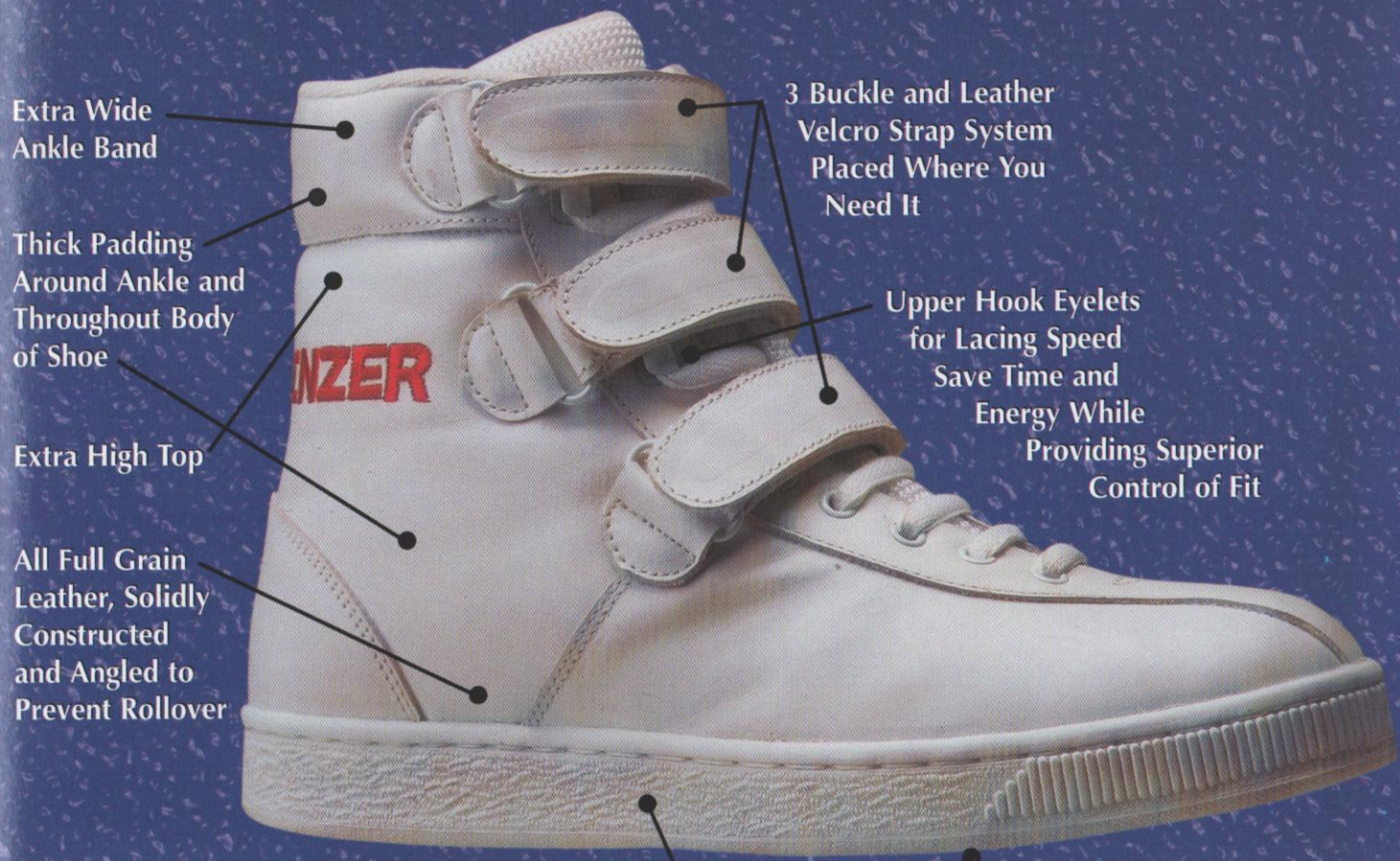


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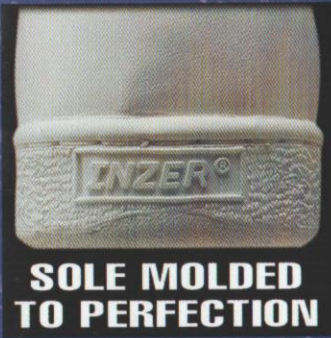
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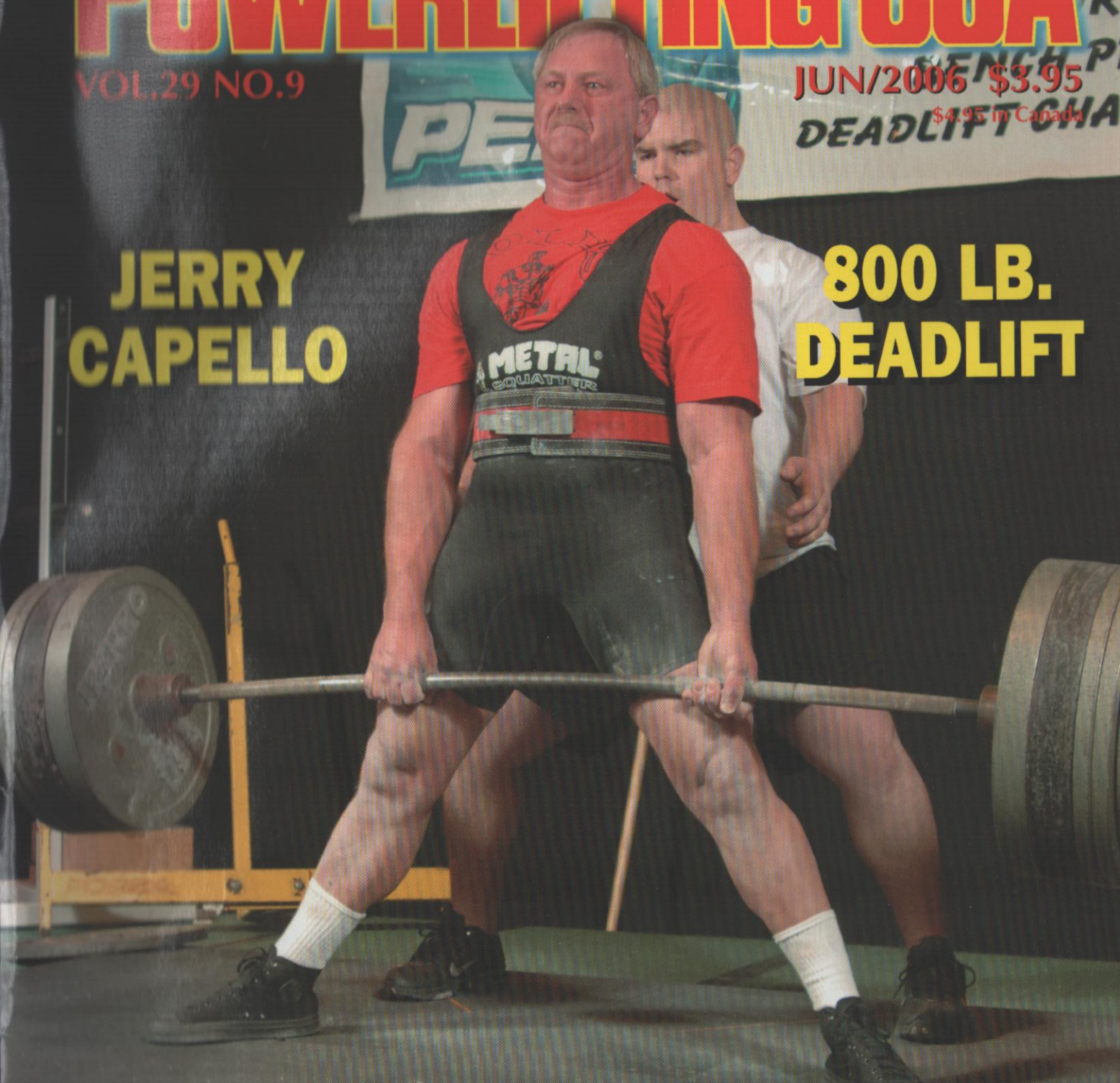
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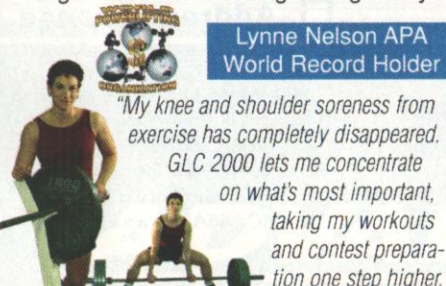
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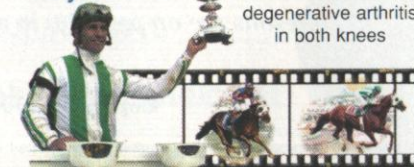


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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1yr ...\$54.00
 Outside USA, surface mail \$42 US
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MUSCLE MENU

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ON THE COVER ... Jerry Capello, the lightest 50 year old plus man to pull 800 pounds at the WABDL Northwest Regional (results are on page 40) in a photograph taken by Phil Porter

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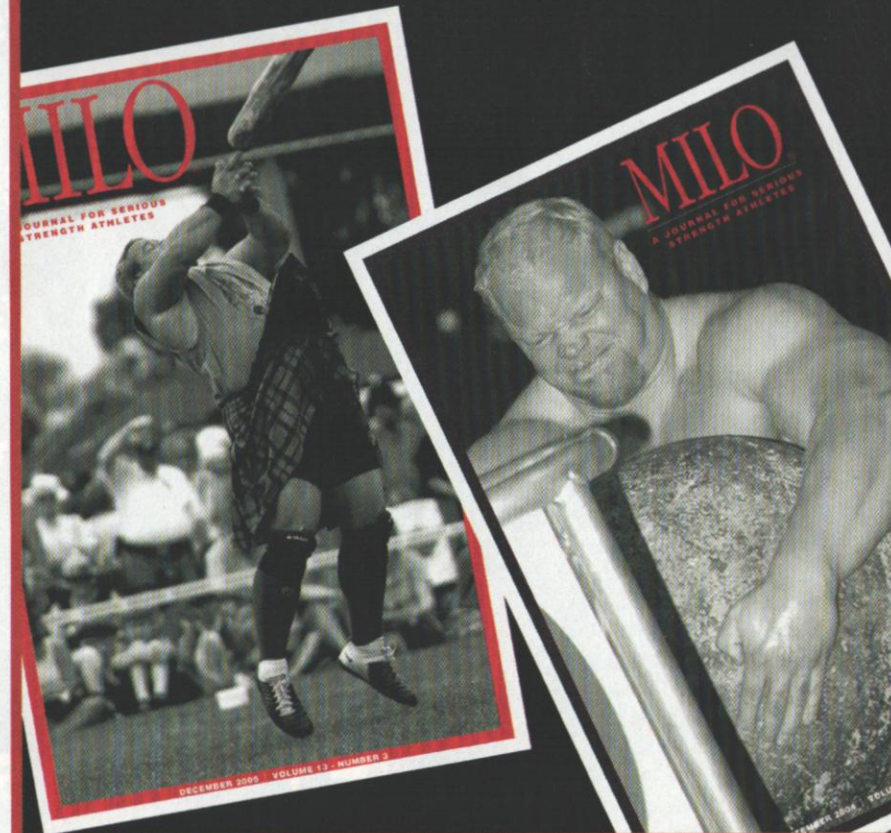
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THE PATH TO POWER

BY GREGORY WENTZLE AND JOHANNES

"RYAN KENNELLY IS LIKELY THE MOST SUCCESSFUL BIG BENCHER OF ALL TIME...HE HAS BEEN 700 PLUS IN COMPETITION MUCH MORE OFTEN THAN ANYONE ELSE, AND HIS PERFORMANCE RECORD IN THE BIGGEST OF BENCH CONTESTS HAS BEEN CONSISTENTLY PRODUCTIVE. IN THIS RARIFIED ATMOSPHERE OF NEW AGE BENCHING, HE IS JUST AS SMART A LIFTER AS HE IS STRONG A LIFTER." MIKE LAMBERT, EDITOR AND PUBLISHER, POWERLIFTING USA MAGAZINE, MARCH, 2005

"I'VE BEEN POWERLIFTING NOW FOR ELEVEN YEARS. SO THIS IS NOT SOMETHING THAT HAPPENED OVERNIGHT. THIS IS SOMETHING I'VE PUT IN WORK FOR. I TAKE A HIT OF AMMONIA. I LOOK AT MY PARTNER. I GET A COLD STARE THAT NO ONE'S EVER SEEN BEFORE. BASICALLY, I CAN GO THROUGH WALLS WHEN THAT'S HAPPENING. THEY CALLED FOR 733 AND I WAS HEADBUTTING MY TEAMMATES, GETTING SLAPPED IN THE FACE, STEPPED OUT THERE AND (PAUSE) IT WENT UP AND I STILL CAN'T BELIEVE IT. I DON'T SEE MYSELF BEING STOPPED. I THOUGHT 600. I THOUGH 650, 700. NOW I'M 67 POUNDS AWAY FROM 800 POUNDS. NOBODY AND NOTHING IS GONNA GET IN MY WAY." - RYAN "BENCHMONSTER" KENNELLY, SUMMER, 2000, DURING A LOCAL NEWS TV INTERVIEW.

"HE'S THE STRONGEST BENCHER IN THE WORLD. RYAN HAS DONE 645 RAW. I'VE SEEN TED ARCIDI, KEN LAIN, JEFF MADDY, ANTHONY CLARK, BILL KAZMAIER, MIKE MACDONALD, RICK WEIL, PACIFICO, KIU TUITA AND JAMES HENDERSON. HE'S THE MOST IMPRESSIVE 700 POUND BENCHER I'VE SEEN." - LEGENDARY POWERLIFTING PROMOTER AND DEADLIFTER (OFFICIAL 865 POUND PULL) AND HOLLYWOOD SCREEN ACTOR (INCLUDING PLAYING "BUZZSAW" IN SCHWARZENEGGER'S THE RUNNING MAN) GUS RETHWISCH, POWERLIFTING USA, 2000

"THE ONLY REASON I BENCHED 800 IS BECAUSE OF SCOT MENDELSON. AFTER SEEING HIM AT THE ARNOLD I HAD TO GET ON MY HORSE AND START RIDING, OR TRAINING, LIKE A MADMAN. I WANT HIM TO BEAT MY RECORD. THAT WILL MAKE ME TRAIN EVEN HARDER, AND SO ON. THIS IS JUST A HOBBY. NONE OF US ARE GETTING RICH OFF OF THIS. I WISH WE WERE. BUT IT'S JUST GOOD COMPETITION. I WISH HE WOULD GIVE ME SOME ADVICE ON HOW TO GET MY RAW BENCH UP TO THAT LEVEL, SO I CAN BENCH 700 RAW AS WELL. I CAN DO A 670 RAW NOW BUT THAT'S NOT ENOUGH. IN MY MIND SCOT MENDELSON WILL BENCH 850. I TOLD HIM THAT ON THE PHONE AND HE WILL! SO I HAVE TO BE AT THAT LEVEL TOO. I FEED OFF OF WHAT HE DOES, LIKE THE 701 RAW. I HAVE TO REALLY PUSH MYSELF FROM HERE ON OUT. I THINK THE ARNOLD CLASSIC WILL BE A GOOD BATTLE OF THE MONSTERS!!!!!!!" - RYAN KENNELLY, OCTOBER 15TH, 2002, POWERLIFTING FORUM, WWW.POWERMAGONLINE.COM

- May 1995 - 350@198
1st Gym Competition
- October 1995 - 375@215
1st Sanctioned Competition
- May 17th, 1997 - 457@232
WABDL WA State Jr. Record
- Winter 1997 - 512@242
1st WABDL Worlds Competition
- February 1998 - 555@242
43 Pound PR
- April 1998 - 617@252
WABDL WA State Open Record
- Winter 1998 - 639@271
2nd Worlds Competition
- May 1998 - 650@277
WABDL WA State Open Record
- Spring 1999 - 677@281
[missed] 1st Attempt at a 700+
- June 2000 - 733@283
1st 700+ Competition Bench
- August 2000 - 705@283
WABDL in Oregon
- November, 2000 - 705@26
WABDL Worlds
- November 2001 - 710@292
WABDL Worlds
- February 2002 - 738@ 291
1st Arnold Classic Appearance
[silver medal]
- May 2002 - 780@290
WPA in Washington
- May 2002 - 768@294
WABDL in Washington
- May 2002 - 755@294
WABDL in Texas
- July 2002 - 749@295
WABDL in Texas
- August 2002 - 800@295
1st Official 800 Bench

- October 2002 - 710@303
WPA in Washington
- November 2002 - 766@304
WABDL Worlds
- March 2003 - 766@298
Arnold Classic Gold Medal
- April 2003 - 710@303
WPA in Washington
- September 2003 - 765@275
WPA in Washington
- November 2003 - 750@300
APA in Idaho
- December 2003 - 804@299
WABDL Worlds
- March 2004 - 821@303
Arnold Classic (bronze medal)
- March 2004 - 850@294
APA in Washington
- July 2004 - 855@299
PRIDE in Idaho
- December 2004 - 902.5@308
1st Official 900 Bench
- February 2005 - 854@308
1st FIT Expo Appearance (1st place)
- March 2005 - 848@308
Arnold Classic (gold medal)
- May 2005 - 840@308
1st Push Pull Contest
- September 2005 - 771@308
1st BenchAmerica Appearance
[Drug Tested and Limited Gear]
[silver medal]
- October 2005 - 854@308
WPO Bench Bash For Cash (1st place)
- February 2006 - 826@308
FIT Expo (2nd place)
- March 2006 - 826@308
Arnold Classic (gold medal)

KENNELLY'S BEEN A HARDER MAN TO GET IN CONTACT WITH AS OF LATE. BETWEEN HIS EMPETING AT THE FIT EXPO IN LOS ANGELES AND THE ARNOLD CLASSIC IN COLUMBUS, HE'S SO BEEN COACHING HIS KENNELLY POWER TEAM AND WORKING WITH HIS GIRLFRIEND, KARA ENCHPRESS BARBIE" BOHIGIAN WHO BENCHED A SENSATIONAL 430 IN THE 165 POUND CLASS TO WIN MENDELSON'S PRO SHOW IN L.A. AND A 402 POUND BENCH IN THE 148 CLASS TO WIN THIS YEAR'S ARNOLD CLASSIC! RYAN WAS HOME LAST WEEK TO SUPPORT BJ DIRK, HIS 1ST EUTENANT, WHILE HE PREPARED FOR HIS NEXT NO HOLDS BARRED FIGHT (BEEJER'S ALMOST MUCH AN AVID SUBMISSIONS GRAPPLER AS HE IS A BENCHER AND HE ENDED UP WINNING THAT BUT!) SO I MANAGED TO GET HIM ON THE PHONE TO PICK HIS BRAIN FOR A FEW MINUTES.

RYAN - YOU'VE HAD A LOT MORE ACCURACY WITH YOUR PRO SHOP LIFT ATTEMPTS THAN THE OTHER HIGHLY ACTIVE COMPETITORS (OTHER BENCHERS WHO SHOW UP TO MOST OF THE BIG SHOWS.) SINCE THE 2004 ARNOLD CLASSIC, YOU'VE DONE 6 APF/WPO PRO EVENTS AND YOU'VE MADE AN 821 OR BETTER AT EVERY SHOW. YOU ALSO BENCHED AT BENCHAMERICA 3 (DRUG TESTED AND BENCH SHIRTS LIMITED TO SINGLE PLY FABRIC) AND YOU TIED FOR THE BIGGEST LIFT OF THE SHOW WITH A 777. COMPARE YOUR RESULTS WITH TINY MEEKER'S (THE BENCHER WHO DID NOT LIFTED KENNELLY AT THIS YEAR'S FIT EXPO WITH A 942) WHO'S BOMBED OUT AT 3 OF THE 4 APF/WPO PRO SHOWS HE'S BEEN AT SINCE SPRING 2004 AND WHO BOMBED AT 1 OF THE 2 BENCHAMERICA SHOWS HE DID AND POSTED A 665 AT THE OTHER AND MENDELSON WHO PRESSED 108 POUNDS DURING THIS YEAR'S FIT EXPO BODYBUILDING SHOW INTERMISSION AND WHO OFFICIALLY BENCHPRESSED THE BIGGEST "NO BENCH SHIRT" LIFT IN HISTORY WITH A 715 AT THE NEW ENGLAND RECORD BREAKERS BUT WHO BOMBED OUT AT THE 2004 AND 2006 ARNOLD CLASSICS. I THINK THAT ONE FACTOR IN THESE RESULTS IS THAT YOU'RE COMING IN WITH A REASONABLE OPENING ATTEMPT AND YOU'RE NOT WEARING A SHIRT THAT'S SO RESTRICTIVE THAT YOU CAN'T GET A SUB MAX BENCH TO TOUCH YOUR CHEST BUT I THINK THAT THE OTHER PART OF THE EQUATION IS YOUR TRAINING PROGRAM. WHAT ARE YOU DOING IN THE GYM TO GET READY FOR THESE CONTEST ATTEMPTS?

KENNELLY - I LIKE TO PERFORM FULL RANGE, HEAVY TRIPLES IN MY SHIRT EVERY OTHER WEEK AND THEN HEAVY SHIRTED TRIPLES ON THE ALTERNATE WEEKS. AFTER I WORK THESE HEAVY TRIPLES I TAKE OFF THE BENCH SHIRT AND ROCK OUT 5 HEAVY SETS OF 5 REPS EACH. AFTER FINISHING I FOLLOW UP WITH MY TRIED AND TRUE ROLLING DUMBBELL EXTENSIONS ON THE BENCH OR ON THE FLOOR. IN THIS TRAINING I'M ALSO FOLLOWING A MAPPED OUT PEAKING SCHEDULE OF PERCENTAGES THAT ENSURES THAT I'M AT OR NEAR MY STRONGEST POINT IN THE GYM DURING A CONTEST. TO GET MYSELF READY FOR MY RECORD SETTING 902.5 POUND BENCH I PREPARED MY CENTRAL NERVOUS SYSTEM BY WORKING UP TO A DOUBLE WITH 900 OFF OF A 2 BOARD, THEN A SINGLE WITH 900 OFF OF A 1 BOARD AND THEN A SINGLE WITH 900 OFF OF A 2 BOARD. I WORKED UP TO THOSE WEIGHTS OVER THE COURSE OF WEEKS AND WAS HITTING THOSE WEIGHTS JUST PRIOR TO COMPETITION. SO, WHEN I RUSHED THE PLATFORM TO TACKLE THE 902.5 FULL RANGE I WAS PSYCHOLOGICALLY PREPARED AND CONFIDENT.

RYAN - WHAT'S SOME OF THE PREPARATION WORK THAT YOU DO PRIOR TO THESE HEAVY DUTY LIFTS AND DOUBLES?

KENNELLY - TO GET ACCUSTOMED TO THE WEIGHT, WE PERFORM LOCKOUT TRAINING USING 3, 4 AND 5 BOARDS. THIS LOCKOUT WORK UTILIZES BAND TENSION OF AT LEAST 200 POUNDS. I HAVE MY TEAM TRAIN 5 WORKING SETS OF 5, AFTER WARMING UP, FOR EACH EXERCISE. THERE'S ONLY ONE WAY TO GET ACCUSTOMED TO THE WEIGHT. YOU HAVE TO HANDLE IT IN THE GYM, PERIOD. MY FAVORITE "BEYOND MAX" TRAINING LIFT IS REVERSE BAND PRESSES WITH 100 POUNDS OF BAND SUPPORT. THIS LIFT ALLOWS ME TO HANDLE THE BIG NUMBERS AND MOVE IT AROUND WITH MY BENCH SHIRT ON. I TRAIN THESE REVERSE BAND PRESSES FULL RANGE AND OFF OF BOARDS. THAT'S HOW I GOT MY FIRST TASTE OF 1000 POUNDS. MAKE SURE THAT YOU HAVE PLENTY OF POTTERS WHEN GOING INTO THESE UNCHARTED WATERS! MY BUILD UP FOR THESE IS 135X10, 25X10, 315X5, 405X2, 495X1, 585X1, (PUT ON BENCH SHIRT) 700X2 OFF 2 BOARDS, 800X2 OFF 1 BOARD, THEN (USING A 2 BOARD THIS PARTICULAR DAY) 900 FOR 1 REVERSE BAND PRESS OFF 2 BOARD AND THEN ADD WEIGHT FROM THERE AS NEEDED. MY TEAM ALWAYS SHIRTS UP WHEN WE GET TO AROUND 75% OF OUR CONTEST MAX IN BAR WEIGHT.

RYAN - YOU LOOKED SUPER SWOLE THIS LAST FALL AT THE BENCH BASH FOR CASH (WHERE KENNELLY WON WITH AN 854.) WHAT WERE YOU DOING IN THE KITCHEN TO PACK ON THAT KINDA MASS?

KENNELLY - WELL, MY DIET PROGRAM CHANGED A BIT FROM DAY TO DAY, DEPENDING ON WHETHER I WAS DINING AT HOME OR AT A RESTAURANT. BUT, WHAT I BASICALLY TRIED TO FOLLOW WAS THIS: MEAL 1 WAS A LARGE BOWL OF HEALTHY CEREAL OR OATMEAL, SIX EGGS, COFFEE, MILK AND ORANGE JUICE. MEAL 2 WAS EITHER AN ECLIPSE "THE SHAKE" RTD CAN OR A CHAMPION NUTRITION SUPERHEAVYWEIGHT GAINER SHAKE AND THEN I TOOK 1 ECLIPSE COMPLEX 24 MULTIVITAMIN AND SOME ESSENTIAL FATTY ACID CAPSULES. FOR MY 3RD MEAL I'D EITHER MAKE A MANT GREEN SALAD WITH A CAN OF TUNA MIXED IN OR I'D MAKE A COUPLE BIG TUNA FISH SANDWICHES AND I'D MIX 5-10 GRAMS OF ECLIPSE CREATINE INTO A GLASS OF WATER. MEAL 4 WAS ANOTHER ECLIPSE RTD DRINK CAN OR A MUSCLE MILK SHAKE AND ANOTHER ECLIPSE MULTIVITAMIN. MEAL 5 WOULD BE EITHER A BIG STEAK AND A BAKED POTATO OR A WHOLE FAMILY PACK OF GORTON'S FISH STICKS. AN HOUR OR TWO LATER I'D HAVE A GLASS OF ORANGE JUICE WITH 10 GRAMS OF ECLIPSE BRAND GLUTAMINE AND A GLASS OF WATER WITH 5-10 GRAMS OF ECLIPSE CREATINE. FOR MEAL 6 I'D EITHER MAKE A BIG HAMBURGER OR A PLATE OF PASTA WITH ROUND BEEF AND I'D ALSO EAT A SIDE SALAD AND A BOWL OF FRESH FRUIT. THEN, JUST BEFORE BED I'D TAKE IN ANOTHER PROTEIN DRINK AND A GLASS OF WATER. FOR ADDITIONAL CALORIES I'D SNACK ON MUSCLE SANDWICHES AND MILK BETWEEN MEALS. MUSCLE SANDWICHES TASTE SO GOOD THAT I DON'T EVEN NEED TO BE HUNGRY TO EAT THEM AND MY BODY DIGESTS THEM WELL AS THEY'RE NATURAL FOODS BASED AND THE PEANUT PROTEIN COMBINES WELL WITH MILK.

RYAN - THANKS FOR YOUR TIME RYAN AND CONGRATULATIONS ON WINNING THE ARNOLD CLASSIC BENCHPRESS WORLD CHAMPIONSHIPS FOR THE THIRD TIME! I KNOW THAT NO ONE ELSE HAS EVER WON ON THE HEAVYWEIGHTS MORE THAN ONCE SO YOUR TRIPLE CROWN DYNASTY IS QUITE AN ACCOMPLISHMENT AND I'M STOKED TO SEE YOU TAKE THE STAGE IN 2007 FOR YOUR TITLE DEFENSE.

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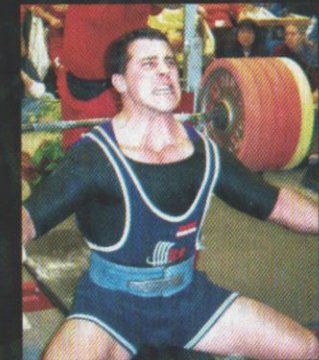
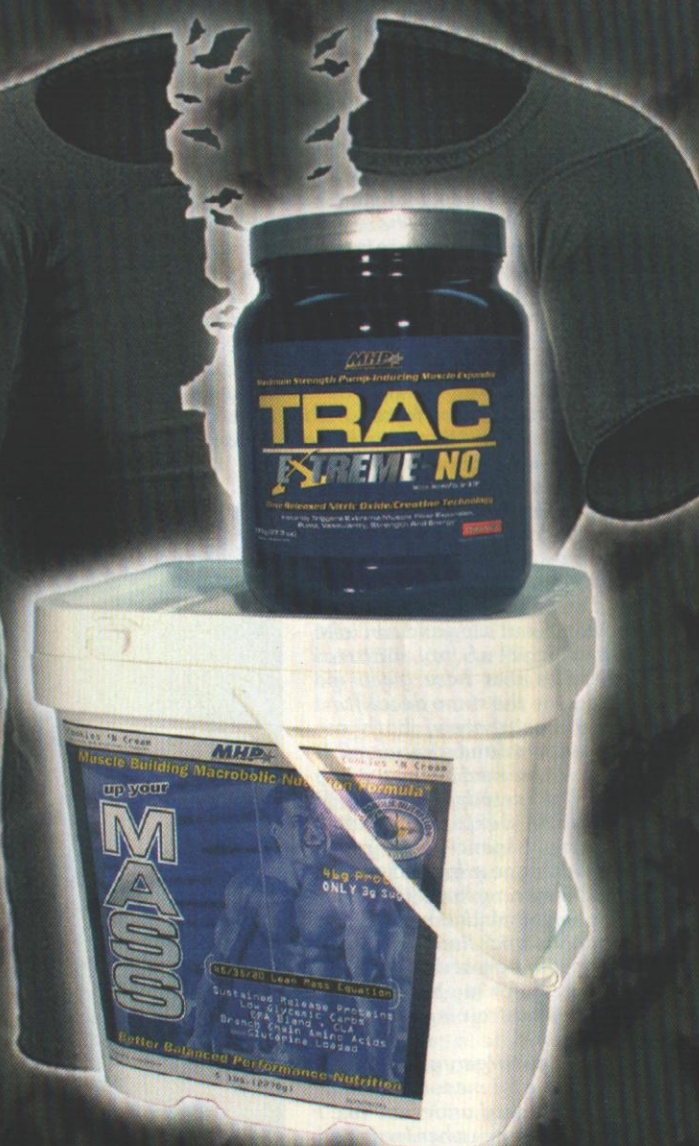
At 198 lbs. and using only a single ply shirt, Dennis Cieri broke the IPF World Record Bench Press with a 590 lb. bench! What helped him get there? Dennis says, "It wasn't a triple or quadruple ply shirt—it was hardcore training and hardcore nutrition provided by MHP's TRAC Extreme-NO and Up Your MASS!" These revolutionary supplements blasted Dennis' bench to the next level!

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Just one scoop of this Nitric Oxide powerhouse formula before training will give you the most intense training session ever! TRAC Extreme-NO provides explosive power, maximum muscle growth, insane energy and mind blowing muscle pumps that last for hours. Leave the ammonia at home, because with TRAC Extreme-NO, you're not gonna' need it. TRAC Extreme-NO is the first pre-workout supplement with NitroFolin-ATP™, a new patent protected, Nitric Oxide-maximizing technology that combines Arginine, Biofolin™ and other co-factors to override the body's natural NO inhibitors, allowing for uninhibited, unrestricted and unparalleled strength and fiber-tearing muscle pumps!

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"This was the best I've ever felt going into a bench meet. My 501 RAW opener was light! MHP's TRAC Extreme-NO and Up Your MASS made a huge impact on my strength!"

Dennis Cieri
-501 RAW opening lift
at the 2006 IPF World's!



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INTERVIEW

KARA BOHIGIAN interviewed by Mike Lambert

ML: What sort of knee surgery did you have? I understand there were some complications. Does this have long term implications for your squatting, etc.? I am assuming that because of the surgery and the brace, you had to flare your legs further out to the side to achieve the kind of stability you want in the bench.

KB: I had surgery to reconstruct my ruptured ACL using 1/3 of my patella tendon for the graft along with repair of a torn meniscus and a fractured knee cap. The ACL is 100% now, but the knee cap fracture is still healing and giving me trouble. While I thought this would be this would be extremely detrimental to my squat, I now believe the long term implication may be some new PRs! The significant quadriceps atrophy that accompanies this surgery, along with the knee cap complications have forced me to abandon my close stance, Olympic-style squat in favor of the wide stance, knees out form. Louie Simmons suggested I squat like this after seeing me miss a 562 attempt with my narrow stance back in 2004. I wish I'd taken his advice sooner as I'm far stronger and more powerful out wide and can take advantage of my natural leverages that have given me success in the sumo deadlift.

Fortunately, both my conventional and sumo deadlift were not harmed by the surgery and I'm already back in PR territory despite minimal training. I spent many, many hours doing grueling sled work to rehabilitate my knee (thanks to wise recommendations by Louie Simmons and Jim Hoskinson) along with a great deal of heavy back work for my bench, and I believe that training preserved my deadlift.

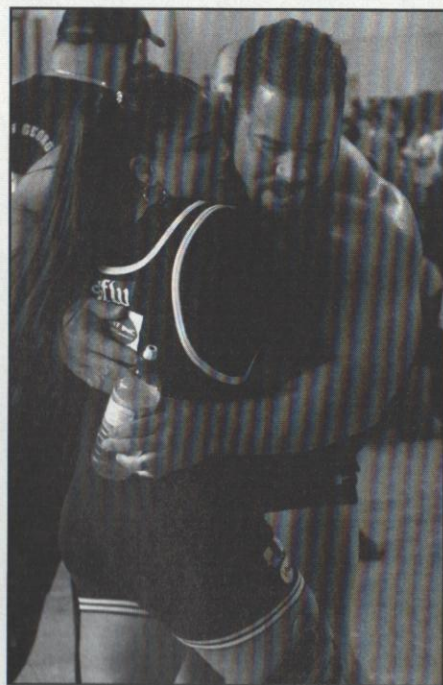
My knee surgery also made it impossible for me to bench with my feet tucked under me like I loved to do. Even when I regained enough flexibility, the pressure on my knee cap would cause painful swelling and limping for days afterward. House of Pain's Mark Phillips suggested I put my feet in front of me and sent me a whole bunch of PL USA's with pictures of George Halbert and Matt Lamarque utilizing this stance with great success. Moving my feet to the front alleviated the pressure on my knee, but I had to move my feet out very wide to achieve stability, as you noted, and lock my legs straight so as not to irritate my knee cap. The wide stance is a perfect match for my wide grip and

creates a rock solid base!

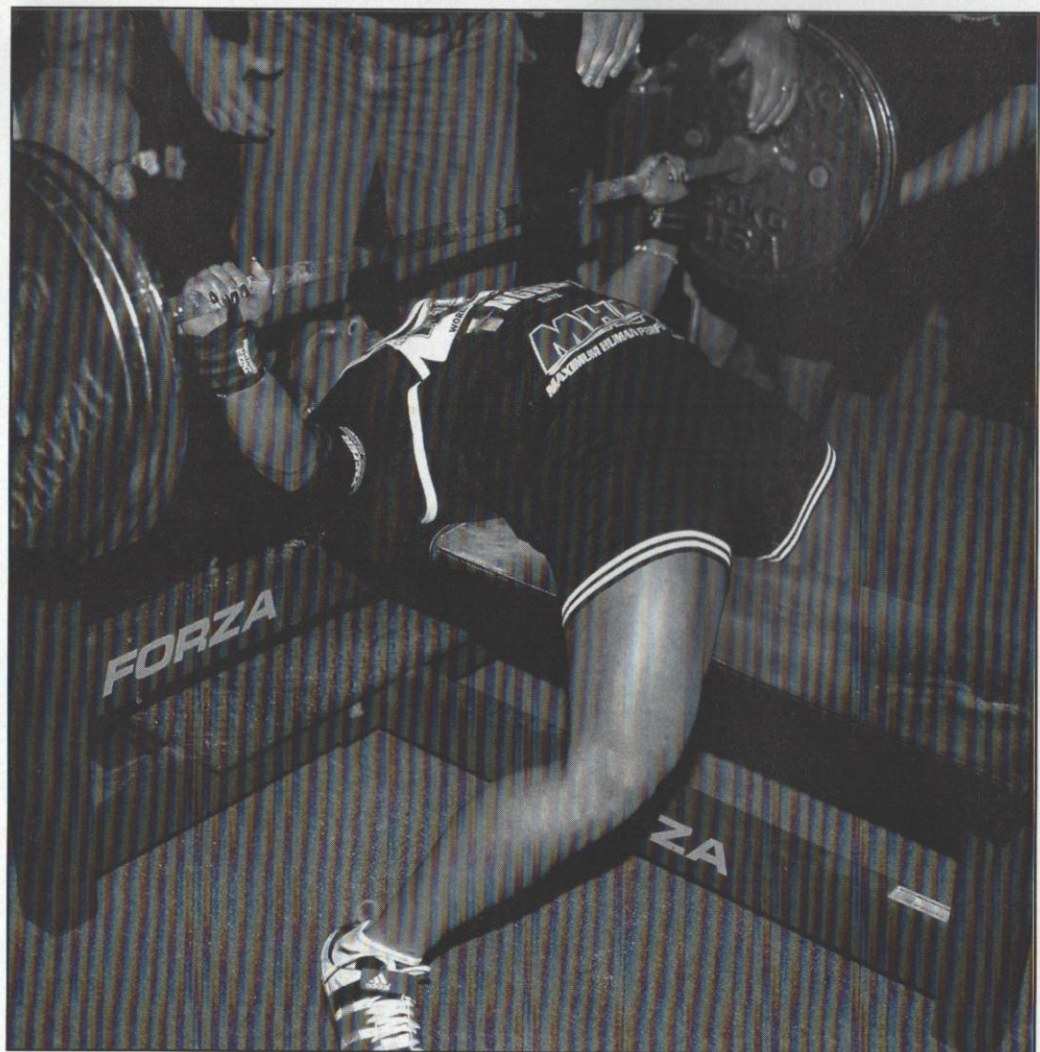
ML: You've found success using a looser bench shirt. Had you been in the situation of using tighter and tighter shirts in the past, without getting much more out of it? Does the looser shirt put the support just at the point you need it, moreso than being tight throughout the lift? Was this discovered by intent, or accidentally?

KB: You are exactly right about the looser shirt putting the support just where I need it. My Rage X is loose enough to easily put on by myself, yet I get better results than with all the smaller shirts I've tried. Triceps are my genetic gift, so if I can just get support through the first few inches of the ascent I'll gladly grind the weight to lockout. I realize a tighter shirt may give me more rebound, but with that often comes a fight to touch the chest and a minuscule margin of error. I'd rather have to work harder to lock out and make more successful attempts, than have difficulty touching or risk coming out of my groove. In "Bench Shirt Utopia" I'd be able to touch comfortably, get huge rebound off my chest, and maintain a perfect line every time, but for now I've made 12 out of 15 of my last contest bench attempts, so I'll just keep on grinding.

Re-uniting with my estranged (loose) Rage X bench shirt was certainly not intentional and a rather amusing irony. Though I'd hit my previous PR of 385 in it in



TEN 400 lb. plus benches in 28 days! For a while she thought she'd never break 400!! Above, she is congratulated by Ryan Kennelly



A New PR by 66 pounds!... from an already lofty 385 @ 148 at the WPO Finals in October 2004 (above)

2004, things went spiraling downward after that when I tried smaller sizes and continued to wear the shirts improperly. I had completely sworn off the Rage X until I stumbled across a internet post by Vincent Dizenzo about how he'd been unsuccessfully messing around with 6 shirts and Bill Crawford made him pick his least favorite and learn to operate it. I'm ashamed to admit I was entertaining 12 to 15 different shirts before my 'intervention'.

The Rage X was hands down the perfect candidate for Metal Militia's "master your worst shirt" philosophy. To really make myself suffer I opted to wear it stock, with a closed back and high neck, which was very awkward for me as I wore all my shirts open back with the neck pulled so low that you couldn't even see it under my singlet.

Much to my surprise, my first workout was a huge success. The tight closed back offered unfathomable shoulder stability and the higher neck line provided support off my chest that I hadn't experienced in any other shirt. All this time I had been trying to wear the Rage X like an open back denim. I got to thinking about how many of the top benchers were wearing these new age polyester shirts in single ply and obliterating the numbers they'd put up in double denims. Tiny Meeker, Steve Wong, Mike Womack and Jason Jackson came to mind. I scoured the pages of

PL USA to see exactly how they were wearing the shirt and every one of them had it with a high neck and tight closed back. Tiny Meeker, who has helped me so much, explained that the Rage X is already designed to mimic the results of an open back denim, so cutting the back and pulling it too low is detrimental.

Each workout was better than the last. It seems like every week I became more comfortable and 'fluent' in my shirt. I also learned how much easier it is to make progress when you train consistently in the same equipment, which I imagine applies to the squat and deadlift as well.

ML: You've been training 'Strict Standing Overhead Presses' ... by that I guess you mean you don't lean back at the start of the press. How did you come up with this idea? Was it just because it allowed you to press without involving stress on the knees?

KB: I'm very lucky that my Olympic Lifting coach John Coffee is so supportive of my equipped powerlifting endeavors. Although his primary focus is Olympic Lifting, his knowledge base is infinite and transcends any strength feat or odd lift you could concoct. I knew that despite never coaching a shirted bench presser he would still somehow mastermind a valuable contribution to this exercise.

I told Coffee that I needed brutally strong triceps and shoulders for my style of shirted

benching and that seated and laying pressing movements were still precarious with my knee. It was almost unbelievable how quickly he located his pristine 1966 copy of Strength & Health magazine from his vast archives, knew exactly which page to turn to for Bill Starr's article "Views on Training for the Olympic Press" and placed it on my lap, motioning for me to read.

I began overhead training immediately. It was such a relief to do a heavy pressing exercise without constantly worrying about my knee or having to wear my brace. Coffee was very excited about me "benching standing up" as I called it, and diligently coached every one of my workouts. I believe this exercise has an impact to my shirted bench on par with all my years of raw benching! When performed with no back lean or leg drive, you'll be hard pressed to find a movement more taxing to the triceps, deltoids, and core!

ML: How do you use chains in your workouts?

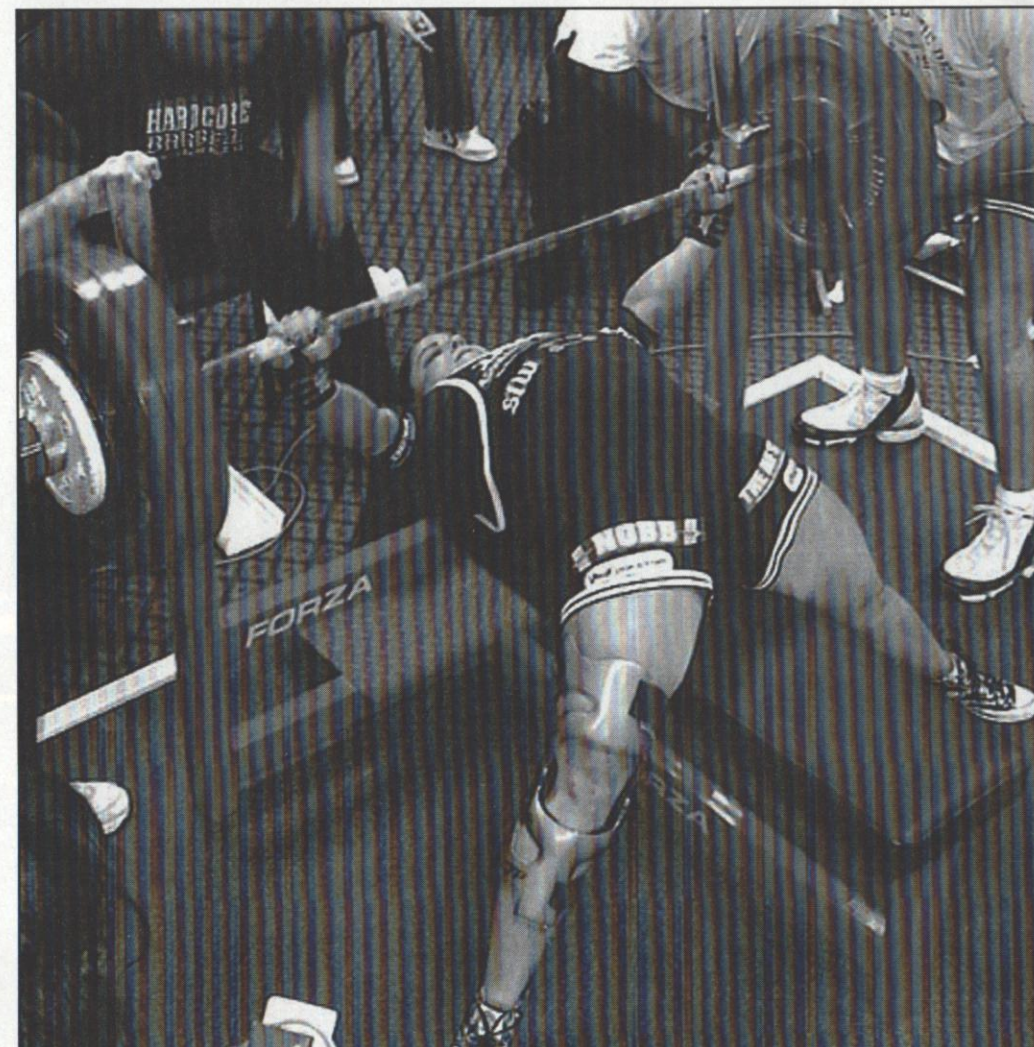
KB: This last training cycle I opted to try something a bit different. Instead of using a relatively light bar weight and a large amount of chain, I used fairly heavy bar weight with only 40 pounds of chain for full range reps. This allowed me to learn to handle challenging weights through a full range of motion while providing just enough extra resistance to work on top end strength. I added the chain

to the bar at the beginning of my workout and did full range reps the whole way through. The results were excellent, so I will keep experimenting with different chain combinations and possibly band tension.

ML: How long did it take you to gain 65 lbs. on your PR before this big surge ... 2-3 years? The last few weeks must just seem like magic ... do you feel a lot stronger, or do you feel your technique is just that much more effective .. or both? Is there yet more to come?

KB: At the 2003 WPO Show of Strength I benched a very easy 374. At the very same meet in 2004 I ground out a limit hard 385 and missed 402. So an 11 lb PR in a year followed by 18 months of none whatsoever. The only other time I experienced gains in the 65 pound rage was when I was still new to powerlifting and just learning the equipment.

My deltoids are a lot stronger now thanks to overhead pressing. This shoulder power combined with my new technique and mastery of the Rage X is what allowed me to utilize the tricep strength I had all along. Prior to my knee injury, as a three lift powerlifter and Olympic lifter, I never put this kind of emphasis on mastering the bench shirt. I'd just train raw and throw it on a few weeks out. Even with my return to full meets I will continue the training style and shirt work necessary to increase my equipped bench numbers. With focus on training smart, strategic, and injury-free I hope to keep the PRs coming for many years.



to 451 weighing 154 at the APF Alabama State Meet (above). Note how the leg position has changed

WORKOUT OF THE MONTH

KARA'S WORKOUT

Routine for a 500 pound bench press. Let me preface this workout by saying that as a former Olympic lifter I respond well to very high volume, and I'm also considered somewhat of an overtraining lunatic by my peers. Ryan Kennelly has graciously agreed to be my guinea pig on this routine, but he has informed me that I already ran off two of his training partners due to the exorbitant raw work loads.

Before I begin my shirted bench workout I perform an entire high rep raw routine (10, 8, 6, 4, 2, 5x5, etc.) alternating between full range and 2 boards every other week. I believe building and maintaining a raw foundation (on all lifts) is crucial, so try to get in as much unequipped volume as you can tolerate while you're warming up to your work weights.

If you feel overtrained, by all means make it a light day and work on your form and technique. Sometimes it's best to let your body dictate your recovery days rather than a calendar. Just be sure you're adequately rested for the contest so you can feel fresh and explosive on the day it counts the most.

I should also add that my training methods are constantly evolving almost to the point where I consider every routine to be somewhat experimental. I'm always learning new ideas to incorporate, and in this rapidly changing era in powerlifting there is certainly no one routine that fits all. But for an equipped bencher, who likes to train their butt off, is willing to try something alternative, and is aiming for a 500

pound bench press, give this routine a shot.

Train in your shirt and learn to master every fiber of it. Try to make all weights touch, but if you can't, just push the weight back up and try to touch on your next rep. The full range weights start off relatively light so you can establish precise groove, timing, and accuracy for when things get heavy. Chains should be set up so they are barely touching the floor at lockout.

WEEK 1: 365+ 40 lbs chain x 3 sets of 5

WEEK 2: 2 boards - 405x5, 430x5, 455x5

WEEK 3: 395 + 40 lbs chain x 3 sets of 4

WEEK 4: Rest week - just do raw work

WEEK 5: 2 boards - 485x4, 500x2, 1

board - 465x2, Full range - 450x1

WEEK 6: 425 + 40 chain x3, 450 + 40

chain x2, 470 + 40 chain x1

WEEK 7: 2 boards - 505x3, 530x1,

550x1, 1 board - 510x1, Full range -

Take a weight a little heavier than your

opener with a pause and rack command.

Being able to do this pre-exhausted will be

a huge confidence builder for the meet.

WEEK 8: Rest week - light raw work

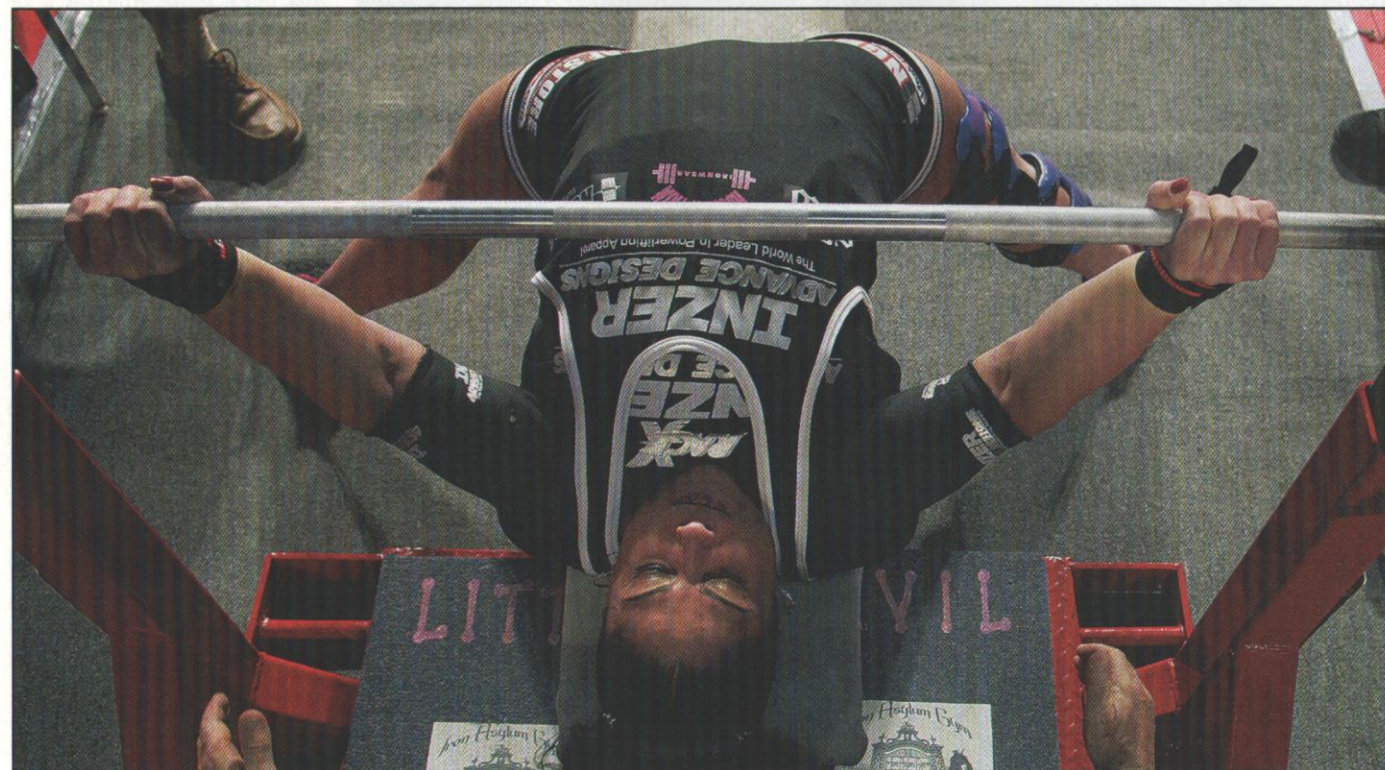
WEEK 9: Contest

On a separate assistance day, the main emphasis is on the standing overhead press. Other exercises include seated military press with no back support, side and rear lateral raises, incline dumbbell presses, weighted push-ups, and heavy tricep push downs. The standing overhead press should be performed as strictly as possible with absolutely no leg drive, just dead weight of the chest, and no bend in the back whatsoever. This will make embarrassingly light weights extremely hard so be sure to perform your OHPs when no one is looking! Most people are horrified at the weights they have to use on this exercise ... even compared to seated military press. For reference, being able to do either



A Looser Shirt ... combined with a new training exercise, and lifting form equals huge new gains

your bodyweight or half of your raw bench for one immaculate rep would be a huge feat. Cycle your reps in accordance with the contest. 12, 10 and 8 rep sets at the beginning of your training, 6 and 5 rep sets in the middle, then 3s, 2s and 1s until the meet. Play your volume and weight selections by ear, starting light and adding weight as your overhead strength and form improves.



A hybrid training plan ... Old and New ... she trains with chains along with a 1966 STRENGTH & HEALTH overhead pressing program

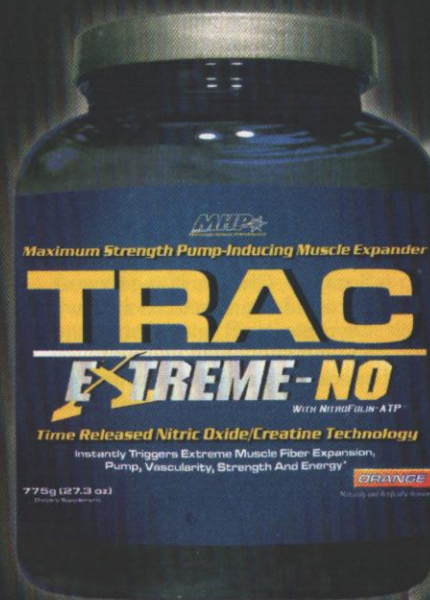
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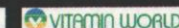
TRAC Extreme-NO™ works through several intricate biochemical pathways, providing a 2-stage infusion of NitroFolin-ATP™ into your muscle tissue. Stage 1—Instafusion floods your muscles with an "instantaneous rocket-like infusion" of Nitric Oxide (NO), Creatine, ATP precursors and energy substrates. This immediate saturation of nutrients allows you to hit "Maximum Muscle Capacity", fueling your muscles from your first set to the last rep of your training session. Stage 2—Profusion provides your muscles with a prolonged delivery of Nitric Oxide (NO), Creatine and ATP precursors necessary for muscle fiber expansion, recovery and immense full body pumps! Don't be the last one of your training partners to experience the amazing breakthrough in training supplementation that has the entire powerlifting world destroying their best lifts!



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*Jon Andersen
- Top-ranked pro Strongman competitor*

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TRAINING

THINGS YOU SHOULD KNOW as told to Powerlifting USA by Louie Simmons

Did you know there are three main methods of weight training?

The Dynamic Method
This method develops and

improves a fast rate of force development, or explosive strength. Approximately 60-90 lifts per month should be devoted to explosive strength.

The Repetition Method

We use the repetition method to near failure. The number of reps should be limited to just before the point of failure. It is not intended for the squat, deadlift, bench press, clean, or snatch, but rather special exercises such as lat work, tricep work, back extension work, ab work, and exercises that attempt to isolate a muscle group.

You cannot determine a 1-rep max from a rep max. Why? Men and women possess different muscle types. The more fast twitch, the worse one will be with reps because they hold less oxygen per cell. Someone who has an abundance of slow twitch fiber will have greater endurance because they can't contract the muscle as intensely. In addition, a novice cannot use as much muscle fiber as an advanced lifter.

Everyone should know that HIT (high intensity training) is really low-intensity training, by looking at the intensity zones. High intensity is defined as 1 to 2 reps at 90% and above. Doing 8 or more reps is low intensity. When doing high repetitions, you produce less force with each rep. I ask them why. Their reply is that it builds explosive power. But in Europe, particularly in the old C.C.C.P., who invented the term "explosive power", they never mention using the Olympic lifts. Dr. Yuri Verkhoshansky, who invented shock training, or as we call it, plyometrics, talks about bounding, jumping, plyometrics, and depth jumps jumping off a high platform, resulting in a high-speed landing - but never Olympic lifts.

Maximal Effort Method

Using this method, one works up to a 1-rep max in a barbell exercise: rack pull, box pull, floor press, incline press, low box squat, parallel box squat, etc. At Westside, our maximal effort method is copied after the *Bulgarian System*: the most weight lifted on a particular training day. This may not be an all-time max, but rather the max weight lifted depending on your state or preparedness. If your best floor press is 500 and you make a true max single of 480, you are at 96% of your best. One should

always be at least at 90% of your best, or it becomes too strenuous to regain top form.

After a good warm-up, 3 lifts are performed. One at about 90%, then one at near max, or a small max, then one more. For Olympic lifting, the lifts done at greater than 90% are 4-10, according to A.S. Prilepin's findings. Our findings at Westside for near-max work or circa-max lifts are that Prilepin's *Chart* works fine, but when attaining a true absolute max, no more than 3 lifts should be performed. This is because powerlifts take longer to perform. This means that the time under tension is much longer. After gathering this information for the past 35 years, this is our conclusion.

Did you know that the *Dynamic Effort Method* was designed to replace a max effort workout? Both are extreme and must be separated by 72 hours. Both workouts are accompanied by 3 or 4 special exercises.

The Westside system allows you to become faster, bigger, and stronger continuously throughout the year.

Did you know that speed and quickness are determined by external resistance? "No one tries to lift a heavy weight slowly", as Fred Hatfield said. Olympic lifting is a speed-strength sport, but requires great strength. In powerlifting, one must lift great loads. While these loads appear to move slowly, explosive strength is a must. In the United States, every university does some Olympic lifting. I ask them why. Their reply is that it builds explosive power. But in Europe, particularly in the old C.C.C.P., who invented the term "explosive power", they never mention using the Olympic lifts. Dr. Yuri Verkhoshansky, who invented shock training, or as we call it, plyometrics, talks about bounding, jumping, plyometrics, and depth jumps jumping off a high platform, resulting in a high-speed landing - but never Olympic lifts.

In the book, "Explosive Power and Jumping Ability for All Sports", by T. Starzynski and H. Sozanski, Olympic lifting is never discussed. Starzynski coached two Olympic gold medalists, and Sozanski is a coach and professor specializing in problems of training for jumping ability. Seated barbell press off the floor is illustrated in their book.

Did you know that there are much better exercises than the standard Olympic lifts, as follows? **Kneeling Squats:** After kneeling down with the heels touching the glutes, jump into a full squat; **Kneeling Power Cleans:** The next progression is the kneeling power snatch; **Kneeling Split Snatch and Kneeling Power Snatch;** **Straight Leg Power Clean and Snatch and Clean.**



Jeff Lewis posted the biggest official squat in history with his 1212 lb. lift in Columbus, Ohio... Jeff and Andy both inspire Louie Simmons and the Westside Barbell Club guys to think up even more productive training methods.

Power Snatch while sitting with the bar across the legs.

We have a thrower who trains with us occasionally, who can do a kneeling jump squat with 255. John Stafford has jumped onto a 35-inch box with a pair of 70 lb. dumbbells.

We concentrate on box squatting and using the contrast and reactive methods. Thomas Kurz has stated in *The Science of Sports Training*, that to develop explosive strength, explosive efforts can be used, such as jumps, shotput, or jerking dumbbells or a barbell. "But it is easiest and safest to increase it by increasing maximal strength."

Did you know that a wide stance squat works the quads to the same degree as a close stance squat, but with the bonus of using more hip, glute, and hamstring muscles? Anyone who tries to squat as much as possible soon learns that a wide stance produces greater results. This was proven at a test at Ball State University.

Did you know almost all college and high school football teams do power cleans and power snatches, yet they are not used in the NFL combines?

Did you know that when lifting barbells, there is a deceleration phase? For this reason, you must use Jump-Stretch bands or chains. They accommodate resistance. When joint angles become more favorable, such as at lockout, one can lift considerably more weight. With barbell weight, the bar can be too heavy at the start to generate sufficient acceleration to complete the lift, or the bar can be too light and as it nears completion, the barbell slows down, causing a deceleration. The bands also can be used as a contrast method. As the bar descends, the band tension decreases. As one rises concentrically, the bands increase the load, causing a contrasting load difference. The contrast and reactive methods must be used for the development of speed strength and explosive power.

Did you know that attaching bands to the bar produces an over-speed eccentric phase? Why is this important? When velocity is tripled, a nine times greater kinetic energy is produced. It has been proven (Samoyloff, Kisselliff, 1928; O. Foerster, Altenlurgey, 1933; Lippold, 1957) that the stretch reflex (or the myotactic reflex) has great value for increasing the effect of eccentric work. This proves the great contribution to over-speed eccentrics.

Did you know that muscles contact harder and faster the higher their temperature?

Did you know that Westside has only two men on its staff: John "Chester" Stafford, and Matt Wenning? John talks about nutrition on his website. He has, I believe, the biggest push-pull for a 275 pounder: a 733 bench, and an 832 deadlift, in addition to a 2502 total. Matt Wenning is a graduate of Ball State University with a Masters in biomechanics and has already made a 950 squat, a 650 bench, and a 725 deadlift at 275. These two people, along with myself, are the only qualified people to talk about the real truth of what goes on at Westside.

We see the evolution of strength training every day, and every day it changes for the betterment of our lifters. If you follow our articles and talk to me occasionally, you know that the experiments we conduct are performed on our top men at two or three major meets to prove that the tested methods work. I don't write B.S., I write about what I see at Westside. Some things work, some don't. We put forth a lot of effort to help our lifts, and I hope yours. I appreciate how cooperative our lifters are, young and old, and how loyal they are. Some

have been here for years. Bob Coe has been here over 20 years, and Chuck Vogelpohl, Amy Weisberger, and Jimmy Richie for 20 years.

Did you know that Westside contributes to the development of many sports? A former top soccer player from Manchester United stayed at Westside for more than a month to learn our system. After returning home, Ben Plevey opened up a training facility to pass on the system to young athletes in his home country.

Four rugby coaches from all over the world spent considerable time at Westside, and the results have been quite favorable to say the least.

Many pro football players come to Westside and have made great strides. Also, many major universities have adapted the Westside system to fit their needs. Did you know that the football players never ask me to make them faster, but ask to become stronger? Making them stronger makes them faster.

There would not be a Westside if not for the likes of Huge Iron, Donnie Thompson, Spud Barkly, Paul Childress, Andy Bolton with his 971 deadlift, and Jeff Lewis, with his 1200+ squat. Because of them, and many like them, we never miss a workout for fear that some of you dudes are working on a secret of your own. I am proud to be associated with powerlifting, and I hope you are too.

And, oh yeah, did you know Dr. Judd must be a hell of a man to take the abuse he gets each month? My hat's off to you, Dr. Judd.

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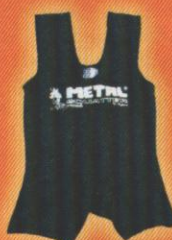
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Powerlifting is a sport of constant change. Whether it is the hottest current training system, that new super duper squat suit or the latest apparatus to help you bench more, powerlifters are always looking for that extra edge. The fact is powerlifters in large numbers are taking heed of all the ranting that I have been doing over the last few years and are actually putting some faith in what I have been preaching. Finally lifters are burying those horrendous old nutritional blunders and actually eating like true athletes. This is not just due to my monthly babbling, but is also due to the fact that they have seen that their favorite lifters have incorporated my nutritional methodology. Most importantly they have seen it work with these world class lifters first hand in the pages of this magazine. I thought for this month's column I would do something a little different. You usually get a question and answer column or an article about specific foods or supplements. Not this month. This month I am going to take you into the kitchen of one of the world's top powerlifters. That kitchen is owned by none other than Phil "Squatzilla" Harrington. You have seen him in the pages of Powerlifting USA and have seen him compete with the utmost ferocity on the platform. Phil's 900 pound squat at 181 is ranked the highest all time record and this has brought his name into the bright lights of Powerlifting history. Phil has been one of my personal clients for over 3 years and during this time he has seen some unbelievable changes in his body composition and also his lifts. Phil is one of the most dedicated students that I have ever had the pleasure to work with and I will take you inside this superstar's kitchen to see what fuels this superhuman lifting machine.

Protein Sources

Phil takes protein very seriously and that is why you won't find him going more than a couple of hours without wolfing down either a protein shake or a power packed protein meal. Phil loves to eat meat and fish so one thing I made sure is that he incorporates variety in his nutrition plan. Here is a look at some of the protein sources that Phil uses to pack on muscle and to help him recover from those gut-busting workouts.

Steak

Oh yeah, there is quite nothing like a nice big lean steak! If you want the beef then you got to eat the beef. That's right and Phil downs enough beef to keep all the cattle farmers in the Northwest in business. Phil prefers either a nice lean T-bone steak or when he wants to do it up a bit he will go for a filet mignon. Red meat is high in protein and let's not forget creatine as well. There is something about red meat that builds muscle and strength like nothing else. The main thing to remember is that fatty cuts should be avoided and the leanest of cuts should be incorporated into your plan.

Lean Ground Turkey Breast

Turkey is not only for thanksgiving, and Phil uses this quite heavily in his nutrition plan. Phil likes to make meatballs out of them or he uses it in his stir fry mixes to jack up the protein. Turkey is one of the leanest sources of protein in existence and one of the highest in protein per gram of weight. Not taking advantage of this super protein food is just not smart

NUTRITION

Power Nutrition Kitchen An inside look into the Kitchen of Powerlifting's Phil Harrington

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

and that is why Phil incorporates it into his plan at least a few times per week.

Bison

Well, you were probably very surprised to see this in here, but you shouldn't be. Bison is one of the best sources of protein and is also very lean as well. Not too many people are into this simply because they don't know about it. It tastes very similar to beef yet the meat is more tender. I myself am very big on bison for my clients as it provides variety and at the same time possesses an excellent amino acid spectrum for strength athletes.

Salmon

I have written about salmon many times in the past. Salmon is another excellent source or protein for the strength athlete. Another benefit to this king of fish is the fact that it is high in Omega 3 fats. For those of you who have read my articles in the past you all know that I am a big believer in the benefits of fish fats due to their high EPA and DHA Omega 3 content. Phil gets in some salmon at least 3-4 times per week to make sure that he is getting in some solid EFAs on top of his fish oil supplementation that he uses in his plan.

Chicken Breasts

Yes, chicken breasts are also on this list. Even though Phil doesn't eat as many of them as a competitive bodybuilder he still takes them in at least once daily. On days that he can handle a little more he may up them up to three of his meals. Of course, Phil uses skinless boneless breasts to make sure that he is getting a high source of protein without the fat that is in the skin.

Extra Lean Ground beef

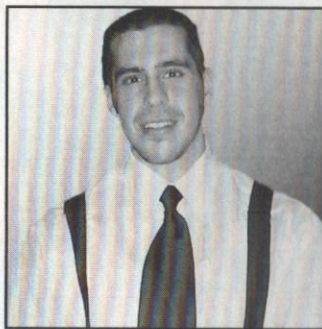
This is the other form of beef that Phil takes in regularly. Not even a king can eat just steak all day long, sometimes you need a little variety. Phil loves beef no matter what the form. Phil likes using this in his stir fries or adds it to some rice to make a nice hearty carb rich power meal.

Whole Eggs and Pasteurized Liquid Egg Whites

Eggs, which were once thought of as nature's perfect food, are also found in Phil's fridge. Phil consumes both whole eggs as well as egg white omelets. Due to the high quality protein found in eggs Phil makes sure that he gets them in several days a week. Phil may make omelets and other times he will boil up 6-12 eggs and bring them with him so he can munch on them throughout the day as a snack.

Cottage Cheese

Don't be a cottage cheese hater.



Anthony Ricciuto this is the Man Behind NutritionXP3.com

I know many of you think of fat 50 year old women in a leotard doing a Richard Simmons "Sweating to the Oldies" routine when you think of cottage cheese in your diet plan but you shouldn't. Cottage cheese is one of the best sources of protein for the strength athlete and this is why Phil consumes up to one full tub per day. You heard that right. Cottage cheese is high in casein protein, which is a slow digesting protein that clots in your stomach releasing the amino acids over close to 6 hours. This is exactly what you need to take in at bedtime. Phil will add some yogurt or fruit to it as this really helps make it palatable.

Low Fat Cheddar/Swiss/ Parmesan and Feta Cheeses

Phil also loves cheese, but he makes sure to get the low fat versions. This way he gets all the protein that he needs from them, but limits the saturated fat that usually accompanies most cheese. He uses the Parmesan on his pasta dishes, the Feta and Cheddar in his salads and the Swiss in his omelets.

Carb Sources

If you have been an avid reader of my column you all know that you need carbohydrates to fuel you through your workouts. They provide the body with an optimal fuel source and also play a role in glycogen replenishment and recovery. Phil consumes plenty of carbs in his nutrition plan, but most important is the quality not the quantity that he uses to fuel his granite physique. Let's take a quick look at Phil's top choices for both before and after his training sessions.

Yams and Sweet Potatoes

Before Phil started working with me he had never tried a sweet potato. Once I got Phil to give them a try he has been eating them almost daily. They are one of the most highly consumed carb choices for Phil because they are great low glycemic

carbs that will give you a sustained energy release throughout the day. Phil will usually bake them and eat them mashed as this helps to get more in without getting full. This is an excellent fuel source for the powerlifter and Phil is living proof of how good they are for your training.

Oatmeal

Phil loves his porridge in the morning, in the afternoon and all day long. This is another one of Phil's favorite carb choices and with a man who squats 900 pounds at 181 pounds, could he be wrong? Phil likes to have this for breakfast several days per week. He will throw in some fruit or yogurt to spice it up a little. Other times Phil will add this right to his protein shakes in the blender and he actually drinks it down in one shot.

Quinoa/Millet/Amaranth

I wrote an article several years ago about ancient grains. Phil is one of the wise men who took heed of my words and incorporates them into his nutrition plan. Phil loves quinoa as do many of the athletes who bring these grains into their nutrition plan. He will use it instead of rice in some of the dishes that he makes. He also uses some millet and amaranth from time to time to change things up, but quinoa is his staple food choice.

Cream of Wheat and Cream of Rice

Yeah, your mother was right all along when she would force that cream of wheat down your throat back when you were nothing more than a big brat. Well, if you are looking to get strong and stay energized then cream of wheat and rice should also be part of your nutrition plan. Phil utilizes both of these in his plan changing them up according to his particular taste. Here again he throws in different fruits or he will mix in some of his favorite chocolate protein Nitrean to make it a high carb and high protein breakfast.

12 Grain/Flax Bread/Rye and Whole Wheat Pitas

Inside Phil's bread box you will find different types of bread. One form that you won't find though is white bread in any form. Phil knows that white bread is a refined carb and is the equivalent to eating a bowl of sugar. He uses the breads to make different sandwiches with chicken breasts or turkey. He may also use a couple slices of Rye bread with his egg white omelet to round things out.

Brown Rice

Brown rice is another staple that you will find in Phil's kitchen. He will eat this almost daily to help provide his body with the energy he needs to energize him through his tough workouts. He consumes the brown version to the white version since it has a lower Glycemic Index and provides him with a more sustained energy release. It also contains more fiber and will have less chance to be stored as fat than the white variety.

Baked Potatoes

Phil also likes to incorporate baked potatoes into his nutritional arsenal. Since these are a high glycemic index carb choice these are eaten after his training sessions to help replenish his muscle glycogen stores. He usually combines them with chicken breasts or sometimes adds it to one of his T-bone steak dinners as the perfect side dish.

Whole Wheat Pasta

especially post workout. Phil will consume up to 3-4 per day after his training session is over. He is also big on them during his "Reloading Phase" after he has made weight for a contest to provide his body with energy as well as valuable electrolytes like potassium.

Grapes: These are another food that Phil likes to snack on. Like I said before, you won't find him munching on Cheetos or other junk foods. Phil's body is a well-tuned machine and if it's not going to affect his performance you can be sure that he isn't going to stick it in his mouth. The fact that he looks like a competitive bodybuilder just a few weeks out from competition year round is proof that he is dialing his nutrition plan in constantly to maximize his strength and muscle mass. He will add them to other fruits to make a fruit salad or he will throw them on his green salad to spice things up a little. **Blueberries/Raspberries/Blackberries:** These three types of berries are also a Harrington trademark. When it's time to down that big bowl of oatmeal or cream of rice you can be sure that he is going to be lacing it with a nice bunch of berries to compliment it so it is much easier on the palate. He will alternate these according to what his taste is and what is currently in season.

Apples: Here is another one of Phil's favorite fruits. He sometimes eats this with a protein shake before training to get in some fast acting carbs or he may add it to his oatmeal or cream of rice to add some flavor.

Grapefruit: This is one of the best low GI fruits that you can have. Phil knows the deal and that is why he is always stocked up. This makes one of the best breakfast fruits around to give you a sustained energy release throughout the day.

Vegetables

Spinach: Well, if it made Popeye strong and Phil is eating plenty of it, maybe we have something that we should all look at here. Phil uses a lot of spinach in his nutrition plan because it is one of the best green vegetables around. It provides him with fiber and nutrients and is a base for the many salads that he consumes daily.

Carrots: Phil uses these as yet another food that he likes to munch on when he feels like nibbling on something. They provide him a healthy dose of fiber along with some much needed Beta Carotene. He will either eat them straight or he will dice them up and include them on his salads.

Romaine Lettuce: This is the other green base that Phil uses for his salads when he is not using spinach. Phil knows that iceberg lettuce provides just about no nutrition, and he is always looking to maximize his nutrient intake even when it comes to something as simple as a salad. Phil will alternate this or he may use this exclusively for a few weeks until he switches things up again.

Peppers: These are another vegetable that Phil like do dice up and include in his salads. He also likes to include them in his omelets as well to provide that extra flavor and texture needed to make all those egg white omelets he consumes not so boring.

Cucumbers: This is another favorite of Phil's top choices in vegetables. He will dice them up to add to his salad or he will cut them in slices and add them to his turkey pitas. Phil will consume usually at least one full cucumber per day over the course of his many meals.

Tomatoes: This is another staple in his plan as well. Phil uses them in his salads and also dices them up and puts them in his omelets. He also will slice them up to add to his chicken breast sandwiches on flax bread which is another one of his lunchtime favorites.

Stir Fry Vegetables: Phil will have several different bags of frozen and fresh stir fry vegetables available to him at all times. There is not single meal that he consumes that doesn't have some sort of veggie included in it so with this in mind he has to stock enough to feed a small army. Phil probably eats more vegetables in a week than most of you powerlifters consumed throughout the 90's. This is another weak point for most lifters since they don't consume an adequate intake of vegetables. Phil knows how important they are for digestion, antioxidant protection and for keeping him healthy, so you can be sure that he goes the extra mile (unlike most of you reading this) to get them in consistently

in his nutrition plan.

Condiments

Balsamic Vinegar/Apple Cider Vinegar: These are just a couple of the different vinegars that Phil uses to decorate his salads with. It will help to add in some nice flavor especially when combined with his olive oil.

BBQ Sauce: With the amount of chicken breasts that Phil consumes on a daily basis you better have some good old BBQ sauce on hand to take the edge off. Phil uses this to baste his chicken breasts or to add flavor to his different stir fry dishes.

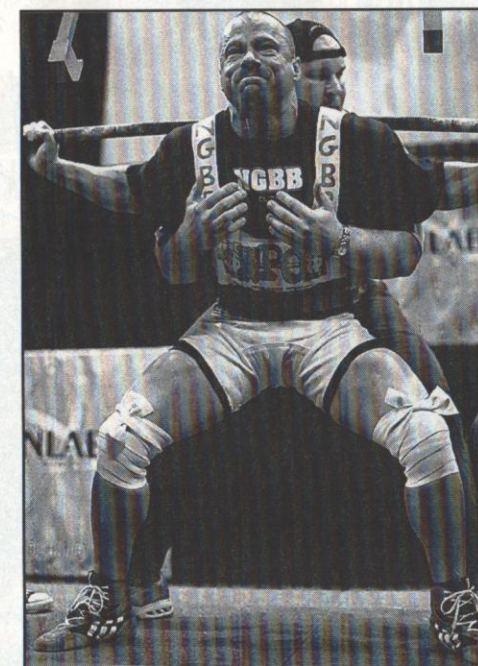
Low Sugar Ketchup: Here is another one that Phil loves. Ketchup sure does taste good, but there is a ton of sugar in it. To maximize taste without taking in all those harmful sugars Phil uses low sugar ketchup. This way he can still pour it on his eggs without having to worry about the consequences. **Sun Dried Tomato seasoning:** This is just another seasoning that Phil will douse on just about anything. He throws it in his salads as well as his chicken breasts to help spice things up to the next level. **Pam Spray:** What powerlifting kitchen would be complete without a can of Pam cooking spray? Phil uses this when he is using his good old George Foreman Grill cooking up some type of meat or in his frying pan when he doing up some of his famous omelets.

Beverages

Purified Water: Water is the key to life so you better be getting it in if you want to have any powerlifting success. Phil understands how important it is to fully hydrate his muscle cells for optimal performance. That is why he drinks 1-2 gallons of water per day. Of course, it is not tap water but purified water to make sure toxins and chemicals have been removed. **Green Tea:** I have praised the benefits of green tea for a long time now and Phil is not one to take my advice for mere ramblings. This is why he drinks several cups of Japanese organic green tea daily to help keep his immune system strong, fight free radical production and burn fat.

Crystal Lite: Now trying to get down 1-2 gallons of water per day can be quite a chore. Just all the bathroom visits alone would be enough to tire out most powerlifters. Phil from time to time incorporates Crystal Lite in his water to help get it all down. It is much easier to drink something that tastes good. Phil just loves sweet tea so you can be sure to find several of the Crystal Lite Iced Tea packets sitting in his cupboard.

Skim Milk: We all know that milk does a body good



Phil Harrington has been a squatting machine of historic proportions lately, capping off with a 900 at 181 lbs. bodyweight, the heaviest on record for any lighthweight competitor.

and Phil just loves it in his protein shakes. Phil uses skim milk because he doesn't want the extra saturated fat to blur his abs and also slow down his digestion time. He will usually use 2 cups in each of his protein shakes as well he uses some in his breakfast dishes.

Supplements

You will also find in Phil's kitchen a multitude of different supplements. These advanced formulas help Phil to supplement his nutrition plan to make sure that he is going to maximize his performance from every angle possible. Phil understands the benefits of supplements and how they play a role in taking your performance above and beyond what you could do with mere food. Here are some of the supplements that you will find in Phil's cupboard so take note.

Nitrean: Phil's protein of choice is Nitrean from At Large Nutrition. This formula is an advanced protein matrix to provide the body with both slow and fast acting proteins. This gives Phil the right combinations of proteins and provides an excellent spectrum of amino acids. Phil drinks 4-5 protein shakes per day to help pack on muscle and to keep his strength on the up and up. Even with Phil's ravenous appetite he still would not be able to physically eat all the protein his body needs to enable him to squat and recover from using over 900 pounds in training. Nitrean is an excellent formula and this is why several of my elite athletes use it in their supplement plan. Phil absolutely loves the taste of the chocolate Nitrean and this makes it easy for him to get in the many shakes he consumes each day.

ETS: Phil is also a big believer in ETS. He has found that it helps him recover at a super fast rate. The way that he trains with the intensity of a lion would cause him to need a supplement that could take his recovery over the top. ETS is that supplement and Phil is a heavy user of it consuming it daily while jacking up the dose in his pre contest phase.

Multi Plus: You will also find a multivitamin in his cupboard as all powerlifters should have in theirs. Phil uses Multi Plus to help him get in a complete spectrum of micronutrients so that he doesn't have any deficiencies. Since his intense training style will rapidly deplete them, Multi Plus is a much needed supplement to make sure his vitamins and minerals are topped up.

Creatine 500: Phil uses a product called Creatine 500 to help replenish his ATP stores as well as help him increase cell volumization. This product has helped him keep his weight up as well as help pack on valuable weight after weigh ins before a meet. Phil cycles this during his training program and increases the dosage as a contest approaches.

Conclusion

Well, here you have it folks - a look inside the kitchen of powerlifting's top lighthweight squatter. You may have hoped to see some junk food in here only to make yourself feel better about all the garbage you eat, but that isn't going to happen. Phil treats his body like a temple, only putting inside it what will benefit him in his quest for that 1000 pound squat. If you don't have the above mentioned foods in your kitchen then you better give your head a shake and get with the program. You are what you eat, so if you look like a fat out of shape lifter you just may well be one. Just one look at Phil's diced abs and chiseled pecs shows the truth of his nutrition and supplementation philosophy. Take it from me, if you want to look and lift like Phil you better start eating like him because if you don't I guarantee you won't stand a chance when its time to step up on the platform against him.

For those of you interested in knowing more about the Nutrition XP3 program feel free to contact me at:

Arciccuto@nutritionxp3.com
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DR. JUDD

The World's Five Greatest Athletes No One Knows as told by Judd Biasiotto Ph.D.

"There's been such little publicity on Jim Thorpe in the last decade or two, many young Native Americans don't know who he is." **BILLY MILLS**

When it comes to recognizing some of the greatest athletes in the world, we are rather myopic in our viewpoint. There are so many magnificent athletes who are not given the recognition that they deserve because they participate in sports that are not media visible/friendly. If you were beamed down from another planet, you would think that the only sports we play in America are football, basketball, and baseball. That is so sad because there is a wealth of phenomenal athletes, who participate in extremely challenging sports like wrestling, gymnastic and weightlifting, that go virtually unnoticed. Here are just a few of some of the greatest athletes who ever walked the face of the earth, whom no one in the general public seems to know. Amazingly, none of these athletes even received an honorable mention on the 100 greatest athletes of the last millennium list. You be the judge as to whether they should have been listed among the greatest of all-time.



Ed Coan is a legend among all powerlifters, but how well is he known to the general public?

Eddie Feigner

There is no one, and I mean no one, who has dominated his sport like Eddie Feigner has dominated fast-pitch softball. Michael Jordan, Tiger Woods, or Mohammad Ali is not even close when it comes to sheer domination of their sport. Feigner, whose fastball has been clocked at 114 miles an hour, has pitched over 10,000 games. The statistics that he has put up in those games are beyond mindboggling. He won 8,870 games, pitched 1,916 shutouts, 930 no-hitters and 238 perfect games. He also struck out 132,070, while walking less than 2000 hitters. Then there was the time in 1967 when Feigner struck out Willie Mays, Willie McCovey, Brooks Robinson, Maury Wills, Harmon Killebrew, Pete Rose and Roberto Clemente, in succession. Oh, I forgot to mention that those stats were compiled while playing with only three other teammates against teams that had nine players. He is the "king," and the other three players are referred to as his court... "The King and His Court." Actually, Feigner once said, "I would play nine men teams with only my catcher, but they would walk us both." Interestingly, Feigner did play on one nine man team, earning All-America status before he was banned from all Amateur Softball Association competition - basically because he was so dominating that no one could hit him. I saw him pitch on numerous occasions, and I can tell you straight out he was the greatest athlete of all-time if dominating your sport is the ultimate criterion.

Eddie Coan

There have been a number of athletes in the sport of powerlifting who have dominated their weight class for years... Hideaki Inaba, Lamar Gant, Larry Pacifico, Mike Bridges and more recently Sivokon and Gary Frank... but no one has dominated powerlifting or any sport, for that matter, like Ed Coan has. In his prime, Coan could defeat 99.9% of the greatest superheavyweights in the world, and on any given day could defeat the other .1%. At 237 pounds

Coan squatted 1003, benched pressed 578 and deadlifted 887 for a mindboggling 2463 pound total. At a mere 216 pound bodyweight, he became the lightest man to break the 2400 pound barrier. He has captured world titles in four different weight classes and has set over a hundred world records... a world record for world records. In a sport where championships are won by a single kilo, and a butt whooping would be losing by 50 pounds, Coan captures world titles with 200, 300, 400, even 500 pound margins of victory. I am talking about world titles here, not some local backyard competition. To add even more credence to his total dominance in the sport consider the fact that Coan won his first national championship in 1983, his first world title in 1984 and has not tasted defeat as of this writing. Powerlifting historian, (and my favorite writer) Mart Gallagher says, "Coan is an all-time great, an immortal; he is easily the best ever at what he does. His reign of domination is unprecedented in both altitude and length in any sport." I love the frame of reference Gallagher uses to make his point. He says, "Imagine if the great Sugar Ray Leonard, as a 155 pound boxer, knocked out 220 pound Mike Tyson to win the heavyweight boxing title. Let us further stretch credulity and imagine that Sugar Ray would then whip the bejeezus out of every heavyweight contender that challenged him for the next decade. Does that sound like an athletic version of a science fiction novel... a phantasmagoric fairy tale... some ridiculous, fantasy island flight of fancy? Hardly: Coan's degree of dominance in powerlifting is dead-on analogous to this outlandish boxing scenario."

Baron Eddy Merckx

Everyone knows who Lance Armstrong is, and many considered him to be the greatest cyclist of all-time, but the truth is Eddy Merckx is the greatest cyclist who ever lived. In the sport of cycling, Merckx is an icon equal to the likes of Muhammed Ali, Michael Jordan or Pele. Nicknamed "The Cannibal" for his unrelenting competitiveness, he is five-time champion of the two most important races in professional cycling, the Tour de France and the Giro d'Italia. Merckx still holds the records for stage wins (34) and number days in the Yellow Jersey (96) for the Tour de France. Few people doubt that he could have won five or six more Tours if he hadn't stopped competing in that event after just 7 starts. In addition he is one of only four cyclists to have won all three of the Grand Tours (Tour, Giro and Vuelta a Espana), and one of only two men to have won the Triple Crown of Cycling (Tour, Giro, and the World Cycling Championship) in the same year. In addition, he is one of only three riders (all Belgian) to have won all five "Monument" one-day Classic races at least once during his career and won the season-long Super Prestige Pernod International competition a record seven consecutive times. During his thirteen year career he totally dominated both single-day and stage races, a feat that is otherworldly in cycling history. In addition to his achievements in regular professional cycling, Merckx also set the bicycle hour speed record in 1972 by covering 49.431 km at high altitude in Mexico City. The record would remain untouched until 1984, when Francesco Moser broke it using a specially designed bicycle. If career can be considered an objective measurement of greatness, Merckx clearly dominates. Daniel Marszalek has kept an internationally acknowledged "weighted ranking" to determine the best cyclists since 1892. The

ranking takes into account the relative importances of races in order to get valid indicator of cycling performance. In the overall ranking, 2004 edition, Merckx had almost twice as many points (5,844 pts) as the second greatest cyclist of all-time (Bernard Hinault). Only 15 other racers totaled more than 2000 pts. Amazingly, he holds similar margins in separate classifications for Classic races and Tours. As a comparison, Lance Armstrong was ranked 19th with 1,847 pts. at the end of 2004.

Alexander Karelin

When it came to sheer dominance, few athletes who ever walked the face of the earth can compare to Alexander Karelin. Let me tell you about Russia's invincible Karelin. Karelin is universally considered the greatest Greco-Roman wrestler of all time. Over a span of 13 years, he never lost a single match in international competition. In fact, he only lost two matches in his entire life. All together he won nine world titles and three Olympic gold medals. God knows how many other titles he has won. In Russia they only count the important stuff. It is estimated that his wrestling record is some where in the neighborhood of 887 wins and three losses. Two of those defeats were recorded when he was literally a child. If you think that is extraordinary, listen to this: during the last ten years that he competed, no one scored a single point against Karelin until he was upset at the last Olympics. Think about that for a second. Here is a guy that competed hundreds of times against the greatest wrestlers in the world and never gave up a single point. It's mindboggling! That would be like Pedro Martinez having a lifetime ERA of zero or Muhammad Ali never losing a single round in his boxing career. It is almost beyond comprehension. Needless to say Karelin is the prototype of the world's greatest athlete... big, powerful, and highly skilled. Basically a killer! The survey we conducted revealed that only 67 people of the 500 we interviewed ever heard of the Russian bear Alexander Karelin.

Karch Kiraly

When it comes to athletic dominance in his sport, Karch Kiraly has to be put right at the top. Without question he is the greatest volleyball player to ever play the game. While at UCLA he led the Bruins to three national titles (1979, 1981 and 1982). He also made his first appearances for the senior national team while at UCLA. In 1984, he won gold indoor volleyball he for the United States. Two years later he repeated the feat at the 1988 Olympics. He was also named by International Volleyball Federation as the top amateur player in the world in 1986, 1987, and 1988. After the '88 Olympics, he retired from indoor volleyball in order to concentrate on beach volleyball. After a short stint of club volleyball in Italy (Il Messaggero of Ravenna), he returned to the U.S. to play beach volleyball full-time. He immediately dominated the sport, winning the first ever beach gold in 1996. He would eventually shatter Sinjin Smith all-time victories record with an astonishing 146 professional beach volleyball titles. He has won over \$3 million in prize money in beach volleyball, which is also a record. Now in his forties, he continues to dominate against athletes almost half his age. Kiraly is never mentioned among the great athletes who ever lived, but he truly is one of the greatest.

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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".

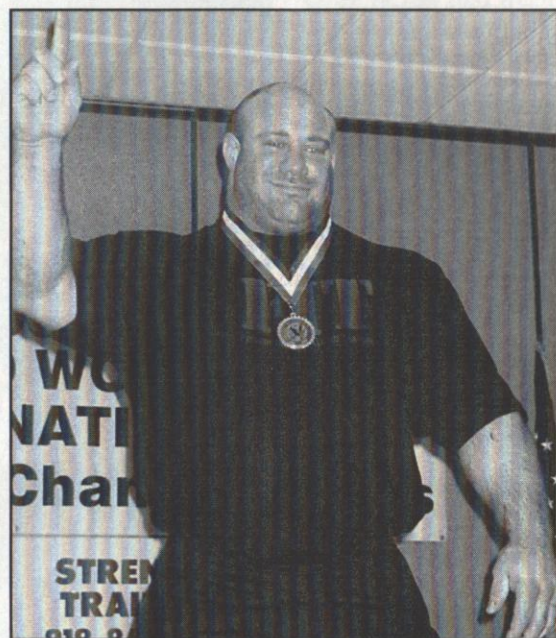
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron.

In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output.

This is of particular value within larger

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

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

Thomas 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.

Scott 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 BodyQUICK

(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

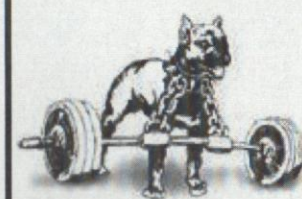
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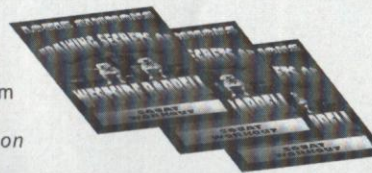
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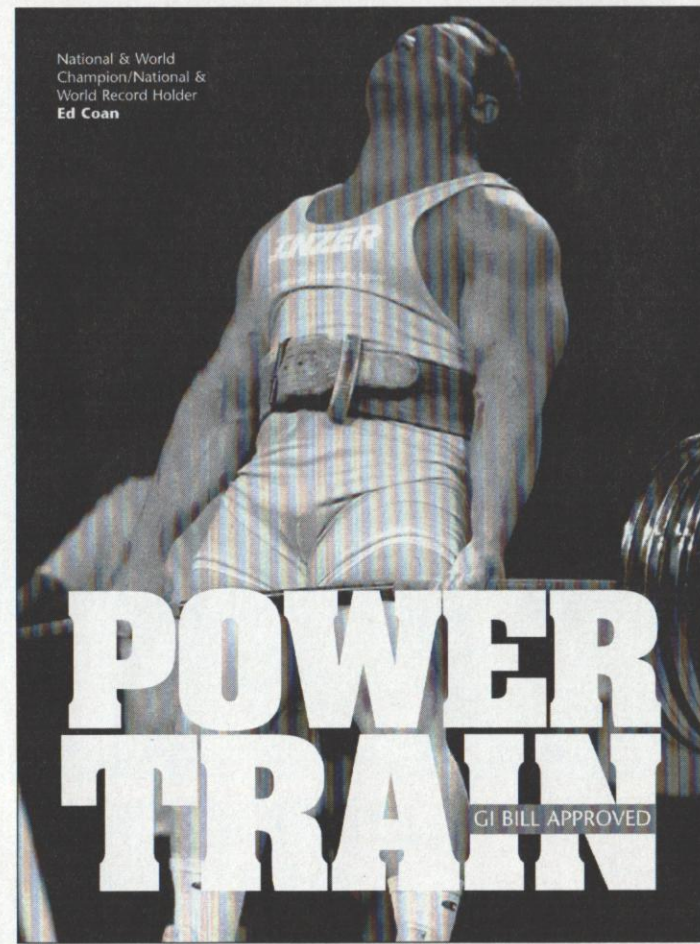


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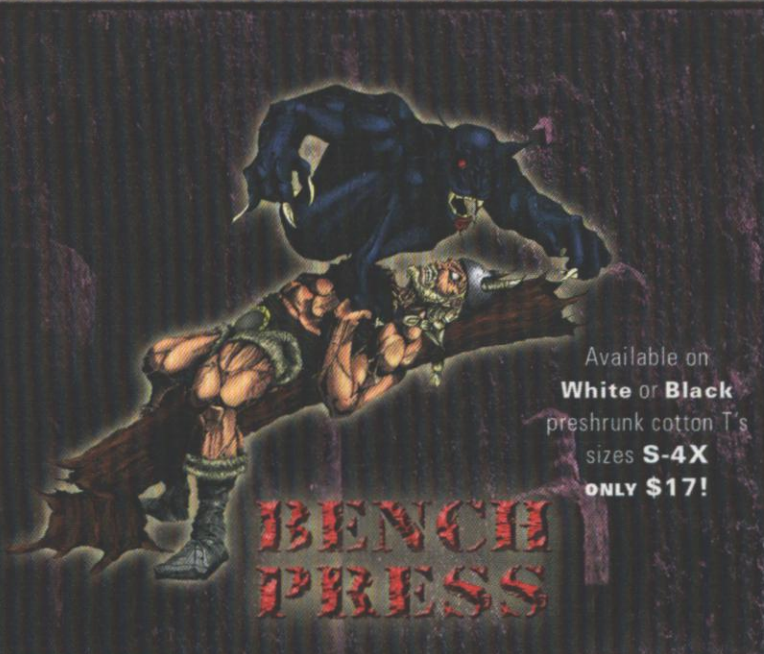


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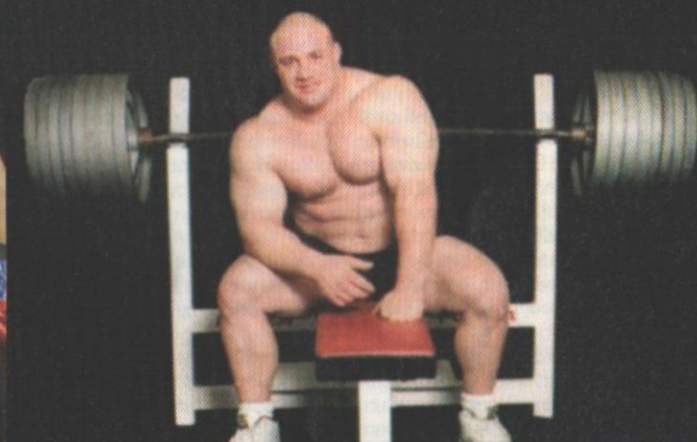
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HARD CORE GYM #54 DINOSAUR GYM

as told to PLUSA by Rick Brewer, House of Pain

Last month we went to war with the Gym Warriors. I've got ideas swimming around in my head for tons of articles on cool HardCore gyms, but most HardCore GymRats are afraid of cameras. For the 1000th time; 'magazine articles without photos suck! Don't even think about sending info on your gym if everyone is afraid to pose for pictures!

There are cool gyms all over the world, from San Marcos to Iraq, from Dublin to Dubai, from London to Hyde Park, and Portland to Miami ... but without photos - none of these gyms will be discussed here! So put on that bright red lipstick, and slip into your party dress & fishnet hose, and TAKE SOME PICTURES!!

This month, we'll take a quick look at a letter from Casey Miller about crossover success (like when they crossed a frog with a chicken and got waterproof wings), then we'll go to a gym so primitive - they don't allow cameras. Only pictographs.

Casey's email: 'I was just reading your article "Olympic Oddballs" and I found it

interesting. (Great, that's why we write them!) I have been competing in both types of lifting (Olympic & Powerlifting) for four and a half years. I agree that the training is different between the two groups, but I would have to say that the results are more or less the same. In other words, if you work your tail off, under the direction of a good coach, you can definitely dominate both sports. (Like being an astronaut and a Wal-Mart greeter, or a spelunker and a gynecologist; the skills sort of overlap.)

I was ranked third in the country for the 56kg weight class in '04, and the following summer, I won the USAPL Florida High School Powerlifting Championship. The same kind of thing is true for my brother, my girlfriend, and many of my close friends.

(Rick's note: my friend Jason has a girlfriend who was a track & field star when she was a man, and then she continued to excel at synchronized swimming after all of the surgeries and hormone treatments transformed her from a

male to a female. Look for her in shaving cream commercials geared at unsightly beard stubble.)

Back to Casey: My girlfriend is currently training at the Olympic Training Center in CO Springs, but at the same time, she recently set records for Squat, Bench Press, and Deadlift in Florida. (See similar notes above about Jason's gf.) The only thing we have all have in common is that we all trained together in the same gym and under the same coach (or coaches).

Casey, we enjoyed all of your comments on crossover success! I can think of several other notable cases of crossover success in the Powerlifting & Olympic Lifting worlds, from Liz to Shane. Speaking of crossover success; a hearty hug to all of the cross-dressing PowerLifters out there, cuz we love y'all too!

Remember what Max Ehrmann said: "You are a child of the Universe, no less than the moon and stars; you have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should." (OK, OK, I don't really know if the universe is unfolding right either - but have you ever noticed how easy it is to unfold a map - and then how hard it is to fold the map back up the right way; while you're driving and talking on the phone?)

For this month's HardCore Gym, we're going to show you this: an article with no photos. The DINOSAUR GYM in Boulder,

Colorado is for old-school RockHeads only, and no cameras are allowed! It has no contracts, no treadmills, no steel, no chrome, and no photos. These guys are so HardCore, they train with ROCKS. No bars or dumbbells in this cave - just good old-fashioned troglodytes, with bare feet and hairy chests. And yes, I mean the women too! These guys literally lift ROCKS, indoors and out. Up and down a hill in the parking lot, and all over the gym. Big rocks, little rocks, granite to limestone, boulders to gravel - these guys love to get their rocks off (the ground!)

The owner-operator Mark O. Marks is a true hard-rock fan from way back. He has rocks in his blood. In Mark's words: "I said to myself - SELF, why waste money on equipment? Rocks are heavy. They come in different sizes and weights. Why not just TRAIN WITH ROCKS?" Well, it turns out that Mark knows a bunch of guys who were training like cave-men anyway; lifting big & crazy, eating wild game & roadkill, dragging their women by the hair - so he just got 'em all together and asked 'em what they really had to have. Then, since he wanted a gym (not a bordello), he asked 'em what ELSE they had to have. Next thing you know, the DINOSAUR GYM was born. Now old Mark has a rock-band, and a successful gym full of rock-busting idiots! More proof that you don't need smarts to run a gym! I wish I could show you a photo of these guys training in this cave-like gym, 'cause it is WAY CRAZY. But, alas, they have no camera.

This article is also proof that you don't need photos for an article. Mark got famous, even though you can't see him. But it's the last time we grant this favor! After this, no one gets famous without pictures!

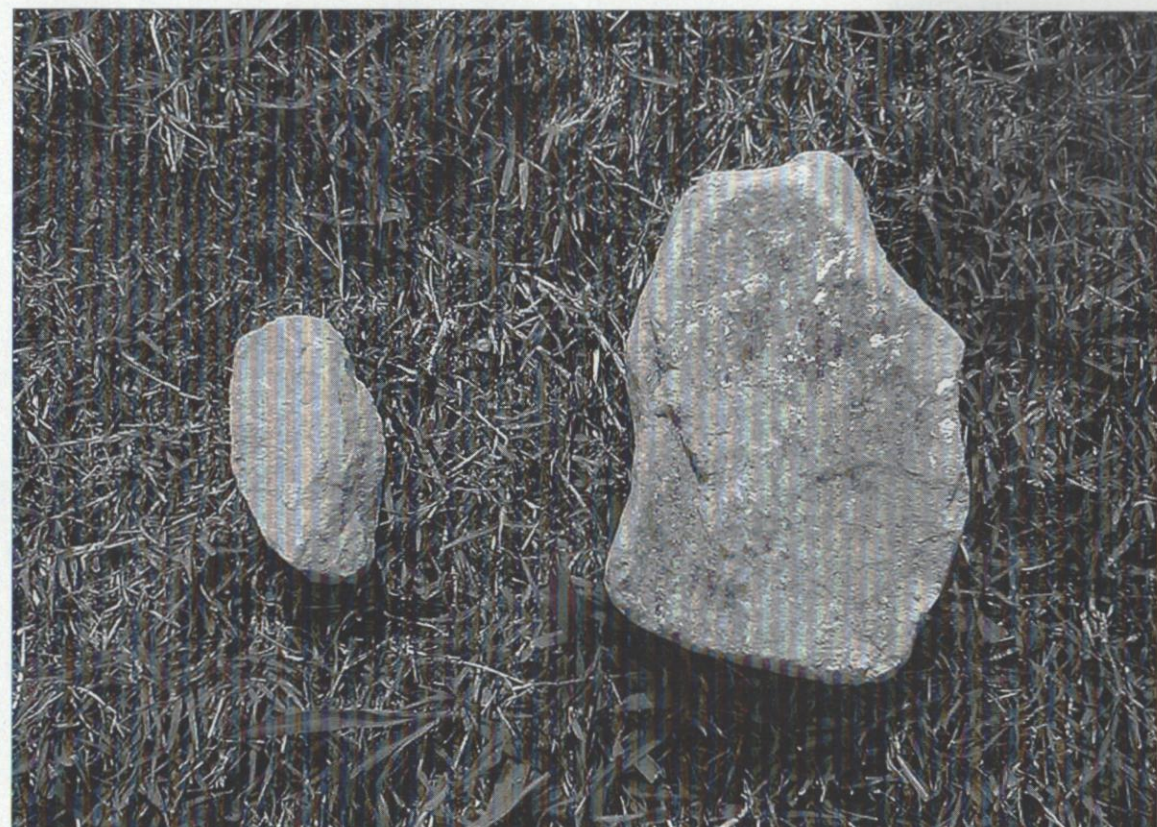
Next month, we'll look at real photos of almost normal people in their right mind - wearing clothes and everything. Until then; lift big, eat big, and take pictures. Without real-live shocking photo-proof; I won't believe anything you say - even if you really did party with Paris Hilton!

Comments, complaints, photos of naked lifters:

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Basic Training Implements at the Dinosaur Gym include small rocks and bigger rocks. (photo courtesy of R.B.)

INTERVIEW

GREGORY WRIGHT

as told to Dan Matthews, DSW, CSSC

Dan: Tell us about yourself.

Greg: My name is Gregory Wright. I am 44 years old. I live in Ft. Lauderdale, FL, and I work as an entrepreneur. My wife, Vanessa, is a knockout. My kids are Tequisha (22), Gregg (17), Ashley (17), and Gregory Jr. (8).

Dan: When did you win your first world championship?

Greg: I won my first world championship lifting as a middleweight in the AAU Worlds in Atlantic City, in 1999.

Dan: What other world championships have you won?

Greg: Since then I have won a total of 16 world championships, lifting at 165, either in masters or open, or both. I am undefeated in world competition in WNPf, NASA, AAU, and WDFPF.

Dan: Do you know how often you have been named best lifter, or how many records you have set?

Greg: I truly don't keep up. I know Tony Conyers has beaten me for best lifter, and Ken Snell beat me once in a deadlift competition. Let's say my records are more than 20, and less than some other number.

Dan: What other honors have you received?

Greg: My deadlift was first on PL USA's TOP 20 masters list for 2004, and I was seventh in the total. The year before I was second in the total. This year I was 19th in the TOP 100 deadlift, and 47th with a raw total. I am president of the World Gym - East Ft. Lauderdale USAPL lifting team, and I am USAPL state referee. I am a member of the WNPf Team USA. And last year, I was nominated by Rob Keller of the USAPL team, to represent the USA in the IPF-NAPF Championships.

Dan: Have you ever been beaten as a middleweight?

Greg: Sure. Tony Conyers beat me. No shame in that, huh? Tony told me that every time he beat me, I would become a better lifter, and he was right.

Dan: What are your lifetime best lifts?

Greg: Squat 525, bench 370, and deadlift 610.

Dan: How many times have you made a 600 or better deadlift?

Greg: I have pulled 600 pounds or more nine times officially.

Dan: How did you get started powerlifting?

Greg: My high school coach, Pat Utley, started me bench pressing in my junior year because I was too small for football. I could control my body weight easily, and competed from 123 to 181 in powerlifting and bodybuilding. In 1979, I joined Rafael Guerrero's

famous Gold Coast Gym, and Rafael took me under his wing. Rafael is the greatest ever. By 1983, I had won more than 30 powerlifting and bodybuilding trophies. I had never taken an aspirin or even drunk a bottle of soda. I became disgusted with drugs in the sports, and I quit competing. Then, in 1994, I saw a Powerlifting USA cover story about drug-free competition, and I began to compete again.

Dan: What do you remember as your best day lifting?

Greg: It took me 20 years to put all three lifts together in one meet. In the 2001 WNPf Worlds, I went 9 for 9 and totaled 1460. Also, I'll always remember the NAPF Championships as my first truly international competition. And, in last year's WNPf Pan American, I lifted raw for the first time and had a perfect day.

Dan: Where do you presently train, and why?

Greg: At World Gym, East Ft. Lauderdale, which is kind of a legacy from Rafael's old Gold Coast. Bob and Eva Tavadia, the owners, welcome powerlifters, supports us, and have equipped the gym to meet the needs of heavy lifters. We have five world champions training there and an undefeated USAPL team.

Dan: What is your training method?

Greg: I still use a basic program I got from Ed Coan, which is a mixture of percentage training, max effort, and some bodybuilding. Pre-contest I work legs and abs on Monday, chest and tris on Tuesday, shoulders, bis, and calves on Thursday, back and legs Friday, and chest Saturday. Three times a week I run on the treadmill.

Dan: How often do you compete?

Greg: When I was young, we competed every week. Today, three or four times a year.

Dan: Which kind of competition equipment do you use?

Greg: My prized possession is a Marathon deadlift suit, which can't be bought anymore. I wear Inzer shoes, HPHD shirt and squat suit, and Max DL suit, all single ply.

Dan: Do you use any supplements?

Greg: Only protein powder and creatine. I take the creatine on a five week cycle, on and

off.

Dan: What is your favorite keepsake?

Greg: I have a 1979 issue of Powerlifting USA, which I think Mike Lambert printed by hand. It has some of my results, as well as some of Rich Peters. I guess it could be purchased, but it would be very expensive.

Dan: Why do you compete in so many different organizations?

Greg: Nobody owns me. I lift where I please, and anybody who wants to challenge me can take it out on the platform. Look, this is an amateur sport, and we all compete for fun. If the organizations ever become more important than the lifters, all the fun will be over, and so will open competition.

Dan: Which lifters do you admire most?

Greg: Tony Conyers, certainly. Ken Snell for his longevity. Ed Coan, who taught a lot of us how to train. And Louie Simmons, for resurrecting chains and bands.

Dan: Single lift and push-pull competition is increasingly in popularity. What do you think is the future of the sport?

Greg: The specialists will eventually take over. Training for a full meet is a lot of work, and there are only about three good cycles in the year. Besides, shorter meets are easier to follow, and draw more lifters and spectators.

Dan: What do you think are the greatest mistakes lifters make in training or in competition?

Greg: Training too heavy. There are no trophies in the gym, save it for the platform. In competition, starting too high. And never, never, never increase the weight after a failed attempt. Plus, all young lifters should remember that success in our sport depends on time and effort, not on anything which comes in a bottle.

Dan: Who has been most helpful in your career?

Greg: My dear friend and training partner, World Bench Press champion Jerry Kluff; my training partners World Champ Michael Brown, Jackie Calloway, and Marton Nelson; Jeff Lawson and his guys from Just Lifting; Willie Halloway, who is now coming into his own lifetime best; my Gold Coast training partner Jeremy Langford, and Rafael Guerrero, who gave me more than I can ever repay.

Dan: What ambitions do you have?

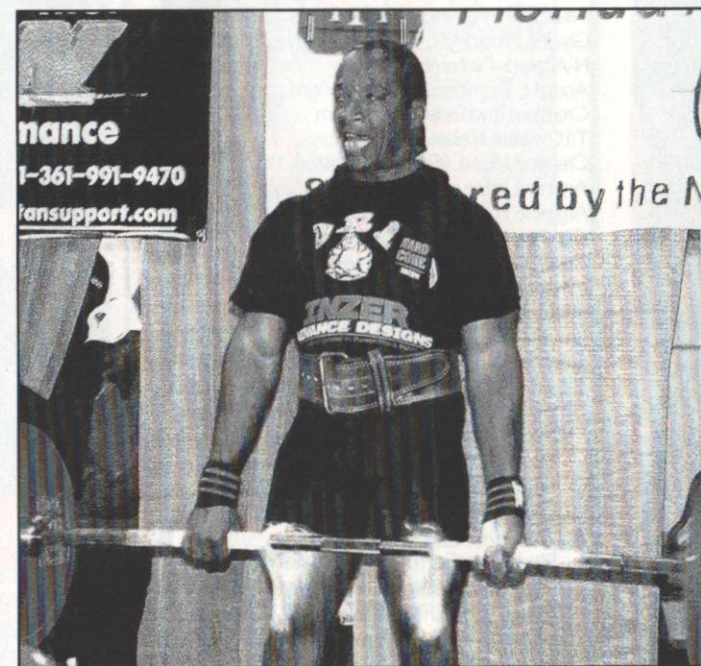
Greg: To be the oldest competitor on the platform.

Dan: Is there anyone else you'd like to thank?

Greg: Yeah, my big brother Mark, who has been my strongest sponsor and supporter; Vanessa and the kids, who have supported me despite the time and money competition has taken; my sponsors Troy Ford and the WNPf, Bob and Eva Tavadia and their World Gym; and Ric and Jason at House of Pain for helping our team. I sincerely thank Rob Keller for his attention and support, and finally, our coach, Kamikaze Dan Matthews.

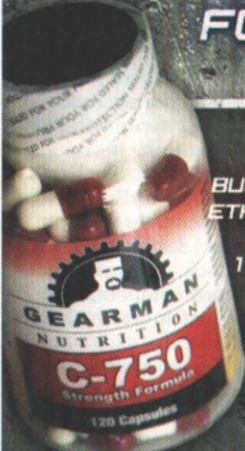
Dan: Greg, you are a gentleman and a true champion, and I'm proud to know you. Thank you for telling us your story.

Greg Wright can be reached c/o World Gym, East Ft. Lauderdale, 1440 N. Federal Highway, Ft. Lauderdale, FL 33304, worldgymfl@bellsouth.net



Greg Wright, deadlifting at the USAPL-USOC Tropical Games (this photograph was provided by the courtesy of Dan Matthews)


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BACK ISSUE OF THE MONTH
Chronology of Champions of the WDPFF World Championships, by Herb Glossbrenner. Nick Best was interviewed by Fred Rice, and Louie Simmons talked about training for the back. The EPF European Championships were reported by Peter Thorne. On our Top 100 rankings, for the 114 lb. class, first place in the squat with 425 was Mr. Brant. Bench press leader was Pham with a 297. Rich Green had the top deadlift with 501, and Mr. Nguyen had the best total with 1091. Sue Rinn was 85th in the squat with 248; Judy Gedney was 86th with a 154 bench press; Susie Hartwig was 48th in the deadlift with 319; and Kim Ryman was 97th in the total with 655. You can check out our entire inventory of back issues, by looking at the synopsis of each available edition, on pages 48-51 in this issue of Powerlifting USA. (There are special price breaks if you order more than two issues at a time).

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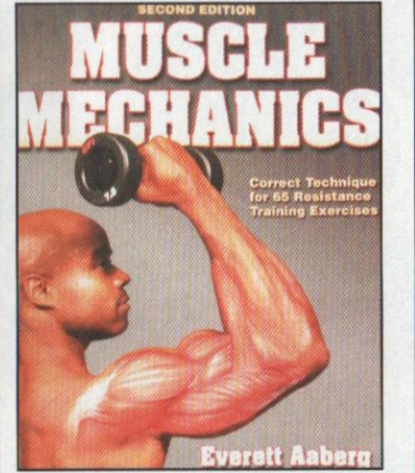
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The muscle groups and leverages involved in each of the three powerlifts do not necessarily overlap, meaning if you've got what it takes to be a good bencher; it does not mean you have the right stuff for the squat. Therefore, the vast majority of lifters have weaknesses in at least one of the three lifts. Long arms are desirable for deadlifts, but detrimental for benching and visa versa. Lifters usually address a weak lift by increasing the volume work and intensity they devote to it. Unfortunately this usually results in overtraining, leading to further weakness and frustration. Increasing the volume of work is not always the answer. In three lift competition, we simply can not blow off our weak lift. What are the best ways for a lifter to address his weaknesses?

First let's deal with overtraining. As I mentioned earlier, increasing training volume is the most common course of action. For example, if a lifter is weak in the bench, he usually adds numerous sets of assistance work like inclines, declines, close grips, tricep work, over head presses and dips, not to mention more sets of benches. The lifter eventually exceeds his recuperative abilities and overtrains, and the already weak bench press becomes more of a weakness, compounding the problem. Perhaps the answer may be to lower the volume of work. Overzealous training could have been the culprit all along. Adding more work may

STARTIN' OUT

A special section dedicated to the beginning lifter

WEAKNESSES

as told to Powerlifting USA by Doug Daniels

only increase the problem.

Inefficient lifting form or technique could be another reason for a substandard lift. Over the years I have written numerous articles about bad lifting technique. Examine your lifting form on video or have an experienced lifter evaluate it. If you uncover a technique flaw, cut back the weight and work on improving your technique. Lowering the weight helps you to properly learn the new style of execution and reduces the chance of injury in the meantime. For example, you may lean forward in the squat as you descend, decreasing your leverage. In the deadlift you may straighten your legs out too quickly during the pull hindering their contribution to the lift. Your bench may lag because due to failing to maintain a tight position on the bench throughout the lift. You can refer to many of my past articles for more tips on technique and execution.

Lack of flexibility can also be a factor affecting your lifting technique. Working on flexibility may allow you to attain a more upright and flat back in the squat and deadlift. Enhanced spinal flexibility can help to achieve a solid bench arch and maintain tightness. Hip and shoulder suppleness may enable you to increase the width of your squat stance or bench grip (up to legal limits) to compensate for long legs and arms, not to mention using more of the stronger trunk and torso musculature.

Your bodyweight can have a huge impact on your lifts. Your bench may not start to improve until you move up in weight class. The rule of thumb I go by is the bench is the most affected by a bodyweight change, followed by the squat, and, lastly, the deadlift. In the case of the deadlift, dropping bodyweight (bodyfat) can improve your results because it may enable you to assume a more efficient pulling position. If

you want to change your bodyweight make all efforts to make your weight gain (or loss) a gradual transition and of high quality, meaning more muscle is added than fat when you go up in weight and more fat is lost than muscle if you drop weight. It may take a full year to grow into a different weight class, so exercise patience.

Our own self-fulfilling prophecies may be at fault. We talk ourselves into the idea that we are bad at a lift, so we do not train hard and smart. In such cases, we've lost before we even start. We naturally enjoy pursuing activities we are good at and too many times lack real dedication to succeed or improve at things that are difficult. Look back at the improvement you have made so far in your lifting. Think of the positives, not the negatives. Use the positives to keep your motivation high, but never be satisfied. You must be realistic, however, if you have long arms like an NBA power forward you will never crack the 1000 lb mark in the bench press.

We must address and learn to live with our weaknesses. Devoting more work and volume to a weakness may only worsen the situation. Instead, try to examine other factors beyond training - like bodyweight, body structure, lifting technique, flexibility and negative attitude. Very few can excel at all three lifts, but we can use the abilities we do have to push ourselves to realistically higher levels and improve against your toughest opponent; yourself.

Growth hormone levels decline as you get older. And athletes have found that increased levels of growth hormone helps to optimize body composition, increasing muscle mass and decreasing body fat.

However there's a lot of controversy over using growth hormone injections because of the potential side effects. But there's a better way.

Increasing your own natural endogenous levels of growth hormone is safer and in the long run more effective for increasing growth hormone levels and maximizing body composition than using exogenous GH. There are two main reasons for this view.

First of all the use of recombinant or synthetic GH (the only kind available since 1985 when the possibility of prion infection resulting in Creutzfeldt-Jakob disease,¹ a variant of mad cow disease, halted the use of GH harvested from the pituitaries of cadavers) only provides limited GH exposure.

That's because human GH represents a family of proteins rather than a single hormone. In fact, the circulation contains over a hundred GH forms. And because we have yet to discover enough about the various forms, the net biological activity of this mixture is difficult to predict since the exogenous recombinant GH represents only 20 percent or so of the mix.

Thus far, most of the research has been largely confined to monomeric 22K, the same GH that is available for exogenous use. However, while it is certainly effective for its original intended purpose, namely growth promotion, it's not known if it's sufficient for optimal growth and body composition. It's unlikely that it can fulfill all the functions of the GH family that are naturally present in the body.

As well, the use of one GH variant, as is the case with GH injections, likely decreases the production of the other variants in the body² thus limiting the normal biological activity of GH. This very fact has been explored as a means of detecting GH use by athletes.³

The second reason is that the use of exogenous GH shuts down your own growth hormone production. And that's a bad thing since it takes away some of the natural variations in GH that takes place in the body.

For example it's been shown that the use of GH, even in low doses, decreases the natural GH peak that occurs a few hours after you fall asleep.⁴ In my view it's the peaks of GH levels in the body that stimulates the anabolic and fat burning effects of GH. If you lower these peaks, you're not getting the most from your GH.

But it's worse than that. When you use exogenous GH it shuts down your own natural GH producing machinery. And it takes time for your body to ramp up this machinery once you discontinue the GH injections. In some cases, with extended use (as is sometimes the case in athletes who

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abuse anabolic steroids and find that their testosterone levels are permanently depressed) it's possible that the natural production of GH may be permanently impaired, making it necessary for you to go back on the injections to feel normal.

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The bottom line is that boosting endogenous GH production is more natural, more effective, and has considerably fewer (actually nil) side effects compared to the use of injectable GH.

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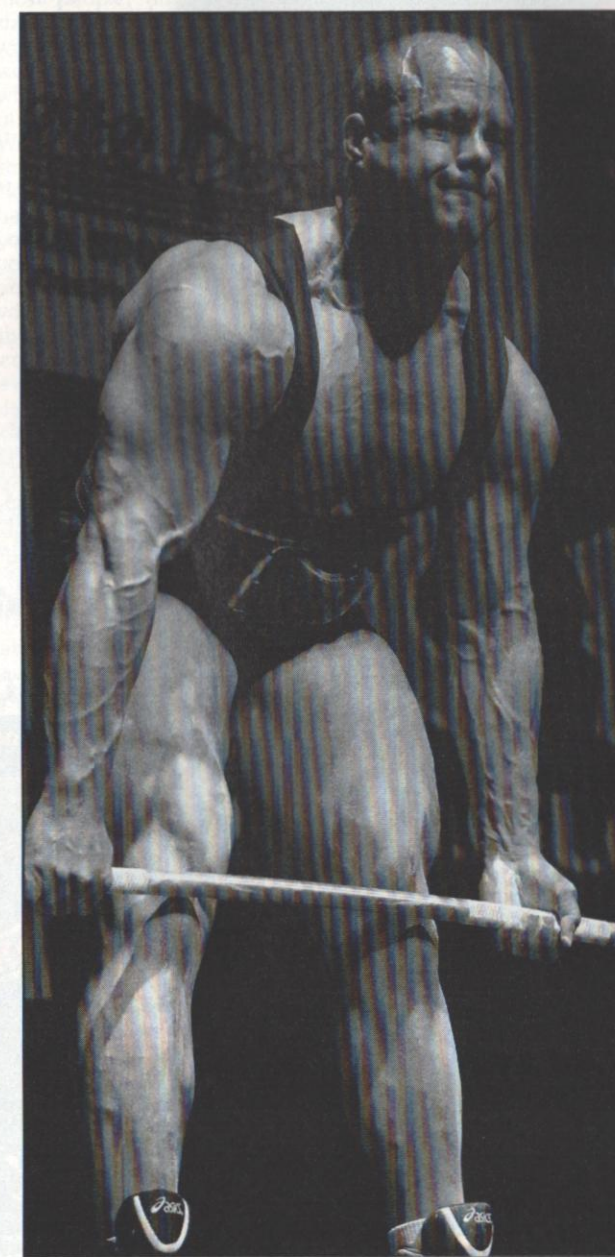
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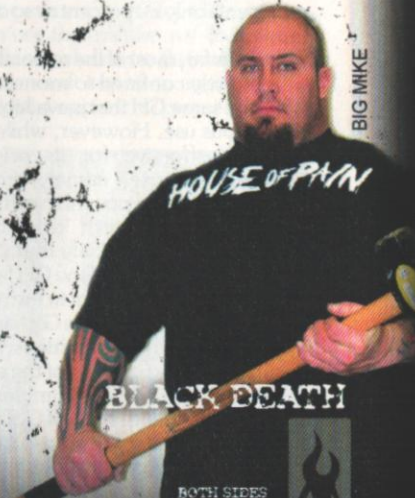


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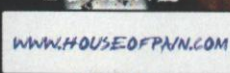
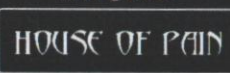
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Many times I sit and ponder all the factors it takes to be a good powerlifter. We know that it takes strong muscles and lots of training. Beyond that, what is the most important factor? Periodization, education, good equipment, all of these factors could be argued, but in my experience as a lifter and a coach it's ATTITUDE. Attitude is what sets us apart from being part-time, mediocre lifters, to any level of respected champion (state, national, international). Trust me when I say (as I'm sure other coaches, no matter what sport, would agree) that I would rather have a hard working, motivated person on their team, than a genetically gifted athlete who was lazy, any day of the year. That's because in the long run, the driven athlete, at least in my eyes, will get further than the genetically gifted person. A lifter with a good attitude will find out the best ways to train, will educate themselves and others, and will drive 2 hours if need be to get to the proper equipment and atmosphere.

Think of the best lifters in this game. One that comes to mind is Chuck Vogelpohl. This cat is the very meaning of attitude. He will train like an animal, week in and week out, and will push to the very limits and ask for more. Training with him gave me an idea of what it takes to be a champion and then some.

Powerlifting, no matter what federation or age group, is one of the greatest sports in existence. One of the main reasons is that NO ONE can give you a 600 lb. squat or a 500 lb. bench; you must earn it every step of the way. It teaches you that anything good in life takes time and hard work, a mindset that's missing in many of the people of my generation, and younger folks. Powerlifting can be an attitude builder in this way. It also seems to transfer into other aspects of life, by consuming you, and making you push everything to the limits, including your job, education, and your life.

I used to hold educational seminars for my powerlifting team. Many of them would listen, and some of them would rather just lift. Some brought great attitudes to train and some looked like they just drug themselves in from a bar. The point is this: my best lifters could always be spotted, quite easily. They came into the gym ready for war. Their attitudes was to lift to their potential that day in practice; whether they just got finished taking a test, or needed to go home and study didn't matter, it was now time to train. Their attitude would not let the workout itself, their teammates, or external factors affect their lifting on a consistent basis unless it was in a positive way. This is really what it takes to be a champion, to be a

STRAIGHT BAR TALK

The Most Important Factor in Powerlifting

by Matt R. Wenning, M.S. Sports Biomechanics / Westside Barbell

student of the game, and to constantly get better. If I threw in a max day, they would usually PR, due to pride and competition, and they would not let the weight psyche them out. If the holidays were close, they would stay to train that extra day to make sure the environment and competition was there.

Many people tell me that my attitude is what sets me apart from most people, and that is one statement I would have to agree with. If there were a couple of words that I hope would come up when people speak my name, one of them would have to be DRIVEN. When people ask me how to get as strong as I have (and I'm not even close to being done), I say, "You have to be willing to go in when you're not feeling good, or when you have other things to do, and - above all - you must be willing to leave your ego at the door." Many times that's enough to scare most average people away. Ego can come in the form of changing workouts, or driving someplace where you're not the strongest lifter, anything it takes to get the job done. Some top lifters have problems with this and that is why you see lifters who haven't got any stronger in 10 or more years. Attitude also deals with education, and experimentation. A strong attitude will make you learn how to progress, get stronger, and push your body past what you, your friends, or outsiders think it could do.

Attitude will take you places you never imagined. I remember as a teenager when I went to the Arnold Classic, and saw the Westside crew from a distance. Even though I was a pretty jacked 250 lb. kid at the time, I was intimidated. I knew they were the best, and that's what I wanted to be. My attitude and drive, along with a kick in the ass from a friend, made me go talk to Louie Simmons. A few weeks later, I showed up in Columbus and got my ass handed to me. After a year or two of pushing through the workouts, working hard, and wanting to rent a hotel room and crash instead of drive 2.5

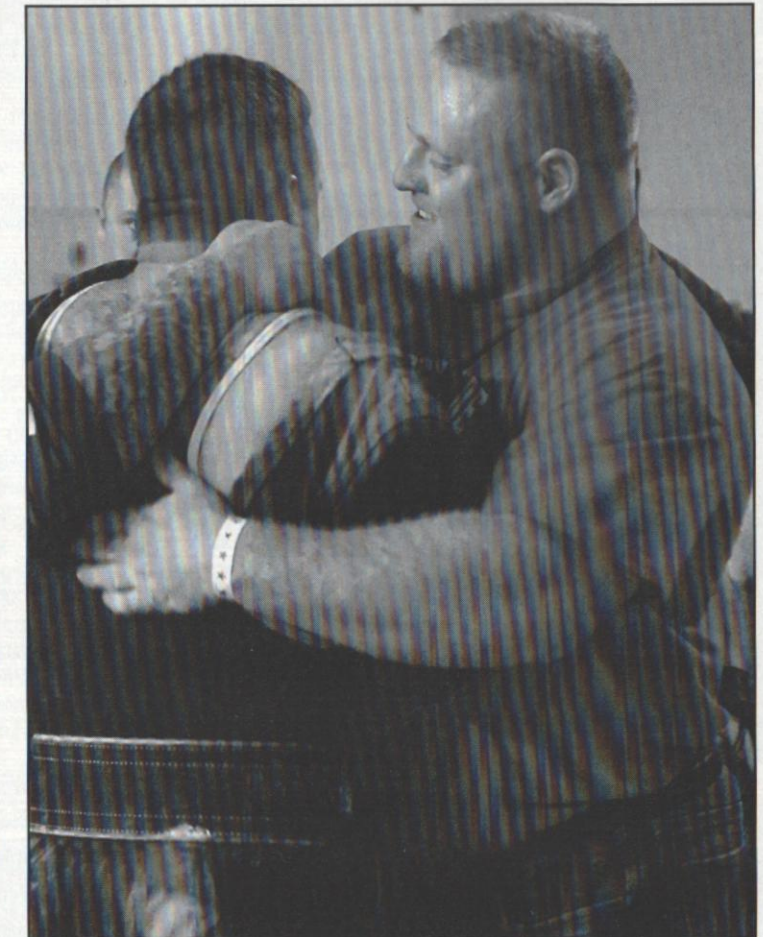
hours back home, my attitude was recognized and respected. Now I train there full time and get pushed every workout. If it weren't for those guys, I wouldn't be where I'm at today, or have near as much potential.

On the flip side attitude will take you away from places. I used to train at a gym near home. I lifted with the strongest guys in the area, but neither the intensity, education, or experimentation was present. This atmosphere eventually drove me away, and changed my entire philosophy. As my teachers always used to say "there is no excuse for ignorance". I go back there now, and it's a funny feeling being stronger than everyone else, and answering questions that I learned the answers to about 5 years ago.

Stagnation is a killer, and if you're staying the same that means you're getting worse. Why waste 2 or more hours a day, 3 or 4 times a week, if you're not going to get better? The key is never to be satisfied with your lifts. Learn to enjoy your accomplishments without settling for them being the best you can do.

The whole point of this article is to remember some of the basics. Have a strong attitude to push you, and always try to learn and teach. You may find yourself, in a few years, doing things you never thought possible. And after lots of hard work has laid a foundation, you may glance in the mirror, and wonder who the hell you're looking at.

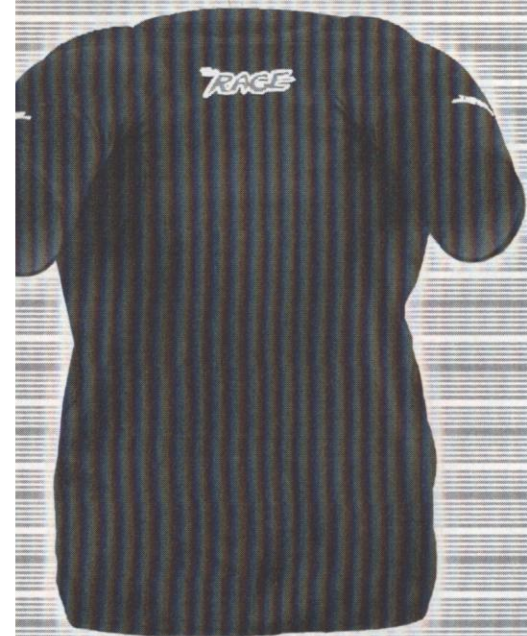
Matt Wenning



WESTSIDE ATTITUDE ... Fred Boldt hit a 628 bench to win his division at the Arnold Classic and author Matt Wenning was there to help him beforehand and congratulate him on mission accomplished afterwards.

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- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

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.



- Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra-Reinforced neck.

- The combination of several new contours built into the pattern complement the already super RageX system.

- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The technology of this kind, the *Phenom* will provide you with incredible power at the chest through the mid and top range of motion and it will keep this power lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.

- Spreads the stress over a wider area of the chest.

- 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.

- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep its memory and will not stretch out. You will be able to use the *Phenom* through countless workouts and competitions in the future. It's a true investment in powerlifting gear.

- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes *Radical Denim* the choice of most all top world record breakers who wear a denim shirt. The heaviest construction available - the maximum in benching prowess. *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.

- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.

- Proven in countless world record breaking bench press performances.

- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

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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Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Camo T-shirts
Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops
Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

\$10.00



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



Hoodie
Supersweats Pullover Hoodie with embroidered two color Inzer logo chases away the chills.

\$19.50



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



Gym Bag
This large deluxe embroidered gym duffel is easy to look all Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

\$4.95



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



Power-Surge Red Line Knee Wraps
Power-Surge, Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

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Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

\$22.00



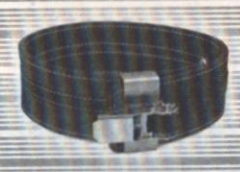
Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

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PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

\$140.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



Champion Suit
Champion Suit has proven itself countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

\$55.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

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Running a Successful Power Meet as told to Powerlifting USA by Larry Miller DDS

If you've ever thought about running a powerlifting meet then hopefully I can pass along some good advice.

Some things to consider right from the start would be the type of meet to run and when to run it. It is without question easier to start with a bench/deadlift competition instead of a full powerlifting meet. You won't need as much equipment and help. Do you want to run a sanctioned meet or an anything goes meet? My friend Pat Wilson just ran a non-sanctioned meet and the feedback from the lifters who usually attend a sanctioned meet was very positive. It was laid back and everyone had a good time. I personally prefer a sanctioned meet. If you run a sanctioned meet there may be additional costs from the powerlifting federation you choose. You will also need to get certified referees for a sanctioned competition. If you need referees, look into having some of your local lifters take a referees exam. You can never have enough referees.

Browse through "Powerlifting USA" magazine and check to see if there are any other meets close to your proposed date within your

state and surrounding states. You don't want to force lifters to choose between your meet and an established meet. Lifters also need time to recuperate, so if someone just ran a big three lift meet the month prior to your proposed meet, you may not do well. Make sure you contact the meet directors in your area. Ask them if it is ok to bring entry forms to their competition. You should also ask if it would be ok to get their mailing list. Some organizations such as USAPL have mailing lists available for meet directors.

When you pick a date promote it in as many places as possible, as early as possible. Lifters may plan what meets they will do a year in advance so you need to take this into consideration. Make sure you contact Mike Lambert and place a listing in his magazine. This might be the only free ad you get. You should also check your local newspaper. They may allow for a free announcement. Have some posters made up. Take the posters to all the local gyms and high schools. (If you know of a company that supplies fitness drinks to gyms and fitness centers, ask them to take your posters to their customers

throughout the state). You can also place them in nutrition stores, supermarkets, sporting goods stores, drug stores etc. Make sure the posters catch the eye and promote it as a family event. You can even try some local magazines. You can also promote your meet on the internet. Often times you will find local health-oriented magazines.

Selecting your meet site is extremely important. First time options might include a local gym or a recreation center. High Schools are also good possibilities. More expensive locations would include hotels. Until you know how many lifters you are likely to have, keep your costs down. Schools and gyms are great places to hold a first meet, because the equipment is already there.

If you want to have a successful meet, don't compromise on trophies. There are all kinds of awards you can go with and some are much cheaper than you think. Most lifters want to bring a nice trophy, plaque, sword, battle axe, etc. home and show it off to everyone. Most lifters train long and hard and want a just reward. Don't skimp here. You can also purchase some inexpensive medals to give to those who finish out of the top 3 or 5.

Running a smooth meet requires a great deal of advance

work. Design your entry form to include everything you need. Make sure you also check on insurance in case someone gets hurt. This is one good reason to run a sanctioned meet, which should cover you in case of an accident. I just recently purchased a set of safety racks from Eric Rasmussen who manufactures ER bench/squat racks. The safety attachment fits into the ER rack. The safety rack will help prevent anyone from getting seriously injured and is the best bench rack I have ever seen. Your entry form should have as much information as you can place on an 8 1/2 x 11 or 14 piece of paper. The obvious things are: meet date, location, cost, rules, waiver and release from liability, entry deadline, divisions and awards, weigh-in dates and times, contact names and contact information. Make sure you arrange for plenty of help. Figure that half the people who say they will be there will not show. You'll need people to run the scorer's table, check lifters in and weigh them, handle admissions, spotters and loaders and, of course, referees.

You will need the proper paperwork to run a smooth meet. Have a "flight list" indicating who is lifting in flight one, two, three etc. You will also need an attempts sheet and score card. The attempts

sheet will list who is lifting first, second, third etc. I like to leave some space between attempts in case someone wants to change their attempt. Score cards should have the following basic information; name, age, residence, bodyweight, opening attempt, weight class, coefficient, personal best, rack height, attempts, coefficient total, place finish. You should even have a referee's schedule so everyone knows when they will be required on the platform. Don't forget, you'll need some communication system, whether it be lights or flags, for the referees to indicate a good or bad lift.

Powerlifters are well known for procrastinating. Have an entry deadline and I recommend charging extra for those who enter late. Make sure this is indicated on your entry form. The extra fee will make it a bit less aggravating. If you accept late entries, but you can't get trophies to cover the extra entries, you may have some angry lifters. Try to deal with a trophy company who can accommodate your needs.

The best computer program I ever saw was developed by Mr. Joe Marksteiner. Joe's program does everything, including a bar load program and a 60 second clock. You need to have someone who is good on the computer to run the program. Gary Kanaga (Gary.Kanaga@Nordoniaschools.org) has a similar program.

If you run a sanctioned contest, it might not be a bad idea to have some equipment on hand, for those in need. If you need singlets, go to the local sporting goods store. Whatever you don't sell, you can

return. Wraps and ammonia inhalants can also be sold. You should also have a concession stand so that lifters can stay close and have something to eat. Have both breakfast and lunch available. Doughnuts, muffins and bagels are easy to do as are hot dogs and pizza for lunch. You'd be surprised how much revenue you can generate from a good concession stand.

Meet T-shirts should be unique. I have seen some great t-shirts and some very plain designs. You might want to get some professional help here and then price the shirts out. I prefer selling shirts separately as opposed to including them into the cost of the entry fee. If I don't like the t-shirt, I don't want it. If I do like it, I'll probably attempt to purchase a few shirts. There are a number of vendors in "Powerlifting USA" who can help with t-shirts or you can go to a local vendor.

Look to get sponsorship early on. You can give them credit by putting their name on the back of the meet t-shirt. You can go to local stores and even search through "Powerlifting USA" magazine for some potential sponsors. You might even look into being a distributor for one of those companies manufacturing bench shirts such as Titan or Inzer. Let's say your meet is across the street from a restaurant and you won't be selling food. Work



A Good Head Referee, like Gordon Santee (above), can make a huge difference in the event. Gordon has served many organizations as an official.

something out with them. If you're running a local meet, look at getting a local Chiropractor and Massage Therapist to donate some time. They may meet some potential patients. Have some local vendors purchase booth space. Nutrition and clothing stores and maybe sporting goods companies are good choices.

If you don't make money as a meet director, you probably won't run any more meets. Charge for admission, but don't gouge. Young kids should always get in free. See if you can get on local radio the week of the meet and promote it as a family affair. Between entry fees, admission fees, food and clothing sales, and booth sales you should do all right. Your costs will include awards, renting a facility, food and beverage, printing, paying for help etc.

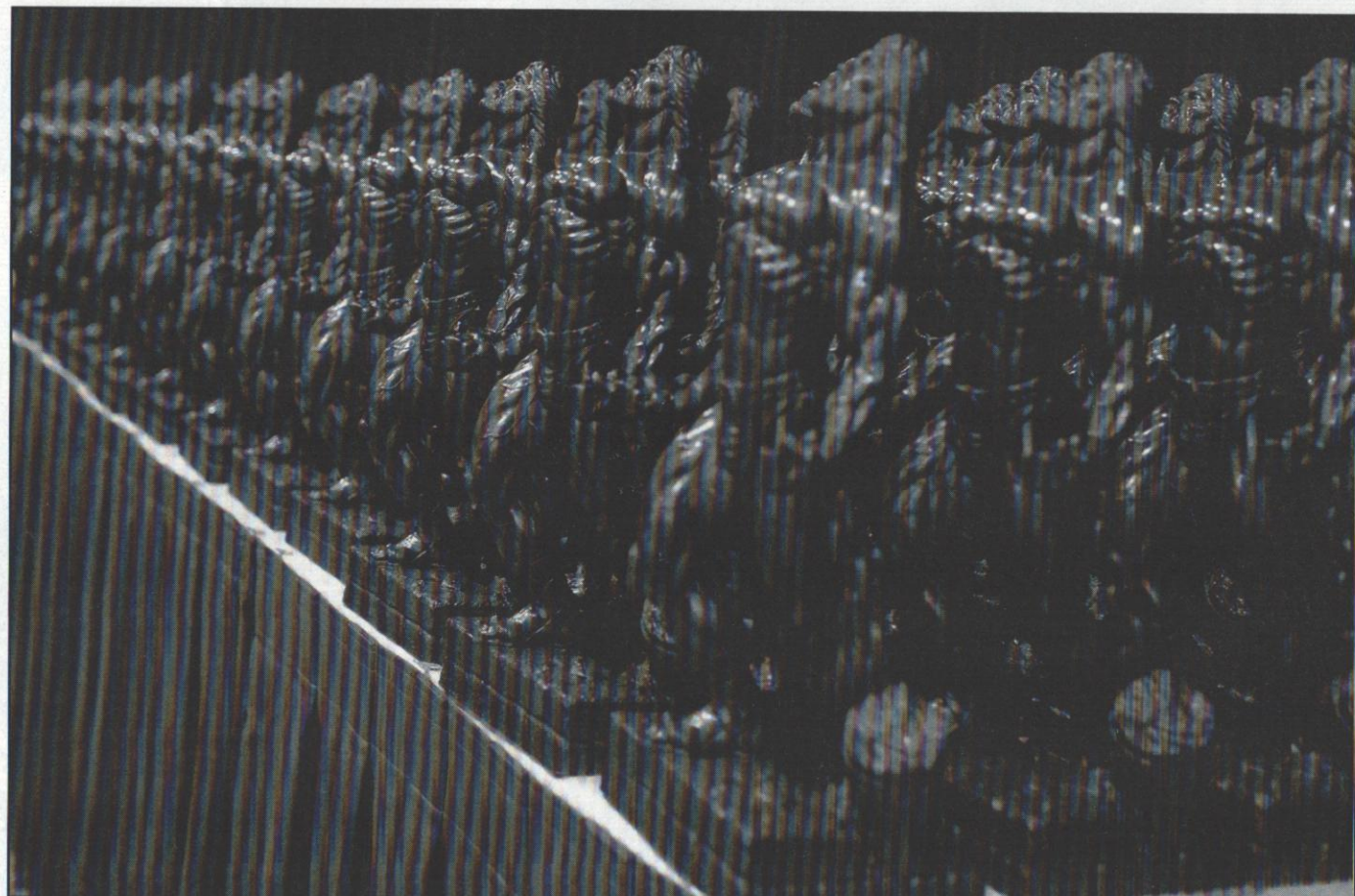
Make sure you treat your help well. At minimum, you should supply them with food and drink throughout the day. You should also give them a meet t-shirt. A little cash can't hurt especially if you know in advance that you will have a profitable meet.

Make sure you have a certified weight scale. You should be able to go through your local county auditor and the weights and measurers division. No one wants to go to a meet on weight and finds your scale weighing 2 pounds heavier. Invest in a good power bar. Ivanko has some great bars that are reasonably priced. They even have price breaks for meet directors.

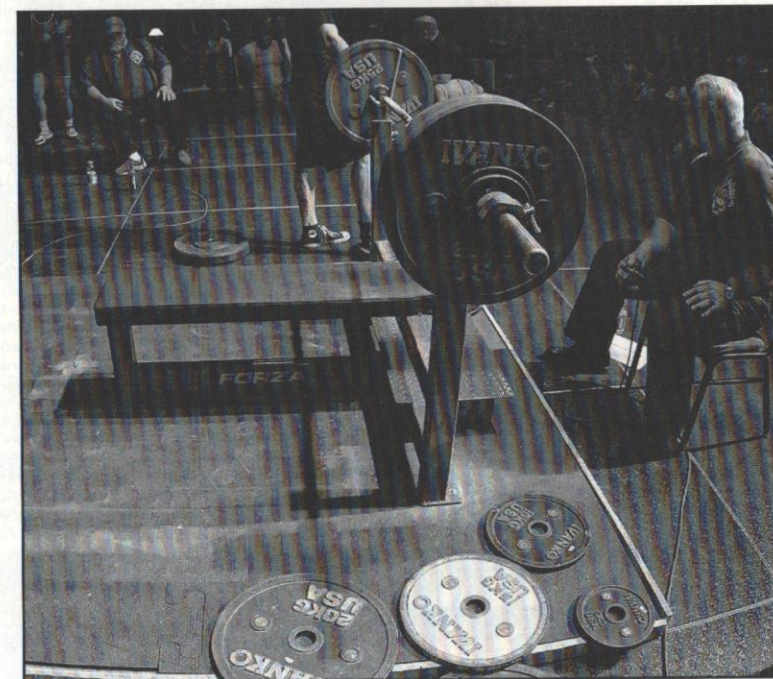
Contact Chet or Adam at Ivanko (www.ivanko.com). Make sure you have a decent platform and bench. Your platform should have carpet. It is easy to clean and provides for the best footing. It is nice to have similar equipment in the warm-up area as to what will be on the platform. Go to the IPF website to get information on ER racks. They are the best I have seen and will help expedite the meet. In case you have computer problems make sure you have loading charts for the judges.

Once you are comfortable with a bench/deadlift meet, try a three lift meet. A three lift meet will significantly add to the length of the competition. If you run a meet whereby you are drawing 60-70 lifters, you'll probably have to go to a two platform meet which means more help and equipment. Once you are capable of running a smooth powerlifting meet, try for a national competition. Personally I prefer a meet venue within a hotel. That way you can go back and forth from your room to the competition. You will have to make sure you have enough room nights to cover the cost of the venue. Paying for a ballroom can be expensive. Some hotels may have off-season rates for their guest rooms and even their ballrooms. You might check on this prior to picking the date of your competition.

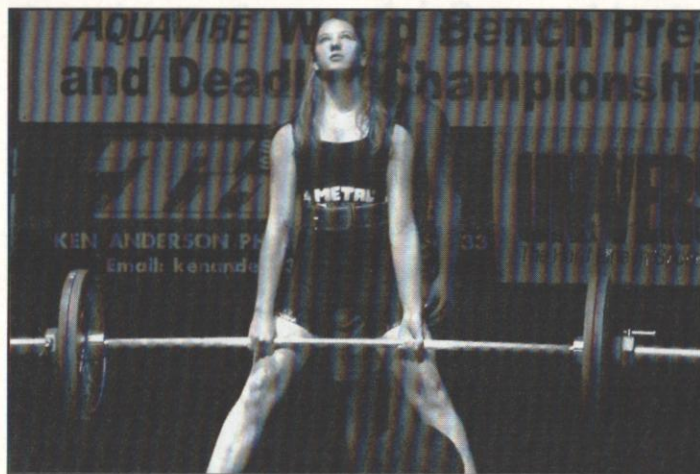
Hopefully you have a better understanding of how to run a successful meet. You might want to have some evaluation forms available for the lifters. Hand them out along with the trophies and ask the lifters to complete them. See what they liked about your meet and what they didn't care for. There is nothing like having an experienced meet director by your side for your first meet to help you out.



TROPHIES ... lots and lots of great trophies are a necessity for a successful powerlifting meet, like these from the WABDL Worlds.



The Basics for the Bench Press ... a rugged non-slip platform, a solid bench rack, a great power bar, and some of those close tolerance Ivanko weights.



Amanda Wass started deadlifting in January 2005. At her first meet in Medford, OR (March 2005) she broke the Oregon record with a 236 lb. deadlift on her 2nd attempt, and then the state and world record on her 3rd and 4th attempts, ending with 253. In her 2nd meet in Portland (August 2005) she again broken her own state and world records with 275 lbs. and took 1st place in the open women and teen women (13-15) 123 lb. class. At the WABDL Worlds (November 2005) in Reno, she broke her records again with a 281 lb. lift, and won Best 13-15 Lifter. In March 2006, at the WABDL Northwest Regional in Medford, she broke her records yet again with a 282 lb. lift. Her Father, Robert Wass, says "At 14 years old, she has a lot of potential and will go a long way" (photograph and information by Robert Wass)

Teen (14-15)	J. Taylor	600*
123 lbs.	Master (40-46)	181 lbs.
A. Wass	282*!	D. Guches
Teen (16-19)	132 lbs.	220 lbs.
R. Miller	242	K. Doerfler
148 lbs.	242 lbs.	551
M. Rochat	369*!	R. Fisher
Open	Master (47-53)	562
123 lbs.	220 lbs.	
A. Wass	282	B. Collins
181 lbs.	242 lbs.	556
B. Heriford	358	J. Capello
Master (40-46)	4th-800*!	770
148 lbs.	Master (54-60)	
H. Gantz	402	220 lbs.
4th-429*!	R. Wass	479
K. Kennedy	330	242 lbs.
165 lbs.	B. Anderberg	529
T. Holte	365*	4th-562*
J. Rayburn	319	Master (61-67)
B. McGowan	314	198 lbs.
199+ lbs.	R. Eriksen	446
K. Sandoval	363	Master (68-74)
Master (47-53)	123 lbs.	148 lbs.
D. Ruff	352	L. Vincent
Open	148 lbs.	370*
Master (54-60)	148 lbs.	
R. Martin	402	
P. Pendergast	330*!	165 lbs.
B. Heriford	358*!	R. Godard
181 lbs.	573	
MEN	181 lbs.	600
Class I	D. Guches	198 lbs.
198 lbs.	198 lbs.	
D. McFarland	—	McClenathan
242 lbs.	242 lbs.	567
C. Muir	573	J. Capello
J. Dassel	573	4th-800*
308 lbs.	J. Anthony	611
R. Roeser	551	Submaster (34-39)
Junior (20-25)	148 lbs.	165 lbs.
148 lbs.	P. Lawyer	391*
R. Martin	402	220 lbs.
181 lbs.	D. James Jr.	374
M. Enloe	446	275 lbs.
198 lbs.	P. Martin	556
S. Mahoney	529	Teen (12-13)
Law/Fire	97 lbs.	97 lbs.
Master (40-47)	A. Smith	148
259 lbs.	4th-154*!	
D. Bodenstab	551*	C. Grizzle
Master (48+)	114 lbs.	93*!
220 lbs.	A. Grizzle	121
C. McFarland	523*	4th-126*!
242 lbs.	132 lbs.	
J. Holloway	501*	E. Ramsdall
Law/Fire	148 lbs.	303*!
Open	D. Killam	170*
220 lbs.	Teen (14-15)	148 lbs.
C. McFarland	523*	D. Bailey
242 lbs.	148 lbs.	261
J. Holloway	501	Teen (16-19)
259 lbs.	148 lbs.	148 lbs.
D. Bodenstab	551*	A. Russell
Law/Fire	242 lbs.	396
Submaster	308 lbs.	4th-418*
308 lbs.	A. Munsey	606

One KILOGRAM 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.

ripped up 501.5 for an Oregon record. In law/fire submaster 308, James Taylor pulled an Oregon record 600.7. In master men 40-46/181, Don Guches, one of the meet directors, pulled an Oregon record 600.7, weighing only 178. He came close with 622. In master 47-53/242, Jerry Capello became the oldest lifter in the world to pull 800, with a World Record 800.1. He also set an Oregon state record in the opens with 800.1. It was a fourth attempt. On his third, he pulled 777, which also was a World Record at the time. In master 54-60/242, Bill Anderberg pulled an Oregon record 562 and was real close with 573. He trains with Capello. In master 40-46/148, Heidi Gantz pulled a huge 429.7 World Record, weighing 146. At 165/40-46, Theresa Holte pulled an Oregon record 365.7. In master 54-60, there were two more women's world records. At 148, Patty Pendergast came back from major cancer surgery to pull 330.5 at 148, for a World Record. She set a World Record just prior to the surgery and one shortly after. I doubt it has ever been done. She's very courageous. Betty Heriford also set a World Record at 181 with 358, which was her seventh World Record in the bench and deadlift in the past two years. Phillip Lwayer set an Oregon record in submaster 165 with 391. In the new 12-13 age group, Austin Smith set a World Record deadlift at 97 lbs., with 154.2. Amos Grizzle set a World Record 126.7 at 114 and Ramsdall set a World Record 303 at 132 lbs. In teen women 12-13/79, Alex Pecktol, the daughter of meet director, Sam Pecktol, set a World Record 181.7! Amanda Wass set a World Record .282.1 in teen 14-15/123. In teen 16-19/148, Marie Rochat set a World Record. 369 in the deadlift. Moving on to the bench, in class I 308, Richard Griffin set an Oregon record 501.5. In junior 181, Joe Stafford set an Oregon record 391.2. In law/fire open and law/fire master 40-47, Don Bodenstab set two Oregon records with 523.5 to go along with his two Oregon deadlift records. In master men 40-46/242, Ed Macauley set an Oregon record 530.1. In master 61-67/181, Daryle Hawkins set an Oregon record 330.5. In master men 68-74/148, Larry Vincent set a World Record 275.5. Larry had set the World Record numerous times in 61-67/148, ending up with 287. In master women 40-46/165, Sherri Hocke set a World Record 259 and is in line to hit 300 by the Worlds. In master women 54-60/181, Betty Heriford set a World Record 220.2. In open men 198, Gustavo Warrington who was stuck with the World Record 584 for three years finally broke loose and put up 585, 600.7, and 611.7, which were all World Records. Jimmy Ditty set a World Record in 12-13/123 with 105.6. The computer was handled by Elma Thomas, and weigh-ins were run by Gary Thomas. The judges were Terry Luehrs, Don James, Gus Rethwisch, Dan Guches, and Sam Pecktol. The scorekeeper was Rhonda Guches. The MC was Gus Rethwisch and Sam Pecktol. The meet directors were Sam Pecktol and Dan Guches. (results courtesy Gus Rethwisch)

**WABDL Northwest Regional
11 MAR 06 - Medford, OR**

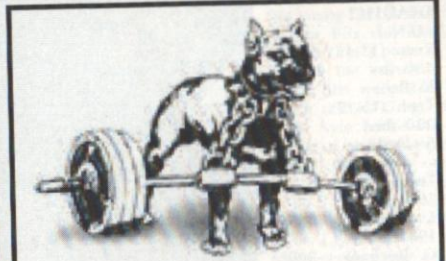
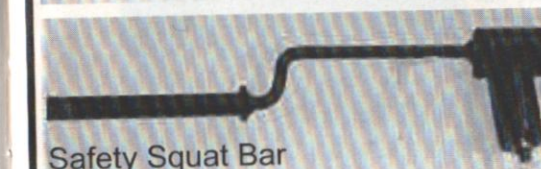
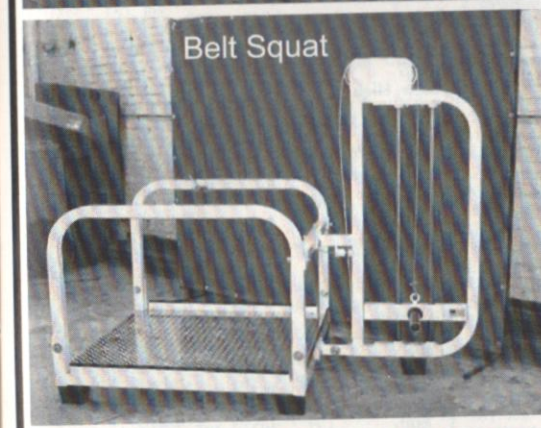
BENCH	242 lbs.	Warrington	600
WOMEN	J. Dassel	413	4th-611*!
Master (40-46)	308 lbs.	242 lbs.	242 lbs.
165 lbs.	R. Griffin	490	J. Anthony
S. Klocke	4th-501*	402	473
4th-259*!	R. Roeser	402	259 lbs.
B. McGowan	159	Junior (20-25)	—
199+ lbs.	181 lbs.	Master (47-53)	242 lbs.
K. Sandoval	225	J. Stafford	391*
Master (57-53)	225	E. Stafford	352
123 lbs.	M. Enloe	319	402
D. Ruff	165	198 lbs.	D. henderson
Master (54-60)	165	A. Georgeon	391
181 lbs.	S. Mahoney	352	473
B. Heriford	214	Law/Fire	181 lbs.
4th-220*!	214	Master (40-47)	D. Hawkins
Open	259 lbs.	198 lbs.	325
165 lbs.	D. Bodenstab	523*	4th-330*
S. Klocke	242	Law/Fire	198 lbs.
4th-259*	242	Open	J. Beleta
181 lbs.	181 lbs.	181 lbs.	325
B. Heriford	214	R. Harris	292
4th-220	214	—	242 lbs.
Teen (16-19)	132 lbs.	D. Bodenstab	523*
132 lbs.	308 lbs.	308 lbs.	479
R. Miller	93	R. Griffin	490
148 lbs.	93	4th-501*	275*!
M. Rocat	181	Law/Fire	Open
MEN	181	Submaster	148 lbs.
Class I	220 lbs.	220 lbs.	Evangelista
165 lbs.	D. Wilcox	402	402
E. Yagin	—	308 lbs.	165 lbs.
220 lbs.	J. Taylor	—	E. Yagin
D. Wilcox	402	Master (40-46)	181 lbs.
J. Frazier	347	181 lbs.	R. Harris
M. Olson	325	J. Noblit	380
		198 lbs.	369-
			E. Stafford
			369-
			198 lbs.
			4th-181*!

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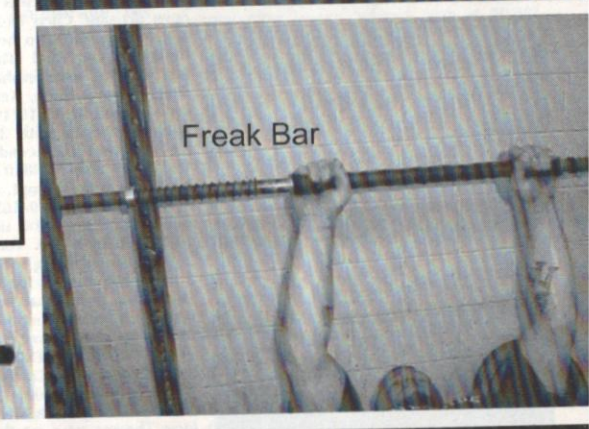
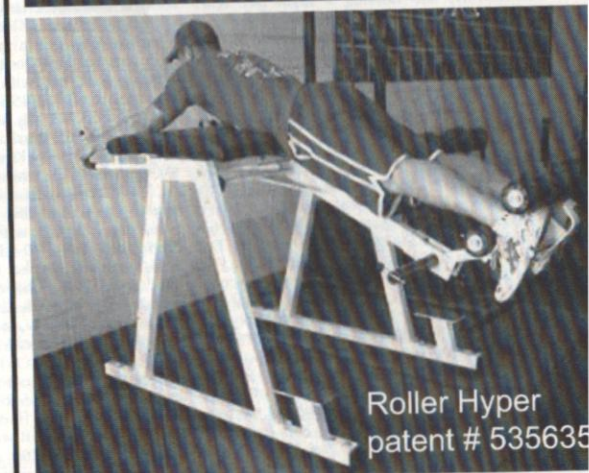
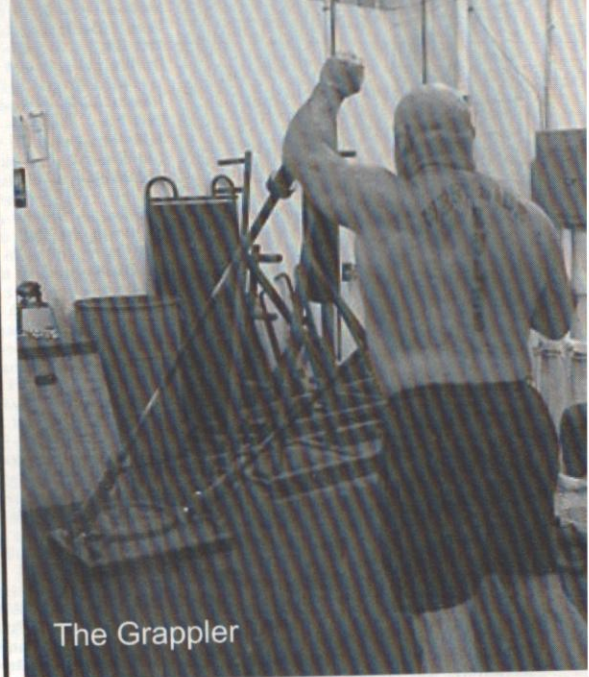
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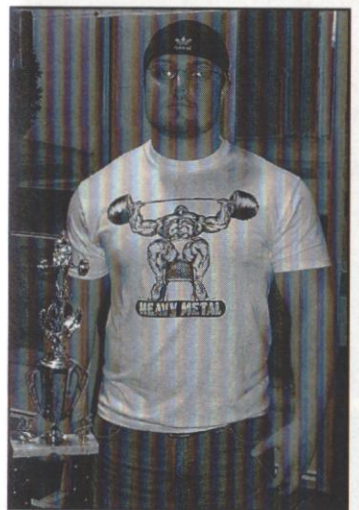


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SLP Big Bench at the French
22 JAN 06 - Memphis, TN

BENCH		198 lbs.	
WOMEN		R. Acuff	365*
Novice		Master (45-49)	
148 lbs.		165 lbs.	
J. Randall	135*	E. Acuff	285
Submaster		Open	
114 lbs.		181 lbs.	
K. Emry	155*	L. Dunn, Jr.	305
Open		4th-325	
114 lbs.		CURL	
K. Emry	155*	Teen (16-17)	
148 lbs.		198 lbs.	
J. Randall	135*	165 lbs.	
MEN		J. Wingfield	145*
Novice		Teen (18-19)	
165 lbs.		198 lbs.	
N. Prather	250	A. Hugoboom	185*
Teen (16-17)		4th-190*	
165 lbs.		DEADLIFT	
J. Wingfield	205*	MEN	
Teen (18-19)		Master (40-44)	
181 lbs.		220 lbs.	
M. Watts	205*	R. Gray	365*

*=Son Light Power Tennessee state records. Best Lifter Bench: Ryan Acuff. The Son Light Power Big Bench at the French Bench Press & Deadlift Championship was held at the French Rivera Spa in. Thanks to the staff for hosting this event and helping with its promotion. In the curl competition we had two young lifters, each of which set the state record for their respective classes. At 16-17/165 it was Jacob Wingfield with 145. Anthony Hugoboom won at 18-19/198 with 185, followed by a successful fourth of 190! For the bench press event, first-time competitor Julie Randall set the Tennessee state record at novice women/148 with 135. Kristine Emry set the state record for the submaster 114 class with an easy 155. Kristine, who was forced to lift conservatively, was nursing a slight pec tear. She has done over 200 in training! Kristine's lift also qualified as a state record in the open class as well. Lifting in his first competition was novice men's 165 champ, Nathaniel Prather. Another one of those Prather boys! At 16-17/165 it was Jacob Wingfield with another state record of 205. Matthew Watts got a state record at 18-19/181 with 205 while Ryan Acuff did the same at 18-19/198 with 365. Ryan's lift also gave him his first ever best lifter award! In the master men's 45-49/165 class it was Ryan's Dad, Eddie Acuff for the win! Eddie finished with a solid 285. For the open division it was 181 winner Larry Dunn, Jr. with 305, followed by a successful fourth of 325. Lots of potential for this first-timer! In the deadlift competition Robert Gray was our lone competitor. Overcoming some recent injuries, Robert finished with his second attempt of 365, which was a new state record for the 40-44/220 class. Thanks to my son Joey and others who helped with the loading and spotting. (results from Dr. Darrell Latch)

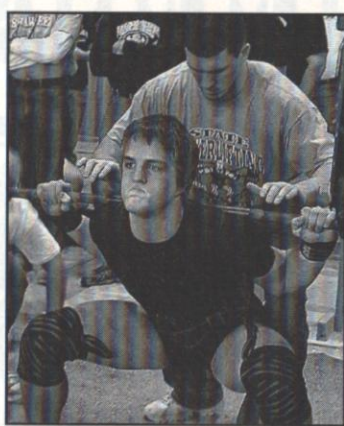


Best Lifter Ryan Acuff at the SLP Big Bench on the French meet. (photograph Dr. Darrell Latch)

SLP Ultimate Fitness Open
4 FEB 06 - Appleton, WI

BENCH		181 lbs.	
WOMEN		Open	
123 lbs.		Teen (16-17)	
J. Kildahl	120	242 lbs.	450
MEN		DEADLIFT	
Teen (13-15)		MEN	
123 lbs.		Teen (13-15)	
D. Weight	140*	198 lbs.	
4th-145*		220 lbs.	
198 lbs.		K. Rabe	350*
K. Rabe	155	S. DeRosso	450
220 lbs.		4th-500	
S. DeRosso	320*	Teen (18-19)	
Junior		165 lbs.	
148 lbs.		J. Mountjoy	385
D. Maes	240	198 lbs.	
G. Roeheny	500*	Submaster	
M. Clark	380	275 lbs.	
SHW		T. Theama	500*
Wojciechows	500*	Master (45-49)	
Submaster		242 lbs.	
198 lbs.		Breuckman	405
C. Castmen	295	Master (60-64)	
275 lbs.		220 lbs.	
T. Theama	300	M. Vogt	300
Master (40-44)		Open	
SHW		97 lbs.	
Wojciechows	400	J. Theama	160*
Master (55-59)		198 lbs.	
148 lbs.		B. Heiner	275*
M. Heiner	275*	2-MAN	
Master (60-64)		K. Rabe	350
220 lbs.		198 lbs.	
M. Vogt	200*	D./K. Rabe	650*

*=Son Light Power Wisconsin state records. Best Lifter Bench Press: Chris Neal. Best Lifter Deadlift: George Roeheny. The Son Light Power Ultimate Fitness Open Bench Press & Deadlift Championship was held at Ultimate Fitness. Thanks to the staff at Ultimate Fitness for sponsoring this event. In the bench press competition, Julie Kildahl won at 16-17/165 with a solid 120. For the teenage men's 13-15/23 class it was Dakota Weight setting new Wisconsin state records, for his third and fourth attempts, with 140 and 145. Kevin Rabe won at 16-17/198 with 155, while Scott DeRosso won at 16-17/220 with 320, tying the state record there. For the junior division, D.J. Maes won at 148 with 240, while Mitch Clark took the 220 class with 380. Jake Wojciechowski broke the state record at shw with 500. Chris Castmen won at submaster 198 with 295 along with 275 winner Tom Theama, who finished with his first official 300 bench! John Wojciechowski won at 40-44/shw with 400 while Bob Heiner returned to competition, moving to a new age division. Setting the state record at 55-59/148, Bob finished with 275. For the 60-64/220 class it was Martin Vogt with a new state record 200. A fourth with a new personal best 210 was also good. In the open division, Chris Neal won at 181 with 450, giving him also best lifter honors for the meet. Our final lifter was 242 winner Jeff Schielke, who finished with 400. In the deadlift competition, Kelly Rabe broke the state record at 13-15/198, along with the open 198 class with 350 as well. Scott DeRosso won his second title of the day at 16-17/220 with his 450 third, followed by his 500 fourth attempt. Jake Mountjoy got a new PR at 18-19/165 with 385 while George Roeheny set a new state record at 18-19/198 with 500. Tom Theama finished a great day of lifting with his first 500 pull, a new state record for the submaster 275 class. Dan Breuckman settled with his 405 opener, after missing his second attempt 585, in an attempt to break the state record there. Martin Vogt set his second state record of the day, along with his second title of the day at 60-64/220, finishing with 300. For the open division it was newcomer Jesse Theama who set the state record for the 97 class with a personal best 160. Jesse is just eight years old. Our final event was the two-man team of father and son, Dave and Kevin Rabe. Breaking their own state record at open 198, the two were successful with 650. The best lifter award went to George Roeheny, who pulled 500 @ 220. Thanks to my sons Joey and D.C. for running this competition. (Darrell Latch)



Cody Shaw was the best male Frosh-Soph lifter at the NASA Ohio State High School/Teenage Nationals meet (photographs provided by Greg Van Hoose)

NASA High School/Teen Nationals
18,19 FEB 06 - Springfield, OH

BENCH		165 lbs.		
GIRLS		Teen		
114 lbs.		114 lbs.		
V. Pendleton	110	Hollenback	314	
181 lbs.		Frosh/Soph		
K. Cline	203	184 lbs.		
198+ lbs.		T. Palmer	198	
T. Palmer	198	123 lbs.		
Junior High		181 lbs.		
123 lbs.		D. Williams	332	
T. Seeling	55	Junior/Senior		
165 lbs.		198 lbs.		
M. Leece	71	C. Pencil	325	
Frosh/Soph		J. Reid	203	
198 lbs.		275 lbs.		
C. Anderson	270	A. Crawford	374	
Junior/Senior		High School		
132 lbs.		275 lbs.		
C. McCuddy	110	J. Keathley	407	
148 lbs.		Junior High		
E. Algeo	99	275 lbs.		
BOYS		B. Warnock	181	
Teen		148 lbs.		
148 lbs.		BP	DL	TOT
Push-Pull		88	159	248
GIRLS		77	159	237
Junior High		82	203	286
105 lbs.		66	137	203
T. Smiddy		82	176	259
L. McGonagle		115	181	297
123 lbs.		71	192	264
S. Smiddy		88	181	270
F. Griffith		104	214	319
Frosh/Soph		110	176	286
148 lbs.		110	181	292
M. Cross		99	209	308
132 lbs.		110	187	297
A. Pence		82	159	242
J. Zinkhon		143	270	413
148 lbs.		110	281	391
T. Barlow		93	220	314
181 lbs.		115	264	380
J. Stevens		93	214	319
A. Walden		110	176	286
Junior/Senior		110	181	292
132 lbs.		99	209	308
C. McCuddy		110	187	297
148 lbs.		82	159	242
E. Algeo		143	270	413
A. Ferrell		110	181	292
165 lbs.		99	209	308
M. Leece		110	187	297
198 lbs.		82	159	242
H. Lewis		143	270	413
Teen		110	181	292
114 lbs.		99	209	308
V. Pendleton		110	187	297
123 lbs.		82	159	242
B. Heronimus		143	270	413
132 lbs.		110	181	292
M. Winterhoff		99	209	308
148 lbs.		110	187	297
B. Snyder		82	159	242
BOYS		143	270	413
Frosh/Soph		110	181	292
132 lbs.		99	209	308
D. Hazlett		110	187	297

B. Ingerman	121	253	374	
148 lbs.				
D. Dunn	214	330	545	
R. Dolph	165	308	474	
165 lbs.				
C. Dobson	176	352	529	
M. Clark	148	226	374	
M. Shardo	104	231	336	
181 lbs.				
S. Kipp	242	402	644	
S. Davidson	187	347	534	
C. Clark	192	292	485	
198 lbs.				
Z. Ray	242	485	727	
220 lbs.				
T. Baughman	198	264	463	
242 lbs.				
A. Puckett	—	319	319	
275 lbs.				
A. Judy	—	231	231	
Teen				
123 lbs.				
B. Lindeman	148	297	446	
132 lbs.				
M. Sparks	143	374	518	
148 lbs.				
B. Wright	259	440	700	
198 lbs.				
C. Shaw	231	463	694	
242 lbs.				
J. Collier	347	468	815	
Junior High				
165 lbs.				
D. Estridge	114	187	303	
Junior/Senior				
148 lbs.				
A. Holmes	143	308	451	
165 lbs.				
E. Brackney	137	314	451	
GIRLS				
CR				
BP				
DL				
TOT				
105 lbs.				
T. Smiddy	44	88	159	292
L. McGonagle	49	77	159	286
123 lbs.				
S. Smiddy	44	82	203	330
165 lbs.				
M. Leece	44	826	159	286
Junior/Senior				
148 lbs.				
C. Wilson	55	104	259	418
198 lbs.				
H. Lewis	66	143	253	463
BOYS				
Teen				
165 lbs.				
D. Easter	110	165	303	578
181 lbs.				
T. Mills	121	203	385	711
275 lbs.				
E. Batton	121	203	385	711
Junior/Senior				
198 lbs.				
C. Pencil	132	237	325	694
242 lbs.				
J. Reid	—	187	385	573
BOYS				
Frosh/Soph				
148 lbs.				
R. Dolph	82	165	308	556
C. Espich	82	—	270	352
181 lbs.				
S. Davidson	104	187	347	639
198 lbs.				
Z. Ray	121	203	485	810
B. Estridge	99	220	226	545
242 lbs.				
A. Puckett	93	159	319	573
J. Collier	121	—	—	121
275 lbs.				
A. Judy	115	231	396	744
GIRLS				
SQ				
BP				
DL				
TOT				
Frosh/Soph				
97 lbs.				
A. Beidle	110	77	148	336
105 lbs.				
V. Clark	154	82	181	418
123 lbs.				
E. Bohaychuk	192	99	237	529
J. Williams	165	99	214	479
A. McCourt	170	88	209	468
S. Johnson	110	82	165	358
132 lbs.				
A. Pence	159	115	181	457
J. Zinkhon	143	71	192	407
148 lbs.				
L. Cartner	209	88	253	551
T. Barlow	143	143	181	325
165 lbs.				
J. Gheen	220	121	264	606
181 lbs.				
Bowermaster	259	154	220	633

J. Stevens	165	104	214	485
198 lbs.				
C. Anderson	259	165	270	694
198+ lbs.				
A. Benninger	325	165	336	826
Junior				
132 lbs.				
K. Tom	363	214	314	892
181 lbs.				
S. Kipp	242	203	297	744
S. Davidson	187	347	534	
C. Clark	192	292	485	
198 lbs.				
Z. Ray	242	485	727	
220 lbs.				
T. Baughman	198	264	463	
242 lbs.				
A. Puckett	—	319	319	
275 lbs.				
A. Judy	—	231	231	
Teen				
123 lbs.				
B. Lindeman	148	297	446	
132 lbs.				
M. Sparks	143	374	518	
148 lbs.				
B. Wright	259	440	700	
198 lbs.				
C. Shaw	231	463	694	
242 lbs.				
J. Collier	347	468	815	
Junior High				
165 lbs.				
D. Estridge	114	187	303	
Junior/Senior				
148 lbs.				
A. Holmes	143	308	451	
165 lbs.				
E. Brackney	137	314	451	
GIRLS				
CR				
BP				
DL				
TOT				
105 lbs.				
T. Smiddy	44	88	159	292
L. McGonagle	49	77	159	286
123 lbs.				
S. Smiddy	44	82	203	330
165 lbs.				
M. Leece	44	826	159	286
Junior/Senior				
148 lbs.				
C. Wilson	55	104	259	418
198 lbs.				
H. Lewis	66	143	253	463
BOYS				
Teen				
165 lbs.				
D. Easter	110	165	303	578
181 lbs.				
T. Mills	121	203	385	711
275 lbs.				
E. Batton	121	203	385	711
Junior/Senior				
198 lbs.				
C. Pencil	132	237	325	694
242 lbs.				
J. Reid	—	187		

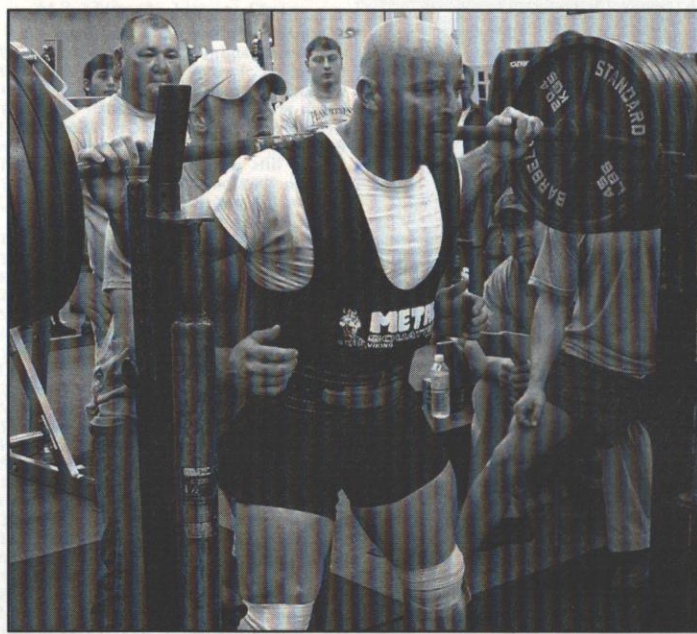
APA Yellowhammer Open
18 MAR 06 - Saraland, AL

BENCH	R. Steed	—	—	—	—
WOMEN	Master III/Formula				
148 lbs.	J. Junsch	340			
A. Micka	Open				
Teen	220 lbs.				
R. Jordan	J. Holmbeck	—			
MEN	242 lbs.				
Teen/Formula	E. Holmbeck	430			
D. Pierce	275 lbs.				
P. Parnell	J. Parrish	465			
Junior/Formula	J. Foster	375			
J. Hays	B. Beasley	—			
D. Maherg	308 lbs.				
J. Bailey	J. Micka	600			
Master I/Formula					
G. Jordan	350				
WOMEN	SQ	BP	DL	TOT	
Teen					
R. Jordan	—	—	—	—	
MEN					
Junior					
Z. Darnell	550	320	510	1380	
Open					
165 lbs.					
R. Steed	285	305	—	—	
220 lbs.					
J. Steen	700	435	625	1760	
B. Skelton	620	455	600	1755	

Best Lifters: Jody Steen and John Micka. I would especially like to thank Rita Sullivan and Tom Moss for making this event possible. And, I would like to thank the spotters, loaders, and referees who did an outstanding job the entire day. The spotters saved several close calls, which could have resulted in injury had they not been right there for the lifter at every second. Needless to say, the spotting was outstanding and judging was excellent as well. Several records were set and they should be reflected on the APA website soon, at <http://apa-wpa.com>. Sportsmanship was excellent throughout the day, with several competitors cheering on the person they were competing against. This is what separates powerlifting from other sports and puts us a notch above them. I enjoyed directing this event, and I look forward to the next APA event in the Mobile area. (Thanks to Scott Taylor, APA, for results)

USAPL Louisiana State
21 JAN 06 - Baton Rouge, LA

BENCH	Master V	—	—	—	—
MEN	C. Lambert				
Open	Master VII				
198 lbs.	D. Boyes	132			
J. Townsend	College				
J. Vining	198 lbs.				
Master IV	A. Crappel	369			
C. Siddle	325				
WOMEN	SQ	BP	DL	TOT	
College					
165 lbs.					
Schexnayder	297	170	292	760	
Open					
181 lbs.					
K. Hooper	336	181	336	854	
C. Smith	314	259	—	573	
Master I					
D. Hogg	203	121	253	578	
MEN					
High School					
220 lbs.					
Charbonnet	540	385	485	1410	
242 lbs.					
T. Whitmore	429	242	363	1036	
College					
132 lbs.					
T. Ballard	380	248	424	1052	
148 lbs.					
W. Veal	347	226	457	1030	
D. Brignac	314	181	336	832	
165 lbs.					
T. Seaman	308	187	363	859	
198 lbs.					
A. Crappel	562	369	512	1444	
P. Hodges	391	242	474	1107	
220 lbs.					
S. Arnold	551	330	573	1455	
M. Peterson	512	352	523	1388	
K. Louque	490	270	551	1311	
242 lbs.					
V. Kreamer	413	336	518	1267	
275 lbs.					
B. Bizette	617	429	529	1576	
UNL					



Jody Steen (above) and Brandon Skelton (below) had a terrific battle at the APA Yellowhammer Open in the 220 lb. class. (photographs were provided by the courtesy of Scott Taylor, President of the APA)



275 lbs.					
Wainwright	600	407	518	1526	
Master IV					
181 lbs.					
J. LeBlanc	402	303	369	1074	
B. Bienvenue	192	176	297	666	
Master VII					
R. Curtis	231	231	341	804	

(Thanks to USAPL for providing results)

NASA West Virginia Regional
12 NOV 05 -

BENCH	J. Straight	463			
MEN	CURL				
132 lbs.	MEN				
J. Delbert	148	181 lbs.			
198 lbs.	Master II				
Higginbotham	275	J. Alcott	121		
Law/Fire	242 lbs.				
K. Baker	380	Pure			
J. Vavrek	363	T. Bachman	203		
SHW	242 lbs.	SQUAT			
Novice	463	MEN			
J. Straight	463	242 lbs.			
SMP		K. Bardos	30		
MEN					
148 lbs.					
Master Pure					
D. Dessau		BP	DL	TOT	
181 lbs.					
Pure					
R. Gregory		286	485	771	
Submaster Pure					
R. Gregory		286	485	771	
SHW					
Master II					
R. Kniceley		380	611	992	
WOMEN	CR	BP	DL	TOT	
123 lbs.					
Master II					
C. Pennington	55	66	—	121	
MEN					
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. Muchek	507	336	451	1295	
Teen					
M. Muchek	507	336	451	1295	
181 lbs.					
Master II					
J. Alcott	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. Kniceley	622	380	611	1614	

WABDL Alabama Classic
4 FEB 06 - Gadsden, AL

BENCH	M. Green	622*			
MEN	308 lbs.				
Teen (16-19)	J. Carter	—			
148 lbs.	K. Overbey	523			
P. Duke	281*	Master (40-46)			
Junior (20-25)	259 lbs.				
259 lbs.	K. Millrany	633			
C. Senese	639*!	4th-662*!			
Class I	Law/Fire				
198 lbs.	Master (48+)				
R. Champion	430*	220 lbs.			
220 lbs.	T. Butler	363			
J. Ray	407	Open			
275 lbs.	259 lbs.				
M. Harden	497*	K. Millrany	633		
SHW	4th-662*!				
C. Coaker	523*	275 lbs.			
Submaster (34-39)	J. Ros	551			
242 lbs.	SHW				
B. Bishop	529*	B. McConnell	578		

*=State Records. !=World Records. This was a small meet with 14 lifters, but some big benches were put up. Chris Senese set a World Record 639 in Junior 259. Ken Millrany of Tennessee set two world records in master 40-46 and open 259 with 662.3. Bubba McConnell put up 573 at super. Michael Green of Florida popped a 622.7 in submaster 242. Brent Bishop, the meet director, set an Alabama record 529 at submaster 242, and Chris Coaker set a class I Alabama record at super with 523. (Thanks to Gus RETHWISCH for the results)



Ken Millrany got a WR 662 lb. BP at the WABDL Alabama Classic.

Someday I will...

EQUIPMENT

SEMINARS

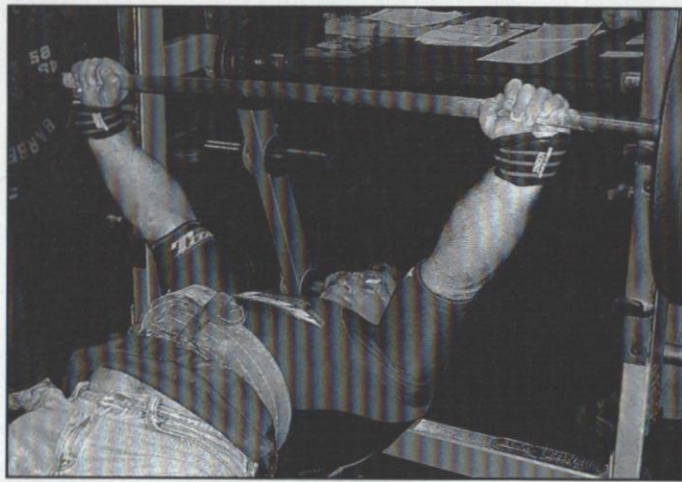
FORUMS

Q&A

ARTICLE

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

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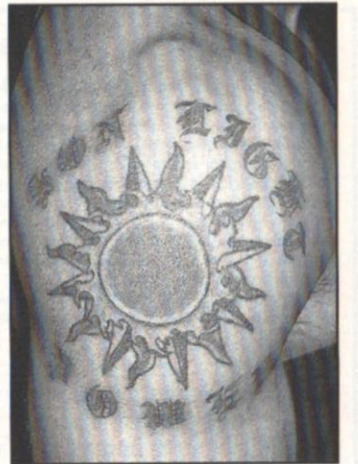


Mark LeClair with a state record 600 BP @ 45-49/220. (Dr. D. Latch)

B. Crum 575* 4th-600* 242 lbs.
 L. Lopez 585* Master (65-69) 148 lbs.
 R. Gidcumb 340* 123 lbs.
 V. Vooun 340* 181 lbs.
 C. Polena 465 220 lbs.
 M. Travis 500 SHW
 T. Carr 600* MAN-WOMAN 242 lbs.
 Travis-Muessman 675* 181 lbs.
 *Son Light Power Michigan state records.
 Best Lifter Bench Press Raw: Kory Warstler.
 Best Lifter Bench Press Assisted: Mark Eclair.
 Best Lifter Deadlift: Lutario Lopez.
 A great turnout in Michigan! Thanks to owner Shawn Miller, who worked very hard to promote this event, the Son Light Power Michigan Open Bench Press & Deadlift Championship was held at Flex Fitness. In the bench press event, for the 'raw' division, we begin with the ladies 45-49 age division. Here, Carolyn Muessman finished with a new Michigan state record of 175 for the 242 class. For the men's novice division it was Son Duong with 290 at 165. A fourth with 295 was also good, giving Son a new state record for the class. At 181 it was Ed Case with a new state record 375, taking the win over Bryan Breuker, who finished with his opener of 305. Pedro Sabala got the state record at 198 with 315, as did Chris Molenaar at 242 with 275. Mike Hall set the state record for the 16-17/148 class with 185. He then came back with a solid 200 fourth attempt. Josh Kapla won at 18-19/198 with 210 while Chad Wickman set the state record for the 18-19/275 class with 305. Brian Crum set the state record for the submaster 220 class with 325, while Jesse Gaza, state record-holder at 275, finished with 425. In the master men's division, Jeff Ebihara broke the state record at 40-44/148 with 250. At 45-49/198 it was Brad Fraley with 290. Phil Obetts only got in his opener with 305, but it was good enough for the win and a new state record at 55-59/220! Another great master lifter was Daryl Melouche, who broke the state record at 60-64/242 with 260, followed by a solid 280 fourth! Bryan Stanton, state record-holder at police & fire/242, upped his record to 370 with his win there. For the open division it was Vinney Vooun at 123

with his state record 260 along with 148 winner Cristiano Loyola, who finished with 285, another Michigan state record! At 165 it was Kyle Lefke with a new state record of 320. Ed Case captured his second title of the day and set his second state record of the day with his win at open 181. With this Ed was also awarded the best lightweight lifter award. For the 220 class it was best heavyweight lifter Kory Warstler with a new state record 425. Second place at 220 went to Marcos Loyola with 390. Taking the title at 242 was Kevin Rowland with 365. For the assisted division, in the submaster women's 132 class it was Sandy Harrison with a new state record of 160. Shelly Adamczak, who was eagerly awaiting her first competition, broke her collarbone during her warm-ups and was forced to withdraw from the competition. We wish her a speedy recovery! Moving to the men, also a submaster was 165 winner, Kirk Gidcumb. Kirk finished with 315, establishing a new state record there! At submaster 242 it was Lutario Lopez, who finished with 425, before changing shirts and making his fourth with a new state

record of 515. At master 40-44/181 it was Chuck Houser with a new state record of 335, while John Dylewski did the same at 45-49/198 with 300. Mark LeClair won at 45-49/220 with a great 465 state record, giving him the best lifter award for the assisted division. At 50-54/198 it was Greg Huey with a new state record of 340. Richard Gidcumb, who this past year won his twentieth APF world championship, set the record at 65-69/148 with 240! For the open division it was Michael Travis at 220 with a solid 425. Christian Lamberis won at 242 with 355 while Dave Ewen took the 275's with 405. Both set new state records along the way! In the deadlift competition Susan Sanaghan, competing for the first time, competed at 148, winning the novice, master 50-54 and open classes. Finishing with 190, a fourth of 200 was also good, setting new records in each class. Lacey Carr had a great day, finishing with a new state record at junior 181 with 285, breaking her previous best by fifty pounds! Carolyn Muessman also set a new state record for the 45-49/242 class with 255. In the novice men's division Son Duong set the record at 165



Vinny Vooun sports a Son Light Power (SLP) tattoo! (Dr. D. Latch)

SLP Michigan Open
28 JAN 06 - Holland, MI

BENCH	MEN	WOMEN
Raw	Submaster	165 lbs.
Master (45-49)	K. Gidcumb	310*
242 lbs.	242 lbs.	
C. Muessman 175*	L. Lopez	425
MEN	4th-515*	
Novice	Master (40-44)	
165 lbs.	181 lbs.	
S. Duong 290*	C. Houser	335*
4th-295*	Master (45-49)	
181 lbs.	198 lbs.	
E. Case 375*	J. Dylewski	300*
B. Breuker 305	220 lbs.	
P. Sabala 315*	M. LeClair	465*
242 lbs.	Master (50-54)	
C. Molenaar 275*	G. Huey	340*
Teen (16-17)	Master (65-69)	
148 lbs.	148 lbs.	
M. Hall 185*	R. Gidcumb	240*
4th-200*	Open	
Teen (18-19)	220 lbs.	
198 lbs.	M. Travis	425
J. Kapla 200	242 lbs.	
4th-210	C. Lamberis	355*
275 lbs.	275 lbs.	
C. Wickman 305*	D. Ewen	405*
Submaster	DEADLIFT	
220 lbs.	WOMEN	
B. Crum 325*	Novice	
275 lbs.	148 lbs.	
J. Garza 425	S. Sanaghan	190*
Master (40-44)	4th-200*	
148 lbs.	Junior	
J. Ebihara 250*	181 lbs.	
Master (45-49)	L. Carr	275*
198 lbs.	4th-285*	
B. Fraley 290	Submaster	
Master (55-59)	148 lbs.	
220 lbs.	S. Adamczak	—
P. Obetts 305*	Master (45-49)	
Master (60-64)	242 lbs.	
D. Melouche 260*	C. Muessman	255*
4th-280*	Master (50-54)	
Police/Fire	148 lbs.	
242 lbs.	S. Sanaghan	190*
B. Stanton 370*	4th-200*	
Open	148 lbs.	
123 lbs.	S. Sanaghan	190*
V. Vooun 260*	4th-200*	
148 lbs.	MEN	
C. Loyola 285*	Novice	
165 lbs.	165 lbs.	
K. Lefke 320*	S. Duong	385*
181 lbs.	4th-405*	
E. Case 375*	181 lbs.	
220 lbs.	B. Breuker	450
K. Warstler 425*	4th-475	
M. Loyola 390	Teen (13-15)	
242 lbs.	148 lbs.	
K. Rowland 365	Z. Xydis	245*
Assisted	4th-265*	
WOMEN	Junior	
Submaster	275 lbs.	
132 lbs.	A. McKay	540*
S. Harrison 160*	4th-565*	
148 lbs.	Submaster	
S. Adamczak	220 lbs.	

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USAPL Palmetto Invitational
18 MAR 06 - Columbia, SC

	WOMEN	SQ	BP	DL	TOT
Open	123 lbs.	155	100	205	460
Teen	148 lbs.				
R. Bagnal	225	95	230	550	
MEN	Open	114 lbs.			
C. Brack	180	90	180	450	
R. Riddle	—	100	210	310	
P. Edwards	265	195	295	755	
P. Wells	510	350	510	1370	
D. Austin	710	410	725	1845	
A. Smith	—	285	—	285	
B. Cooper	485	435	475	1395	
T. Roberts	—	—	—	—	
J. Adams	500	350	560	1410	
J. Corbett	285	265	345	895	
B. McRavin	—	410	—	410	
Fitzmaurice	—	345	—	345	
K. McFadden	600	500	550	1650	
SHW	J. Bruff	520	445	550	1515
A. Coleman	—	—	—	—	
S. Scott	450	380	450	1280	
Master I	181 lbs.				
K. Riddle	440	300	425	1165	
R. Sulton	—	250	—	250	
242 lbs.	E. Hinton	530	390	500	1420
Master II	181 lbs.				
K. Walton	450	280	470	1200	
W. Kellett	340	250	430	1021	
198 lbs.	M. Steck	430	310	415	1155
Master III	220 lbs.				
R. Price	—	345	—	345	
T. Ackner	435	350	485	1225	
Master V	275 lbs.				
D. Ricafrente	500	395	405	1300	
Teen I	220 lbs.				
J. Hilliard	295	250	335	880	
Teen III	242 lbs.				
M. Driggers	350	300	480	1130	

Teams: 1st-USC Iron Cocks, 2nd-Sports Gym. Best Lifter Women: Raquel Bagnal. Best Lifter Overall: Dan Austin. Best Bench Presser Overall: Kenneth McFadden. I very much enjoyed putting on my first meet. I need to work on equipment as well as time management. Everyone had fun and enjoyed themselves. I hope everyone continues lifting. Coordinator: lilani Taylor. (USAPL)

M. Docken	330	195	400	925
L. Schmidt	395	160	365	920
K. Hinz	350	165	405	920
K. Kim	345	175	400	920
K. Zuleger	360	185	370	915
J. Scarberry	325	265	325	915
W. Peters	330	185	400	915
B. Bethe	350	155	405	910
A. Rallo	34	170	385	895
J. Feltz	305	210	365	880
R. Hebron	315	210	355	880
R. Olaf	310	215	355	880
T. Springer	315	185	355	855
P. Rahmlow	295	180	370	845
K. Warner	315	170	360	845
K. Geste	335	185	325	845
M. Marculis	315	170	355	840
J. Olson	315	170	350	835
J. Dinan	305	155	360	820
K. Zachary	330	160	320	810
K. Gauthier	315	180	315	810
Swanningson	290	155	335	780
L. Steinhilber	255	165	340	760
D. Merritt	345	180	—	—
153 lbs.	—	—	—	—
B. Barney	415	255	460	1130
G. Kuehn	405	255	420	1080
R. Hickman	370	220	430	1020
D. Johnston	375	225	420	1020
B. Bartley	345	235	420	1000
D. Bergh	380	180	430	990
A. Towner	345	215	415	975
J. Vlasak	345	195	425	965
J. Rice	330	185	435	950
J. Ruffing	365	175	370	910
E. Schuh	330	190	—	—
D. Willman	335	—	—	—
165 lbs.	—	—	—	—
S. Winchel	510	285	480	1275
A. Goehring	470	250	475	1195
W. Kavelaris	410	230	480	1120
N. Martzahl	415	215	480	1110
B. Woodward	430	210	430	1070
A. Thesing	425	220	400	1045
T. Ventuino	380	210	455	1045
R. Knecheck	385	215	440	1040
D. LaFountain	420	205	410	1035
A. Stillman	395	210	415	1020
B. Garris	400	190	405	995
C. Vlachakis	425	155	415	995
D. Strike	390	190	400	980
C. Kampis	345	215	410	970
L. Nowinsky	340	205	385	930
J. Meyer	330	195	370	895
J. Raehl	—	—	—	—
181 lbs.	—	—	—	—
N. Cox	485	245	500	1230
P. Chiller	490	245	475	1210
J. Riedel	460	250	495	1205
M. Berzinski	425	260	510	1195
R. Thomas	455	240	485	1180
B. Mikulecky	440	210	505	1155

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S. Rigden	435	225	485	1145
J. Vandenberg	450	255	435	1140
J. Farrell	405	280	425	1110
T. Kirsenlohr	405	225	475	1105
D. Stockowitz	425	205	460	1090
T. Morning	365	260	455	1080
M. Brady	385	265	425	1075
A. Volkman	405	215	450	1070
T. Jorgensen	400	230	425	1055
N. Revels	390	240	420	1050
Frederiksen	400	195	450	1045
J. Deno	385	195	455	1035
L. Haarsma	390	250	390	1030
J. Runde	385	200	430	1015
B. Widmar	380	190	420	990
A. Berg	375	210	395	980
B. Beilke	390	215	365	970
A. McCoy	350	180	405	935
S. Ramsey	—	—	—	—
J. Pollock	425	—	—	—
N. Dobson	—	—	—	—
198 lbs.	—	—	—	—
T. Schultz	470	285	520	1275
K. Fuhrman	420	300	500	1220
J. Dahm	460	260	500	1220
VanZeele	435	230	460	1125
A. Brueggen	390	255	480	1125
D. Kroeplin	425	255	435	1115
M. Spaeth	415	260	425	1110
M. Praha	445	200	440	1085
T. Krombolz	400	225	450	1075
J. Ertl	385	225	450	1060
D. Anderson	390	190	470	1050
K. Coddington	375	240	430	1045
D. Schmidt	400	225	395	1020
D. Wentzel	385	215	405	1005

Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, Top 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Top 100 123s Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, Top 100 132s Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., Top 100 148s Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., Top 100 165s Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, Top 181s Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview,

C. Peters	370	235	395	1000
T. Monahos	530	—	—	—
J. Williams	—	—	—	—
220 lbs.	—	—	—	—
T. Uecker	510	295	550	1355
B. Detrie	600	205	520	1325
J. Tiachac	495	325	500	1320
J. Mages	470	265	515	1250
A. Kautza	475	305	465	1245
J. Michaels	460	305	475	1240
B. Housworth	495	225	470	1190
D. Wajnowski	460	225	450	1135
N. Reider	470	240	425	1135
M. Sharpless	435	200	490	1125
A. Fortek	470	205	450	1125
Z. Cook	455	190	455	1100
N. Redman	440	230	420	1090
A. Kozlowski	400	260	425	1085
S. Hanzlik	410	220	450	1080
R. Johnson	445	210	425	1080
B. Clipper	395	245	425	1065
Hendricksen	425	220	415	1060
D. Huber	435	200	415	1050
J. Webster	350	220	450	1020
C. Jones	430	200	—	—
J. Walsh	—	—	—	—
J. Huss	—	—	—	—
C. Sobczak	—	—	—	—
D. Forbes	—	—	—	—
242 lbs.	—	—	—	—
Steinbrecher	625	225	520	1370
P. Allain	505	295	545	1345
R. Doxtator	585	235	525	1345
R. Siekert	535	265	520	1320
Miklaszewski	500	290	495	1285
J. Rominske	480	240	530	1250
K. Roy	455	290	500	1245
G. Evans	505	230	460	1195
M. Wentzel	495	280	405	1180
K. McCusker	500	215	455	1170
J. Nottestad	450	260	425	1135
S. Pavlik	—	—	—	—
M. Hough	395	255	—	—
M. Wochinski	—	—	—	—
275 lbs.	—	—	—	—
A. Schmeizle	660	305	525	1490
T. Meyer	560	275	525	1360
A. Bach	515	275	510	1300
Q. Markgraf	500	275	500	1275
L. Yore	450	300	485	1235
A. Krupa	580	225	415	1220
J. Correa	405	300	485	1190
R. Werner	341	259	391	920
198 lbs.	—	—	—	—
AAU	—	—	—	—
G. Bishop	529	396	523	1345
Master I	—	—	—	—
J. Dotson	474	325	435	1145
Master III	—	—	—	—
B. Crouch	363	165	402	864
220 lbs.	—	—	—	—
Master I	—	—	—	—
J. Donaldson	540	402	529	1365

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, Top 100 165s Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, Top 100 181 Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, Top 100 198s Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, Top 100 220s Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, Top 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, Top 100 242s May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, Top 100 275s Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on the Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, Top 100 SHWs

NASA Oklahoma Unified State 11 MAR 06 - Oklahoma City, OK

BENCH	Master III	—	—	—	—
MALE	G. McGuire	214	—	—	—
148 lbs.	181 lbs.	—	—	—	—
Junior	Open	—	—	—	—
R. Ballard	J. Powell	336	—	—	—
198 lbs.	Submaster	—	—	—	—
Master II	J. Powell	336	—	—	—
J. Parsons	242 lbs.	—	—	—	—
242 lbs.	Novice	—	—	—	—
N. Dwinell	C. Hickson	369	—	—	—
275 lbs.	308 lbs.	—	—	—	—
Master I	Junior	—	—	—	—
M. Wren	J. Brown	485	—	—	—
SHW	CURL	—	—	—	—
Submaster I	MEN	—	—	—	—
J. Freeman	148 lbs.	—	—	—	—
PS BENCH	G. McGuire	145	—	—	—
WOMEN	242 lbs.	—	—	—	—
114 lbs.	Novice	—	—	—	—
N. Owen	C. Hickson	159	—	—	—
MEN	Open	—	—	—	—
148 lbs.	C. Hickson	159	—	—	—
Push Pull	BP	DL	TOT	—	—
MEN	—	—	—	—	—
198 lbs.	—	—	—	—	—
Maser I	—	—	—	—	—
G. Bishop	396	523	854	—	—
220 lbs.	—	—	—	—	—
Master I	—	—	—	—	—
P. Daniels	474	584	982	—	—
242 lbs.	—	—	—	—	—
Master I	—	—	—	—	—
D. Scott	407	628	961	—	—
Powerlifting	SQ	BP	DL	TOT	—
MEN	—	—	—	—	—
132 lbs.	—	—	—	—	—
Teen	—	—	—	—	—
Underwood	336	181	369	823	—
148 lbs.	—	—	—	—	—
C. Wren	165	115	220	465	—
165 lbs.	—	—	—	—	—
High School	—	—	—	—	—
J. Wren	209	132	242	542	—
Open	—	—	—	—	—
M. Fleming	501	330	551	1283	—
181 lbs.	—	—	—	—	—
Master II	—	—	—	—	—
R. Werner	341	259	391	920	—
198 lbs.	—	—	—	—	—
AAU	—	—	—	—	—
G. Bishop	529	396	523	1345	—
Master I	—	—	—	—	—
J. Dotson	474	325	435	1145	—
Master III	—	—	—	—	—
B. Crouch	363	165	402	864	—
220 lbs.	—	—	—	—	—
Master I	—	—	—	—	—
J. Donaldson	540	402	529	1365	—

SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, Top 100 114s Oct/03 ... Gene Bell, John Ware Workout, Siouz-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, Top 100 132s Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., Top 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, Top 165s Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, Top 100 198s Mar/04 ... USAPL Women's Natls, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, Top 100 220s Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, Top 100 242s Jun/04 ... Top 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S. Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his

Master III	C. Caputo	440	363	445	1248
Submaster	D. Carter	319	264	446	956
B. Young	226	137	347	659	—
242 lbs.	—	—	—	—	—
Master I	D. Scott	705	407	628	1616
Master II	R. Carlson	479	352	545	1278
275 lbs.	—	—	—	—	—
Master I	R. Henshaw	534	—	—	—
SHW	—	—	—	—	—
Open	S. Williams	253	203	253	659
Power Sports	CR	BP	DL	TOT	—
MEN	—	—	—	—	—
148 lbs.	—	—	—	—	—
Master III	G. McGuire	145	214	314	626
220 lbs.	—	—	—	—	—
Submaster	J. Rocker	181	413	468	

USPF California State		Open		S. Belanger	
25 MAR 06 - Los Alamitos, CA		F. Toledano 600		Junior (20-23)	
BENCH WOMEN	Master (45-49)	Submaster (35-39)	Open	Open	Open
114 lbs.	S. Williams 463	R. Nash 391	Master (45-49)	R. Castro 650	J. Dyhrfeld 551
Master (40-44)	Open	WOMEN	SQ	BP	DL
A. Tronske 110	S. Hoekstra 644	114 lbs.			
132 lbs.	F. Toledano 435	Junior			
Master (4-44)	C. LaMantia 396	A. Decker 154	82	203	440
T. Morga 82	Master (45-49)	4th-DL-220			
Master (70-74)	C. LaMantia 396	132 lbs.			
R. Wittshire 66	308 lbs.	Junior			
165 lbs.	Junior (20-23)	M. Hefley 181	110	264	556
Open	R. Castro 418	148 lbs.			
M. Asp	Open	Submaster			
Master (40-44)	R. Castro 418	K. Matthews 321	115	275	713
T. Reed 231	Master (45-49)	Open			
MEN	D. Smith 468	K. Matthews 321	115	275	713
114 lbs.	C. McGuire	198 lbs.			
Junior (13-15)	DEADLIFT	Open			
T. Schrader 121	WOMEN	D. Bergfield 275	176	325	777
148 lbs.	198+ lbs.	Open			
Junior (13-15)	Open	N. Ianson 286	176	330	793
C. Schrader 154	N. Foster 66	Submaster			
Open	165 lbs.	N. Ianson 286	176	330	793
A. Lopez 198	Master (40-44)	MEN			
Master (70-74)	T. Reed 347	148 lbs.			
J. Andre 181	198 lbs.	Junior (13-15)			
165 lbs.	Master (50-54)	R. Holcombe 242	165	270	77
Open	G. Slover 270	165 lbs.			
D. Davis 314	MEN	Junior (18-19)			
181 lbs.	165 lbs.	A. Mailhoer 319	214	363	898
Open	Master (70-74)	Master (65-69)			
K. Fasulo 330	R. Hill 435	T. Miller 369	198	435	1003
Master (70-74)	181 lbs.	Master (75-79)			
R. Simon 264	Open	R. Cortes 341	237	440	1019
198 lbs.	P. Tsatsouline 474	181 lbs.			
Open	K. Fasulo 451	Junior (20-23)			
B. Jones 286	198 lbs.	T. Olson 374	264	424	1063
220 lbs.	Open	Open			
Junior (20-23)	D. Foster 512	B. Jones 501	440	330	512
J. Mouton 292	B. Jones 501	J. Beede 440	330	512	1284
Master (40-44)	J. Hernandez 496	Submaster			
S. Vincent 341	Master (65-69)	J. Caputo 457	314	529	1300
K. Luz	R. Taylor 440	4th-DL-551			
Master (45-49)	220 lbs.	198 lbs.			
K. Booth 352	Junior (16-17)	Junior (16-17)			
M. Long 330	C. Craft 463	D. Brown 297	264	463	1025
242 lbs.	Master (40-44)	D. Horine 358	248	407	1014
Junior (20-23)	K. Lux 501	Hernandez 347	203	435	986
D. Olea 363	Master (45-49)	P. Owens 314	226	418	959
Open	K. Booth 540	J. Simon 264	170	374	810
R. Costa 451	242 lbs.	Open			
R. Garcia	Master (50-54)	J. Hernandez 501	347	496	1344
Master (40-44)	M. Sandstrom 507	Master (50-54)			
R. Garcia	275 lbs.	L. Vallot 231	203	281	716

NEW PRODUCT



THE BOA SERIES LIFTING BELT ... has a patented Speed Dial System facilitating an immediate tightness adjustment, as well as a wedge shaped spinal support feature, and an ergonomically contoured shape, which closes the gap between the spine and the belt. Developed by Lance Coury, co-owner of SETWEAR Fitness, two versions of the belt are available through HomeDepot.com's Health and Fitness page and on BodyBuilding.com. For further information, and a video clip showing how the belt is used, see www.setwearfitness.com

Master (65-69)		R. Taylor 330		— — —	
220 lbs.	Junior (16-17)	C. Craft 341	242	463	1047
Open	Open	M. Tronske 507	468	562	1537
B. Karr 418	319	407	1146		
K. Garcia 226	220	248	694		
Master (40-44)	Master (40-44)	M. Tronske 507	468	562	1537
K. Lux 374	—	—	—	—	—

Master (45-49)		M. Brown 341		264		402		1008	
Womelsdorf 303	231	352	887						
Master (50-54)	G. Baxter 330	275	446	1052					
Master (55-59)	K. Croxdale 463	358	534	1355					
242 lbs.	Open	B. Marum 606	429	573	1609				
Open	A. Acevedo 512	501	545	1559					
R. Garcia	R. Costa 424	451	507	1383					
Master (40-44)	R. Garcia	—	—	—					
R. Garcia	Master (40-44)	—	—	—					
Master (50-54)	M. Sandstrom 314	226	507	1047					
275 lbs.	Junior (20-23)	R. White 650	518	529	1697				
Open	Open	R. Speno 716	529	606	1851				
D. Reece 738	551	551	1840						
L. Bergfield 611	512	650	1774						
R. White 650	518	529	1697						
Submaster (35-39)	R. Nash 325	325	391	1041					
Master (45-49)	Master (45-49)	S. Belanger 485	341	440	1267				
Junior (20-23)	R. Catsro 622	418	650	1692					
Open	Open	R. Castro 622	418	650	1692				
308 lbs.	Open	J. Peterson 606	446	573	1625				
Open	Thanks for All of Our Valuable Help: Steve Denison, National Referee, Meet Director; Chuck Lamantia, National Referee, Announcer; Kellie Lamantia, State Referee, Scorekeeper; Jim Merlino, National Referee; Gordon Santee, International Referee; Bill Ennis, International Referee; Don Haley, International Referee; Jack Hughes, International Referee; Dr. David Foster, State Referee. Spotter Loaders: Roy Lamont, Brad Iannucci, Gordon Santee, Scott Vincent, David Olson. State Powerlifting Records Set: Alex Decker, 114 Junior Women 18-19, 154 Squat, 83 Bench, 220 Deadlift, 440 Total; Morgan Hefley, 132 Junior Women 16-17, 110 Bench, 264 Deadlift, 556 Total; Karen Matthews, 148 Submaster Women 35-39, 321 Squat, 275 Deadlift, 713 Total; Donna Bergfield, 198 Submaster Women 35-39, 275 Squat, 325 Deadlift, 777 Total; Nicki Ianson, 198+ Submaster Women 35-39, 330 Deadlift, 793 Total; Thomas Miller, 165 Master 65-69, 369 Squat, 435 Deadlift, 1003 Total; Robert Cortes, 165 Master 75-79, 341 Squat, 236 Bench, 440 Deadlift, 1019 Total; John Caputo, 181 Submaster 35-39, 551 Deadlift; Daniel Brown, 198 Junior 16-17, 264 Bench; Rick White, 275 Junior 20-23, 650 Squat; Robert Speno, 275 Submaster 35-39, 716 Squat, 529 Bench. State Single Lift Bench Records Set: Ruth Wiltshire, 132 Master Women 70-74, 66 Bench; Terry Morga, 132 Master Women 40-44, 83 Bench; Tanya Reed, 165 Master Women 40-44, 231 Bench; Tyler Schrader, 114 Junior Men 13-15, 121 Bench; Jim Andres, 148 Master Men 70-74, 181 Bench; Scott Hoekstra, 275 Open, 644 Bench; Scott Hoekstra, 275 Submaster 35-39, 644 Bench; State Single Lift Deadlift Records Set: Tanya Reed, 165 Master Women 40-44, 347 Deadlift; Gretchen Slover, 198 Master Women 50-54, 270 Deadlift; Pavel Tsatsouline, 181 Submaster 35-39, 473 Deadlift; Chase Craft, 220 Junior 16-17, 462 Deadlift. American Powerlifting Records Set: Karen Matthews, 148 Sub Women 35-39, 321 Squat; Donna Bergfield, 198 Sub Women 35-39, 325 Deadlift, 777 Total; Thomas Miller, 165 Master 65-69, 369 Squat, 1003 Total; Robert Cortes, 165 Master 75-79, 341 Squat, 237 Bench, 440 Deadlift, 1019 Total. American Single Lift Bench Records Set: Angela Tronske, 114 Master Women 40-44, 110 Bench; Ruth Wiltshire, 132 Master Women 70-74, 66 Bench; Scott Hoekstra, 275 Sub Men 35-39, 644 Bench; Ronnie Castro, 308 Junior 20-23, 418 Bench. American Single Lift Deadlift Records Set: Tanya Reed, 165 Master Women 40-44, 347 Deadlift; Gretchen Slover, 198 Master Women 50-54, 270 Deadlift; Chase Craft, 220 Junior 16-17, 462 Deadlift. (results from Steve Denison)								

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

17 JUN, SLP Olympic 24 Hour Fitness BP/DL Classic (Clarksville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
17 JUN, USAPL NorCal Summer Classic BP (El Cerrito, CA) Jason Burnell, 2327 Aka Ave., El Cerrito, CA 64530, 510-232-4755
17 JUN (date assigned/New Title), WNPFF Raw Nationals (BP, DL, PC) & Maryland State (Equipped & Raw, Baltimore, MD) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
17 JUN, WABDL AquaVIBE Great Northern Championships (BP/DL - Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654

17 JUN, SPFF/WBPLA Nationals (open or Raw P/P, BP, DL, River Terrace Hotel, Gatlinburg, TN - right at red light No. 6, www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410
17 JUN, Summer Push/Pull (Elkhart, IN) Jon Smoker, 574-674-6683
17 JUN, APF Florida States, Kieran Kidder, Ft. Lauderdale, FL, pameladayton@aol.com, 386-734-3128
17 JUN, USAPL New Jersey State High School PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843
17,18 JUN, USAPL New York State, Pat Carroll, 48 Hillcrest Ave., Kingston, NY 12401, after 6pm 845-339-6381
17,18 JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

17,18 JUN, NASA USA Nationals (PL/BP Only/PS/PP & Unequipped PL/BP - Las Vegas, NV) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
18 JUN, USAPL Florida (Sunshine State Games) BP (Miami) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
24 JUN (NEW DATE/LOCATION), APA Louisiana State (Northwestern State Univ., Natchitoches, LA - PL, P-P, BP, DL, SC) Ryan Cidzik, 315-794-1836,

1 JUL, Oregon Invitational BP (Portland, OR - Guest Lifter: Ryan Kennelly) Tod Becraft, Box 66474, Portland, OR 97290, tmans51@aol.com, www.juliehavenka.com
1 JUL, SLP Big Bench at the French II BP/DL (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com
7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl
7-9 JUL, APC National PL & BP Championships (Doubletree Hotel, Sacramento, CA) Al Garcia, 916-

Tee "Skinny Man" Meyers presents the Python Power Leagues' Southeastern "Drug-Free" Powerlifting Championships July 15th 1st-5th in each division and weight class ... No formulas PPL, 2250 Lumpkin Road Augusta, Georgia 30906 pythongym@aol.com hometown.aol.com/pythongym

COMING EVENTS

RCidzik@yahoo.com, www.apa-wpa.com

24 JUN, Kansas City Push Pull, Jim Duree, jduree7086@aol.com, 913-626-1424, www.lenexastrengthandfitness.com
24 JUN, SLP Express Fitness Open BP/DL (Benton, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 JUN, USAPL Missouri Grand (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
24 JUN, USAPL Badger Open (Neenah, WI) Joe Lewis, 1144 Appleblossom Dr., Neenah, WI 54956, 920-886-3238
24 JUN, APA Central Florida Open BP, DL, PP, SC (Main Street Fitness, Zephyrhills, FL) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com
24,25 JUN, APF/AAPF Snake River Championships (PL, BP, DL, youth "fun" division - Idaho Falls, ID) 208-521-3434, snakeriver@yahoo.com
24-25 JUN, AAU North American PL, BP, DL, PP (Rancho Buena Vista Performing Arts Center, Vista, CA - entry deadline 25 MAY) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net
24,25 JUN, WDFPF European PL (Maramee, France) www.wdfpf.cc
24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested - Catawaqua, PA) Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com
25 JUN, USAPL Big Bench Blow-out/Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657
25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Oreglia, 4319 W. 26th St., Erie, PA 16506
JUN, 100% Raw National Bench Press & Powerlifting Championships, Paul Bossi, rawlifting@aol.com
1 JUL, Oregon Invitational BP (Portland, OR - Guest Lifter: Ryan Kennelly) Tod Becraft, Box 66474, Portland, OR 97290, tmans51@aol.com, www.juliehavenka.com
1 JUL, SLP Big Bench at the French II BP/DL (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com
7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl
7-9 JUL, APC National PL & BP Championships (Doubletree Hotel, Sacramento, CA) Al Garcia, 916-

482-2868
8 JUL, WNPFF Minnesota Championships (Montgomery, MN) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpff@aol.com
8 JUL, YMCA Austin Open & Novice PL/PS (raw, single ply: men & women; all divisions & ages, free meal for lifters) Les Cramer, Box 300966, Austin, TX 78703, leslifter@netscape.com, 512-329-8528
8 JUL, USAPL Men's/Women's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl
8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 JUL, WABDL AquaVIBE Capitol City Classic Championships (BP/DL - Marriott Hotel, Rancho Cordova/Sacramento, CA) Gus Rethwisch, 763-545-7654
8 JUL, Allentown Sports Fest (BP/DL - Allentown, PA) Mike Lauderberger, Allentown YMCA & YWCA, 425 South 15th St., Allentown, PA 18102, 610-434-9333
8 JUL, NASA Houston Summer Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
8 JUL, USAPL Kansas State Powerlifting Championship (??, KS) Wayne Herl, 3503 A Chaumont Dr., Hays, KS 67601, 785-625-1761
8 JUL, ADFPF Nationals (South Bend, Indiana), ADFPF Office, 27 Elmo Dr., Macomb, IL 61455, www.adfpf.org
8 JUL, APA Arizona Open, Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, <http://apa-wpa.com>
8 JUL, USAPL YMCA Seattle Summer Classic, Paula Houston, 1700 23rd Ave., Seattle, WA 98122, 206-760-8724
8 JUL, UNS Beast of the Chrome & Steel BP/DL (Youngsville, PA) Carl Seeker, 814-563-4821, seeker4@verizon.net

APF/AAPF/WPO Schedule

- 17 JUN, APF Florida States
- 24,25 JUN, APF/AAPF Snake River
- 22 JUL, APF Teenage Nationals
- 5 AUG, APF Backyard Bench Meet
- 5 AUG, APF Florida State Bench Press/Ironman
- 26 AUG, APF Georgia State
- 26 AUG, APF Debbie Kruck Police/Firefighters BP
- 9 SEP, APF/AAPF Midwest Classic
- 9 SEP, APF Gulf Coast Open BP/DL/PL
- 16 SEP, APF/AAPF Power Quest
- 16 SEP, APF Hawg Farm Open
- 7 OCT, APF New England Open Bench
- 14 OCT, APF/AAPF Asylum Power
- 18 NOV, AAPF Southern States
- NOV, APF Galaxy Gym Invitational
- 9,10 DEC, APF Southern States

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



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

Last Name		First Name		Initial	Renewal	Current Card # (if Renewal)			
					Y N				
Street Address							Club Name		
City		State	Zip	Area Code/Telephone					
Current USPF Classification		Referee Status		Current High School		Special Olympian		Inmate	
Elite Master	I II III IV	IPF	Cat. 1	C					

8,9 JUL, Battle of the Bench Gods (Niagara Falls, NY - Nick Winters Seminar) Jason Fiori, 716-531-6039, jason@fallsfitnessfactory.com

9 JUL, WABDL Eastern Seaboard Regional Championships (BP/DL - Best Western Hotel and Conference Center, Westminster, MD) Brad Myers, 717-471-9177

15 JUL, Young's Health Club Outdoor Bench, Mike Young, 319 E. Superior St., Alma, MI 48801, 989-463-8574, mike.young@isprngt.com

15 JUL, WNPF New Jersey States (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15 JUL, AAU Larry Garro Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usb.net, 410-265-8264

15 JUL, USAPL Ironworks BP & DL II, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-948-3738

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

15 JUL, APA 4th Maine Annual Open Iron Bash (Newport, ME) Scott Taylor, APA President, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com, http://apa-wpa.com

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

15 JUL, WABDL Deep South Regional Championships (BP/DL - Holiday Inn Select, Baton Rouge, LA) Reed Bueche, 225-718-2646

15 JUL, WABDL World Cup Championships (BP/DL - Sheraton Airport Hotel, Portland, OR) Gus Rethwisch, 763-545-8654

15,16 JUL, NASA vs. AAU Team Challenge (Official NASA Team Only - Oklahoma City, OK) (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

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

16 JUL (NEW DATE/TITLE), WNPF Submasters & Masters Nationals & North American Open (BP, DL, Ironman, PC - Danbury or Stamford, CT) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 JUL, World Gym Bench Press Championships (Columbus, OH) Meet Director, Kenny Patterson, ASC, 4423 Gaffney Ct., Columbus, OH 43228, 614-563-0279

20/21 JUL, USAPL/USOC Palm Beach Sports Commission Youth & Fitness Festival (W. Palm Beach, FL) Robert Keller, rtk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

22 JUL, USAPL South Carolina State, Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-777-8464

22 JUL, USAPL Commonwealth Games of VA, John Shifflett, Box 941,

Powerlifting Federation
National Powerlifting Championships
NATIONAL BENCH PRESS CHAMPIONSHIPS

XTREME CHALLENGE Sports & Fitness Expo
August 11 & 12, 2006 - UCF Arena - Orlando, FL

Event information: RawPowerlifting.com
252-336-4188 Paul Bossi (Pres.)
312-498-4043 Shawn Lyte (VP)

Stanardsville, VA 22973, 434-985-3932
22 JUL (NEW DATE), 7th WNPF USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

22 JUL, AAU Florida High School BP (Jacksonville, FL - raw only) Rick Samples, 912-577-1436 after 6pm, Rick@oldschoolgyms.com

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

22 JUL, WABDL Great Lakes Regional

Championships (BP/DL - Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654

22 JUL, NASA Grand Nationals (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

22 JUL (corrected phone number/date), ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

22-23 JUL (NEW DATE), IPA World Championships, York Barbell Company, 3300 Board Rd., York, PA 17042, Mark Chaillet, 717-495-0024, chalfit@suscom.net, Ellen Chaillet, echaillet@aol.com

UPCOMINGSLPCOMPETITIONS

17 JUN, SLP Olympic 24 Hr. Fitness BP/DL (Clarksville, TN)

24 JUN, SLP Express Fitness Open BP/DL (Benton, AR)

1 JUL, SLP Big Bench at the French II (Memphis, TN)

8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH)

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

23 JUL, Old Heritage BP, DL (Oil City, PA - for cerebral palsy) Chris Snyder, 814-676-3750

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

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

29 JUL, SLP Big Daddy's Iron Horse Open BP/DL (Muncie, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

29 JUL, 100% Raw Strongman 5-Lift Rep Challenge (CR/CU/BP/SQ/DP - Jarvisburg, NC) Gene Berry, dberry90@mchsi.com

29-30 JUL, AAU Jr. Olympics PL/BP (Hampton, VA) 804-559-4624 after 7PM (EST), www.ausports.org

JUL, 100% Raw New York State Bench Press Championships, Bob Hannington, fhanington@hwc.rr.com

JUL, 100% Raw Great American Challenge, Shawn Lyte, rawlifting@bmfisports.com

JUL, ADFPF Battle at the Drag Strip (Osceola, IN), Anson Wood, info@enormous.biz, 574-903-4586, www.enormous.biz

5 AUG, APF Backyard Bench Meet (Tribes Hill, NY) Sandi or Zane McCaslin, 518-858-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com

5 AUG (NEW DATE), NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiaawpower.com

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

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

5 AUG, APF Florida State Bench Press/Ironman Championships (Boca Raton, FL) Bob Youngs, Ed Reclenwald, or Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com

5 AUG, 7th Power Works Gym Push Pull & Bar B Que (Perham, MN) Tom Haggemiller, PowerWorks Gym, 949 W. Main St., Perham, MN 56573, 218-346-5320

5 AUG, SPF Georgia State (open - raw P/P, BP, DL - City Club Fitness Center, Lafayette, GA) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

5 AUG, USPF Venice BP & DL, Joe Wheatley & Steve Denison, pwrlftrs@msn.com, 661-333-9800

5,6 AUG, NASA World Cup Championships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

5-6 AUG, WNPF International Cup PL, BP, DL, PC (Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP,

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

6 AUG, Max Muscle & Gym Warriors present Massachusetts Teen/Collegiate Scholarships Meet, Paul 978-766-6280, xxtralgarmuscle@aol.com

6 AUG, APA Magnolia State Open (Amory, MI) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

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

11,12 AUG, 100% RAW National Powerlifting & Bench Press Championships (Orlando, FL) www.RawPowerlifting.com, Paul Bossi, 252-336-4188, Pres@RawPowerlifting.com

12 AUG, Detroit Barbell Meet (Detroit, MI), J.J. Thomas, 734-642-7877

12 AUG, 11th Granite State Bench Press (men, women, teen, jr., submaster, master - all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

12 AUG (NEW SANCTION), AAU Vermont Powerlifting Full Power Iron Meet (PL, BP, DL, PP - First in Fitness, Berlin, VT) Bret Kernoff, Meet Director, 802-865-2747, vtpowerlifting@adelphia.net

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

12 AUG, SPF Open/Raw A/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

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

18,19 AUG, Nevada Police & Fire PL/BP (Las Vegas, NV) Jason Auschwitz, 702-408-5919, bigjay54@hotmail.com

19 AUG, APA Keystone Open (Hanover, PA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

19 AUG, 22nd Iowa State Fair Drug Free Bench Press/Deadlift Contest (Pure/Natural, Masters/Submaster/Teen/Novice/Team - IA) Jeff Baird, 515-953-6833, Bairdzz@aol.com

19 AUG, 3rd Drug Free Summer Time Splash & Southern Ohio Powerlifting & Bench Press Championships (NeoLimits Fitness Center, 51 E. Spring Valley Rd., Centerville, OH) David Ricks, Meet Director, 937-435-2127, ricks181@hotmail.com

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

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, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer,

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17 JUN WNPF Raw Nationals

8 JUL, WNPF Minnesota State

15 JUL, WNPF New Jersey State

16 JUL, WNPF Submasters & Masters Nationals & North American Open

WNPF, PO Box 142347,
Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnpf

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, SPF Kentuckiana Open or Raw P/P, BP, DL (Metro Fitness, Shelbyville Rd. (US 60) Louisville, KY) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

19 AUG, USAPL 3rd annual Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-2127

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all

age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, IPA Long Horn Cup (open) and Texas State (residents only) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

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

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,

sonlight@netcare-il.com, www.sonlightpower.com

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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, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda, 48084 Cass, Omaha, NE 68132, 402-444-5596

26 AUG, APF Georgia State Powerlifting & Bench Press Championships (Kennesaw, GA) Jon Grove, 850-974-2880, kennesaw@fitnessresource.com, www.ngbb.net

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

2 SEP, Paxton Power Strongman/Strongwoman (Paxton, MA) 508-991-3291, paxtonpowergym@charter.net

2 SEP, APA Nationals (Ft. Myers, FL) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

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

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2,3 SEP, USAPL National Bench Press Championships (Charlotte, NC) Jennifer Thompson, 704-483-6332, jennifer@132poundsofpower.com

9 SEP, APF/APF Midwest Classic (Overland Park, KS) Susan Patterson, www.midwestbarbell.com/catalog, 816-668-2005

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, APF Gulf Coast Open BP/DL/PL (New Port Richey, FL) Rick Lawrence, 727-376-1707

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

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

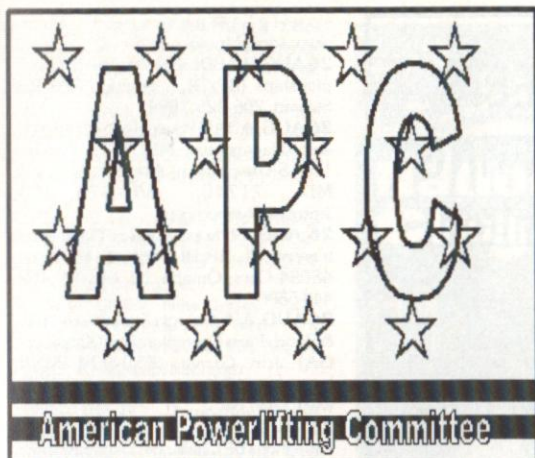
9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

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

10 SEP, United We Stand BP-DL, Iron Man-Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella,



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July 7, 8, 9, 2006, APC National P L and B P, Sacramento, Ca.

September 16, 2006 APC Northern California Open & Novie P L and B P John Ford 650-303-7518

November 1-5, 2006 GPC World Championships 2006, Gent, Belgium, Promoter GPC-Belgium.

December 9, 2006 APC 53rd. California IronMan, Fresno, Ca. Bob Packer 559- 322-6805

L B Baker 770-713-3080

For more information; www.americanpowerliftingcommittee.com

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718 Mabel St., New Castle, PA 16101, (724) 654-4117

16 SEP, APF Hawg Farm Open (PL/BP/DL - Evansville, IN) Larry Hoover, 812-385-9932, quad4hoov@peoplepc.com

16 SEP, 8th Sci-Fit of Georgia Bench Press Championships (Macon, GA) Joe Deverville, 478-750-7005

16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

16 SEP, 1st APF/AAPF PowerQuest PL/BP (limited to 50 lifters - Days Inn, Fremont, OH) Rob Twining, 419-332-2982, rob_at_outlawbarbell@yahoo.com

16 SEP, APA Northeast Regional Championships (Wallingford, CT) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, <http://apa-wpa.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, USA Raw Bench Press Federation Fall Nationals, (Holland, MI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

16 SEP, 7th WNPf Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmpf@aol.com

16 SEP, WNPf Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-6670

17 SEP (DATE ASSIGNED), AAU Florida State PL/BP (Brandon YMCA), Vincent Lombardi, 1605 Cresson Ridge Lane., Brandon, FL 33510, lombardistrength@yahoo.com, 813-391-8719

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 Pow-

erlifting Championships, Dave Lhota, lhotamig@shol.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.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, APA Northwest States Championships (Yuba City, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, <http://apa-wpa.com>

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@brmsports.com

7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Orenja, 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 & Arm Wrestling Championships (Jarvisburg, NC) Gene Berry, dberry90@mchsi.com

7 OCT, APF New England Open Bench Press Championship (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows, Dave Follansbee, c/o USA Bodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com or www.usabodybuilding.com

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

7 OCT, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Pe-

ters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@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, APF/AAPF Asylum Power (full power, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi or Zane McCaslin, 5 1 8 - 8 5 8 - 7 0 0 2 , candyazz@ironasylumgym.com, www.ironasylumgym.com

14 OCT, Iron Chamber Gym BP/DL (East Canton H.S., Canton, OH) Jeff Begue, 330-844-1011.

14 OCT, SPF/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, sqbpdl@aol.com

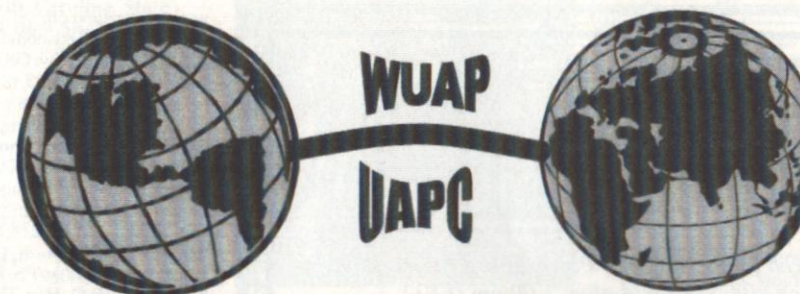
15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCaslin, 210 Gilbob St., Faimont, WV 26554, 304-376-2432, mccaslin@yahoo.com

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, USPF Monster Bench & Night of the Living Deadlift



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jsrouse41@aol.com

(Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@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, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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, sqbpdl@aol.com

22 OCT (NEW DATE), SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27-29 OCT, 15th WNPf World PL & USSA World Strongman Championships & WNPf USA Body Building Championships & WNPf Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmpf@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, sqbpdl@aol.com

29 OCT, SLP Southern Illinois Open BP/DL (Anna, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.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.aausports.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) Jim Duree, jduree7086@aol.com, 913-626-1 1 4 2

www.lenexastrengthandfitness.com

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

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

10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jm-gedney@wiu.edu

11 NOV, NASA Veteran's Memorial Meet, Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

11 NOV, APA Best in the West Championship (Sacramento, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, <http://apa-wpa.com>

11 NOV, SLP Ohio PL/BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL - men, women, teen, submaster, master) Leroy Chapman, 847-731-3769

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

18 NOV, USAPL Ohio PL/BP (Men's, women's, open, raw, master, teen, police/fire) Ed or Frank 440-439-5464, www.kingsohio.com

18 NOV, AAPF Southern States (Lake City, FL) 386-734-3128, worldpowerlifting.org

18 NOV, 100% Raw World Bench Press Championships (Currutuck, 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), WNPf USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmpf@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, sqbpdl@aol.com

Double Tree Inn - Sacramento, CA
916-929-8855

APC POWERLIFTING

BENCH PRESS NATIONAL CHAMPIONSHIPS
JULY 7, 8, & 9 - 2006
AL GARCIA-916-482-2868

★ REVISED ★
2006
AAU POWERLIFTING MEETS

Below is a list of meets being offered by the Virginia Powerlifting Association
VAPowerlifting@aol.com or 804-559-4624 after 7:00 pm (EST)

- June 3 - 4 AAU National Raw Powerlifting Championships**
 Crowne Plaza Hotel - Richmond, Virginia - 2006 World Meet Qualifier
 Three lift meet, Raw only - Run during the three meets listed below - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4 AAU Virginia State Powerlifting Championships**
 Crowne Plaza Hotel - Richmond, Virginia - 2006 World Meet Qualifier
 Three lift meet, Raw & Assisted - Virginia Residents Only - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4 2006 Triple Crown Powerlifting Meet**
 Crowne Plaza Hotel - Richmond, Virginia - 2006 World Meet Qualifier
 Three lift meet, Raw & Assisted - Run during Raw Nationals - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4 East Coast Bench Press Regional Meet**
 Crowne Plaza Hotel - Richmond, Virginia - 2006 World Bench Press Qualifier
 Bench Press Only, Run during the Raw Nationals - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- July 28 Military National Full Power and Bench Press Championships**
 Portsmouth, Virginia - 2006 World Meet or World Bench Press Qualifier
 Three-lift and Bench Press Only meets, Raw & Assisted - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- July 29 - 30 2006 AAU Junior Olympic Games - Full Power & Bench Press Championships**
 Portsmouth, Virginia - 2006 World Meet or World Bench Press Qualifier
 Three lift & Bench Press Only meets, Raw & Assisted - No crossovers
 More information: www.ausports.org
 Phone: 804-730-8810 after 7:00 pm (EST)
- Oct. 20 - 22 2006 AAU World Powerlifting Championships (LIMITED NUMBER OF LIFTERS EACH DAY)**
 Crowne Plaza Hotel - Richmond, Virginia
 Three lift meet, Raw & Assisted - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- Oct. 20 - 22 2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY)**
 Crowne Plaza Hotel - Richmond, Virginia
 Bench Press, Deadlift and Push-Pull meets, Raw & Assisted - Crossovers available
 More information: www.ausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)

REVISED 03/01/06

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
NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
2 DEC, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM) Mike or Teale Adelmarr, mike@liftinglarge.com, 505-981-1237

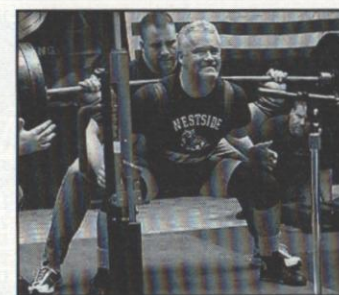
3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 DEC, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
9 DEC, USAPL Midwest Senior State, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182
9 DEC, USAPL Virginia PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiapowerlifting.com
9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437
9,10 DEC, APF Southern States (Jacksonville, FL) 386-734-3128,

MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out . Call Mike Lambert at 800-448-7693 for full details. We will even do the typesetting on your advertisement for you ... FOR FREE!!

worldpowerlifting.org
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@pikkitup.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, sqbpdl@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, wnpff@aol.com
16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfisports.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
17 FEB '07, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella 724-654-4117
17 APR, NASA The HUGE One (Milwaukee, WI) Job Hou-Seye, statechairman@wisconsinpowerlifting.com
21 APR, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586
27,28 APR '07, WDFPF European Single Event Championships (Horgen, SWI) 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 Single Event World Championship (Belgium) www.wdfpf.cc

IBP North Carolina State
18 MAR 06 - Shelby, NC

BENCH	Police/Fire			
MEN	T. Isbell	440		
165 lbs.	242 lbs.			
Master (40-44)	Master (45-49)			
B. Flattery 225	K. Hall 400			
Open	123 lbs.			
M. Allah 350	Raw/Teen (12-13)			
181 lbs.	T. Payne 75			
Master (60-64)	198 lbs.			
J. Shoaf 275	Raw/Intermediate			
Open	J. Conners 345			
D. Wilson 440	220 lbs.			
198 lbs.	Raw/Intermediate			
Master (50-54)	J. Gaston 365			
S. Durham 370	275 lbs.			
Novice	Raw/Novice			
S. Durham 245	M. Newman 280			
WOMEN	BP	DL	TOT	
198 lbs.				
A. Marrow 260	200	300	760	
198+ lbs.				
Raw/Master (40-44)				
L. Marrow 250	195	315	760	
MEN				
132 lbs.				
Open				
S. Warren 265	255	380	900	
181 lbs.				
Junior				
C. Kiziah				
198 lbs.				
Master (40-44)				
B. Nichols 600	410	560	1570	
220 lbs.				
Police/Fire				
C. Smith	275	430		
275 lbs.				
Master (50-54)				
G. Potoka 415	250	360	1025	
97 lbs.				
Raw/Youth (10-11)				
C. Rhymer 105	75	180	360	
132 lbs.				
Raw/Teen (16-17)				
C. Ladd 225	145	305	675	
Raw/Teen (18-19)				
J. Young 255	155	330	740	
165 lbs.				
Raw/Novice				
J. Wines 280	235	320	835	
Raw/Teen (14-15)				
J. Bolton 185	135	200	520	
Raw/Teen (16-17)				
C. Martin 305	245	405	955	
181 lbs.				
Raw/Master (45-49)				
G. Bolton 350	255	405	1010	
Raw/Teen (14-15)				
J. Marrow 330	270	360	960	
Raw/Teen (18-19)				
G. Marrow II 350	280	500	1130	
198 lbs.				
Raw/Open				
S. Carringer 350	305	400	1055	
Raw/Intermediate				
J. Gaston	365	525		
220 lbs.				
Raw/Intermediate				
C. Carter 300	260	340	900	
Raw/Junior				
D. Howe 460	355	525	1340	
Raw/Teen (18-19)				
W. Flattery 380	245	420	1045	
242 lbs.				
Raw/Master (40-44)				
M. Ferris 550	415	540	1505	
Raw/Open				
R. McMillan 475	300	475	1250	
Raw/Submaster				
B. Moore 545	380	565	1490	
Raw/Master (40-44)				
R. McMillan 475	300	475	1250	
S. Jones 330	350	470	1150	
275 lbs.				
Raw/Master (40-44)				
Marrow Sr. 405	345	425	1175	
308 lbs.				
Raw/Master (40-44)				
T. Langdon 500	360	535	1395	
W. Marrow 405	330	535	1270	
308+ lbs.				
Raw/Submaster				
N. Terrell 485	315	505	1305	
Team Project Lift: Stephen Jones, General Marrow Sr., William Marrow, Leontyne Marrow, America Marrow, General Marrow II, and Jonathan Marrow. America Marrow Open Outstanding Lifter (female), Leontyne Marrow Master Outstanding				



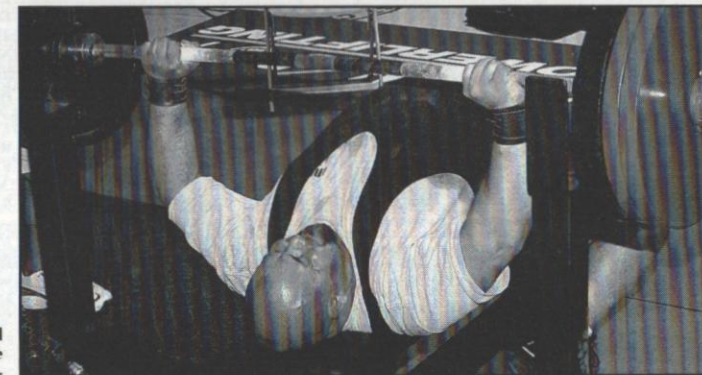
Buddy Nichols and young Collin Ladd, squatting at the IBP North Carolina State meet. (photos are provided courtesy of Keith Payne)



Lifter (female), Bobby Moore Open Outstanding Lifter (male), General Marrow II Teen Outstanding Lifter (male), Buddy Nichols Master Outstanding Lifter (male). (Thanks to Keith Payne for these results)

USAPL Glen Mills Invitational
25 FEB 06 - Concordville, PA

MALE	SQ	BP	DL	TOT
High School Jr./Sr.				
114 lbs.				
K. Wronski 295	135	300	730	
J. Hughes 280	160	290	730	
123 lbs.				
D. Edwards 325	150	325	800	
D. Duff 325	150	325	800	
132 lbs.				
M. Medina 375	175	375	925	
M. Bladeshear 375	175	375	925	
148 lbs.				
K. Garvin 375	175	375	925	
165 lbs.				
K. Gary 400	235	400	1035	
J. Perkins 400	235	400	1035	
S. Ellison 400	235	400	1035	
181 lbs.				
S. Berrios 420	235	415	1070	
J. Graybill 420	235	415	1070	
T. Locklear 420	235	415	1070	
198 lbs.				
T. Hill-Price 445	255	435	1135	
A. Bryant 445	255	435	1135	
R. Hashim 445	255	435	1135	
220 lbs.				
D. Rucker 445	255	450	1150	



James Gentry benched 435 at 308 Plus Raw Open at the Iron Boy Bench Press meet. (both photographs are courtesy of Keith Payne)

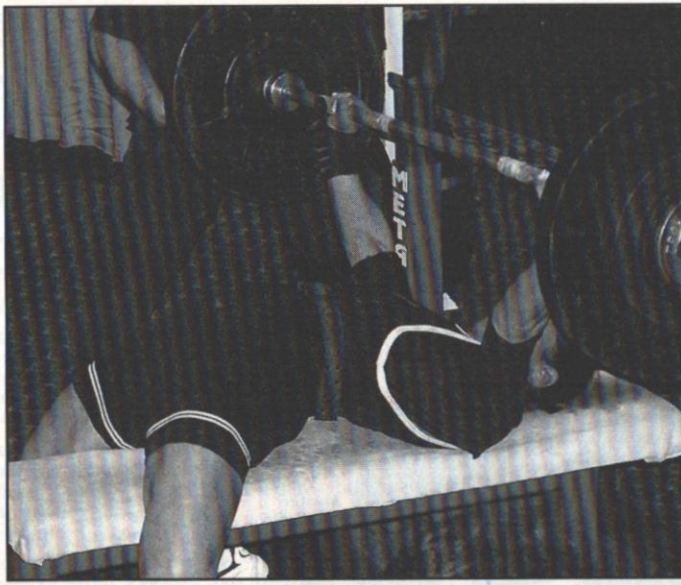
R. Smith 445	255	450	1150
242 lbs.			
K. Touch 465	265	460	1190
C. Boyd 465	265	460	1190
275 lbs.			
M. Woods 465	265	485	1215
SHW			
R. Williams 465	265	485	1215
I. Glover 465	265	485	1215

USAPL New Jersey States
5 NOV 05 - Rockaway, NJ

WOMEN	SQ	BP	DL	TOT
Open				
123 lbs.				
Roguemore 159	126	209	496	
165 lbs.				
D. Mauriello 237	137	237	611	
By Formula				
Out of State				
T. Holmberg 187	110	242	540	
L. Hughes 181	115	209	507	
Master				
M. Conte 104	104	159	369	
S. Hernstadt 115	88	165	369	
MEN				
Submaster				
A. Cavallo 341	336	418	1096	
Open				
165 lbs.				
K. Davis 529	336	540	1405	
181 lbs.				
D. Nemow 540	402	600	1543	
S/. Ajirade 529	363	584	1477	
198 lbs.				
R. Heinen 468	352	435	1256	
B. Haley 319	237	396	953	
220 lbs.				
M. Moylen 611	402	551	1565	
R. Pachuta 545	369	600	1515	
R. Kruszely 501	485	529	1515	
H. Schmeding 507	352	523	1383	
242 lbs.				
J. Posinski 578	413	622	1659	
B. Lowery 611	418	600	1631	
275 lbs.				
M. Clark 666	501	595	1763	
J. Louder 545	391	303	1240	
SHW				
J. Weiss 677	402	655	1736	
By Formula				
Junior				
R. Pachuta 545	369	600	1515	
N. Mercurio 518	358	501	1377	
R. Simmons 341	314	501	1157	
J. Sowle 369	325			
Raw				
D. Martobey 440	275	529	1245	
T. Jones 336	264	451	1052	
P. Zingone 314	248	446	100	

APF Adirondack Bench Wars
15 APR 06 Lake George, NY

BENCH	S. Rowe	635
WOMEN	R. Brunk	500
123 lbs.	S. Nilsen	455
Open	E. Nilsen	315
J. Faraone	Submaster	320
165 lbs.	G. Isom	550
Open	S. Nilsen	455
A. Ramsey	242 lbs.	260
198 lbs.	Open	
Open	B. McIntyre	600
C. Seymour	M. Ferlito	255
MEN	M. Newton	—
132 lbs.	N. Cuomo	—
Junior	Teen (18-19)	
S. Tepper	C. Donovan	305
165 lbs.	Master (45-49)	240
Master (75-79)	B. McIntyre	600
P. Bush	Master (55-59)	130
181 lbs.	W. Stanton	350
Open	275 lbs.	
E. Frank	Open	405
Junior	Woody	615
S. Hogleud	Teen (18-19)	315
Submaster	J. Jackson	275
B. Sheldon	Master (40-44)	—
Junior	F. Shover	335
D. Pace	308 lbs.	—
198 lbs.	Open	
Open	J. Hart	655
J. Matla	M. Harris	445
Teen	Master (40-44)	620
N. Fox	C. Schultz	280
220 lbs.	SHW	545
Open	Open	
C. Jenkins	C. Harwood	640
(Thanks to Sandi McCaslin for results)		740



ALL TIME WORLD RECORD ... Janet Faraone benched 320 at a bodyweight of just 122 lbs. at the APF Bench Wars in Lake George, New York. (photograph provided by courtesy of Sandi McCaslin)

NASA Tennessee State
22 APR 06 - Pickwick, TN

BENCH Only	Master I	
MEN	T. Price	330
181 lbs.	Master Pure	
Master I	T. Price	330
S. Fickes	198 lbs.	363
198 lbs.	Open	
Open	P. Hammond	341
P. Hammond	Submaster	341
220 lbs.	P. Hammond	341
Master II	Submaster Pure	
M. Shuffett	P. Hammond	341
Master Pure	PS DEADLIFT	
M. Shuffett	MEN	341
PS BENCH	220 lbs.	
MEN	Master I	
181 lbs.	Shackelford	—
Push Pull	BP DL TOT	
MEN		
220 lbs.		
Master Pure		
R. Ellis	220 385 606	
Power Sports CR	BP DL TOT	
MEN		
165 lbs.		
Submaster Pure		

E. Joseph	121	253	418	793
181 lbs.				
Master I				
E. Coutu	154	314	385	854
275 lbs.				
Master I				
T. Dunlap	132	303	600	1036
Master II				
E. Akins	143	352	435	931
Powerlifting	SQ	BP	DL	TOT
WOMEN				
148 lbs.				
Submaster Pure				
T. James	220	165	308	694
MEN				
198 lbs.				
Master IV				
T. White	275	137	292	705
242 lbs.				
Junior				
S. Donahue	435	336	451	1223
275 lbs.				
Master I				
T. Johnson	474	341	440	1256
Master Pure				
T. Johnson	474	341	440	1256
Natural				
T. Johnson	474	341	440	1256
308 lbs.				
Master II				

USAPL Idaho High School
4 FEB 06 - Boise, ID

MALE	SQ	BP	DL	TOT
123 lbs.				
M. Adler	135	125	225	485
132 lbs.				
N. Stevenson	335	225	360	920
J. Seward	240	160	265	685
Z. Popa	165	125	230	520
D. Seguine	—	—	—	—
148 lbs.				
M. Andersen	385	160	425	970
K. Ulmer	340	175	385	900
Z. Popa	270	160	300	730
165 lbs.				
A. Grow	410	205	405	1020
R. Hunter	385	225	405	1015

J. Rowley	375	225	400	1000
G. Kroon	350	200	385	935
181 lbs.				
R. Daniels	425	250	435	1110
198 lbs.				
S. Fujimoto	535	280	525	1340
T. Dowers	480	270	435	1185
G. Sutton	410	290	450	1150
D. Markel	400	280	420	1100
K. Clark	420	205	445	1070
J. Ford	300	200	450	950
220 lbs.				
D. George	500	255	515	1270
242 lbs.				
D. Flonta	560	405	535	1500
275 lbs.				
C. O'Hare	210	175	340	725
(Thanks to USAPL for providing results)				

ABA Arkansas Raw State
1 APR 06 - Little Rock, AR

BENCH	165 lbs.		
WOMEN	T. Robinson	350	
T. Berry	125	181 lbs.	
MEN	R. Raper	335	
Teen	220 lbs.		
B. Echols	215	E. Nash	425
Master	242 lbs.		
Washkowiak	340	R. Barker	475
Open	SHW		
132 lbs.	L. Jorda	455	
R. Nichols	120		
Overall Winner: Roger Barker. The Arkansas Bench Press Association has gone raw! We really had a great turn out of talent and strength this weekend! The ABA is an official absolute raw federation. The weight lifters are pleased to be able to compete on a level playing field. The bench shirt situation has gotten out of hand. The bench press records that were set this weekend are true testaments to strength of these young men and women. No help form shirts, just true raw power. There was a rather large turnout for the teenage division, which was won by Bryan Echols, who benched 215 lbs. The masters division was won by Dennis Washkowiak. Reid Nichols competed for his first time in the 132 class. Tyndale Robinson, Rodney Raper, Eric Hash, Roger Barker, and Larry Jordan each won their class and have now set the records for the raw federation books for the Arkansas Bench Press Association. Roger Barker also won the overall trophy. DD Nichols, along with Dennis Washkowiak and Roger Barker owns Express Fitness, which is the new home of the Arkansas Bench Press Association, here in Benton, Arkansas. (Meet results provided by DD Nichols)			

Super Bench Sunday
29 JAN 06 - Chatsworth, CA

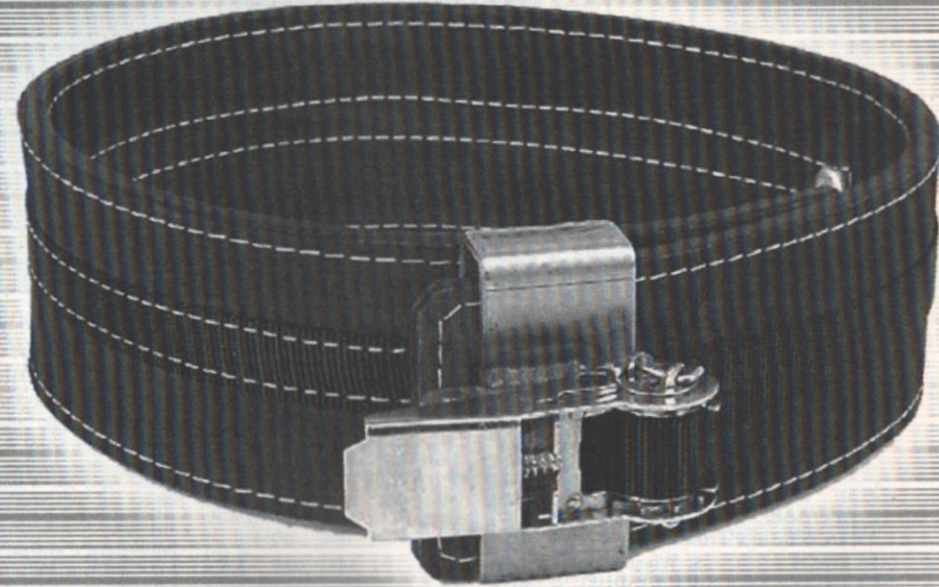
BENCH	220 lbs.		
WOMEN	S. Levi	1045	
Junior (13-15)	242 lbs.		
132 lbs.	M. Tronske	984	
C. LaMantia	158	R. Garcia	—
MEN	Master (45-49)		
Junior (18-19)	220 lbs.		
220s lbs.	M. Long	801	
S. Demarinis	959	M. Brown	619
Junior (20-23)	275 lbs.		
308 lbs.	C. LaMantia	838	
R. Castro	826	308 lbs.	
Open	C. McGuire	935	
198 lbs.	Master (55-59)		
M. Lambert	789	148 lbs.	
242 lbs.	M. Hake	—	
R. Garcia	—	242 lbs.	
275 lbs.	B. Evans	899	
C. LaMantia	838	Master (65-69)	
R. Nash	704	198 lbs.	
S. Denison	1045	R. Lozano	—
308 lbs.	Master (70-74)		
R. Castro	826	181 lbs.	
4th-850	R. Simon	571	
Master (40-44)			

California state single lift bench records set by: Catherine LaMantia, Sean Demarinis, Spencer Levi, and Richard Simon. American single lift records set by: Sean Demarinis and Ronnie Castro. Thanks to Meet Director and National Referee Kevin Meskew, International Referee Jack Hughes, and National Referees Jim Merlino, Steve Denison, and Chuck LaMantia. (Results SteveDenison)

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1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824



Application for Registration
Office use only, do not complete

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

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

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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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**Iron Chamber Gym BP/DL
21 JAN 06 - E. Canton, OH**

BENCH	
WOMEN	
114 lbs.	
Open/Raw	
A. Miskinis 50	
High School/Raw	
A. Miskinis 50	
165 lbs.	
Police/Fire/Raw	
Fenstermaker 50	
SHW	
High School/Raw	
J. Handshue 205	
MEN	
132 lbs.	
Open/Raw	
D. Miskinis 180	
High School/Raw	
D. Miskinis 180	
148 lbs.	
Open	
D. Dessau 300	
Masters	
D. Dessau 300	
165 lbs.	
Open/Raw	
P. Manfredi 300	
J. Houghton 295	
High School/Raw	
F. Costello 275	
J. Kelly 155	
181 lbs.	
Open/Raw	
D. Myers 335	
198 lbs.	
DEADLIFT	
Open/Raw	
M. Ezzo 340	
C. Gregory 300	
Open	
K. Izer 420	
Police/Fire/Raw	
B. Michaels 330	
M. Seruch 200	
High School/Raw	
McCutcheon 300	
M. Torrence 225	
Masters/Raw	
B. Begue 275	



Walsh College Linebacker Nick Roman pulls a personal best 600 pound raw deadlift at the Iron Chamber Gym Bench/Deadlift Championships in East Canton, Ohio. (photo Jeff Begue - I.C.G.)

132 lbs.	
Open	
D. Miskinis 360	
High School/Raw	
M. Noebe 200	
High School	
D. Miskinis 360	
198 lbs.	
Masters/Raw	
C. Lee 355	
220 lbs.	
High School/Raw	
J. Kicos 450	
242 lbs.	
Open/Raw	
A. Miskinis 105	
High School/Raw	
A. Miskinis 105	
165 lbs.	
Police/Fire/Raw	
SHW	
Fenstermaker 120	
SHW	
J. Nichols 475	
Masters	
J. Peshek 640	
IRONMAN	

Goodemote 815	242 lbs.
High School/Raw	Open/Raw
D. Nulick 505	N. Roman 950
Masters	D. Miskinis 640
D. Noebe 810	Open
R. Hodge 715	C. DiMauro 1070
198 lbs.	Masters/Raw
Open	D. Miskinis 640
D. Pagonis 890	275 lbs.
Police/Fire/Raw	Open/Raw
Fenstermaker 585	T. Harbinson 970
Masters/Raw	Open
J. Bednar 575	D. Coleman 1220
220 lbs.	T. McFarland 1150
Open/Raw	E. Frasher 1070
M. Kapas 755	D. Bosler 965
Open	SHW
R. Burress 1080	Open
Police/Fire/Raw	D. Willaman 995
J. Henkel 565	
Masters/Raw	
R. Combest 645	
J. Henkel 565	

Team Competition: 1st-Slaughterhouse Gym/Louisville, Ohio, 2nd-Fitness Masters Gym/Louisville, Ohio, 3rd-The Iron Chamber Gym/Canton, Ohio, 4th-The Old School Gym/Pataskala, Ohio. Best Lifters: Men Best Lifter Bench Press/Equipped: J. Peshek. Men Best Lifter Bench Press/Raw: E. Collins. Women Best Lifter Bench Press/Raw: A. Tressler. Men Best Lifter Ironman: D. Coleman. Guest Lifter: Aeden Begue, 3 years old pulled a strong deadlift of 11 pounds in his first competitive powerlifting action. He weighed in at a rock solid 42 pounds. Great Job Aeden, Daddy loves you! Remarks: January 21st marked the date of the inaugural Iron Chamber Gym Bench Press and Deadlift Championships in East Canton, Ohio. Over 60 lifters from 3 states gathered for what turned out to be one of the most exciting and adrenaline pumping meets in recent memory. Complete with stadium style seating, chest pounding music a 12 foot movie screen projecting each lift, custom 8x10 photos of each lifter and more than 250 spectators this meet was just what northeast Ohio needed to kick start the sport of competitive powerlifting

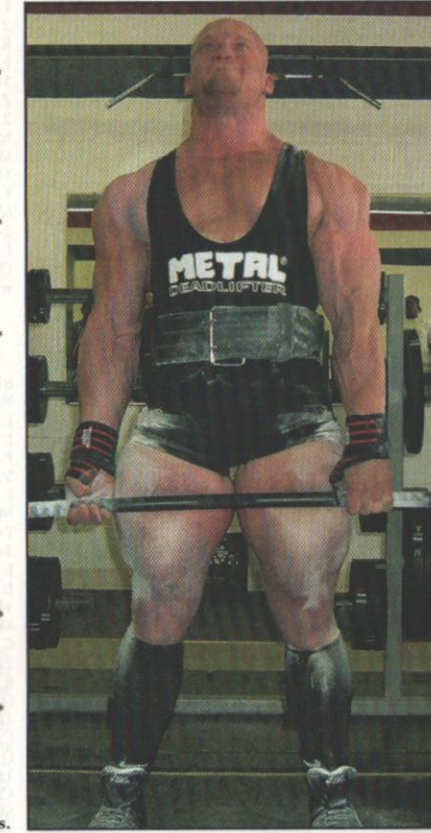
in our area. Competitors for this meet ranged from ages 3 to 85 and each lifter received gift bags complete with items from Inzer Advance Designs, Met-Rx, Animal-Pak/Universal Nutrition, Titan Support Systems and Bodybuilding.com. On behalf of the Iron Chamber Gym, I would sincerely like to thank all who contributed to making this event a huge success. To the competitors, I can assure you that we will continue to hold events for all of you and will strive to promote the tremendously talented lifters in the Ohio, Western Pennsylvania area. We are working on our next event at this time so start preparing for battle. Visit our website at www.ironchambergym.com for meet information or e-mail us to be put on our mailing list. Until then, train hard. (Thanks to Jeff Begue of ICG, for results)

**USAPL FGCU Collegiate Qualifier
18 MAR 06 - Ft. Myers, FL**

WOMEN	
Collegiate	
148 lbs.	
L. Erwin	200 16 250 610
165 lbs.	
S. Franco	185 130 230 545
198 lbs.	
K. Fournier	170 145 295 610
MEN	
Collegiate	
181 lbs.	
M. Lee	265 — 315 580
198 lbs.	
C. Edwards	370 260 405 1035
220 lbs.	
C. Nyguard	500 280 510 1290
R. Hall	385 285 500 1170
B. Kelly	350 365 440 1155
242 lbs.	
N. Hernandez	430 315 495 1240
Ogundaunsi	405 300 550 1255
275+ lbs.	
H. Sherburne	440 280 460 1180

**SLP Leo's Black Iron Gym Open
21 JAN 06 - Beech Grove, IN**

BENCH	
165 lbs.	
WOMEN	
M. Harmon 210*	
4th-220*	
148 lbs.	
MEN	
M. Hampton 60*	
Special Olympian	
165 lbs.	
M. Harmon 105	
K. McNamara 250	
Novice	
242 lbs.	
M. Carman 225*	
4th-235*	
275 lbs.	
K. White Jr. 400	
Teen (13-15)	
97 lbs.	
L. Zielinski 185*	
4th-190*	
Teen (16-17)	
165 lbs.	
R. Carman 215	
B. Furbee 385	
198 lbs.	
R. Carman 365	
181 lbs.	
L. Ruiz 355*	
4th-375	
Submaster	
220 lbs.	
J. Wolfarth 195*	
B. Newby 450	
Master (45-49)	
242 lbs.	
D. Matlock 300	
C. Riesenmey 475	
308 lbs.	
B. Rhoades 565*	
Open	
275 lbs.	
C. Beck 375	
E. Schmid 525	
DEADLIFT	
WOMEN	
Novice	
275 lbs.	
J. Eads 300*	
Master (55-59)	



BEST DEADLIFTER LUKE EDWARDS @ the SLP Black Iron Gym Open, pulled a state record 700 lbs. @ 242. (Dr. D. Latch)

Leo's Black Iron Gym. Thanks to owners Gary and Beth Starker for sponsoring this event. In the bench press competition first timer Mary Hampton won at 55-59/148 with a new Indiana state record of 60. Marianne Harmon tied her own state record at 55-59/165 with 105. At novice men it was Michael Carman with 230, then a personal best 235 fourth at 242 while Kenneth White, Jr. finished with 400 at 275. Logan Zielinski set the state record at 13-15/97 with 115. For the 16-17 age group Ricky Carman won at 198 with 215 while Luis Ruiz broke the record at 18-19/181 with 355. James Walforth broke the state record at junior 132 with 195, lifting in his first competition. Derek Matlock won at submaster 165 with 300 while Bert Rhoades finished with 410 at 45-49/308. For the open division it was Chip Beck, lifting "raw", with 375. The best lifter award went to Luis Ruiz, who competed at a 176 bwt. In the deadlift event state record holder Kyle McNamara won at Special Olympic 148 with 250. Josie Eads set the state record at novice women 275 with 300 while Marianne Harmon again set the stat record at 55-59/165 with 210. A personal best 220 fourth was also good. Lifting in hi first competition was 242 novice winner Michael Carman. Mike finished with a personal best and new state record fourth of 235! Logan Zielinski won his second title of the day at 13-15/97, also setting his second state record of the day, with

185, followed by a 190 fourth. For the 16-17 age group it was Brent Furbee with 385 at 165 followed by Ricky Carman, who got a new personal best fourth attempt of 375 at 198. Bill Newby got a new PR at submaster 220 with 450, cheered on by the "Bill Newby Fan Club". Chris Riesenmey pulled a strong 475 at 45-49/242 while Bert Rhoades got a big 565 state record at 45-49/308. In the open class it was Eric Schmid at 220 with 525, but it was big Luke Edwards with the biggest pull of the day, 700 at 242. At a 230 bodyweight, this gave Luke the best lifter honors for the deadlift competition as well. Our final lifter was Chip Beck, who finished with a personal best 560 at 275. Thanks to my son Joey for all his help with the competition and to the staff at Leo's. (Thanks to Dr. Darrell Latch for providing these meet results)

**USAPL Mountain States
11 MAR 06 - Aurora, CO**

BENCH	
WOMEN	
123 lbs.	
T. Acosta 562	
Open	
T. Acosta 562	
M. Rodriguez 451	
198 lbs.	
SHW	
J. Dugger 402	
Master III	
R. Keele 463	
Open	
J. Whitcomb 573	
220 lbs.	
M. Rodriguez 55	
Open	
B. Radulovich 617	
198 lbs.	
J. Dugger 253	
T. Howell 474	
242 lbs.	
Teen III	
B. Carl 457	
275 lbs.	
Open	
S. Wojahn 650	
165 lbs.	
Teen II	
J. Torres 380	
Junior	

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\$2500 for the heaviest Deadlift over 750!!

The USPF Multi-Nationals Event: Seniors, Masters, Juniors, Teenage, Women, Police/Fire and BP/DL Nationals along with the Strength Challenge for Cash. More info on www.uspf.com.

ED COAN has confirmed he is coming, along with Brian Slders, Jim Compton, and Kara Bohigian

This meet will be held August 19th in Chester, West Virginia at the Mountaineer Race Track and Gaming Resort, promoted by Matt McCCase. Contact him at 304-376-2432 or mccase@yahoo.com

WWW.ATLARGENUTRITION.COM will add \$1000 to the \$2500 prize money for anyone deadlifting over 1000 lbs.!

100% RAW Old Dominion Classic
25 FEB 06 - Stanardsville, VA

FEMALE		(35-39)	
123 lbs.	J. Jackson	360	
Open	220 lbs.		
Kerry Self	165	(16-17)	
MEN	J. Athey	225	
165 lbs.	Open/(40-44)		
(16-17)	R. Berry	350	
J. Parrott	235	242 lbs.	
(18-19)/Open	(18-19)		
J. Cale	290	K. Ryan	330
181 lbs.	(35-39)		
Open	R. Williams	310	
J. Self	375	275 lbs.	
(35-39)	Open/(40-44)		
Armed Forces	S. Kuzma	500	
A. Smith	255	308 lbs.	
198 lbs.	(20-24)		
(18-19)	S. Dillenger	445	
J. Peachy	270	Supers	
Open	(35-39)		
M. Hodge	410	L. Thompson	335
M. Shipley	370		

APF/AAPF Midwest Classic
17 SEP 05 - Kansas City, KS

BENCH		K. Flick	375	
WOMEN		275 lbs.		
Open	D. Gullledge	730		
148 lbs.	308 lbs.			
K. Hairston	195	C. Lowe	530	
MEN	Junior (20-23)			
AAPF Master (50-54)	181 lbs.			
220 lbs.	L. Ellsworth	480		
M. Hammond	385	198 lbs.		
Open	N. Gentes	565		
220 lbs.	Master (40-44)			
J. Falcon	540	220 lbs.		
T. Luke	455	B. Stevens	435	
242 lbs.				
MEN	SQ	BP	DL	TOT
AAPF Open				
165 lbs.				
J. Cantwell	620	375	550	1525
AAPF Submaster (33-39)				
181 lbs.				
C. Bangs	475	305	425	1230
R. Guevara	490	315	385	1185
AAPF Master (40-44)				
198 lbs.				
B. Cramer	560	265	500	1295
308 lbs.				
K. Ufford	800	550	700	2100
AAPF Master (45-49)				
165 lbs.				
R. Broeg	375	275	365	1015

RAW
POWERLIFTING
Classification Standards

RAW WOMEN'S POWERLIFTING CLASSIFICATION CHART*

NOTE: Weights Below in LBS.

Wt. Class	97	105	114	123	132	148	165	181	198	198+
ELITE	543	581	623	665	703	773	853	895	960	1012
MASTER	491	529	567	604	637	702	759	815	871	918
CLASS I	440	477	511	543	572	632	684	736	782	825
CLASS II	394	422	454	483	511	562	609	651	698	736
CLASS III	342	370	398	422	445	492	529	572	609	642
CLASS IV	295	319	342	361	384	422	454	487	525	553

To convert Classifications & Weight Classes to kilograms, simply divide the Total Listed by 2.2046
For Example: The ELITE Total for the (275 lb. Class or 125 kg. Class) is 1654 lbs.
To convert to kilograms, take 1654 + 2.2046 = 882.5 kg.

RAW MEN'S POWERLIFTING CLASSIFICATION CHART*

NOTE: Weights Below in LBS.

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	904	984	1059	1185	1298	1396	1471	1551	1607	1654	1728
MASTER	850	904	974	1087	1190	1279	1354	1476	1518	1518	1594
CLASS I	750	810	871	979	1068	1148	1209	1279	1321	1359	1420
CLASS II	661	712	768	858	937	1012	1068	1125	1162	1199	1251
CLASS III	571	623	670	754	820	881	932	984	1017	1045	1087
CLASS IV	502	543	586	656	712	768	810	853	890	914	951

Note: RAW Powerlifting is defined as wearing only a singlet and a weight belt.
These classification standards reflect a drug free lifter's Total. A Total is achieved by adding
A lifter's best Squat, Bench & Deadlift performed in a Sanctioned Powerlifting Competition.

Open	198 lb.										
181 lbs.	M. Prewitt	685	415	500	1620						
P. Houston	650	400	500	1540							
M. Alexander	365	280									
M. Hairston	800	630	500	1940							

T. Bollig	700	550	550	1765							
275 lbs.											
K. Gullledge	665	145	730								
Junior 920-23)											
181 lbs.											
Z. Schreiner	135	225	350	715							
220 lbs.											
M. Majerle	775	500	635	1905							
Master (45-49)											
181 lbs.											
T. Fletcher	475	295	420	1200							
Master (50-54)											
242 lbs.											
J. Gnerre	705	520	625	1905							

12th Wisconsin Health & Fitness
18 MAR 06 - German Town, MD

BENCH		Submaster	165 lbs.								
WOMEN		E. Waltermann	230	D. Petruzates	270						
Open	J. Folk	200	181 lbs.	D. Ward	280						
148 lbs.	P. Young	90	198 lbs.	L. Schnook	110						
K. Kochevar	200	148 lbs.	J. Borowski	370							
J. Haas	185	185 lbs.	T. Aldag	280							
185 lbs.	M. Gucci	275	165 lbs.	D. Aldag	250						
M. Balthazor	195	Constantineau	330								
220 lbs.	P. Schneider	275	198 lbs.								
R. Schneider	275	P. Degeneffe	380								
Open	M. Olson	325	275 lbs.								
148 lbs.	C. Majewski	330	D. Balthazor	550							
C. Majewski	330	D. Aldan	265	DEADLIFT							
D. Aldan	265	165lbs.		MEN							
165lbs.	Constantineau	330	148 lbs.	C. Majewski	440						
M. Thompson	325	J. Kochevar	275								
181 lbs.	C. Nowak	320	165 lbs.								
L. Vogel	265	D. Constantineau	470								
J. Ravely	245										
C. Balthazor	195	181 lbs.									
198 lbs.	L. Vogel	405									
P. Degeneffe	380	Master									
J. Shields	375	181 lbs.									
R. Zuege	350	J. Kidd	410								
P. Platek	265	198 lbs.									
P. Mrotek	245	R. Zuege	600								
220 lbs.	J. Shields	540									
M. Becher	450	220 lbs.									
B. German	345	D. Cimicud	530								
275 lbs.	M. Cimicud	530									
D. Balthazor	550	242 lbs.									
A. Bradham	385	T. Deprey	630								
G. Engelman	350	M. Karner	505								
275 lbs.	P. Platek	265	198 lbs.								
M. Repp	350	A. Bradham	525								
SHW	Police/Fire	G. Engelman	500								
198 lbs.	SHW										
J. Knowles	330	B. Ambos	515								

USAPL New Jersey Open BP
20 AUG 05 - Rockaway, NJ

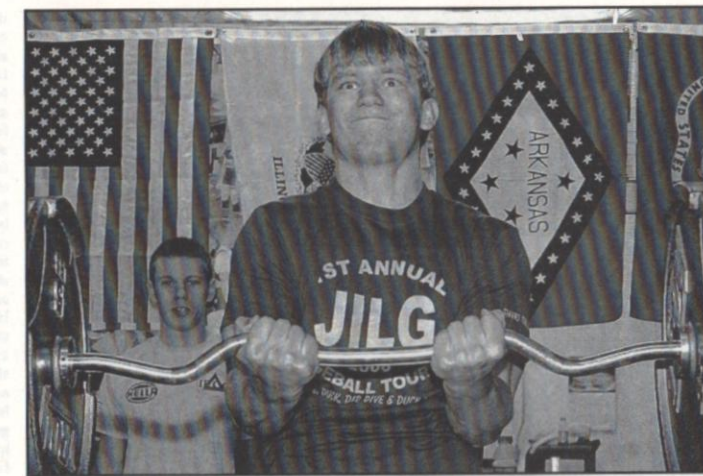
BENCH		R. Cutting	385
WOMEN		Guest	
By Formulas	J. DeMatteo	451	
Lite	220 lbs.		
L. Hughes	115	T. Lehrer	512
Heavy	Griehaber	347	
Dedominicis	165	242 lbs.	
M. Conte	121	K. Stephens	540
S. Herstadt	88	G. Haley	451
Master	88	SHW	
B. Phillips	446	R. Scandle	501
R. Titus	264	By Formulas	
G. Haley	451	Junior	
Griehaber	347	J. Zick	413
J. Martucci	264	R. Pachuta	402
P. Rooney	264	C. Nasser	385
Submaster		Raw	
K. Stephens	540	C. Neal	435
T. Lehrer	512	G. Passman	341
C. Livolsi	308	L. Hill	292
K. Stephens		A. Meoli	330
MEN		S. Jackson	336
Open		R. Hanington	264
165 lbs.		Teens	
P. Rooney	264	E. Debus	490
181 lbs.		B. Damstadter	303
G. Passman	341	C. Cooper	226
A. Scolaro	303	D. Passman	198
198 lbs.			

(Thanks to Bill Clayton for these results)

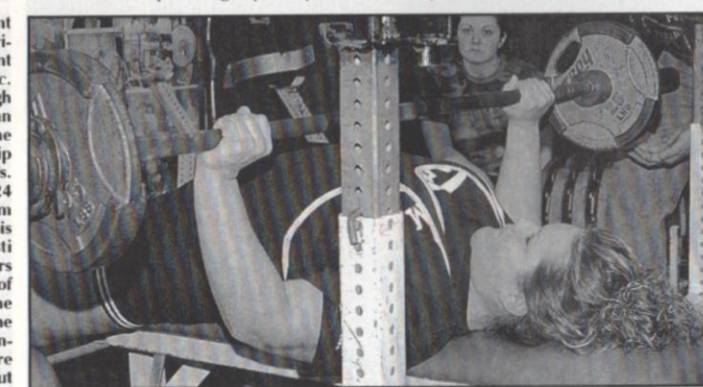
NASA Illinois High School
4 MAR 06 - Flora, IL

WOMEN		SQ	BP	DL	TOT
105 lbs.	G. Brown	185	125	225	535
123 lbs.	L. Harrison	150*	75	220	445
148 lbs.	O. Richardson	185*	110*	205*	500*
198+ lbs.	K. Tjarks	315	195	305	815
MEN					
123 lbs.	A. Lutman	230	165	290	685
J. Sutter	245	115	300	660	
132 lbs.	C. Harris	275	170	340	785
165 lbs.	P. Schick	375	205	440	1020
C. Langhoff	270*	150	330	750	
J. Ogden	280	155	315	750	
A. Schwab	250	150	300	700	
198 lbs.	A. Winkle	365	225	405	995
J. Denham	350	190	410	950	
275 lbs.	M. Zielsdorf	405	280	365	1050
SHW	T. VanNote	525	305	505	1335
Power Sports					
181 lbs.	R. Flood	115	185	330	630
G. Keeler	100	165	300	565	

*=Personal Bests. The next scheduled event at The Gym will be the annual NASA Tri-State Regional on July 29. NASA President Rich Peters will return to Flora for the Dec. 16 Illinois Christmas Regional. Flora High School senior Rylan Flood turned in an excellent effort in the curl portion of the 2006 Illinois High School Championship with a meet best final curl of 115 pounds. The Power Sport win came less than 24 hours after Rylan and his high school team captured the first annual Jobs for Illinois Graduates Dodgeball Tournament. Kristi Tjarks turned in the day's biggest numbers in squats bench and deadlifts with lifts of 315, 195, and 305 for an 815 total. Some meets are just more fun than others. The 2006 NASA Illinois High School Championships was such a meet. Good numbers were posted and outstanding technic shown, but more importantly, every one left feeling good about their day. Numbers for the meet weren't down, they were just right with the Mustang Power Team bringing a Lucky 13 lifters, while The Gym had a quartet of competitors participating. Gym teammates Rylan Flood and Grant Keele squared off against each other in Power Sports with the tennis player edging the distance runner by 65 pounds. The senior classmates both hit their first two curls in the amount of 85 and 100 pounds before Rylan squeezed the 115 pounds to the top, while it hung about halfway up for Grant. Rylan added another 20 pounds to his lead in with a 185 to 165 bench press, when pulled away with a perfect day of deadlifting culminating in a 330 final effort for a 630 total. Grant was also perfect, but closed out the day with a 300 pound lift for a 565 first-meet total. The buys side of the meet was all about the Mustangs with Randy Biggiam's team taking home all the championship t-shirts. Pictures of the lifters were taken during their opening attempts, then transferred to



ABOVE: Rylan Flood made an excellent 115 lb. curl at the Illinois High School Championships, less than 24 hours after Ryland and his team captured first in the first annual Jobs for Illinois Graduates Dodgeball tournament. BELOW: Kristi Tjarks had the day's biggest women's numbers at the NASA IL HS meet with 315 195 305 for an 815 total. (photographs provided by the courtesy of Smitty)



shirts with their name and Illinois State Champion embossed on it. Leading the team was Superheavyweight Travis VanNote, who began competing years ago as a Youth Lifter. Travis opened with an each 500 pound squat, the powered up 515 before capping off squats with a 525. The big man stumbled slightly in bench when his second attempt, after an easy 275 opener, failed to get three white lights. He came back at 305 on his third try and pushed it through the ceiling. The day closed with Travis ripping up lifts of 450 and 505 before 525 refused to come up. His day's best of 525, 305, and 505 still gave him the meet's heaviest total of 1335. Teammate Patrick Schick not only won the 165 pound class, but took home the Best Lifter Award with a 1,020 total at a bodyweight of 154 pounds. Patrick also posted one of those rare "Perfect" days without going nine-for-nine. Patrick was rock solid hitting squats of 315, 365, and

375 before showing no weakness in bench attempts of 180 and 205. Patrick opted to pass on his third bench. Rested, he jerked 405 off the floor, then hoisted 440 pounds on a second before also passing on his third deadlift. The senior's coefficient of 6.623 was nearly a full point better than the next best. Seventh grader Caleb Langhoff posted a trio of final lift Personal Bests in posting a 750 total and a nine-for-nine day. Caleb's third lift bests were 270, 150, and 330 for the 750 total. Big Matt Zielsdorf, lifting in the 275 pound class posted the meet's third 1,000-pound total with lifts of 405, 280, and 365 for a 1,050. Also posting perfect nine-for-nines were Josh Denham with a 950 total in the 242s. Josh Sutter with a 660 total in the 123s and Calvin Harris with a 758 in the 132s. Just one girl, Kristi Tjarks turned in a perfect day on the platform, hitting an 815 total with third lifts of 315, 195, and 305. Young lifters Lauren Harrison, from the Mustangs, and Olivia Richardson, from The Gym, enjoyed a good day on the platform with Lauren hitting a Personal Best of 150 pounds in the squat, while Olivia capped off her first meet with a PR 205 deadlift. But, the Outstanding Female Lifter trophy went to Gabrielle Brown, who benefited from the absence of older sister Felicia, who was participating in the IHSA's Regional Cheerleading Championships. Gabby survived a scary start, missing her first two squat attempts at a Personal Best 185 pounds before powering it up as if it were an opener. The 104 pound, 13 year old came back after squats to hit PRs of 125 pounds in the bench press and 225 pounds in deadlifts to turn in the girls best coefficient. The Mustangs naturally took home the team trophy as they focused in on their National Championships, while The Gym lifters took aim at their own NASA High School Championships in Oklahoma City. (Thanks to Smitty for these results)

USAPL Ketchikan Spring
22 APR 06 - Ketchikan, AK

FEMALE		SQ	BP	DL	TOT
123 lbs.	T. Gregg	185*	120	215*	520*
MALE					
114 lbs.	J. Peterson	80*	95*	170*	345*
Junior	D. Mann	200	270*	315*	785*
181 lbs.					
Open	C. Douglas	350	245	385	980
K. Johnson	425	260	475	1160	
Teen II	T. Winchester	250	255	415	920
198 lbs.					
Master II	F. Frank	425	315*	450	1190
242 lbs.					
Teen II	T. Eubanks				

**16th Weightlifting Unlimited BP
1 APR 06 - Winchester, VA**

BENCH	Novice			
MALE	K. Spittler	315		
Teen	E. Delshanty	310		
A. Crider	R. Cook	300		
C. Daube	242 lbs.			
R. Thomas	Open			
A. Carter	R. Robinson	600		
148 lbs.	Novice			
B. Rouzer	J. Kidwell	385		
165 lbs.	275 lbs.			
Open	Open			
C. Daube	B. Tabler	580		
Novice	B. Drummond	500		
J. Neal	S. Kuzma	490		
181 lbs.	L. Short	430		
Open	Heavy			
J. Baer	B. Youker	405		
Novice	Submaster			
L. Brown	B. Drummond	500		
198 lbs.	B. Miller	420		
Open	Master (40-49)			
B. Miller	R. Robinson	600		
Novice	C. West	440		
E. Nesseload	S. Kuzma	490		
220 lbs.	Master (50-59)			
Open	B. Shaffer	365		
J. Shifflett	B. Carmack	385		
D. Reed	D. Reed	270		

Best Lifter Light: Jason Baer. Best Lifter Heavy: Randy Robinson. This year special guest was Donnie Thompson. What a powerful guy and a great gentleman, helping everyone with some great tips on lifting. Some highlights were teen winner Adam Crider, with a 315 bench at 163 bwt., Jason Baers 460 at 181, and Brian Miller's 420 in the 198 class. Randy Robinson hit 600 weighing 238 in the open and master class. Bud Drummond won the submaster's with an easy 500 bench. Barry Shaffer won the master (50-59) with 365. Brandon Tabler benched 580 to win the 275 lb. class. Scott Kuzma won the raw heavy class with 490. We would like to thank all Weightlifting Unlimited members who helped with the meet. Thanks to the Eagles Club, Carl Seeker awards, our sponsors, and judges Marty Moubou, Jeff Hickerson, Roger Ernst. A special thanks you to John Shifflett who did a great job at the head table. Also, thanks to Sheila Brooks. The club will take her to Piggy's for a drink. (Randy Brooks)

**UAPC Nationals & UAPC/APC IL
15 APR 06 - Joliet, IL**

BENCH	Master			
WOMEN	M. Gutierrez	154		
UAPC	MEN			
132 lbs.	UAPC			
Richardson	198 lbs.			
165 lbs.	Master (45-49)			
Teen (13-19)	M. Frizzell	402		
B. Moore	220 lbs.			
4th-220	Master (60-64)			



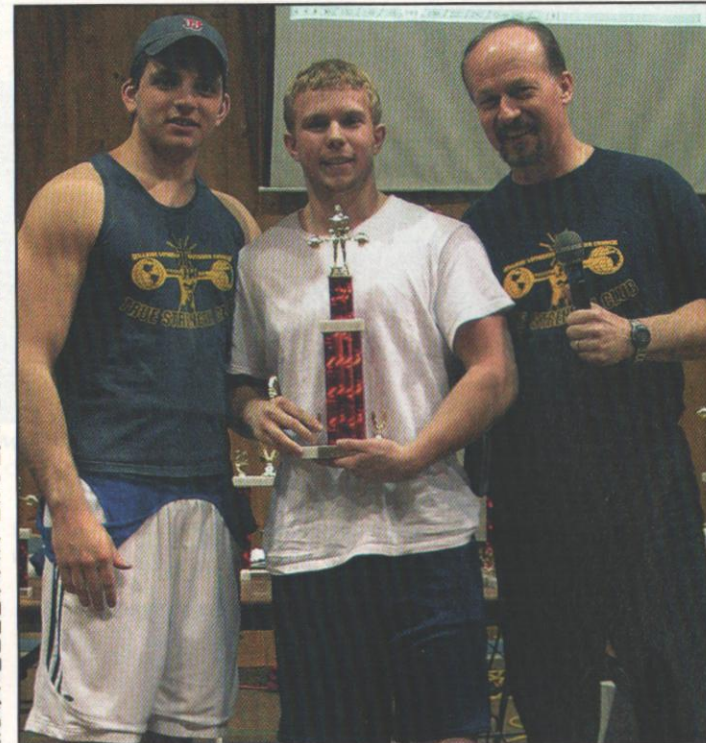
Randy Robinson (left) who hit a 600 BP @ 238 was joined by big Donnie Thompson and Marty Macaboy at the Weightlifting Unlimited 16th annual bench press meet. (photo courtesy Randy Robinson)

	BP	DL	TOT
M. Collet	254		
Open	220 lbs.		
R. Casey	485		
242 lbs.	Open		
P. Rodriguez	568		
308 lbs.	Open		
N. Blakney	468		
WOMEN			
UAPC			
132 lbs.			
Master (55-59)			
S. Rouse	226	121	270
148 lbs.			617
Open			
M. Moodie	380	231	369
APC			980
181 lbs.			
Master			
K. Packer	429	220	380
MEN			1029
UAPC			
181 lbs.			
Open			
M. Novak	342	276	452
220 lbs.			1070
Master (55-59)			
B. Ferro	639	375	606
APC			1620
220 lbs.			
Open			

J. Black 639 463 535 1637
242 lbs.
Open
S. Parkhurst 650 474 601 1725
Congratulations to the athletes who came to the first UAPC National and UAPC/APC Illinois State meet. Thanks to all of the people who helped make it a success. Without spotters, loaders, and judges, there is no meet. So, thanks again from meet promoter James Rouse to Scott Angstrom, Jay Gaskey, and Dave Wyatt, for helping with the spotting and loading. Great job! He also wants to thank Bob Packer, Ed Angstrom, Dave, and Vince, for helping with the judging. We had no complaints. Also, thanks to Carol Angstrom for announcing, and her daughters, Tracy Fischlein and Stephanie Angstrom, for working the tables. The meet started off with the squat, and the lifting was terrific. In the first flight, the first lifter was Sheila Rouse, lifting in the 60 kgs. master (55-59). Her first attempt was successful with 87.5 kgs., her second successful attempt was 102.5 kgs., and her third attempt with 110 kgs. She was strong enough to get it back up, but she didn't go deep enough to get the lift. The next lifter was Michael Novak, lifting in the 82.5 kgs. open. Starting off with a successful 142.5 kgs., then going to 155 kgs. He missed his third lift with 167.5 kgs., but with the strength he showed that

day, I know in his next meet that will come easy for him. Michael got off to a terrific start, for his first meet. Keep up the good lifting Michael. Next we had Michelle Moodie, who lifted in the 67.5 kgs. open, and coming back after not being in a meet for almost a year. But, she proved that she still has her strength. She opened with a successful 160 kgs. On her second attempt of 172.5 kgs., she was a little out of her groove, so she missed it. But, she came back with a very strong successful squat of 172.5 kgs. Next was Kim Packer, lifting in the 82.5 kgs. master. Her first successful attempt of 165 kgs. was very easy for her, and after watching her squat, I saw why. Her second successful attempt was a very strong 180 kgs., and she wasn't finished yet as her third attempt seemed to be even stronger, coming up out of the pocket with a powerful 195 kgs. Kim had a great day in her squat going 3 for 3, and it was really great having her lift in our meet. Kim and her husband Bob came all the way from California. We just want you to know that we really appreciated you taking the time out of your busy schedule to be here. Next we had Bernie Ferro, who lifted in the 100 kgs. masters (50-59). His first successful attempt was 262.5 kgs., and his second successful attempt was 280 kgs. You could tell he still had a lot of strength left for his last squat of 290 kgs., which he handled with strength of steel. Bernie was on a roll of 3 for 3 in the squat, and you could tell he was just getting started. Bernie also is getting ready for a body building contest, and we wish him good luck. Next up was Jason Black, lifting in the 100 kgs. open. He opened with a very strong successful attempt of 272.5 kgs., and he came back with an even stronger successful attempt of 290 kgs. But, he missed his third attempt of 305 kgs., but 290 kgs. is something of which to be very proud. Our last squatter of the day and lifting in the 110 kgs. open was Stephen Parkhurst. He opened with a great successful attempt of 275 kgs., and had a very strong second successful attempt of the highest squat of the day, as he squatted 295 kgs. He came back for a powerful 317.5 kgs., but unfortunately he couldn't master it. We had a great day with the squatting, and then it was time for the bench only class. Our first lifter of the day was Martha Gutierrez lifting in the 75 kgs. masters. She opened with a successful 55 kgs., and had a successful second attempt of 62.5 kgs. Her third successful attempt was 70 kgs., having a great day by going 3 for 3. This was Martha's first bench press meet, so we hope she enjoyed herself and wants to come back next year. Next was Misty Richardson lifting in the 60 kgs. open. This was her first championship meet also, but she got over her jitters after missing her first two attempts and benched a powerful 57.5 kgs. Keep up your lifting and we hope to see you in another meet. Next was Brittany Moore, lifting in the 75 kgs. open. She opened with a world record of 87.5 kgs. She came back with a second successful attempt of 92.5 kgs., and for her meet total her third successful attempt was a very strong 97.5 kgs. world record. She decided to take a fourth attempt, breaking her record, with a dynamite blast of 100 kgs. Her lifting was very exciting since it was her first meet, and all of her lifts were world records. Hopefully she will keep her training going, and we'll see a lot of her. Next on the bench was Michael Collet, lifting in the 100 kgs. master (60-64). He was just in Powerlifting USA saying how he was back lifting again, and a great job he did. He opened with a strong 112.5 kgs., and after that successful attempt, his second bench, which he had no trouble blasting to the top was 115 kgs. His third attempt with 117.5 kgs. was a miss, but it was great having him lift in our meet. He's back lifting in the raw, but he still has great strength. We hope our meets will bring a lot of the old timers out of retirement. Our next lifter was Mike Frizzle, lifting in the 90 kgs. master (45-49), and opening with a 175 kgs. with ease. He came back with a powerful 182.5 kgs. successful attempt, but didn't quite have it for his last attempt of 190 kgs. Next up was Neal Blakney, who lifted in the 140 kgs. open. With arms as big as a house he had 3 for

3 opening with 195 kgs. for his first successful attempt, and then going 207.5 kgs. with ease. For his third attempt a powerful 212.5 kgs., we've been trying to get him to wear a bench shirt, but he loves benching without a bench shirt. Robert Casey was up next, opening with 220 kgs., lifting in the 100 kgs. open. He looked very strong on his first attempt, but his second and third were unsuccessful, even though they blasted off of his chest. He just couldn't lock them out. The last bench only was Paul Rodriguez, lifting in the 110 kgs. open. He opened with the strongest bench of the day, making it look very easy with a 242.5 kgs., and then came back with even more aggressive on his second successful attempt and locked out a powerful 257.5 kgs. But, on his third attempt he tried 262.5 kgs., but it just wasn't there. It was great having our bench only, and we hope to see you again in our next meet. The second flight of benches began with Sheila Rouse, who opened with 52.5 kgs. With that being successful, she went to 55 kgs. and locked it out at the top, but her third bench of 60 kgs., which flew off her chest. But, she just couldn't get it locked out. I'm sure it will be there next time. The second lifter, Michelle Moodie, got off to a roaring start with a successful 87.5 kgs. She then came back with a very strong 100 kgs. that gave her no trouble at all, and for the world record on her third attempt, she mastered it with a 105 kgs., which she had total control of at all times. She showed she had a lot left, but was saving it for the deadlift. Michelle had the strongest bench of the women, going 3 for 3. Next up was Kim Packer. Her first successful lift was 87.5 kgs., and then she went to a powerful 95 kgs., which she did with ease, and for her third attempt she did 100 kgs., which gave her 3 for 3 in the bench. Great job, Kim. Next up was Michael Novak. He opened with a successful 110 kgs., and came back with a strong 120 kgs. for his second attempt. Handling that with ease, his third successful attempt with 125 kgs. seemed just as easy. Michael went 3 for 3 in the bench also. Next up was Bernie Ferro, opening with a powerful 155 kgs., and doing it with no strain. His next bench was strong enough for a world record at 170 kgs., and he took a third with 175 kgs., but it was unsuccessful. Next we had Jason Black opening with a strong successful lift of 210 kgs., then he went to 215 kgs., which he missed on his second and third attempt. The last lifter of the day was Stephen Parkhurst, who missing his first attempt of 215 kgs., but came back very strong and locked it out with no trouble. He missed his third of 227.5 kgs. With the bench press behind us, we were ready for the deadlifts. The first lifter was Sheila Rouse, who started off with a strong successful 105 kgs., and going into her next lift with a 115 kgs., which was no problem. She came back with a powerful 122.5 kgs., and pulled it with ease, which gave her a total of 280 kgs. for the day. Next was Kim Packer who opened with a strong pull of 150 kgs., which was a piece of cake, so she went to a powerful 165 kgs. and mastered it with no problem. She came back with an explosion of 172.5 kgs. and locked it out with ease. Kim had a great day, she went 9 for 9 and ended with 467.5 kgs. Next was Michelle Moodie, opening with a very powerful successful 157.5 kgs., and coming back with a dynamite explosion of 167.5 kgs., locking it out with ease. Her last attempt was 172.5 kgs., but it got out in front of her and she couldn't bring it back, but a great attempt anyway. Michelle ended up with a grand total of 445 kgs. for the day. Next up was Michael Novak opening with a strong successful lift of 167.5 kgs. He came back with determination and mastered his second lift of 190 kgs. with total control. His third lift of 205 kgs. was pulled with strength of steel and he was 3 for 3 in the deadlift, which gave him a grand total of 485 kgs. for the day. Michael had a great day, it was his first meet, but he mastered it so though he had been lifting for a long time. He went 8 for 9 and we hope to see a lot of Michael in the future. Next was Jason Black, opening with a powerful 235 kgs., and lifting it with ease, he came back with an explosive



Jason Nolan receives his first of 5 trophies at the All Church PL meet.



Richie Madera (2nd place in the supers) made this 700 lb. squat. (Above photographs provided by courtesy of Pastor Pete Ameman.)

242.5 kgs. successful lift. He missed his third attempt of 250 kgs., but ended up with a grand total of 742.5 kgs. Next was Bernie Ferro, blasting out with 260 kgs. for his opener, and handling it with poise, he came back with a very explosive 275 kgs., which gave him a world record and the strongest deadlift of the day. He missed his third attempt of 280 kgs., but he still ended up with a grand total of 735 kgs., which is also a world record. Bernie had a great day and mastered the world records in the squat, bench, deadlift, and total, in his weight class and age. Great job, Bernie. The last lifter of the day in the deadlift was Stephen Parkhurst, opening with a powerful 272.5 kgs. and blasting it off the floor with ease, but his second and third attempt with 295 kgs. just wasn't there. But, he ended up with a grand total of 782.5 kgs., which was the strongest total of the day. Great job, Steve. All of the lifters were UAPC, except for Kim Packer, Jason Black, and Stephen Parkhurst, as they were APC.

Everyone will get a state record for all of their lifts, since this was the first state meet ever held in Illinois. You will be the proud owner of the state record, for at least a year. Congratulations to all of you and thanks so much for helping our organization grow. (Thanks to Jim Rouse for results)

**USAPL House Power Invitational
4 MAR 06 - Baton Rouge, LA**

WOMEN	SQ	BP	DL	TOT
181 lbs.				
K. Smith	250	105	250	605
C. Cobb	250	105	250	605
132 lbs.				
J. Dunn	275	180	275	730
165 lbs.				
D. Otis	335	250	410	995
181 lbs.				
S. Strong	320	245	360	925

(Thanks to USAPL for providing results)

**All Church Open Powerlifting
18 MAR 06 - Succasunna, NJ**

WOMEN	SQ	BP	DL	TOT
Davidowich	310	125	315	750
J. Gill	310	125	290	725
T. Ball	275	140	235	650
MEN				
114 lbs.				
M. Parker	130	90	170	390
B. McDonald	75	85	165	325
148 lbs.				
J. Theriault	185	110	200	495
165 lbs.				
C. Johnson	305	165	385	855
M. Parker	170	200	210	580
M. Thompson	165	150	225	540
C. Ball	170	80	150	400
181 lbs.				
J. Nolan	575	400	575	1550
C. Welsch	480	335	475	1290
M. Nolan	365	280	510	1155
M. Romeo	385	245	415	1045
R. Waskis	355	275	355	985
T. Allerdings	315	200	415	930
T. Henderson	255	215	350	820
S. Walls	190	205	340	735
W. Shubert	150	105	235	490
198 lbs.				
M. DiBella	450	340	475	1265
T. Nina	480	300	420	1200
J. Ross	350	285	500	1135
S. Welsch	365	265	405	1035
E. Johnson	315	200	455	970
G. Ribe	550	—	585	—
242 lbs.				
J. Szorosz	470	365	565	1400
M. Abramson	550	400	440	1390
C. Ribe	405	315	435	1155
F. Vogel	145	265	145	555
242 lbs.				
J. Durante	580	340	600	1520
W. Martinez	545	375	585	1505
G. Suarez	450	405	545	1400
Makridakes	440	340	455	1235
L. Gonzalez	—	500	505	—
242 lbs.				
N. Ball	700	575	600	1875
R. Madera	700	460	540	1700
C. Kondik	405	315	455	1175
R. Schineller	425	225	500	1150
J. Watkinson	350	275	450	1075

Best Squat: Jason Nolan. Best Bench Press: Jason Nolan. Best Deadlift: Jason Nolan. Best Lifter: Jason Nolan. Guest Lifter: Joel Toranzo. (results courtesy Peter Ameman)

**USAPL Ash Qualifier
25 FEB 06 - Alexandria, LA**

GIRLS	SQ	BP	DL	TOT
97 lbs.				
C. Richmond	130	60	150	340
114 lbs.				
S. Braxton	135	70	185	390
R. Boys	145	80	185	410
123 lbs.				
J. Woods	165	95	235	495
R. Roberts	180	85	180	445
C. Arceneaux	170	85	185	440
148 lbs.				
B. Mameul	165	100	250	515
D. Travis	200	80	240	520
D. Bishop	185	95	240	520
A. Leger	230	100	225	555
L. Watson	225	135	225	585
C. Batcher	185	130	220	535
165 lbs.				
J. Gatlin	210	100	215	525
K. Deville	210	100	215	525
J. Terr	210	100	215	525
198 lbs.				
D. Collins	240	110	310	660
SHW				
A. Lee	275	130	275	680
M. Davis	250	125	260	635
F. Orphey	220	155	260	635

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

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

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

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

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

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

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

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

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Police & Fire High School Special Olympics

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

All memberships expire 12 months from date of purchase.

APA Texas State
4 MAR 06 - Houston, TX

BENCH WOMEN 132 lbs. Teen (16-17)	Submaster (33-39) C. Maylone 400 308 lbs. Master (40-44) B. Leitz				
MEN 165 lbs. R. Ortiz 200 198 lbs. Open R. Powell 385 Teen (18-19) C. Morris 240 275 lbs. Teen (18-19) L. Torres 325 Open C. Maylone 400	DEADLIFT MEN 220 lbs. Teen (16-17) Q. Lewis 320 308 lbs. Master (40-44) J. Hirt 630				
WOMEN 123 lbs. Teen (11-12) C. Burttschell 145! 4th-SQ-165!	WOMEN 123 lbs. Open S. Davidson 235				
132 lbs. Teen (16-17) J. Romero 215 165 lbs. Teen (16-17) J. Gonzalez 135 181 lbs. Teen (11-12) J. Burttschell 295! Teen (18-19) J. Hennings 345 Master (40-44) R. Jolly 500 Master (45-49) G. Routhouska 1150 198 lbs. Open A. Ayala 495 Junior (20-23) A. Ayala 475 Submaster (33-39) B. Stone 510 220 lbs. Open B. Hodge 530 P. Schwarz 340 Teen (13-15) S. Mize 415! 242 lbs. Teen (18-19) M. Guerra 410 R. Gonzalez 225	SQ BP DL TOT				
242 lbs. Submaster (33-39) B. Propst 405 275 lbs. Submaster (33-39) J. Dunn 710 Master (50-54) R. Abendroth 550					



Bobby Leitz attempting an 825 bench at the APA Texas State Meet (photo provided to Powerlifting USA by courtesy of Tom McCullough)

World Records. Thanks to Houston ISD and Sam Houston High School for allowing us to put on this meet. Also, a huge thanks to judges Brian Kline, Josh Ash, and Tom McCullough, score keeper Maria McCullough, spotters and loaders Joe Sassy, Sherman Patterson, and Big Mike Salinas, April Terrazas, and the Sam Houston High School tiger Powerlifting Team. Without the hard work of these individuals, the meet would not have taken place. Thanks to all the lifters who attended this meet and all of the people who drove 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, Mike Lambert of Powerlifting USA, who has been these supporting s all for a long time, and Brandon Smith of RockHard Threadz. (Thanks to Tom McCullough for the results)

USAPL Indiana High School 18 MAR 06 - Indianapolis, IN				
GIRLS	SQ	BP	DL	TOT
105 lbs.				
K. Totleden 190	70	175	435	
114 lbs.				
K. Totleben 170	75	170	415	
123 lbs.				
K. Spencer 225	105	225	555	
C. Jones 180	85	180	445	
148 lbs.				

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275 lbs. A. Johnson 470 Z. Hahn —	300	450	1220	
SHW S. Johnson 355	175	320	850	
Guest Lifters A. Willis 525	350	540	1415	
Outstanding Male Lifter: Tyrone Frye. Outstanding Female Lifter: Quinn Tew. High School Boys Team State Champions: North Central High School. High School Girls Team State Champions: North Central High School. Meet Director: Marc Anderson. (thanks to Marc for the results)				

USAPL Kansas Heavy Metal Open
4 MAR 06 - Hays, KS

BENCH MALE Teen I SHW C. Carden — Teen II 148 lbs. K. Becker — Open 181 lbs. J. McFadden 325	198 lbs. D. Schartz 440 S. Craig 369 SHW C. Espinosa — Master II 220 lbs. B. Rome 319 Master IV 220 lbs. J. McClure 264																											
WOMEN 132 lbs. Open L. Craig 181																												
181 lbs. MEN 181 lbs. Open C. Laing 473 J. McFadden 352 Master III T. Nique 308 198 lbs. Open S. Craig 413 R. Richards 407 B. Marietta 352 Teen II T. Nique 314 Teen III B. Marietta 352 J. Sanders III — Master II R. Richards 407 Master V D. Detmann 231 220 lbs. Open B. Elder 600 M. Tuley 551 S. Bronoski 451 J. Gaston — Teen III S. Rous 424 Master IV J. McClure 314 242 lbs. Open J. Kramer 518 Master I G. Johnson 501 Master III D. Joiner 600 SHW Open B. Bowman —	250 135 295 680	270 135 235 640	300 145 315 760	390 250 410 1050	300 155 310 765	140 140 405 925	290 180 380 870	270 205 300 780	485 160 485 1230	395 215 425 1035	340 220 375 935	300 225 400 925	300 165 335 800	160 305 745	240 150 340 730	265 165 290 720	198 lbs. D. George 430 A. Tennon 345 A. Johnson 260	225 320 330 895	500 330 835	1155 895 835	470 300 520 1290	475 255 550 1280	460 275 525 1260	430 300 525 1255	475 300 425 1200	460 230 445 1135	242 lbs. W. Watson 480	300 500 1280

All lifters from Kansas. (Thanks to Meet Director, Wayne David Herl, for providing these results to Powerlifting USA.)

Brodhead Health & Fitness
5 NOV 05 - Brodhead, WI

BENCH FEMALE Open J. McCubin 190	MALE Open Middlewt S. Gates 315 Matmanlvng 315	MALE Open Heavywt B. Bibier 280 Open Heavywt G. Burgy 395 K. Carlson 275 Light Heavywt S. Coogan 500	230 SHW 405 380 240 380 290	DEADLIFT FEMALE Open J. McCubin 340 K. Maldonado 185	MALE Master S. Coogan 500
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Another successful bench press & deadlift competition was held at Brodhead Health & Fitness, with several participants and spectators on hand. Congratulations to all.



Participants at the 2006 N.P.A. Midwest Open held in Freeport, IL (photograph provided by the courtesy of Duane Burlingame)

NPA Midwest Open
4 MAR 06 - Freeport, IL

BENCH MEN Open 165 lbs. E. Greenwood 225 198 lbs. D. Scott 310 220 lbs. M. Murray 435 242 lbs. P. Mercado 405 275 lbs. L. Gaffigan 405 308 lbs. J. Miller 460 Junior 220 lbs. C. Simmons 315 Master 181 lbs. C. Blain 350 198 lbs. J. Zimmerman 205 242 lbs.	F. Michaels 550 275 lbs. C. Cozine 440 DEADLIFT MEN Open M. Murray 600 275 lbs. L. Gaffigan 650 SHW A. Miller 555 Submaster 275 lbs. J. Miller 480 Master 165 lbs. R. Lee 210 181 lbs. C. Blain 375 Teen 165 lbs. B. Folgate 440
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The 2006 NPA Midwest Open had some great lifting, with athletes competing from Illinois, Wisconsin, Iowa, and Indiana. We gave out awards that stood over three feet tall. A big thank you to Powerlifting USA magazine and Titan support for their help! I would also like to thank our loader/spotters, side judges, and everyone that helped clean up. The meet started with John Zimmerman competing in his first meet and getting an impressive 205 lb. bench to win the 198 masters class. Nest was first time competitor, Ed Greenwood. Ed was a bit nervous and forgot to wait for the press signal, therefore missing his first attempt. He made his second lift look easy at 225 lbs., to take the win in the 165 open class. His shirt came days before the meet, so he was unable to compete with gear. The 181 master class was won by Chuck Blain, with his opener of 350 lbs. Chuck is a cancer survivor and a true credit to the sport. Dennis Scott to the 198 open with an easy 310 lb. press. Cory Simmons, lifting in his first meet, put up an easy 315 bench to win the 220 junior class. Joel Miller, from Team Miller, got a PR with a solid bench of 460 lbs. Joel will be looking for 500 in the future, I'm sure. Mike Murray took the 220 open with a nice bench of 435 lbs., getting a new PR. Cozy Cozine came out of retirement to press a solid 440 lbs. and win the 275 masters class. Paul Mercado took the 242 open with his opener of 405 lbs., using the meet for a practice session before WABDL regional. Big Lee Gaffigan took the 275 open with an easy opener of 405 lbs. Fred Michaels took best lifter honors, with a solid 550 lb. press, winning the 242 masters class. This guy has a lot of power and what I saw in the warm-up room tells me he short charged himself on the lifting platform. In the deadlift, we had Richard Lee pulling an easy 230 lbs. to win the 165 master class. Richard is a great guy and I'm happy to have him come to our events. Chuck Blain pulled a strong 375 lbs. to win the 181 master class. Jon

him pull lots more. Team Miller is a great group of guys that all have lots of potential. Barry Folgate used the meet for a WABDL warm-up, taking the win in the teenage 165 class, pulling 440. Mike Murray won the 220 open with a solid pull of 220 lbs., getting a PR. The big pull of the day went to Lee Gaffigan, pulling a strong 650 lbs. on his third pull, but did not get it. This guy has a lot of potential to pull and may be on our team, along with Michaels, this year. The meet was a big success and the lifters and spectators all had a good time. Again, a big thank you to Titan Support Systems, Powerlifting USA magazine, and everyone that helped out. Till next time, train hard and try to do something to make the world a better place for our children. (Duane)

USAPL Powers High Qualifier
5 MAR 06 - Flint, MI

FEMALE Frosh/Soph 148 lbs. K. Howarth 250	SQ BP DL TOT	150 150 315 715
MALE Frosh/Soph 123 lbs.		



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WABDL Kari Tyler/Montana
4 MAR 06 - Missoula, MT



Kara Johnson set a WABDL Montana record with a 4th attempt 198 lb. bp in the 148 lb. 14-15 year old class at the Kari Tyler meet. (courtesy Melinda Johnson)

BENCH		Master (40-46)	165 lbs.
WOMEN		J. Anest	336
Junior	198 lbs.	4th-342*	
A. Kent	110	181 lbs.	
4th-115*		J. Dobie	374*
Master (47-53)		B. Baker	336
132 lbs.		4th-347*	
V. Anderson	176	198 lbs.	
4th-181*		R. Johnston	270*
198 lbs.		Master (54-60)	
H. Oxford	248	220 lbs.	
4th-254*!		J. Pablo	303*
Open		309+ lbs.	
123 lbs.		P. Herdt	424*
D. Moretto	143	Master (61-67)	
132 lbs.		242 lbs.	
V. Anderson	176	S. Nummi	319*
4th-181*		Master (68-74)	
148 lbs.		220 lbs.	
A. Dyckhoff	82	H. Smith	341
165 lbs.		4th-359*	
S. Dulton	198*	Master (80-84)	
198 lbs.		242 lbs.	
A. Kent	110	V. Starkel	225
4th-115*		Open	
Submaster		165 lbs.	
148 lbs.		J. Anest	336
K. Agnew	176*	4th-342*	
S. Simmons	71*	181 lbs.	
165 lbs.		L. Blaskovich	413*
S. Dulton	198*	D. Linerud	451
Teen (14-15)		259 lbs.	
148 lbs.		E. Nettleton	402*
K. Johnson	99*	198 lbs.	
MEN		220 lbs.	
Class I		B. Prewitt	473
198 lbs.		4th-502*	
R. Routh	236	309+ lbs.	
220 lbs.		M. Klindt	573*
D. Andrews	385	Submaster (34-39)	
4th-419*		309+ lbs.	
242 lbs.		M. Klindt	573*
A. Martinson	192	Teen (14-15)	
275 lbs.		132 lbs.	
B. Prewitt	473	V. Anderson	341
4th-502*		198 lbs.	
308 lbs.		T. Belen	304*!
D. Wlling	242	198 lbs.	
Disabled		M. Moss	253*
220 lbs.		Teen (16-19)	
J. Jenkins	225	198 lbs.	
4th-242*		A. Klaudt	220*
Junior (20-25)		J. LaBelle	308
165 lbs.		DEADLIFT	
M. Menke	308*	WOMEN	
		Disabled	
		148 lbs.	
		K. Johnson	187
		4th-198*	
		S. Simmons	154

Submaster (34-39) 198 lbs.
275 lbs. M. Moss 402*
R. Neff 666* Teen (16-19)
Teen (14-15) 198 lbs.
148 lbs. J. LaBelle 501
T. Belen —

*=State Records. !=World Records. The attendance was 324, which was fantastic, with 43 lifters. Last year's meet had 22 lifters. Local TV coverage was evident. In the deadlift disabled, Jonathan Jenkins, with one arm, pulled a 435 Montana state record in both disabled and class I. He's a tremendous inspiration to all who come in contact with him. In disabled women 148, Sheila Simmons set an Idaho record 170.7. In junior women, Andrew Kent set a Montana record 275.5 at 190 bwt. In master men 47-53/198, Robin Johnston set an Idaho record 380 in his first meet. At 242, Roger Nelson pulled 540 and was named best lifter for master men. At 61-67/242, Sonny Nummi set an Idaho record 374.7. Sonny was a logger for 24 years. In master women 47-53/132, Vicki Anderson was very impressive with a 347 Montana deadlift record, weighing only 125.4, and was named outstanding female lifter. In open men 259, Eric Nettleton set a Montana record 584. In open women, Vicki Anderson also set a Montana open record at 132 with 347. At 198, Andrea Kent set a Montana record 275.5. In submaster men, Roger Neff set an Idaho record 666.7 at 275. Roger was one of the top collegiate heavyweight wrestlers in the country in 1996, and he came in fourth at the Olympic trials that year. In teen men 14-15/198, Mackenzie Moss set a Montana record 402.2. He had very good form and should advance quickly to 500 lbs. in the near future. In teen women 14-15/148, Kara Johnson pulled a Montana state record 187 and followed that up with a 198 on a fourth attempt. She had a lot of energy and really enjoyed deadlifting. Moving on to the bench, in class I 220, Darrell Andrews set an Idaho record 417.8 and jumped 35 lbs. from his third attempt to pull it off. At 275, Ben Prewitt benched 502.6 for a Montana record on his fourth attempt. In disabled 220, Jonathan Jenkins set a Montana record 242.5 with one arm. In junior 165, Matt Menke set a Montana record 308.5 and in junior women 198, Andrea Kent set a Montana record 115.5. In master men 40-46/165, Jody Anest broke a ten year old Montana record with 342.6. At 181, Jim

Dobie set a Montana record 374.7. Jim had been semi-retired for the last six years. In master 61-67/242, Jenny Nummi set an Idaho record 317.5 raw at age 65. In master 68-74/220, Harold Smith set a Montana record 359 at age 72. In master 80-84/242, Victor Starkel benched 225 raw. Victor and Harold train together and they bench three times a week, and their workload is extreme. In master women 47-53/132, Vicki Anderson set Montana record 181-7, weighing 125. Holly Oxford, in master 47-53/198, set a World Record 254.6. She just missed that lift last year. In open men, Mitch Klindt set a Montana record 573 at super. Ben Prewitt set the 275 open Montana record with 502.6. In open women 132, Vicki Anderson set a Montana record 181.7. At 165 open, Shauna Dutton set a Montana record 198.2. In submaster women, Kimberly Agnew set a Montana record 176 at 148 lbs. In teen men 14-15/148, Travis Belen set a World Record 304.1 after missing it on his first try. In 14-15/198, Mackenzie Moss set a Montana record 253.5. In teen 16-19/198, Alex Klaudt set a Montana record 220, but finished second to Jake LaBelle, who put up 308.5. Jake is from Washington. In teen 14-15/148, Kara Johnson set a Montana record 99 in her first meet. Next years Montana meet is already set in the same time frame. It's a fun relaxed good venue, held in the ballroom of Ruby's Inn. I want to thank James Greene, who came down from Ronon, Montana, with a bench and warm-up weights, and who did a great job of scorekeeping. Dave Edmondson and Dennis Shock judged and brought warm-up weights, and a kilo set, all the way from Provo, Utah. Don James and James Pastch drove 520 miles from Portland, Oregon, to judge, and James Partch was the spotter/loader. Terry Baldwin brought warm-up weights and provided a couple of spotters. (Thanks to Gus Rethwisch for these meet results)

Clark Sports Center Bench Press
12 FEB 06 - Cooperstown, NY

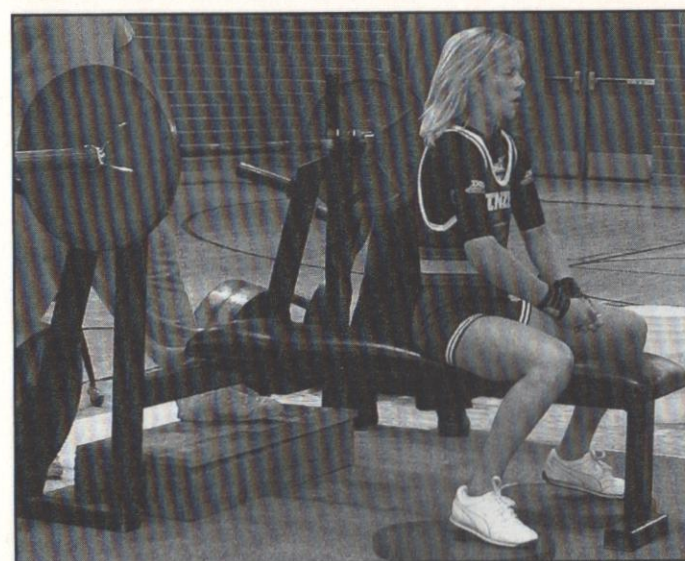
BENCH		242 lbs.
WOMEN		R. Gunderson 505
148 lbs.		275 lbs.
A. Lewis	155	R. Putnam 805
T. Ones	110	J. Bogart 450
(40-44)		W. Barber 350
T. Reiss	125	SHW
C. Shults	110	D. Gunderson 475
Heavyweight		(35-49)
(40-44)		148 lbs.
J. Sabella	135	C. Byrnes 385
MEN		165 lbs.
Open		J. Rodden 255
148 lbs.		198 lbs.
R. Kimmerer	175	D. Dixon 250
G. Landon	80	275 lbs.
165 lbs.		G. Crammate 275
R. Wilcox	225	SHW
T. Dingran	155	D. Staples 340
181 lbs.		(50+)
E. Haley	285	181 lbs.
Martuscello	280	J. Polisen Sr. 170
S. Yaple	265	198 lbs.
198 lbs.		B. Balto 260
C. Petrone	295	220 lbs.
E. Johnson	260	G. Woodbury 205
J. Coe	225	242 lbs.
220 lbs.		A. Kirby 275
R. Lewis	405	N. Walker 180
J. Torruella	335	

Best Female Lifter: Amy Lewis. Best Male Lifter: Richard Putnam. Thanks to Clark Sports Center for providing these results.

USAPL Harrisburg Qualifier
12 MAR 06 - Harrisburg, IL

BOYS	SQ	BP	DL	TOT
Frosh/Soph				
181 lbs.				
C. Kurtz	335	205	385	925
Varsity				
220 lbs.				
R. Burlison	465	250	420	1135

Meet Director: Mark Motsinger. (USAPL)



Amanda Harris with her 135 lb. bench press effort at the APA Houston Open Push-Pull (photograph courtesy Tom McCullough)

APA Houston Open Push/Pull
18 FEB 06 - Houston, TX

BENCH		242 lbs.
MEN		Master (40-44)
165 lbs.		M. Carolan 350
Teen (18-19)		DEADLIFT
J. Huerta	190	MEN
181 lbs.		165 lbs.
Teen (16-17)		Open
D. Alberto	—	D. Sanchez 470
220 lbs.		Teen (16-17)
Teen (16-17)		E. Martinez 300
C. Morris	205	181 lbs.
		Master (55-59)
		B. Kline 475
		BP DL TOT
		181 lbs.
		Teen (16-17)

A. Harris	130!*	245!*	375
MEN			
132 lbs.			
Teen (16-17)			
J. Romero	160	265	425
C. Burttschell	90!*	180!*	270
4th-DL-200!*			

WOMEN			
114 lbs.			

A. Mendoza	195	370	565
Teen (11-12)			
J. Burttschell	190!*	300!*	490
198 lbs.			
Open			
Submaster (33-39)			
J. Chaney	270	505	740
220 lbs.			
Open			
J. Ash	375	625	1000
Drug Free			
B. Solis	335	415	750
Teen (16-17)			
J. Marroquin	275	350	625
242 lbs.			
Teen (18-19)			
R. Gonzalez	235	365	600
Teen (16-17)			
A. Rodriguez	225	385	610
M. Mata	235	290	525
275 lbs.			
Teen (16-17)			
B. Sepeda	270	435	705

!=World Records. *=American Records. Best Lifters: Joe Ruiz and Josh Ash. Thanks to Houston ISD and Sam Houston High School for allowing us to put on this meet. Also a huge thanks to judges Mark Harris, Ann Harris, and Matt Wray, score keeper Maria McCullough, spotters and loaders JonTrey Reed, Sherman Patterson and Big Mike Salinas, Emmanuel Amaro, and the Sam Houston High School Tiger Powerlifting Team. Without the hard work of these individuals, the meet would not have taken place. Thanks to all the lifters who attended this meet and all of the people who drove 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 the meet results)



Ben Sepeda with a 435 lb. deadlift attempt at the APA Houston Open

USAPL Power Point Qualifier
28 JAN 06 - Waianae, HI

WOMEN	SQ	BP	DL	TOT
148 lbs.				
L. Anzai	275	210	290	775
198+ lbs.				
B. Hirai	450	365	405	1220
MEN				
132 lbs.				
J. Bareng	425	310	405	1140

(Thanks to USAPL for providing results)

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

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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
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If under 18, have parent initial _____ Signature _____

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.

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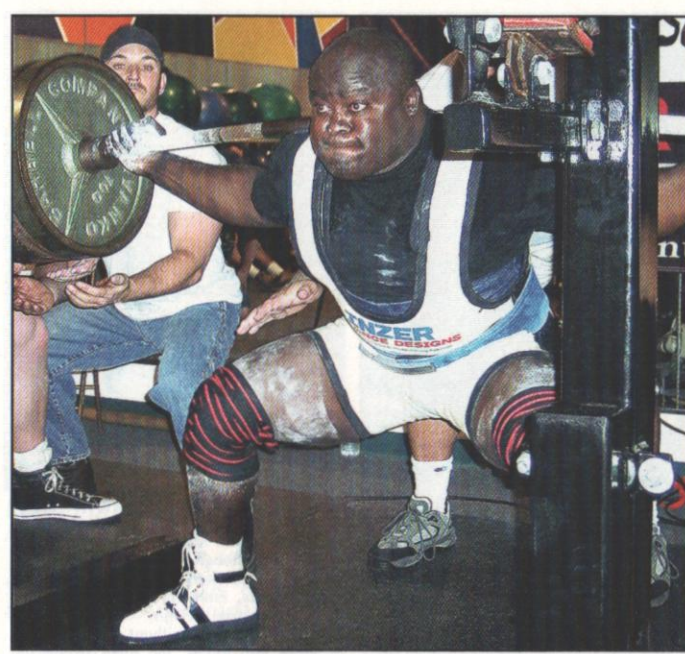
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NASA Kansas State
8 APR 06 - ??location??

BENCH Only	J. Gossard	369
WOMEN	PS CURL	
148 lbs.	MEN	
Junior	181 lbs.	
L. McKay	71	181
MEN	Teen	
165 lbs.	R. Davidson	93
Junior	198 lbs.	
C. Whitted	214	Submaster I
Pure	T. Lyon	154
D. Keiswetter	341	275 lbs.
Teen	Master I	
A. Behrends	275	SHW
181 lbs.	Master I	
Submaster I	M. Mitchell	170
C. Beck	374	PS DEADLIFT
198 lbs.	WOMEN	
Junior	132 lbs.	
D. Nordman	308	High School
Master I	M. Deeds	165
G. Savoie	429	MEN
Open	123 lbs.	
T. Stuart	—	Youth
Police/Fire	H. Davidson	209
J. Nuci	237	220 lbs.
Submaster I	High School	
T. Lyon	380	M. Swider
Teen	242 lbs.	
M. Stalcup	264	Submaster Pure
220 lbs.	D. Lindstrom	413
Master III	308 lbs.	
G. Runge	264	High School
Open	C. Deeds	270
M. Wintholz	429	Intermediate
SHW	A. Say	446
Master I	Master V	
M. Mitchell	402	J. Gossard
Submaster II	PS SQUAT	418
C. Espinosa	562	MEN
PS BENCH	181 lbs.	
308 lbs.	Teen	
Master I	R. Davidson	303
Push Pull	DL TOT	
WOMEN		
148 lbs.		
Novice		
L. McKay	71	176
MEN		
165 lbs.		
Junior		
C. Whitted	214	308
Submaster I		
S. Bennett	429	468
4th-BP-259		
181 lbs.		
Master II		
L. Ligouri	325	529
198 lbs.		
Junior		
D. Nordman	308	451
Teen		
M. Stalcup	264	424
220 lbs.		
Master III		
G. Runge	264	402
L. Goering	259	380
Police/Fire		
R. Henderson	451	749
Submaster I		
J. Newberry	336	534
Submaster Pure		
K. George	424	622
242 lbs.		
Junior		
M. Sahlfield	341	468
Master V		
P. Jackson	374	633
Open		
J. McKay	275	457
Pure		
J. McKay	562	573
SHW		
Submaster II		
C. Espinosa	562	573
Power Sports		
CR		
WOMEN		
148 lbs.		
Master I		
L. Anderson	71	121
Master Pure		
L. Anderson	71	11
Novice		
L. McKay	55	71
MEN		
165 lbs.		
Submaster I		
S. Bennett	126	253
4th-BP-259		
Teen		



Charles Bailey's squat has gone from 770 to 1080, at the Jacksonville Open, using a training routine of three weeks on, one week off.

3rd Galesburg Bench Blast
1 APR 06 - Galesburg, IL

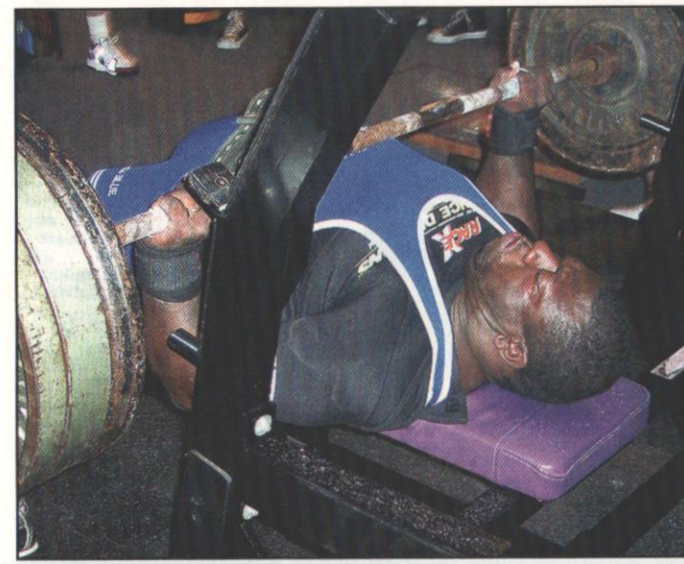
BENCH	J. Pharr	375
WOMEN	J. Dial	315
181 lbs.		
B. Davis	250	181
A. Park	235	J. Akin
S. Martin	240	R. Malone
J. Voss	190	198 lbs.
J. Gray	125	T. Reese
MEN		
Teen (16-17)	J. Smith	400
J. Dial	315	220 lbs.
M. Hayes	245	R. Hill
F. Moly	205	J. Weabel
Master (40-49)		
T. Reese	515	242 lbs.
R. Malone	385	S. Wilson
T. White	440	T. Hill
Open		
148 lbs.	K. White	385
M. Manns	305	J. Miller
J. Smith	285	B. Ware
165 lbs.		
D. Akers	430	
Best Lifter Award Winners: Barb Davis and Tom Reese. Meet Director: Marty Akin. Scoring: Julie Akin and Jim Malone.		

APF Jacksonville Open
1 APR 06 - Jacksonville, FL

BENCH	Open			
MEN	220 lbs.			
Master	P. Trnauskis	385		
L. Sposato	390	275 lbs.		
T. Smith	450	A. Manse	365	
F. Carpenter	450	SHW		
K. Brantley	355	K. Southwood	575	
MEN	SQ	BP	DL	TOT
Master				
D. Whitney	505	245	500	1250
L. Barry	460	345	500	1305
R. Cowser	480	450	480	1410
132 lbs.				
J. Wilcox	315	280	375	970
181 lbs.				
T. Garland	680	460	545	1685
220 lbs.				
C. Smith	815	635	710	2160
S. Revels	725	465	590	1780
B. Trippe	725	375	630	1730
242 lbs.				
D. Blue	1000	655	745	2400
275 lbs.				
C. Bailey	1080	575	745	2400
J. Jacobs	905	600	705	2210
Best Lifter: Donnell Blue. (Pamela Clayton)				

AAPF Nationals
7-9 APR 06 - Baton Rouge, LA

BENCH	J. Kollauf	661		
WOMEN	R. Johnson	551		
Teen (16-17)	SHW			
148 lbs.	T. Brostad	600		
R. Mayer	154	A. Stotland		
Teen (18-19)	Submaster	551		
165 lbs.				
E. Fitzpatrick	137	D. Szymanski		
Junior		600		
198 lbs.		148 lbs.		
J. Thomas	518	D. Edmondson		
Submaster		319		
148 lbs.		181 lbs.		
D. Naughton	457			
308 lbs.		198 lbs.		
C. Morse	297	E. Taber		
Open		429		
198 lbs.		220 lbs.		
J. Burdette	600	T. Mitchell		
J. Rebera	485	529		
242 lbs.		242 lbs.		
A. Acome	672	D. Murphy		
J. Gibson	540	485		
D. Murphy	473	F. Kucharski		
F. Kucharski	286	286		
308 lbs.				
WOMEN	SQ	BP	DL	TOT
Teen (13-15)				
114 lbs.				
A. Harris	253	154	253	661
Teen (16-17)				
148 lbs.				
R. Mayer	292	154	270	716
Teen (18-19)				
165 lbs.				
E. Fitzpatrick	325	137	319	782
SHW				
M. Dudley	584	380	490	1455
Open				
132 lbs.				
D. Morrison	275	181	259	716
165 lbs.				
S. Pier	418	253	319	992
Out				
S. Mendelson	—	—	—	—
MEN				
Teen (13-15)				
132 lbs.				
J. Dunn	507	253	374	1135
165 lbs.				
K. Arman	165	115	181	463
198 lbs.				
K. Hall	424	275	226	925
Teen (16-17)				
114 lbs.				
M. Golmond	248	154	347	749
165 lbs.				
H. Whitehead	474	319	418	1212
Winchester	413	253	429	1096
198 lbs.				
Z. Zenzen	573	352	567	1493
D. Jones	529	303	540	1372
242 lbs.				
C. Kinsey	551	429	474	1455
G. Allen	501	358	446	1306
275 lbs.				
J. Kimble	424	264	501	1190
Teen (18-19)				
165 lbs.				



Donnell Blue had the biggest bench at the APF Jacksonville Open, a 655 while weighing just 108.6 kilos, and he had that big total he has been waiting for - 2400 lbs. (Greg Jurkowski/Gearman Nutrition)

D. Tinajero	573	440	540	1554
181 lbs.				
A. Porcuna	259	187	363	810
198 lbs.				
J. Morris	600	407	501	1510
J. Sagor	407	209	407	1025
242 lbs.				
J. Jurich	490	314	407	1212
275 lbs.				
A. Galczak	567	407	567	1543
308 lbs.				
M. Arman	711	540	540	1791
SHW				
D. Garvey Jr.	716	600	501	1818
198 lbs.				
J. Land	573	440	457	1471
198 lbs.				
M. Lessman	573	424	523	1521
220 lbs.				
D. Jenkins	540	369	407	1317
275 lbs.				
C. Briley	683	534	556	1774
Submaster				
148 lbs.				
C. Morse	529	297	451	1278
198 lbs.				
T. Judd	672	479	584	1736
242 lbs.				
S. Judd	727	512	567	1807
Master				
K. Czerwec	—	—	—	—
148 lbs.				
D. Edmondson	545	319	523	1388
M. Wider	435	226	451	1113
M. Bigby	424	203	402	1030

165 lbs.				
R. Flores	551	259	518	1328
S. Lumpe	518	341	463	1322
G. Sagor	369	187	380	937
M. Larsen	402	187	396	986
181 lbs.				
G. Wolfe	595	336	518	1449
R. Ruettiger	573	314	479	1366
D. Naughton	529	457	418	1405
J. Sorrell	501	413	424	1339
R. Zeller	242	165	303	711
220 lbs.				
D. Zenzen	677	352	545	1576
T. Mitchell	573	529	451	1554
E. Brown	385	292	275	953
242 lbs.				
S. Sandberg	523	429	573	1526
275 lbs.				
L. Hemenway	611	600	501	1714
Guest Lifter				
J. Smolinski	655	—	551	1207
Open				
148 lbs.				
R. Blunsch	429	253	451	1135
165 lbs.				
D. Cagnolatti	683	475	545	1703
J. Land	573	440	457	1471
198 lbs.				
J. Rebera	722	485	600	1807
R. Paras	727	507	573	1807
220 lbs.				
E. Arntzen	760	479	611	1851
J. Clay	551	402	451	1405
242 lbs.				
A. Acome	881	672	661	2215
J. Gibson	832	540	644	2017
J. Jordan	782	545	611	1940
J. Atef	716	512	600	1829
B. Yourist	661	457	584	1703
R. Makiejus	644	442	600	1686
Junior				
Underwood	485	314	518	1317
Teen (18-19)				
M. Brittner	314	264	374	953
Master IV				
D. Worley	440	165	496	1102
SHW				
C. Moore	903	650	650	2204
D. Garvey Jr.	716	600	501	1818
Out				
K. Kirby	—	—	—	—
M. Hardy	—	—	—	—
Best Lifter Women Teen: Machia Dudley.				
Best Lifter Women Open: Shelly Pier. Best				
Lifter Men Teen: Daniel Tinajero. Best				
Lifter Men Junior: John Land. Best Lifter				
WOMEN				
Master I				
E. Anderson	93			
148 lbs.				
SHW				
Master IV				
B. McCune	143			
Open				
M. Widom	501			
220 lbs.				
Master III				
WOMEN	SQ	BP	DL	TOT
132 lbs.				
Master VI				
D. Donaldson	55	55	55	165
114 lbs.				
Teen (18-19)				
E. McNeil	154	77	187	280
148 lbs.				
Junior				
E. Bina	192	126	60	600
MEN				
165 lbs.				
Open				
D. flagg	429	253	556	1240
181 lbs.				
Teen (18-19)				
G. Gavran	—	275	407	683
220 lbs.				
Junior				
Underwood	485	314	518	1317
Teen (18-19)				
M. Brittner	314	264	374	953
Master IV				
D. Worley	440	165	496	1102
SHW				
C. Moore	903	650	650	2204
D. Garvey Jr.	716	600	501	1818
Out				
K. Kirby	—	—	—	—
M. Hardy	—	—	—	—
Best Lifter Women Teen: Machia Dudley.				
Best Lifter Women Open: Shelly Pier. Best				
Lifter Men Teen: Daniel Tinajero. Best				
Lifter Men Junior: John Land. Best Lifter				

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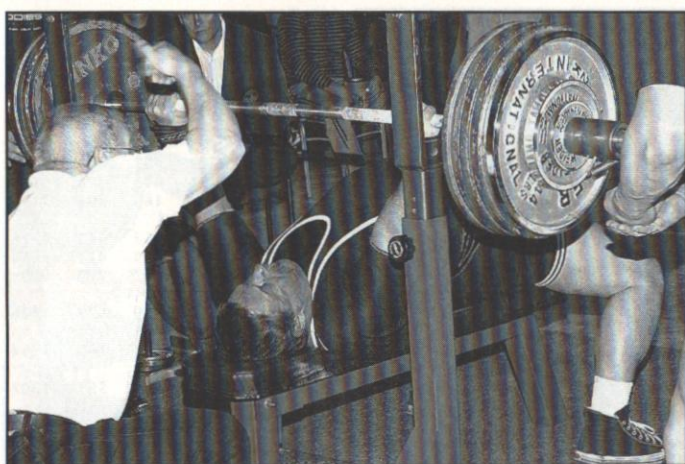
WNPF Can-Am Nationals
1 APR 06 - Romulus, MI

BENCH	DEADLIFT				
148 lbs.	220 lbs.				
Lifetime/Raw	Subs Unl				
Sowards 331	Swirple	501			
181 lbs.	(65-69)/Raw				
(80-84)/Raw	Turner	314			
Simko 176*	(50-54)				
198 lbs.	Gunter	501			
(40-44)/Raw	242 lbs.				
Jachin 319	Open Unl				
(40-44)	Hoffman	402			
Jachin 374*	(45-49)/Raw				
220 lbs.	Tondo!	496			
Subs	POWERCURL				
Swirple 374*	148 lbs.				
(60-64)/Raw	Open				
Brodski 286	Sowards	135			
(65-69)/Raw	220 lbs.				
Turner 192	(60-69)				
242 lbs.	Turner	125			
(60-64)/Raw	242 lbs.				
Meloche 270	(60-69)				
Open	Meloche	115			
Hoffman 485*	SQUAT				
Open Unl.	242 lbs.				
Hoffman	(45-49)/Raw				
275 lbs.	Tondo	496			
(45-49)					
Hansen 424*	SQ	BP	DL	TOT	
Powerlifting	165 lbs.				
(50-54)	441*	352*	512	1305*	
Harri	220 lbs.				
(60-64)/Raw	Wenzlaff	429*	226*	529*	1184*
Wenzlaff	(40-44)/Raw				
Fox 551	347	523	1421		
Open	Byrne	402	214	429	1045
242 lbs.	Subs/Raw	501	435*	584	1521
Lopez	Lopez	501	435*	584	1521
Lifetime/Raw	Subs	606*	534*	600*	1741*
Lopez!	(45-49)/Raw	496	253	496	1245
Tondo	275 lbs.				
(45-49)	Ostrom	485	325	407	1217
(45-49)/Unl	Brammer	628	463	501	1592
950-54)	Ninaber	507	424	485	1416
(Thanks to Troy Ford for the meet results)					

NOVA Raw PL/BP
15 APR 06 - Sterling, PA

BENCH	SQ	BP	DL	TOT	
198 lbs.					
(45-49)					
A. Patterson 405!					
275 lbs.					
Open					
S. Kuzma 505!					
MEN					
198 lbs.					
Open					
Beauchamp 450	335	515	1300		
220 lbs.					
(20-24)					
M. Makara 405!	300	585!	1290!		
4th-600!					
242 lbs.					
Open					
J. Reynolds —	380	580	960		
4th-610!					

!NOVA raw records. Best Lifter: Michael Beauchamp. This was a high energy meet with good lifting. In the bench press, Arthur Patterson did 405 with at most an 18 inch grip in 198/45-49. Who knows how much he will lift if he moves his grip out. In open 275, Scott Kuzma benched 505 to set a new NOVA raw record. He displayed a lot of mental toughness. In the powerlifting, 198 Michael Beauchamp went 450-335-515-1300 and won best lifter in his second meet. Matt Makara was in the 220s with 405-300-585-1290 for three records in 20-24. Matt is a sports psychology major at West Virginia University. John Reynolds broke the record in 242 open deadlift with 610. Thanks to Mike Lambert and PL USA, and to Carl Seeker for the great awards, (thanks to John James for providing results)



Roger Ryan won Best AAFP Bench Press Award with a 611 lb. bench @ 275, 50 plus years of age, at the APF/AAPF Windy City Ironman.

APF/AAPF Windy City Ironman
7 JAN 06 - Willowbrook, IL

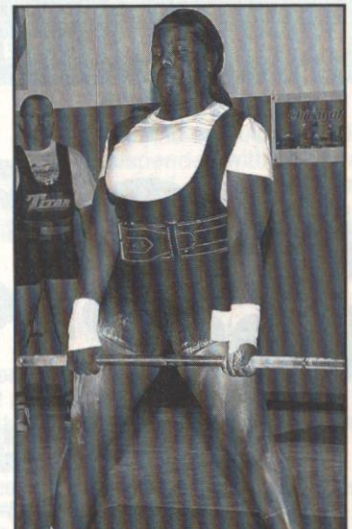
BENCH Only	DL	TOT	
AAFP MEN			
148 lbs.			
Teen			
A. Gordon 275	148 lbs.	451	
165 lbs.	Open		
Open	Z. Mulder —		
D. Williams 385	R. Luyando 749		
198 lbs.	275 lbs.		
Open	T. Harrison —		
P. Henry 380	P. Harris —		
220 lbs.	SHW		
Open	R. Vick —		
Master (60+)	AAFP WOMEN		
Anczewicz 303	UNL		
Teen	Master (50-59)		
T. Hartley 242	S. Thoms 336		
275 lbs.	DEADLIFT Only		
Master (50-59)	AAFP MEN		
R. Ryan 611	242 lbs.		
181 lbs.	Open		
Open	C. Haigh 622		
A. White 402	Submaster		
198 lbs.	H. South 534		
Open	275 lbs.		
Open	Open		

T. Harrison	584	114 lbs.	Teen	534	551	1085
SHW						
Open						
R. Vick 584						
BP	DL	TOT				
APF WOMEN						
Ironman						
AAFP MEN						
148 lbs.						
Master (60+)						
K. Anderson	203	286	490			
198 lbs.						
Open						
R. Brault 347	463	810				
Teen						
E. Lilliebridge, Jr	286	556	843			
Master (50-59)						
J. Hummel 303	402	705				
242 lbs.						
Master (40-49)						
B. McConaughey 584	501	1085				
Teen						
J. Hines 562	606	1168				
APF MEN						
165 lbs.						
Teen						
J. Babiarz 242	402	644				
198 lbs.						
Open						

T. Runde	534	551	1085	
Teen				
E. Lilliebridge	314	540	854	
Submaster				
T. Quatrochi 363	440	804		
242 lbs.				
Open				
C. Haigh 622				
275 lbs.				
Open				
T. Harrison 584				
308 lbs.				
Open				
E. Lilliebridge 507	705	1212		
SHW				
Open				
R. Vick 584				
AAFP WOMEN				
165 lbs.				
Open				
M. Novak 143	275	418		
181 lbs.				
Master (40-49)				
T. Brewton 187	325	512		

USAPL Florida State
4,5 FEB 06 - Ft. Myers, FL

WOMEN	SQ	BP	DL	TOT	
123 lbs.					
Collegiate					
A. Jones 209	110	264	584		
148 lbs.					
Collegiate					
J. Wiersma 181	99	237	518		
165 lbs.					
Master (40-49)					
K. Shiver 132	99	154	385		
181 lbs.					
Open					
L. Jaskewicz 220	110	303	633		
C. Phillips 253	—	259	512		
Master (50-59)					
C. Phillips 253	—	259	512		
MEN					
123 lbs.					
Collegiate					
K. Scheppe 242	170	314	727		



Tywania Brewton pulled 325 @ 181 lbs. to win the Best Female Deadlifter Award at the Windy City Ironman (photos Eric Stone)

132 lbs.					
Collegiate					
B. Creel 330	248	336	914		
148 lbs.					
Open					
M. Romanello 484	—	468	953		
165 lbs.					
Open					
S. Tsuda 396	—	440	837		
T. Nicolini 242	176	275	694		
Master (60-69)					
T. Nicolini 242	176	275	694		
Collegiate					
J. Walker 402	237	440	1080		
181 lbs.					
Youth (11-12)					
M. McLain 314	159	281	755		
Master (60-69)					
P. Curry 358	308	402	1069		
198 lbs.					
Open					
V. Garcia 330	264	352	948		
Collegiate					
M. Banach 358	38	402	1063		
Walgunery —	325	540	865		
220 lbs.					
Open					
L. Wallen 595	330	650	1576		
J. Ulvang 545	363	584	1493		
Collegiate					
C. Nyguard 446	270	485	1201		
B. Markham 314	286	529	1129		
Master (40-49)					
J. Ulvang 545	363	584	1493		
R. Burch 462	374	578	1416		
A. Decker 187	336	275	799		
Master (50-59)					
D. Blinn 396	281	429	1107		
Master (60-69)					
A. Speech 55	330	325	711		
242 lbs.					
Open					
J. Dundon 611	474	562	1647		
C. Calvano 165	474	165	804		
B. Getchell 606	501	606	1714		
Collegiate					
Ogundausi 380	297	501	1179		
N. Hernandez 385	325	451	1162		
Master (40-49)					
J. Dundon 611	474	562	1647		
Disabled					
T. Conquest 55	270	170	496		
275 lbs.					
Open					
A. Suarez 402	330	402	1135		
Master (50-59)					
A. Suarez 402	330	402	1135		
275+ lbs.					
Open					
M. Nelson 418	143	600	1162		
(Thanks to USAPL for providing results)					

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Crain's Muscle World Mouse Pads (Designs may vary) \$3.99 OR DESIGN YOUR OWN	These Items At No Charge With Order Just Ask For It		YOUR CHOICE OF BUMPER STICKER		Design Your Own \$1.00			
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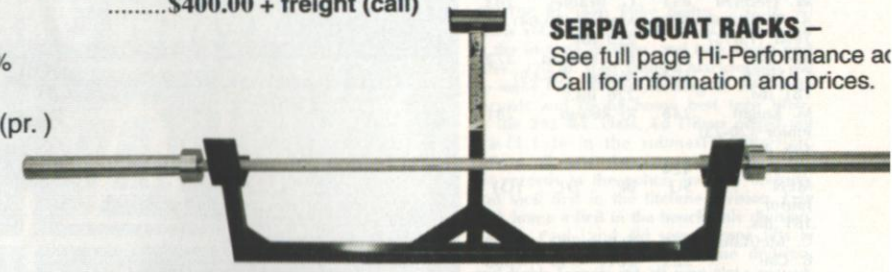
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APC Georgia State
8 APR 06 - Athens, GA

BENCH MEN	Master (40-44)				
Open	220 lbs.				
198 lbs.	D. Moore 468				
C. Minor 385	K. Dean 330				
220 lbs.	A. Williamson 429				
K. Dean 330	Master (45-49)				
242 lbs.	132 lbs.				
W. Herman 451	G. Bradley 203				
A. Williamson 429	Master (60-64)				
220 lbs.	220 lbs.				
114 lbs.	B. Coleman 372				
C. Finch 154	Master (65-69)				
181 lbs.	220 lbs.				
M. Knight 248	K. Rowan 281				
Junior (20-23)					
198 lbs.					
M. Padgett 424					
MEN	SQ	BP	DL	TOT	
Junior					
181 lbs.					
C. McClain 451	363	523	1339		
B. Chu 325	281	396	1003		
242 lbs.					
M. Harris 562	369	600	1576		
275 lbs.					
G. Williams 562	418	562	1543		
Teen (13-15)					
148 lbs.					
S. Smith 352	231	369	953		
181 lbs.					
R. Sims 325	214	319	859		
275 lbs.					
D. Bornhorn 314	336	369	1019		
Teen (16-17)					
148 lbs.					
R. Johnson 319	226	319	865		
165 lbs.					
T. Childress 319	203	363	887		
220 lbs.					
T. Shaffied 501	336	529	1366		
242 lbs.					
J. Decarish 341	275	413	1030		
Teen (18-19)					
165 lbs.					
W. Parrish 407	314	407	1129		
242 lbs.					
R. Smith 440	336	518	1295		
275 lbs.					
J. Strickland 650	440	551	1642		
Open					
181 lbs.					
G. Fields 749	463	589	1802		
198 lbs.					
D. Overbay 523	281	474	1278		
M. Driggers 650					
220 lbs.					
M. Brandon 749	578	672	2000		
T. Niblett 600	407	622	1631		
S. Roberts 507	363	457	1328		
242 lbs.					
H. Strain 573	369	551	1493		
275 lbs.					
T. Shaefer 540	341				
309 lbs.					
J. Floyd 826	578	672	1967		

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Gold - 225°
Silver - 125°

Gold - 230°
Silver - 140°

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S. Anderson 700	463	622	1784	Hunter of the Jefferson Gym and Ben Howard of the Watkinsville Gym, for supplying the meet with the best spotter/loading I have ever seen. The table crew did their usual great job led by Michelle Clower and team. Thanks to APC State Chairman Mike Lanier, Jim and Sheila Rouse, and Tom Bowman for their expert help in the Judging Chairs. We will see all of you and more next year. Same place and same time April 14, 2007. (from L.B. Baker)
N. Roberts 507	358	501	1366	
M. Vickers 551	363	600	1515	
R. Sims 501	446	485	1433	
D. Overbay 523	281	474	1278	
G. Brown 352	325	402	1080	
F. Ramirez 285				
T. Eriksen 380				
J. Avila 330				
M. Kusmack 425				

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Ronald Heldt, master 61-67/super with 120, Cody Call open 165 with 285, Elise Stickler, open women 148 with 145, John Heldt, submaster 308 with 350, and Trevor Arthus, teen 16-19/275 with 285. I want to thank Raul Lopez for putting on a fun meet, in the Stockman's Casino. The food was great, from what I hear. (Thanks to Gus Rethwisch for providing the meet results)

WNPF Upstate New York
5 MAR 06 - Buffalo, NY

BENCH WOMEN	123 lbs.				
Raw	A. Kaukus 185*				
181 lbs.	165 lbs.				
Lifetime	(13-16)				
K. Moroni 115*	J. Didas 370*				
Equipped	(40-44)				
123 lbs.	E. Shill 470*				
(50-54)					
A. Kaukus 100*	181 lbs.				
MEN	(75-79)				
Raw	O. Vanbuskir 345*				
165 lbs.	SQUAT				
(13-16)	WOMEN				
J. Didas 250*	123 lbs.				
(35-39)	(50-54)				
J. Sykes 225*	A. Kaukus 150*				
181 lbs.	MEN				
Lifetime	242 lbs.				
M. Akerley 335*	Guest Lifter				
(17-19)	P. Dick 750				
T. Wilkenson 265*	POWER CURL				
Lifetime	MEN				
B. Moroni 250	181 lbs.				
(35-39)	(17-19)				
J. Fiori 385*	T. Wilkenson 115*				
220 lbs.	198 lbs.				
(60-64)	(17-19)				
S. Shales 365*	J. Didas 120*				
242 lbs.	Open				
(35-39)	J. Fiori 200*				
D. Lyle 365*	J. Mitchell Jr! 400*				
(40-44)	(35-39)				
J. Hall 450*	DEADLIFT				
WOMEN	BP	DL	TOT		
Ironman					
Raw					
MEN					
148 lbs.					
Youth					
P. Tronolone 70*	165*	235*			
181 lbs.					
(40-44)					
T. Vanvalkenberg 330*	425*	755*			
Equipped					
275 lbs.					
Lifetime					
J. Wnuk 515*	525*	1040*			
Novice					
D. Fiori 500*	340*	525*	1365*		
220 lbs.					
(40-44)					
M. Harling 420	500*	920*			
WOMEN	SQ	BP	DL	TOT	
Raw					
165 lbs.					
(35-39)					
M. Schmidt 225*	110*	220*	555*		
MEN					
Raw					
132 lbs.					
(45-49)					
K. Beaty 385*	210*	435*	1030*		
198 lbs.					
Lifetime					
D. Fiori 500*	340*	525*	1365*		
220 lbs.					
(40-44)					
R. Pearo! 603*	380*	575*	1585*		
275 lbs.					
(35-39)					
D. Eddy 500	500	500	1500		
SHW					
Lifetime					
Delorimiere 805*	365	525*	1695*		
Equipped					
165 lbs.					
Lifetime					
J. Rosato 425*	345*	500	1270*		
198 lbs.					
(13-16)					
M. Bellus 345*	165*	350*	860*		
220 lbs.					

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A. Lewis! 505*	315*	500*	1320*	242 lbs.	Quackenbush!	300 lbs.			
Teen (17-19)									
J. Schiemann 600*	360*	640*	1600*						
E. Dibari 530	400*	500*	1430*						
(35-39)									
E. Dibari 530*	400*	500*	1430*						
D. Lyle 450	365	440	1255						
Police/Fire									
E. Dibari 530*	400*	500*	1430*						
275 lbs.									
Lifetime									
P. Land 425	250	400	1075						

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____
STREET _____ ADDRESS _____
CITY, _____ STATE, _____ ZIP _____
AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____
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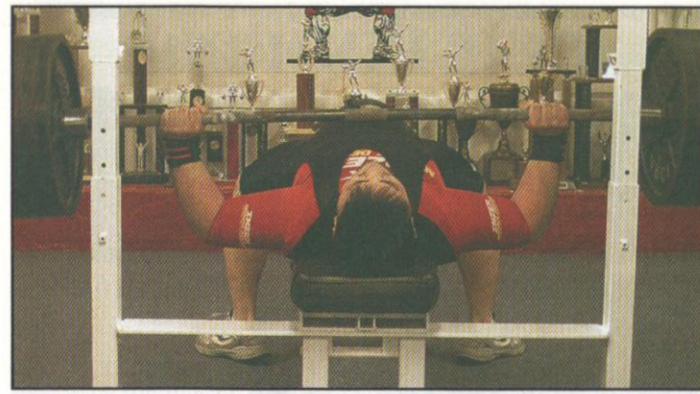
SIGNATURE _____ / PARENTS SIGNATURE _____ IF UNDER 18 _____
DATE _____ (memberships are valid for one year)

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.

class. 220 lb. lifter ron Pearo returned to break his own records in the masters divisions, and took home best lifter. 275 lb. lifter David Eddy turned in strong lifts, winning the submasters division, and SHW Tom Delorimiere set all new records in the lifetime division, with the highest squat of the day. In the raw divisions, female Melinda Schmidt set the pace, setting all new state records. 165 lb. lifter Joe Rosoto set all new state records in the lifetime, as did 198 lb. teen Mike bellus. 220 lb. Al Lewis returned to up some of his records in the lifetime division, and took home best lifter. 220 lb. teen James Quackenbush put up some big numbers, setting all new state records and taking home best teen lifter. In the 242 lbs. class, Ed Dibari edged out David Lyle in the submasters division, setting all new state records. Dibari also set records in the police and fire division, and took first in the lifetime division. Lyle took home a first in the bench only division. 275 lb. Paul Land did some strong lifts in his first contest, in the lifetime division, and Robb Francis set all new state records in the masters division. Former Buffalo Bill John Schiemann set all new state records, with strong lifts in the 300 lb. masters class. In the Ironman events, all new state records were set by Paul Tronolone, Tim VanValkenberg, Jon Wnuk, and Maurice Harling. In the single lift events, female Arlene Kaukus set new state records in the squat, bench, and eadlift, in the equipped division. Female Kelly Moroni and husband Brian Moroni did strong lifts in the raw bench only, with Kily setting a state record. Female lifter Hather Doviak, also set a state record in the raw deadlift. 165 lb. lifters Jamie Sykes and Jacob Didias set records in the raw bench, with Didas doing the same in the deadlift. State records were set by 181 lb. lifters Matt Akerley and Travis Wilkenson with Wilkenson doing the same in the powercurl. 198 lb. Jacob Newbauer and Jason Fiori set new state records in both the bench and powercurl. New state records were set by master lifters Scott Shales int eh 220 lb. class, and James Mitchell Jr. in the 242 lbs. class. Mitcell also took home best lifter. 300 lb. submaster Joe Hall also set a new state record. Deadlift only masters Ed Shill and Owen Vanuskirk did some strong pulls, setting new deadlift records. The team champion went to Falls Fitness Factory, out of Niagara Falls, NY. This team included Jason and Dave Fiori, Tom Delorimiere, Travis Wilkenson, and Jacob Newbauer. A special thanks to Al Lewis and the center for their help in setting up this meet. And, thanks to all the lifters, spectators, and my crew, who make every meet a success. (results by Ron Deamicis)

WNPF Western Penna
8 APR 06 - Beaver Falls, PA

BENCH	Open				
MALE	R. Gregory	140*			
Equipped	DEADLIFT				
165 lbs.	FEMALE				
Open	Raw				
C. Venturella!390*	148 lbs.				
181 lbs.	(35-39)				
Lifetime	S. Piori	185*			
J. Williams	165 lbs.				
400	Lifetime				
220 lbs.	M. Hart				
(13-16)	MALE				
K. Beck	Raw				
275	220 lbs.				
300 lbs.	(13-16)				
Police/Fire	K. Beck	400			
M. Lyons	275 lbs.				
415	Lifetime				
Raw	B. Hennebert	550			
181 lbs.	Equipped				
Lifetime	275 lbs.				
J. Williams!	(35-39)				
400*	M. Stas	550*			
(60-64)	300 lbs.				
J. Welch	Police/Fire				
290*	M. Lyons	430			
198 lbs.	MALE				
Open	Raw				
Poffenberger	220 lbs.				
300*	(50-54)				
220 lbs.	D. Lhota	370			
(50-54)	CURL				
D. Lhota	MALE				
370	181 lbs.				
MALE	BP	DL	TOT		
181 lbs.					
Ironman					
MALE					
165 lbs.					
(14-16)/Raw					
R. Luklan Jr.		215	370	585	
Lifetime Raw					
L. Falconi		275	500	775	
SHW					
Police/Fire					
C. Cline		520	620	1140	
FEMALE	SQ	BP	DL	TOT	
132 lbs.					
(65-69)					
Winkelblech		220*	100*	295*	615*
MEN					
114 lbs.					
(14-16)					
D. Worbel		230	140	210	580
181 lbs.					
Lifetime					
R. Gregory		305*	225*	465*	1025*
220 lbs.					
(35-39)					
B. Worbel		380	340	415	1135
242 lbs.					
Lifetime					
R. Burress!		710	500	610	1820
J. Jones		615	435*	535	1585
275 lbs.					
(35-39)					
J. Prilla		475*	430*	480*	1385
(55-59)					
C. Evans		375*	335*	425*	1135*
300 lbs.					
Lifetime					
J. Peshek		760	700	600	2060
SHW					
(40-44)					
H. Kress		660*	400	500	1560
Raw					
123 lbs.					
Lifetime					
G. Zeolla		385*	190	400	975
(40-44)					
G. Zeolla		385*	190*	400*	975*
148 lbs					
(14-16)					



Toshimi Haraguni benched 450 in the Drug Tested Open 220s at the APA Eastern US Open. (photos provided by courtesy of Scott Taylor)

A. Short	205	125	285	615	winning the lifetime and masters divisions.
165 lbs.					148 lb. teen Alexander Short turned in
(14-16)					some fine lift in his first meet, winning the
Lifetime					teen division. 165 lb. lifter Mike Hart
M. Hart!	370*	280	555*	1205*	returned to set three new state records,
181 lbs.					and a record in the deadlift only class,
Open					along with taking home best lifter for the
B. Smith	430	240	530	1200	second year in a raw. 181 lb. lifter Bill
(14-16)					Smith turned in some strong lifts in the
T. Ellis!	420	270	430	1125	open division, as did teen Tyler Ellis, who
198 lbs.					also took home teen best lifter. 198 lb. lifter
Lifetime					Matthew Jeffreys did some fine lifts, win-
M. Jeffreys	325	225	400	950	ning the lifetime division. 220 lb. teen
(45-49)					Kevin Beck won his class with some strong
220 lbs.					lifts as well as the deadlift only division.
(13-16)					220 lb. lifter Alan Hornstein and 275 lb.
K. Beck	360	225	400	985	lifter Scott Haddaway both turned in strong
(20-23)					totals, setting all new state records in their
A. Hornstein	395*	285*	550*	1230*	classes. 275 lb. lifter Brad Lovejoy turned
242 lbs.					in a strong total in the masters divisions,
Lifetime					and SHW John Rekasie set two new state
S. Haddaway	570*	390*	550*	1510*	records in the junior division. In the
(45-49)					Ironman events, 165 lb. raw lifters Rich
B. Lovejoy	575	370	525	1470	Luklan and Lou Falconi did strong lifts
(20-23)					winning their classes as did SHW Chane
J. Rekasie	570*	135	600*	1305	Cline, who put up some strong lifts in the
181 lbs.					equipped division. In the equipped bench
!Best Lifters. *State Records. Once again,					press divisions, 165 lb. lifter Chuck
Black Hawk High School was the location					Venturella set a state record in the single
for the WNPF Western Penna contest.					ply class and once again took home best
Several state records fell, with several					lifter. 181 lb. lifter Jacob Williams lifted
lifters returning to break their own records.					raw and won both the equipped and raw
In the powerlifting equipped divisions,					division, along with taking home best raw
female Carol Winkelblech returned to set					bench. 300 lb. lifter Mark Lyons did strong
all new state records, turning in one of					lifts winning both the bench only and
her best totals ever. In the men's divisions,					deadlift only in the police and fire
father and son Drew and BJ Worbel turned					divisions. In the raw divisions, Master
in some fine totals, winning their classes,					Jack Welch and 198 lb. lifter Shea
and this was BJ's first meet. In the 181 lb.					Poffenberger both set new state records
class, Robert Gregory set new state records					with strong lifts. Dave Lhota also had a
in the single ply division, and in the power					strong lift in the masters 220 lb. class. In
curl. 242 lb. lifter Rob Burress turned in a					the deadlift only, the husband and wife
strong total, edging out Jim Jones in the					team o Mike and Piori Stas combined to
lifetime division, and taking home best					set two new state records, winning their
lifter. Jones set a new state record in the					respective divisions. Bad Brad
bench press. In the 275 lb. class, John					Hennebert returned after a two year
Prilla and Chuck Evans set new state					layoff because of an injury to once
records in the single ply division, with					again pull a strong lift winning the
both lifters turning in some big lifts. In					275 lb. lifetime division. It was great to
the 300 lb. class, Jeff Peshek turned in					see all of the lifters who returned
the highest total of the day, in the					again this year, as well as the new
lifetime division, and his total was					comers, who all combined to make
the second highest total ever in the					this a great meet. Again, my thanks
WNPF. SHW Hank Kress did some					to the staff of Blackhawk High School
strong lifts in the masters divisions,					and my crew who worked hard to
setting a state record in the squat. In					make this meet a success every year.
the powerlifting raw divisions, 123 lb.					(Thanks to Ron Deamicis for providing
lifter Gary Zeolla set five new state					the meet results)

APA Eastern US Open
25 MAR 06 - Hanover, PA

BENCH	T. Battaglini	580		
FEMALE	A. Criss	425		
132 lbs.	Junior			
M. Jamieson	E. Merryman	500		
140	4th-525			
MALE	CURL			
Subteen (11-12)	FEMALE			
N. Robertson	132 lbs.			
65	H. Austin	85		
4th-70	MALE			
Junior	Subteen (11-12)			
E. Merryman	405	35		
450	Junior			
Submaster	J. Bosley Jr.	140		
A. Criss	Master I			
405	148 lbs.			
Master I	B. Robertson	165		
D. Alba	Master II			
365	J. Bosley	165!		
Open	S. Grossman	140		
148 lbs.	Open			
J. Gelnett	242 lbs.			
360!*	242 lbs.			
450	B. Robertson	165		
DEADLIFT	SQ	BP	DL	TOT
MALE				
Submaster				
Powerlifting				
MALE				
Junior				
N. Puorro	530	430	500	1460
4th-SQ-560				
Open				
220 lbs.				
A. Abbott	455	225	425	1105
Push Pull				
MALE				
Teen (18-19)				
M. Bloom	305	425	730	
Open				
220 lbs.				
T. Haraguni	450	500	950	
450				
500				
950				
This event was held in Hanover Pennsylv-				
ania and drew competitors from 7 states				
including West Virginia, Delaware, Mary-				
land, Virginia, New York, Connecticut,				
and Pennsylvania. I would especially like				
to thank Dan from Club 2000 and the				
spotters he provided for all their assist-				
ance at making this a memorable event,				
Bill Duncan who drove a great distance to				
officiate at the event, and Len Walker who				
hauled a bunch of meet equipment includ-				
ing the Amerilift from Virginia and offi-				
ciated the entire day. The events at Club				
2000 are very well organized and the				
facility goes out of its way to make				
powerlifting a welcome event. We will be				
lining up more meets in Hanover, PA in				
the very near future. Happy lifting. (Thanks				
to Scott Taylor, APA President, for results)				

NASA New Mexico State
22 APR 06 - Rio Rancho, NM

BENCH	M. Mahone	314
WOMEN	Open	
132 lbs.	M. Mahone	314
Master III	Novice	
S. Sermay	M. Mahone	314
110	Natural	
Raw	M. Mahone	314
132 lbs.	Master II	
Master IV	G. Gallagher	314
M. Hudson	198 lbs.	
71	Open	
MEN	A. Wolf	446
165 lbs.	Master III	
Submaster I	J. Moskowitz	336
M. Mahone	High School	
314	M. Mahone	314
Pure	A. Baucom	308
M. Mahone		
314		
Police/Fire		



Nic Puorro (Junior/198) got a CT record 560 squat on a fourth attempt at the APA Eastern US Open.

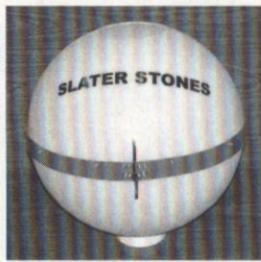
J. Mitchell	275	A. Shields	424	
220 lbs.		M. Butkovich	352	
Submaster Pure		Master II		
K. Parker		C. Amerson	363	
Master I		Master V		
G. Schuster		A. Shields	424	
Master V		M. Butkovich	352	
G. Schuster		Raw		
242 lbs.		181 lbs.		
A. Shields	424	Pure		
Open		D. Torrez	352	
A. Shields	424	T. Kennedy	369	
Novice		Novice		
A. Shields	424	J. Salazar	314	
Natural		Master IV		
A. Shields	424	B. Hudson	143	
Master I		Master III		
Push Pull		E. Waugh	143	
WOMEN		93	209	446
132 lbs.				
High School				
E. Romero	226	154	303	683
BP	DL	TOT		
S. Sermay	110	203	314	

165 lbs.				
Master III				
E. Waugh	93	209	303	
MEN				
132 lbs.				
High School				
A. Ramsey	192	319	512	
181 lbs.				
Master III				
J. Cole	220	418	639	
Master V				
B. Ammerman	396	507	903	
198 lbs.				
Junior				
D. Pak	352	451	804	
220 lbs.				
Submaster I				
K. Parker				
Pure				
B. Koski	319	407	727	
Submaster Pure				
B. Koski	319	407	727	
Novice</				

AAU Bench Press Nationals
25 MAR 06 - Baltimore, MD

BENCH FEMALE	Open	
123 lbs.	K. Mattson	505
Raw/Open	M. Rowe	295
R. Moore	145	Master (40-49)
Raw/Master (35-39)	K. Mattson	505
R. Moore	145	Master (50-59)
MALE	J. Roberts	350
97 lbs.	Raw/Master (50-59)	
Raw/Youth (10-12)	D. Lhota	370
N. Litovsky	95	Master (60-69)
105 lbs.	B. Arnold	380
Raw/Youth (10-12)	Raw/Military	
J. Bingham	120	M. Rowe
114 lbs.	242 lbs.	
Raw/Open	Raw/Open	
N. Litovsky	95	C. Junirs
148 lbs.	Raw/Teen (13-15)	425
Raw/Master (35-39)	P. Collins	125
P. Parks	250	Raw/Master (35-39)
Matthews Jr.	195	M. Herczak
165 lbs.	Raw/Master (40-49)	400
Raw/Open	Matthews Sr.	400
T. Spartana	275	Master (50-59)
Raw/Master (35-39)	J. Flynn	325
T. Spartana	275	181 lbs.
Open	P. Andrich	475
M. Bingham	390	Raw/Open
Raw/Teen (13-15)	C. Bothwell	450
Matthews Jr.	355	Raw/Law/Fire
Raw/Teen (16-19)	C. Bothwell	450
A. Lebrun	240	Master (35-39)
Master (40-49)	P. Andrich	475
M. Bingham	390	Raw/Master (35-39)
Law/Fire	C. Bothwell	450
M. Bingham	390	Master (40-49)
Raw/Master (70-79)	C. Stephenson Jr.	470
L. Atkinson	135	Raw/Master (40-49)
198 lbs.	T. Quinn	375
Open	Master (50-59)	
R. Marrama	535	B. Borofsky
M. Jones	415	Master 970-79)
W. Patrick	415	D. Joy
Law/Fire	300	308 lbs.
W. Patrick	415	Raw/Open
Master (35-39)	D. Adams	480
W. Patrick	415	Open
Junior	R. Dryden	375
R. Marrama	535	Master (35-39)
Military	R. Dryden	375
R. Marrama	535	198 lbs.

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Rick Marrama, Leominster, MA. Best Lifter Raw: Davin Adam, N. Wilkesboro, NC. Best Female Lifter: Regina Moore, Stafford, VA. New World Records: Nathan Litowski; Jake Bingham; Regina Moore; James Matthews Jr.; Mark Matthews Jr.; Rick Marrama; Charles Bothwell, and Davin Adams. (Results by Brian N. Washington, President USBF, Official Club of the AAU, and Maryland AAU State Chair)

BP/DL Classic
17 DEC 05 - Leighton, PA

WOMEN	BP	DL	TOT
Teen (18-19)			
105 lbs.			
N. Zambirdind	—	225	225
132 lbs.			
S. Gleim	110	220	330

Teen (12-13)			
114 lbs.			
M. Heffelfinger	95	—	95
148 lbs.			
A. Mosteller	90	220	290
Teen (14-15)			
148 lbs.			
J. Keller	195	—	195
J. Keller	—	350	350
165 lbs.			
S. McGonigal	230	—	230
198 lbs.			
K. Porebo	—	420	420
Teen (16-17)			
148 lbs.			
G. Pavlosky	350	—	350
J. Beers	150	—	150
165 lbs.			
P. Redline	—	435	—
181 lbs.			
M. Bringaman	245	440	685
198 lbs.			

R. Deutsch	—	420	420
220 lbs.			
M. Rambo	—	375	375
275 lbs.			
T. McClufferty	250	—	250
C. Nase	235	—	235
S. Moser	—	480	480
Teen (18-19)			
220 lbs.			
F. Riccardi	—	495	495
Open			
123 lbs.			
L. Matin	140	285	425
148 lb.			
B. Romanelli	315	430	745
M. Gaal	145	215	360
165 lbs.			
D. Grega	—	300	300
B. Legg	220	325	545
C. Spairana	110	220	330
C. Cotondrillo	275	520	795
J. Look	255	—	255
181 lbs.			
G. Maurer	175	275	450
K. Miller	205	290	495
W. Feld	—	600	600
F. Rodriguez	260	450	710
198 lbs.			
G. Distasio	—	505	505
M. Delsingnore	38	550	588
M. Arrington	—	505	505
220 lbs.			
B. Farhenfeld	—	640	640
M. Georgiar	380	—	380
S. Rambsey	—	—	—
S. Brey	440	—	440
242 lbs.			
T. Skelly	450	—	450
C. Russo	430	—	430
D. Konek	400	—	400
275 lbs.			
F. Ruch	490	—	490
M. Sayegh	320	425	745
R. Sott	500	—	500
319 lbs.			
J. Schwartz	370	535	905
B. Tois	—	500	500
Master (45-49)			
220 lbs.			
P. Darbouze	440	—	440
Master (50-54)			
165 lbs.			
B. Legg	220	325	545
181 lbs.			
T. Shellhammer	285	425	710
198 lbs.			
J. Tressler	—	380	380
Master (60-64)			
148 lbs.			
I. Bonacci	195	400	595
(Thanks to Rob Eckhart for these results)			

APA Southeast Regionals
18 MAR 06 - Piedmont, SC

BENCH FEMALE	W. Lewis	400
308 lbs.		
UNL	Junior (20-23)	
Open	R. Hoots	425
Pole-Summers 531!*	DEADLIFT	
MALE	MALE	
198 lbs.	242 lbs.	
Submaster	Teen (18-19)	
M. Pritchard	502	K. Thomas
242 lbs.	385	Master (60-64)
Master (40-44)	J. Raines	605!*
H. Wotring	540	308 lbs.
E. Hubbs	495	Teen (18-19)
Master (45-49)	W. Johnson	560!*
K. Williams	430	UNL
275 lbs.	Master (40-44)	
Submaster	W. Johnson	630
MALE	BP	DL
181 lbs.	SQ	TOT
Teen (16-17)		
A. Wotring	325	200
Open	400	925
C. Atherton	620!*	340
198 lbs.	585	1545
Master (50-54)		
L. Henderson	485	55
Master (65-69)	450	980
T. Walters	375	105
Open	350	830
E. Keiper	585	375
S. Whaley	620	345
Open/(40-44)	550	1515
S. Moore	650	515
4th-BP-525	500	1665!*
220 lbs.		
Open		
A. Dietherick	455	315
242 lbs.	475	1245
Open		
G. Rollins	460	345
Master (40-44)	445	1250
H. Wotring	635	540!
275 lbs.	565	1740
Submaster		
T. Mahoney	600	350
T. Nash	830!*	315
Out	640	1820
! = World Record. * = American Record. Best Lifter PL: Charlie Atherton. Best Lifter Bench Press: Mark Pritchard. Many State, American, and World Records were broken at this meet. 17 year old Andrew Wotring started things with 3 good squats, and ending with a SC State record of 325 pounds. Not to be stopped, he proceeded to bench 200 and deadlift 400, with a total of 925. All of these are new SC Records. His dad, Harry Wotring, also did an amazing job placing first in the M40-44 242, with a bench press of 540. Charlie Etherton came all the way from TN to break some records. He took the Men's 181 drug tested squat record with 620. Charlie was also our Best Lifter in the Powerlifting Division and finished 8/9. His partner, Steve Whaley, had a good day in the Men's 198 with a 620 squat, 345 bench, and 550 DL. Eric Keiper gave Steve some competition in the 198's with a 585 squat, 375 bench, and 485 DL. Larry Henderson, age 51, also came all the way from TN to lift. He took a 485 squat, 450 DL, and a token bench of 55. Tom Walters was our oldest lifter at 68. He squatted 375 and pulled 350. Mr. Walters took a token bench of 105, due to a shoulder injury, and he still managed to get SC State records in all three lifts, and a total of 830. There was a battle in the Men's 198 class. Two men, Mark Pritchard and Steve Moore, set out to break Brad Kelley's ancient SC Record in the 198 class (that was a long time ago Brad!). The record stood at 485. Mark opened up with 442 and Steve answered with 450. Mark then raised the stakes and took the record 486. Bye-bye Brad. Then Steven decided to reclaim it with a bench of 500. Mark then took it back once again with 502. Steve reclaimed it once again with a bench of 515. Mark gave 516 a ride, but it was not to be. Steve decided to take a fourth and upped the record with a bench of 525. Great lifting! Steve also entered Full Power and squatted a new WR of 650. He also took the WR with a total of 1665. There is so much more in this guy. Eric Hubbs and lifting buddy Killer Williams battled it out in the Men's		

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242 M40-44 class. Eric took 1st with a bench of 495, followed by Killer with a bench of 430. Adam Dietherick benched a huge PR of 315 in the Men's 220 open. George Rollins had a good day in the Men's 242 open squatting 460, benching 345 and deadlifting 1250. Good job George! I can't wait to see more of you. I was also impressed to see George's wife, Rebekah, lifting off to him in the bench. Great team! There was some very strong lifting in the Men's 275's. Tim Mahoney, in his first meet, squatted 600, benched 350, and deadlifted 540. He handled himself like a veteran lifter. Troy Nash had a very good day. Coming back from bicep surgery and tons of rehab, he lifted like a pro. Troy took the WR and SC record in the Men's 275 open DT squat with a squat of 830. He also took back the SC State DL record with a 640 pull, and took the SC State Total record with 1820, enough to total Masters. Congratulations Troy! Willis Lewis was the sole member of Chip's Power Plant, and he benched a nicely done 400 in the 275's. One of my partners, Reo Hoots, had a good bench day as well. He took the SC State Record in the Men's Jr. 308's with a 50 lb. PR bench of 425. Wade Johnson was there and lifting without a care in the world. He calmly benched a PR of 630 and just missed 650 at lockout. We had some very strong deadlifters in the field. In the DL only, first time Kirk Thomas deadlifted a 385 raw. James Raines took a new World Record with a huge DL of 605. He is 60 years old and weighed in at 231. Wes Johnson also took a WR with a deadlift of 560. Not to be out done by his son, Wade deadlifted 630 (good number for him!). Wade weighed in at a slim 316. Last but not least, our sole female lifter was none other than Shannon Pole-Summers on the hunt for a new WR and PR in the UNL class. She opened with 475, moved up to 500 and a third of 531. She took a fourth of 550 and came very close. Incredible lifting! Thanks to all that helped

me out. Bart Kelley, Brad Kelley and Mark Pritchard. You three have always been there for me and I love all three of you! Wade Johnson, Wes Johnson, Melissa, Mr. Bill and Rebecca came all the way from Nashville just to help me out. I am truly honored. Thank you Reo, Adam Dietherick, Carl Stanley, Shannon Pole Summers, Carl Summers, for spotting, cleaning up, moving equipment and judging. Survivor people Steve Moore, Mikki Free and Chris Liles thanks for all your help spotting and cleaning up. (results courtesy Kate Tailon)

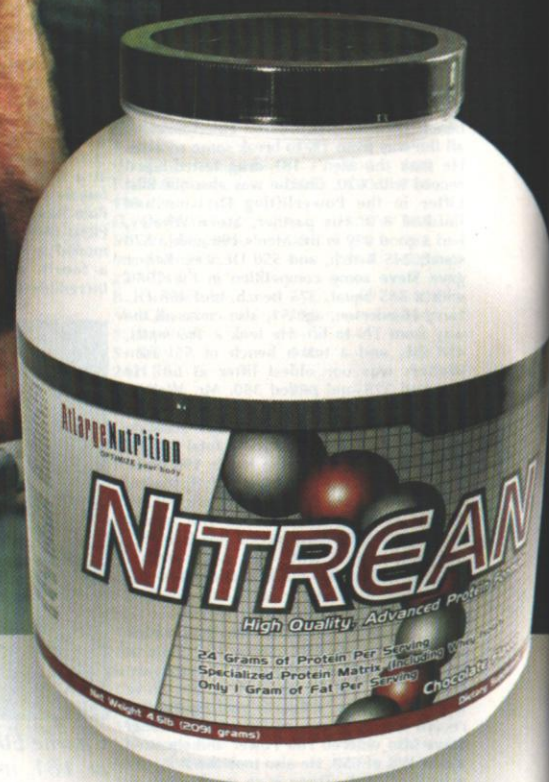
USAPL Military National
11 MAR 06 Killeen, TX

FEMALE	SQ	BP	DL	TOT
123 lbs.				
Master I				
T. Kemper	308	159	352	832
GL				
J. Daleiden	209	104	226	540
132 lbs.				
Teen II				
R. Cruz	203	99	203	507
165 lbs.				
Master I				
R. Clark	352	203	407	964
198 lbs.				
Pierce-Rippel	—	170	—	170
UNL				
Master II				
P. Calhoun	198	209	248	655
123 lbs.				
Teen III				
T. Graham	203	126	286	617
132 lbs.				
Master II				
J. Carr	226	226	352	804
148 lbs.				
GL				
L. Velasquez	330	248	319	898
Master III				
P. Young	—	242	—	242
165 lbs.				
Teen III				
C. Armstrong	507	303	540	1350
H. Youson	485	319	512	1317
GL				
J. Allen	435	264	402	1102
S. Carter	523	—	—	—
Z. Chapman	—	226	—	226
181 lbs.				
Junior				
E. Midkiff	474	347	485	1344
Master I				
P. Sambula	424	330	485	1201
GL				
A. rossing	451	253	485	1190
W. Zunker	463	319	518	1300
J. Martinez	—	—	—	—
198 lbs.				
W. Trenton	622	440	595	1659
Master II				
L. Grant	540	286	529	1355
Open/Junior				
M. Tran	418	374	507	1300
Teen II				
J. Anders	341	214		

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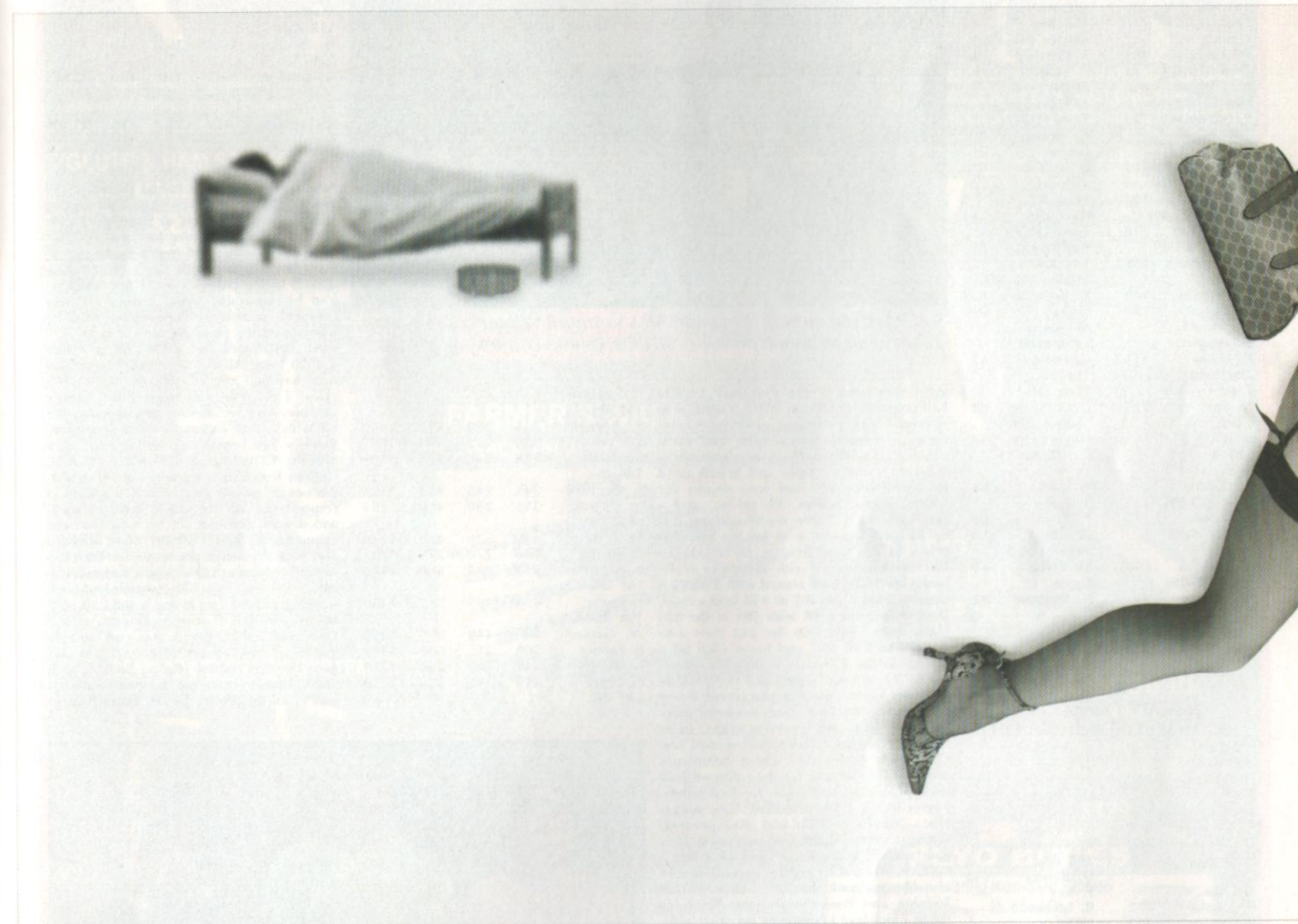
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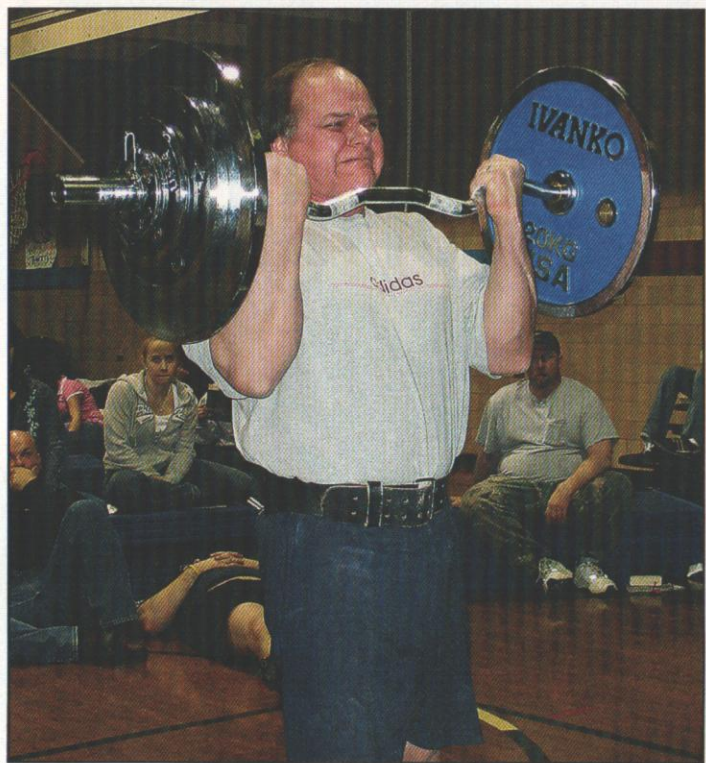
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**APA Vermont Winter BP
12 MAR 06 - Burlington, VT**

BENCH WOMEN	J. Bonilla	155
165 lbs.	Open	
Master (40-44)	J. Sodano	169
Open	c. Jenkins	272
J. Cabot	Submaster	
70	N. Hughes	184
Master (45-49)	242 lbs.	
Open	Teen (16-17)	
J. Gardner	M. Gordon	132
107	Open	
132 lbs.	L. Cissorelli	193
Open	275 lbs.	
R. Gage	Master (40-44)	
102	K. Clark	—
148 lbs.	SHW	
Teen (16-17)	Open	
J. Staples	77	
77	C. Cadorette	180
C. Dober	4th-184	
93	Open	
Junior (20-23)	E. Hoffmann	84
84	165 lbs.	
E. Hoffmann	Teen (13-15)	
165 lbs.	Open	
Teen (13-15)	Master (45-49)	
Open	J. Gardner	30
D. Currier	4th-32	
107	Teen (16-17)	
116 lbs.	N. Disiomi	89
89	Master (40-49)	
Master (40-49)	P. Steinman	123
123	181 lbs.	
181 lbs.	Teen (16-17)	
Teen (16-17)	C. Dober	50
D. Anneser	Junior	
181	E. Hoffmann	48
Teen (18-19)	165 lbs.	
R. Glissman	Teen (13-15)	
103	D. Currier	46
Master (45-49)	Teen (18-19)	
S. Dassault	R. Glissman	58
218	181 lbs.	
Master (65-69)	Master (45-49)	
M. Casetelli	B. Kernoff	64
155	Open	
Open	M. Berby	180
D. Markey	4th-182	
149	Submaster	
M. Berby	R. Daley	211
180	198 lbs.	
Submaster	Teen (16-17)	
R. Daley	N. Fox	115
211	Open	
198 lbs.	J. Matta	193
Teen (16-17)	220 lbs.	
N. Fox	Teen (16-17)	
115	T. Gordon	120
Open	Submaster	
J. Matta	M. Flynn	175
193	Master (49)	
220 lbs.	Open	
Teen (16-17)	K. Mattson	250
T. Gordon	Teen (18-19)	
120	W. Parker	91
Submaster	B. Cozier	151
M. Flynn	Junior (20-23)	
175	(Thanks to Brett Kernoff for these results)	



Ken Mattson curled 180 at the APA Vermont Winter contest, about 1/3 of what he bench pressed - 551 lbs. (photo courtesy Bret Kernoff)

meet was held at the Pickaway County Fairgrounds Coliseum. The venue was spacious and provided great spectator viewing from the bleachers. The local cable station taped the meet from three different camera angles and broadcast it on television. We had free drinks for lifters, pizza, raffles, BL prizes, and a professional DJ. Some notable lifting was by Richard Douglas who hit his first 400 bench in the teen division, Jay Fry broke the 198 state record with 650, Mike Wolfe broke the SHW state record with 830, Rich Donley lifted a PR 405 at 154 bodyweight, Dave Raines hit a PR with 595 in the 308 class, Rock Lewis won the 242 class with a raw bench of 550, and Kevin Elick hit a PR 500 in the 220 class in only his second meet. The Women, Teen, and five Masters divisions were awarded placement based on formula. We had some awesome sponsors this year. APT ProWristStraps, Inzer Advance Designs, BulkNutrition.com, and Chemically Engineered. These companies provided tons of gear for the raffle we held during the meet and prizes for Best Lifters. Powerlifting USA provided free magazines. House of Pain was also present, selling t-shirts. Thank you sponsors! It is your support that turns a good meet into a GREAT meet. Circleville Barbell would also like to thank the APF chairman, Rob Twining and Powerquest, John Kelly for doing a kick-butt job running the scoretable, Mike Miller for rockin' the house, the rest of the Headhunter crew and APF judges. You made the meet run as smooth as I've ever seen. Look for this meet to be even bigger next year. (results from Jon Elick)

USAPL Serious Members
11 FEB 06 - Fair Oaks, NY

FEMALE	SQ	BP	DL	TOT
Collegiate	114	114	114	342
L. Champion	140	90	215	445
132 lbs.				
L. Laughli	250	110	250	610
148 lbs.				
S. Scarlato	245	190	300	735
L. Dugan	280	180	350	810
SHW				
M. Mandelkow	280	195	320	795
MALE				



Randy Butcher, Dr. Charles Price, and Doug Phillippe pose with their awards from the Illinois State meet in front of Son Light Power headquarters. (photo provided by the courtesy of Dr. Darrell Latch)

T. Sandonato	435	375	465	1275
S. Huekel	500	325	535	1360
242 lbs.				
J. Pearson	485	405	560	1450
P. Ward	400	285	500	1185
275 lbs.				
L. Acosta	525	315	575	1415
Teen II				
198 lbs.				
N. Scarpulla	390	290	405	1085
(Thanks to USAPL for providing results)				

**SLP Illinois State
18MAR 06 - Tuscola, IL**

BENCH MEN				
Master (55-59)				
181 lbs.				
R. Carlson	320			
Master (45-49)				
165 lbs.				
D. Phillippe	525*	365*	430	1320*
220 lbs.				
R. Butcher	500*	310	420	1230
Master (55-59)				
181 lbs.				
R. Carlson	410	320*	410	1140*
Open				
242 lbs.				
C. Price	700	400	500	1600
*=Son Light Power national records. The Son Light Power Illinois State Powerlifting Championship was held at Son Light Power Gym. Thanks to my sons Joey and D.C. for their help loading and spotting, and to "A" Price for helping with the picture-taking duties. In the power meet, Doug Phillippe had his best day ever, setting all new personal records and upping his total by ninety pounds! Finishing with a great 525 squat, 365 bench and a 430 pull gave him a 1320 total! All but his deadlift were also new national records for the 45-49/165 class! First time full meet lifter, Randy Butcher, also set all new prs, topping that off with a new national record 500 squat. Randy's 310 bench and 420 deadlift gave him his 1230 total at 45-49/220. Richard Carlson broke his own national records in the bench and the total with 320 and 1140 respectively. Making 410 in both the squat and deadlift finished out his total. Richard competed in the 55-59/181 class. Richard also took the bench press title for the class as well. At open 242 it was Charles Price, who finally got that 700 squat he had been working so hard for. It was a solid lift well below parallel. Having problems with a "too small" shirt, Chuck was only able to get in a "raw" opener of 400. A 500 pull gave him the highest total of the day with 1600. Thanks again for the help and support of all the lifters. (by Dr. Darrell Latch)				

Collegiate				
132 lbs.				
S. Aoyagi	355	280	375	1010
W. Lee	380	225	400	1005
M. Nash	330	245	375	950
148 lbs.				
J. Piccione	345	245	435	1025
M. Acosta	395	280	460	1135
165 lbs.				
M. Dyer	430	320	470	1220
A. Beatty	330	270	375	975
S. Schultz	405	275	500	1180
181 lbs.				
J. Leone	450	395	585	1430
198 lbs.				
W. Garner	440	440	570	1450
J. Ladner	500	315	600	1435
E. Martin	440	265	560	1265
L. Lepri	425	295	530	1250

**26th APF Central Ohio
25 MAR 06 - Circleville, OH**

BENCH WOMEN	C. Smith	—
Hardbarger	275 lbs.	
140	D. Welch	660
Teen	G. Weaver	635
R. Douglas	J. Vest	500
400	S. Greene	—
D. Weaver	R. Valentine	—
480	308 lbs.	
B. Boggia	D. Raines	595
405	P. Key	—
Open	R. Myers	—
165 lbs.	SHW	
R. Donley	M. Wolfe	830
405	T. Fletcher	—
R. O'Neal	365	
181 lbs.	Master (40-44)	
B. Baker	J. Fry	505
330	J. Ritzler	—
198 lbs.	B. Sowers	—
J. Fry	T. Russell	—
650	(45-49)	
J. Bailey	R. Largent	—
435	(50-54)	
J. Elick	S. Anderson	—
220 lbs.	(55-59)	
S. Boardman	J. Vest	325
600	(60+)	
K. Elick	M. Brown	385
500		
R. Largent		
242 lbs.		
R. Lewis		
550		
M. Chenos		
545		
J. Bernal		
500		
S. Schaeffer		
—		
T. Ball		
—		

Best Lifter Light: Jay Fry. Best Lifter Heavy: Mike Wolfe. Circleville Barbell hosted the 2006 APF Central Ohio Benchpress Championships. The event featured some great lifting this year, and everything was done in grand fashion. The

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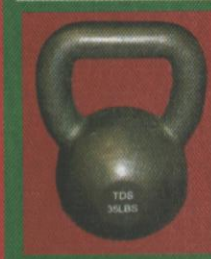
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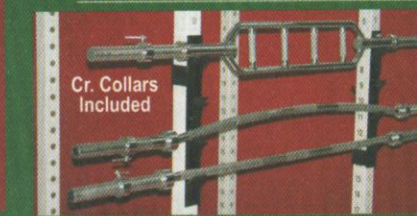
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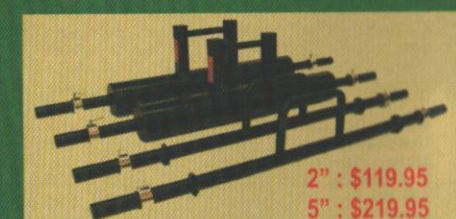
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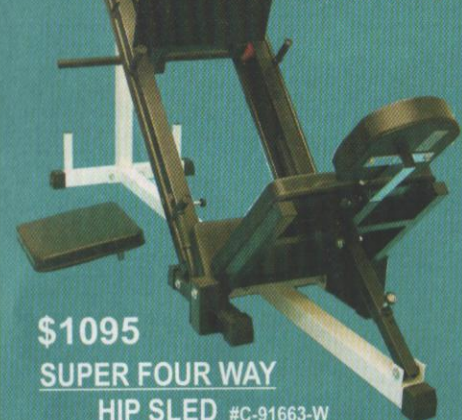
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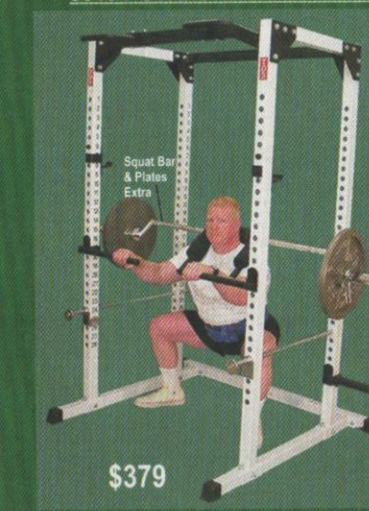
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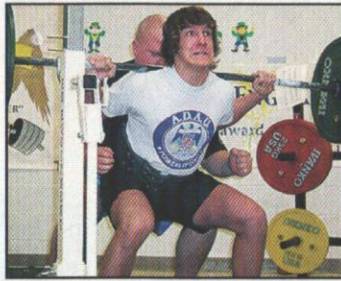
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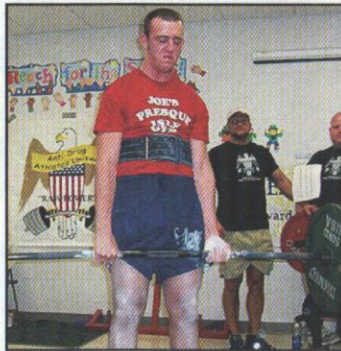
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ADAU Maryland State
25 MAR 06 - Hagerstown, MD

SQUAT		165 lbs.
WOMEN		
114 lbs.	A. Susmarski	209
Teen (14-15)	Junior (20-23)	
N. Kinard 143	M. Miner	253
132 lbs.	181 lbs.	
Junior (20-23)	Open	
A. Hunter 170	M. Carson	264
Master (40-44)	Open	
R. Douglas 181	M. Lishinski	319
4th-214	S. Shuck	358
148 lbs.	4th-363	
Master (40-44)	Teen (16-17)	
L. Hagmann 110	J. Light	231
SHW	A. Swisher	259
Open	Junior (20-23)	
J. Krantz 176	K. Oaks	264
Master (60-64)	R. Patterson	209
Snowberger 165	Master (55-59)	
MEN	E. Lough	220
148 lbs.	Master (60-64)	
Open	D. Junkins	226
G. James 374	198 lbs.	
Teen (14-15)	Open	
W. Seeaffer 192	D. Thompson	248
165 lbs.	J. Caola	281
Teen (14-15)	C. Contakos	286
T. Moon 292	Teen (18-19)	
Teen (18-19)	M. Thopsen	—
A. Susmarski 303	Master (40-44)	
181 lbs.	M. Sones	314
Teen (18-19)	Master (45-49)	
J. Moon 330	K. Oaks	308
4th-341	Master (55-59)	
Junior (20-23)	D. Thompson	237
Houseknecht 336	Master (45-49)	
Master (45-49)	Danchanko	264
R. Patterson 231	Master (70-74)	
Master (55-59)	S. Contakos	93
E. Lough 308	220 lbs.	
Master (60-64)	Open	
D. Junkins 286	M. Masland	319
198 lbs.	Teen (16-17)	
Open	N. Kinard	187
D. Thompson 314	L. Harmon	336
J. Caola 325	Junior (20-23)	
198 lbs.	A. Wachter	292
Open	Master (65-69)	
J. Oregia 369	R. Dahlhmer	253
4th-380	Master (70-74)	
C. Contakos 485	L. Burton	203
Master (55-59)	4th-214	
J. Oregia 369	Open	
4th-380	E. Danchanko	363
Master (70-74)	E. Korhart	429
S. Contakos 148	Master (45-49)	
220 lbs.	D. Reeder	402
Open	275 lbs.	
McCammon 529	Open	
Teen (16-17)	G. Hess	330
N. Kinard 303	Teen (16-17)	
Teen (18-19)	G. Murtorff	264
J. Berkheimer —	4th-277	
319 lbs.	Open	
Open	Master (40-44)	
D. Corridean 644	D. Cosentine	314
Teen (16-17)	319 lbs.	
M. Cosentine 275	Open	
BENCH	M. Moyer	352
WOMEN	R. Sank	407
114 lbs.	D. Corridean	424
Teen (14-15)	Teen (16-17)	
N. Kinard 71	M. Cosentine	330
132 lbs.	Master (45-49)	
Teen (18-19)	R. Shank	407
E. Steimling 93	DEADLIFT	
Master (40-44)	WOMEN	
R. Douglas 132	114 lbs.	
148 lbs.	Teen (14-15)	
Master (40-44)	N. Kinard	209
L. Hagmann 88	132 lbs.	
165 lbs.	Teen (18-19)	
Submaster (35-39)	E. Steimling	214
C. Gaskill 137	Master (40-44)	
SHW	R. Douglas	248
Master (55-59)	148 lbs.	
A. Gill 82	Master (40-44)	
MEN	L. Hagmann	176
66 lbs.	165 lbs.	
Youth (8-9)	Open	
N. Amstone 33	Submaster (35-39)	
Youth (10-11)	C. Bitner	270
C. Amstone 44	SHW	
132 lbs.	Open	
Teen (18-19)	J. Krantz	242
J. Kreiser 165	Master (60-64)	
148 lbs.	Snowberger	176
Teen (14-15)	MEN	
W. Sheaffer 165	66 lbs.	



Brothers Thomas Moon (squatting) and Josh Moon (deadlifting) lifting at the ADAU Maryland State Single Lift Championship. (Kevin)



Youth (8-9)		Teen (18-19)
N. Amstone 104	J. Moon 451	
Youth (10-11)		Junior (20-23)
C. Amstone 115	Houseknecht 440	
4th-126	Master (45-49)	
148 lbs.	R. Patterson 374	
Teen (16-17)	Master (55-59)	
M. Schneider 391	E. Lough 385	
165 lbs.	Master (60-64)	
Open	D. Junkins 402	
J. Stater 507	198 lbs.	
Teen (14-15)	Open	
T. Moon 396	J. Caola 352	
4th-413	C. Contakos 507	
Teen (18-19)	Master (55-59)	
A. Susmarski 385	Danchanko 468	
Junior (20-23)	Master (70-74)	
M. Miner 363	S. Contakos 231	
181 lbs.	220 lbs.	
Open	Open	
M. Carson 380	M. Masland 374	



Jenny Krantz poses with Meet Director Kevin Prosser (who provided these photos) at the ADAU Maryland State Single Lift Championships

275 lbs. Open Grandinetti 474 Teen (16-17) G. Murtorff 358 Master (45-49) P. Kelley 501 319 lbs. Open E. Danchanko 584 Master (50-54) M. Moyer 650 R. Hill Jr. 518 D. Corridean 700 This meet went well with 65 lifters attending. The room was not large enough for all of the lifters and spectators, and the air conditioner had trouble keeping up. The PA system also was lacking in volume, and noone could hear very well. Despite that, I got a good bit of positive feedback. There were numerous American and state records set at this meet, so despite the heat and cramped conditions, things went well. I was surprised at the turnout. My first meet in June of 2005 was a 25-lifter event. This was quite a pleasant surprise. I had all of the support that the ADAU provides, with top rate judges, excellent spotter loaders, and superb table help. I would like to thank all of those who donated their time and efforts to make this meet a success. Allen Siegel, President of the ADAU, was head judge for most of the meet. Nick Theodore, Bernard Vasquez, Joe Oregia (Vice President of the ADAU), and Paul Griffith, assisted as my side judges. Brenda Siegel and Cindy Bitner worked the table. Jay Siegel was my "everything" guy. He did it all, assisting at the table, helping with weigh-ins, getting results together quickly, etc. thanks Jay. Also, I wanted to thank Joe Oregia and his crew for helping with the early weigh-ins. My spot loaders were phenomenal. Matt Oberholzer and Marty Martin spot loaded the entire meet, and that's after helping me set everything up the night before. And, Dean Griffin back spotted in the squat. I could not have asked for a better crew. John Polak was there, passing out information on his new powerlifting book and equipment. John manufactures hardcore powerlifting equipment. Squat racks, benches, vertical leg press machines, and pulley machines. He also has written a powerlifting book that is very good. You can contact him at www.polakmade.com. John helped me load and unload the equipment both days. We had some impressive lifters. Daniel Corrideau set Maryland state records in all three lifts with a 644.8 lb. squat American record, a 424 lb. bench press, and a 700 lb. deadlift. That is a 1768.8 lb. total raw. I also had an impressive team from Metamorphosis lead by Mark Sones. His

guys took home quite a few American records and first place trophies. Joe Oregia showed up also with an impressive bunch of guys and he even set an American record in the squat. Another team from Pennsylvania was the team of Patrick and Teresa Kelley. Teresa worked hard up to Carlisle, PA, to get a good bunch of guys together for this meet. Their lifters were inspired and vocal with their support of one another, and I look to have a good turnout from them for my August meet. Patrick Kelley set an American record in the deadlift, despite being injured and off his game somewhat. Marty Gallagher brought some lifters from PA, and "Captain" Kirk Karwowski showed up to show his support. I would be remiss if I did not mention my girl friend, Cindy Bitner, and her impressive American record in the deadlift with a 270 lb. pull. Way to go. We have worked hard for that record. The most impressive event of the day for me was Allen Siegel's presence at the meet. What makes this so impressive is Allen underwent open heart surgery just a month or so before the meet. Allen is not only a fellow meet director and president of the ADAU, he has become my friend, and we are so glad to have him back. He even squatted the bar during a break in the meet with a spot from Kirk Karwowski. Soon he will be competing again. Ask him, he'll tell ya. Once again, I would like to thank all that came and lent their support. Another successful meet. (Thanks to Kevin Prosser for these results)

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17 DEC 05 - Tacoma, WA

WOMEN		BP	DL	TOT
Open				
123 lbs.	P. Tidmarsh	110	286	396
181 lbs.	T. Gack	132	226	358
Teen II	105 lbs.			
K. McFarland	88	203	292	
123 lbs.	A. Adams	82	176	259
148 lbs.	A. McWeany	115	231	347
165 lbs.	A. Stewart	82	259	341
D. Franklin	93	209	303	
Teen III	114 lbs.			
B. Whitney	77	192	270	
MEN				
Teen I	132 lbs.			
J. Collins	126	209	336	
148 lbs.	T. Balen	281	391	672
Teen II	165 lbs.			
D. Kohls	143	303	446	
181 lbs.	J. Krupp	—	380	380
J. Flynn	176	325	501	
198 lbs.	S. Miller	226	501	727
242 lbs.	C. Pollock	231	446	677
Junior	165 lbs.			
C. Schaefer	187	374	562	
Master V	181 lbs.			
A. Topper	275	325	600	
Open	181 lbs.			
T. Hake	303	—	303	
242 lbs.	M. Knight	292	474	766
275 lbs.	K. Gack	451	600	1052
T. Waters	352	529	881	
Teen III	198 lbs.			
A. Bohal	259	479	738	
220 lbs.	G. Ruiz	214	451	666
D. Sullivan	214	501	716	
242 lbs.	J. Kline	303	556	859
275+ lbs.	J. Afoa	319	556	876
Open				

(Thanks to USAPL for providing results)

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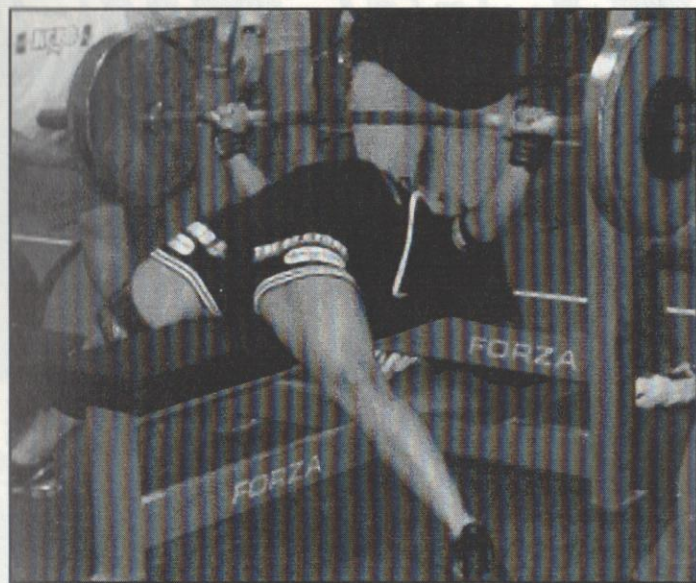
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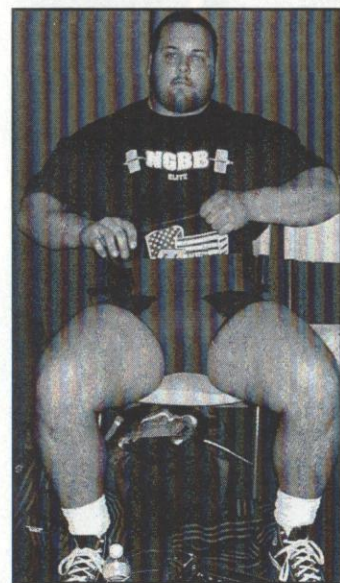
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Kara Bohigian continued her run of unprecedented record bench presses with a 429 at the APF Stack's Gym meet, along with a 473 deadlift. (photographs were provided by the courtesy of Jon Grove)

6th APF Stack's Gym 11 MAR 06 - Woodstock, GA				
	BENCH	MALE	NOVICE	198 lbs.
M. Gunter	440			
G. Abbott	501			
B. Pauley	584	248		
C. Faulker	600	463		
R. Hodge	562	424		
WOMEN				
	SQ	BP	DL	TOT
K. Westhoven	562	336	573	1471
B. Pauley	666	584	628	1879
S. Richards	865	507	672	2044
C. Edalgo	700	551	622	1873
MALE				
	BENCH	MALE	NOVICE	198 lbs.
B. Bonner	407	319	501	1229
J. Johnson	369	187	303	859
B. Pauley	666	584	628	1879
C. Carmack	595	418	600	1614



BEN GARNER, only 21, gets ready to total 1950 @ 305 in his first meet, the Stack's Gym meet.

USAPL Navy Open 25 FEB 06 - Annapolis, MD				
	BENCH	MALE	NOVICE	198 lbs.
J. Bardsley	253			
L. Atkinson	137			
WOMEN				
	SQ	BP	DL	TOT
J. Shultis	259	121	286	666
R. Tilton	203	104	259	567
B. Perkins	203	93	231	529
S. Weichel	165	99	214	479
D. Darby	192	132	297	622
S. Matt	237	132	242	611
S. Foxton	165	104	248	518
B. Zmitrovich	176	170	264	611
MEN				
	SQ	BP	DL	TOT
D. Taylor	600	330	573	1504
M. Lozupone	270	220	358	848
D. Chesno	512	341	600	1455
J. Russo	435	369	551	1355
A. Sheen	23	203	402	859
L. Atkinson	165	137	286	589
M. Daniel	468	385	451	1306
P. Driscoll	407	297	418	1124
W. Slade	385	297	274	1058
D. Benedict	297	264	369	959
A. McClung	303	203	363	870

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total a huge 1950. Last, but certainly not least, was the show stopped on this hot March afternoon. World Record holder, in two weight classes, Kara Bohigian did a guest lifting exhibition for the crowd. At 155 lbs., Kara vaporized a 424 bench like a broomstick. She just mis-grooved 440, but went on one week later to rewrite the record books again with a 451 bench at 165, in Alabama. Equally impressive was Kara's first deadlift in a meet, after having reconstructive ACL surgery nine months earlier. Her 473 was pulled with authority and a smile. Thanks, Kara! Thanks also to everyone who helped run this meet smoothly, and we'll be looking forward to another great meet in 2007! (Meet results by Jon Grove, APF State Chairman and owner of NGBB)

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S. Rocha	341	203	374	920
148 lbs.				
J. Navarre	341	259	407	1008
F. Roberson	336	—	446	782
165 lbs.				
M. Boebe	407	270	501	1179
B. Pimentel	341	270	402	1014
M. Lozupone	270	220	358	848
181 lbs.				
J. Major	424	341	35	1201
B. Turner	341	286	529	1157
M. Barnes	435	248	463	1146
J. Moore	314	264	429	1008
220 lbs.				
A. Bracalente	314	270	385	970
G. Vick	220	242	363	826
242 lbs.				
A. Thomas	457	336	501	1295
Meet Director: Jason Bowers. (USAPL)				

TOP 100

For standard 242 lb./110 Kg. USA lifters in results received from MAR/05 through MAR/06

SQUAT	BENCH	DEADLIFT	TOTAL
1 1047 Graalfs, J., 10/30/05	801 Lamarque, M., 6/11/05	837 Coan, E., 6/25/05	2472 Goggins, S., 3/5/05
2 1044 Goggins, S., 3/5/05	793 Jackson, J., 11/16/05	830 Courtney, A., 8/13/05	2374 Bayles, J., 6/4/05
3 1003 Simmons, C., 4/23/05	772 Kelley, B., 3/5/05	826 Goggins, S., 3/5/05	2369 Simmons, C., 4/23/05
4 1000 Weston, B., 7/17/05	755 Luyando, R., 1/14/06	800 Capello, J., 3/11/06	2347 Graalfs, J., 10/30/05
5 975 Blue, D., 12/4/05	740 Cumo, N., 12/17/05	782 Harris, T., 5/22/05	2325 Mash, T., 6/4/05
6 953 Mash, T., 6/4/05	733 Ladnier, J., 3/5/05	772 Herring, G., 11/17/05	2325 Blue, D., 12/4/05
7 931 Irby, T., 11/19/05	727 Simmons, C., 9/24/05	770 Cass, B., 7/16/05	2281 Coan, E., 6/25/05
8 925 Robertson, K., 5/8/05	722 Hein, B., 4/2/05	766 Bayles, J., 6/4/05	2254 Pandora, G., 11/5/05
9 925 Bayles, J., 10/30/05	720 Biewer, J., 3/26/05	765 Glover, N., 10/22/05	2225 Stussy, B., 4/3/05
10 925 Cox, J., 11/13/05	716 Fields, B., 10/29/05	760 Cooper, D., 10/2/05	2215 Weston, B., 7/17/05
11 920 Johnston, M., 6/4/05	710 Robertson, K., 6/4/05	749 Mash, T., 6/25/05	2198 Johnston, M., 6/4/05
12 903 Coan, E., 6/25/05	710 Tallman, C., 10/29/05	749 Pandora, G., 11/5/05	2187 Jones, R., 12/4/05
13 903 Mull, B., 9/10/05	705 Bayles, J., 6/4/05	738 Blue, D., 4/2/05	2165 Pierce, R., 11/5/05
14 903 Pandora, G., 11/5/05	705 Briggs, R., 10/29/05	730 Tylutki, N., 2/25/06	2160 Cass, B., 7/16/05
15 903 Pierce, R., 11/5/05	700 Stussy, B., 4/3/05	725 Smith, J., 7/23/05	2154 Irby, T., 11/19/05
16 875 Perrotta, J., 11/13/05	700 Wilson, A., 7/9/05	725 Williams, R., 11/13/05	2105 Harris, T., 5/22/05
17 865 Jones, R., 6/4/05	700 Dirk, B., 12/3/05	722 Johnston, M., 6/4/05	2105 Perrotta, J., 11/13/05
18 865 Fredette, B., 11/5/05	677 Scott, G., 10/29/05	722 Johnston, M., 6/4/05	2100 Laird, J., 4/17/05
19 860 Cass, B., 7/16/05	660 Furman, M., 5/14/05	722 Jones, R., 12/4/05	2080 Cox, J., 11/13/05
20 855 Higgins, T., 3/19/05	660 Grosso, P., 2/18/06	722 Thompson, M., 12/4/05	2072 Mull, B., 9/10/05
21 850 Laird, J., 4/17/05	655 Hunter, J., 6/11/05	722 Wylie, P., 2/18/06	2065 Smith, M., 11/13/05
22 848 Wylie, P., 11/5/05	655 Perkins, C., 6/25/05	716 Ferguson, J., 12/10/05	2065 Nutter, S., 11/13/05
23 843 Myers, B., 12/4/05	655 Rectenwald, E., 2/4/06	710 Stussy, B., 4/3/05	2045 Glover, N., 10/22/05
24 840 Nutter, S., 11/13/05	650 Walker, D., 3/13/05	710 Givens, F., 8/13/05	2033 Thompson, M., 12/4/05
25 840 Warren, B., 12/17/05	650 Arnel, P., 4/30/05	710 Harth, R., 11/17/05	2028 Goldin, R., 5/8/05
26 837 Ward, R., 4/2/05	650 Pame, T., 9/10/05	707 Elliott, S., 11/13/05	2028 Taylor, M., 9/10/05
27 837 Petersen, J., 5/14/05	644 Girard, R., 2/19/06	705 Matheson, B., 3/19/05	2028 Ferguson, J., 12/10/05
28 835 Ladewski, M., 11/13/05	640 Smith, M., 8/27/05	705 Landry, S., 4/10/05	2025 Austin, G., 4/17/05
29 832 Roberts, M., 6/4/05	640 McLeod, D., 12/17/05	705 Ladewski, M., 4/17/05	2025 Tylutki, N., 2/25/06
30 832 Swanson, B., 6/4/05	639 Lawrence, R., 6/4/05	705 Whittaker, D., 10/29/05	2017 Acome, T., 7/29/05
31 830 Avigliano, J., 11/13/05	639 Wright, E., 7/23/05	705 Howard, B., 11/17/05	2017 Myers, B., 12/4/05
32 830 Covey, E., 11/13/05	639 Wilkinson, E., 11/16/05	705 Roby, T., 12/10/05	2017 Mann, S., 3/19/06
33 826 Tinney, R., 9/24/05	635 McCaslin, Z., 8/29/05	700 Bagnall, B., 3/13/05	2010 Seabrook, J., 12/17/05
34 825 Smith, M., 11/13/05	635 Best, A., 10/9/05	700 Werner, J., 4/16/05	2005 Wylie, P., 11/5/05
35 825 McLeod, D., 12/17/05	634 Kitani, R., 11/16/05	700 Weston, B., 4/30/05	2000 Higgins, T., 3/19/05
36 821 DePalma, L., 6/4/05	633 Mash, T., 6/4/05	700 Matthews, C., 12/10/05	2000 Smith, B., 6/4/05
37 815 Stussy, B., 4/3/05	633 McConaughy, J., 7/29/05	700 Edwards, L., 1/2/106	2000 Radford, S., 9/10/05
38 815 Douglas, J., 5/8/05	633 Blue, D., 8/6/05	699 Davidson, D., 6/11/05	1995 Dick, P., 6/4/05
39 815 Smith, B., 6/4/05	633 Stephens, G., 11/16/05	699 Crigger, C., 9/10/05	1995 Mistric, L., 11/5/05
40 815 Austin, G., 8/27/05	630 Capozzola, R., 4/17/05	694 Irby, T., 7/29/05	1984 Ferris, R., 6/4/05
41 810 Harris, T., 5/8/05	630 Hairston, M., 6/4/05	694 Taylor, M., 9/10/05	1984 Martin, M., 7/23/05
42 810 Mistric, L., 11/5/05	630 Burke, J., 6/12/05	690 Higgins, T., 3/19/05	1984 Fredette, B., 11/5/05
43 810 Donega, S., 11/5/05	626 Senese, C., 11/16/05	688 Schwank, M., 12/17/05	1980 Ladewski, M., 4/17/05
44 810 Jordan, J., 12/4/05	622 Wakakusa, F., 11/16/05	688 Shirey, M., 4/3/05	1978 Ward, R., 5/14/05
45 810 Tylutki, N., 2/25/06	622 Green, M., 2/4/06	688 Eriksen, R., 5/14/05	1978 Tinney, R., 9/24/05
46 804 Ferris, R., 6/4/05	620 Edwards, L., 8/6/05	688 Pierce, R., 11/5/05	1975 McLeod, D., 12/17/05
47 804 Carlquist, A., 6/11/05	620 Murray, W., 12/17/05	685 Smith, B., 3/05	1962 Eriksen, R., 5/14/05
48 805 Acome, T., 7/29/05	617 Doan, D., 9/18/05	683 White, E., 4/10/05	1956 DePalma, L., 6/4/05
49 804 Taylor, M., 9/10/05	615 Pollard, S., 4/3/05	683 Ward, R., 5/14/05	1956 Donegan, S., 11/5/05
50 804 Zavala, A., 9/24/05	615 Manns, R., 11/12/05	683 Callahan, B., 5/22/05	1955 Byrd, S., 6/4/05
51 800 Henson, T., 4/2/05	611 Martin, M., 7/23/05	680 McMillan, J., 6/4/05	1955 Clark, E., 9/24/05
52 800 Clark, E., 9/24/05	610 Parrish, K., 3/26/05	680 Gnerre, J., 9/17/05	1950 Carlquist, A., 3/26/05
53 788 Goldin, R., 5/8/05	606 Zimmerman, J., 7/10/05	680 Leisinger, B., 3/18/06	1950 Warren, B., 12/17/05
54 782 Mann, S., 5/8/05	606 McKeefer, R., 7/23/05	677 Mann, S., 3/19/06	1945 Smith, C., 4/10/05
55 782 Waits, S., 5/8/05	606 Mayer, K., 9/18/05	675 Czerwiec, J., 3/19/05	1945 Rectenwald, E., 6/18/05
56 780 Burrows, M., 4/17/05	606 Swank, M., 9/24/05	675 Barabas, W., 5/8/05	1940 Waits, S., 5/22/05
57 780 Lewis, M., 7/17/05	605 Ball, T., 3/26/05	672 Kahanek, C., 5/8/05	1940 Harrison, M., 12/17/05
58 780 Glover, N., 10/22/05	605 Stephens, K., 11/12/05	672 Harper, R., 6/11/05	1940 Schwank, M., 12/17/05
59 777 Thompson, M., 12/4/05	600 Hummel, M., 3/5/05	672 Wright, E., 7/23/05	1930 Matthews, C., 12/10/05
60 775 DeWalt, B., 5/8/05	600 Goggins, S., 3/5/05	672 Soekardi, L., 8/7/05	1923 Swanson, B., 6/4/05
61 775 Hypes, T., 9/24/05	600 Read, B., 4/3/05	672 Tinney, R., 9/24/05	1920 Leisinger, B., 3/18/06
62 766 Dick, P., 6/4/05	600 Laird, J., 4/17/05	672 Mullins, R., 11/5/05	1918 Mullins, R., 11/5/05
63 766 Czerwiec, J., 6/4/05	600 Donels, J., 4/16/05	670 Skelley, W., 3/12/05	1918 Hoornstra, J., 12/05
64 766 Meyers, T., 8/14/05	600 Tanner, S., 7/9/05	666 Miller, S., 4/17/05	1915 Burrows, M., 4/17/05
65 760 Seabrook, J., 12/17/05	600 Radford, S., 9/10/05	666 Goldin, R., 5/8/05	1906 Jordan, J., 12/4/05
66 755 Smith, C., 4/10/05	600 Weaver, J., 9/10/05	666 Mitchell, K., 7/9/05	1905 Gnerre, J., 9/17/05
67 755 Gibson, J., 6/11/05	600 Mills, M., 9/18/05	666 Davis, R., 3/19/06	1905 Avigliano, J., 11/13/05
68 750 Roby, T., 12/10/05	600 Ritzler, J., 9/25/05	665 Reidy, M., 11/19/05	1901 Crigger, C., 9/10/05
69 749 Radford, S., 9/10/05	600 Pandora, G., 11/5/05	661 Martin, M., 4/9/05	1900 Lewis, M., 7/17/05
70 744 Mullins, R., 11/5/05	600 Jones, R., 12/4/05	661 Lamarque, M., 6/11/05	1900 Hypes, T., 9/24/05
71 738 Martin, M., 4/9/05	600 Seabrook, J., 12/17/05	661 Rectenwald, E., 6/18/05	1900 Coppola, S., 11/13/05
72 733 Gottlieb, J., 4/24/05	600 Lipinski, B., 1/14/06	661 Nicotia, R., 7/16/05	1900 Covey, E., 11/13/05
73 730 Estrada, S., 4/2/05	600 Dexter, C., 2/19/06	661 Mull, B., 9/10/05	1895 Petersen, J., 5/14/05
74 730 Coppola, S., 11/13/05	600 Clark, E., 2/25/06	661 Simmons, C., 10/30/05	1895 Gibson, J., 6/11/05
75 730 Tenbroeck, J., 11/13/05	589 Gast, J., 3/7/05	661 Meyers, T., 1/29/06	1879 Pauley, B., 3/11/06
76 727 Parks, D., 4/24/05	585 Goldsworth, D., 5/14/05	660 Furlow, T., 3/19/05	1875 Smith, J., 7/23/05
77 727 Erikson, R., 5/14/05	585 Popovich, C.,		

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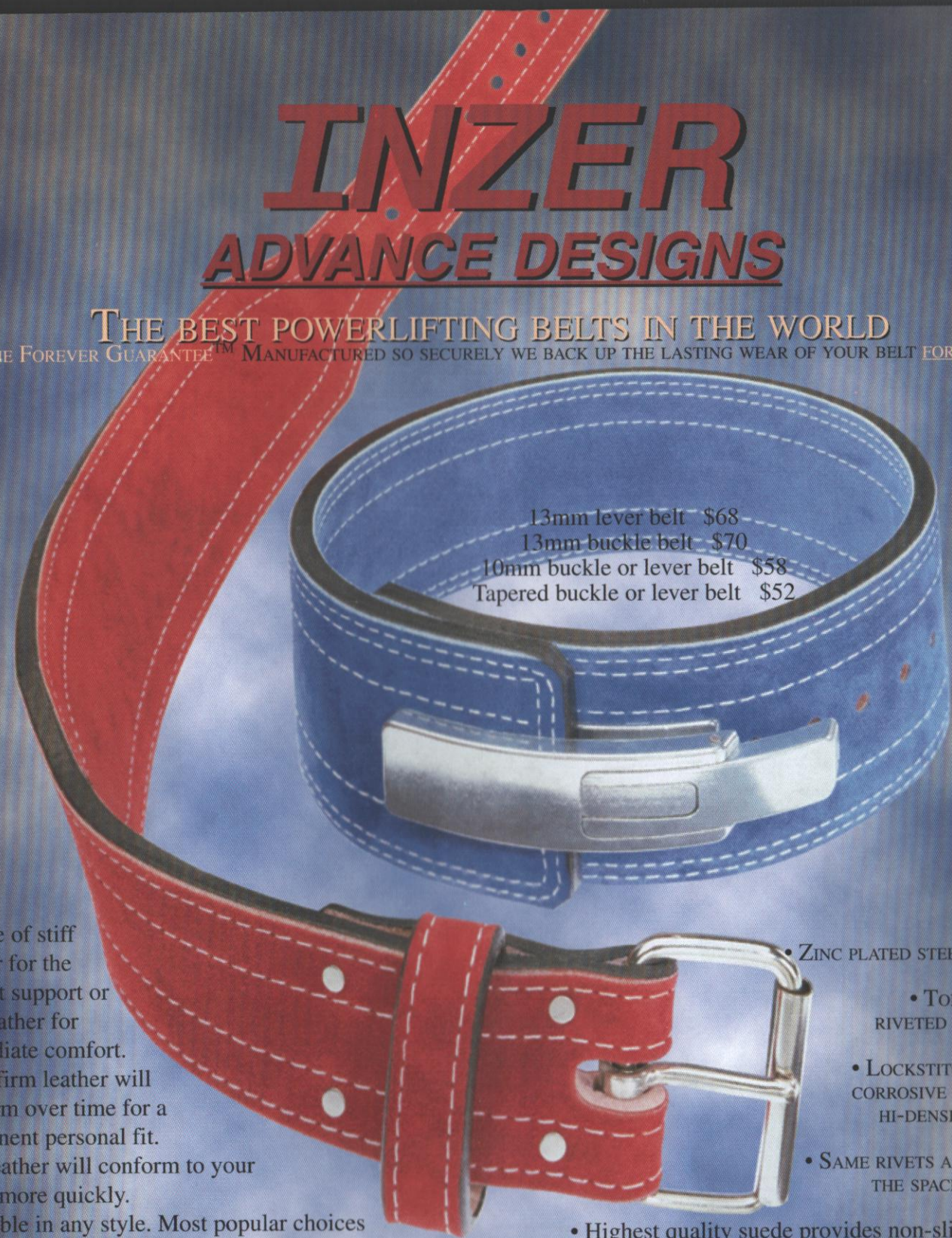
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THE BEST POWERLIFTING BELTS IN THE WORLD
 THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



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

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

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

INZER
 WE MAKE POWER GEAR A SCIENCE
 1-800-222-6897

