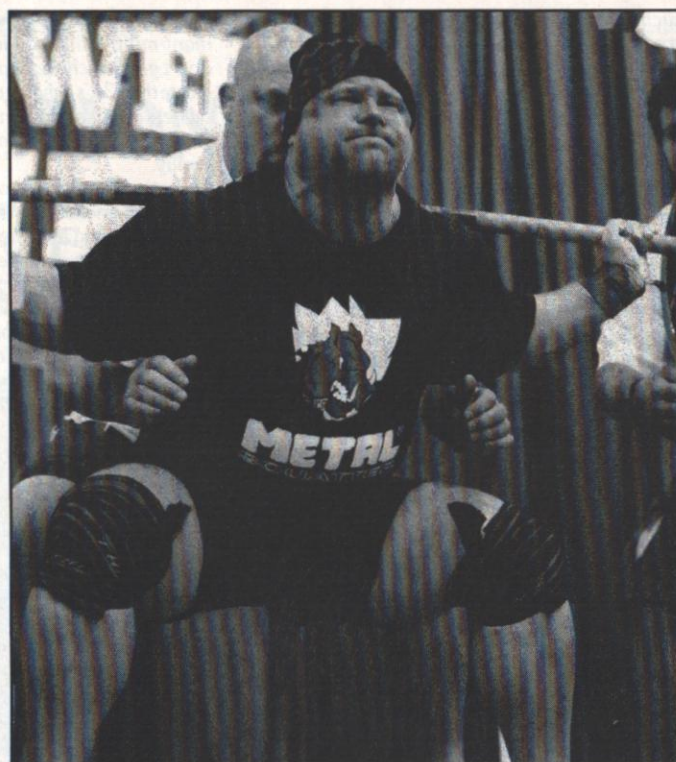
As you can see Thermocin covers all of the bases of fat loss. It is a potent thermogenic, fat oxidizer, and it helps to suppress appetite.

Q: What about using Thermocin as a pre workout or competition stimulant?

A: It has a nice quantity of stimulants at full dose (and we NEVER recommend taking more than the full dose). I think it will give you a better, more controlled stimulating effect than many other products out there. You don't want to be so jacked out of your mind that you get out of the groove on a lift and miss it or get injured. You want a controlled, smooth effect which will heighten your senses and reduce your body's inhibitory mechanisms just enough for you to hit a safe PR. Thermocin will do that for you.

Q: You also have a website. Tell us where we can find it and about some of the content?

A: We have two websites, actually.



The Other Chris Mason .. aka "Ox" is also on the AtLarge Team.

AtLarge's website is www.atlargenutrition.com. We also have a sister website www.wannabebig.com. Wbb has been on the net for roughly 5 years now and has over 13,000 registered members making it one of the top iron game websites on the net. It has a HUGE amount of content with articles on training, diet, supplements, and just about any other weight training/fitness related topic you can think of. In addition, it has forums which cover: bodybuilding and fitness, powerlifting and Olympic lifting, diet, supplements, general health, anabolics, online journals (you can keep a log of your diet and training online), members photos, and general topics of interest. The forums are nicely moderated to keep the trolls to a minimum. Anyone looking for one of the best FREE online sites should check it out.

AtLarge's site obviously covers our products in depth and has an online store where you can purchase them. It also lists our sponsored athletes and tells you a bit about each of them. We have several articles covering a variety of supplement and weight training related topics. Very soon we will be publishing a comprehensive online program which will tell you how to train and eat to get the best results possible in the gym. This program will blow away anything else currently published in that it will give you the tools you need to tailor your own PERSONAL optimum routine (as well as providing pre-set training routines). I can't tell you how excited we are about this program. By the time this interview is published it should be online and ready to view. BEST of all it will be absolutely FREE!

Q: I am a big believer in the power of

creatine. I personally use it in many of the plans of my world class athletes that I design nutrition and supplementation for. Tell us a little about your creatine product and why the quality of the particular creatine that you are taking is so important for results?

A: There are so many variations of creatine available I think most people don't know which way to turn. Contrary to what most supplement companies would have you believe the REAL reason for such a huge variety is that creatine is highly effective and has been on the market for so long that competition has reduced the profit margin on the product to a very minimal level. The "invention" and marketing of these new products is meant to allow the companies to make a larger profit on their "new" products.

I don't want to create the idea that I think profit is a bad word. We are a business and thus need to make a profit to remain in existence. I don't begrudge another company making a tidy profit. That said, AtLarge does not and will not release a variation of the product simply to make more money.

That is why we still offer creatine monohydrate. We certainly could offer the latest variety, but we don't because we simply are not convinced that they are any better of a product or value for our customers.

Creatine 500 (our product) is comprised of Creapure™ micronized creatine monohydrate. This is a product of SKW Trostberg AG Germany. We use it because we feel it is the BEST micronized creatine monohydrate on the market. We could certainly offer

(article is continued on pg. 88)

Someday I will...

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United Amateur Powerlifting Committee presents the First National Powerlifting Championships & the First Illinois State Championships, April 15th at Quality Inn, Bradley, Illinois.

For further information, contact Brandon Williamson 815-325-3365 or James Rouse, 815-347-4393, jsrouse41@aol.com

World United Amateur Powerlifting Championships at the Airport Hilton in St. Louis. August 11 through 13, 2006

For further information contact James Rouse jsrouse41@aol.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, SPF Open/Raw P/P, BP, DL (Holiday Inn, Birmingham, AL) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

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, NASA Colorado Grand Championships (PL/BP Only/PS/PP - Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

12,13 AUG, WABDL House of Pain National Championships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654

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, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374

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

19 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, WNPFF North Americans (Panama City, FL) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894

26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, jkprosser@yahoo.com

26 AUG, WNPFF Raw Nationals & NC State (Winston-Salem, NC) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda, 44804 Cass, Omaha, NE 68132, 402-444-5596

26 AUG, APF Debbie Kruck Police/Firefighters BP Challenge, Daytona Beach, FL, pamelaclayton@aol.com, 386-734-3128

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 619 53, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 SEP, NASA New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelman, mike@liftinglarge.com

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, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwriftr@msn.com, 661-333-9800

9 SEP, WABDL Tennessee State Championships (BP/DL - Manchester, TN) Ken Millary, 931-454-0935

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

9 SEP, Wolf River Day of Strength Strongman and Powerlifting, (New London, WI) Tom Theama, 920-359-90432, theama@charter.net

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

9 SEP, 100% Raw Jacksonville Open (Jacksonville, NC) Paul Bossi, rawlifting@aol.com

10 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268

30 SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte,

10 SEP, 15th WNPFF Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNPFF, 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

16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@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 WNPFF Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 SEP, WNPFF 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, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Championships, Dave Lhota, lhotamfg@shol.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lexxastrengthandfitness.com

23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118

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, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268

SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte,

rawlifting@bmsports.com 7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Orenge, 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, 100% Raw southern Open BP & Am Wrestling Championships (Jarvisburg, NC) Gene Berry, dberry90@mcchi.com

7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwriftr@msn.com, 661-333-9800

7 OCT, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne, 3 3 6 - 7 6 6 - 3 3 4 7, keith@ironboypowerlifting.net

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, SPFF/WBPLA Worlds: Open/Raw P/P, BP, DL (Riverview Terrace Hotel, Gatlinburg, TN, turn right at red light #6) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

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 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

20-22 OCT (NEW DATE), WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jm-gedney@wiu.edu

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

21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, wamior01@earthlink.net

21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, valifting@aol.com

21 OCT, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

21 OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

27-29 OCT, 15th WNPFF World Powerlifting & USSA World Strongman Championships & WNPFF USA Body

Building Championships & WNPFF Men's and Women's Elite Championships II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPFF, 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

28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452

28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

OCT, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net

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 BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aasports.org

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, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.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 (NEW DATE), NASA Arizona Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

10-12 NOV, WDFPF World PL

Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jm-gedney@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

4 NOV (NEW DATE), WNPFF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654

18 NOV, 100% Raw World Bench Press Championships (Curruttuck, NC) Paul Bossi, rawlifting@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

18-19 NOV (NEW DATE), WNPFF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

16,17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

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

27,28 APR '07, WDFPF European Single Event Championships (Horgen, SW) www.wdfpf.cc

OCT '07, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

OCT/NOV '08, WDFPF (Belgium) World Championship (Belgium) www.wdfpf.cc

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, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.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

10 DEC (corrected phone number), ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

16 DEC, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

16 DEC, 9th WNPFF Sarge McRay Championships (BP, DL, Ironman, PC - Bordentown, NJ) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 DEC, 100% Raw Bowtie Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmsports.com

16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

16,17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

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

27,28 APR '07, WDFPF European Single Event Championships (Horgen, SW) www.wdfpf.cc

OCT '07, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

OCT/NOV '08, WDFPF (Belgium) World Championship (Belgium) www.wdfpf.cc

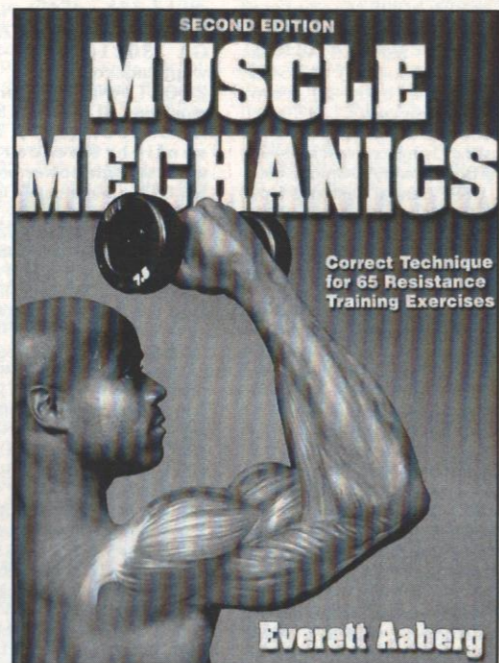
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MUSCLE MECHANICS, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He was won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose

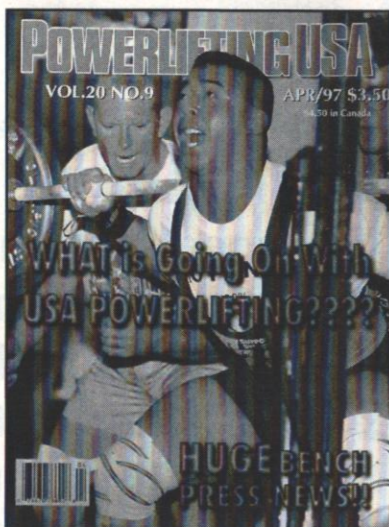
of this is to provide a visual connection between the human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as a cable row, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This



book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.

BACK ISSUE OF THE MONTH

April 1997 - James Benemerito is squatting on the cover. Inside we covered the Arnold Classic, where Anthony Clark got an 800 lb. bench attempt passed. This was very controversial, and the video of Anthony's lift was obtained by Ned Lowe of POW!ERLIFTER Video Magazine. We also had an overview of issues confronting USA Powerlifting, beginning with the notion they might become the representative of the USA in the IPF and their relationship with the World Drug Free Powerlifting Federation. We covered the World's Strongest Man Contest from the island of Mauritius, where Gerrit Badenhorst finished third, Riku Kiri second, and the winner was Magnus Ver Magnusson. Also in this issue, Grahame Fong, IPF President, discussed his perspective on gaining IOC recognition for powerlifting. Dr. Judd's presented a survival guide for dealing with injury. We also had an opinion piece by Robert Rogers, concerning the decline of United States Powerlifting.



Among other facts, he notes that in the Women's Worlds, the average American lifter was 11 years older than the average Russian lifter. Along the same lines, USPF Men's World Team Coach, Sean Scully described his feelings about the "Russians are Coming", and noted that they were actually already here. He indi-

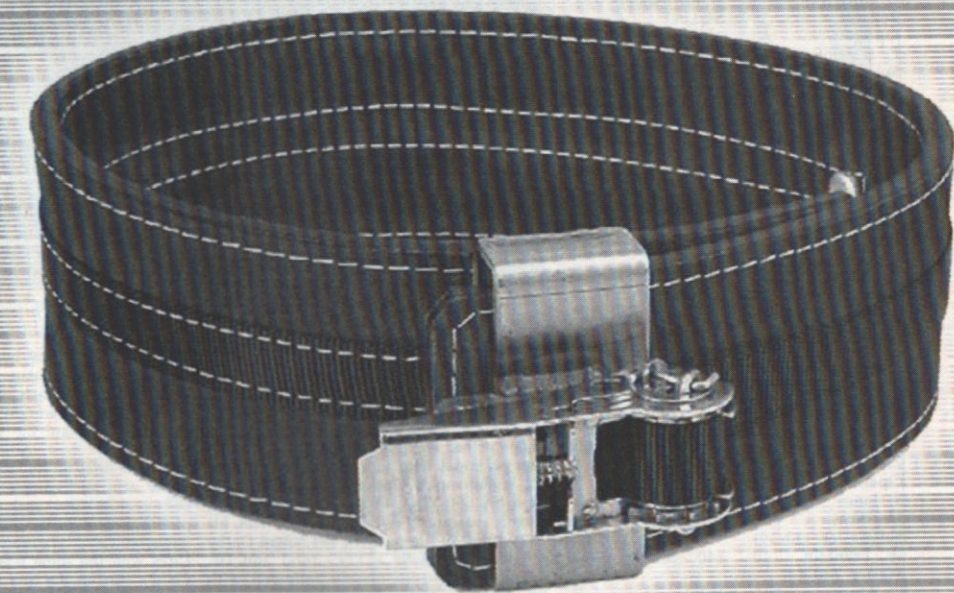
cated that they might well be taking over IPF powerlifting in every division. Louie Simmons' article concerned "Learning by Asking". He recalled watching Larry Pacifico bench press 530 at 198 and totaling 1900. At the time, Louie's bench press was 320 at 181. Larry told him to train his triceps. Louie tried it, but didn't stick with it, then when he actually started to follow the advice he began to make progress. Herb Glossbrenner brought us his USA All-Time Top 10 Bro d i n g n a g i a n biathlon, (SQ + DL) The number one lifters were Gant in both the 123s and 132s. Alexander in the 165s, Bridges at 181, and Ed Coan at 198 and 220, Steve Goggins at 242, Dave Pasanella at 275, and the late O.D. Wilson in the Supers. The Workout of the Month was by Jeff Douglas, not long after establishing an 800 lb. PR in the squat at the 1996 USPF Senior Nationals in the 242 pound class. Herb Glossbrenner continued his series on the 14th Senior National

Championships, held in Los Angeles. Winners included John Redding at 114, Julio Nunez at 123, Lamar Gant 132, Mike Bridges at 148, Rick Gaugler at 165, Walter Thomas at 181, Vince Anello at 198, Dennis Reed at 220, Terry McCormick at 242, Bill Kazmaier at 275, and Doyle Kenady at SHW. Herb Glossbrenner also came up with Part Two of the John Ford story. (Part One appeared in the December 1996 edition). Joe Pyra gave us an update on the new Disney World Fieldhouse, where future AAU events were planned. On our Top 100 list for the 242 pound class, Steve Goggins led the squat with 1032, Willie Wessels the bench press with 650, Ed Coan the deadlift with 837, and Goggins took the number one spot in total with 2399. Scott Lade was 96th in the squat with 661, Carl Seeker was 59th in the bench press with 505, Brent Mikesell was 91st in the deadlift with 665, and Mitch Edelstein was 97th in the total at 1750. For information on many other back issues of PL USA and how you can purchase them with a special price break, see our listing on pages 52-55 in this issue of Powerlifting USA.

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- **Very secure.** The belt automatically locks until you manually release it.

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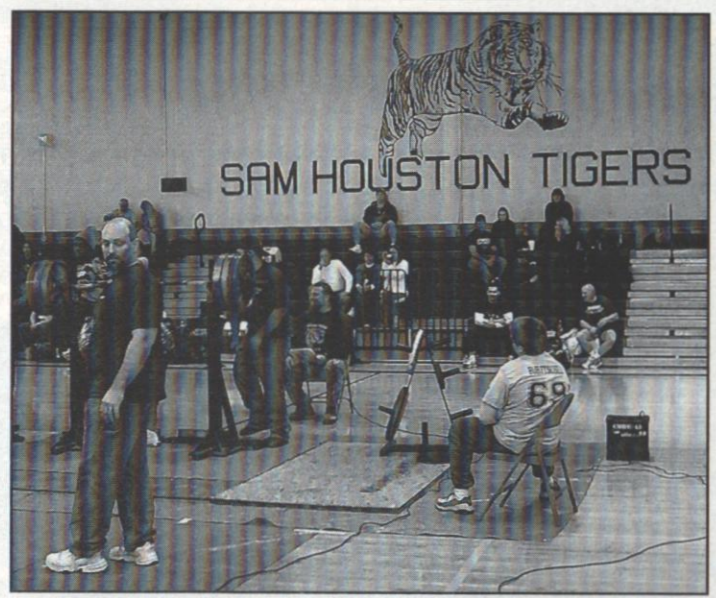
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APA Sam Houston Open 1 DEC 05 - Houston, TX				
BENCH				
WOMEN				
181 lbs.	Master (40-44)	Wagenseller	450	
Drug Free				
M. Oeltjen 185	E. Wright	645		
BENCH				
MEN				
181 lbs.	Open			
Master (55-59)	Junior (20-23)			
B. Kline 350	R. Belair	310		
WOMEN				
220 lbs.	Open			
Master (50-54)	Teen (11-12)			
K. Barbier 330	J. Burttschell	275!*		
DEADLIFT				
MEN				
165 lbs.	Master (45-49)			
Master (55-59)	Junior (20-23)			
B. Kline 350	R. Belair	310		
WOMEN				
220 lbs.	Open			
Master (50-54)	Teen (11-12)			
K. Barbier 330	J. Burttschell	275!*		
SQUAT				
MEN				
132 lbs.	Master (45-49)			
Master (55-59)	Junior (20-23)			
B. Kline 350	R. Belair	310		
WOMEN				
132 lbs.	Open			
Master (50-54)	Teen (11-12)			
J. Johnson 235		160	265	660
Open				
J. Vasquez 600		430	500	1530
Master (40-44)				
C. Darby 405		315	405	1125
Master (45-49)				
Routhouska 415		270	405	1090
Drug Free				
J. Burdette 620		520	520	1660
Open				
S. Jones 700		460	550	1710
M. Wray 445		345	465	1255
Submaster (33-39)				
W. Franklin 520		440	600	1560
Master (40-44)				
D. Moser 505		405	—	—
Open				
C. Matthews 660		570	700	1930
Submaster (33-39)				
L. Fenti 665		460	625	1860
Open				
R. Pike 650		400	655	1705
Drug Free				
M. Fornecker 525		385	450	1375
Junior (20-23)				
R. Sheets 525		320	500	1345



The Sam Houston Tigers Gym was the site for the Sam Houston Open

McCullough, spotters and loaders Brian Propst, Heiberto Cantu, Chris Ferguson, Joe Ortiz, Andrew Rodriguez, and Benjamin Vallejo. without the hard work of these individuals, the meet would not have taken place. Ne Caney High School assistant principal John Johnson started the day off in the men's masters taking first place with his 660 total. In the mens open 165, Johnny vasques took first place with his 1530 total. In the masters 181, Chad Darby led the pack with a 1125 total and Dr. Glenn Routhouska closely followed with his total of 1090. Dr. Routhouska also walked home with 7 Texas records in the squat and deadlift. James "the priest" Burdette took the drug free 198's with a 1660 total and just missed a 605 bench on his 2nd and 3rd attempts. The Priest ended his day with Texas records in the bench and total. In the 220's Shae Jones ended his day with a huge 1710 total over Matt Wray's 1255. Matt is improving each time he lifts, so watch for a big total out of this young man soon. Shae Jones also took home a Texas record with his successful 700 pound squat. Lifting for the first time ever, William Franklin hit a 1560 total in the 220 submasters taking first place in his division. Franklin also took him three Texas records in the squat, bench and total. Don

Moser, lifting in the master 40-44 division was having a great day until he took his 3rd attempt in the bench at 500. On the way down with the weight there was a loud tearing sound and the weight fell about 1 inch off his chest. After Don was carried off to the hospital he later found out his left upper arm and completely broken. Don is recovering fine and will back on the platform soon. In the 242's there was a war between Chad Matthews and Larry Fenti. Larry won the squat war with his 665 over Chad's 660. In the bench press Chad came back to take the lead with his 570 bench over Larry's 460. Once the bar hit the floor Chad confirmed his lead with a huge 700 pound deadlift. Chad ended the day with a 1930 total and took the best lifter award and Larry ended his day winning the submasters with a 1860 total. Lifting in the drug free 275's Randy Pike had a great day taking 1st place with his 1705 total. Pike also earned 2 Texas records in the squat and deadlift. Also lifting in the 275's, Michael Fornecker finished his day with a 1375 total. In the junior 275's, Robert Sheets had a great day setting Texas records with his 525 and 1345 total. In the squat only division Master lifter Chris Garcia placed 1st in his division and took home a Texas record with his 645 squat.

This was after he missed 645 on his 1st attempt and went backward dropping the weight on his 2nd attempt at 645. In the bench press only division Brian Kline took 1st place and set a Texas record with his opening lift of 350. In the 220 masters, Keith Barbier took first time lifter John Guterrez with his lift of 330. In the 242 open and submaster, Chester Maylone took 1st in both divisions with 1st attempt of 355. Gene Wagenseller, lifting in the masters took 1st place with his Texas record lift of 450. In the 275's Eric Wright opened up with a huge 645 and missed 665 on his next two attempts. In the 181 deadlift only division, 12 year old Jessie Burttschell took 275 for a 4th attempt and got it taking home a new Texas, American and WPA World Record. In the womens division, Dawn Morrison place 1st in the 132's with her 700 pound total. Dawn is also a new Texas record holder with her 170 pound bench press. In the bench press only division 181'er Michelle Oeltjen took 1st with her Texas record bench of 185 pounds. In the deadlift only division, Renee Belair took 1st in the junior 165's with her Texas record of 310. Thanks again to all the lifters who attended this meet and all of the people who dive out to watch. You guys and gals are what this sport is all about. A special thanks to Inzer Advance Designs for supporting this sport and our meets for many years. Also a big thanks to Powerlifting USA who has been there supporting us all for a long time. (Thanks to Tom McCullough for providing results)

APA Battle of the Badasses
5 NOV 05 - Georgetown, SC

BENCH				
MEN				
148 lbs.	J. Tancil	525		
Master III	D. Ricafrente	400		
Open				
E. Knight 415	G. Blue	210		
CURL				
MEN				
181 lbs.	Drug Tested			
J. Rubio 365	J. Rubio	365		
Open				
J. Rubio 365	Master I	135		
220 lbs.				
J. Rubio 135	Master II	125		
Drug Tested				
T. Haraguni 450	Master II	150		
Teen (16-17)				
A. Moore 275	Master III	125		
Teen (18-19)				
J. Schmidt 300	J. May	125		
R. Clarke 200				
Master I				
J. Rubio 365	Master II			
Master II				
MEN				
BP				
DL				
TOT				
Junior				
N. Puorro 410		450	860	
275 lbs.				
Drug Tested				
J. Bruff 370		530	900	

NASA Eastern States
22 OCT 05 - Wheeling, WV

BENCH				
MEN				
132 lbs.	J. Straight	463		
J. Delbert 148	CURL			
198 lbs.				
HSP	Master II			
Higginbotham 275	J. Alcoff	121		
Law/Fire				
K. Baker 380	Pure			
J. Vavrek 363	T. Bachman	203		
SHW				
Novice				
J. Straight 463	MEN			
242 lbs.				
K. Bardos 30				
MEN				
BP				
DL				
TOT				
148 lbs.				
Master Pure				
D. Dessau 303		402	705	
181 lbs.				
Pure				
R. Gregory 286		485	771	
Submaster Pure				
R. Gregory 286		485	771	
SHW				
Master II				
R. Knically 380		611	992	

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American Powerlifting Association World Powerlifting Alliance



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Telephone Number	E-Mail address		Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)		

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WOMEN	CR	BP	DL	TOT
123 lbs.				
Master II				
C. Pennington 55		66	—	121
75 lbs.				
Youth				
W. VanHoose 33		33	104	170
148 lbs.				
Master Pure				
D. Dessau 132		226	363	722
WOMEN				
SQ				
BP				
DL				
TOT				
123 lbs.				
Master II				
C. Pennington 126		66	154	347
MEN				
148 lbs.				
Junior				
A. Burkhart 303		220	429	953
Teen				
A. Burkhart 303		220	429	953
165 lbs.				
Pure				
M. Mucheck 507		336	451	1295
Teen				
M. Mucheck 507		336	451	1295
Master II				
J. Alcoff 314		259	418	992
198 lbs.				
HSP				
Higginbotham 325		275	402	1003
4ths-SQ-352				
DL-418				
Master II				
S. Lamneck 617		374	567	1559
Submaster II				
G. Green 661		407	551	1620
Submaster Pure				
G. Green 661		407	551	1620
220 lbs.				
Pure Natural				
A. Blakemore 363		314	501	1179
242 lbs.				
Master I				
K. Bardos 523		330	600	1455
K. Hall 529		407	540	1477
Submaster Pure				
T. Parson 573		479	534	1587
275 lbs.				
Pure				
J. Voelkel 540		369	523	1433
Submaster Pure				
N. Sabatino 584		507	573	1664
SHW				
Master II				
R. Knically 622		380	611	1614

(Thanks to Greg Van Hoose for the results)

NASA Kentucky Regional
15 OCT 05 - Louisville, KY

BENCH				
MEN				
148 lbs.	Submaster Pure			
Master I	B. Caudill	198		
220 lbs.				
C. Flowers 325	Master II			
M. Evans 231	M. Shuffett	347		
181 lbs.				
Master V				
Master II	M. Shuffett	347		
242 lbs.				
J. Hoskins 314	Pure Natural			
198 lbs.				
Pure Natural	R. Cope	292		
B. Caudill 198	HSP			

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equals 2.2046
Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

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Jump Stretch Sumo Platform	\$255.00

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J. Keathley 330	T. Chapala 330	T. Reed 617	314	451	1493	J. DeMent 250	385	635
4th-352								
Master III								
MEN								
CR								
BP								
DL								
TOT								
Youth								
W. VanHoose 27			33	99	159			
148 lbs.								
Master I								
D. Hopkins 82		137	275	496				
198 lbs.								
Master II								
G. Corbell 104		214	336	655				
MEN								
SQ								
BP								
DL								
TOT								
123 lbs.								
Master II								
B. Lamb 385		231	402	1019				
198 lbs.								
Pure								
V. Bowling 507		330	556	1394				
J. Figg 512		352	490	1355				
M. Watkins 407		275	440	1124				
SO								
S. Chapala 314		270	303	887				
Master II								
G. Corbell 303		214	336	854				
220 lbs.								
Master V								
N. Benefield 402		275	407	1085				
242 lbs.								
Submaster								
J. DeMent 305		200	308	813				
Master II								
J. Hurlle 529		325	474	1328				
Meet Directors: Greg & Susan Van Hoose.								
J. DeMent 165					SQ	BP	DL	TOT
MEN								
165 lbs.								
High School								
F. Brown 305		145	315	765				
181 lbs.								
Junior								
B. Dedas 590		375	580	1545				
198 lbs.								
Pure								
C. Stuenkel 435		200	455	1090				
Junior								
B. Herbener 405		315	475	1195				
242 lbs.								
Novice								
S. DeMent 200		308	435					

**SLP Central Illinois
13 NOV 05 - Hillsboro, IL**

BENCH	
WOMEN	
Submaster	308 lbs.
275 lbs.	M. Lennix 330
Open	
A. Long	200*
181 lbs.	B. Schoenman 425
MEN	
Junior	198 lbs.
198 lbs.	S. Webb
K. Cress	315
220 lbs.	C. Taylor 465
DEADLIFT	
WOMEN	
J. Abraria	390
Junior	
Master (50-54)	132 lbs.
198 lbs.	M. Anderson 255
R. Egli	410
4th-280*	
MEN	
Master (55-59)	275 lbs.
275 lbs.	C. Barnett 365
Master (60-64)	J. Abraria 595
198 lbs.	
J. Hussey	330



Best Lifter at the SLP Central Illinois BP/DL Championships was Brian Shoeman, seen with two of those big Son Light Power (SLP) trophies. (photo provided by the courtesy of Dr. D. Latch)

Chad Taylor also came close with 500, but settled with his opener of 465 and the win at 220. In the deadlift competition Misty Anderson showed much improvement as she won at junior women 132. Finishing with 255, Misty came back with her strongest pull of the day and a state record 280! Our only other deadlifter was Job Abraria, who won at submaster 275 with a strong 595. Thanks to my son Joey, Kyle Cress, Kurt Hess and all the boys from Pop's Gym for helping with the meet. (Thanks to Dr. Darrell Latch for results)

**SLP Oklahoma State
08 OCT 05 - Tulsa, OK**

BENCH	
Novice	
181 lbs.	
Special Olympic	
198 lbs.	T. Mikles 395*
4th-400*	
D. Thurston	265*
275 lbs.	C. Woods 440*
4th-280*	
WOMEN	
Master (40-44)	
220 lbs.	W. Trenthan 385
Teen (13-15)	
181 lbs.	
J. Henson	185
4th-205	
Open	
275 lbs.	
M. Shirley	265
181 lbs.	
MEN	
E. Conner	305

Submaster	4th-250*
220 lbs.	Open
J. Warren	325
275 lbs.	
Master (40-44)	
165 lbs.	R. Shirley 550*
DEADLIFT	
MEN	
Teen (13-15)	
T. Ward	535*
105 lbs.	
Master (50-54)	Z. Dwinell 215*
198 lbs.	
Junior	
R. Weaver	385*
275 lbs.	
Master (65-69)	
275 lbs.	C. Bledsoe 500*
Master (40-44)	
J. Duckett	375*
165 lbs.	
4th-385*	
M. Pierce 465*	
Police/Fire	
Master (50-54)	C. Chenoweth 385
181 lbs.	
Master (55-59)	
B. Wheeland	210*
S. Cates 475*	

*=Son Light Power Oklahoma state records. Best Lifter Bench: Roy Shirley. Best Lifter Deadlift: Mike Pierce. The Son Light Power Oklahoma State Bench Press/Deadlift Championship was held at Platinum Fitness. Thanks to owner Jim Parham for sponsoring this event and to manager Justin Turnbow for all his help setting up, loading and spotting the competition. In the bench press event special Olympic lifter Daniel Thurston broke his own state record at 198 with 265. A fourth with 280 was also good. State record-holder Kortney Thatcher broke her record at 40-44/220 with 120. Then at open 275 it was Melissa Shirley, taking the title there with 265. At novice 181 it was Travis Mikles with a new state record of 395. A fourth with 400 marked his first official lift at that level. Corbett Woods won at 275 over William Trenthan 440 to 385. Corbett's 440 marked a new state record there while William's 385 was a new personal record. First-time competitor Justin Henson won at 13-15/181 with 185, followed by a fourth of 205. At junior 181 it was Eric Conner with 305 while Jerry Warren won at submaster 220 with 325. In the master 40-44 division Chris Chenoweth broke his own state record at 165 with 320 while Tracy Ward won at 275 with 535. This was also a new state record for Tracy. Roy Weaver won at 50-54/198 with a new state record of 385. Up next was the legendary Jimmy Duckett, the world's oldest hippy powerlifter. Lifting way beyond his potential, Jimmy finished with new state records at 65-69/275 with 375, followed by a great 385 fourth. Bob Wheeland won at police & fire/50-54/181 with 210. A fourth with 250 set the state record there. In the open division it was

best lifter Roy Shirley with an easy 550 at 275. For the deadlift competition Zach Dwinell upped his state record at 13-15/105 with 215. Cameron Bledsoe got a new pr as well as a new state record at junior 275 with 500. At 40-44/165 it was Mike Pierce over Chris Chenoweth 465 to 385. Mike's pull gave him the new state record for that class. Our final competitor was 55-59/275 winner Stephen Cates. First-time competitor Stephen finished with a new state record 475. Thanks to Brenda Bledsoe and Emma McConnell for taking some great pictures and to my son D.C. for all his help. See you all again next year! (Thanks to Dr. D. Latch for the results)

**AVCF Winter Power Meet
13 NOV 05 - Crowley, CO**

MALE	
Open	
132 lbs.	
R. Salinas	215
148 lbs.	
J. Trevino	210
165 lbs.	
J. Parker	385
181 lbs.	
P. Domingus	440
275	440
M. Chang	315
275	480
198 lbs.	
A. Ward	375
290	520
J. Keilwitz	405
315	455
B. Monaco	365
260	465
220 lbs.	
D. Priepinto	350
295	405
N. Martinez	330
255	455
1040	
J. Miller	380
285	365
1030	
242 lbs.	
R. Williams	640*
385	725*
1750*	
B. Barnhart	500
345	600
1445	
B. Bachofer	365
205	460
1030	
275 lbs.	
T. Jackson	500
475*	550
1525	
M. Bogacz	455
385	480
1320	
M. Fisher	405
335	455
1195	
SHW	
J. Hill	425
345	555
1325	
Master (40-44)	
165 lbs.	
T. Yoakum	375
230	395
1000	
C. Mays	285
215	480
980	
220 lbs.	
D. Leiba	375
245	378
995	
Master (45-49)	
165 lbs.	
L. Baldauf	210
185	300
695	
Master (65-69)	
220 lbs.	
D. Ortega	315
225	425
965	

**100% RAW Christmas BP Classic
10 DEC 05 - Stanardsville, VA**

FEMALE	
165 lbs.	
(14-15)	
Open	D. Richards 85
MALE	
K. Self	155
(18-19)	
Open	
J. Cale	285
77 lbs.	
(Under 11)	J. Cale 285
Open	
M. Evans	70
181 lbs.	
88 lbs.	(14-15)
(Under 11)	A. Marrow 260
Open	
J. Hanks	55
123 lbs.	
(12-13)	K. Glover 170
Open	
M. Townes	60
123 lbs.	
(12-13)	J. Self 375
Open	
J. Burroughs	105
132 lbs.	
(Under 11)	J. Jackson 340
Open	
J. Bullock	85
148 lbs.	
(14-15)	D. Taylor 310
Open	
M. Alston	75
123 lbs.	
(12-13)	242 lbs.
Open	
D. Harris	145
308 lbs.	
(14-15)	R. Weaver 345
Open	
S. Talley	170
(20-24)	
C. Cannady	100
S. Dillenger 440	

(thanks to John Shifflett for these results)

**100% RAW Powerlifting Federation
Membership Application**

LAST NAME: _____ FIRST NAME: _____ INT. _____
 STREET ADDRESS: _____
 CITY / STATE / ZIP: _____
 AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____
 AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

REGISTRATION FEE \$25 - ADULTS \$10 - HIGH SCHOOL	MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921 NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.
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LIFTERS SIGNATURE: _____
 PARENTS SIGNATURE IF UNDER 18 YRS. OLD _____

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

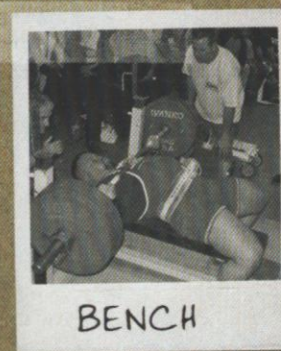
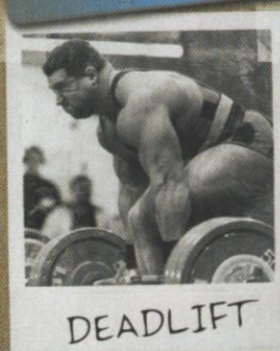
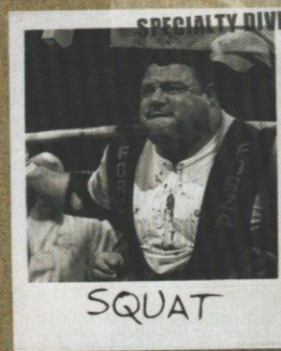
By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree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

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ALL RAW LIFTING

Bench: Mike Wolfe, Jeremy Hoornstra, Mike Green, Bob Luyando, Bill Carpenter, Dan Kovacks, Vincent Dizenzo, and Nick Winters

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Squat: Kirk Karwoski

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BREAK YOUR BENCH PRESS BOUNDARIES WITH GAKIC[®]

Why Bench Press World Record Holder Gene Rychlak Relies on GAKIC[®]

What does it take to move serious, mind-blowing poundage? Raw blood-and-guts determination, inhuman desire, maybe a little insanity, and a never-before-seen, cutting-edge supplement called GAKIC. For Gene Rychlak, the world's bench-press record holder, each and every workout means life or death, and he can't afford to mess around. There is no room for error, and this is why he uses one of the most heavily researched and effective supplements in the history of sports nutrition, GAKIC. The reason is quite simple: GAKIC jacks up your strength by 10.5 percent immediately! No, that's not a typo. Immediately after you take your first dose of GAKIC, you will be 10.5 percent stronger in all of your lifts. It's why Gene Rychlak uses it to smash world record after world record!

It took eight long years for researchers at the University of Florida to perfect the GAKIC formula and to thoroughly test and prove it before powerlifters such as Gene could get their hands on it. This comes as no surprise, given Team MuscleTech's track record of excellence. Since its launch into the market late last year, GAKIC has been producing incredible results with strength athletes everywhere. They've been raving about the phenomenal strength gains they've achieved from it and about how long and how hard they can now push themselves. All this buzz is great, but here are some cold, hard scientific facts about GAKIC's effectiveness that provide the truth about why GAKIC is the most effective way to increase strength immediately.

GAKIC® Is Scientifically Proven for Immediate Strength Gains

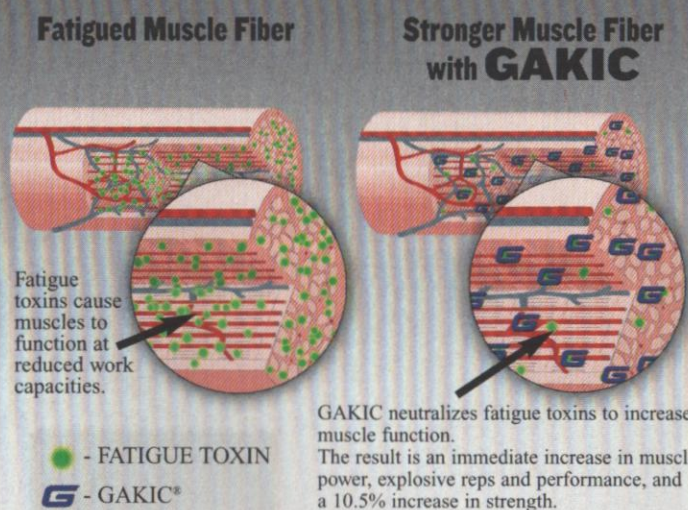
Led by GAKIC inventor Dr. Bruce Stevens, scientists set out to prove that GAKIC was every bit as good in real life as they expected it to be. To accomplish this, they set up a double-blind, placebo-controlled study. This is the gold standard of studies in the scientific community. If a supplement passes a gold-standard test, there can be no doubt as to its effectiveness.

A group of 13 healthy test subjects were first given GAKIC, and in another session they were fed a placebo (an isocaloric carbohydrate drink). Subjects were then hooked up to an isokinetic dynamometer machine to measure muscle power and strength. Measurements were taken during both sessions and yielded some startling results. When the athletes used GAKIC, they exhibited an amazing 10.5 percent average increase in strength and were able to do significantly more work than when they were fed a placebo. This meant that GAKIC could increase a person's strength by 10.5 percent immediately!

"GAKIC® will immediately jack your strength up by 10.5% and increase your fatigue resistance by up to an amazing 28%!"

A second shocking conclusion was also drawn. Significant changes in time to fatigue of up to an average of 28 percent were recorded in the GAKIC group, compared to the placebo. In other words, when subjects took GAKIC before exercising, they increased their fatigue resistance by up to an amazing 28 percent! Never before in the history of supplementation had such incredible real-world results been achieved.

GAKIC and Muscle Function



Repeated muscular contraction causes a buildup of fatigue toxins such as ammonia in the muscle. When these toxins reach a critical level, contraction becomes impossible and you'll have to stop your workout. GAKIC solves this problem by reducing fatigue toxins in muscles, enabling you to continue training beyond failure!

In another gold-standard study at Truman State University, subjects were given either GAKIC or a placebo 45 minutes prior to exercise. After subjecting participants to repeated bouts of anaerobic exercise, results showed GAKIC treatment significantly decreased the time to failure and kept subjects' power output higher.

Increasing Your Strength Immediately with GAKIC®

When you have the man who holds the world's bench-press record relying on GAKIC, you know this cutting-edge supplement means business. As one clinical study proves, GAKIC can immediately increase your strength by 10.5 percent and increase your fatigue resistance by up to an amazing 28 percent! There is no other supplement available on Earth that can give you results anywhere close to this. GAKIC's effects are experienced from the first dose, unlike other supplements that take days or weeks to produce noticeable results. GAKIC® works the first time you take it and every time after that!

When Gene Rychlak is destroying the gym with the help of GAKIC®, it ensures he trains as ultra-heavy as possible.

"You owe it to yourself to try GAKIC® for the quickest strength gains of your life!"

The benefits of GAKIC® cannot be understated when you're trying to improve your strength in all of your lifts. GAKIC works by removing toxins such as ammonia from the muscles. These toxins build up during muscular contractions and prevent your muscles from contracting beyond a certain point. But with GAKIC, you'll be able to continue training long past the time your muscles would normally fail. This means you'll be able to maintain your superstrength with explosive authority for a longer period of time. This is a huge deal that goes a long way toward helping you peak at the right time for competition.

"Break out of frustrating strength plateaus and put your progress months ahead of schedule from the first day you take GAKIC®!"

The fact that GAKIC will enable you to lift heavier weights for a longer period of time increases the stress on your muscle fibers. The longer and harder those muscle fibers are stressed, the more they will adapt by increasing your muscle strength. This is how GAKIC can help you achieve your powerlifting goals. You'll now be able to break out of frustrating strength plateaus

When you hold the world record for bench pressing, there is no room for error. Gene Rychlak knows he must perform at his best and beyond every workout, and this is why he chooses GAKIC as his go-to weapon.



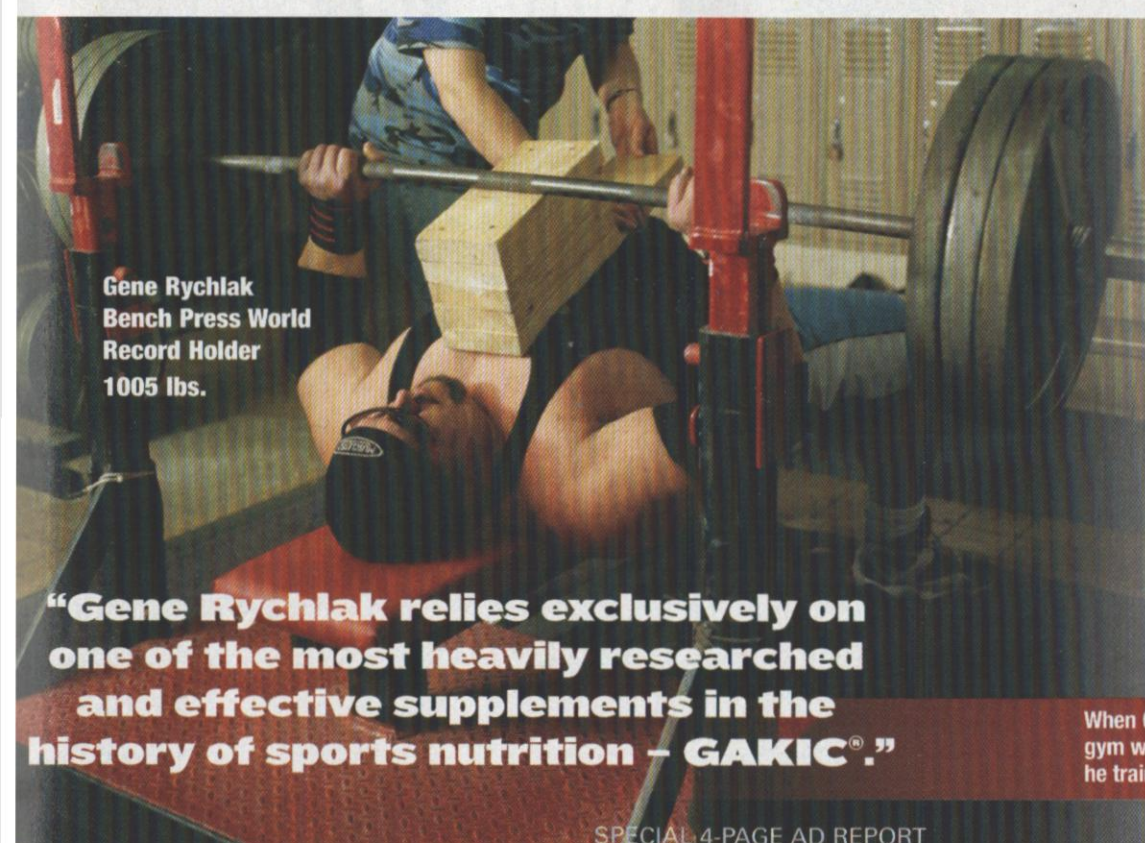
With his incredible feats of strength including a 1005 lb. bench press, Gene Rychlak's accomplishments speak for themselves and so does GAKIC. You owe it to yourself to try GAKIC today!

and put your progress months ahead of schedule from the first day you take GAKIC!

"GAKIC® works the first time you take it and every time afterward."

Considering the amazing numbers coming from clinical studies, you owe it to yourself to try GAKIC for the quickest strength gains of your life! Start breaking your own benching barriers with GAKIC today!

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Gene Rychlak
Bench Press World
Record Holder
1005 lbs.

"Gene Rychlak relies exclusively on one of the most heavily researched and effective supplements in the history of sports nutrition - GAKIC®."



NEW ENGLAND RAW RECORD BREAKERS

On May sixth the thunder will roll at UMASS' Mullins Center as the Atlantis Foundation New England Raw Record Breakers will explode. Forget small venues, forget esoteric weight classes, Atlantis is pulling out all the stops, using IPF weight classes in a classic powerlifting meet to see who the strongest powerlifter in the world really is.

If you are like Bruce Derosier, founder of Atlantis, you're sick and tired of all the BS, the various federations each with differing rules, each with their own brand of suit this and wrap that. Atlantis is dealing cards raw. That's right, raw. See what a man can do by himself, on his own. For this occasion the enormous Mullins Center has been booked. Both full meet and venue for specialty lifters, the New England Raw Record Breakers will deal out cash prizes to weight class winners as well as specialty lifters.

Organized with help of iron symphony conductor Dave Cosnoti and sponsored by Troy Barbell, at 10 AM the wagon train moves out. A fitness extravaganza, supplement, and equipment companies will be holding giveaways and raffles from display booths. As if that's not enough before the dust settles, bring out the hot bodies. A bikini model search just to ensure the perfect blend of estrogen is mixed into this

testosterone-fueled atmosphere. Then, UFC-style mixed martial arts competition will throw their own lightning bolts in the evening program.

Wielding cannons to rival anyone, massive professional bodybuilding star Mo Anouti will be firing his guns to make us all question ours.

The lifters? This is whom we've got so far. The fire breathing dragon, Beau Moore, who posted a staggering 2080 raw on December 11th 2005. And superheavy powerhouse Sean Culnan. We've got the granite man himself, Sean Colbeth coming straight from the hills of Vermont. He won over the crowd a few years back posting jaw-dropping numbers in meet. He came to watch but his training buddies egged him on to compete with no preparation whatsoever. In overalls and work boots he made us wonder what's in the water up there.

We have powerlifting's bad boy, Mike Miller eager to put pie in the face of his critics and set the record straight. And just who might be receiving pie at the hands of Miller? Well, we won't mention any names but sshh, between you and me he's mentioned that he wouldn't mind facing off against, in no particular order, Billy Minnaugh, Tim Brunner, Jeff Lewis, Gary Frank, Tommy Fannon, Brian Siders, Andy Bolton, Donny

Thompson, Paul Childress, Matt Smith, Brad Gillingham, Scott Mendelson, Jeff Lewis, Mike Ruggeria as well as most of the name attending. Miller says anyone who thinks they're man enough to lift in this crowd should step up.

Now a coupla guys've told me Mike talks big then doesn't show so let's see who, pie thrower or pie taster's got the 'nads to make it there.

I'll tell you what. One guy who'll show is our last strongman champion, top shelf superhero Josh Bryant, the guy who push pressed 445 overhead and shrug bar deadlifted 840 like it was paper mache. Also Vinnie Dizenzo, the guy backs down from nothing, wide as a house and drive to match. With a grin and a shrug he locks iron hands on the bar and competitors shake in their shoes. For the first time we've also got a couple of entrants from the fabled Westside Barbell Club. From those vaunted halls Mike Wolf and Nick Winters will be carrying the chained dog standard for Louie Simmons.

We'd also really like to see Gary Frank in fact anyone who wants to roustabout with nothing between them and the barbell but iron drive and a whole lot of guts. We'd also really like to see Conyers and some of the other lightweight wolverines.

One lift specialists? Well, how about Captain Kirk firing up those ginormous thighs to challenge the

gods on the squat platform. He'll show us how it's done sans the wraps and belt. Speaking of raw power Jeremy Hoonstra will be back up from Tallahassee. Yup, this is the guy who tipping the scales at 237 jumped from 315 to 495 while warming up on the bench. Banging out an easy triple Eddie Coan figured Hoonstra was good for 8. He'll be chasing Mike McDonald's bench record. In our last raw meet he benched 605 three times though each red lighted on a technicality.

Crown Jewel in the specialists is none other than Andy Bolton who predicts he'll be pulling and even grand, that is 1000 pounds, in the deadlift.

To keep the lions from shredding each other will be the legendary lion tamer Eddie Coan as head judge. The redoubtable maestro of metal Bill Kazmaier will be MC-ing on the mike. These guys will be checking knee sleeves and wrist wraps to make sure none of the lions are clowning around.

May sixth at the Mullins Center UMASS, Amherst promises to be a thermonuclear meltdown. I'll be calling the battle from the safety of the announcing table; you can't keep me from this type of gladiatorial combat. Aw who am I kidding, I'm not into lifting, just there for the bikinis. How about you? Iron, flesh or fists? Take your pick.

Marc Cavigioli



Mrs. Kathy Brayton making a strong 85 lb. bench press at the 5th annual "Pocket Samson" Christmas bench press to earn her Best Lifter - Female award. (photograph provided by Glenn Murphy Jr.)

5th Pocket Samson's Christmas BP

10 DEC 05 - Grasonville, MD				MALE			
BENCH				Spec. Olympics			
A. Calabrese	240	S. Burns	235	175	275	685	
Junior (19-23)		M. Kardok	245	185	335	765	
132 lbs.		Teen					
B. Myers	265	M. Parillo	500	300	540	1340	
Open		Submaster					
K. Brayton	85	B. Batista	475	415	525	1415	
Master (40-44)		Master I (40-44)					
114 lbs.		K. Rossi	525	425	585	1485	
Open		D. Fusco	480	310	505	1295	
Master (45-49)		P. Vega	425	450	425	1300	
G. Murphy, Jr.		Master II (45-49)					
200		L. Weinstein	525	275	540	1340	
148 lbs.		Master (50-54)					
Master (40-44)		D. Roderick	540	335	525	1400	
S. Gregori	255	r. Mettievier	430	260	430	1120	
165 lbs.		B. Fabiano	350	320	405	1075	
Open		Master III (50-54)					
Master (45-49)		Montebault	575	350	530	1455	
G. Murphy, Jr.		P. Mears	440	245	470	1155	
200		J. Burke	340	280	410	1030	
148 lbs.		J. Wild	355	170	385	910	
Master (40-44)		Master IV (55-59)					
S. Gregori	255	J. Rizza	410	180	410	1000	
165 lbs.		J. Medeiros	135	375	135	645	
M. Hodge	245	Master V (60-64)					
181 lbs.		C. Farrison	465	315	500	1280	
Collegiate		Open					
Best Lifter Female: Kathy Brayton. Best Lifter Male: Randy Robinson. I praise the Lord for all 12 lifters at my 5th Annual "Pocket Samson's" Christmas Bench Press Championship. This year's event was held at the Island Athletic Club in Grasonville, MD. One female and 11 men competed. Mrs. Kathy Brayton made two of three lifts, just barely missed the lock-out on getting her final attempt of 95 lbs., as her husband cheered her on. I made an easy 175 opener, and then squeezed out a 200 lb. press, before passing on my third and final attempt. Kent Island High School graduate Andrew Calabrese had a nice three for three day. The Don Joy, Sr., had a three for three day also, as he benched 325 lbs. with a sore arm at a young ripe age of 74. Our "big three" lifts of the day were by Randy Robinson at 275 lbs., Scot Kuzma at 460 lbs., and Petey Cropp at 420 lbs. I'd like to thank Mr. and Mrs. John Murphy, of Island Athletic Club, for the use of their beautiful gym, all the lifters who competed, to mom and dad, Mr. and Mrs. Glenn and Treva Murphy, and especially Mr. and Mrs. Mike Lambert of Powerlifting USA magazine, "The" one and only powerlift magazine. Merry Christmas and Happy New Year! (Thanks to Glenn Murphy for to results)							

USAPL MA/RI States Open

19 NOV 05 - Warwick, RI

BENCH		MALE			
M. Levine	255				
J. Hadad	315				
J. Bourgault, Sr.					
FEMALE		SQ	BP	DL	TOT
Teen					
A. Saccocio	275*	125	250	650	
Master					
T. Ward	205	100	260	565	
D. Crosby	220	125	215	560	
L. Roderick	215	130	245	590	
Open					
J. Perry	320*	200*	325*	845*	
A. Saccocio	275*	125	250	650	
T. Cowan	145	200	145	490	

181 lbs.				Master (50-59)				SHW			
B. Brown	415	265	555	1235	B. Kolling	400!	Open				
E. Cordeiro	475	300	425	1200	S. Popovich	370	R. Martin	425!			
S. Ritucci	415	350	—	—	242 lbs.		DEADLIFT				
198 lbs.					Teen (13-16)		MEN				
M. Kluth	530	275	535	1340	B. Shreffler	365!	198 lbs.				
E. Gasinowski	485	285	525	1295	Master (40-49)		Master (50-59)				
R. Cowan	420	330	460	1210	McLaughlin	480!	R. Barna	385!			
220 lbs.					W. Valentine	350	220 lbs.				
McDonough	545	370	575	1490	SHW		Master (40-49)				
K. Rossi	525	425	535	1485	Open		S. Berishko	370			
D. Dirienzo	500	400	500	1400	J. Peshek	700!	242 lbs.				
F. Perry, Jr.	470	325	525	1320	R. Boyer	350	Open				
F. Kluth	365	325	435	1125	Master (40-49)		R. Skaris	450			
242 lbs.					J. Wilson	350	Raw				
B. Maton	610*	370	600	1580	Master (50-59)		FEMALE				
C. Grady	520	420	585	1525	R. Boyer	350	165 lbs.				
R. Peabody	500	450	560	1510	Raw		Open				
275 lbs.					FEMALE		S. McKenzie	365!			
A. Bert	500	500*	700*		Open		MEN				
1700*					165 lbs.		132 lbs.				

*=RI State Records. Women's Overall Best Lifter: Jennifer Perry. Men's Overall Best Lifter: Steve Beaupre. 9 for 9: Garrett McDonough. Officials: Greg Kostas, Joe Wencus, Rene Moyon, Disa Hatfield, Sean DiCataldo, Joe Peters. Meet Directors: Gerg Kostas, Rene Moyon, and Disa Hatfield. This event featured 47 lifters, including multiple entries, which is those lifters who entered in more than one division. The lifters came from across New England to compete in this contest. This event featured a multitude of quality USAPL lifters of all ages, both men and women, this time with one session and three flights. Thanks once again to Rene Moyon, Disa Hatfield, and Next Level Fitness for hosting another successful event. Thanks again to Mike of Northeast Fitness for the continued use of his excellent facility, which features four warm-up platforms! Thanks as always to all our judges, spotters, loaders, table help, sponsors, and everyone else who assisted with hosting this event. And of course, thanks to you, the lifters, who continue to support our USAPL events! In closing, I hope that everyone enjoyed the contest and I look forward to seeing everyone in the spring. God Bless, Yours in Powerlifting. (Meet results provided by Greg Kostas, MA State Chairman)

Immaculate Heart of Mary

10 DEC 05 - Youngstown, OH

BENCH		MEN			
J. Fiumara	360				
198 lbs.					
Master (50-59)					
R. Barna	260				
220 lbs.					
Master (40-49)					
C. Venturrella	400!				
Master (40-49)					
C. Venturrella	400!				
181 lbs.					

World Natural Powerlifting Federation (WNPF)

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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.

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SLP Ohio State
12 NOV 05 - Hamilton, OH

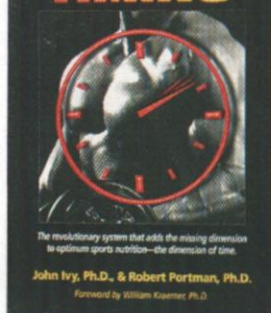
BENCH	Master (60-64)	198 lbs.
WOMEN	Smallwood	430*
Teen (18-19)	148 lbs.	
B. Hammons	P. Carman	300
Master (55-59)	Police/Fire	
165 lbs.	Master (40-44)	
M. Harmon	308 lbs.	
4th-110*	P. Newton	380
Novice	Open	
148 lbs.	148 lbs.	
D. Pfeiffer	D. Pfeiffer	75
4th-85*	4th-85	
275 lbs.	165 lbs.	
R. Kirby	B. Wheeler	325
Teen (16-17)	4th-340	
165 lbs.	S. Blue	275
S. Lenegar	181 lbs.	
350*	D. Meng	400
Junior	198 lbs.	
181 lbs.	J. Cole	375
M. Adams	220 lbs.	
315	J. Pfeiffer	325
SHW	242 lbs.	
A. Angel	J. Trusty	500
Submaster	308 lbs.	
242 lbs.	J. Sager	525
A. Walker	4th-540	
405	SHW	
Master (40-44)	D. Nieman	500
220 lbs.	4th-515	
J. Pfeiffer	Raw	
242 lbs.	Master (45-49)	
R. Manns	242 lbs.	
605*	D. George	310*
4th-615*	Police/Fire	
J. Ritzler	275 lbs.	
—	T. Baker	330*
S. Vickery	Open	
675*	181 lbs.	
Master (45-49)	K. Kimbrell	405
198 lbs.	242 lbs.	
G. Clayman	A. Waterfield	405
415	DEADLIFT	
Master (50-54)	Teen (16-17)	
181 lbs.	Master (40-44)	
D. Sparks	198 lbs.	
—	R. Carman	370*
G. Benford	M. Harmon	210*
480*	Submaster	
220 lbs.	Novice	242 lbs.
B. Sellman	148 lbs.	
370	D. Pfeiffer	175*
Master (55-59)	Teen (16-17)	Master (40-44)
165 lbs.	198 lbs.	220 lbs.
K. Hampton	R. Carman	J. Pfeiffer
170	370*	365
	210*	Master (55-59)



Special SLP Awards: to Darris & Cathy Sparks and Scott Vickery, at the Ohio State BP (Dr. Darrell Latch)

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

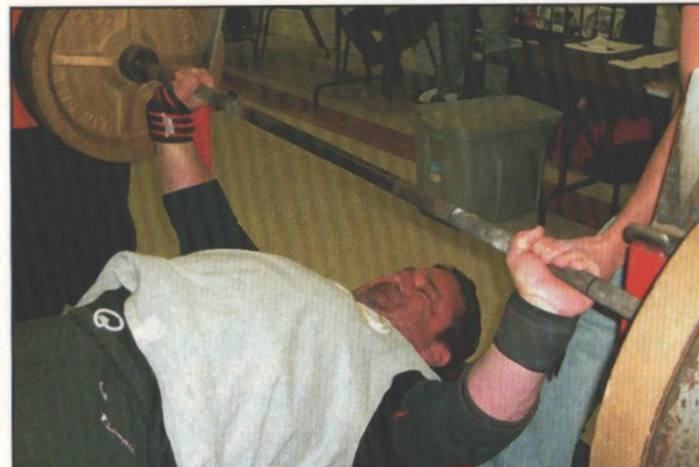
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SCI Meet
12 DEC 05 - Georgetown, DE

MALE	SQ	BP	DL	TOT
132-142 lbs.				
C. Pagano	—	250	—	250
148-158 lbs.				
J. Bolden	295	300	465	1060
T. Mackey	255	265	420	940
R. Keiser	—	210	—	210
165-175 lbs.				
C. Marvel	320	265	425	1010
A. Biasi	365	235	405	1005
G. Hall	335	250	405	990
A. Francis	255	285	410	950
D. Wayman	315	300	320	935
C. Spooner	275	250	350	875
I. Shy	315	320	—	635
M. Kling	320	255	—	575
C. Vasquez	—	255	—	255
181-191 lbs.				
V. Davis	320	305	405	1030
D. Glover	315	305	350	970
J. Blackburn	315	230	405	950
R. Barlow	300	205	350	855
R. Satchell	225	175	315	715
198-208 lbs.				
T. Ardes	410	310	475	1195
R. Jacobs	410	330	425	1165
R. Brown	250	225	330	805
C. Clark	315	—	—	315
L. Hawkins	—	—	—	—
220-230 lbs.				
G. Samuels	230	380	225	835
242-252 lbs.				
T. Garrison	240	335	405	980
A. Bolling	225	340	315	880
275-285 lbs.				
M. Rogers	450	325	450	1225
W. Scott	425	350	—	775
W. Perry	495	455	525	1475
SHW 309+ lbs.				
R. Williams	505	535	570	1610



Tony Ashley: his first official 500, @ 45-49/242 in Mattoon. (D. Latch)

Keeper of Scores" Mitchell, and thanks to the spotters and loaders, "Big Will" Scott, Mike "Ab Man" Brittingham, Mr. Tony Drummand, and Bey-Bey "The Boar" Watson. The judging was great and thanks to Warren "Mandingo" Perry for organizing and judging this meet, along with Judge Joe "The Beast" Powell, who did an outstanding job with crowd control. Thanks to Scott "The Weasel" Morgan, and Tom "Where's the Stash" Carver for allowing this event to take place. Thanks to our great warden and all the SCI staff for their cooperation in this matter. Lift on! A big thank you to Mr. Warren Perry, who has worked in this glorious place for the last 27 years, with such a good attitude. Also, Mr. Perry was our guest lifter and placed well. Thanks to all. (results - Mike Clough)

SLP Illinois Christmas for Kids
3 DEC 05 - Mattoon, IL

BENCH	K. Farley	525
MEN	4th-540	
Teen (13-15)	242 lbs.	
D. Sargent	220	
4th-230		
Teen (16-17)	132 lbs.	
Gutierrez, Jr.	245*	
Master (45-49)	132 lbs.	
Open	242 lbs.	
T. Ashley	500	
Master (50-54)	275 lbs.	
M. Ferguson	405	
Open	220 lbs.	
DEADLIFT		
WOMEN		
Junior	181 lbs.	
L. Carr	245*	
Teen (16-17)	132 lbs.	
Gutierrez, Jr.	365*	
Junior	148 lbs.	
D. Frost	245	
Master (40-44)	220 lbs.	
Mocilan, Jr.	570	

*=Son Light Power Illinois state records. Best Lifter Bench: Kevin Farley. Best Lifter Deadlift: Mike Raya. The Son Light Power Christmas for Kids Bench Press/Deadlift Championship was held at the Cross County Mall. A special thanks to the Mall Association for their continued support of this annual event. In the bench press competition, first-time lifter Dalton Sargent won at 13-15/242 with 220, followed by a successful fourth of 230. At 16-17/132 it was Adrian Gutierrez, Jr. with a new Illinois state record of 245. Tony Ashley got his first-ever 500 bench at 45-49/242! Local attorney Mark Ferguson did well at 50-54/275, taking that class with 405. Then at open 220 we had best lifter Kevin Farley. Kevin finished the day with new personal bests for his third (525) and fourth (540) attempts. In the deadlift competition it was Lacey Carr for the win at junior women/181. Lacey, who came down from Holland, Michigan with her brother T.J., finished with a state record 245. Adrian Gutierrez, Jr. set his second state record of the day at 16-17/132 with his 365 opener. Duane frost returned to competition after a year off to capture the title at junior 148 with 245. Steve Mocilan, Jr. won at 40-44/220 with 570, but came back with a strong PR state record 600 fourth attempt! Mike Raya once again captured the best lifter award of the deadlift competition with a solid 550 at 45-49/198. Then at 50-54/242 it was the "world's strongest Roto-Rooter Man" James Ewing. James finished with 450. In the open division T.J. Carr set the state record at shw with 580. Thanks to my son Joey and grandson Daniel for all their help. See you all again next year. (Thanks to Dr. Darrell Latch for providing these contest results)



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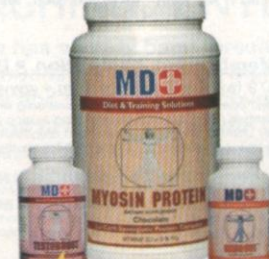
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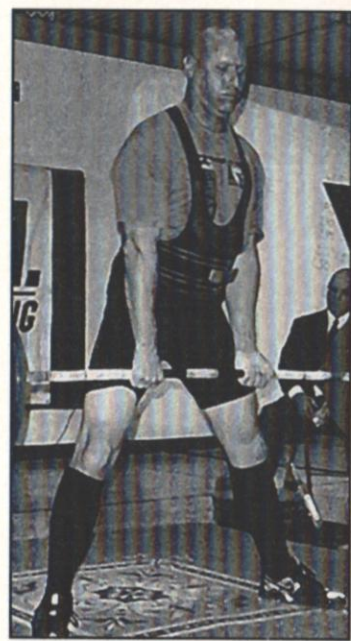
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USAPL Dakota Open
4,5 NOV 05 - Rapid City, SD

BENCH WOMEN	Master	242 lbs.		
Teen (12-13)	R. Lang	402		
123 lbs.	275 lbs.			
C. Merrival 77	K. McKnight	568		
Teen (14-15)	Master (60-69)			
123 lbs.	165 lbs.			
A. Pond 99	J. Oohs	198		
148 lbs.	Master (70-79)			
D. Michello 104	G. Handley	192		
Teen (16-17)	Open			
K. Carlow 135	181 lbs.			
Open	M. Shane	210		
123 lbs.	242 lbs.			
D. Merrival 154	R. Lang	462		
MEN	G. Elliott	401		
Teen (16-17)	275 lbs.			
132 lbs.	J. Tetreault	440		
D. Clifford 132	SHW			
198 lbs.	D. Pearce	365		
D. Michald 242				
WOMEN	SQ	BP	DL	TOT
Teen (12-13)				
132 lbs.				
C. Merrival	110	82.5	187	379
Teen (14-15)				
105 lbs.				
V. Baldwin	176	77	220	473
148 lbs.				
D. Michello	83	93	236	423
Teen (16-17)				
105 lbs.				
K. Carlow	115	93	170	379
Master (40-49)				
123 lbs.				
J. Mach	220	104	236	561
Master (50-54)				
165 lbs.				
D. Killuero	242	132	247	621
Open				
198 lbs.				
J. Canfield	242	187	291	720
MEN				
Teen (12-13)				
165 lbs.				
A. Meyer	132	110	176	418
Teen (16-17)				
123 lbs.				
Jealousofhim	143	115.5	247	506
132 lbs.				
D. Clifford	182	126	247	506
148 lbs.				
D. Michaud	264	247	352	869
220lbs.				
C. Herrmann	440	242	500	1182
Teen (18-19)				
181 lbs.				
C. Tabor	330	225	423	979
Master (40-49)				
198 lbs.				
F. Steinbach	500	846	484	1351
242 lbs.				
Martinmaas	225	291	352	869



In his first meet - Cyril Martinmaas @ the YMCA Dakota Open (Craig)

B., Ron R., George E., Kevin M., Dianne M., Tim H., Aaron M., Chad O., Danielle P., Brenda H., Star M., my mom & dad, Mary & Key, Jamie, the best boss ever, Emily W., our fantastic state chair, Steve Howard, and my husband without whom I wouldn't know anything about powerlifting, Todd. See you all in the spring. (Nicole Craig)

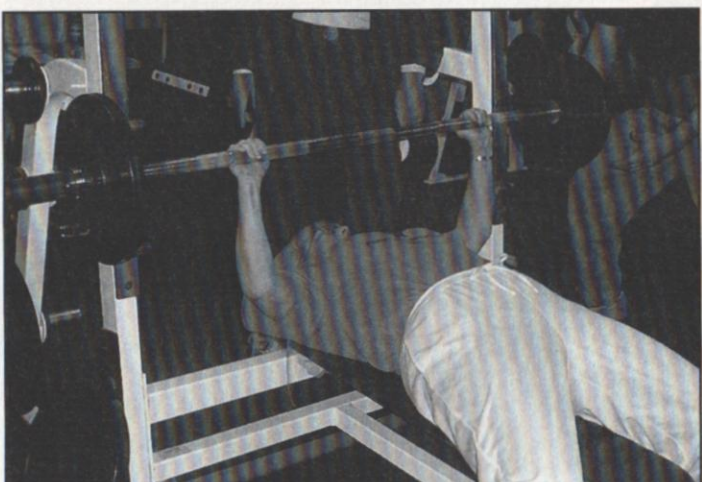
USAPL TN/Appalachian Open
3 DEC 05 - Elizabethton, TN

BENCH MEN	SHW	Master II		
220 lbs.	J. Bible	430		
Open				
A. Campbell	295			
MEN	SQ	BP	DL	TOT
132 lbs.				
Teen I				
J. Barrett	290	165	280	735
L. Clifton	215	125	245	585
148 lbs.				
Teen II				
M. Hollingsworth	270	205	305	780
780				
165 lbs.				
Teen II				
L. Birchfield	375	200	420	995
Open				
M. Weller	470			
181 lbs.				
Teen II				
J. Evans	320	185	345	850
220 lbs.				
Teen I				
R. Burt	135	200	575	910
College				
M. Doty	550	340	600	1455
242 lbs.				
Open				
J. Vitatoe	600	440	550	1590
220 lbs.				
J. Robertson	470	300	500	1270
275 lbs.				
Open				
J. Bailey	350	375	405	1130
SHW				
Master II				
J. Bible	600	430	610	1640

Logan Birchfield hit a suer total of 995, with plenty to spare. That fine total earned him the best lifter award for the teenage division. He also posted a High School National qualifying total. Jeff Evans won the 181 class with a good 850 total. Then Rees Burt followed with a win in the 220 class. Rees tokened in the squat due to injury, just missed an attempt with the American record in the BP, then came back to rebreak his American record DL twice, with 55 and 575. He will be attending High School Nationals by virtue of his previous total. For all of the teenage lifters, except Rees Burt, it was their first sanctioned competition and they all did a great job and are eagerly training for their next opportunity. Matt Doy took the win in the 220 collegiate class. Matt is a great young lifter with lots of promise, as his 1455 total shows. In the open full meet, there was also some fine lifting. In the 165s, Michal Weller hit a nice squat before bombing in the BP. It was his first meet back since a bicep tear and he made a valiant effort. He will be back stronger than ever, really soon. Jason Robertson took second in the 242 class with a nice total of 1270, considering all of his lifters were raw. Justin Vitatoe posted a fine 1590 total to win the 242 class. He also won the best lifter award for the open classes. John Bailey also hit a nice total of 1130, will all raw lifting to win the 275 class. John Bible was entered in the open and masters classes at SHW. He notched a nice squat and a good bench that was raw. His DL gave him a nice 1640 total to qualify him for USAPL Master's Nationals. In all, it was a great day for powerlifting in the state of Tennessee. Five teen lifters got to see their first official competition, three are now qualified for high school nationals, and two American records were broken. In the adult classes, many guys enjoyed their first USAPL competition, set new PR's, and made some new friends. Not to mention that since the Tennessee USAPL is just starting to structure it's state records that most of the lifts were also state records. I would like to say a special thanks to the judges: Billy Keel, Steve Grubbs, and Vincent White. The judging was fair and consistent. A special thanks also needs to go out to the gym owner, Rick Baughman, who let the meet be held in his gym, without there would have been no TN state championship this year. Jake Jenkins, Mickey Hunsinger, and Thomas Isaacs; the spotters and loaders also did a great job. No complaints from the lifters and one life saving grad. Dr. Keel did a great job running the table, along with my wife, Brittney. Also, a big thanks to Nathan Ball for his use of the great Ivanko bar. Alex Campbell, Meet Director. (from USAPL)

SLP Midwest Open
30 Oct 05 - Indianapolis, IN

BENCH WOMEN	Master (60-64)		
Master (55-59)	242 lbs.		
165 lbs.	G. Gulley	340*	
M. Harmon	105*	DEADLIFT	
MEN	WOMEN		
Novice	Master (55-59)		
242 lbs.	165 lbs.		
R. Carlile	270	M. Harmon	205*
4th-290	MEN		
Teen (13-15)	Novice		
148 lbs.	220 lbs.		
K. Fetter	220	B. Newby	405
242 lbs.	Teen (13-15)		
M. Ladd	255*	148 lbs.	
Teen (18-19)	K. Fetter	400	
148 lbs.	Teen (18-19)		
J. Beasley	210	148 lbs.	
165 lbs.	J. Beasley	315	
L. Ruiz	335	Submaster	
Submaster	198 lbs.		
242 lbs.	J. Ellis		
C. Holloway	350	242 lbs.	
275 lbs.	C. Holloway	570*	
R. Allen	425	4th-580*	
Master (40-44)	308 lbs.		
T. Conner	500*	R. Nicodemus	550*
308 lbs.	4th-575*		
R. Nicodemus	490*	Master (55-59)	
Master (45-49)	165 lbs.		
198 lbs.	K. Hampton	210	
D. Goble	425*	4th-220	
Master (55-59)	242 lbs.		
165 lbs.	Master (60-64)		
K. Hampton	160	B. Donovan	475*



Marianne Harmon - with an SLP IN State Record 105 @ 55-59/165.

lifting raw and finishing with 270, followed by a 290 fourth. At teenage men 13-15, Kevin Fetter won at 148 with 220 while Mike Ladd took the 242's with a new state record 255! For the 18-19 division Joseph Beasley won at 148 with 220 while Luis Ruiz took the 165's with 335. Luis was also lifting "raw". Chad Holloway won at submaster 242 with 350 while Rich Allen won at 275 with a solid 425. This was Rich's first competition. Best lifter Tracy Conner broke the state record at 40-44/198 with his 500 second attempt. A final with a personal best 520 slipped out of the groove at the bottom. Big Ron Nicodemus came close to his own state record at 308 with 490, just ten pounds away. Dan Goble broke the state record at 45-49/198 with 425 while Kenny Hampton got a new personal record at 55-59/165 with 165. Our final lifter was Gary Gulley, who set

Next was 60-64/242 winner Barry Donovan with a new state record 475. Thanks to my son Joey and others who helped with the loading, spotting and judging duties. (Thanks to Dr. Darrell Latch for the meet results)

USAPL Albany Strength
01 OCT 05 - Albany, NY

BENCH Only				
MALE				
J. Zincke	440			
M. Moore	350			
WOMEN	SQ	BP	DL	TOT
Open (Formula)				
C. Smith	360	220	375	955
Windhaussen	305	165	300	770
W. Slicor	125	115	205	445
MEN				
Open				
148 lbs.				
J. Chromczak	305	280	395	980
T. Decamp	125	80	175	380
T. Albano				
181 lbs.				
L. Gibson	630	460	660	1750
T. Piazza	460	300	500	1260
K. Turi	380	290	405	1075
J. Collazzo	340	240	350	1000
P. Armlin	235	250	370	855
Special Olympian				
D. Decamp	250	160	300	710
198 lbs.				
A. James	450	315	550	1315
R. Cancelino	550	385	600	1535
R. Hansen	525	380	625	1530
C. Solyna	500	330	610	1440
242 lbs.				
K. C.	510	455	540	1505
F. Panaro	485	300	590	1375
275 lbs.				
F. Tisco	675	525	645	1845
C. Infuma	605	365	530	1500
J. Bogart	450	450	440	1340
T. Buzzeeo	450	345	480	1275
SHW				
J. Zincke	440	380	550	1370

(Thanks to USAPL for providing results)

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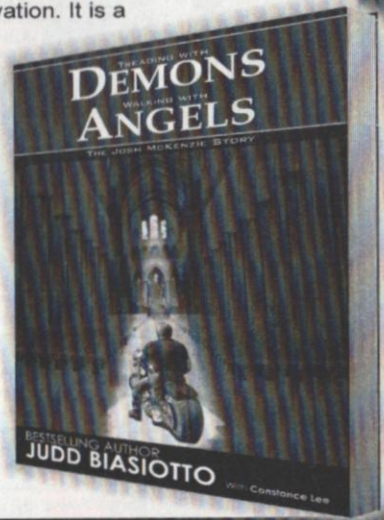
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As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance 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.

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Name: _____ Phone: (____) _____ E-Mail: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00
• High School Seasonal (6 mo. Only good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply)
Collegiate Military Police & Fire High School - Full Year Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)
Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qty ____)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded)- see e.store
• Women's T-Shirt - \$18.00 (size ____ qty ____)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website
• White Referee Designation Polo - \$30.00 (size ____ qty ____)
• Logo Patch - \$5.00 (qty. ____)(Shpg for patch: .50) • Tanks - see e.store on website
• Lifter Classification Patch - \$5.00 (qty. ____)(must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty. ____)(colors: Navy)

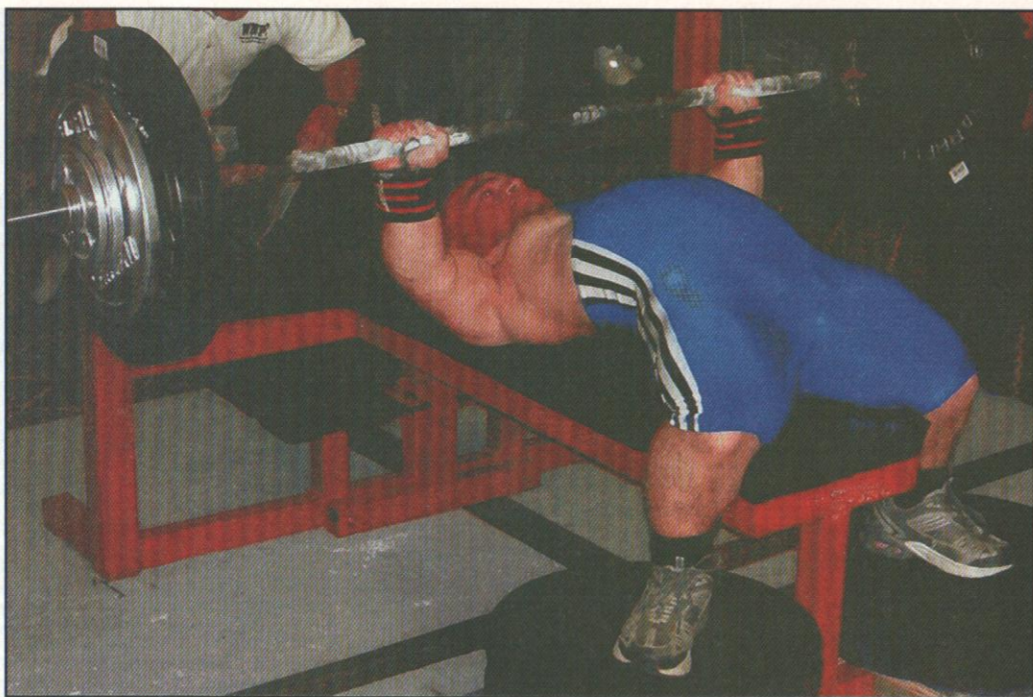
Check/Money Order # _____ Membership Price: \$ _____
Credit Card: Visa-Mastercard-Discover Exp. Date: _____ Merchandise Total: \$ _____
Card # _____ Merchandise Shipping: \$5.85
Cardholder Signature: _____ Total Purchased: \$ _____

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



(continued from page 43)

132 lbs.	(40-49)			
Open	Carr	162		
Hockeborn	94!	140		
(40-49)	T. Bachmayer	135		
Hockeborn	94!	129		
Spano	69	140!		
165 lbs.	(17-19)	140!		
Open	Turner	140!		
Digrizia	91!	76!		
MEN	(50-59)	129!		
148 lbs.	Scaranda	129!		
Open	220 lbs.			
Powell	Open	179		
165 lbs.	Casagrande*	173		
Open	Diciano	173		
Lara*	Marshall	151		
	(40-49)			
4th-168!	Thomas	179		
Lichtle	146	4th-190!		
Artur	140	Willimas	146	
Slagus	125	Howard	146	
(50-59)	(60-69)			
Hoxworth	114!	Turner	125	
Leggs	82	242 lbs.		
(60-69)	(40-49)			
Lichtle	146!	Slagus	185!	
181 lbs.	Open	SHW		
Open	Open	Jmukhadze	185	
Wilhelm	173!	Ramos		
(40-49)	(40-49)	Wanner	129	
Wilhelm	173!			
198 lbs.				
Open				
Carr	162			
Skinner	140			
Haley	129			
Ironmaiden	BP	DL	TOT	
123 lbs.				
Open Raw				
Benner	187!	270	457	
(40-49) Raw				
Benner	187!	270	457	
132 lbs.				
Open Raw				
Hockeborn*	214	292	507	
(40-49) Raw				
Spano	110	297	407	
Ironman				
148 lbs.				
Open Raw				
Wilson*	308	507	815	
(40-49) Raw				
Wilson*	308	507	815	
165 lbs.				
Open Raw				
Legg	220	325	545	
(50-59) Raw				
Legg	220	325	545	
181 lbs.				
Open				
Zimmerman	391	457	848	
Subs				
Zimmerman	391	457	848	
Open Raw				
Rijos*	270	584	854	
(50-59) Raw				
Crawford	281	451	733	
198 lbs.				
(50-59)				
Scaranda	231	485	716	
220 lbs.				
(17-19) Raw				
Kemble	380!	440	821	
Open				
Diciano	413	540	953	
Open Raw				
Caffrey	319	474	793	
(60-69) Raw				
Turner	181!	303!	485	
242 lbs.				
Open				
Famiano*	540	573	1113	
Cathie	451	523	975	
Open Raw				
Haddaway	363	529	892	
275 lbs.				
Open Raw				
Datukishvili	418	551	970	
(40-49) Raw				
Vellucci	391	584	975	
SHW				
(40-49) Raw				
Wanner	314	474	788	
Brown	231	402	632	
! = WNPf World Records. * = Best lifters.				
Team Champs Bench Press: 1st-USA Power Team, 2nd-Iron Raiders, 3rd-Ephrata Power Team. Team Champs Deadlift: 1st- USA Power Team, 2nd-Ephrata Power Team.				
Team Champs Powercurl: 1st-USA Power Team. The 2005 WNPf World Bench Press,				



Nazgaidze benching 308 lbs. at the WNPf World Championships. (photos courtesy of Troy Ford)

Deadlift, Powercurl and Ironman/Maiden Championships was a huge success. We had lifters from the USA, Canada, Puerto Rico, Brazil, Republic of Georgia. We want to thank the lifters that traveled from so far away to attend our annual championships. We hope that you and many more lifters from other countries will attend the 2006 championships. We invite lifters from other countries to attend, as long as they are drug free. Speaking of drug free, two lifters tested positive and one lifter is appealing the test results at this time. Lifters, we are serious about testing! If you are not drug free, then do not attend our events. There are plenty of other federations that will love to have you. The venue was kind of small, but we made the best of it with two sessions each day, and this worked out pretty good. We will move our 2006 event to another meet site in Atlantic City, which is three times the size of this place. We will also host two other International meets in Las Vegas and Orlando in 2006. I want to personally thank the following people for all of their help at this meet: Denise Musser, Cindy Yeargin, Jim Poinsett, Bryan Sessions, Jule Dolci, Bob DeRisi, Joe Panzarella, Dina DiGrazia, Lynn Whidden, Annette Schneidmill, John and Kenny Wallace, Mikey, Perry Thomas, Joe Nicolosi, Buddy Schweder and his team of strongmen, Steve Yeargin, Tee Meyers, Laly Janus (Republic of Georgia interpreter) Roberta Ford, and Steven Jerrell. If I did forget anyone please forgive me, it wasn't intentional. We also had a Hall of Fame ceremony when we honored six people on Nov. 12. They are Jimmy Judge, Annette Schneidmill, Cathy Falconio, Ralph Robustelli, Jimmy McCreeand Bob DeRisi. The strongman contest took place on Nov. 13 and the overall winner was Georgia native. Thanks to the many spectators that attended. The venue was packed both days and they were cheering the entire time. Thanks to all of the lifters that made this meet a success, we appreciate each and every one of you. The awards were outstanding! We had Atlas awards and large eagles for first place. Now on to a few of the highlights of the event. In the women's division Koley Hockeborn set new records in the bench press and powercurl events. She posted the biggest numbers in both events and she lifted in the 132 pound class. Maria Spano set a new WR in the deadlift and won her class over Hockeborn in the open division. Dina DiGrazia set a new WR in the 165 lb. class with a 92 lb. curl. Schneidmill,

Klaassenand Gerken all set new WR in their classes. In the men's classes both Nazgaidze & Javahishvili set new WNPf WR's in the 123 & 132 classes. Both of these men came from Georgia and they were both very impressive lifters. Javahishvili looked so small but this guy was powerful hitting 369 lbs. in the bench at 132 lbs. Meehan from Ohio won his first WNPf world title along with David Wilson from VA. Lara from NJ won both the raw open and subs in the 165 class and he also won the open powercurl division. Carlos Artur from Brazil won his third WNPf world title in the Submaster and open classes. Lee Lichtle won his first world title in the masters 60+ bench and curl and he placed second in the open powercurl division. Ramsey won his first title also in the 181 open raw division. Passman took the masters 181 raw division class and Stan Freed set a new WR bench with at 331 in the over 60 division. Bill Wharry defeated Matt Turner from Canada in the 198 teenage division. Bill Ross took the subs raw and equipped Divisions (198). Al Green the strongest master raw lifter in this meet hit 435 lbs. Burt Rosenfield set new WR in the over 70 division and the brother team (Bachmayer) both did an outstanding job in the first WNPf World meet. Mr. Givishvili from Georgia set a new WR in the open raw 220 class with a 490 lb. bench. Mr. Howard from NJ, Mr. Horvath from Indiana, Mr. Lhotafrom Penn. and Mr. Brodski all won their first WNPf World titles. Mr. Horvath told me this was his last meet. I hope not! Tony I hope to see you in Michigan in April. Raoul Donti from Indian hit a 567 bench and took three classes in the 242 lb. class. It took Raoul three tries at this massive weight. He has a major problem with his arm where he cannot lock out and this causes his bench to be slightly off at the top. Raoul told the officials this before the event and he saved the best for last and made his last lift. The officials red lighted him but after a short discussion they reversed the call the be fair to the lifter because he did mention this problem before hand but all of the officials weren't aware of the situation. Mr. Brownhit an all time high of 518 lbs. and placed second. Jimmy is one of the favorite lifters in the WNPf. Dale Glenney set a WNPf World Record in the 242 pound masters over 50 class with a lift of 429 lbs. This record meant a lot to Dale being that his dad past away recently and he had some recent health problems. Jeff Begue from Ohio had the highest bench in the meet with a 584

lb. bench. Jeff set a new WR in the police division and won three divisions in this meet. There were quite a few lifters in this class that either started to high, locked out uneven or seesawed their lifts. We never want to see lifters bomb out of meets so we hope that these lifters will correct their mistakes and come back strong in 2006. Mamendov defeated Ramos by bodyweight. These two guys both hit a 484 bench but Mamendov weighed less. Summers, Cline and Sullivan all won their classes in the SHW. Onto the deadlift, David Wilson set new WR's in both the masters and open raw 148 lb. divisions with a 507 lb. lift. Carlos Rijos from Puerto Rico won the best lifter award with a 584 deadlift and because the original winner failed the drug test. Dennison set a new WR with a 562 lb. lift in the masters 50+ division. Tee Meyers hit a 722 lb. deadlift and won both the open and masters classes. Tee will be 50 soon and his goal is to deadlift 700 pounds at 50 years of age. Steve Yeargin won the masters 40-49 raw division with a 573 lb. deadlift. The 220 class was interesting with Casagrande from Brazil there setting a new WR with a 716 lb. lift and Perry Thomas hitting a RAW 672 lb. deadlift. David "The Giant" Cooper hit the highest deadlift in the meet with a 733. Mike Spahr made a 529 deadlift with room to spare. Irv Brown set a new masters WR with a 402 lb. lift and Chane Cline hit 650 in the SHW division. We started the powercurl a few years ago and we had no idea what was going to happen with this new event. This event is growing every year with new lifters taken on the challenge to see who has the strongest arms in the WNPf. Ralph Lara took the 165 class and set a new WR in the process. Mark Wilhelm went unopposed in the 181 class but Mark is a many time WNPf champion and he has beat most of his opponents over the past few years, he hit a 174 lb. curl. Pat Carr took the open and masters 198 class with 163 pound curl. Ocampo from Brazil had the highest curl of the meet with a 204 lb. curl. In the Ironman division Bob Legg, Lee Zimmerman and Bill Crawford all won their classes in the Ironman division. Tom Kemble set a new WR in the bench and won his class in the 220 teenage division. Mike Diciano won his class with a 954 lb. total. Al Famiano took home the best lifter award and the highest Ironman total with a 1113 pound total. Roger Wanner defeated Irv Brown in the masters 40-49 raw class to win his first world title. (Thanks to the WNPf for providing these results)

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Intensity: Without it, there are no personal bests or broken records. Even the pros will tell you that getting psyched is the key part of moving heavy steel. Now you can get more intensity immediately, any time you want it. This isn't another periodization or wave-training program. It's a product that will jack up your intensity for huge presses, pulls, and lifts. It's called Hydroxycut® Hardcore.

Hydroxycut Hardcore is supported by 10 years of study, including metabolic research at the prestigious University of Laval. That's a full decade of research, including multiple clinical studies backing its status as a potent stimulant and metabolic enhancer. In a groundbreaking clinical study, key ingredients found in Hydroxycut Hardcore were shown to increase norepinephrine, a key hormone responsible for getting you psyched up for big lifts, by up to 40 percent!

Hydroxycut Hardcore gives you the kick in the ass you need to blast through your best lifts. It also helps you drop useless fat while sparing precious muscle as your poundages get heavier, allowing you to easily make your weight class. For real results, kick your intensity up a notch with maximum-strength Hydroxycut Hardcore.

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- ✓ Jack up intensity!
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- ✓ Key components proven by multiple clinical studies!

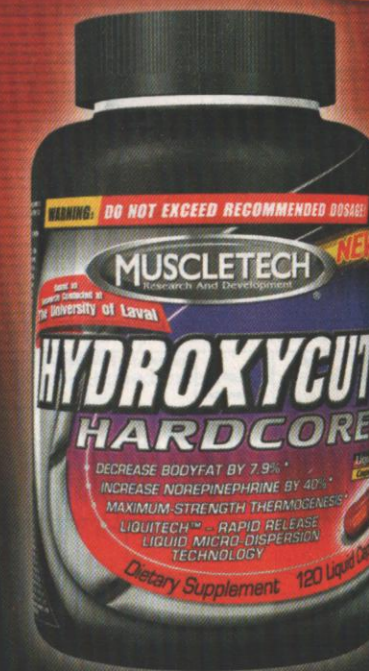
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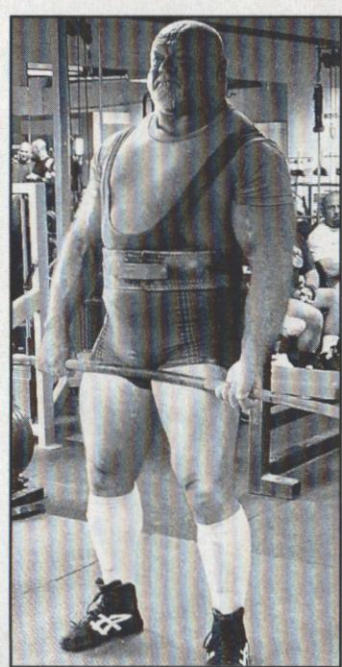
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MuscleTech.com

The difference in the change in total fat area (measured in square centimeters) between subjects taking the key ingredients in Hydroxycut® Hardcore versus these in a control group was 7.9 percent. For more information, visit www.HydroxycutHardcore.com. Read the entire label before use and follow directions. © 2006 Iovate Copyright Ltd. All rights reserved. All trademarks are owned by their respective trademark owners and are used with permission. Hydroxycut® Hardcore is patent-pending.



AAU Red Swaim Memorial 3 DEC 05 - Monroe, NC			
BENCH WOMEN			
Open	123 lbs.	145*	335*
Submaster	181 lbs.	190	350
Master (45-49)	123 lbs.	125	340
MEN			
Open	198 lbs.	405	335
Submaster	181 lbs.	455	335
Master (40-45)	181 lbs.	305*	275
Raw	123 lbs.	125	340
WOMEN			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-44)	181 lbs.	305*	275
MEN			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-44)	181 lbs.	305*	275



Tom 'the TON' O'Donnell, 53 years of age and 274 lbs. of bodyweight, pulled 670 at the APA Southeastern United States Open. (photograph provided by the APA President Scott Taylor)

APA Southeastern US Open 17 DEC 05 - Bradenton, FL			
BENCH WOMEN			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-44)	181 lbs.	305*	275
MEN			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-44)	181 lbs.	305*	275

WABDL Night of the Champions 01 OCT 05 - Lakeland, FL			
BENCH FEMALE			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-46)	181 lbs.	305*	275
MALE			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-46)	181 lbs.	305*	275

WABDL Night of the Champions 01 OCT 05 - Lakeland, FL			
BENCH FEMALE			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-46)	181 lbs.	305*	275
MALE			
Open	123 lbs.	125	340
Submaster	181 lbs.	405	335
Master (40-46)	181 lbs.	305*	275

Richard Zareck won the 242 lb. class over Don Braverman and Glenn Baggett respectively. Jason Wetherington won the 275 lb class with a 460 lb. bench. Ken Snell won the open 123 lbs. class with a 250 lb. bench. Ryan Birt also set a state record in the 165 open class with his 410 bench. Stephen Judah also won the 181 lb. Open division with his 475 lb. bench. Ryan Kelly, Doug Peterson, and Jason Wetherington all won their weight classes with some time benching. Chris Martinez won the master 40-46 age group with a 315 lb. bench in the 181 lb. class. Doug Peterson benched a state record in the 220 lb. class, with a lift of 455 lbs. Main Street Fitness owner, Dave Brown, benched a 370 lb. state record in the 242 lb. class. A national record was set by Ken Snell in the master 47-53 division with a 250 lb. bench. Dave Johnson set a state record in the 148 lb. class with a 170 lb. bench. Kim Conaway took first place in the 198 lb. class. Tammie Jenkins and Patrick Fay both set state records in the 54-60 division. In the 61-67 division, Boh Nurrear won the 165 lb. class and Marvin Williams set a state record in the 181 class with a 300 lb. bench. Richard Zareck's 415 lb. bench was a state record that earned him first place over don Braverman and Fancis McBride in the 242 lb. class. Ed Hargrove won the 275 lb. class with a 300 lb. lift. Tommy Trevorah won the 198 lb. class 68-74 division with a nice 275 lb. bench. Fred Cummings set a state record with a 135 lb. bench in the 220 lb. class and Johnny Yong benched an impressive 375 lb. to win the 242s. Francis McBride and Patrick Fay both set state records in the law/fire division. A great group of deadlifters started out with Cari Kirkland setting a state record in the 181 lb. class 13-15 division with a 275 lb. pull. Lisa Valentine set a state record with a 215 lb. deadlift and Kari Sabin had an impressive 405 lb. state record deadlift in the 16-19 age group. In the junior division, Stephen Judah benched an outstanding 475 lbs. in the 181 lb. class. He took first place and the best lifter in the bench press. James Delacruz and Dave Nelson each won their class respectively. Ryan Birt broke the state record in the 165s submaster division, with an impressive 410 lb. bench. Lawrence Widener won the 259 lb. class with a 335 lb. bench. In the class I 181 lb. class, Larry Glenn Jr. Set a state record with a nice 410 lb. bench.

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

Category	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:	10.00	12.00

Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting. Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling. Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate. Adult Tae Kwon Do Athletes. Adult Powerlifting Athletes.

Regular Fee: 20.00, *AB* Fee: 23.50, Not Available: 25.00, 30.00

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

SPORT CODE _____ **ASSOCIATION CODE** _____

MEMBERSHIP 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 _____

WABDL

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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	

Street Address _____ Club Name _____

City _____ State _____ Zip _____ Area Code/Telephone _____

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:
Adults \$25
Teens \$15

Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

If under 18, have parent initial _____ Signature _____

**USAPL Longhorn Open
19 NOV 05 - Austin, TX**

WOMEN	SQ	BP	DL	TOT
97 lbs.				
Teen I				
M. Fowler	132	104	209	446
Teen II				
A. Cordova	248*	93	259	600
J. Jaynes	203	132	259	595
105 lbs.				
Teen I				
M. McDonald	176	77	154	407
K. Zantjer	165	71	148	385
Teen II				
A. Sandlin	187	93	187	468
114 lbs.				
Open				
B. Harshaw	226	82	253	562
Teen I				
B. Parker	176	71	176	424
Teen II				
J. Lundstrom	187	93	209	490
Teen III				
C. Kerley	159	77	198	435
123 lbs.				
Open				
S. Stone	275	148	286	711
R. Riffe	220	121	237	622
Teen I				
J. Hase	270	126	275	672
J. Harratt	181	77	192	451
Teen II				
Youngblood	203	115	231	551
132 lbs.				
Open				
K. Kana	226	110	242	578
Master I				
T. Kemper	275	170*	341	788
Teen I				
T. Hartley	203	99	220	523
S. Salinas	242	148	275	666
A. Baum	220	115	220	556
148 lbs.				
Open				
S. Thomas	308	126	380	815
Y. Beasley	264	165	314	744
Teen I				
D. Marin	303	137	319	760
165 lbs.				
Open				
E. Fitzpatrick	270	143	275	666
Teen II				
G. Martinez	303	143	303	749
181 lbs.				
Teen I				
K. Bryan	—	121	275	396
Teen II				
C. Cason	275	154	319	749
198 lbs.				
Open				
S. Sebastian	402	214	424	1041
Master VI				
D. Rawe	143*!	77*!	242*!	463*!
UNL				
D. Shirley	330	248*	385	964*
Teen II				
S. Rosales	352	154	264	771
MEN				
114 lbs.				
Open				
C. Messimer	264*	148*	303*	716*
123 lbs.				
Teen II				
N. Reinert	—	248*!	—	248
132 lbs.				
Master I				
K. Jones	407	248	402	1058
148 lbs.				
Open				
J. Padro	424	264	556*	1245
Master II/Open				



The Holloways - Warren, Lauren, Chris at SLP's "The Last One" Bench Press/Deadlift Championships in Tuscola, Illinois. (Dr. Latch photos)

P. Yong	—	242	—	242	Master II	—	—	—	—
Teen					S. Broelman	540	358	501	1399
B. Hare	402	220	—	622	T. Tomjack	363	424	402	1190
Teen II					C. Turco	—	468	—	—
J. Jarratt	402	187	402	992	T. Tomjack	—	424	—	—
Teen III					Master III				
S. Frasquilla	457	314	446	1218	N. Taylor	385	352*	479	1218
165 lbs.					Teen I				
Open					R. Duvall	440	314	446	1201*
C. Dorff	369	297	424	1091	Teen II				
H. Tan	523	363	512	1399	A. Allen	363	242	352	959
T. Riffe	501	319	435	1256	Teen III				
Teen III					C. Wallace	584	385	611	1581
E. Messinger	319	259	402	981	242 lbs.				
181 lbs.					Open				
Open					W. Dickey	617	358	540	1515
Q. Smith	551	319	534	1405	R. Johnson	507	385	551	1884
W. Blackmon	435	330	501	1267	N. Gregory	474	347	595	1416
M. Barboza	—	—	—	—	M. Oberg	490	352	501	1344
R. Elrod	—	391	—	391	Master I				
Master I					D. Broseman	650	374	584	1609
T. Hambric	458	330	501	1289	Master II				
Master IV					G. Pamplin	700	540	562	1802
R. Contreras	457	314	534	1306	Teen III				
Master VI					B. Bringhurst	507	347	501	1355
J. Lyons	413	264	418	1096	275 lbs.				
198 lbs.					Open				
Open					C. Pena	529	385	485	1399
J. Scaparra	540	341	562	1444	J. Magendie	639	424	617	1681
Master II					W. Wakefield	—	507	—	—
H. Montoya	—	—	—	—	Master I				
Master IV					B. Moore	226	226	226	677
J. Lucio	402	264	429	1096	Master II				
Master V					J. Capps	683	485	705	1873
G. Thornton	220	198	231	650	Master IV				
Open					A. Wood	440	374	451	1267
R. Walshe	402	352	451	1207	UNL				
P. Schwarz	363	297	446	1107	Junior				
220 lbs.					R. Alexander	650	—	—	—
Open					Master I				
L. Ferguson	650	402	551	1603	M. Ringer	672	380	661	1714
T. Golden	617	396	534	1548	O. Sanchez	540	440	562	1543
O. Dixon	507	374	578	1460	! = American Records. * = State Records. Best				
O. McLendon	490	347	578	1416	Female Lightweight Lifter: Toni Kemper.				
J. Mosley	556	314	496	1366	Best Female Heavyweight Lifter: Sandra				
G. Ewing	551	451	639	1642	Sebastian. Best Male Lightweight Lifter:				
J. Williams	600	391	600	1592	Hualyn Tan. Best Male Heavyweight Lifter:				
Master I					Jeff Capps. (Meet results provided to				
T. Glawe	385	209	385	981	Powerlifting USA by Kim Beckwith).				

**SLP "The Last One"
31 DEC 05 - Tuscola, IL**

BENCH	181 lbs.	385	
WOMEN	J. Wood	385	
Teen (13-15)	308 lbs.		
148 lbs.	J. Welker	225	
L. Holloway	155*	Open	
Teen (18-19)	198 lbs.		
148 lbs.	R. Mann	275	
R. Gaze	135	M. Gugino	
MEN	220 lbs.	—	
Novice	D. Schrock	230	
165 lbs.	242 lbs.		
J. Lenhardt	240	E. Ruff	320
275 lbs.	275 lbs.		
McNealy, Jr.	230	J. Evans	430
4th-245	308 lbs.		
Teen (16-17)	M. Rose	540	
181 lbs.	DEADLIFT		
T. Lenhardt	200	WOMEN	
Teen (18-19)	Master (50-54)		
148 lbs.	220 lbs.		
A. Rhodes	255	M. Vincent	285*
242 lbs.	Novice		
C. Holloway	400	165 lbs.	
275 lbs.	J. Lenhardt	390*	
E. Powers	385	Submaster	
R. Finney	320	148 lbs.	
Submaster	J. Olive	405*	
148 lbs.	242 lbs.		
J. Olive	250	T. Roesch	640*
220 lbs.	Open		
W. Holloway	385	198 lbs.	
Master (45-49)	R. Mann	470	
275 lbs.	242 lbs.		
M. Aydt	385	E. Ruff	470
Master (50-54)	4th-505		
275 lbs.	275 lbs.		
J. White	330	J. Evans	500
Master (55-59)	D. Vice	475	



Jerry Wood ... a Midwest Legend in Masters bench pressing for decades, with his 385 @ 55-59/181 lbs.

of the competition. This left the title at 198 to Rob Mann, who finished with 275. Dennis Schrock, lifting in his first competition, won at 220 with 230, while

Eric Ruff took the 242 crown with 320. Justin Evans looked strong at 275, taking the title there with 430. Best lifter Mark Rose won at 308 with 540. In the deadlift


competition Margie Vincent broke her own Illinois state record at 50-54/220 with 285. Justin Lenhardt won his second title of the day at novice 165 with a new state

record 390 pull! For the submaster division it was James Olive at 148 with 405 and T.C. Roesch taking the title at 242 with 640. Both were new Illinois state records. T.C. was also awarded the best lifter trophy. For the open division Rob Mann won his second title of the day with his personal best 455 while training partner Eric Ruff did the same at 242 with 470. A fourth with a personal best 505 was also good. In the 275 class it was Justin Evans over Dave Vice 500 to 475. Thanks to my son Joey, Nate Phipps, Eric Ruff and Rob Mann, for handling the loading and spotting duties, as well as the other lifters who helped out on the deadlift. See you all next year! (These meet results provided to Powerlifting USA by courtesy of Dr. Darrell Latch)

**ADFPF Indiana State
20 NOV 05 - Granger, IN**

BENCH	C. Dailing	606		
MALE	SQUAT			
K. Herron	412	MALE		
Raw	C. Dailing	511		
J. Gray	451	DEADLIFT		
MALE	SQ	BP	DL	TOT
G. Burris	429	253	429	1113
E. Evans	423	374	401	1201
J. Whiteman	474	352	500	1327
B. Berryman	463	269	445	1190

Special thanks to Jan and Dick Van Eck, Jon Smoker, Mike Wider, and Chris Mow. Jeff Whiteman had the kind of day lifters dream about, going 9 for 9 with all PR's, and getting his first 500 deadlift and 1300 total. His bench tied the ADFPF Police/Fire records and his deadlift broke it unofficially. Mike Evans was his usual amazing self in the bench, with a raw 374 at 160 bodyweight. Jon Gray also made a very nice raw bench with a 451 at 235. In an exhibition squat, Chad Dailing made a PR 512 in the 220 class. (Thanks to Anson Wood for providing these contest results)



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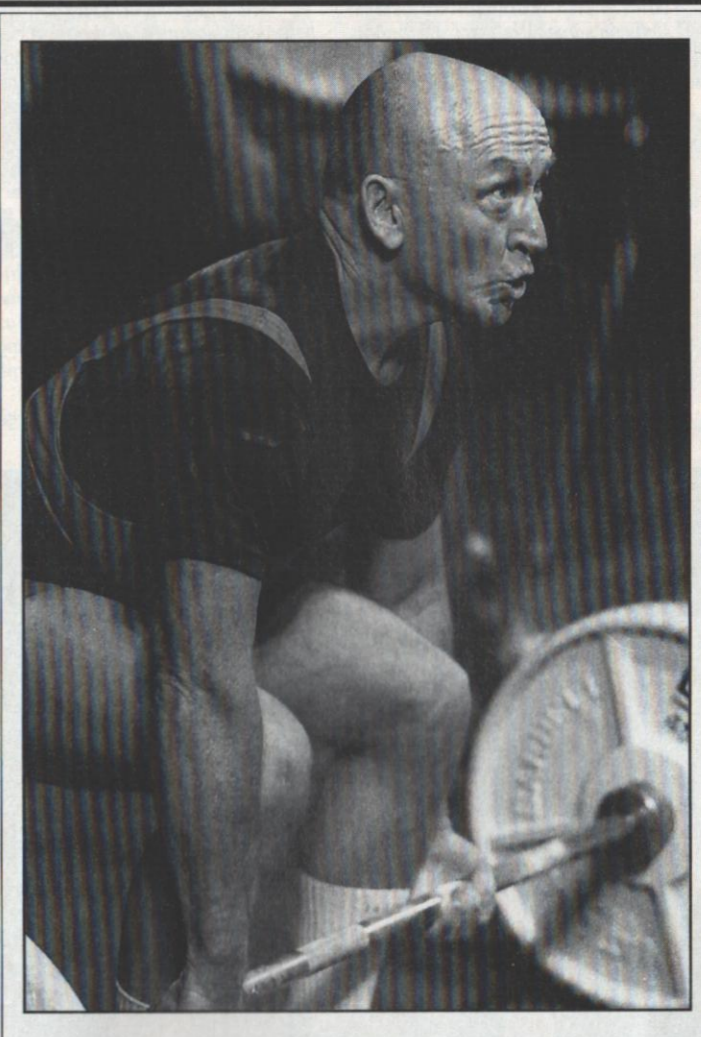
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USPF Central California 23 OCT 05 - Modesto, CA

BENCH	A. Ramsey —			
WOMEN	Master (50-59)			
132 lbs.	148 lbs.			
Junior (13-15)	M. Hake 203			
C. LaMantia 66*	308+ lbs.			
181 lbs.	F. Beeler 601*			
Open	L. Contreras 407			
K. Womack 330*	DEADLIFT			
Junior (13-15)	WOMEN			
M. O'Halloran 159*	132 lbs.			
Junior (20-23)	Junior (13-15)			
K. Womack 330*	C. LaMantia 176*			
MEN	181 lbs.			
Junior (13-15)	Junior (13-15)			
132 lbs.	O'Halloran 209*			
M. Molletta 143	MEN			
Junior (16-18)	Junior (16-18)			
132 lbs.	A. Contreras 407			
I. Chicchon 253*	Open			
165 lbs.	165 lbs.			
J. Cummins 253	C. Cements 281			
198 lbs.	242 lbs.			
M. Molletta 314	M. West 534			
X. Rivas 270	Master (50-59)			
220 lbs.	B. Mayock 479			
A. Contreras 286	242 lbs.			
Junior (19-23)	R. Stevens 374*			
220 lbs.	308+ lbs.			
J. Kisst 253	L. Contreras 407			
275 lbs.	Master (60-69)			
J. Rivas 374	242 lbs.			
Open	J. Moore 391!			
220 lbs.				
M. Marriott 385				
242 lbs.				
M. West 418				
308 lbs.				
L. Noa 303				
M. Womack —				
308+ lbs.				
A. Ramsey —				
Master (40-49)				
308+ lbs.				
WOMEN	SQ	BP	DL	TOT
198+ lbs.				
N. Ianson 214	181*	270*	666*	
MEN				
Junior (16-18)				
198 lbs.				
T. Jimenez 314	253*	424	992	
I. Chicchon 236	253*	286	777	
Junior (19-23)				
181 lbs.				
M. Mendez 418	286	507	1212	
308 lbs.				
K. Pamanian 507	341	496	1344	
Open				
165 lbs.				
C. Clements 264	187	281	733	
181 lbs.				
L. Nelson, Jr. 270	248	435	953	
198 lbs.				
N. Willis 457	308	473	1240	
220 lbs.				
J. Combs, Jr. 358	330	391	1080	
242 lbs.				
M. West 567	418	534	1521	
R. Ingrassia 407	253	501	1162	
308 lbs.				
S. Cartwright —				
Master (40-49)				
242 lbs.				
R. Ciano 540	429	611	1581	
J. Combs, Jr. 358	330	391	1080	
Master (50-59)				
242 lbs.				
R. Stevens —				



IN MEMORY ... Phil Neyer started powerlifting in 1977, and during his career he won a total of 10 National Masters Championship titles and 2 World Masters Championship titles. In 1987, at the California State Masters Powerlifting Championships, he deadlifted 540 lbs., for a National record. That mark remains on the USPF Masters record books, today, along with 5 other marks in other categories. According to his son, John, a 1995 National Drug Free Powerlifting Champion himself, "I saw my Dad's record lift on VCR. It was an astounding lift. He brought the house down." A teacher in Los Angeles for many years, Phil was born December 22, 1930 and passed away on September 17, 2005 at the age of 75, from the effects of Alzheimer's Disease.



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If Under 18 have Parent Initial _____ Signature _____

(article continued from pg. 48)

a lower grade creatine monohydrate product for the same money, but that is not what we are about.

Q: You also have a multivitamin/mineral formula. Tell us about how it can be applied to the supplementation plan of the hardcore powerlifter.

A: Our multi-vitamin product called Multi-Plus was specifically formulated for weight trained individuals. Most multi-vitamin products include a witch's brew of vitamins and minerals many of which are included in such minute amounts as to not be of any consequence to your health or training.

When I formulated Multi-Plus I reviewed many texts, journals, and did online research and narrowed down the vitamins and minerals to be included to those that I truly felt are of significant benefit to the weight trained individual. I then made sure to include them in significant doses so that their benefits can actually be imparted to the user of our product.

Q: One thing that I push with all my athletes is that they should be getting in at least 6 meals per day. With how hectic it can be with a busy lifestyle, that can be a royal pain in the ass. I am a big believer in meal replacement shakes to help make sure that getting in those 6 meals is easy as pie. Tell us a little about your Opticen formula and how powerlifters can incorporate it in their plan?

A: Opticen is a truly superior MRP in our opinion. It provides 52g of protein per serving (and we are not talking about a ridiculously large serving size—90g) and 25g of carbohydrates with only 2g of sugars. In addition it includes a broad spectrum of vitamins and minerals.

The protein matrix in Opticen is the same as that in Nitrean (whey, casein, and egg). As I have mentioned this matrix provides for an optimal net retention of ingested protein and concurrent bioavailability of said retained protein. You simply cannot find a better protein on the market today.

Superior protein

content is the most important factor in Opticen's arsenal but far from the only one. If a protein product tastes like crap people won't use it. You won't replace a meal with a gag session. Opticen mixes and tastes as good or better than any product on the market.

Q: With the science behind the creation of different supplements what is the future for AtLarge Nutrition?
A: Science and the supplementation world is an interesting combination. There is an awful lot of pseudo-science that is banded about in supplement ads. Too many companies use "big" scientific terms in their ads in the hope of adding some sort of legitimacy to their products.

AtLarge Nutrition uses science in the formulation of our products, but we strive to make sure it is valid science which pertains to human consumption of said products. In other words, we sell what we know works as we claim it does. We strive to be a company on the cutting edge, but only the valid cutting edge.

We would like to see our growth continue in the same explosive manner we are currently experiencing. This continued growth will allow us to become an industry leader which will allow us to help the strength sports (powerlifting and strongman) to grow and become more lucrative to the athletes.

I will see the day when AtLarge

sponsors a strength sports meet which has 6-figure prize money and when the athletes who are on the top of their game will finally receive the financial rewards they so richly deserve.

Q: Is AtLarge planning any new formulas?

A: We are always looking for the next "big thing" in the sports supplement market. We already have ETS which will be a HIGHLY copied product in the coming months (I guarantee that).

That said, we will NOT release products simply to appear to be cutting edge. We will never offer a product just to have something new and "keep up with the Joneses".

When we find an effective ergogen we will test it and only bring it to market if we are 100% confident in its safety and efficacy.

With respect to what we currently have in the works we have formulated a weight gainer product and a new super-protein product. This new super-protein product will simply be the most effective protein product ever released bar NONE! Of course the cost of the product is quite high to us and it will therefore have to be quite pricey to our customers. We are currently researching the viability of offering such a product at the required price point.

Q: In closing I would like to thank you for giving me this interview. I would also like to thank you for contributing so much back to the sport of powerlifting as well as the athletes that make it what it is. Without sponsorship from quality companies like you, many lifters would have a hard time maintaining the amount of supplements they need to stay at the top of their game. Do you have any last words or would like to mention anyone that has helped you along the way?

A: I would like to thank you for this opportunity and your readers for taking their time to read this interview. I would also like to thank each and every one of our customers. Without you we are nothing!

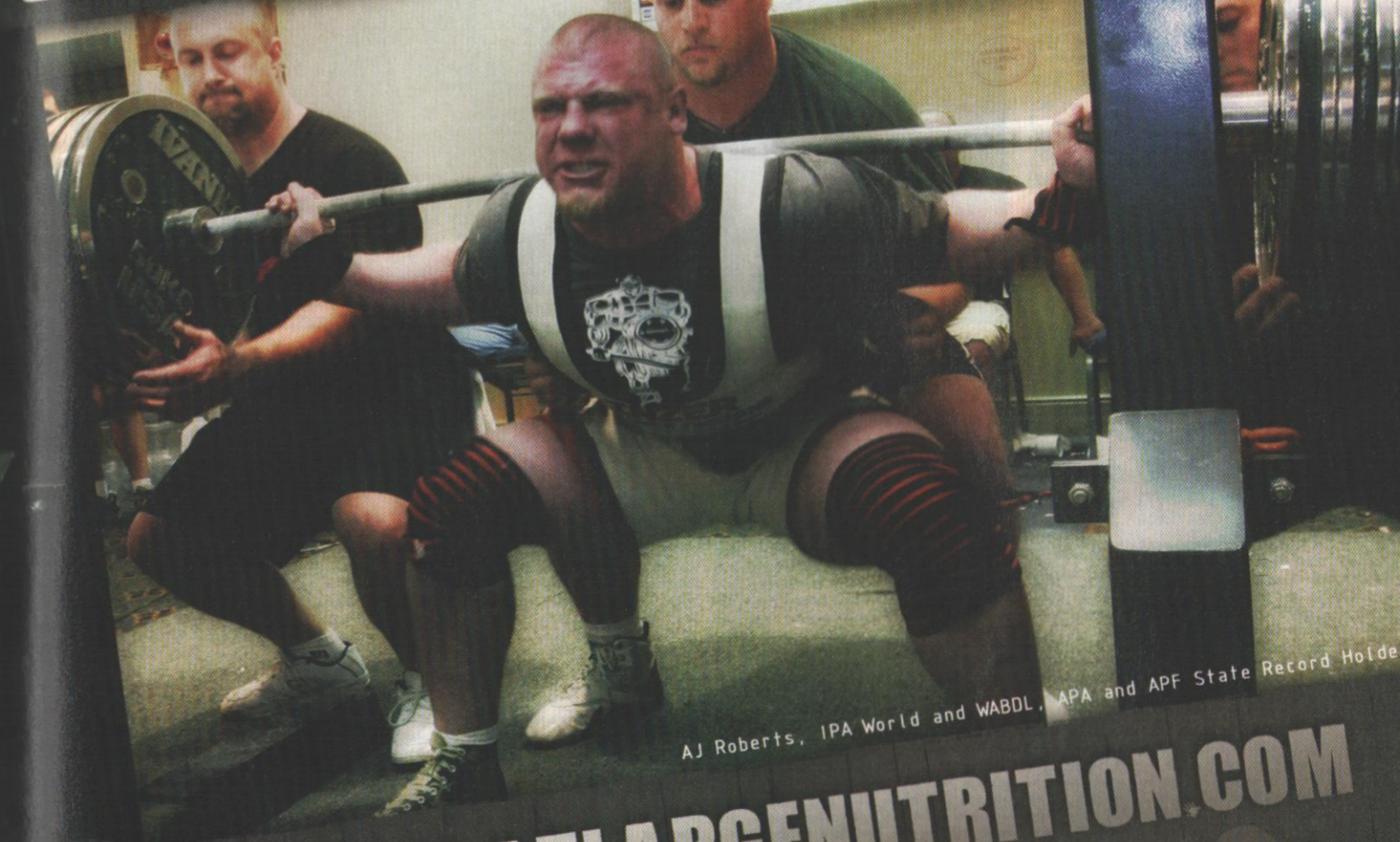
I would also like to say one more time that the support of the powerlifting community (i.e. powerlifters buying our products) will be rewarded BIG TIME! As we grow, so will the money pumped back into the sport.



LARGE and part of AtLarge is Brian Oldham, who deadlifted 800 at the WABDL Worlds

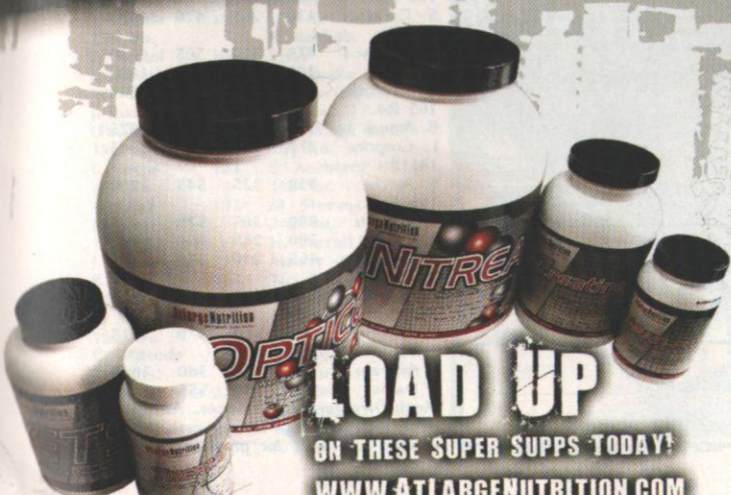
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"...I wondered if ETS would enable me to increase the frequency and intensity of my rehab sessions. Well, I'm happy to report that I've made substantial progress in quad strength and size as well as knee stability. I'm training more often with added volume and duration each session."
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"One protein formula that I like is Nitrean by AtLarge Nutrition. It has the highest biological value as well as the ability to increase nitrogen retention better than all other proteins. This means bigger muscles and better recovery. It also gets into the bloodstream fast with its whey component and then also has a slower released matrix built in with its casein and egg to provide amino acids to your hard working muscles over several hours. Nitrean contains all the essential amino acids and is high in the important branch chain form. It has immune boosting abilities, as well as antioxidant properties. These are just a few benefits of this wonder protein."
Anthony Riccio
- B.Phed CFT SPN SWM FT S

APF Outlaw Meet
3 DEC 05 - Vancouver, WA

BENCH	220 lbs.			
FEMALE	Master			
Master (45)	T. Syouts	420		
K. Franks	105	242 lbs.		
Master (58)	Open			
L. Watson	215	B. Dirk	700	
MALE	T. Stark	540		
181 lbs.	275 lbs.			
Junior	Open			
C. Whisler	335	D. Voronov	500	
Teen	J. Mcellrath	500		
D. Munyon	265	SHW		
Open	S. Verduzzo	675		
D. Walker	375			
FEMALE	SQ	BP	DL	TOT
Teen (13)				
K. Carpenter	225	105	275	605
MALE				
Junior				
148 lbs.				
C. Dingman	165	150	285	600
165 lbs.				
L. Josaitis	645	455	475	1525
198 lbs.				
S. Franks	405	255	480	1140
242 lbs.				
M. Moore	505	365	565	1435
T. Gray	365	185	425	975
275 lbs.				
J. Seath	780	550	670	2000
308 lbs.				
W. Rogers	705	435	505	1645
SHW				
T. Horlitz	605	400	530	1535
Open				
T. Swisher	365	—	—	365
275 lbs.				
A. Roerts	905	625	600	2130
B. Rogers	555	550	600	1705
P. Miynarcik	830	600	705	2135
SHW				
W. Carpenter	700	525	600	1825
Master				
275 lbs.				
K. Stewart	815	565	650	2030
308 lbs.				
G. Damminga	765	475	650	1890



George Crawford has passed away, at the age of 59, following post-operative complications from knee surgery. George was the very first International Powerlifting Federation World Champion in the 165 lb. class, back in 1971, and won the Sr. Nationals twice. Nicknamed "Thunder Thighs" (his legs taped out @ 27!), he was the first man to squat over 600 in the Middleweight division and went on to break the world record in the squat 6 times, ending with a PR of 662. Above, George is squatting at the 1973 IPF World Championships where he set a new WR with 640. (a Jim Pope photograph)

the way around. Todd's squat depth was amazing. Jeff Seath did 2000 as a junior. What are these kids eating? An Outlaw veteran, Will Rogers, has put almost 300 lbs. on his total since February. Tom Horlitz has the build of a future great. His pull will be something to watch. I see Tom Swisher at every meet, and what intensity! Unfortunately, he had a mishap during bench warm-ups and had to get it checked out. He later returned and was alright. I bet if there was a meet today, he would enter. AJ Roerts is a few inches away from 2200. It is scary to watch the numbers AJ is putting up. His second meet hitting 905 was incredible! Ben Rogers is a class act. He used the shirt twice and hit 500. With a 503 PR, Todd Stark smashed a 540. 600 is coming soon, just wait. Hitting his first 500 in the gym a week before, Josh Mcellrath proved it was no fluke and hit it in the meet. Who knows how far Sal Verduzzo will go. He will be 700+ within weeks. 800? I would

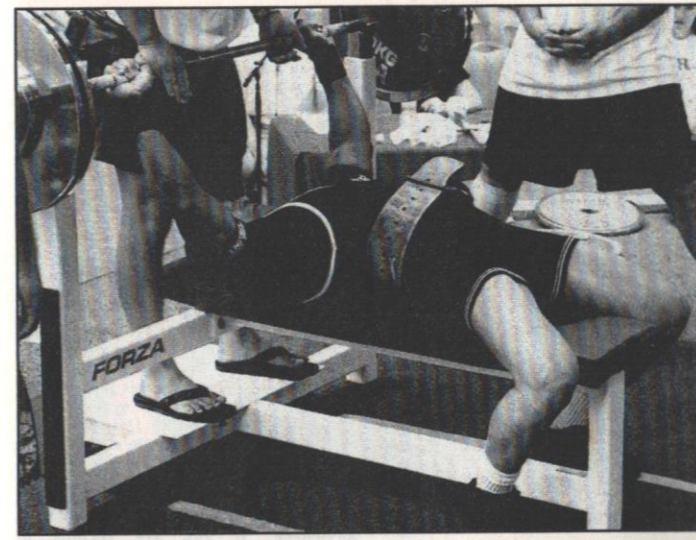
put money on it. It's nice to have some purity among the smelly guys. Karolann Carpenter made us all look good to those watching. I had a chance to talk to Chris Dingman a bit. People like him make this sport have integrity. I looked up the definition of Josaitis. It means freaky strong dude with lped. Leon Josaitis hit huge lifts all the way around. Hopefully, Steve Franks wasn't distracted with all the girls at the table staring. Very clean lifting, Steve. His first 3 lift meet, Matt Moore went raw on squats and dead. A 25 lbs. PR on the bench, just wait for the gear war to begin. All the way from the east coast, Peter Miynarcik, what a cool guy. His form is unmatched. Being Metal Militia, what do you expect? It was a pleasure having him here. Great lifter. His first 3 lift meet 2135 WTF! William Carpenter is another cool guy hitting an 1825 total. It was nice bringing him over to our area. Hopefully he will return. Kevin Stewart is a class act. Kevin is

always the first to come up and say hello. I love watching him lift. Depth? Forget about it. Thanks for coming down. Greg Damminga is another Outlaw veteran. Greg is what powerlifting is all about. His intensity makes you want to get off your butt. His missed attempts were all so close. I can't imagine what the next meet will be for him. Just awesome. (Thanks to William Rogers for providing the results)

USAPL Louisiana Tech Rookie
05 NOV 05 - Ruston, LA

FEMALE	SQ	BP	DL	TOT
105 lbs.				
T. Carder	265	185	280	730
E. Ellis	185	125	225	535
132 lbs.				
S. Woods	310	140	295	745
165 lbs.				
K. Everett	435	250	440	1125
K. Nabors	240	90	235	565
181 lbs.				
D. Miller	280	200	295	775
SHW				
T. Walter	390	215	405	1010
A. Wigan	350	215	320	885
MALE				
114 lbs.				
D. Summers	385	240	380	1005
132 lbs.				
S. Caraway	430	205	420	1055
148 lbs.				
Villafranca	475	350	505	1330
M. Reed	400	245	425	1080
C. Accardo	290	225	370	885
165 lbs.				
B. Smoak	385	265	425	1075
L. Corpora	370	260	415	1045
181 lbs.				
S. Meche	530	325	545	1400
198 lbs.				
B. Holmes	580	305	570	1455
J. Jarreau	590	285	550	1425
B. Brooks	465	290	510	1265
220 lbs.				
D. Kitchen	500	290	485	1275
242 lbs.				
D. Bagley	465	300	470	1235
SHW				
J. Arevalo	580	505	580	1665
J. Davis	515	380	555	1450

Meet Director: Zac Cooper. All lifters were collegiate age lifters, ages (17-23). (Thanks to USAPL for providing results)



WABDL Hawaii Push Pull Meet Director SONNY RONOLO has benched 325, weighing 161, at age 79. (photograph provided to Powerlifting USA courtesy of the WABDL President Gus Rethwisch)

WABDL Hawaii Push-Pull
11 JUN 05 - Honolulu, HI

BENCH	551			
WOMEN				
Disabled	J. Ward	347		
97 lbs.	SHW			
K. Todd	88	K. Kekaulike	556*	
148 lbs.	Law/Fire			
S. Steinbach	82	Master 940-46)		
Junior	132 lbs.	220 lbs.		
S. Ansberry	132*	C. Nishida	418*	
198 lbs.	242 lbs.	A. Keanu	490	
F. Mangaogang	165**	Law/Fire		
Law/Fire	Open			
Master (40-46)	SHW			
148 lbs.	K. Kekaulike	556		
L. Anzai	225*	Submaster		
Teen (13-15)	123 lbs.	242 lbs.		
S. Rivera	99*	F. Wakakuwa	—	
P. Thomas	71	G. Goda	518	
Teen (16-19)	165 lbs.	F. Wakakuwa	—	
E. Ansberry	128	G. Shibao	518*	
181 lbs.	S. Kaneshiro	424*		
J. Polk	121	G. Espinda	—	
Class I	198 lbs.			
148 lbs.	Morishima, Jr.	529		
W. Silva	308	B. Gregory	479	
165 lbs.	165 lbs.	W. Omiura	473	
C. Mitsuda	360*	C. Tom-Sun	402	
J. Dicion	369	B. Young	507*	
G. Espinda	—	4th-523		
181 lbs.	242 lbs.			
C. Okimoto	457*	C. Jagers	424	
198 lbs.	308 lbs.			
Strangoener	325*	Cabatangan	518*	
220 lbs.	W. Kaaloa	485		
D. Yamada	451	SHW		
242 lbs.	J. Mersberg	529*		
A. Kimo	462	Master (47-53)		
J. Kahula	391	259 lbs.		
259 lbs.	R. Kauhola	325*		
R. Pactol	501*	SHW		
b. Donato	374	L. Kamaka	—	
308 lbs.	Master (54-60)			
J. Koma	501*	165 lbs.		
Disabled	181 lbs.	M. Timbal, Jr.	275	
132 lbs.	E. Ansberry	314		
J. Curtis	121	198 lbs.		
259 lbs.	G. Duff	192		
198 lbs.	M. Stevens	242		
Junior	242 lbs.			
132 lbs.	H. Barrett	225		
J. Bareng	336*	Master (68-74)		
R. Cubi	253	165 lbs.		
148 lbs.	Morishima, Sr.	225		
S. Silva	341	C. Vause	225	
165 lbs.	Open			
C. Mitsuda	380*	132 lbs.		
198 lbs.	K. Unten	402		
Strangoener	325*	148 lbs.		
220 lbs.	J. Imamura	402		
N. Pappas	203	165 lbs.		
242 lbs.	T. Tom	476*		

C. Okimoto	457	123 lbs.		
198 lbs.	V. Pactol	165		
Morishima, Jr.	529	Kaululau-Cru	154	
220 lbs.	198 lbs.			
B. Young	507	J. Jagers	358*	
242 lbs.	Teen (16-19)			
M. LaMarque	777**	114 lbs.		
SHW		K. Silva	270*	
Crawford, III	661	J. Valmoja	181*	
D. Geron	—	DEADLIFT		
Submaster		WOMEN		
148 lbs.	Disabled			
A. Edralin	341	97 lbs.		
M. Thomas	297	J. Curits	198	
181 lbs.	K. Daniels	440*		
SHW	4th-451	S. Steinbach	236	
Open	220 lbs.	Law/Fire		
SHW	242 lbs.	Master (40-46)		
K. Kekaulike	556	148 lbs.		
A. Iramina	507*	L. Anzai	297*	
4th-518	242 lbs.	Open		
F. Wakakuwa	—	148 lbs.		
B. Goda	518	K. Koenig	303	
F. Wakakuwa	—	Submaster		
275 lbs.	G. Shibao	518*		
G. Shibao	518*	165 lbs.		
Teen (13-15)	D. Adams	281*		
105 lbs.	Teen (16-19)			
C. Valmoja	137*	181 lbs.		

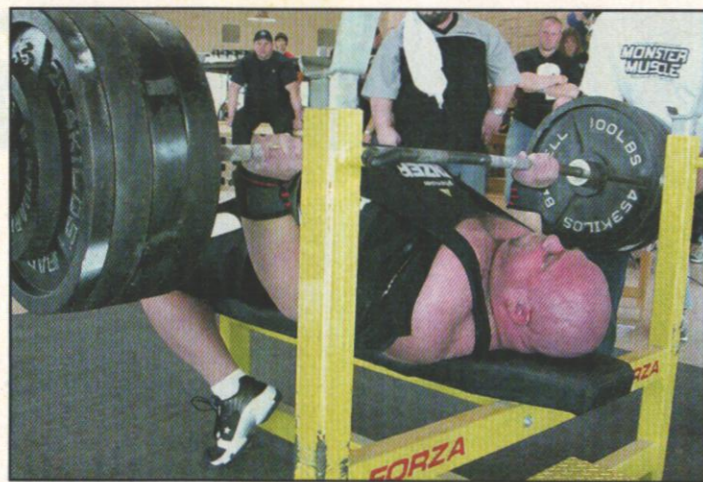
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(Heavy Duty Custom Built Equipment)

J. Polk	253	K. Quinn, III	562*	USAPL Police/Fire Nationals				
MEN		4th-567		19 NOV 05 - Oklahoma City, OK				
Class I		E. Shimomi	551	BENCH		M. jenn	341	
165 lbs.		308 lbs.		148 lbs.		F. Sanchez	292	
E. Mammano	562*	Gandeza, Jr.	584	B. Gallagher	231	S. Mingus	407	
198 lbs.		SHW		181 lbs.		242 lbs.		
Stangoener	457	J. Mersberg	501	M. Kelley	380	K. Simonds	402	
220 lbs.		Master (47-53)		M. Jenn	341	D. Ottis	209	
M. Ako	534	165 lbs.		D. Trowbridge	—	275 lbs.		
242 lbs.		D. Kaneshiro	562*	Master (54-60)		T. Andreson	551	
E. Shimomi	551	181 lbs.		Calderrama	407	J. Park	424	
D. Silva	584	259 lbs.		E. Ansberry	413	W. Alsup	380	
B. Donato	523	198 lbs.		J. Auschwitz	424	R. Huizar	—	
R. Pactol	507*	C. DeSoto	540*	M. Mauldin	402			
4th-534		M. Stevens	523	J. Szymanski	—			
308 lbs.		220 lbs.		275 lbs.				
J. Koma	650*	L. Akiyama	—	D. Brydl	358			
SHW		Master (61-67)		181 lbs.				
A. Valentin	540	Gandeza, Sr.	446*	4th-457				
Disabled		148 lbs.		Master				
132 lbs.		Master (68-74)		B. Gallagher	330	231	380	942
J. Curtis	231	165 lbs.		181 lbs.				
259 lbs.		SHW		220 lbs.				
G. Duff	352	W. Stewart	253	R. Guerrero	501	352	451	1306
Junior		220 lbs.		M. Jenn	429	341	451	1223
132 lbs.		W. Kaimikaua	363	198 lbs.				
J. Bareng	429*	R. Kawamoto	622*	C. Bell	578	407	512	1499
165 lbs.		242 lbs.		220 lbs.				
E. Mammano	562*	M. LaMarque	661	P. Balderrama	551	407	600	1559
198 lbs.		259 lbs.		242 lbs.				
Strangoener	457*	B. Donato	523*	M. Elder	650	479	633	1763
220 lbs.		Submaster		J. Auschwitz	617	424	611	1653
N. Pappas	501	418*		H. Lloyd	600	385	589	1576
242 lbs.		Teen (13-15)		275 lbs.				
D. Silva	584*	Kaululau-Cru	253	R. Huizar	—	—	—	—
259 lbs.		V. Pactol	242	Master				
J. Ward	518	198 lbs.		181 lbs.				
Law/Fire		J. Jagers	512**					

APF MI State/Bench for Cash
14 JAN 06 - Harrison Twnsp., MI

BENCH	A. Vallone, Jr 300
MEN	Master (40-44)
Open	242 lbs.
165 lbs.	A. Vallone, Sr 325
D. Hermans 440*	CASH MEET
M. Ryan 365	J. Zenmin 800*
220 lbs.	R. Luyando 755
J. Mireles 450	G. Scott 650
Teen (18-19)	J. Shell 635
308 lbs.	B. Lipinski 600
M. Arman 440*	T. Webster 655*
Junior (20-23)	T. Hensley 505*
220 lbs.	C. Tallman 725
R. Mueller 455*	J. Martin 510
165 lbs.	

*=State Records. January 14th 2006 marked the return of Michigan's Bench for Cash meet after a 3 year hiatus. While the number of lifters was smaller than expected, the amount of weight lifted was phenomenal. The first flight was the State meet. David Hermans won best lifter in the open class with a state record 440# in the 165's. Mike Ryan finished 2nd in the 165's with a nice 365 bench. In the 220's, Jose Mireles benched 450 in his first meet. Up and coming Matt Arman hit a state record in the 18-19 age group, with a 440 bench. Matt is still learning his shirt technique and when he gets it down, watch for some nice lifts from this kid. In the Junior class (20-23), Ronnie Mueller sets a state record for the 220's with an impressive 455 bench. He also won best lifter for the Junior/Teen group. Anthony Vallone Jr. lifted in his first meet and hit 300 in the 165 Junior class. He was coached by his dad, Anthony Vallone Sr. won competed for the first time in around 20 years. He ended up with a 325 bench in the 242's. Looks like the son will be catching his father soon! It is always fun to watch the new lifters and the ones returning after long layoffs. This is what keeps our sport growing. On to the Cash part of the meet. The last time this meet was held, Joel Torenzo, sponsored by Inzer, benched an amazing 735 to win it all. This time, nine lifters battled for the top prize but only one would take first place. First place would be determined by bodyweight using the Herb Glossybrenner formula. Joe Martin and Chip Tallman couldn't get a lift in today. Watch for Chip to hit some nice lifts at this year's Arnold Classic. Tim Hensley benched 505 @ 176# for a state record and finished in 7th place. In 6th was Tom Webster who hit 655 @ 350# for a



John Zemmin cracks his way into the 800 lb. bench press club, weighing 282, at Jim Harbourne's Bench for Cash meet in Michigan

Junior state record. Tom just missed 700# on his 3rd attempt. Fifth place went to Bob Lipinski who muscled up 600 @ 232.5#. Bob also runs grip strength contests on the west side of the state. Jamie Shell took fourth with 635@289.5# while just hitting his opener. His shirt blew out on his 2nd attempt at 725. Third place went to Ohio's Galen Scott with 650@228.5#. 2nd place went to Rob Luyando with a 755@239# and a National record. Rob, sponsored by Inzer and Nutri-bodies, just missed 770 on his 3rd and is also lifting in this year's Arnold Classic. On to the winner and \$1000 richer after today. If you ever want to watch a lifter psyche up for a lift, John Zemmin is the guy to watch. He can raise any crowd into a frenzy and delivers on the goods when it comes to the lift. He nailed 760 @ 282 on his opener and missed 800 on his 2nd. He took it again for his 3rd attempt and threw it up like a toy. Before this write-up hits the mags, the video of the lift will be posted on the internet so ya'll can see how fast and strong the lift was. He tried 830 for a 4th attempt and came within an inch of locking it out. John is now Michigan's 2nd 800# bencher along with Clay Brandenburg. Interestingly enough, both train at Detroit Barbell. Makes ya think

maybe this is a great gym to train in? All day long! The head judge for this meet was World judge Mike Szudarek. I wanted Mike for this job because he is fair but strict and consistent. No gifts would be given with Mike in the head chair and that is what is needed for a credible meet. State chairman Andy Briggs was a side judge along with Martin Howard and JJ Thomas helping out as judges. There were no misloads or dumped bars as Chad Walker, Roger Bailey, and Paul Sazy manned the spotter/loader jobs. This is often the most overlooked job at a meet but probably the most important and these guys did a fantastic job. John Czerwicz manned the admission table to make sure all paid their fair share to watch this event. People some times are unhappy about admission fees but this is what helps pay for the venue and everything else included in running a meet. I've yet to find a meet director who paid his mortgage off running meets. The scorers table was in fine hands with Kim Czerwicz and Paul Stratikis running the cards, announcing the lifts and keeping the lifters in the proper order. Chris Harbourne ran the music as the cash lifters each had their own songs to lift to and he had to continually switch out cd's to keep the

sounds booming. I want to thank the sponsors for this meet. Please make sure to visit them and patronize their establishments. Being that our sport is fairly small, it means a lot when sponsors donate product so please repay them by visiting them to say thanks! SportNutrition.com donated a 2# jug of Worldwide Protein powder for all the lifters and Edge Nutrition from Madison Heights, Mi. (1411 W 14 Mile Road Madison Heights MI 48071) donated t-shirts and protein powder for the winners of the best lifter awards. Edge has some of the best prices you will find on supplements and a knowledgeable staff that won't try to sell you what you don't need. Check 'em out. The top places in the cash meet also will get a copy of renowned sports author Todd Swinney's latest book. Thanks to Weight Station Gym for allowing me to hold the weigh-ins there. This is one of the few powerlifting friendly gyms around. The benches came from Detroit Barbell which is becoming Michigan's powerlifting Mecca with around 25 different lifters holding state records in the gym. Two 800# benchers in the same gym and the most supportive group of lifters you will find anywhere. If you are serious of powerlifting, you owe it to yourself to make a trip to DBB. I also want to thank Powerlifting USA for providing free mags to the lifters. Have a great year and hopefully the 2007 Bench for Cash will be even bigger. Now its time to train! (Thanks to Jim Harbourne for providing the results)

IPA Y Nationals/Texas Cup
19 NOV 05 - Austin, TX

BENCH	Master (40-45)			
WOMEN	220 lbs.			
Teen (13-15)	S. Halbert 369			
114 lbs.	DEADLIFT			
A. Harris 115*	MEN			
MEN	Open			
Master (60-64)	220 lbs.			
181 lbs.	A. Jackson 733			
L. Cramer 283	275 lbs.			
Open	A. Courtney 749			
220 lbs.	308 lbs.			
C. Martinez 380	C. Saunders 722			
GIRLS	SQ	BP	DL	TOT
Teen (13-15)	123 lbs.			
M. Cook 275*	148*	103*	727*	
WOMEN				
Open 165 lbs.				
J. Mills 562	353	507	1422	
BOYS				
Teen (13-15)	123 lbs.			
A. Cook 237	121	226	584	
Teen (18-19)	275 lbs.			
T. Bullock 501	364	551	1416	
MEN				
Open				
198 lbs.				
M. Wade 672	485	661	1819	
220 lbs.				
R. Nirenberg 430	331	578	1339	
B. Finn 463	314	551	1328	
242 lbs.				
J. King 622	430	601	1653	
275 lbs.				
D. Ortiz Jr. 650	424	540	1614	
Master (45-49)	275 lbs.			
T. Bruner 220	220	746!	1186	

! = American Records. * = State Records. Forty-seven different divisions were contested at the Y-Nationals/Texas Cup. Lifters from the USPF, AAU, APF, APA, IPA, WPO and ADAU and of course the YMCA participated in the come-back meet for this historical event. NASA was successful in blocking or discouraging all their lifters from attending. The fact that the meet was held at all may it successful. From lessons learned, it is tough to combine different competing federations, let alone, raw, single ply and unlimited ply gear. Though many of the rules are the same, philosophical differences will probably prevent powerlifting from ever coming together for one big meet. Lifters were happy with their large gold, silver and bronze plates with the Y logo in the center of the award. As expected, 18 lifters were in their first competition. Most were recruited by Les



Jill Mills at the IPA YMCA Nationals (photo courtesy of Les Cramer)

Cramer, the Y meet director. Though all federation lifters were invited, and all federations were offered a free recruiting table, most of the new registered lifters went to the USPF. The YMCA was so pleased with the results of the meet that they scheduled next years meet immediately. Four sponsors and four federations have indicated that they would like to be participants in next years meet. The meet was videoed by Imagine Images and Larry Stephens, the owner and videographer was also the photographer for the still photos. The film was available upon request for instant replay. Only two lifters requested the instant replay, but they did so at the end of their round instead of at the end of their lift. We would like to congratulate the IPA for becoming the first major federation to make instant replay a part of their rules. New Rule for World Bench Press Records: IPA World Records can only be set or broken at the annual world and national meets and any local meet that has a board member judging the attempt. All Open Division, World Record attempts must be videotaped. If the lifter receives one red light out of three judgment lights, the videotape of the lift will be evaluated by all three judges immediately following the attempt. Upon reviewing the tape, if two of the three judges disqualify the lift, the lifter is given another attempt to successfully complete the lift. We also wanted to experiment with a 34" bench grip, but because part of the meet was sanctioned by the USPF, we were unable to use two sets of rules on the platform. Congratulations go out to Troy Ford of the WNPf for being the first federation to officially change their rules to incorporate the 34" bench grip. Though straps were permitted in the deadlift competition, no one choose to use them. The Austin YMCA will further pursue the training and development of young powerlifters when they host their first high school meet in July 2006. A YMCA hall of fame will be introduced at the 2006 meet. Honorary members will be: The class of 1970, all first place winners will be recognized. Nominees for 2006 are: Don Reinhoudt, Ricky Dale Crain, Vince Anello, Lamar Gant, Larry Pacifico and administrative Gary Benford. Now to the lifting. Even though we had two days reserved for the lifting there were only 6 lifters scheduled for Sunday, they were moved into the Saturday session. The first lifts contested were the curls, a part of the power sports division. The lightest lifter was, Michelle Couden at 105#. She took the curl, uncontested, but she missed all of her bench presses as she was lifting in the women's bench press only also. Robin Pearson, a member of the Y Sports power team and her husband, Kevin, is the director of the participating YMCA, and she won the 148# class in the Power Sports Novice division and she also won the bench press and squat in the open division single lift events. Jill Mills, a

Award for the Power Sports Event! Marcus Aurelius came in at a body weight of 260#. Marcus is responsible for much of the organization and training of the YMCA lifters. Marcus is a former Gold's Gym Manager from New Zealand and has found his niche since being introduced to powerlifting. Marcus has between 250 and 300 personal clients that he trains at the East Communities YMCA. He competed in the Men's Masters 45-49 Power Sports and the individual squat event. He finished first in both events. There were no light entries in the Men's Open Powerlifting event. Beginning with the 220# class, Brandon Finn was beaten out by teammate, Ron Nirenberg in the 220# class both competed for the Olympic Gym Team. John King won the 242# men's Open division and also was the Outstanding Lifter in the Powerlifting Event. Don Robinson, traveling to Austin from California, lifting in the Masters 50-54 had bad luck in the bench press and was unable to negotiate a total. Philip Delarosa was the 275# winner and was also a Master Lifter, 40 44 from the Olympic Gym team. Ben Goll was the only entry in the Push and Pull Event and so won the event uncontested with some outstanding lifting. The Men's bench only event saw seven competitors. With the great Joe Ladtner from Mississippi showing up to bench some heavy weights. Believe it or not, Joe is now a Master Lifter, but is still one of the top competitors in the Open Division. Joe's mentor, Larry Plumlee and meet director Les Cramer go way back to the early 70's when they were both AAU Chairmen. Joe traveled the distance by car with his two teenage children Friday night and had benched a 705# opener two weeks before at a WPO meet in Chicago and developed multiple technical problems and was unable to get a 705# passed by the officials at the YMCA meet. Joe lost his gym to Katrina and has been training at home, basically with no spotters. Joe plans on lifting in some full meets during 2006. Todd Robinson came in with his brother Don from California and fared a little better than did Don and benched 374 in the 220# Masters 45-49 age group. Scott Halbert on the YMCA team, in the 220# Bench only, Masters 40-44 won his division with an outstanding 365# raw bench. The lighter divisions saw three lifters: Jeff Enoch at 148#, Chris Jackson at 165# and meet director at 181#. Chris Jackson was entered in the 55-59, 165# division and has only been lifting for a few years but did a nice raw bench with 225#. With Joe Ladtner out of the race, this left the door open for Les Cramer to win the Outstanding Lifters Award for the Bench Press. After lifting and winning the IPA Masters Nationals the week before in York, PA with a 435# squat and a 280# bench in the 181#, 60-64

division he benched 283# at the YMCA meet. The lift would have also broken the longstanding USPF three-lift bench record. Les however was busy with the meet and the coaching duties for the YMCA team and did not take a token squat or deadlift. He did however earn the Texas State Bench record and the YMCA Outstanding Bench award. The Extreme Lifting Deadlift Event was to be held on Sunday. With only one entry by the dead line date the event was moved to Saturday and was held in conjunction with the regular YMCA deadlift event. The prize money was adjusted in direct relationship to the entries and was agreed upon by all lifters at or before the weigh in. There was one prize and that was for First Place by formula. With the late entries there were 4 deadlifters and all of their starting attempts were over 700 pounds. Carlton Saunders opened with 722, with a body weight of 308#. Then came Adrian Jackson with 744, body weight of 213#. The third lifter was Tim Bruner lifting in the 275# division pulled a 746# deadlift. The highest opening attempt was by Aaron Courtney from Wisconsin with a 749.5# pull with a body weight at 260#. At this point the competition stood, Jackson, Bruner, Courtney, and Saunders. None of the lifters made their second or third attempts. Carlton Saunders missed 777# twice, Adrian Jackson missed 788# twice, and Aaron Courtney actually locked out 810# but could not hold the weight and missed it on his third attempt. Bruner did not take a second nor third lift. Thanks to that helped out and especially to the East Communities YMCA staff for all their support and help during the long meet day. Thanks to Emily for scheduling all the loaders and door help during the day and for loading the bar herself! That is true team spirit. Special thanks to Marcus Aurelius for his endless hours in preparing for this event. Thank you Larry Stephens for providing the photo's and DVD of the meet. House of Pain for their gear display needs a pat on the back for their professional display and to TITAN for supplying the best equipment in the world of powerlifting. The Texas Cup: Eight lifters showed for this USPF sanctioned event, one of which was the meet director. Nine lifters from the YMCA Nationals also competed in the Texas Cup, which brought the total to 17 entries. The USPF sanctioned Texas meets seem to be falling off for some reason. The 2005 Texas State meet had 31 lifters, the 2005 Bench Press and Deadlift Nationals had 14 lifters and the Texas Cup only drew 8 USPF lifters. Mike Wade won the best lifters award in the Men's Open 198# division. He finished with a total of 1819#. Jill Mills lifted at a lighter weight and had an outstanding performance. (Thanks to Les Cramer for these results)



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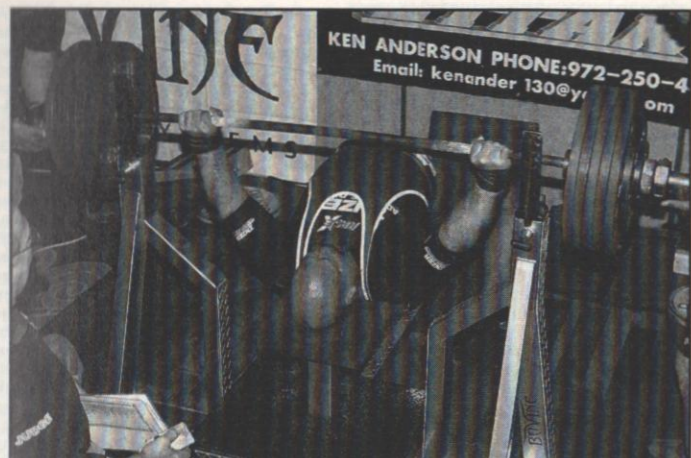
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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF. SIGNATURE X _____



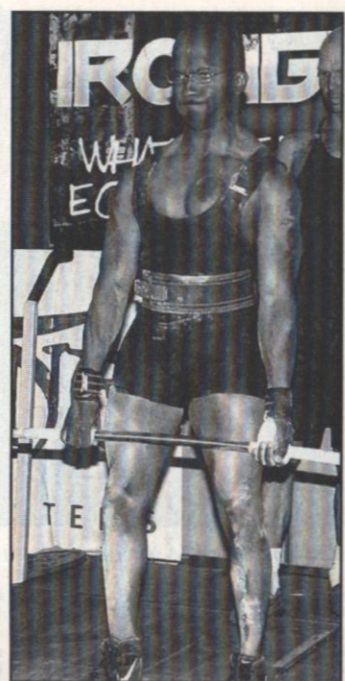
James Hunter got a 661 bench in Rancho Cordova, weighing just 245. (Photos provided to Powerlifting USA by CSS Photo Design)

WABDL West Coast Classic 17 SEP 05 - Rancho Cordova, CA			
DEADLIFT	Junior (20-25)	198 lbs.	253
WOMEN	Junior (20-25)	132 lbs.	253
Junior	P. Deane	512	429
132 lbs.	V. Karpenko	512	429
S. Ansberry	M. Minahan	440	480
309	220 lbs.	L. Vaterlaus	188*
Law/Fire	A. Clayton	551	418
Master (40-47)	309+ lbs.	123 lbs.	325
123 lbs.	L. Scott	374	275
Christopher	4th-402*	Master (40-46)	220 lbs.
Law/Fire	Open	105 lbs.	314
Open	Master (40-47)	D. Brown	159
123 lbs.	309+ lbs.	114 lbs.	159
Christopher	D. Schultz	545*	457
Master (40-46)	Law/Fire	S. Hedman	181
105 lbs.	Master (48+)	E. Womack	—
D. Brown	198 lbs.	4th-473*	457
261*	G. Alves	473	242*
148 lbs.	4th-485*	Master (47-53)	242 lbs.
S. Maher	325	4th-485*	242 lbs.
181 lbs.	A. Sozzi	352	501
A. Sozzi	4th-376*	M. Burruel	606
198+ lbs.	Law/Fire	Open	540
D. Myers	451	242 lbs.	540
4th-462*	Master (47-53)	D. Tallero	380
199+ lbs.	199+ lbs.	198 lbs.	380
S. Valerius	270	198 lbs.	380
Master (54-60)	97 lbs.	198 lbs.	380
97 lbs.	U. Jara	468	418
S. Abblett	187	P. O'Neill	402
4th-190*	242 lbs.	D. Brown	159
148 lbs.	G. Stevens	545	424
S. Bax	165	309+ lbs.	424
4th-170*	165 lbs.	Submaster	424
J. Petray	264	L. Contreras	407
4th-270*	181 lbs.	Master (54-60)	407*
M. Evans	143	D. Spencer	94
Open	198 lbs.	4th-99*	418
105 lbs.	K. Kirk	363	418
D. Brown	281	O'Halloran	148*
Submaster	132 lbs.	MEN	303
132 lbs.	E. Hasbrouck	303	303
J. Watts	375*	Class 1	303
165 lbs.	R. Fomachon	198	303
D. Spencer	264	4th-341*	473
4th-308*	148 lbs.	E. Nahomiak	336
MEN	148 lbs.	J. Arnold	314
Class 1	165 lbs.	F. Wagner	341
148 lbs.	T. Adams	606	402
E. Nahorniak	424	J. Butler	110*
181 lbs.	4th-634*	Open	402
W. Pollar	479	165 lbs.	402
P. DaSilva	48	220 lbs.	402
220 lbs.	Submaster (34-39)	J. Gaudem	402
T. Annotti Jr.	424	R. Budd	402
242 lbs.	A. Torotelli	518	385*
D. Talerico	523	J. Perez	402
259 lbs.	4th-622*	D. Talerico	380
J. Crow	551*	V. Shaw	462
309+ lbs.	Teen (13-15)	J. Crow	435
L. Contreras	407	132 lbs.	347
165 lbs.	J. Scarbrough	225	347
	Teen (16-19)	B. Alex	451
	165 lbs.	309+ lbs.	523
		L. Contreras	429

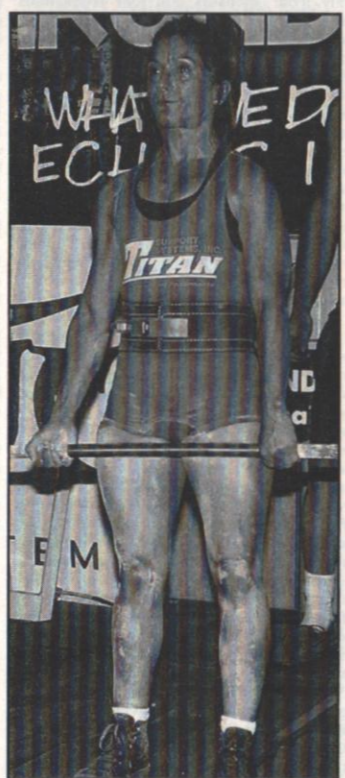
WWW.STRENGTH-EQUIPMENT.NET
(Heavy Duty Custom Built Equipment)

Master (54-60)	275 lbs.	540
181 lbs.	N. Riel	309+ lbs.
J. Alvarez	336	J. Sheffield
E. Ansberry	319	Submaster (34-39)
220 lbs.	165 lbs.	445
D. Marba	440*	181 lbs.
Master (61-67)	A. Davila	353
181 lbs.	D. Russo	402
D. Covello	170	D. Donado
259 lbs.	242 lbs.	309+ lbs.
M. Bonifield	314	R. Bradshaw
Master (68-74)	220 lbs.	705*
220 lbs.	231	Teen (13-15)
D. Loves	209	123 lbs.
J. Ketchersid	209	J. Minahan III
242 lbs.	209	4th-192*
J. Peters	209	148 lbs.
259 lbs.	220*	J. Leija
J. Krachunis	196	Teen (16-19)
275 lbs.	407*	165 lbs.
D. Herrera	369	A. Singh
Master (75-79)	165 lbs.	4th-380*
165 lbs.	181 lbs.	J. Hedman
R. Fornachon	203	A. Salhotra
Open	J. Hedman	325
148 lbs.	A. Salhotra	303
J. Arnold	314	220 lbs.
259 lbs.	A. Contreras	281

J. Hunter 661*
=World Records. *State Records. About 115 lifters showed up for the event, at the ballroom of the Marriott Hotel. The hotel is class, with a good restaurant, a lively lounge, and plenty of good restaurants close by. In the deadlift, Jeff Crow set a California state record 551 at 259 in the Class 1 division. Windell Potiet hauled in a nice 479 at 181. In junior men 198, Paul Dean and Vic Karpenko fought it out with a 512, with Dean winning on bodyweight. Arthur Clayton pulled well with 551 at 220. In law/fire master Dennis Schultz pulled a California record 545.5 at super, and Greg Alves pulled a California record 485 at 198 in law/fire 48+. In master 54-60/181, Eric Ansberry pulled a California record 452.8. He put a lot of effort into it and he had a big cheering section. In master 75-79/165, Robert Fomachon set a California record dead of 203.7. James Butler set a California record 110 at 80-84/148. In master women deadlift at 40-46/105, Desiree Brown set a World Record 261, weighing 104. At 181, Annette Sozzi pulled a California record 375.8 and should get 400 sometime in 2006. At 198+, Donna Myers, who is a sheriff and very big, but not fat, about 6'4" and I won't mention her weight. She pulled a World Record 462.7. If Donna stays with it, she could pull 600. In master women 54-60, 93 lb. Sherry Abblett pulled a World Record 190.5 more than twice her weight. She got a huge write-up in her hometown paper. She should do a triple bodyweight deadlift before her career is over. Still in master women 54-60/148, Susan Box set a California record 170.7 and at 165, Judith Petray set a California record weighing 161. In submaster 220, Al Tortorelli set a California record 622.7. In submaster women 132, Jeanne Watts pulled close to a triple bodyweight dead with a World Record 375.8. In submaster 165, Disarie Spencer set a California record 308.5. Moving onto the bench, in class 1/148, Eric Nahorniak set a Nevada record 341.5. In junior 198, Greg Gibson benched a California record 501, weighing 196. At super, Leo Scott set a California record 473.7. In junior women 198, Laruen Vaterlaus set a California record 188.3. In law/fire master 48+, Greg Alves set a World Record 407.7 at 198. He had a big support group of about 6 lifters that inspired him. In law/fire open, Manny Burruel set a California record 435 at 275. Manny has been on the comeback trail for about two years. In master 40-46/165, Ulisses Jara set a California record 315.1. At 275, Rich Ludlam set a larger than average California record 633.7. Rich has got his shirt dialed in and expects to hit 700 in a year. In master men 47-5/181, Edgar Martinez set a California record 385.7. Edgar is formerly from Guatemala. In master 54-60/220, Dave Marba set a California record 440.7. In master 68-74/259, JP Krachunis set a World Record 220.2. JP is a former pro wrestler who was in the ring for 30 years. In master 68-74/275, Danny Herrera set a California



Tobias Adams hauled 634 @ 165



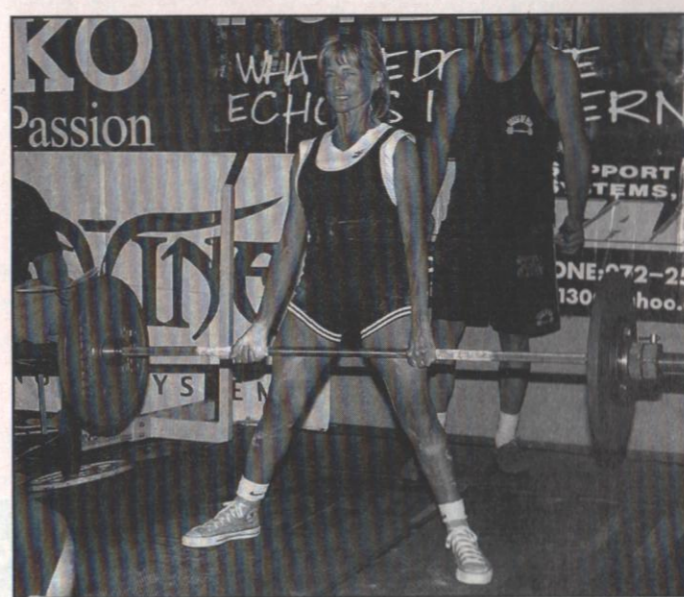
Desiree Brown in the process of pulling a WABDL WR with 261.

record 407. Danny is 69 and that's a great number at that age. In master women 40-46/181, Annette Sozzi set a World Record 242.5, her first World Record and she was flying high. In master 47-53/148 Mary-Ann VanDam set a California record 203.7. In master women 54-60/97, Sherry Abblett set a World Record 74.8 and at 148, Susan Box hit a California record 90.2. In open men, James Hunter, weighing only 245, set a World Record with a huge 661. That number used to belong to Bill Kazmaier. He had done a 661 in a t-shirt, but he was about 325. At super, Roy Bradshaw, who weighed 450, set a California record 705 at open and a World Record 705 at submaster. In teen men 13-15, John Minahan III set a California

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Sheri Abblett excelled pulling more than double her bodyweight.

record 192.7, weighing only 116, and that's pretty good weight for a 15 year old. In teen 16-19/165 Amandeep Singh was impressive with a California record 380. In teen women 13-15/181, Margot O'Halloran set a California record 148.7. I want to thank Jim Presley who helped organize the trophies as well as unboxing them. His wife, Peach, and his sister Betty, also helped unbox and organize trophies as well as sell tickets and t-shirts. Mike Moore and Jim Sheffield brought a bench and helped judge. Dave Freeland was responsible for the warm-up weights. Ken Anderson was also a judge. I want to thank our sponsors, Bret Mikesell of Iron Gladiator Distributors of Inzer Gear, Ken Anderson of Titan, Rich Brewer and Susan Jackson of House of Pain, Keith Ln of CSS Sports Photos, Matt LaMarque of Bovine Strength Systems, Mike Lambert of Powerlifting USA, who gives WABDL great coverage, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Jim Wendler, and Dave Tate of Elite Fitness Systems. Gus Samuelson and Mike Rockoff of Universal Nutrition, Shawn Madere of GIC Direct, the best joint formula on the planet, and Chet Groskreutz of Ivanko Barbell. (Thanks to Gus Rethwisch of WABDL for results)

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A. Schriempf	165	70	265	500	R. Lee	—	—	—	—
MEN	114 lbs.				220 lbs.				
C. Amstone	100!	50!	105!	255!	T. Bollig	—	—	—	—
4th-BP-52.5					242 lbs.				
N. Amstone	75	36	100	211	J. Ferguson	651	578	705	1934
148 lbs.					M. Fornecker	358	314	501	1173
P. Griffith	355!*	230!*	365	950!*	R. Tinney	—	—	—	—
D. Ruhl	250	195	370	815	Master (55-59)				
165 lbs.					181 lbs.				
R. Spaniel	315	310	405	1030	P. Boutte	584	331	501	1416
Bookhammer	250	285	400	935	Class I				
181 lbs.					198 lbs.				
L. Stires	470!*	330	530		A. Bell	534	402	523	1459
1330!					M. Dorman	529	501	518	1548
D. Teeter	475	310	535	1320	242 lbs.				
D. Swingle	300	220	460	980	J. Holland	473	275	601	1349
N. Hebert	275	265	405	945	275 lbs.				
198 lbs.					C. Radcliff	441	380	424	1245
S. Hough	480	350	535	1365	High School				
D. Thompson	330	245	440	1015	123 lbs.				
W. Mason	225	330	350	905	C. Doguel	242	170	275	687
D. Thompson	270	230	400	900	148 lbs.				
E. Krause	275	185	360	820	J. Chrstensen	446	270	446	1162
120 lbs.					181 lbs.				
B. Bayer	535!*	245*	550!*		A. Kling	451*	226	435*	1112
1330!					220 lbs.				
E. Barnbas	405	320	525	1250	D. Roark	—	—	—	—
Schreengast	405	335	450	1190					
J. Caola	315	260	—	—					

USAPL 13th Ketchikan 3 DEC 05 - Ketchikan, AK				
FEMALE	SQ	BP	DL	TOT
123 lbs.				
E. Harney	170	75	230	475
T. Gregg	170	120	205	495
181 lbs.				
M. Bruce	165*	90*	235*	490*
MALE				
132 lbs.				
D. Mann	155	—	300	455
148 lbs.				
D. Gregg	415*	230	430*	
1075*				
198 lbs.				
P. Stack	450	325	570	1345
F. Frank	415	275	450	1140
Teen				
114 lbs.				
J. Peterson	70*	95*	175*	340*
181 lbs.				
T. Winchester	135	225	275	635
220 lbs.				
K. Pearson	200	150	340	690
242 lbs.				
M. Bruce	350	260	400	1010

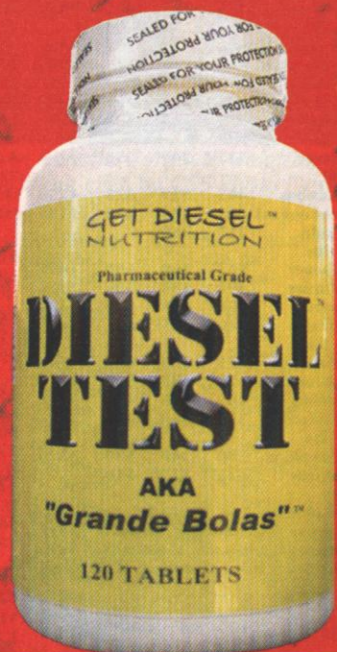
APF Southeast Challenge 30 JUL 05 - Vidor, TX				
BENCH				
181 lbs.				
J. Burdette	529			
220 lbs.				
C. Matthews	688			
181 lbs.				
J. Burdette	507	242 lbs.		
220 lbs.				
B. Grant	435			
D. Bell	363			
242 lbs.				
E. Wright	—			
275 lbs.				
J. Laskowski	—			
DEADLIFT				
242 lbs.				
C. Garcia	655			
MALE				
Open				
148 lbs.				
J. Scott	534			
WOMEN	SQ	BP	DL	TOT
Open				
114 lbs.				
A. Harris	214	105	198	517
114 lbs.				
C. Kelly	259*	93	264*	616*
High School				
114 lbs.				
MEN				
Open				
181 lbs.				
D. Cagnolatti	661	463	540	1664
C. Helton	501	407	523	1431
198 lbs.				

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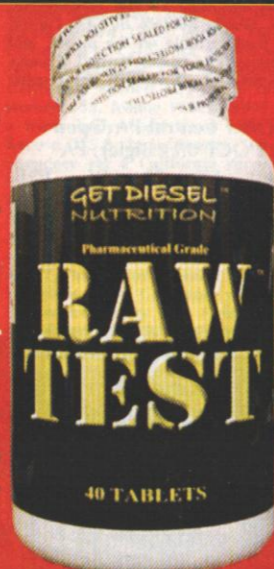
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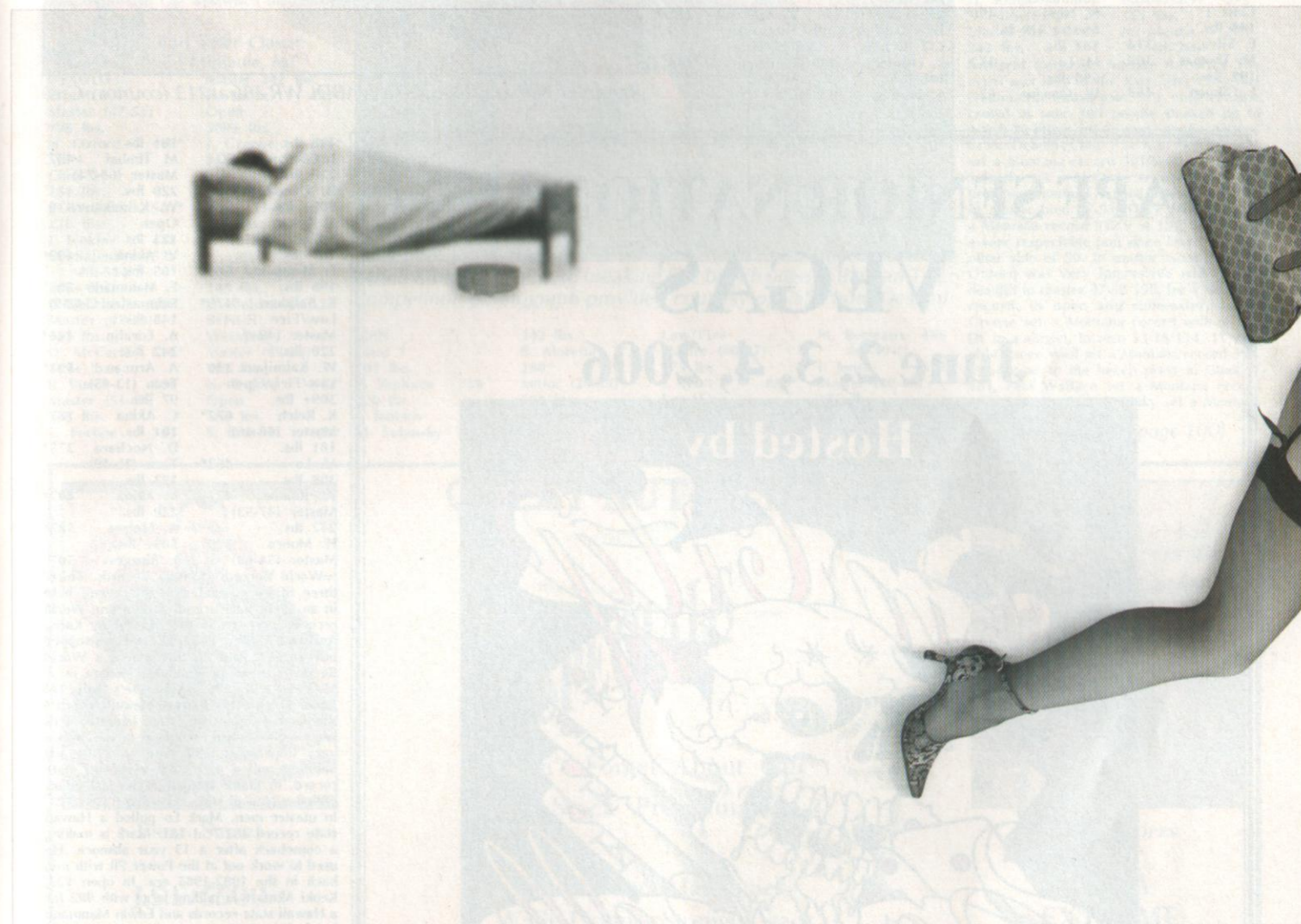
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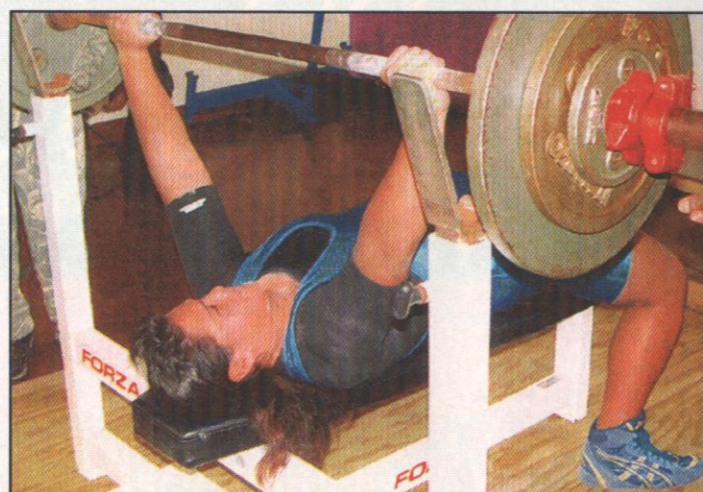
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WABDL Hawaii State 24 SEP 05 - Waimanolo, HI			
BENCH			
WOMEN			
Open	220 lbs.		
132 lbs.	C. Holoana	435	
J. Quinn	242 lbs.	424	
114 lbs.	J. Kahula	424	
Submaster	259 lbs.		
114 lbs.	J. Swope	363	
C. Baqui	309+ lbs.		
132 lbs.	K. Reich		
J. Quinn	181 lbs.		
165 lbs.	Junior (20-25)		
D. Adams	148 lbs.		
159*	E. Silva	314	
Teen (13-15)	198 lbs.		
97 lbs.	E. Solidum	358*	
C. Tavares	Law/Fire		
199+ lbs.	Master (40-47)		
R. Nahara	275		
4th-286*	C. Nishida	413	
MEN	Law/Fire		
Class 1	Submaster		
148 lbs.	N. Nip	490*	
E. Silva	Master (40-46)		
314	181 lbs.		
M. Thomas	303		
198 lbs.	M. Lo	352	
I. Gilman	468		
W. Omura	62		
A. Edralin	352		
Teen (13-15)	97 lbs.		
I. Akina	88		
105 lbs.			
C. Valmoja	148*		
181 lbs.			
D. Nohara	121		
Teen (16-19)	123 lbs.		
V. Akina	209*		
148 lbs.			
S. Taylor	165		
D. Wightman	259		
220 lbs.			
A. Moises	402*		
DEADLIFT			
WOMEN			
Junior			
123 lbs.			
D. Nakamura	225*		
Master (47-53)			
97 lbs.			
K. Arakawa	214*!		
Submaster			
105 lbs.			
C. Baqui	203		
MEN			
Class 1			
198 lbs.			
A. Edralin	352		



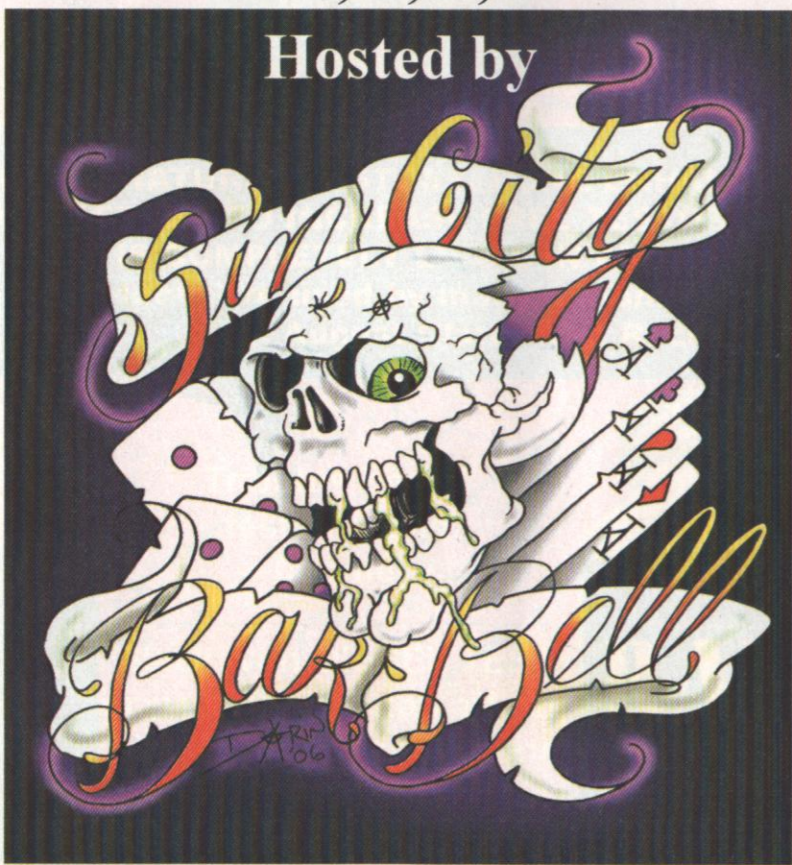
Randolyn Nohara, 14, BPeda WABDL WR286 at 213 (courtesy Gus)

198 lbs. I. Gilman 534 181 lbs. M. Timbal 457
 220 lbs. D. Decoite 501 220 lbs. Master (68-74)
 309+ lbs. W. Kaimikaua 330
 K. Reich 677* Open
 Junior (20-25) 123 lbs.
 165 lbs. V. Akina 402*
 E. Mammano 585* E. Mammano 585*
 198 lbs. E. Solidum 479* Submaster (34-39)
 Law/Fire 148 lbs.
 Master (48+) A. Edralin 446*
 220 lbs. A. Arucan 523*
 W. Kaimijaua 330 Teen (13-15)
 Law/Fire/Open 97 lbs.
 309+ lbs. K. Reich 677* C. Akina 187
 Master (40-46) 181 lbs.
 181 lbs. D. Nohara 275*
 M. Lo 462* Teen (16-19)
 308 lbs. V. Akina 402*
 W. Kaaloa 473 V. Akina 402*
 Master (47-53) 220 lbs.
 242 lbs. A. Moises 587*
 H. Munro 529 309+ lbs.
 Master (54-60) J. Biurgess 507
 !=World Records. *=State Records. Thirty three lifters competed in this event, held in an elementary school auditorium. World records were set in the deadlift by Karen Arakawa Master 47-53/97, and she topped out at 214. And, in the bench, a World Record was set by Randolyn Nohara in 1-15/198+ with 286.5, and she's only 14! Keoni Reich set a Class 1 Hawaii record 1 the dead at super with 677.7. Junior records were set by Edwin Mammano at 165 with a very impressive 585, and at 198, Eal Solidum pulled 479.5 for a Hawaii state record. In junior women, Dyon Nakamura pulled a Hawaii state record 225.7 at 123. In master men, Mark Lo pulled a Hawaii state record 462.7 at 181. Mark is making a comeback after a 13 year absence. He used to work out at the Power Pit with me, back in the 1982-1985 era. In open 123, Keoki Akina was pulling large with 402 for a Hawaii state records and Edwin Mammano hauled in 585 for a state record. In submaster 148, Ata Edralini pulled 446 for a Hawaii record. At 242 submaster, Alexander Arucan pulled a Hawaii record 523.5. In teen 13-15/181, David Nohara pulled a Hawaii record 275. In 16-19, Vernon Keoki Akina pulled a Hawaii record 402. In teen 16-19/220, Aaron Moises pulled a rather large 567.5 for a Hawaii record. And, in super teen 16-19, Joshua Burgess popped a Hawaii state record 507. Moving onto the bench press, Ikaika Gilman set a Hawaii state record in class 1, with 473.7. In junior men, Earl Solidum set a Hawaii record 358 at 198. In law/fire submaster, Nolan Nip was above average with a large 490.5 at 198, which was a Hawaii record. In master 40-46/259, Mark Rapoza put up a 501.5 state record, and at 308, Glenn Cabatingan had the biggest bench in the meet with 551 and a state record to boot. In master 47-53 super, Lule Kanake got a PR and Hawaii state record

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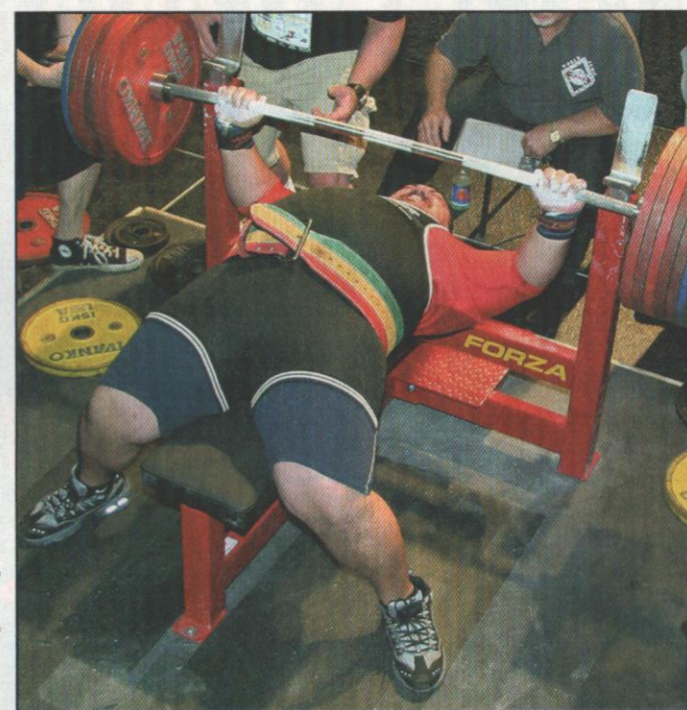
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507. In open men, Taylor Tom, who has the best arch in history, was huge with 479.5 at 165, for a Hawaii state record. In submaster 132, Reagon Oshiro set a Hawaii record 209. In submaster women 132, Julie Quinn set a Hawaii record 121, and 165 Dawn Adams set a Hawaii record 159.7. In teen men 13-15/105, Chase Valmoja set a Hawaii record 148.7. In teen 16-19, Keoki Akina added to his record collection with a Hawaii state 209 at 123. In 16-19/220, Aaron Moises set a Hawaii record 402 to go along with his Hawaii record 567 deadlift. I want to thank Keith Ward for putting this meet on and flying me out to Hawaii, and giving me a nice beach front cottage to stay in for four days. His local food restaurant is the best, with lots of LauLau, Koluta Pig, chicken long rice, etc. The judges were Ray Verdonck, Kerwin Unten, and myself. Carmella Baqui was the MC. (Thanks to Gus Rethwisch for results)

WABDL Karl Tyler Classic 10 SEP 05 - Missoula, MT

DEADLIFT	Master 242 lbs.		
WOMEN	H. Smith 429		
Master (47-53)	Open		
198 lbs.	309+ lbs.		
H. Oxford 402*	J. Greene 716*		
MEN	Submaster (34-39)		
Class 1	309 lbs.		
181 lbs.	J. Greene 716*		
P. Wallace 501*	Teen (13-15)		
220 lbs.	114 lbs.		
J. Jenkins 446	C. Well 88		
M. Salensky 573	4th-99*		
4th-584*	Teen (16-18)		
309+ lbs.	148 lbs.		
R. Bunch 308	D. Baldassare 325		
Master (47-53)	BENCH		
181 lbs.	WOMEN		
D. McCarthy 512*	Master (47-53)		
309+ lbs.	181 lbs.		
R. Bunch 308	H. Oxford 242*		
Master (51-67)	Open		
165 lbs.	165 lbs.		
L. Forbes 303	S. Dutton 178*		
	M. Salansky 473*		
	242 lbs.		
	B. Moretta		
	380*		
	Junior (20-25)		
	P. Wallace 338		
	181 lbs.		
	J. Jenkins 248		
	165 lbs.		
	B. Hughes		
	319*		
	M. Salansky 473*		
	242 lbs.		
	Law/Fire		
	Master (40-47)		
	275 lbs.		
	J. Scott 485*		
	Law/Fire		
	Master (48+)		
	220 lbs.		
	M. Berleaux 485		
	4th-491*!		
	J. Jones 402*		
	Master (40-46)		
	275 lbs.		
	J. Scott 485		
	309+ lbs.		



Mitch Klindt got a record breaking 562 bench press at the Karl Tyler competition (Photograph provided courtesy of CSS Photo Design)

B. Tripp 578	V. Starkel 276*!
Master (47-53)	Open
181 lbs.	198 lbs.
D. McCarthy 303	M. Weil 457
4th-308*	4th-468
220 lbs.	242 lbs.
M. Berteaux 485	T. Baldwin 507*
4th-491*	309+ lbs.
242 lbs.	J. Greene 601
T. Baldwin 507*	M. Kindt 562*
Master (54-60)	B. Tripp 578*
220 lbs.	Submaster (34-39)
J. Pablo 248	198 lbs.
Master (61-67)	M. Weil 457
165 lbs.	4th-468*
L. Forbes 137	242 lbs.
242 lbs.	J. Pablo 303
S. Nummi 303	309+ lbs.
4th-310*	M. Klindt 562*
Master (68-74)	Teen (16-19)
242 lbs.	148 lbs.
H. Smith 341	Baldassarre 275
4th-369*	165 lbs.
Master (80-84)	M. Menke 275
242 lbs.	4th-266*
!=World Records. *=State Records. The event was held at the Karl Tyler Chevrolet Dealership Showroom. An unbelievable crowd of over 400 people showed up to watch 26 lifters put up some good numbers. In the Deadlift Class 1 at 181, Pete Wallace set a Montana record 501.5. At 220, Mark Salansky set a Montana record 584 and a previous Montana record attempt of 573. In master men 47-53, Dave McCarthy set a Montana record 512.5 at 181, which was a very respectable pull since Dave is in the other side of 50. In master women, Holly Oxford was very impressive with a 402 deadlift in master 47-53 198, for a Montana record. In open and submaster, James Greene set a Montana record with a 716 DL in a singlet. In teen 13-18/114, 11 year old Chance Weil set a Montana record 99#. Moving on to the bench press in Class 1/181, Pete Wallace set a Montana record 336. At 220, Mark Salansky set a Montana	

(continued on page 100)

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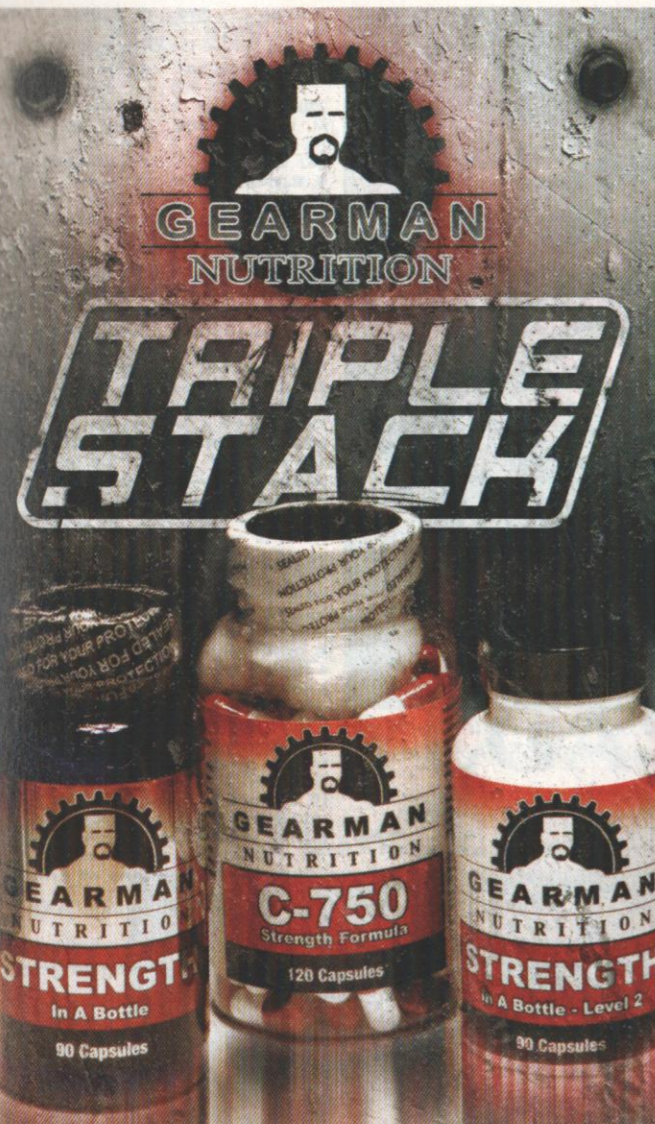


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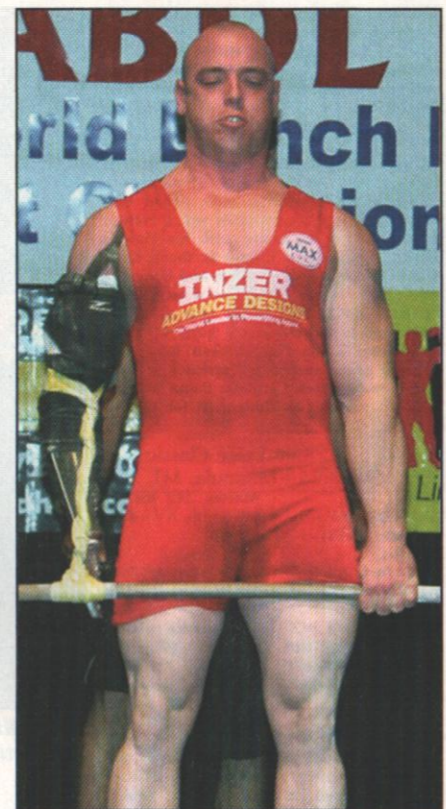
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(cont. from page 99)

record 473.7 with room for 20# more. At 242, Bob Muretta set a Montana record 319.5 at 181. In Law/Fire Master 40-47/275, J.D. Scott set a Montana record 485 and was close with 507. In Law/Fire 220/48+, Mike Berteaux of Colorado set a World Record of 491.6. His previous attempt at 485 was also a World Record. Mike has entered WABDL meets in 9 different states. He's a Sky Marshall. Jeffrey Allen Jones of Nevada set a Nevada record 402 at Law/Fire 220/48+. Jeff is a retired police sergeant who taught defensive tactics as a policeman and is going to open up his own school to teach hotel security, cruise ship security, and teach other forms of law enforcement, how to defend, put handcuffs on, etc. he is originally from Australia and played rugby and boxed as an amateur. He was also a policeman in Hawaii for many years. In master men 47-53/181, Dave McCarthy set a Montana record 308.5 to go along with his 512 deadlift. At 220, Mike Berteaux set a Colorado record 491.6. At 242, Terry Baldwin set a Montana record 507, and he was as close as it gets with a 523, and that really upset him. Terry brought a bench and all the warm-up weights and also supplied spotter loaders. He was extremely helpful in getting the world out to the Missoula people. In 54-60/220, Joe Pablo set a Montana record 248. Joe is a Flathead Indian and he's part of his tribal council. In master 61-67/242, Sonny Nummi of Idaho benched a 310.6 Idaho record without a shirt at age 66. In master 68-74, Harold Smith at age 73, was unbelievable. He did a 369 bench raw and a Montana record at 242. He's tall, about 6 feet, and he weighed 228, which is definitely not built for benching. In master 80-84, Victor Starkel set a World Record 276.6 at 242. Victor is 82 and owns a 1,000 acre ranch. He has 12 children, the youngest being 17. He had a bad motorcycle crash at 77, so he's slowed down some. In women master 47-53/198, Holly Oxford set a Montana record 242.5 and just missed a World Record 254.6, which was very close. In open men 198, Mel Weil set a Montana record 468. Terry Baldwin set a Montana record with 507 at 242 open. In super 3, big boys went at it. James Greene, who weighed in at 318, put up 501.5 raw. Mitch Klindt set a Montana record 562 and Brad Tripp set a Utah record 578.5 and was close with 600.7. In open women, Shauna Dutton set a Montana record 176.2 at 165. In submaster men, Mel Weil set a Montana record 468.2 at 198. At super, Mitch Klindt set a Montana record 562, his second state record of the day. In teen 16-19/165, Matt Menke set a Montana record 286.5, weighing only 160. The next Missoula meet March 4, 2006, at Ruby's Inn Hotel. I want to thank the judges David Edgell, Jeremy Martin, Don James, and Brian Baerlein. The scorekeeper was Mrs. James Greene. The platform manager was James Partch, who also brought the kilo set, along with Don James. Karl Tyler Chevrolet was the main sponsor and provided the venue. Kurt McDonough made it all happen. (These meet results provided by Gus Rethwisch)



Jonathan Jenkins was one of the great inspirations at the Karl Tyler Classic, as well as the WABDL Worlds. An amputee, he lifts very impressively with a prosthesis. (Photograph courtesy CSS Photo Design)

148 lbs.	181 lbs.
D. Dessau 310	R. Shields 370
165 lbs.	L. Smith 350
T. Solomon 380	198 lbs.
181 lbs.	Grieshaber 430
Goodemote 405	A. Reese 360
M. Carlin 330	220 lbs.
198 lbs.	E. Collins 405
Grieshaber 430	R. Duleba 385
220 lbs.	A. Ciccone 285
M. Keyser 480	J. Henkel 285
242 lbs.	242 lbs.
S. Prozy 560	D. Sledge 475
C. Carson 510	275 lbs.
259 lbs.	D. Harding 395
D. Swope 600	Submaster
B. Lenzi 575	D. Swope 600
308 lbs.	R. Tikey 330
D. Willaman 500	Masters
SHW	B. Lenzi 575
Open	McCloughlin 480
K. Patterson 500	N. Rolle 415
C. Hall 415	D. Harding 395
Raw	W. Valentine 330
165 lbs.	Police/Fire
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TOP 100

For standard 198 lb./90 Kg. USA lifters in results received from JAN/2005 through DEC/05

SQUAT	BENCH	DEADLIFT	TOTAL
1 914 Byrd, S. 9/10/05	688 Wolfley, M. 10/29/05	770 Terry, C. 9/17/05	2204 Frankl, S. 11/6/05
2 910 Cartinian, M. 3/4/05	677 Frankl, S. 10/29/05	768 Eiseman, T. 5/28/05	2193 Cartinian, M. 3/4/05
3 854 Frankl, S. 11/6/05	666 Rabine, S. 3/5/05	735 Meyers, T. 12/3/05	2149 Byrd, S. 9/10/05
4 832 Norman, J. 6/5/05	650 Zweng, M. 3/19/05	733 Caprari, T. 11/19/05	2061 Bell, G. 5/14/05
5 826 Luckett, M. 9/24/05	635 McVicar, J. 4/30/05	705 Kegrice, J. 3/13/05	2000 Tracey, B. 6/4/05
6 810 Bell, G. 5/14/05	622 Cartinian, M. 3/4/05	705 Norman, J. 6/5/05	2000 Caprari, T. 11/19/05
7 804 Coe, M. 6/5/05	600 Burdette, J. 9/24/05	700 Walker, J. 4/9/05	1989 Coe, M. 6/5/05
8 804 Lunsford, R. 6/5/05	600 Gugino, M. 10/1/05	688 Coleman, A. 10/29/05	1984 Norman, J. 6/5/05
9 804 Coleman, A. 10/29/05	589 Bell, G. 5/14/05	688 Woodley, L. 11/18/05	1956 Lunsford, R. 6/5/05
10 804 Caprari, T. 11/19/05	585 Daily, R. 4/16/05	683 Byrd, S. 9/10/05	1940 Rapp, B. 5/8/05
11 804 Flesh, D. 12/4/05	585 Celli, R. 8/6/05	677 Timonen, S. 8/13/05	1925 Celli, R. 8/6/05
12 790 Rapp, B. 5/8/05	585 Koffler, C. 8/13/05	677 Frankl, S. 10/29/05	1900 Gugino, M. 4/17/05
13 788 Tracey, B. 3/12/05	580 Piggie, D. 4/3/05	675 Brookins, J. 10/22/05	1895 Flesh, D. 12/4/05
14 777 James, A. 6/5/05	580 Kellum, J. 4/10/05	672 Clark, R. 4/24/05	1880 McVicar, J. 6/25/05
15 775 Lavelle, T. 11/12/05	578 McAuliffe, J. 9/18/05	672 Lunsford, R. 6/5/05	1880 Delmonti, P. 11/12/05
16 771 Paras, R. 11/19/05	575 Elick, J. 11/19/05	672 Decker, J. 8/13/05	1851 Hanson, D. 6/5/05
17 760 Thomas, J. 8/6/05	573 Cieri, D. 9/18/05	661 Cartinian, M. 3/4/05	1851 Belshe, C. 9/10/05
18 760 Maxwell, M. 11/12/05	573 Coker, J. 11/5/05	661 Baker, D. 4/17/05	1850 Maxwell, M. 3/19/05
19 755 Kuderick, S. 9/10/05	563 Morishima, E. 11/19/05	661 Bell, G. 5/14/05	1845 Terry, C. 11/12/05
20 755 Wisenbaker, J. 9/24/05	556 Marrama, R. 11/19/05	661 Coe, M. 6/5/05	1830 Thomas, J. 6/6/05
21 750 Gugino, M. 4/17/05	551 Coe, M. 6/5/05	661 Marlarie, S. 8/13/05	1829 Benemerito, R. 5/8/05
22 750 Bailes, P. 7/17/05	551 Byrd, S. 9/10/05	661 Wade, T. 11/19/05	1825 Bishop, B. 4/17/05
23 750 Kelly, T. 12/17/05	551 Luckett, M. 9/24/05	655 Ray, J. 4/16/05	1825 Kelly, T. 12/17/05
24 749 Belshe, C. 9/10/05	551 Ivanov, T. 9/24/05	655 Benemerito, R. 5/8/05	1824 Kegrice, J. 3/13/05
25 749 Runde, T. 9/10/05	551 Whitney, J. 10/1/05	650 Schmidt, B. 1/29/05	1824 Runde, T. 9/10/05
26 733 Hanson, D. 6/5/05	550 Vinelli, S. 3/12/05	650 Lewis, M. 3/19/05	1818 Wade, T. 11/19/05
27 733 Hoover, L. 6/5/05	550 Jones, B. 4/2/05	650 Bishop, B. 4/17/05	1815 Lavelle, T. 11/12/05
28 727 Nesti, E. 6/5/05	550 Brown, J. 4/17/05	650 Shelton, T. 5/8/05	1802 Wisenbaker, J. 9/24/05
29 711 Benemerito, R. 5/8/05	550 Mattson, K. 6/18/05	650 Lucchetta, M. 8/13/05	1802 Paras, R. 11/19/05
30 710 Urchick, J. 8/6/05	545 Tracey, B. 3/12/05	650 Delmonti, P. 11/12/05	1786 Clark, R. 4/24/05
31 705 Kegrice, J. 3/13/05	540 Masello, B. 2/27/05	650 Richesson, L. 11/18/05	1775 Brown, J. 4/17/05
32 705 Buckley, T. 4/23/05	540 Hartlaub, S. 11/11/05	645 Beechum, K. 4/2/05	1774 Bridges, M. 5/21/05
33 705 Celli, R. 8/6/05	534 Hanson, D. 6/5/05	645 Cervero, J. 5/28/05	1774 Chalmers, S. 7/9/05
34 705 Delmonti, P. 11/12/05	534 Milburn, E. 11/19/05	644 Tracey, B. 3/12/05	1763 Hicks, R. 9/10/05
35 700 Hicks, R. 3/19/05	530 Lowe, D. 1/29/05	644 Ferstler, G. 5/21/05	1758 Kirkland, K. 4/9/05
36 700 Kirschen, D. 6/25/05	530 Handsue, M. 3/20/05	644 Safran, C. 5/21/05	1758 Nesti, E. 6/5/05
37 700 Terry, C. 11/12/05	529 Gentges, N. 6/5/05	644 Welch, L. 7/29/05	1758 Jones, G. 10/9/05
38 700 Pennington, B. 11/12/05	525 Gentry, R. 1/22/05	644 Jones, G. 10/9/05	1747 Soule, J. 4/24/05
39 699 Garland, T. 6/5/05	525 Rapp, B. 5/8/05	644 Schoenebeck, 11/18/05	1741 Rebera, J. 4/24/05
40 699 Chalmers, S. 7/9/05	525 Delmonti, P. 11/12/05	640 Gugino, M. 10/1/05	1735 Kirschen, D. 6/25/05
41 695 Bebera, J. 4/24/05	525 Bishop, B. 11/12/05	639 Soule, J. 4/24/05	1735 Brookins, J. 10/22/05
42 688 Dell, R. 5/14/05	525 Kelly, T. 12/17/05	639 Morong, D. 7/29/05	1735 Bailes, P. 7/17/05
43 688 Harrington, P. 6/25/05	524 Soto, D. 11/19/05	639 Belshe, C. 9/10/05	1725 Sotirakos, G. 4/24/05
44 685 Ducharme, B. 3/20/05	520 Stucke, T. 4/10/05	635 Celli, R. 8/6/05	1725 Knutson, J. 5/14/05
45 680 Brown, J. 4/17/05	518 Alvarado, J. 4/9/05	635 Linn, T. 12/7/05	1714 Haga, A. 6/25/05
46 675 Enes, J. 3/05	518 Stuart, T. 6/5/05	633 Bridges, M. 5/21/05	1714 Decker, J. 8/13/05
47 675 Bishop, B. 4/17/05	518 Gibson, G. 11/19/05	630 McVicar, J. 4/30/05	1708 Welch, L. 7/29/05
48 675 Welch, M. 7/17/05	515 Lavelle, T. 11/12/05	630 Guizzotti, 8/14/05	1703 James, A. 6/5/05
49 675 Buyan, D. 8/6/05	512 Coleman, M. 5/7/05	630 Garrett, M. 12/17/05	1703 Gentges, N. 6/5/05
50 672 Clark, R. 4/24/05	512 Jones, A. 7/16/05	628 Bell, C. 4/30/05	1703 Baker, S. 11/5/05
51 672 Wade, T. 6/25/05	510 Cabrera, J. 3/05	628 Serio, A. 5/21/05	1700 Ducharme, B. 3/20/05
52 672 Jones, G. 10/9/05	510 Dussault, S. 12/17/05	628 Woods, J. 8/6/05	1700 Jester, J. 4/17/05
53 672 Dorsten, J. 12/10/05	507 Miller, M. 5/14/05	628 Icenhour, J. 8/13/05	1686 Garland, T. 6/5/05
54 670 Pettigrew, D. 4/2/05	507 Knutson, J. 7/9/05	628 Lynch, R. 11/5/05	1685 Delgado, D. 11/12/05
55 666 Cole, J. 4/17/05	507 Hicks, R. 9/10/05	628 Jones, L. 11/5/05	1681 Smith, C. 8/14/05
56 666 Serio, A. 5/21/05	505 Scarincio, C. 1/8/05	625 Smith, J. 4/3/05	1681 Hodges, L. 9/10/05
57 666 Power, J. 9/10/05	505 Johnson, P. 3/19/05	625 Rapp, B. 5/8/05	1681 Kuderick, S. 9/10/05
58 661 Bridges, M. 5/21/05	505 Sheehan, T. 10/30/05	625 Laitres, R. 6/26/05	1680 Lewis, N. 3/19/05
59 661 Welch, L. 7/29/05	501 Maddox, C. 2/26/05	625 Legard, J. 11/19/05	1669 Schmidt, B. 5/21/05
60 661 Smith, C. 8/14/05	501 Shalkowski, B. 3/5/05	622 Haga, A. 6/25/05	1664 Baker, D. 4/17/05
61 661 Green, G. 10/22/05	501 Sanders, A. 4/2/05	620 Myers, T. 3/12/05	1664 Baker, E. 4/24/05
62 660 McVicar, J. 6/25/05	501 Kirkland, K. 4/9/05	620 Polk, G. 4/23/05	1660 Burdette, J. 12/10/05
63 655 Jackson, J. 11/5/05	501 Bell, C. 4/30/05	620 Faulkner, E. 10/16/05	1658 Laitres, R. 12/11/05
64 655 Delgado, B. 11/12/05	501 Arrendell, M. 4/30/05	617 Carter, T. 5/1/05	1655 Buyan, D. 8/6/05
65 655 Rekas, C. 12/4/05	501 Norman, J. 6/5/05	617 Blindauer, J. 5/8/05	1653 Nelson, C. 2/12/05
66 650 Nelson, C. 2/12/05	501 Paras, R. 6/11/05	617 Olsen, S. 6/25/05	1653 Buffington, G. 5/21/05
67 650 Stone, P. 3/12/05	501 Rebera, J. 7/29/05	615 Yeargin, S. 4/2/05	1653 Green, G. 6/18/05
68 650 Kirkland, K. 4/9/05	501 Hodges, L. 9/10/05	611 Thomas, J. 1/8/05	1650 Pettigrew, D. 4/2/05
69 650 Jester, J. 4/17/05	501 Benson, J. 9/10/05	611 Sotirakos, G. 4/24/05	1650 Christie, M. 12/17/05
70 650 Baker, D. 4/17/05	501 Washburn, C. 9/10/05	611 Willett, M. 5/21/05	1647 Dell, R. 5/14/05
71 650 Biales, P. 4/17/05	501 Bachmeier, J. 11/19/05	611 Baker, S. 6/5/05	1647 Pena, J. 8/20/05
72 650 Nichols, B. 5/7/05	500 Swanson, B. 1/8/05	611 Garcia, R. 7/29/05	1647 Power, J. 9/10/05
73 650 Evans, J. 5/7/05	500 Reese, T. 3/5/05	611 Sykora, S. 8/13/05	1645 Walker, J. 4/9/05
74 650 Henga, A. 6/25/05	500 Frantz, C. 3/12/05	611 Rhoades, D. 11/14/05	1640 Pennington, 1/12/05
75 650 Soule, J. 7/29/05	500 Smith, J. 3/26/05	610 Seftel, E. 3/05	1636 DiCataldo, S. 5/8/05
76 650 Baker, S. 11/5/05	500 Owens, B. 4/3/05	610 Delgado, B. 11/12/05	1636 Willett, M. 5/21/05
77 650 Myers, T. 11/12/05	500 Jester, J. 4/17/05	610 Dedas, B. 12/3/05	1635 Enes, J. 3/05
78 650 Christie, M. 12/17/05	500 Stevens, B. 6/11/05	606 Haney, B. 1/29/05	1635 Smith, J. 5/8/05
79 644 Farid, H. 4/17/05	500 Kirschen, D. 6/25/05	606 Canton, J. 2/12/05	1631 Timonen, S. 8/13/05
80 644 Massie, A. 4/23/05	500 Driggers, M. 9/17/05	606 Kirkland, K. 4/9/05	1630 Hailey, S. 4/17/05
81 644 Van Cleave, M. 5/14/05	500 Conner, T. 10/30/05	606 Pena, J. 5/8/05	1625 Lemarie, S. 1/22/05
82 644 Williams, J. 6/18/05	500 Hanson, J. 12/10/05	606 Yvars, A. 5/22/05	1625 Burnell, J. 8/13/05
83 640 Yvars, S. 1/8/05	497 Bridges, M. 5/21/05	605 Trionfante, C. 3/19/05	1620 Benson, J. 9/10/05
84 639 DiCataldo, S. 5/8/05	496 Gardner, J. 4/30/05	605 H., Kris. 11/12/05	1610 Hanson, J. 3/19/05
85 639 Hodges, L. 9/10/05	496 Pinckard, 11/4/05	600 Wilkerson, D. 1/29/05	1610 Griffin, A. 4/17/05
86 635 Smith, J. 5/8/05	490 Nip, N. 9/24/05	600 Lyons, A. 2/12/05	1610 McCloskey, K. 12/17/05
87 635 Jones, M. 7/17/05	490 Flesh, D. 12/4/05	600 Dorsten, J. 2/19/05	1609 Shelton, T. 1/29/05
88 635 Navarro. 9/17/05	485 Hailey, S. 2/19/05	600 Hicks, R. 3/19/05	1609 Blindauer, J. 2/19/05
89 633 Sotirakos, G. 4/24/05	485 Highnote, B. 5/28/05	600 Johnson, R. 3/20/05	1609 Williams, J. 6/18/05
90 633 Payne, C. 8/14/05	485 Wade, T. 6/25/05	600 Enes, J. 3/05	1605 Yvars, A. 1/8/05
91 633 Pena, J. 8/20/05	485 Power, J. 10/29/05	600 Savage, J. 4/2/05	1605 H., Kris. 11/12/05
92 630 Prewitt, M. 3/19/05	480 Strohshine, T. 3/19/05	600 Gavlak, A. 4/3/05	1603 Farid, H. 4/17/05
93 630 Hailey, S. 4/17/05	480 Salter, R. 3/20/05	600 White, A. 4/9/05	1603 Nichols, B. 5/7/05
94 630 H., Kris. 11/12/05	480 Dean, K. 4/17/05	600 Rock, J. 4/10/05	1603 Morong, D. 7/29/05
95 630 Seftel, E. 11/12/05	480 Watts, S. 8/20/05	600 DiCataldo, S. 5/8/05	1603 Lynch, R. 11/5/05
96 628 Baker, E. 4/24/05	480 Maxwell, M. 11/12/05	600 Knutson, J. 5/14/05	1600 Jones, M. 12/3/05
97 628 Willett, M. 5/21/05	480 Benford, G. 11/12/05	600 Dally, J. 5/21/05	1598 Kanemoto, K. 5/21/05
98 628 Lamneck, S. 6/18/05	479 Sotirakos, G. 4/24/05	600 Nesti, E. 6/5/05	1598 Rekas, C. 6/18/05
99 628 Laitres, R. 12/11/05	479 Lunsford, R. 6/5/05	600 James, A. 6/5/05	1595 Myers, T. 11/12/05
100 625 Lewis, N. 3/19/05	479 Gregory, B. 6/11/05	600 MacGillis, S. 6/11/05	1590 Garrett, M. 2/19/05

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NEXT MONTH... TOP 220s

CORRECTIONS ... In the FEB/06 article on the IPF Bench Press Worlds, within the report of the 242 lb. class, Oliweir Bryniarski of Poland was incorrectly identified as Oliweir 'Kushnarev'. Within the same article, Alexey Sivokon should have been credited with 7 Gold medals, rather than 6. Darren Nemo should have been credited with a 611 deadlift and 1542 lb. total on the TOP 100 list for the 181 lb. class. In the results of the APF Southern States (FEB/06 PL USA) the Open 220 lbs. were not listed: Brian Carroll 903 584 733 2221, Clint Smith 810 633 705 2149, John Oliksowycz 710 374 490 1576, and the lifters labeled 220 were actually in the 242 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTINGUSA.com Errors Department, P.O. 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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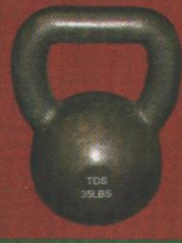


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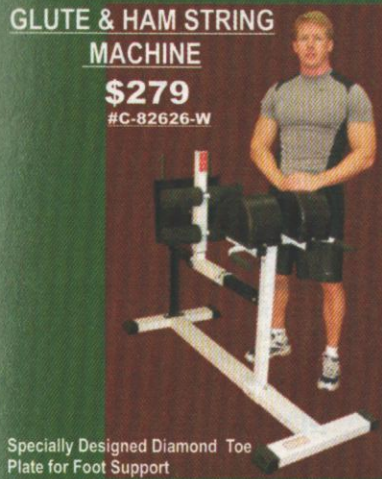


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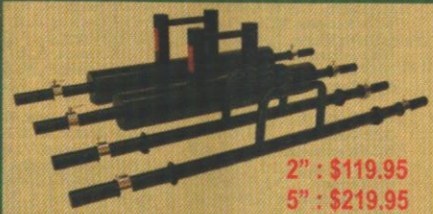
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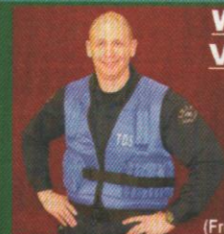
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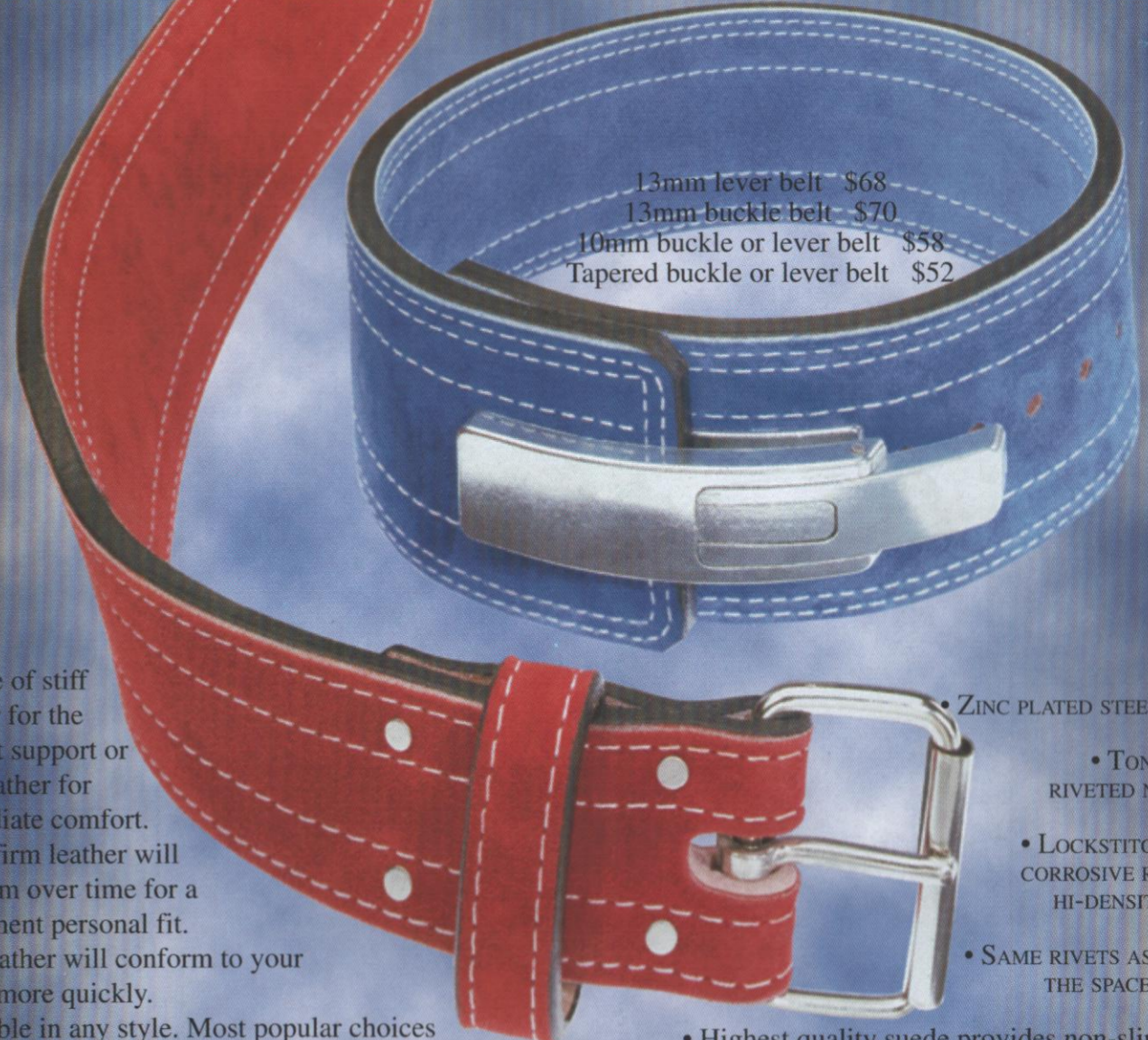
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